



WHAT'S  
INSIDE:



We begin! Eucharistic Revival

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# family

JULY 2022

## Revival's in the Air- An exciting journey ahead

Our world is hurting. We all need healing, yet many of us are separated from the very source of our strength. Jesus Christ invites us to return to the source and summit of our faith—his Real Presence in the Holy Eucharist. Watch the video to learn more about the exciting journey ahead and how you can be a part of it!

Click on:

[National Eucharistic Revival](#)—USCCB

***“The Eucharist is essential for us. It is Christ who wishes to enter our lives and fill us with His grace.” Pope Francis***

For adults, read: [The Mystery of the Eucharist in the Life of the Church](#)  
US Conference of Catholic Bishops

According to [Pew Research Center](#), only 31% of Catholics even believe in the True Presence of Christ in the Eucharist. It is up to that 31% to spread the truth to all.

Watch: 20 minutes

[The Eucharist for Little Children](#)—Vision Video

Watch: for teens—7 minutes

[Eucharist 101 - Catholic Central](#)

### **Did You Know? The Eucharist Makes Me a Better Mom**

When my three children were little, Sunday mornings proved to be the typical hectic run to the car, coats flying open, shoes untied (provided they could be found) and tummies rumbling. We jumped into the car to begin our short trek to Mass hoping to be on time.

Needless to say, no matter how much Mom tried to get things ready the night before, the inevitable snafus destroyed my pious promises to maintain my patience and equilibrium. My frame of mind, as we made our way to the Eucharist, was anything but holy.

This reality was made clear to me by my youngest who commented sagely, “Mommy you really need to go to Church.” Indeed.

As we landed and settled in and Mass began I would feel the tension begin to melt away. My body followed my mind as I entered into the sacred prayers that led to the moment of moments, the reception of the Body and Blood of Jesus in the Eucharist.

On our way home the better Mom had emerged. The one my son wisely knew would be restored by Jesus. Sr. Nancy Elizabeth



## JULY 4TH INDEPENDENCE DAY

God bless America, land that I love  
Stand beside her and guide her  
Through the night with the light from above  
From the mountains to the prairies to the oceans  
White with foam  
God bless America my home sweet home.

God Bless America was Irving Berlin's love letter to his adopted country. Berlin was born on May 11, 1888, in Russia. Berlin was Jewish and he and his family were the targets of virulent persecution by the Tsarist regime.

**God Bless America** stayed on the shelf until 1938. Singer Kate Smith, a popular radio personality in the 1930s and 1940s, wanted a new song for her Armistice Day (now Veterans Day) broadcast. Smith requested a song that would be a prayer for peace and protection for America as much of Europe plunged headlong into World War II.

### [The Story Behind the Song - God Bless America](#)

(PerformingSongwriter.com)

Watch and Listen and take a step back in time to the way it was: [God Bless America - Kate Smith](#)



Here's another more recent song/prayer which has become almost as well known and as popular as the original.

### [God Bless the USA - Lee Greenwood, Home Free and the Singing Sergeants](#)

## July 16 Our Lady of Mt. Carmel

Devotion to Our Lady of Mt. Carmel began with the Carmelite Order whose oldest tradition connects it with the following apparition in the Book of Kings: *Behold, a little cloud like a man's hand is rising out of the sea* (1 Kings 18:44). People could see it from the summit of Mount Carmel while the prophet Eliazah was beseeching the Lord to put an end to a long drought. The cloud quickly spread to cover the sky and brought abundant rain to the parched earth. Scripture scholars see this rain cloud as a type of the Blessed Virgin Mary. By bringing the Savior into the world she bore the living water to quench the thirst of all humanity, and she continually brings us countless graces.

The Blessed Virgin appeared to Carmelite St Simon Stock on July 16, 1251. At that time she promised special graces and blessings to those who would wear the scapular. (See below) This devotion *has brought down a copious stream of spiritual and temporal graces upon the earth* (Pius XII, Address, 6 August 1950). For centuries, Christians have sought refuge in this special protection of Our Lady.

Read more!

### [History of Our Lady of Mt. Carmel and the Scapular](#) (Catholics Striving for Holiness)



The Scapular of Our Lady of Mt. Carmel was a garment given by Our Lady to St. Simon Stock, General of the Carmelite Order, at Aylesford in Kent, England, on July 16, 1251, with this promise: "Whoever dies wearing this Scapular shall not suffer eternal fire. It shall be a sign of peace and a safeguard in times of danger."

