



# Roots & Wings

January February 2009

Volume 8  
Issue 4

A publication of the Infant Jesus of Prague Catholic Life Committee

## Courage

Roots and Wings is back for the second half of the 2008-2009 school year and ready to continue this year's focus on the Gifts of the Holy Spirit. Earlier this year we explored the general theology of the Holy Spirit, and the gifts of Wonder and Awe, Reverence and Knowledge. This month we will be looking at "Courage" and in the months to come, Right Judgment, Understanding, and Wisdom. We will end the year with an issue devoted to Mary.

The gift of courage helps us to overcome difficulties and even to endure suffering and pain we may experience in our journey of faith. The Holy Spirit communicated His love with the gift of courage so that we can do great

things fearlessly and joyfully (Apostoli 1994). At the same time, the gift of courage helps us to resist temptations and evil, to renounce the world's empty promises of money, fame and power and to bear our difficulties and persecutions with patience and hope (Apostoli 1994).

The Holy Spirit's gift of courage enhances and strengthens the virtue of fortitude. It helps us to face the difficulties and challenges of our faith life with energy, patience and hope (Saunders 2003). With the help of the Holy Spirit, we can have the moral strength to endure and persevere.

Saunders, Father William (2003). "Gifts of the Holy Spirit." *Arlington Catholic Herald*. [www.catholiceducation.org](http://www.catholiceducation.org). Accessed 6/28/04.

Apostoli, CFR, Andrew (1999). *The Advocate: The Spirit of Truth in the Life of the Individual Christian*. New York: Alba House.

## Lent 2009: Come repent, listen, believe, and rise

Lent begins on Wednesday, February 25. As Catholics, we have many traditions and practices that we need to understand during this season. For example:



*What does the word "Lent" mean?*

It comes from the Anglo-Saxon word "lengten" which means "Spring".

### *Why do we give things up for Lent?*

We give things up as a step towards conversion, or turning our lives over to Christ. This always involves giving up sin in some form.

### *Why the ashes?*

Ashes are an ancient symbol of repentance. Being marked with ashes shows that our lives on earth will end ("remember you are dust and to dust you shall return") and one day we will stand before God and be judged.



For more information on these and other Lenten practices see [www.americancatholic.org](http://www.americancatholic.org).

Below are listed some newer resources for Catholics:

[www.archchicago.org](http://www.archchicago.org)

Sign onto the Cardinal's Network and begin receiving short reflections from Cardinal George beginning in April.

[franciscanradio.org](http://franciscanradio.org)

Franciscan Radio and the U.S. Catholic bishops are offering a "Radio Retreat". Using either the Windows Media Player, Real Player or any MP3 player, including Apple's iPod, take this opportunity to focus clearly on what God is saying to you this Lent. Each week a bishop leads you, in English or in Spanish, through the Lenten gospels.

### *Breviary downloads to your iPod:*

The Breviary contains the public or canonical prayers, hymns, the Psalms, readings, and notations for everyday use, especially by, bishops, priests, and deacons in the Divine Office (i.e., at the canonical hours or Liturgy of the Hours, the Christians' daily prayer) The Breviary prayer book is now available as a download from iTunes. The application includes the Breviary prayer book — in Italian, English, Spanish, French and Latin and, in the near future, Portuguese and German.



## Prayer for Courage

O God of Fortitude . . .

Come with Your gift of courage and enable me to swim against the tides of peer pressure and public opinion.

Empower me to face the currents of global injustice and the world of my personal demons.

When my arms weaken and my breath runs out, promise me a second wind so that I may never tire of doing what is right and good. Amen

Adapted from: Haase, Albert and Bridget, 2001, Enkindled, St. Anthony Messenger Press

## Prayer for the Year

O Dear sweet Infant Jesus, I offer You my will, that You strengthen it,

My mind that You inspire it;

My memory that You will it;

My wishes and desires, that You cleanse them, I sacrifice to You;

My intentions that You guide them;

All my inner and outer activities, that You make them sacred.

All I am and all I have is Yours.

Your love for me is my hope and trust.

Hear me and grant that I may never leave you.

Amen.

## Salad and Spiritual Substance

### Second in a Series of Candlelit Reflections for Women

Please join us for an evening of food, drinks and reflection as we begin our journey through Lent towards Easter. The event will feature Dr. Madonna Murphy Professor, University of St. Francis, who will speak on beginning the journey of Lent.

**Sunday, February 22, 2009 6:00 p.m. in the Church Hall.** An opportunity for Lenten almsgiving will be available that evening. Please consider donating children's books or making a monetary donation to the Library/Learning Center at our sharing parish, St. John de la Salle.

There is no charge for this event but you are invited to bring an appetizer, bread, beverage or dessert to share. To make a reservation and/or host a table of ten friends, please contact Kristy Traynor [Kristray512@aol.com](mailto:Kristray512@aol.com) 708 837 9271 or Bernie Hoffman [BernieWisc@aol.com](mailto:BernieWisc@aol.com) 708 798 6712.

### Call Out for the Catholic Life Committee

The Catholic Life Committee is always looking for writers and recommendations of books, articles, movies and websites relevant to raising children in **Our Catholic Culture**. Feel free to contact Natalie Lamb (748-3909), Jane Peabody (957-8214) or Laurie Liesen (756-3828).



"There are two lasting bequests we can hope to give our children.

One is roots,  
the other wings."

Hodding Carter II