

*The Virgin Mary with Her Mother,
Saint Anna*



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Saint Paul the Apostle Orthodox Church

24 BURKE ROAD

FREEHOLD, NJ 07728

Paralytic Sunday

May 11, 2014

**Father Robert E Lucas, Pastor;
Subdeacon Daniel J. Korba and Nikitas Tsokris,
Cantors**

Rectory 215-862-9227; Parish Center 732-780-3158

We Are A Stewardship Parish Of Time, Talent and Treasure

The mission of our parish faith community is to teach the Gospel message in the rich tradition of the Orthodox Church; to enable people to reflect the image of Jesus Christ in every day activities of life; to offer spiritual formation through changing times; and to celebrate community among Orthodox believers in our Freehold area.

We of St. Paul the Apostle Parish dedicate ourselves to maintaining the sanctity of worship and spiritual enlightenment in a family environment that reaches and involves all ages and unifies all people.

We believe in the spirit of ecumenism in which we share our faith by word and example and extend our spiritual insights to all people.

We accept the responsibility of Christian Stewardship that through generous giving we may all experience a faith communion with Christ as the Center of our lives.

We dedicate ourselves to insuring the well-being of all people so that we may truly experience the message of Christ's salutary gospel.

We are a beacon on a hill with the eyes of many upon us; that beacon is the inspired Light of Christ which must shine brightly in our lives.

It is not ourselves we preach but Jesus Christ as Lord, and ourselves as your servants for Jesus' sake. For God, who said, 'Let light shine out of darkness,' has shone in our hearts, that we in turn might make known the glory of God shining on the face of Christ. This treasure we possess in earthen vessels to make it clear that its surpassing power comes from God and not from us. We are afflicted in every way possible, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in us 2 Corinthians 4: 5 – 8.

GLAD TIDINGS

+++ We thank all who contributed to the success of yesterday's Pirohi Sale and invoke on them the blessings of heaven for continuing good health, Christ Is Risen!

+++ Every Monday, we have prayerful devotions before the Myrrh bearing icon at 6:00 PM. Everyone is invited to be present in praise. The Birthgiver invites us to manifest our faith in response to her first

shown love, to unite our prayers with hers for the salvation of our souls. Invite your friends and neighbors to join us.

+++ Please keep the intentions of these members of our parish intercession community in your daily prayers: Anna, Barbara, Betty, James, Yevlogia, Maria, Pani Anna Marie and Father George.

+++ The sign-up sheet for both the Web Site and Bulletin sponsors is on the bulletin board in the kitchen. Please sign up as soon as possible. Do NOT make payment until your sign-up month has arrived. This will make it easier for Father to keep track of payments. Thanks in advance to all who support the parish in this way.

+++ We offer thanks to the Blessed Trinity for inspiring generosity in the souls of our faithful and the blessing of abundant grace in our midst with the offering received last Sunday: Tithe Offering, \$504.00; Candles, \$20.00; Holyday, \$100.00; Food Coupons, \$200.00, for a total of \$824.00. We express our profound gratitude to the parishioner communicants who offer their God-given treasure and labored for the sake of the Lord and the good of our parish. God bless and reward you good and faithful souls! The attendance was 44 adults and 13 children last Sunday.

+++ As faithful believers, we intercede and associate ourselves in prayer with the following who have prayed and offered seven day lights for their intentions: Father Lucas, Anna Zacharyczuk, Eleanor Korba, and Pani Buletza.

+++ We make a **PENNIES FROM HEAVEN** Canister available for our faithful to bring in pennies for our altar and its appointments. We are already in receipt of **\$1809.00** from this apostolate. Even your pennies can help and are a blessing to our parish.

+++ Please be certain to see a member of the Parish Council if you would like to help our parish by using **Shop Rite Food Coupons** available in \$20.00 denominations. We invite **ALL** to be caring and supportive and use Grocery Coupons for food shopping as we have gratefully realized \$5750 on this project to date!

+++ The Clothing Drive is a permanent on-going project in our parish. Please bring any type of clothing and fabrics along with stuffed animals and shoes for the benefit of our parish. The bags can be left in the vestibule or on the front porch of the rectory. Please invite your friends and neighbors to assist us in disposing of unwanted clothing, shoes and fabrics.

+++ We invite all pray the Lord our God grants us an enrichment of our spiritual lives for his glory. May we all be so enriched that this Passion Week is particularly rewarding for each of us, to triumph in Resurrection joy!

+++ May all glory, adoration and worship be accorded our God in the Holy Trinity by all the faithful of our parish with one mind, one soul and one heart each day of the week!

