

Practice of the Virtues (adapted and/or excerpted from Liturgy Training Publications (LTP))

Faith: We are now in the Easter season! As we read the Book of Acts we begin to learn about this new community of believers “who were of one heart and one mind” and “there was no needy person among them”... and then there’s Thomas. He represents those of us who have a lack of faith, one who needs proof, one who remains isolated, even within his/her own family or friends. After Thomas encounters Jesus as the Risen Lord, his unbelief turns to honoring Jesus as “my Lord and my God.”

- Be aware that you belong to a people united in faith. Pray for another parish in our diocese. If you can, plan to visit the cathedral.
- Put some good of yours – a talent, a service, money, or material goods – at the disposal of your community. Consider becoming more involved in a ministry at SFA like Eucharistic Minister, music ministry, ushers, readers.
- Consider the many titles given to Jesus throughout the ages and what they mean. Reflect on the times that you have been surprised into recognizing Christ.

Hope: Jesus gently helps the Disciples process all that they had seen. His message is urgent; his time on earth is coming to a close. Jesus wants them to know the hope of salvation depends on their witness, to carry his message of hope to the nations.

- Many families in our own communities have no home, are living from paycheck to paycheck while having to decide what they have to sacrifice for the care of their families (e.g. food for medicine). They have little or no hope. Consider “going together with friends” to support a Habitat for Humanity or similar charity where you can volunteer.
- Enroll in a Bible study course so you can understand more fully how Jesus is the culmination of God’s relationship with humanity. The Faith Formation is offering new study materials! Come check it out!

Charity/Love: Jesus calls himself the Good Shepherd. He offered himself for his sheep. He knows his sheep intimately. He lived among us his entire earthly life, and that is what he calls us to do... to take part in the lives of those we serve.

- On the Vatican website (www.vatican.va), read Pope Francis’ address to the world’s priests at the Chrism Mass on Holy Thursday. Reflect on how his message applies to you.
- Perform one loving act that you have been avoiding out of feeling discomfort or distaste.
- Reach out to someone outside your “fold”; yours might be the voice they need to hear.