Catholic Mental Health Resources

Michael Murphy, Ed.D. May 17, 2022 Good Sheppard Parish, Wayland, MA

A tough couple of years in the world...

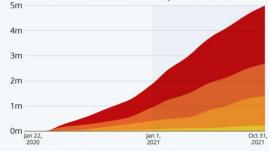


Six

World Reaches XEXXXX Million COVID-19 Deaths

Cumulative confirmed coronavirus deaths, by world region (as of Oct 31, 2021)

● Africa ● Asia-Pacific ● Europe ● Americas



Racism Inflation Wildfires Tornadoes



Source: Johns Hopkins University via Our World in Data

Catholic Mental Health Resources

Come to the water!





St. Louis Jesuits Come to the Water

OFFICIAL LYRIC VIDEO

Catholic Mental Health Resources

All you who are thirsty, come to the water! ...Come, buy grain without money, wine and milk without cost! Why spend your money for what is not bread; your wages for what does not satisfy? Only listen to me, and you shall eat well, you shall delight in rich fare. [Isaiah 55, 1-2]

Can Catholic Mental Health Resources teach us how to satisfy our deepest thirsts and hungers?

Can Catholic Mental Health Resources teach us how to satisfy our deepest thirsts?

Come to the water!

CatholicMentalHealthResources.com





Prelude





Thanks to Fathers Dave O'Leary and Austin Fleming



What are Catholic Mental Health resources?





- 1. Anything that can help Catholics become more mentally healthy
- 2. Contributions that Catholicism can make to

mental health

Tonight's talk is about both



1. Anything that can help Catholics become more mentally healthy;

- Can be secular, like better health habits or psychotherapy or doing things you enjoy
- Or combined with Catholic things
 - Like this series of talks on mental health
 - Or like the Stephen Ministry you have right here in your parish





2. Contributions that Catholic faith can make to your mental health

- Hope
- Love
- Peace of mind

"For I am convinced that neither death nor life, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord." Romans 8:38

- If we really got that we'd be mentally healthy
- My advice to a patient with depression:
 - Read scripture
 - Or listen to Father Fleming's homilies!







 \checkmark 40 years at MGH, seeing more than 500 patients,

- Teaching 100's of MGH/Harvard psychiatry residents
- Conducting research on child mental health and health
- More than 100 publications in *JAMA, NEJM, etc.*
- Associate Professor at Harvard Medical School









- Parishioner at St. Cecilia, Boston now and formerly at Holy Family, Concord
- Catholic therapist for 30 years (Newlife Counseling Center, Waltham)
- **13 years of spiritual direction** (from Sr. Francine Zeller, Sr. Joan McCarthy)
- Taught Christian Psychologies at Espousal Center
- **Conference** on child mental health in the **Vatican in 2013**







• A "cradle Catholic", two aunts who were nuns







• Married, 3 grown children

and now a proud grandpa!





About You:



- You or a family member might be dealing with depression, anxiety, or substance abuse
 - and you might want to approach these challenges through faith as well as science
- Or maybe you have questions how mental health fits with your faith
- If so, this talk is for you! Figuring out how Catholicism and mental health can go

together has been my mission for 40 years and I want to share what I have learned.

• Time for questions during the last 15 minutes of tonight's presentation





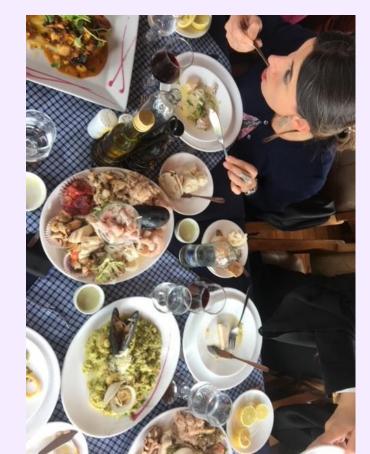
One of the most important things I want to share tonight is that, after all this research and seeing all these patients, my conclusion, to quote *Hamlet*,

"There are more things in heaven and earth, than are dreamt of in our philosophies."

More types of therapy, more support, more inspiring art and

In my talk, I will show examples

people, than we could ever have dreamt of.