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CHILDREN

You children, obey your parents in everything as an acceptable way in the Lord. Colossians 3:20

Honor your father and your mother, as the Lord your God has commanded you, that you may have a long life and prosperity in the land which the Lord, your God is giving to you. Deuteronomy 5:16

Remember your Creator in the days of youth, before the evil ways come. And the years approach of which you will say, 'I have no pleasure in them.' Ecclesiastes 12:1

Listen to your father who begot you, and despise not your mother when she is old: The father of a just man will exult with glee; he who begets a wise son will have joy in him. Let your father and mother have joy; let her who bore you exult. Proverbs 23:22

Children, obey your parents in the Lord, for that is what is expected of you. "Honor your father and your mother" is the first commandment to carry a promise with it: "that it may go well with you, and that you will have a long life on earth." Ephesians 6:1-3

My son, forget not my teaching, keep in mind my commands; for many days and years of life; and peace will they bring you. Let no kindness and fidelity leave you; bind them around your neck; then will you win favor and good esteem before God and man. Proverbs 3:1-4

How shall a young man be faultless in his way? By keeping to your words. Psalm 119:9

But Jesus said, "Let the little children come to me. Do not hinder them. The kingdom of God belongs to such as these." Matthew 19:14

Observe, my son, your father's bidding, and reject not your mother's teaching...wherever you turn, they will guide you. Proverbs 1:8

TEST YOUR KNOWLEDGE OF

CHRIST'S RESURRECTION

1 According to John 20:11-18, the first person to see the risen Christ was

- A. The Mother of God.
- B. Peter, James, and John.
- C. Mary Magdalene.
- D. Nicodemus.

2 The week following Pascha is known as

- A. Pure Week.
- B. Bright Week.
- C. Fast-Free Week.
- D. Paschal Week.

3 According to John 20:24-29, which of the following apostles doubted the Resurrection?

- A. Peter.
- B. Andrew.
- C. James.
- D. Thomas.

4 Who begged Pilate for the body of Jesus?

- A. Lazarus.
- B. Nicodemus.
- C. Joseph of Arimathea.
- D. Herod.

5 In an effort to stop the news of the Resurrection from being proclaimed, Pilate

- A. Spread the story that Jesus' disciples stole His body.
- B. outlawed Christianity.
- C. arrested the disciples.
- D. ordered a garrison of soldiers to guard Jesus' tomb.

6 According to Luke 24:5, what did the angel say to the Myrrhbearing women?

- A. "Christ Is Risen!"
- B. "He is not here, he is risen as He said."
- C. "Whom do you seek?"
- D. "Why do you seek the living among the dead?"

7 One of Christ's post-resurrectional appearances, recorded in Luke 24:13-35, took place

- A. On the road to Emmaus.
- B. In the Jerusalem temple.
- C. By the Sea of Galilee.
- D. On the Mount of Olives.

8 When Mary Magdalene first saw the risen Christ, she thought He was

- A. a Roman soldier.
- B. Peter.
- C. John the Baptist.
- D. the gardner.

9 To whom did the tomb in which Jesus was buried belong?

- A. Nicodemus.
- B. His family.
- C. Joseph of Arimathea.
- D. Simon of Cyrene.

10 What, according to Matthew 28:19, did Jesus tell His disciples prior to His Ascension?

- A. "Go and proclaim my resurrection to all."
- B. "Go, therefore, and make disciples of all nations, baptizing them...."
- C. "I shall make you fishers of men."
- D. "If you love me, you will keep my commandments."

11 After the Resurrection, the apostles

- A. immediately proclaimed the risen Christ to the Jews, Greek, and Romans.
- B. remained in hiding in the upper room.
- C. ceased preaching in the temple.
- D. baptized three thousand persons.

12 Forty days after His Resurrection, Christ

- A. Ascended into heaven.
- B. informed them of the two great commandments.
- C. sent the Holy Spirit upon the apostles.
- D. performed His final miracle.

13 At Emmaus, the disciples only recognized the risen Christ

- A. After sunrise.
- B. when they heard His voice.
- C. in the "breaking of the bread."
- D. after Mary Magdalene told them who He was.

14 The first to be put to death for proclaiming the risen Christ was

- A. Paul.
- B. Stephen.
- C. Saul.
- D. Peter.

15 Who witnessed the actual Resurrection of Christ?

- A. The Mother of God, Mary Magdalene, and Salome.
- B. The soldiers.
- C. Peter, James and John.
- D. No one.

