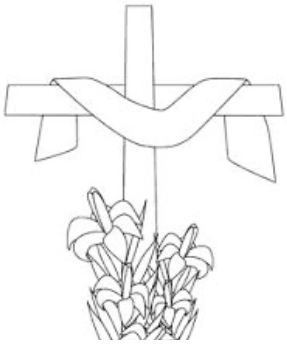
April 17, 2022-Holy Family Duxbury

HAPPY EASTER
AND
WELCOME TO
HOLY FAMILY



" Why do you seek the living amongst the dead? He has been raised!"
Luke 24:5-6

A NOTE FROM OUR PASTOR

Welcome!
Whether you are a visitor or a regular member of our community, we welcome you this Easter to celebrate!
May the Risen Lord Jesus touch your heart and give you hope, joy, and peace. Living our faith intentionally makes that peace possible! When we let Jesus and His dynamic power take hold of our life, anything is possible! Our parish is ready to help you grow in your relationship with Jesus and feed you spritually. We hope you can experience the healing touch of Jesus.

Wherever you are in your faith journey, Holy Family Parish stands ready to welcome and guide you along the next steps in your faith. This bulletin provides some helpful reflections, information, and resources for you to take home and use as a reference. Please visit our website for additional information and ways to become engaged with our parish!

Easter Blessings!
Fr. Bob

WHY EASTER?
BY NICKI GUMBEL
REPRINTED FROM ALPHAUSA.ORG

WHY EASTER?

If you could meet any person in the past and ask just one question, whom would you meet and what question would you ask? When asked this, Professor Joad, the Professor of philosophy at London University, and not a Christian, answered: I would meet Jesus Christ and ask him the most important question in the world, 'Did you or did you not rise from the dead?'"

Easter is all about the death and ressurection of Jesus Christ. If Jesus Christ did rise from the dead on the first Easter day then He is alive and we can know Him. Relationships are exciting. They are the most important aspect of our lives--our relationships with our parents, boyfriend or girlfriend, husband or wife, children grandchildren, friends and so on.

Christianity is first and foremost about relationships rather than rules. It is about a person more than a pilosophy. It is about the most important relationship of all--our relationship with the God who made us. Jesus said that the first and greatest commandment is to love God. The second is to love our neighbor. So, it is also about our relationship with other people.

WHY DO WE NEED JESUS?

You and I were created to live in relationship with God. Until we find that realtionship there will always be something missing in our lives. As a result, we are often aware of a gap. One rock singer described it by saying : "I've got an emptiness deep inside."

A woman, in a letter to me, wrote of "a deep void." Another young girl spoke of "a chunk missing in her soul."

People try to fill this emptiness in various ways. Some try to close the gap with money, but that does not satisfy. Aristotle Onassis, who was one of the richest men in the world, said at the end of his life, "Millions do not always add up to what a man needs out of life."

Others try drugs or excess alcohol or promiscuity. One girl said to me, "these provide instant gratification but they leave you feeling hollow afterwards." Still others try hard work, music, sports or seek success. There may not be anything wrong with these in themselves but they do not satisfy that hunger deep inside every human being.

Even the closest human relationships, wonderful as they are, do not in themselves satisfy this "emptiness inside." Nothing will fill this gap except the relationship with God for which we were made. According to the New Testament, the reason for this emptiness is that men and women have turned their backs on God. Jesus said, "I am the bread of life" (John 6:35) He is the only one who can satisify our deepest hunger because He is the one who makes it possible for our relationship with God to be restored.

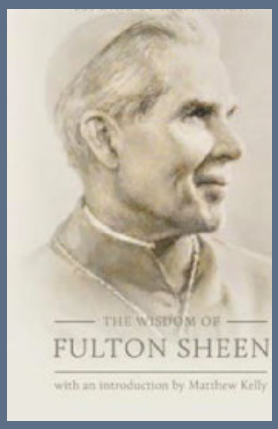
Alpha is an intro to Christianity for those that might have questions. Checkout Alpha Film Series on YouTube to see the videos!

Are you returning to Church after having been away? Read this excerpt from the witness talk given by parishioner, Paula Harris. She tells how she returned after time away too! Read to see what blessings came !

"I had taken small steps. I rejoined Holy Family's Women's club and was coming to Mass sporadically. For Lent a few years ago, Fr. Bob suggested that instead of giving up something, why not add something such as making the commitment to come to weekly Mass. So I did. I was suprised that I really enjoyed the discipline of coming weekly so I made Mass a priority. I found attending the early morning Mass ensured I'd make it. I've also found that it helps me make better decisions on Saturday night. I get to bed early and forgo the extra drink that might make hitting the snooze button too easy. Then I found, that I was and am making better decisions for my overall life.