View of the Pacific Ocean

From a restaurant in Valpariso, Chile

A tasting menu, family style









- A "tasting menu" for Catholic mental health help, served family style
 - A sampler so you can taste small portions before you load your plate
 - Not all of these dishes will be for everyone
 - Just finding one or two that you like might be enough
- A "<u>delicious dozen</u>" or
 - "<u>Catholic's Mental Health Resources 12 Greatest Hits.</u>"
- Some include some just Catholicism, some just mental health, and some a combination of both.

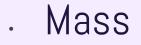
Tasting Menu of Catholic Mental Health Resources:

- 1. Your Local Parish
- 2. Counselors
- 3. Recovery Groups
- 4. Self-Help
- 5. Volunteer Opportunities
- 6. The Arts (Music, Books, Film)
- 7. News organizations
- 8. Spiritual Direction & Retreats
- 9. Websites
- 10. Social Groups/Community
- 11. Inspiring People
- 12. Blogs





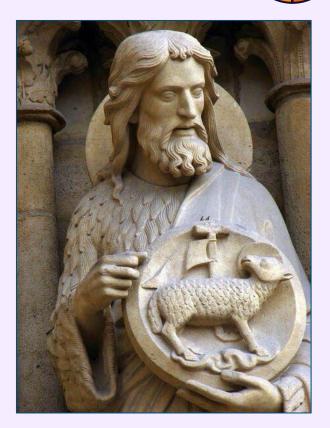
#1: Your Local Parish



. Homilies

. Sacraments

. Good Shepherd Parish Groups



#1: Your Local Parish

Outreach Opportunities at Good Shepard - https://www.goodshepherdwayland.org

- Liturgical Ministries
- Music Ministry
- Knights of Columbus
- Youth Ministry & Confirmation Preparation
- Ongoing Adult Formation
- Stephen Ministry
- Summer Programs



St Ann Church 134 Cochituate Rd, Wayland, MA 01778



St Zepherin Church 99 Main Street, Wayland, MA 01778

#1: Your Local Parish



Stephen Ministry

• Stephen Ministers are lay care givers who provide

high-quality, confidential, Christ-centered care to

people who are hurting & going through tough times.







Mental health counseling provides therapy with an LMHC, LICSW, PhD, or

an MD who support individuals with mental health concerns.

- Find a counselor you can afford, whom you like, and respect
- Start with talk therapy, not medication (in most cases)
- Usually works out well, but if not, find a different counselor!







•Dialectical behavior therapy (DBT)

•Cognitive behavior therapy (CBT)

•Interpersonal psychotherapy (IPT)

•Internal family systems therapy (IFS)

Insight-oriented psychotherapy (talk therapy)

•Medication







•Dialectical behavior therapy (DBT)

Radical acceptance

What is Radical Acceptance?

A <u>distress tolerance</u> skill that I can learn that can keep pain from turning into suffering.

I may hate my eating disorder but for today I can radically, totally accept it, hoping that later I can find a way to change it

I can become more serene today by praying that God grant me the strength to accept the things I cannot change, and then the courage to change the things I can

#2: Counseling

A: Ask a friend, pastor, or MD for names
B. Find someone who takes your insurance



- **C. Psychology Today** website (free)
- Brief write ups of thousands of counselors (some have videos)
 Sort based on approach, insurance, gender, location, etc.

Find a therapist: https://www.psychologytoday.com/us/therapists

#2: Counseling

- A: Never better time to find a counselor, 1000's to choose from
- B. Since Covid, most therapy is provided online, virtually, over the internet or even telephone
- C. Easier to get to, distance not a problem, anywhere in state
- D. But harder to find someone taking new clients
- E. Easier to find if you can self pay...\$50-\$400/hour

#2: Christian (Catholic) Counseling

- A: There are hundreds of Christian therapists
- B. Especially helpful re divorce, abortion, bring faith dimension
- C. Handful of Catholic therapists (but long waiting lists)
- D. Christian psychiatrists very rare, no Catholic psychiatrists now
- E. In past:
 - . Ned Cassem, SJ, MD; George Murray, SJ, MD;
 - · William Meissner, SJ, MD; Anna Maria Rizutto, MD
- F. John Peteet, MD is a Christian psychiatrist