16 The period of fasting in preparation for the resurrection ends

- A. at midnight on Pascha.
- B. with the eating of the Paschal foods.
- C. after the priest blesses the Paschal food.
- D. with the reception of Holy Communion at the Resurrection Divine Liturgy.

17 Who according to Acts 1:15-26, took the place of Judas?

- A. Matthias.
- B. Paul.
- C. Jacob.
- D. Nicodemus.

18 Fifty days after the Resurrection,

- A. Christ ascended into heaven.
- B. the Holy Spirit descended upon the apostles.

C. the apostles were cast out of the temple.

D. Nero began a persecution of Christians.

19 According to Acts 2:41, what was the immediate result of the apostles preaching on Pentecost?

A. They were arrested.

B. Thomas was stoned to death.

C. Some 3,000 people were baptized.

D. The Pharisees repented of their evil ways.

20 As noted in 1 Corinthians 15:14, 17, the Resurrection of Christ is important to us because

A. it is the greatest feast of the year.

B. our faith is in vain if Christ is not risen from the dead.

C. the Resurrection opens heaven to us.

D. it reveals God's love for us.

21 According to 1 Corinthians 15:22, Jesus Christ

A. is Lord of all.

B. is both God and man.

C. offers us life.

D. sent the Holy Spirit upon the apostles on Pentecost.

22 On Pentecost, the Holy Spirit descended in the form of

A. fiery tongues.

B. a dove.

C. an angel.

D. a ghost.

23 In Acts 1:8, Christ asks His apostles to proclaim His Resurrection

A. in Rome.

B. to the Jews and Greeks.

C. to the ends of the earth.

D. in Jerusalem.

24 In the Resurrection Troparion, we sing of how Christ

A. appeared to the myrrhbearing women.

B. sent the Holy Spirit upon the apostles.

C. renewed all creation.

D. bestows life upon those in the graves.

THE ANSWERS

1. C

2. B

3. D

4. C

5. A

6. D

7. A

8. D

9. C

10. B

11. B

12. A

13. C

14. B

15. D

16. D

17. A

18. B

19. C

20. B

21. C

22. A

23. C

24. D

Wisdom, Be Attentive!

Let the heavens rejoice, let the earth be glad; with His arm, the Lord has won victory; by His death, He has conquered death; He has become the first born of the dead; He has delivered us from the depth of the Abyss and has granted great mercy to the world Troparion, Sunday of the Paralytic.

With your divine protection, O Lord, as you once raised the paralytic, now lift up my soul paralyzed with all kinds of sins and evil deeds of wickedness, so that saved I may cry out to You: "Glory to your might, O merciful Christ!" Kontakion, Sunday of the Paralytic.

Although You descended to the grave, O Immortal One, You destroyed the power of death; You rose again as a Victor, O Christ God! You announced to the women bearing ointment: "Rejoice!" You gave peace to your apostles and resurrection to the fallen Kontakion, Sunday of the Paralytic.

May your kindness O Lord, be upon us who put our hope in You Prokimenon, Sunday of the Paralytic.

Receive the Body of Christ! Drink the Source of Immortality! Alleluia, Alleluia, Alleluia! Communion Hymn, Sunday of the Paralytic.

When the Paschal Feast is half-completed, quench my thirsty soul with the waters of devotion, for You, O Saviour, have announced to all: "Let him who is thirsty come to me and drink," O Christ God, Source of our life, glory to You! Troparion, Feast of Mid-Pentecost.

O Christ God, Creator and Lord of all, when the Paschal feast was half-completed, You told those present: "Come and draw the water of immortality." Let us therefore adore You and cry out with faith: "Grant us your goodness, for You are the Source of our life!" Kontakion, Feast of Mid-Pentecost.

HOLY GOD, HOLY MIGHTY, HOLY IMMORTAL, HAVE MERCY

ON US.

Let your light
so shine before men,
that they may see
your good works
and glorify your
Father in heaven.

—Matthew 5:16

Healing Sermon

During this glorious Resurrection season, we are positively reminded over and again of the Eucharist which for us is an emphatic means and obvious sign of Resurrection victory. In this feast we are reminded that God "is not the God of the dead, but of the living" Matthew 22:32. And having life, being possessed of life means healthy life, whole life, upright life. This feast tells us that our God desires the renewal and transformation of His people and all creation with such intensity that He is willing to die that upright healthy life might reign.

By His death and Resurrection, Christ leads us into the promised land; He takes us by the hands and lifts us up to our rightful dignity in which there is no sickness, sorrow nor mourning, but life everlasting. It is this reality that we now proclaim to all and cherish for ourselves. That is why we repeat over and again the very simple, yet profound expression of fundamental faith, "Christ Is Risen!" "Indeed He Is Risen!"

