



GUARD YOUR MOUTH TO A HAPPIER MARRIAGE



When we say I do we should also say, I won't — I won't use my words to hurt my spouse. Infidelity, addictions, and other major destructive behaviors can inflict mortal wounds on a marriage. But perhaps the greatest sources of damage on relationships are the seemingly less harmful ones, particularly the cuts to the heart made through unkind speech.

Sharp words creep into a relationship gradually, then habitually. No one tries to win the heart of another this way, yet, when the relationship seems sure and becomes routine, critical words often show up.

It could be too little sleep or too much stress that shortens a fuse and begets angry words. Or irritation and disagreement that often leads to venting. An apology and the resolve to take greater care in the future could set things right again. Yet, for many, the irritations and criticisms become common and malignant, slowly leaching away at the store of good feeling upon which undying love was pledged.

In an interview with Fr. Gary Benz, Pastor of Queen of the Most Holy Rosary in Stanley, North Dakota, he noted that in spite of marriage problems being blamed on a lack of communication, he frequently witnesses something else. "In our time, a staple of advice given to married couples is the need to communicate," he said. "You have to talk to each other; you have to communicate daily." However, he noted that often, the problem is not so much a lack of communication, but too much negative communication.

"Married couples, I find, do talk to each other, but they are saying the wrong things," he said. "They put one another down; they constantly point out one another's faults; they make selfish demands; they tell their spouse to be quiet; or they bombard their spouse with words of anger or disdain. Yes, technically, these are forms of communication, but they do little good within married life."



Fr. Gary Benz

According to Fr. Benz, communication in marriage should be rooted in love. "Saint Paul reminds Christians, including married couples, in his First Letter to the Corinthians that love is kind; it is not arrogant; it is not rude; it is not irritable; it is not resentful; etc." [cf 1 Corinthians 13] He said that true communication in marriage is to communicate like Christ, who is love.

"Jesus' words to us are always kind, loving, merciful, good, and gentle," Fr. Benz said. "Couples must imitate this Christ-like way of communication. In doing so, they will have great peace and love within marriage and some day when their spouse passes from this life, they will live with no regrets."

Harsh Words Don't Fix Problems

We don't need surveys to tell us, or counseling to show us: negative comments evoke negative feelings while positive comments evoke positive feelings. Whatever the problem, verbal lashing out is not the solution. Nor does responding in kind, when the other starts it, make things better. A spouse is less likely to see the error in his or her ways when the partner lashes back. The end result is two people using anger, rather than love, as ammunition.

Using the mouth as a weapon is not always apparent. Women sharing complaints about their husbands often view their activity as mere entertainment among friends rather than the disrespect against the dignity of their husbands that it is. Or husbands, making fun of their wives for one reason or another may think it's just being manly or poking fun.

Comparing, belittling, complaining, criticizing...the urges can emanate in part from family-of-origin modeling, but in the end, the words we chose are from our own mouths and thus our own responsibility. Are you speaking words of life into your marriage or slowly killing it? We can sow love or sow discontent with our words but, either way, we will reap the harvest..

A post originally published on Patti Maguire Armstrong's blog August 2014

SAINT PIUS X



On June 2, 1835, Giuseppe Melchiorre Sarto saw the light of earth at Riese, Province of Treviso, in Venice; on August 20, 1914, he saw the light of heaven; and on May 29, 1954, he who had become the two hundred fifty-ninth pope was canonized St. Pius X.

Two of the most outstanding accomplishments of this saintly Pope were the inauguration of the liturgical renewal and the restoration of frequent communion from childhood. He also waged an unwavering war against the heresy and evils of Modernism, gave great impetus to biblical studies, and brought about the codification of Canon Law. His overriding concern was to renew all things in Christ.

Pope Pius X introduced the feast of the apparition of the Immaculate Virgin of Lourdes. In the same year he issued his encyclical *Pascendi Dominici Gregis*, in which he specifically repeated the permission to venerate the virgin in Lourdes.

Above all, his holiness shone forth conspicuously. From St. Pius X we learn again that "the folly of the Cross", simplicity of life, and humility of heart are still the highest wisdom and the indispensable conditions of a perfect Christian life, for they are the very source of all apostolic fruitfulness.