#2: Christian (Catholic) Counseling

- C: How to find a Christian counselor
- Greater Boston Christian Therapy Network
 - A List Serv of more than **100 Christian therapists**
 - Email me, and I will post your listing and send you names of

therapists who reply

Example: "Looking for a therapist for a man in mid 50's whose son lives at home but is severely mentally ill. Email Dr. Murphy with your contact info"







Recovery groups bring together individuals with similar concerns
Many kinds of recovery groups but 12 Step are most common

#3: Recovery Group12-step programs

- · Alcoholics Anonymous
- · Codependents Anonymous
- Emotions Anonymous
- & dozens more!
- A GREAT! resource



#3: Recovery Groups

12-step programs: they work if you work them!

- Groups are free, no commitments, no pressure, anonymous, confidential
- Most are now virtual, so dial in by phone or internet
- Been around for almost 90 years
- Nonreligious but based on the Oxford Group, a Christian movement
- Most members believe in a 'higher power'
- Talk about God and faith is quite common and accepted

#3: Recovery Groups



Virtual and in person meetings

Several different times of day, 7 days a week

Deals with addictions and unhealthy attachments like

 Alcohol, Sex, Gambling, Compulsive eating + food addictions, codependency, anxiety

Based on 12 steps but explicitly Catholic:
 Meditation based on next Sunday's Mass readings

Find a Catholic in Recovery Near You (or Online): https://catholicinrecovery.com/find-a-meeting/

#3: Recovery Groups

• Celebrate Recovery

A Christ-centered, 12-step recovery program for those struggling

with addiction and other mental health challenges.

CelebrateRecovery[®] A CHRIST-CENTERED 12 Step program

#3: Recovery Group

• Celebrate Recovery is offered in thousands of churches nationally

(Grace Chapel, Lexington) (some Catholic parishes)

 <u>2-hour meeting</u>: Praise music followed by simple supper, then a teaching on a Christian mental health topic in the full group, then break out into small groups based on issue and gender (women who are sex abuse survivors, male substance abusers, etc.). Get help, give help, make friends in recovery





There are many self-guided, self-help opportunities for individuals

struggling with various aspects of their mental health.

- Some include:
 - NAMI (National Alliance of Mentally)
 - Mental Health America
 - ✤ Focus on the family
 - The science of happiness course
 - 'Mad in America'



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- NAMI = National Alliance on Mental Illness
- https://www.nami.org/Home



• NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better

lives for the millions of Americans affected by mental illness.

Free support groups for family members of mentally ill people

• Mental Health America (MHA) – A

community-based nonprofit aimed at

improving the lives of those with mental

illness.

Free online screens for depression,

anxiety, etc and

where to find free, online resources



Self-Help Tools

Mental Health Screening Tools

Stress Test

Interactive Where To Get Help Tool

Worksheets

When Change Is Hard

A Letter To Risky Business



* Focus on the Family Website *(started by Christian*

psychologist, James Dobson);

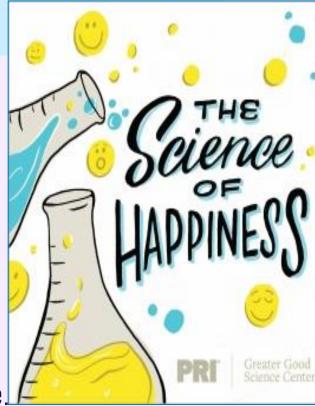
- https://www.focusonthefamily.com
- Online advice and support for Christian families



The Science of Happiness Course

- https://www.edx.org/course/the-science-of-happiness-3
- A free, fun, online, eight-week college lecture type course that reviews all the studies of happiness
 - so far, connecting with practical tips on how to

live a more authentically happy and meaningful life.





• 'Mad in America' Website - https://www.madinamerica.com

Mad in America

SCIENCE, PSYCHIATRY AND SOCIAL JUSTICE

Mad in America's mission is to serve as a catalyst for rethinking psychiatric care in the United States (and abroad). We believe that the current drug-based paradigm of care has failed our society, and that scientific research, as well as the lived experience of those who have been diagnosed with a psychiatric disorder, calls for profound change.





great way to support others but also yourself!