The gift of the Eucharist which this feast affords us is awe-inspiring and far-reaching. It does affect our good health because it introduces us to life everlasting. Having been born in the flesh in the City of Bread, Bethlehem, it should not be surprising, He chooses to nourish us with His Bread/Body. The Body and Blood of the Lord feeds and sustains us, and we become what we eat. Heavenly nature slowly grows within us so that the meaning of the Eucharist offers us spiritual food for thought as well. The Eucharist inspires a transformation in us, a change that begins to slowly and irrevocably change our human nature and transform it, exalt it to become Christ-like, God-like.

And then we become bread for one another whenever we give new life to each other. When someone is hungry, and we offer sustenance/food, both physical and spiritual, we become bread for them. When someone is hurt and we provide healing words and assistance and care, when some one is sad and we offer and share with them kindness in Christ. We become the bread from Christ for them. When someone is lonely and we provide friendship, we become their bread. When someone is sorry and we give forgiveness. We nourish them with the bread of forgiveness. And when we receive Communion worthily ourselves, we are saying thanks for all those who have been sustaining, nourishing and affirming bread for us. And we promise to try to be bread to everyone who really needs us, especially those who hurt the most.

We are enriched when we hear the words and testimony of our Lord, "I am the bread of life..." and the bread that I give is my own self for the life of the world."

We know that prior to our redemption on the cross, our Lord had a special farewell meal with his friends and disciples. At the Mystical Supper He taught them and imparted new life by helping them understand and care more about themselves and others because they are possessed of an immortal soul and made in his image. He broke the bread and gave them new life by sharing himself in that very bread. And He asked them to remember him in that very way.

We know that after He died on the cross, his friends were absolutely lost without him. But slowly they came to realize by the grace of the Holy Spirit that He is still with them and us, especially when we meet to relive his teachings at the Divine Liturgy and break heavenly bread together. When we worship him at the Divine Liturgy and receive communion, we remember with deep thanks who Jesus is and believe He is still with us because of Resurrection grace.

When we carefully listen to and accept his teachings and when we share the special consecrated bread made His Body by the descent of the Holy Spirit, we are eager to share ourselves with one another. "On the night before he suffered, he took bread into his hands, gave thanks, blessed it, broke it, and gave it to his disciples, saying, 'This is my body which is given for you.'"

How often we are gathered by the Holy Spirit at a healing service because we have received His bread, His Body along with His precious Blood and are become more and more Christ-like because of His enduring love for us. We come to claim our inheritance of wholeness, to share with Him the goodness of our creation in flesh and spirit. We wish to be nourishing, sustaining bread, just like Christ. Let us nourish ourselves, let us nourish others, let us become more and more Christ-like because of the glorious gift of Resurrection!



Does Prayer Heal?

Scientists are discovering
what believers
have always known

Condensed from "HEALING WORDS"
LARRY DOSSEY

LARRY DOSSEY, M.D., is co-chairman of the Ad Hoc Advisory Panel on Mind/Body Interventions, Office of Alternative Medicine, National Institutes of Health, and executive editor of the *Alternative Therapies in Health and Medicine* journal.

It was during residency training at Parkland Memorial Hospital in Dallas Texas, when I had my first patient with terminal cancer in both lungs. I advised him on what therapy was available and what little I thought it would do. Rightly enough, he opted for no treatment.

Yet, whenever I stopped by his hospital bedside, he was surrounded by visitors from his church, singing and praying. *Good thing, I thought, because soon they'll be singing and praying at his funeral.* A year later, when I was working elsewhere, a colleague at Parkland called to ask if I wanted to see my old patient. *See him?* I could not believe he was still alive. I studied his chest X rays and was stunned. The man's lungs were completely clear; there was no sign of cancer. "His therapy has been remarkable," the radiologist said, looking over my shoulder. Therapy? I thought. *There wasn't any, unless you consider prayer.* I told two of my medical school professors what had happened. Neither was willing to acknowledge that the man's healing was miraculous. "That was the natural course of the disease," one said. The other professor shrugged. "We see this," he said. I had long ago given up the faith of my childhood. Now I believed in the power of modern medicine. Prayer seemed an arbitrary frill. So I put the incident out of my mind. The years passed, and I became chief of staff at a large urban hospital. I was aware that many of my patients used prayer, but I put little trust in it. Then in the late '80's I began to come across studies - many conducted under stringent laboratory conditions - which showed that prayer brings about significant changes in a variety of physical conditions.