Watch! [Our Lady of Mt Carmel for Kids](#)

(Morning Star Family Holy Hour)

## July 23—Mary Magdalene

Mary of Magdala was the first recorded witness to the resurrection of Jesus, His most ardent and loving follower. She stood with Mary at the foot of the Cross on that brutal Good Friday afternoon and was at the side of Mary during these difficult hours. On Easter morning, she went with the other women to the tomb and it was there, in the garden near the tomb, that Jesus appeared to her. It was she who brought the news of the Resurrection to the Apostles, and Peter and John raced to the tomb to see what had happened.

Read more! [Who is Mary Magdalene?](#)

(Catholic Culture.com)

## July 26—We Learn About Our Blessed Mother's Mom and Dad



### St. Joachim and St. Anne

Watch! [We Meet the Parents of our Mother Mary](#)

(Catholic Church of England and Wales)

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For Children: [Jesus Had Grandparents Too!](#)

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Gardens are in full bloom with glorious displays of flowers in every color and hue. Shady spots offer respite from the summer sun. Check out Gather in the Garden—a perfect place to pray.

[Praying in the Garden](#)

William H. Sadlier

## July 29—Martha has no time to sit with Jesus! Too much to do!

I remember being at a Catholic Conference in Scranton Pennsylvania and listening to a well loved speaker share her wisdom. She said, “When I am so busy I don’t know what to do first, first I pray.” Jesus told his dear friend Martha much the same thing as she was preparing a meal for her guests.

Read: [Scroll down - Luke 10:38-42](#)

I found this prayer in my mom’s prayerbook after she died. These are words a mom can surely relate to. Author is unknown.

Lord of all the pots and pans and things since I’ve no time to be,  
a saint by doing lovely things or watching late with Thee,  
or dreaming in the dawn light or storming heaven’s gates,  
make me a Saint by getting meals and washing up the plates.  
Although I have a Martha’s hands I have a Mary’s mind,  
and when I black the boots and shoes Thy sandals,  
Lord, I find.

I think of times they trod the earth each time I scrub the floor.

Accept this meditation, Lord, I haven’t time for more.

Warm all the kitchen with Thy love and light it with Thy peace.

Forgive me all my worrying and make my grumbling cease.

Thou who loved to give men food in room or by the sea,

accept this service that I do, I do it unto Thee.

Sr. Nancy Elizabeth

Are you Martha or Mary? Read: [Choosing Busy.](#)  
(Catholic Women in Business)

## CATHOLIC PRAYERS AND PRACTICES

### Why Do Catholics Wear Scapulars?

A scapular is made of two rectangular squares of cloth attached by strings. It is placed over the head, and worn with one square in front and the other in back. The word "scapular" comes from the Latin word *scapula*, which means "shoulder blade."

A scapular is a sacramental. Here's a quick definition of a "sacramental" from the Catechism of the Catholic Church:

Sacramentals are sacred signs instituted by the Church. They prepare men to receive the fruit of the sacraments and sanctify different circumstances of life. (CCC 1677)

They always include a prayer, often accompanied by a specific sign, such as the laying on of hands, the sign of the cross, or the sprinkling of holy water... (CCC 1668)

Read [:Why Do Catholics Wear Scapulars? - the Catholic Company](#)

Pray: [Novena to Our Lady of Mt. Carmel](#)  
Pray from July 7 to July 15

### Prayer to Mary Magdalene

O God, whose Only Begotten Son entrusted Mary Magdalene before all others with announcing the great joy of the Resurrection, grant, we pray, that through her intercession and example we may proclaim the living Christ and come to see him reigning in your glory. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.



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### For more information about the Saints and Feast Days we honor this month, visit:

[www.franciscanmedia.org/saint-of-the-day](http://www.franciscanmedia.org/saint-of-the-day)

[www.catholic.org/saints](http://www.catholic.org/saints)

### Movies: "Presence." Watch this beautiful series on the Eucharist on FORMED.

**Books:** [Eucharistic Miracles of the World](#) dramatically increase your awareness of the awesome reality and power of the Real Presence of Jesus in the Eucharist! Contains nearly 100 accounts of Eucharistic miracles from 17 different countries, all verified and approved by the Church. The most recent occurred in 2001.