- · Service groups through Good Sheppard or the Archdiocese
- · A faith that does justice
- · L'Arche

Outreach Opportunities at Good Shepard - https://www.goodshepherdwayland.org

- Stephen Ministry
- Liturgical Ministries
- Music Ministry
- Knights of Columbus
- Youth Ministry & Confirmation Preparation
- Ongoing Adult Formation
- Summer Programs



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St Zepherin Church 99 Main Street, Wayland, MA 01778

- Archdiocese of Boston has numerous ministries
- <u>https://www.bostoncatholic.org/offices-and-ministries</u>



- Catholic Charities
- Archdiocesan Opioid Task Force
- Initiative for Palliative Care & Advanced Care Planning
- Social Justice Ministry
- Pro-Life Office

- **A Faith That Does Justice** <u>https://faith-justice.org</u>; **Fr Peter Gyves**
- An interfaith organization that emphasizes service in the name of God.





L'Arche: An international organization that makes known the gifts of people with intellectual disabilities and creates communities to share life.



https://www.larcheusa.org/about/

- Many volunteer opportunities in the community, parishes, and more:
- Soup kitchens
- Homeless shelters
- Hospital visitors
- Hospice volunteers
- · Animal shelters
- & More!!











Can music be a resource for mental health?

You bet!

- Once when she was attending a conference in Paris, Jane Goodall, a scientist
- known for her studies of chimpanzees, ducked into Notre Dame Cathedral,
- and when the organist began to play Bach's Toccata and Fuge, she had a
- revelation, reawakening the Christian faith of her childhood, and changing her
- career path from anthropology to ecological activism.







Can music be a resource for mental health?



#6: Music

St. Louis Jesuits

- 50+ songs written over 50+ years
- Group of priests + seminarians whose

music changed the Church (and the

world!) and continues to inspire





Oh let all who thirst Let them come to the water

#6: Music

Spotify playlists of modern or traditional Christian/Catholic MUSIC •



Top Christian Contem...

Tune in here for new and current hits in Contempora...



WorshipNow

WorshipNow

No need to wait! Experience today's best Worship musi...



Fresh Gospel



Ultimate Christian Alternative







6

8

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12



It's On the Way Gia Wyre

You Kept Me

WHAT YOU POURED Ben Lawrence, JSteph







Infinite Love Orlando Vick

Hold Me Close Jimmy McNeal



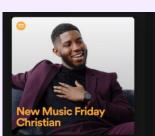
The Kingdom Is Coming The Porter's Gate, Josh G...







OBIMO



New Music Friday Chri... The best new tracks of all genres of Christian, Gospel...



Novedades Cristianas Las meiores nuevas canciones cristianas. Foto:...



Top Christian & Gospel

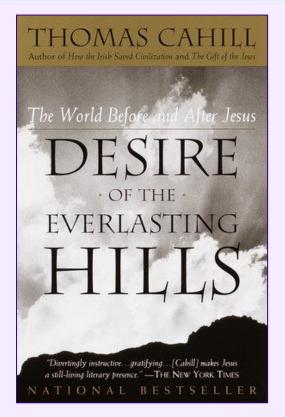




Éxitos Cristianos

Can books be a resource for mental health?

The next slides provide some suggestions



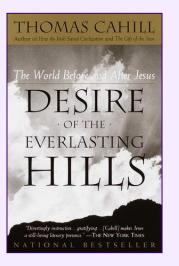
Desire of the Everlasting Hills (Thomas Cahill)

• A history of the world before

and after Jesus, a lyrical

narrative of the faith.





Two thousand years ago a man was born into a family of carpenters in occupied Palestine. He was a small town Jew born in a bad time for Jews. Their land was no longer their own and they had been made to bow before a succession of conquerors who had diluted their proud culture. His name, as everyone knows, was Jesus of Nazareth--or as the Jews of his own day called him, Yeshua.

<text>

As everyone knows, he preached a message of mercy, love, and peace and was crucified for his troubles. This unlikely character has long been accounted the central figure of Western civilization. We count our days by his appearance on earth and there are no serious

suggestions for replacing him as the Icon of the West.