Perhaps the most convincing study, published in 1988, was by a cardiologist Dr. Randolph Byrd. A computer assigned 393 patients at the coronary-care unit of San Francisco General Hospital either to a group that was prayed for by prayer groups or to a group that was not remembered in prayer. No one knew which groups the patients were in. The prayer groups were simply given the patients' first names, along with brief descriptions of their medical problems. They were asked to pray each day until the patient was discharged from the

hospital, but were given no instructions on how to do it or what to say. When the study was completed ten months later, the prayed-for group benefited in several significant areas:

- * They were five times *less* likely than the unremembered group to require antibiotics.
- * They were 2 1/2 less likely to suffer congestive heart failure.
- * They were less likely to suffer cardiac arrest.

If the medical technique being studied had been a new drug or surgical procedure instead of prayer, it would probably have been heralded as a breakthrough. Even hard-boiled skeptics like Dr. William Nolen, who had written a book questioning the validity of faith-healing, acknowledged, "If this is a valid study, we doctors ought to be writing on our order sheets, 'Pray three times a day.' If it works, it works." Scientists, including physicians, can have blind spots, however. The power of prayer seems to be one of them.

I have since given up practicing medicine to devote myself to researching and writing about prayer and how it affects our health. There are studies which suggest that prayer can have a beneficial effect on high blood pressure, wounds, headaches and anxiety. Here are some of the things I have found:

Prayer Can Take Many Forms. In the studies I've seen, results occurred not only when people prayed for explicit outcomes, but also when they prayed for nothing specific. Some studies, in fact, showed that a simple "Thy will be done" was quantitatively more powerful than specific results held in the mind. In many experiments a simple attitude of prayerfulness - an all-pervading sense of holiness and a feeling of empathy, caring and compassion - seemed to set the stage for healing.

Love increases the Power of Prayer. The power of love is legendary. It's built into folklore, common sense and everyday experience. Love moves the flesh, as the blushing palpitations experienced by lovers attest. And throughout history tender, loving care has uniformly been recognized as a valuable element in healing. In fact, a survey of 10,000 men with heart disease published in *The American Journal of Medicine* found close to a 50 per-cent reduction in frequency of angina in those who perceived their wives as loving and supportive. Virtually all healers who use faith and prayer agree: love is the power that makes it possible for them to reach out and heal even at a distance. The feeling of care and warmth is so pronounced that they typically describe "becoming one" with the person being prayed for. In healer Agnes Sanford's words, "Only love can light the healing fire."

Prayers Never Sleep. When I was a child, one of the most puzzling pieces of advice I ever heard from the pulpit was the exhortation to "pray unceasingly." I was old enough to realize that *unceasingly* means nonstop. Yet, try as I may, I simply was not capable of nonstop prayer, and in bed at night I would always succumb to

sleep's tug. I had no idea that "subconscious" prayer was possible. Today we equate prayer almost exclusively with waking awareness and rationality. That prayer might occur in the depths of the unconscious, even during dreams, may seem preposterous. And the possibility that our unconscious might know how to pray better than our conscious mind is simply not entertained.

Prayer Is Healthful. Dr. Herbert Benson of Harvard Medical School was one of the first medical researchers to study the health benefits of prayer and meditation. He found that among Christians and Jews who prayed regularly, Catholics used phrases such as "Lord Jesus Christ, have mercy on me," Jews used the peace greeting, "Shalom" and Protestants frequently chose the first line of the Lord's Prayer or the opening of the Twenty-Third Psalm. All of these prayers, Benson found were equally effective in stimulating healthful physiological changes in the body, what he called the "relaxation response." Benson also discovered a connection between exercise and prayer. He taught runners to meditate as they ran and found that their bodies became more efficient. His research showed not only that prayer is good for the body, but also that our methods of prayer vary widely. Prescribing one specific way to pray can disenfranchise people from the prayer process and result in prayer dropouts.

Prayer Can be Open-Ended. Most people who pray are convinced that it can be used in a purposeful, goal-specific manner. But research shows that open-ended entreaties seem to work too. Invocations such as "Your will be done," "Let it be" or "May the best thing happen" do not involve "using" prayer for specific outcomes, nor do they involve sending complicated messages. Perhaps this is what some people mean when they advocate, "Let go and let God." Many recognize in their own prayers a spontaneous, uncontrollable quality that brings results.