His last will and testament bears the striking sentence: "I was born poor, I have lived in poverty, and I wish to die poor." His feast day is August 21.

Saint Pius X Chapel dedicated with donation of a first class relic of St. Pius X given in memory of Betty Cameal. The reliquary was donated in memory Joe and Margery Moore.



Dear Dan, I am Catholic. I committed grave sins when I was a teen that I have lived in guilt and anxiety over for almost two decades. I pray every day about them. I have prayed in church but I have never been to confession. I am afraid to go to confession because I am scared I will not be forgiven or kicked out of the "church". I want to go to Heaven. I love God and Jesus. Are there any sins that are not forgivable? Can you be kicked out of the church?

Dear Friend, you have asked one of the most important questions that can be asked, and the good news is that it is very easy to answer.

The Church never refuses forgiveness for those who truly seek it.

If you had committed the unforgivable sin, you would not be concerned about God. Because you are concerned, this is evidence that He is drawing you to Himself. Whether it be abortion, or whatever it is, once grave sin is absolved in confession, we

can begin to find peace because we are restored to relationship with the One we desire and love. Without confession, we remain cut off from the grace we desire, and need, in order to live in a love relationship with God.

The apostle Paul participated in the murder of St. Steven. The apostle Peter denied Jesus three times. Both were restored to relationship with God by His grace.

Regardless of whatever you have done, though your sins may have been grave, they are as a grain of sand on a beach compared to the ocean of God's mercy.

It is no difficulty or challenge for God to forgive you.

That said, He has provided you with a specific path to restore your relationship with Him. He has paid the price for your sin but you must appropriate this great gift by responding and walking through the door He has unlocked for you by His suffering and sacrifice.

Walk through the door into confession and you will enter the path of restoration – you will begin the journey toward peace and union with the One who created you for an eternal relationship of love with Him.

Yours in Christ,

Dan

Read more: <http://spiritualdirection.com/blog/2014/08/26/committed-unforgivable>

PERSECUTION OF CHRISTIANS IN 2014

I'm sure by now you've heard about the terror in Iraq. When Islamic state militants invaded Mosul, they published a warning to Christians: Convert to Islam, leave with only the clothes on your back, or die by the sword. Since then, we've heard horrifying stories of beheadings (even of children), rapes, pillages, and brutality difficult for those of us in the West to imagine.

The Catholic Answers staff was blessed last week by a visit from Deacon Keith ESSHAKI of St. Peter's Chaldean Catholic Cathedral, located not far from our offices in El Cajon, California. He spoke to us about the plight of Iraqi Christians, and he made clear that the battle raging there was more a spiritual one than a political one.

Deacon ESSHAKI stated in no uncertain terms that we are witnessing the end of Christianity in Iraq. For the first time since St. Thomas the apostle took the gospel to the city of Mosul, the Holy Sacrifice of the Mass is not celebrated there.

This terrifying fact inspires us to reflect on how blessed we are to have daily access to the Mass and the Eucharist. Deacon ESSHAKI reminded the Catholic Answers staff that if we truly believe in the Real Presence as the source and summit of our Faith, we should ask ourselves if we are living accordingly.

He shared with us a quote from Archbishop Fulton Sheen:

"The struggle is not between political matters but for the human soul. The world is too far gone for a tinker to fix it, and all the political and economic solutions are basically forms of tinkering. Nothing short of a passion for truth, fiery enough to make our enemies call us dreamers and fools and fanatics, will save the world. We are sinking for the same reason Peter sank: We have taken our eyes off the Master."

When Islamic terrorists took over Mosul, Muslim neighbors with whom Christians had conducted business and shared friendships turned on them. They marked Christian homes and businesses with the Arabic letter "N," for "Nazorean," and claimed these properties as their own to pillage and possess.

Above all, as Deacon ESSHAKI reminded us, we should fight this spiritual battle by becoming better Catholics; by praying and fasting; by loving our Lord and his Church more fervently; and, through our example and our words given in charity, by inviting as many people as we can to fullness of the truth.

This was taken from an email distributed by Catholic Answers