Mountains beyond Mountains (Tracy Kidder) Life and work of Dr. Paul Farmer



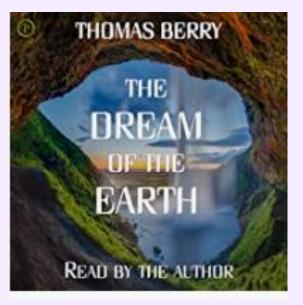


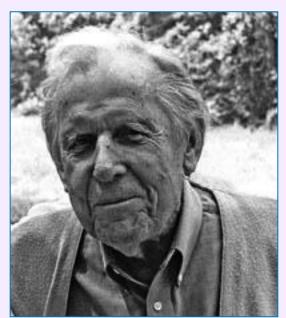
MOUNTAINS BEYOND MOUNTAINS

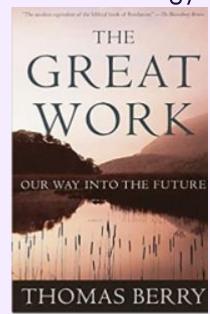
TRACY KIDDER

THE QUEST OF DR. PAUL FARMER, A MAN WHO WOULD CURE THE WORLD

Father Thomas Berry was a Catholic priest and "geologian," who provided a cosmic context for ecology







Modern Catholic authors who inspire:

- · Mary Gordon
- · Brian Doyle
- · Paul Elie
- · James Martin, SJ
- Gary Wills
- · CS Lewis
- JR Tolkien



#6: Film

A Hidden Life is a film by director

Terrence Malick about Franz

Jägerstätter, an Austrian farmer

whose Catholic faith led him to

refuse to swear allegiance to Hitler



#6: Film

- Speaking of tastings, the film, *Babette's Feast* is one, a feast for the heart as well as for the eyes and the palate.
- Pope Francis has called this his favorite movie and it might just move to you to take the next step.
- Come to the table to eat or prepare rich fare
 Watch it on Netflix, Amazon Prime and other streaming services.









Catholic news organizations from a variety of socio-

political positions. They will engage your mind!

- National Catholic Reporter
- Crux
- Commonweal
- America

#7: News



National Catholic Reporter - https://www.ncronline.org

1. <u>Mission</u>: "*NCR* connects Catholics to church, faith and the common good with independent news, analysis and spiritual reflection."

2. Core Values:

- a. <u>Social Justice</u>: Shining a light on stories of injustice and inequality, especially for the disadvantaged and marginalized
- b. <u>Human Dignity</u>: Promoting respect and honor for all members of the human family
- c. Inclusiveness: Embracing the global family, its rich diversity and the sacredness of all creation
- d. <u>Excellence</u>: Striving to achieve the highest quality of journalism

#7: News

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Crux | Taking the Catholic Pulse - https://cruxnow.com

- 1. "Crux offers the very best in smart, wired, and independent coverage of the Vatican and the Catholic Church."
- 2. "In an increasingly polarized world, where spin can be more important than facts, Crux aims to be an objective voice, offering the best news and analysis from journalists with decades of experience on the Vatican and religious beat."
- 3. "Crux was founded as a project of The Boston Globe in 2014 but has been fully independent since March 2016." Taking the Catholic Pulse





Commonweal

Commonweal - <u>https://www.commonwealmagazine.org</u>

"Commonweal fosters rigorous and reflective discussions about • faith, public affairs, and the arts, centered on belief in the common good. Independent and lay-led, Commonweal is a bridge between the intellectual and active lives of lay Catholics who seek meaning and justice, inspiring people in their hopes for a more inclusive future for our church, politics, and culture."

