

Office Hours  
Fr. Millan Sajonas  
Director of Adult Faith Formation  
Wednesday to Friday  
9:00 am-12:00 noon  
Contact Number  
306-763-5677  
Email: [bmjs1981@gmail.com](mailto:bmjs1981@gmail.com)  
[adultfaith@padiocese.ca](mailto:adultfaith@padiocese.ca)

### Family Circles - Faith, Prayer, Life & Charity

The Adult Faith Formation Commission is organizing a diocesan wide advancement of family faith formation. Family Circles Program is a Roman Catholic based faith catechesis exploring the fundamentals of Catholicism and promotion of devotions. It aims to connect families through prayers and family time activities. It also endeavors to unite families to concretize belief through charitable outreach.

Families interested to join or to know more about this initiative, please contact the Adult Faith Formation Commission or email [bmjs1981@gmail.com](mailto:bmjs1981@gmail.com) or call 306-763-5677.

#### Suggested Materials:

- (1) *Eternity in the Midst of Time* (book) by Fr. Wilfrid Stinissen;
- (2) *The Power of Truth: The Challenges to Catholic Doctrine and Morals Today* (book) by Cardinal Gerhard Müller.;
- (3) *Saint Maria Soledad* (DVD) by Ignatius Press;
- (4) *Joan of Arc* (DVD) by Christian Duguay.

**For more resources:** [padiocese.sk.ca](http://padiocese.sk.ca) or [bmjsajonas.com](http://bmjsajonas.com)



### Scripture Meditation

Luke 24:46-53 Ascension

John 20:19-23 Pentecost

John 16:12-15 Trinity

Luke 9:11-17 Corpus Christi

Luke 9:51-62 13th Sunday of Ordinary Time

#### Next issue's contents:

Matthew 13:24-30 The Parable of the Wheat and Darnel; Getting to know a patron saint of our diocese; Bible Study, Resources for faith formation, and much more...

#### Editors:

Sr. Mariette Bilodeau (SK, Canada), Matthew Allen Newland, PhD (QC, Canada),  
Fr. Millan Sajonas (SK, Canada), and Very Reverend Maurice Fiolleau (Vicar General).

## ADULT FAITH FORMATION COMMISSION

DIOCESE OF PRINCE ALBERT IMDVS May 2019

### The Diocesan Family Conference

April 26, 27, & 28, 2019

**"Family: Hope for the Church and for the World"**

The Adult Faith Formation Commission would like to thank everyone who supported and attended the event. Thank you for your promotion and contribution for the success of the Diocesan Family Conference on April 26, 27, & 28, 2019. We had 275 people in attendance with 148 on Friday, 212 on Saturday, and 78 on Sunday.

The Cultural Night was appreciated and enjoyed by those in attendance at St. Mary High School. Late in the afternoon, we enjoyed a wonderful supper and visited with one another. Different cultures shared various presentations from their respective ethnicities, including: East Indian Syro-Malabar, First Nation, Filipino, Ukrainian, Irish, English (Singing & Liturgical Dances), and French. We listened to Bishop Albert's opening remarks on the purpose of the Diocesan Family Conference.

Saturday was full of activities for all ages at Plaza 88. Parents, grandparents, religious, and priests were gathered to listen to the talks by Bishop Hector Vila, Renee and Jeff Lockert, and Professor Michel MacDonald. Children enjoyed the Cat.Chat concerts and the Youth enjoyed the Face to Face Ministries singing, activities, and witnessing. The meals served throughout the day were very good. Overall, the day was very informative but at the same time offered moments of time for prayer to the Lord, including adoration of the Blessed Sacrament. It was like a retreat day, which was appreciated by many.

Finally, the Sunday conference and closing Mass went well. Prof. MacDonald gave a talk that morning which centered on the different teachings of the Church on marriage and family life. Bishop Albert presided over the closing Mass at the Sacred Heart Cathedral summarizing the different activities which took place during those 3 days. Everyone registered for the Sunday conference went back to St. Mary High School to visit and to have lunch.

Generally, people enjoyed the Diocesan Family Conference! Thank you to Bishop Albert Thevenot for his guidance and support. Thank you to the members of the Adult Faith Formation Commission for the organization and planning.