We have been conditioned in this world not to talk about religion and I think that is a shame. I was jolted one day when a friend I had met a decade ago said to me, "Oh you are a Catholic? I thought you were Protestant or something." WHOA, I had let my faith light go out. At that point, I changed my "about me" on Facebook and stated I was a Catholic and began sharing my faith more freely.

My prayer has evolved tremendoulsy. I now have daily conversation with God, Jesus and the Holy Spirit, depending on what I am sharing or asking for. I still say an "Our Father" or "Hail Mary" but my prayer is richer than that. I start my day with the website... www.prayasyougo.org. I enjoy *Living with Christ* for the daily readings and I have a daily devotional, *Jesus Calling*, that I read nightly. I treasure my small group and I have discovered the beauty and joy of daily Mass with a warm welcoming community."



Paula speaks of the many resources she has found and uses regularly. Today as you leave Mass we are distributing this book of reflections by Fulton Sheen. Maybe this could be the start of a new routine of prayer for you? Please take one home and enjoy as our gift to you! Happy Easter!

9 STEPS TO

Forming a New Habit

"Those who fail to plan, can plan to fail" was one of Benjamin Franklin's observations. It applies to our discussion of habits. Without a clear plan, it is very unlikely we will establish the habit of daily prayer in our lives. So, what are the steps we need to take to plant a new habit in our lives? Let's go through them, keeping in mind that these steps apply to establishing any new habit in our lives. Then we will circle back and discuss what each means in relation to specifically establishing the habit of daily prayer.

STEP ONE:
Clearly define the habit.

STEP TWO:
Begin today.

STEP THREE:
Commit to at least twenty-one days.

STEP FOUR:
Connect your new habit with an established habit.

STEP FIVE:
Little by little.

STEP SIX:
Expect and plan for obstacles.

STEP SEVEN:
Create accountability.

STEP EIGHT:
Acknowledge and reward important milestones.

STEP NINE:
Be mindful of how the new habit is transforming you and your life.

Now let's consider what each step means in relation to daily prayer.

Step One: Clearly define the habit.

Spend ten minutes each day in conversational prayer with God.

Step two: Begin today.

You already know everything you need to know in order to begin today. So don't delay. Other habits may require preparation time before you can begin, but this one does not.

Step three: Commit to at least twenty-one days.

Put it on your calendar. Make it a sacred priority in your daily schedule. Nothing is more important than this ten-minute period for the next twenty-one days.

Step four: Connect your new habit with an established habit.

Know exactly when you are going to pray each day by connecting it to something else you already do daily. For example, practice your daily prayer after you have your coffee in the morning.

HABIT STACKING IS A TRENDY CONCEPT RIGHT NOW!
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NEED A NEW PRAYER ROUTINE ? TRY THESE NINE STEPS!
EDIT AS NEEDED FOR YOUR CIRCUMSTANCE!!

Step five: Little by little.

Be patient with yourself and the process. You may have a desire to pray for much longer than ten minutes each day. That's great! But take it little by little. Perhaps your desire is to spend thirty minutes in prayer each day. Begin with ten minutes each day for a week, and then move to fifteen minutes a day for a week, then twenty, and so on. I would rather you pray for ten minutes every day without missing a day than pray for thirty minutes inconsistently.

Step six: Expect and plan for obstacles.

Every new habit encounters opposition. Some of it comes from within us and some of it comes from outside. Don't be surprised; expect it. Some days you just won't feel like praying, because you are tired, or more likely because you don't want to face something that is happening within you. You don't become an Olympic athlete by practicing only when you feel like it, and you won't establish this life-giving habit of prayer in your life if you pray only when you feel like it.

Step seven: Create accountability.

Ask someone to hold you accountable to pray every day for the first twenty-one days, and then at agreed-upon intervals after that.

Step eight: Acknowledge and reward important milestones.

Celebrate your first day, your first week, twenty-one days, your first month, three months, your first year, and so on. We celebrate to remind our souls of what is important, and this is important.

Step nine: Be mindful of how the new habit is transforming you and your life.

This will strengthen your resolve to continue honoring this habit of prayer by making it a daily priority.

NEED SOME EXTRA PRAYERS FOR A SPECIFIC INTENTION ?
A Prayer Line is available here at Holy Family. Call the Phone Line at 781-934-5055 (x133). Leave your name (it can be only your first name) and the specific prayer request. The intention will be passed along to the members of the intercessory prayer ministry to pray with you.

For more prayer ideas visit our recently updated prayer tab on our website!

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