#7: News

- America Weekly magazine published by
- the Jesuits of the United States which
- is located in midtown Manhattan.
- It discusses the relationship between Catholicism and American politics and culture.
- https://www.americamagazine.org





#8: Spiritual Direction & Retreats



- **Spiritual direction** allows you to bring your experiences and struggles in prayer to a trained director
- Retreats are places where one can have contemplative time, engage in prayer and reflection, and step away from the busyness of daily life to get closer to God.
 Pilgrimages like the Camino de Santiago in Spain are walks that take weeks or months: nature, prayer, conversations

#8: Spiritual Direction

- Sisters Joan McCarthy, CSJ and Maureen Casey, SND have been providing and teaching spiritual direction and guiding retreats for almost one hundred years between them. The spiritual exercises of St. Ignatius provide the foundation for much of their approach. Cost is what you can pay, might be free
- Sessions are available virtually or in person in Brighton,MA
 - http://www.spiritualdirectionii.org/

#8: Retreats

Eastern Point – Range of retreats including shorter and longer ones such as Spiritual Exercises. Located in Gloucester, MA.







#8: Retreats

Spencer Abbey – A community of Trappist monks living a contemplative life of prayer and work in Spencer, Massachusetts.



https://www.spencerabbey.org





Retrouvaille– A weekend retreat for Catholic marriages in trouble



HOME PROGRAM INFO - ABOUT US - BENEFITS TO COUPLES - WHEN & WHERE - f

COVID-19 UPDATE - We are here to serve you

Each Retrouvaille Community is working to ensure your safe participation during this pandemic. Please discuss your questions or concerns with the local Retrouvaille Community Registration Team where you are interested in participating in the

Retrouvaille program.

No matter how much you are hurting **No Marriage is Beyond Hope** There is a light at the end of the tunnel.



#8: Retreats

Cursillo is an apostolic movement of the Cursillo Roman Catholic Church founded in Spain, by a group of laymen in 1944. The Cursillo focuses on showing Christian laypeople how to become effective Christian leaders over the course of a three-day weekend. The major emphasis of the weekend is to ask participants to take what they have learned back into the world, on what is known as the "fourth day." The method stresses personal spiritual development, as accelerated by weekly group reunions after the initial weekend.







There are hundreds of useful websites that are related to

Catholicism, mental health, and Catholic mental health.

#9: Websites

Deepen your understanding of next Sunday's Mass readings



This website is a service of the Catholic Studies Centre at Saint Louis University, Matthew Baugh, SJ, Director John Foley, SJ, Editor Eleonore Stump, Coordinator JC McCollum, Webmaster



Paul and Barnabas ... made a considerable number of disciples, [and] returned to Lystra and to Iconium and to Antioch. (First Reading)

Nicolaes Pietersz Berchem, Paul and Barnabas in Lystra, detail, c. 1650 Always interesting, often profound reflections by great modern **Catholic writers** like Frs. John Foley and Ron Rolheiser, as well as Church fathers and mothers



Spiritual Reflections on Sunday's Readings

Fifth Sunday of Easter Year C May 15, 2022

<u>Reading I: Acts 14:21-27</u> <u>Responsorial Psalm: 145:8-9, 10-11, 12-13</u> <u>Reading II: Revelation 21:1-5a</u> <u>Gospel: John 13:31-33a, 34-35</u>

Spirituality of the Readings	In Exile Ron Rolheiser	Glancing <u>Thoughts</u>	The Perspective of	Discussion Questions	A Poem to Sit With
John Foley, SJ	OMI	Eleonore Stump	Justice	Anne Osdieck	J Janda
A Love We Can	Different Kinds of	Death	Gerald Darring Giving Birth	Bridges	Structure
Understand	Glory	Death is inevitable, and	to Love	What teaching of the Church	whether a grain of sand
Most of us admit that we do not	We daydream that in some way we will	we know at least roughly when it will	The risen Christ is "a light to the	do you think will bring all people to	or dew bead
understand what it means	stand out and be recognized.	come.	nations," so that all people everywhere are	Christ?	or skeleton of a leaf
to "give glory" to God or to	more	<u>more</u>	renewed by the Easter event.	<u>more</u>	more
Jesus.			<u>more</u>		
<u>more</u>					

#9: Websites, websites, websites!

