

BENEDICTION EVERY THURSDAY AT 6:30 P.M.

LAUGHTER IS GOOD

I've been using this as a water bottle for about a month now. I kinda love the judging eyes it gets me at the gym

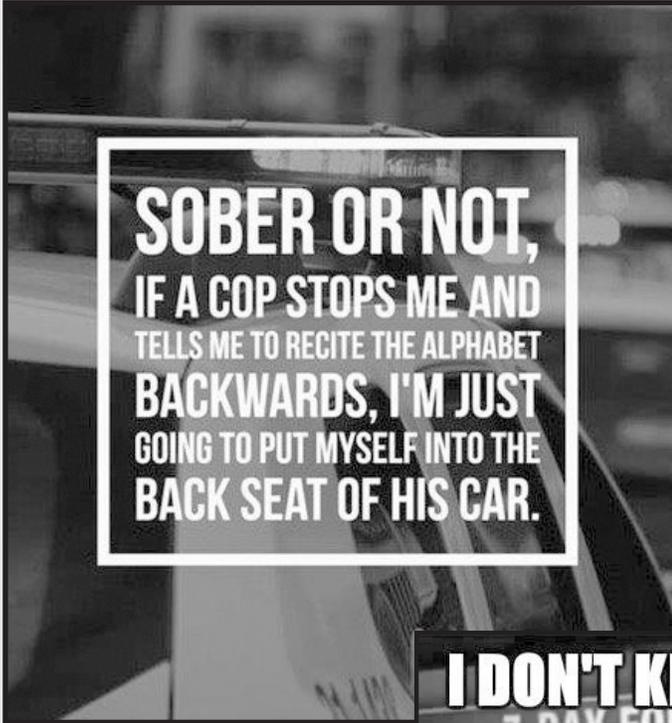


\$229,685.00

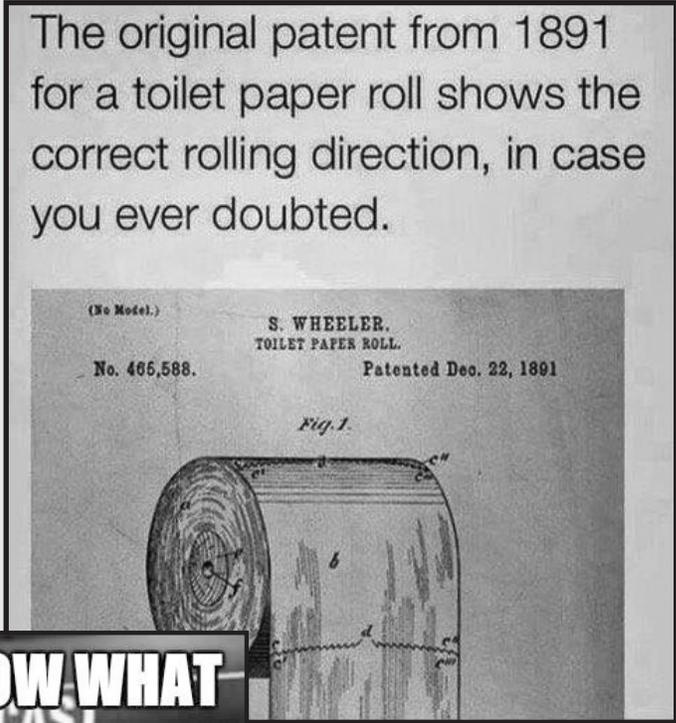
Debt on Fr. Luehrmann Hall



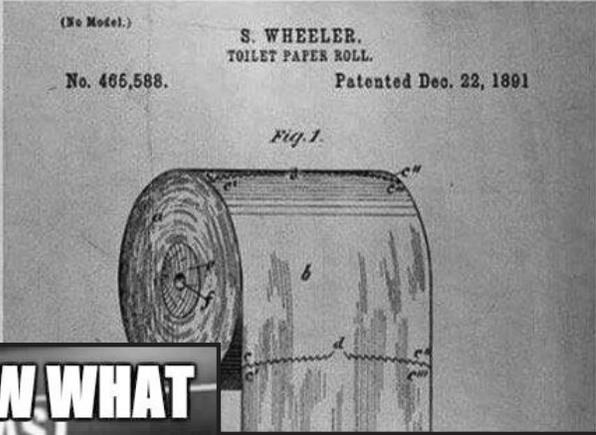
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|------------|---|
| January 13 | George Wehner |
| January 14 | Allison Gillespie, Paige Loudin,
Bill Maness, Jeff Rosselott |
| January 15 | Kathryn Hapner, Joseph Natticchioni, Cody Yates |
| January 16 | Faith Howard, Richard Shriver, Jr. |
| January 17 | Michelle Cimis |
| January 18 | John Nehrbass, Jon Salyer, Gavin Singleton |
| January 19 | Jeffery Beery, David Cordrey |
| January 20 | Danielle Combs |



**SOBER OR NOT,
IF A COP STOPS ME AND
TELLS ME TO RECITE THE ALPHABET
BACKWARDS, I'M JUST
GOING TO PUT MYSELF INTO THE
BACK SEAT OF HIS CAR.**



The original patent from 1891 for a toilet paper roll shows the correct rolling direction, in case you ever doubted.



**I DON'T KNOW WHAT
CITY THIS IS...**

**BUT THEY'RE ALL
GONNA DIE THURSDAY.**



phone booth
1988



phone booth
2018



TEXTING IN THE '80S

SOLEMNITY OF BAPTISM OF JESUS

When someone is young their energies are focused on this life – graduating school, choosing a career, getting a job, earning money, falling in love, buying a house, starting a family, and then giving all your money to your kids. Then your kids grow up, start their own lives and you get the privilege of babysitting the grandkids. Time goes so fast. The day will come when you realize what Joe Nuxall always said when he ended his broadcast of Red's baseball games – "I'm rounding third and heading home." As an older man my priorities have changed. I'm looking more towards "home," my eternal home with God. Eternity is a really long time. I want to spend it happily in Heaven, not helpless in hell. I want to be saved.

The most important question in my life is "What must I do to be saved?" St. Peter answers this question in the very first sermon he ever preached, "You must reform (repent: NIV) and be baptized each one of you in the name of Jesus Christ that your sins will be forgiven, then you will receive the gift of the Holy Spirit," (Acts 2: 37-38). It is not through our own acts or merits that saves us. Salvation comes through God's grace. Thus, infants as well as adults can be objects of God's grace. That's why St. Paul could write, "Beloved: The grace of God has appeared, saving all and training us to reject godless ways and worldly desires." (TI 2:11)