Prayer Means You Are Not Alone. A patient of mine was dying. The day before his death, I sat at his bedside with his wife and children. He knew he had little time left, and he chose his words carefully, speaking in a hoarse whisper. Although he was not a religious person, he revealed to us that recently he had begun to pray. "What do you pray *for*?" I asked him. "It isn't 'for' anything," he said thoughtfully. "It simply reminds me that I am not alone." Prayer is like that. It is a reminder of our unbounded nature, of the part of us that is infinite in space and time. It is the universe's affirmation that we are not alone.



Did You Know That ...

...laughter and tears are both responses to frustration and exhaustion, but it is better to laugh because there is less cleaning up afterward?

...what the wise do in the beginning, fools do in the end?

...the great advantage of telling the truth is that one is so much more likely to sound convincing?

...people who believe a problem can be solved tend to get busy solving it?

...heroes and winners are not the same thing?

...Christ has called us to love because it is the only true adventure?

...misers are no fun to live with but they are wonderful ancestors?

...nothing but the heart can change the heart?

...our parish functions in a Christ-like way because we place opportunity and responsibility together?

...manners are just a formal expression of how we treat people?

...your children make it impossible to regret your past because they are its finest fruits?

...being born before television and video games made it necessary to go outdoors where we really encountered our neighbors and became involved in their lives?

...we ought to pray our children's spiritual roots grow deeply so when the rains fall and the winds of life blow, they will not be swept away?

...our parish community is not so much a locale as it is a state of spiritual mind?

...it's a beautiful thing when people expect something decent of us?

...many a powerful life has had its start in positive expectation from those around it?

Inventing Motherhood

Scientists and their groupies have appropriated the blessed art of rearing children. And if this was not enough to erode a parents' confidence a quick perusal of the latest books on the subject reveal that in true time-honored scientific fashion, they all contradict each other.

Couple this with the current lack of support for traditional motherhood and you end up with a generation of desperate women. About the only thing everyone seems to agree on is that you should take a bubble bath at the end of the day so you can have "time for yourself." But while soaking in the tub you had better not read any books on childcare or its effects will be nullified.

When sometime ago, one famous and well-known woman, Frances Wells Burck, became a mother, she was lonely for company and confessed as to how to go about raising her daughter. She found that mothers were the best people to go to for advice about mothering and out of that came her book, *Babysense*. Her most recent book, *Mothers Talking*, is an exploration of motherhood itself, how different women experience it and its impact on their lives. She spoke with 42 mothers about everything from childbirth to great-grandmotherhood. The result is a moving, evocative and often disturbing depiction of mother-love in our society.

Burck says in the introduction that a major goal of her book is to "honor the importance of motherhood." But she has done so much more than that.: She has unwittingly revealed the difficulty of carrying out this important function now that feminists have accomplished the Great Divorce between motherhood in nature and motherhood as a religious and cultural institution.

The book is more revealing than a hundred statistical studies about the condition of the family today: All these women are *candid*. One woman described the arrival of her second baby: "I was feeling loving emotions for the baby. I was quite adoring of him. But I felt his birth was definitely a mistake and there was nothing I could do about it. I would have to live with it. Forever. Forever!

And another mother pregnant with her third child, decided to abort it: "I just could not start with another baby again." Many of the young mothers went into therapy or took tranquilizers to alleviate the stress of life with small children; their parents far away, many were ashamed to admit their struggle to friends. "You're not working, so motherhood is like your career and you'd better be good at it."

One young mother whose section is called "My Back Is Up Against The Wall," said: "I suppose I will get it together someday and it will be alright. But tell me, where is the time, the energy, the psychic energy going to come from to take care of and love and nurture another person? It must come from somewhere. I just cannot imagine where unless love is like a muscle. The more you exercise it, the more you have to give. *Please tell me.*"

Oh, there are happy stories too, as well as powerful depictions of a mother's courage in the face of a child's death or severe disfigurement. But far too many of these women are not happy pursuing their chosen vocation. I would love to sit down with one of the dowagers of feminism and read aloud to her from this book. These young mothers have no understanding of where they belong in the world and no confidence in their ability to bring up their own children. The only thing the feminist movement did not take away from mothers is the intensity of the love they have for their children, but that does not seem to be enough. Marriage counselors are forever saying that love alone will not build a marriage nor is it enough to sustain a family, contrary to the revelation we read in Scripture.

It is most comforting to turn to the grandmothers section at the end of the volume. Especially appealing is the one who gave birth to 19 children, twelve of whom survived. And lived a happy if grueling life of farming, baking, washing, canning and nursing sick children. She, unlike her modern counterparts in the book, was deeply religious with a strong sense of her place in the universe. She never doubted her authority over her children. "I had one son who spent some time in jail, but if he had listened to me, he never would have been there."