The Sunday Website: https://liturgy.slu.edu/Triduum2020A/main.html

Novus Ordo Watch: https://novusordowatch.org/wire/

Catholic Mom: www.catholicmom.com

One Peter Five: http://onepeterfive.com/

Get Catholic Answer: https://www.catholic.com/

Catholic Daughters of America: www.catholicdaughters.org/

Daughters of Isabella: www.daughtersofisabella.org/main.asp

Glenmary Catholic Missioners: www.glenmary.org/default.htm

Knights of Columbus: www.kofc.org/eb/en/index.html

National Fellowship of Catholic Men: www.nfcmusa.org/

St. John Neumann Men's Club: www.sjnmensclub.com

Catholic Match Institute: http://catholicmatch.com/institute

Catholic Singles: https://blog.feedspot.com/catholic_blogs/





- . St Egidio
- . Taize
- · Iona Community
- · Prayer, Penance, & Pub (P3 Boston)

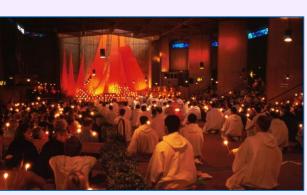
St Egidio is a Christian community with groups all around the world that focuses on the well-being of all individuals, peace, and prayer. Every day lives, extraordinary service.

https://www.santegidio.org/pageID/30008/langID/en/THE-COMMUNITY.html





Taize is a community that is based in an ecumenical monastic order that



uses prayer and meditation to work towards peace and justice in the world. Great music!

https://www.taize.fr

lona Community - https://iona.org.uk This community is "an international and ecumenical Christian movement in person and online, working for justice and peace, the rebuilding of community and the renewal of worship." Great music!



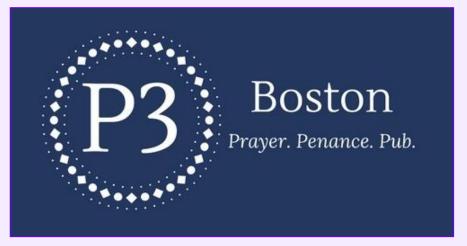


lona Community - https://iona.org.uk This community is "an international and ecumenical Christian movement in person and online, working for justice and peace, the rebuilding of community and the renewal of worship." Great music!





Prayer, Penance, and Pub (P3 Boston)

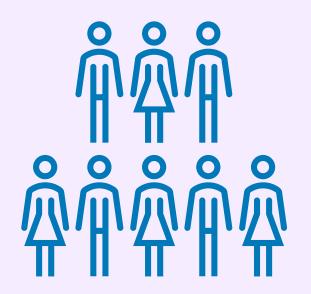


P3 is an evening of recollection that provides the opportunity for young professionals to attend Adoration, confession, and a guided time of prayer. Following these activities, the group meets at a local pub to socialize.



11: Inspirational (mostly Catholic) People

- 1. Father Richard Rohr
- 2. Father Ron Rolheiser
- 3. Father John Kavanaugh
- 4. Becca Stevens
- 5. Father John Foley
- 6. EF Shumacher
- 7. Paul Farmer
- 8. Wendell Berry
- 9. Thomas Berry
- 10. Henri Nouwen



Wendell Berry, "Christianity and the survival of creation" "A better possibility is that this, our native religion, should survive and renew itself, so that it may become as largely and truly instructive as we need it to be. On such a survival and renewal of the Christian religion may depend the survival of that Creation which is its subject."

Fr. Thomas Berry, "The great work"

Brings enormous erudition to a discussion of why and how we can save the planet.

Mark Wahlberg

Reformed juvenile delinquent from Dorchester gets to act as MC in Pope's visit to Philadelphia.

Bruce Springsteen

In his one man Broadway show, Springsteen closes with the "Our Father", blessing the audience, his Catholic childhood, and our troubled world with his final, moving song.

Becca Stevens

Episcopalian priest, chaplain at Vanderbilt University, founder of Thistle Farms, a two year residential program for women survivors of sex abuse and substance abuse.

. Paul Farmer, MD, Partners in Health One of world's most famous Catholic doctors . Created an approach to healthcare and mental health care (accompaniment) based on Catholic social teaching (liberation theology). Cardinal Sean gave eulogy at his memorial service. "He bent the arc of history toward justice"

"A wounded healer is someone who can listen to a person in pain without having to speak about his or her own wounds."

