

Go Forth

Amen, amen, I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit. –John 12:24

[Past Months](#) –Link to activities and replays from previous months

Live Your Faith

We each have a vocation and state of life. We are young, old, and somewhere in between. We are single, married, parents. We are consecrated religious, others are ordained. We all know the lyrics of the old familiar song, “They Will Know We Are Christians by Our Love.” How we live touches the lives of others, whether or not we take notice. How do we live our Catholic faith out in the world? Here we offer some ideas and suggestions to influence our world or make a difference in the lives within our community by simply living our faith.

Spiritual and Emotional Support

As much as we are physical beings, we are spiritual. Times are tough, and we have all endured significant changes from what we experienced a year ago. No matter to what degree, we struggle. Please know there are resources to support our physical, emotional, and psychological health. Click on any of the links below for more information on a few suggestions we offer that can support you in being the best Catholic you:

- [Des Moines Pastoral Counseling Center](#) 8553 Urbandale Ave, Urbandale, IA 50322 [\(515\) 274-4006](#)
- [Kardia Counseling](#). 1370 NW 114th St #206, Clive, IA 50325 [\(515\) 267-0030](#)
- [Dymphna Counseling Center](#) 6165 NW 86th St, Johnston, IA 50131 [\(515\) 727-1674](#)

- Know someone who suffers from worry, anxiety, depression, or another mental health affliction? Here's a quick read: [Five Patron Saints to Invoke](#)
- [Emmaus House – Spiritual Direction](#)
- [Spiritual Directors in the Des Moines Diocese](#)

The resources listed above are great to consider for all households. The following are specific to parenting households:

- [Covid-19: 5 Ways to help kids meet and know God during a pandemic](#)
- [Mental Health Minutes During a pandemic from Catholic Charities](#)
- [Supporting your child's mental health during Covid-19 school returns](#)

Meet the Saints

One of the beautiful things about our faith is the saints. As Catholics we respect and honor the saints and consider them to be heroes of the Church. The saints are timeless examples of how to live a Christian life, providing endless hope. Not only were they sinners who kept trying to grow closer to God, but they also exemplify ways a person can serve God. The Church emphasizes that they were ordinary people from ordinary families and they were totally human. We will highlight a different saint each month of Together in Faith.

Blessed Pier Giorgio Frassati

Blessed Pier Giorgio Frassati was known for his joys, jokes, athleticism, care for the poor, selflessness, and for challenging his friends to virtue. He was born in 1901 to a wealthy family in Turin, Italy. He lived frugally and gave his money-and several times even the shoes or coat he was wearing- to the poor. Pier received his First Communion on June 19, 1911 at age 10. When he was just 12 years old, he began the practice of receiving the Eucharist daily. He referred to it as his "appointment with the Lord." He nurtured his devotion to the Eucharist by spending numerous hours in Adoration, even

at night. He encouraged others to receive the Eucharist as much as possible. He said “I urge you with all the strength of my soul to approach the Eucharistic Table as often as possible. Feed on this bread of Angels from which you will draw the strength to fight inner struggles, the struggles against passions and against all adversities, because Jesus Christ has promised to those who feed themselves with the most Holy Eucharist, eternal life and the necessary graces to obtain it.” Blessed Pier Giorgio Frassati died on July 4, 1925 at the age of 24 to polio. His love for the Eucharist is one of the many reasons that we decided to highlight him this month. Blessed Pier Giorgio Frassati, Pray for Us!

Learn more about him with the resources below:

Videos

- [**Reflection by Fr. Mark on Pier Giorgio Frassati**](#)
- [**Pier Giorgio Frassati: Get to know him!**](#)
- [**Bishop Barron on Pier Giorgio Frassati**](#)

Books

- [**A Man of the Beatitudes: Pier Giorgio Frassati, by Lucia Frassati**](#)
- [**I'm Joyful in the Mountains, by Joe Klinker**](#) (for kids)

Blog post

- [**To the Heights: Finding God in Nature**](#) from LifeTeen

Listen

- [**Blessed Pier Giorgio Frassati: Man of the Beatitudes by Fr. Tim Deeter**](#)

Websites

- <https://frassatiusa.org/>
 - <https://www.frassatimobile.com/resources>
 - <https://catholicexchange.com/11-reasons-love-bl-pier-giorgio-frassati>
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Serve the Lord

The Church is known for its emphasis on social justice and the importance of service to express the love of Jesus Christ to the world. Our faith teaches us that we should serve others, showing love and kindness to everyone. We can serve others in many ways, and we should ensure that we use every opportunity that we can. Those who learn how to serve others grow in many ways: empathy, awareness, concern, and closeness to Christ. There are many ways to serve Jesus by serving others and the Church. Each month of Together in Faith there are opportunities to serve inside and outside of our parish.

At St. Francis-Thanksgiving Baskets & Angel Tree

Each year, the social concerns committee has two ways to support community during the holiday season.

1. Sign-up to provide a Thanksgiving meal. Sign-up after Masses this weekend, November 13th & 14th in the Parish Hall or you sign-up online at <https://signup.com/go/MfjEgnT>.
2. Be an angel. During Advent, Angel Trees will be set up in the gathering space. The trees have tags with ways to support someone in need. Grab a tag (or two or more), and provide the item listed on the tag.

In the Community-Blessing Bags

Blessing Bags are a great way to help the homeless or someone in need. A blessing bag is a gallon size re-sealable bag filled with basic necessities. Use [this checklist](#) as

a guide for what to include. Keep some in your car or donate to [Joppa](#) or [Connection Cafe](#).

Sing His Praises

Music is a beautiful way to elevate our prayer and express our faith in God. Enjoy and pray with these resources:

- [Music with Miss Emmy](#) (for the young and the young at heart)