The power of these stories lies in the unabashed and blind devotion of mothers who take their vocation seriously. One of them *paid* her disruptive drug-taking teenager to take a summer typing course. Whatever you think of her methods, no parent could fail to sympathize with her stubborn determination to help her son.

Mothers Talking is not an encouraging book. Maternal instinct, if you can call it that, does not guarantee happy families. The happiest mothers and grandmothers knew they had a critical role in the family and in the upbringing of their children and they attempted seriously to live up its challenges. They are in a minority in this book and one is left with a sense of loss for the way motherhood used to be.

Burck wants to help mothers by showing us that we need not be lonely. But she also shows that it is impossible to invent motherhood for yourself. Which is why our day care centers and abortion mill are so busy.

Have too many modern day mothers forgotten to learn the uplifting observation of ancient children from the words of David the Old Covenant king, *By you I have been upheld from birth; You are He who took me out of my mother's womb, my praise shall be continually of You* Psalms 71: 6..





The most beautiful word
in our language is

MOTHER.

Her tender hands wrought
for us before we entered
the world.

Her weary feet never failed to carry
her at night to see that we were safe
in dreamland. In the long, dark hours
she watched and prayed. She shared
our sorrows and gave us our joys.

Author Unknown



Bountiful Gifts

*I will sing unto the LORD, because he hath
dealt bountifully with me.*

PSALM 13:6 KJV



Love is a mother's greatest characteristic, but the next greatest feature a mother has is her unlimited ability to give. Mothers are natural givers. Love inspires all our gifts to our children. Of course, we give our children the basic necessities of life—food, clothing, and shelter; we give them education; we give them medical care. We also give limitless time and attention to help them grow into good and loving adults. We make sure they learn about God and His ways, and how much God loves them.

Just as we give good gifts to our children, God gives good gifts to us. God blesses us every day with faith and courage to raise our children well. God touches us with His mercy and forgiveness so that when we make mistakes, we can try again. God wraps us in His love, which we give freely to our children.



God gives us gifts every moment today.



Because even the
Best Moms
need help now and then



We make special remembrance of them at the Divine Liturgy today,
asking for heaven's blessings and affirming grace to
assist them in faithfully pursuing their vocation.



Holy Birthgiver of God, intercede for our Mothers today!

God's Children

*Thou hast made him a little lower than the angels, and
hast crowned him with glory and honour.*

PSALM 8:5 KJV



Mothers know that underneath the dirt and scruffiness from the playground, and behind the mischievousness and unwillingness to clean their plates at dinner our children seem like angels. When

we see our children peacefully
sound asleep, we are convinced
that our children do indeed have
heavenly origins.



Our children are God's
children—and so are we, their
mothers. For we, too, are special
creatures among all God's creation.
We are God's children, loved best
and most by God. God has marked

us as His own—He has crowned us with honor and glory. Like the
angels in heaven, we shine with the love of God, our Father.

Now God has trusted us to raise and love and protect our
children. We do with a fierce mother's love that shines brighter
and stronger than the noonday sun.



We are bright and shining angels, touched by God's love.

A Mother's Identity

*I said to the LORD,
"You are my Lord. Without you, I have nothing good."*

PSALM 16:2 GOD'S WORD



*M*others are many things. We are lovers, caregivers, and providers. We are teachers, referees, and drivers. We are organizers, cheerleaders, and champions. We love being all those things because we love being moms.



We have been touched by God's goodness. We have been chosen to be God's special people—mothers. God has planted a special kind of love in our hearts. It is a love without end. It is that love that marks us as God's chosen ones. It is that love we freely share with our children whether today we're cooking short order or driving carpool or supervising homework. We know deep in our hearts how much God loves us.



We are mothers, chosen by God's love.

Our Mothers before Us

*The boundary lines have fallen for me in pleasant places;
surely I have a delightful inheritance.*

PSALM 16:6 NIV



Motherhood is an ancient path we travel. Our mothers, our grandmothers, and all our great-grandmothers before us have traveled motherhood's way. Our "mother's intuition" is really a quiet knowledge stored up in our hearts, learned from all our mothers gone before us. Motherhood is a "delightful inheritance."



God has given us the heritage of motherhood. We are the heirs of motherly love before us; and we are the stewards of the motherly love that will come after us through our children. We are links in a vast chain of God's own making, passing on from mother to child that which is good and loving and true. As mothers we can be proud and humble at the same time for all we've inherited. We can be grateful to all our female ancestors—our mothers, who've handed us the torch of sacred motherhood.