~ HENRI NOUWEN



Henri Nouwen

Writer,

Psychologist,

and Priest

The

Catholic

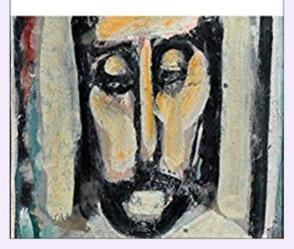
Psychologist

The Wounded Healer

Ministry in Contemporary Society

In our own woundedness, we can become a source of life for others

HENRI J. M. NOUWEN



Henri Nouwen; The Wounded Healer, Talmud extract

Rabbi Yoshua ben Levi came upon Elijah the prophet while he was standing at the entrance of Rabbi Simeron ben Yohai's cave . . . He asked Elijah, "When will the Messiah come?" Elijah replied,

"Go and ask him yourself."

"Where is he?"

"Sitting at the gates of the city." "How shall I know him?" "He is sitting among the poor covered with wounds. The others unbind all their wounds at the same time and then bind them up again. But he unbinds one at a time and binds it up again, saying to himself, 'Perhaps I shall be needed: if so I must always be ready so as not to delay for a moment." (Taken from the tractate Sanhedrin)

#11: Inspirational People Henri Nouwen; Catholic psychologist, *The Wounded Healer*

When Elijah had explained to him how he could find the Messiah sitting among the poor at the gates of the city, Rabbi Joshua ben Levi went to the Messiah and said to him:

"Peace unto you, my master and teacher." The Messiah answered, "Peace unto you, son of Levi." He asked, "When is the master coming?" "Today," he answered. Rabbi Yoshua returned to Elijah, who asked, "What did he tell you?" "He indeed has deceived me, for he said 'Today I am coming' and he has not come." Elijah said, "This is what he told you: 'Today if you would listen to His voice." (Psalm 95.7)



. There are many incredible blogs that can

be shorter, frequent guides and

inspirations for us as Catholics.

#12: Blogs, blogs, blogs...

The Catholic Experience: http://catholicexchange.com/

Integrated Catholic Life: http://integratedcatholiclife.org/

The Catholic Traveler: https://thecatholictraveler.com/blog/

Life Teen: http://lifeteen.com/blog

Father Z's Blog: http://wdtprs.com/blog

Reasons 2B Catholic: https://reason2bcatholic.com/

Walking in the Light!: https://fireandfaith.home.blog/blog-feed/

Always Catholic: https://www.digitalconnectmag.com/

Catholic News Release: https://www.crs.org/

St. Paul Center: https://stpaulcenter.com/studies-tools/blog/

The Remnant: https://remnantnewspaper.com/web/index.php

The Catholic Thing: https://www.thecatholicthing.org/

New Liturgical Movement: http://www.newliturgicalmovement.org/



There are many examples, but one fantastic one is from your very own Father Fleming, who writes a daily blog:

• A Concord Pastor Comments:

http://concordpastor.blogspot.com/

A CONCORD PASTOR COMMENTS

ON SPIRITUALITY, WORSHIP AND PRAYER IN THE ROMAN CATHOLIC TRADITION

#12: Blogs

A Concord Pastor Comments

• Example of prayer, music and video



Lead us, Lord, from folly to truth, from despair to hope, from tears to laughter, from the unbearable to relief,

from fear to trust, from grief to joy, from here to there, from today to tomorrow,

from death to life with you and those we love forever...



• A Concord Pastor Comments



Born in 1929, Margaret Rizza only began to compose in 1997 when she was 68 years old (she is 93 now!) All this followed an illustrious career as an opera singer spanning 25 years.

Since then she has become a major personality in the world of Christian choral music. She has worked on many outreach projects taking groups of students to share their music with people in prisons, hospitals, hospices, inner city schools, schools for the blind and working with people with physical and learning difficulties.



PRAYER FOR PEACE Margaret Rizza

Catholic musician who did not start composing until she was in her sixties and whose music has healed the poor sitting at the gates of the city because she did not harden her heart...

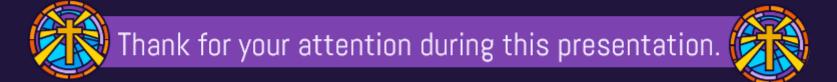
Introduced to us by a priest blogger from our own backyard!

Come to the water!



There is more to heaven and earth than is dreamt of in our philosophies





Any Questions?