**Diocesan Family  
Conference  
April 26-28 2019**



**Sunday Conference**



**Getting to know...St. Rita of Cascia.**

She was born near Cascia, in Umbria in Italy. She was married at the age of 12 despite her frequently repeated wish to become a nun. Her husband was rich, quick-tempered and immoral, and he had many enemies. She endured his insults, abuse and infidelities for 18 years and bore him two sons, who grew up to be like him.

Towards the end of her husband's life, she helped to convert him to a more pious way of life. Nevertheless, his enemies stabbed him to death not long afterwards. He repented before he died and was reconciled to the Church.

Rita's sons planned to avenge their father's death. When Rita's pleas went unheeded, she prayed that God should take her sons' lives if that was the only way to preserve them from the sin of murder. They died of natural causes a year later.

After the deaths of her husband and sons, Rita asked to join the convent of St Mary Magdalen at Cascia. She was rejected for being a widow, since the convent was for virgins only, and was later given the impossible task of reconciling her family with her husband's murderers. She carried out the task and was allowed to enter the convent at the age of 36. She remained there until her death at the age of 70. She is widely honored as a patron saint of impossible or lost causes. (Source: Universalis Publishing Ltd 1996-2011)

Her feast day is celebrated on May 22. St. Rita is the patron saint of the Roman Catholic Church in Medstead. Let us pray through the intercession of St. Rita that families experiencing trials and difficulties may be aware of the loving embrace of God, who accompanies them and gives them the help they need.

**John 14:23-29: The Holy Spirit, the Advocate**

By Fr. Millan Sajonas

The Holy Spirit is the Advocate. He teaches and reminds us about Christ's teachings. He pours out His grace to all, and the Church is the well of grace where we drink in abundance from the fountain of salvation. The Holy Spirit who is God Himself is at the same time a gift from the Father and the Son to us. Therefore, we need to listen and discern His promptings, for they give us peace and lead us to eternal life.

Such is the love that the Lord Jesus has for us that He does not leave us on our own. Instead, He sends the Holy Spirit as our Helper while the Lord Jesus continues to intercede for us in heaven. With this great gift, there is an assurance that gives a peace that the world cannot offer. When there is a promise, confusion slowly fades. Courage replaces fear. In the midst of uncertainties, the Holy Spirit imparts the necessary help and gives us the strength to venture forward and tread the unknown.

There are seven gifts of the Holy Spirit, namely, wisdom, understanding, counsel, piety, fortitude, prudence, and fear of the Lord. These supernatural gifts help us as we journey along the path to holiness, bringing us closer to God. St. Paul tells us that the supernatural graces produce supernatural virtues, which are known as the fruits of the Holy Spirit. These are charity, joy, peace, patience, kindness, goodness, trustfulness, gentleness, self-control, faith, longanimity (that is, patience in suffering), and modesty.

But if the gifts of the Holy Spirit are so great, we may ask, then how do we explain or understand the wrongdoings in the world? In response, we say that they are an opportunity to use His gifts. Therefore, we need to accept the offering of God; we need to cooperate. The result of our rejection of the help from heaven is indifference, and that may lead to sin. Compliance to the Holy Spirit's encouragement is a sign of being faithful, truthful, and cooperative in words and in deeds.

One of the ways to discern the gifts and fruits of the Holy Spirit is one's spiritual disposition, characterized by perseverance in the heavenly things, in holiness. This does not mean perfection, or that the Holy Spirit must make us obviously perfect, but rather an unending, enduring, and continuous life conversion. We must never give up, in spite of our failings and weaknesses. Through one's collaboration to the workings of Holy Spirit, our aim is the love of God, despite the possibility of failure. Yet, we trust in the words of Jesus, "Do not let your hearts be troubled or afraid." The Holy Spirit gives assistance and provides help to us whenever we are lacking or in need.

**Reflection Questions**

1. What is the teaching of the Church about the Third Person of the Holy Trinity, the Holy Spirit?
2. Who is the Holy Spirit for you?
3. Do you have any of the gifts of the Holy Spirit? Reflect on one of the gifts of the Holy Spirit that you have? How is it manifested in your actions?
4. Have you experienced the fruit of the Holy Spirit as a result of this gift upon which you have reflected?