*We stand as a link in a long chain of motherly love,
blessed and held together by God.*

The Wonder of God

*Here I am, your invited guest —
it's incredible!*

*I enter your house; here I am,
prostrate in your inner sanctum.*

PSALM 5:7 THE MESSAGE



Every mother has experienced the power of wonder. When we first saw our babies, we were overwhelmed by wonder. As our children were laid in our arms for the first time, the wonder and awe of this complete and perfect little child dissolved us to tears of joy to see what God had created.

Our children may be babies now, or be teenagers, or have families of their own, but mothers can still experience the wonder of God. Whenever we look carefully at our children, whether they're tiny-tots or grown-ups, we can see God's handiwork in them. When we see how God is at work in their lives, we are overwhelmed with wonder at the goodness of God. It is not unlike the first time we held them close and were filled with wonder and joy to see what God had created.



*We can look carefully at our children
and know the wonder of God.*

THE IDEAL WIFE

I T C U D N O C S V N R S O D J A E
 Q M A V J N H F C Q W W R R K G O Y
 P M R H G I V O H O U S E H O L D S
 U Y Z A L M L F R J K M D A A U Q U
 Y F B D H Y R T L F H N X F V F W E
 V Y R D B C H R E V A U P T J L V F
 Z E T Z J Y E I B B G R R N G L H I
 N D K U R G L L S X A F O U Y I F W
 G E C G A G V U D I J O V L K K R Z
 V A E S W E H X S N G D E N M S E O
 W J R D R Y B E Z J I Q R Y X H W J
 E F E M Y V Q B J G W P B K U E A B
 O K I R E P B J N R G C S T U A R P
 M G K T A N D I O T P W O Z X R D T
 L J P A X M T O R H T G N E R T S E
 N Y K H C Y P S U C C E S S L H E S
 Y O D Z P A J N W W J E C D Q Q D O
 X O K H P U W E W U O K X H X B R E

PROVERBS

WORTHY

WIFE

HUSBAND

SKILLFUL

HEART

HOUSEHOLD

STRENGTH

SUCCESS

SPINDLE

POOR

NEEDY

GARMENTS

DIGNITY

CONDUCT

CHILDREN

PRAISE

CHARM

REWARDS

BEAUTY



A Mother's Way

*LORD, who may abide in Your tabernacle?
Who may dwell in Your holy hill?
He who walks uprightly,
And works righteousness,
And speaks the truth in his heart.*

PSALM 15:1-2 NKJV



It's been said that imitation is the highest form of flattery. Children love to imitate their mothers. Whether they are playing



house or mimicking our conversation, children practice at being grown-ups by pretending they are the moms. Children naturally want to follow their mothers wherever they go, whatever they do, and whatever they say. Mothers show their children the way through life.

Part of our job is to show our children how to live so that they can follow us into happy adulthood. We speak truthfully to our children and show them by our actions how much God loves them. This is a mother's way—to "imitate" God's love. When we speak and live God's love, our children naturally want to follow us and be like us. We raise our children to be merciful, wise, and loving grown-ups.



Today we travel a mother's way and show our children how to follow God's way.



The vocation of
Mother
is a love
like no other . . .

We prayerfully wish

All our Mothers,
Grandmothers, Godmothers

A Blessed and Happy Mothers' Day!



"MEN ARE WHAT THEIR MOTHERS MAKE THEM"

Today, our nation pauses to celebrate MOTHER'S DAY. More cards are sold . . . more flowers sent . . . more long distance phone calls made on this day than on any other holiday. Whether our mother is living or departed, this is a day for remembering the precious memories of "MOM" that can never be taken away from us. One can hardly look back at the innocent days of our youth without fond thoughts of her.

Mother's Day is also a day to reflect upon the multitude of ROLES a mother is asked to play as she raises her children. She is a TEACHER. Indeed, a mother teaches her children their first lessons in faith. She teaches them to pray. She teaches them to follow Christ's example. If we attend church regularly today, receive the Sacraments frequently or simply believe that the 10 Commandments are important, it probably is due to our mother's influence.

A mother is a HOMEMAKER. While some "working mothers" may take offense at this term, we can give a mother no greater compliment than to credit her with "making a home" for her family. Without a mother's love, sacrifice and devotion, many of our homes would have merely been four empty walls.

Just imagine if a mother were paid for all of her services rendered: physician, counselor, cook, seamstress and "taxi driver", her annual salary would be astronomical! Every good mother, however, would gladly trade that for the priceless pleasure of seeing her kids grow into responsible, respectable adults. As Emerson said **"MEN ARE WHAT THEIR MOTHERS MAKE THEM."**

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