I got the Baptism part covered, but it's the repenting and rejecting of godless ways and worldly desires that I'm still working on. It's interesting that Paul says grace trains us, like a runner training to win a race. How do we train to be more God-like? The best way is to work at dropping bad habits and replace them with good habits. I read an article about "Fruits of the Beatitudes" that says every habit you have, either good or bad, follows a three-step pattern called the "habit loop." Here they are:

- Reminder (the trigger that initiates the behavior)
- Routine (the behavior itself; the action you take)
- Reward (the benefit you gain from doing the behavior)

For example, a bowl of spaghetti always triggers me to routinely eat it because it rewards me by filling me up and tasting so good. This is a bad habit because I gain no benefit. I only get fatter. I have trained myself to change the trigger from spaghetti to steamed spinach which I also like because when doused with tomato sauce has the same texture as spaghetti but not all the calories. It fills me up and tastes good. The reward is I eat healthier.

What you need to do in training to be God-like is to identify your bad habits and replace them with good habits called "habits of holiness." Holy habits called "virtue" will give you a more long lasting and far greater reward than a bad habit. Yes, I can get angry and yell at my spouse and the kids. The short gratification I get from this anger will soon give way to hurt feelings that last far longer than my anger. Then guilt sets in. If I substitute the anger with gentleness, there is a far greater, lasting reward of peace for everyone. I am rewarded with feeling good for doing good.

I close with Benjamin Franklin who said something wise about good habits: "If you take all your good habits in your life, subtract them from all your bad habits, it equals your contribution to society." I would change that by saying the difference is God's grace reforming me "to cleanse for himself a people as his own, eager to do what is good." Train for Heaven with spinach, not spaghetti.