

MISSION INTENTIONS

NOVEMBER 2021 - 2022

We pray that people who suffer from depression or exhaustion will find support, and that Christ's light may offer them a healing path to life.

Country Focus: Finland

Since 2017, Finland has been ranked the happiest country in the world by the United Nations Sustainable Development Solutions Network. Many people credit this to Finland's strong and accessible school and healthcare systems, high safety ratings, and a culture valuing cooperation instead of competition.

In addition to having ready access to those things benefitting their physical, mental and emotional well-being, Finns also enjoy religious freedom, something the Church teaches is a fundamental human right because it allows people



to seek religious truth. A small but growing Catholic Church in Finland strives to be present to those journeying toward God and to help them with their spiritual health.

Currently, the Catholic Church in Finland is growing between 3-4 percent a year, and serves Catholics from about 100 countries. Let us pray for the Church in Finland, that its members may continue to shine Christ's light wherever it is most needed.

Leading to Knowledge of the Faith

The Catholic social teaching theme of Rights and Responsibilities states that all humans have basic rights and also the responsibility of taking care of one another. We will learn more about the theme of Rights and Responsibilities on the second page of this newsletter. For now, think about what these words of Saint John XXIII have to teach us about our duties to one another:

"It is not enough...to acknowledge and respect every[one]'s right to the means of [survival] if we do not strive...for a sufficient supply of what is necessary for human sustenance" (Pacem in Terris [Peace on Earth], no. 28-32).

Saint Spotlight

Saint Dymphna

Although Saint Dymphna's life on Earth was short, her legacy has lived on for centuries.

Born in Ireland in the seventh century to a pagan king and a Christian noblewoman, Dymphna loved Jesus from a very early age. When she entered adolescence, she took a vow of chastity, planning to dedicate the rest of her life to Jesus.

Sadly, her mother died shortly after Dymphna's vow of chastity, and her father was brokenhearted with grief. His anguish ultimately led to Dymphna's death and martyrdom in a town called Geel (in what is now Belgium) when she was only 15 years old.

Because of the role her father's sorrow played in her death, Dymphna became the patron saint of the mentally ill. People began making pilgrimages to Geel to seek Saint



Dymphna's intercession at a church built in her honor. As the number of pilgrims grew, the townspeople built a hospice center next to the church to accommodate them. When that was full, they did a remarkable thing: they began welcoming strangers with mental illness into their homes to care for them.

It is a tradition that continues to this day. After receiving an evaluation by local psychologists, guests are paired with a local household. Hosts receive instruction and assistance from doctors to help them learn how to interact with their guests. Currently, about 200 guests live as family and community members in Geel, a testament to Saint Dymphna's continued intercession for those with mental illness. Her feast day is May 15.

Formation for Life in Christ

Saint John XXIII once wrote, “[Humans have] the right to live...the right to the means necessary for the proper development of life, particularly food, clothing, shelter, medical care, rest, and, finally, the necessary social services...” (*Peace on Earth* [Pacem in Terris], no. 11). In these words, Saint John XXIII illustrates the Catholic belief that every person has basic rights, including the right to life and the right to those things needed for a decent life.

But did you know that along with these basic rights also come responsibilities? Each of us is responsible for taking care of one another and making sure our societies are built in ways that allow all people access to what is needed to live healthy and safe lives. This idea is called Rights and Responsibilities, and it is one of the seven themes of Catholic social teaching.

The town of Geel, mentioned on page 1, is an excellent example of what the Catholic social teaching theme of Rights and Responsibilities looks like when it is lived. Geel

residents recognize that every person has basic rights, and are taking responsibility to make sure those rights are met.

What does it mean to live out the Catholic social teaching theme of Rights and Responsibilities in your daily life? It could include donating clothes, food, or personal hygiene items to organizations who distribute them to those in need, or writing letters to your local representatives encouraging them to pass laws and build programs that help make sure everyone’s basic rights are met.

In this month’s video, we will learn how a local organization, the Catholic Schools Center for Excellence (CSCOE), is helping support the mental well-being of Catholic school students, parents and teachers in our own archdiocese. As you watch the video, think about how the theme of Rights and Responsibilities is being modeled, and what it can teach you about living out this theme of Catholic social teaching in your own life.

Celebrating the Mystery

The Eucharist is the source and summit of our faith. It nourishes us, drawing us closer to Christ and one another, calling us to live in community and recognize the human dignity given equally to all.

Receiving the Eucharist gives us the strength we need to live as Christ’s disciples. As Saint John Paul II writes in *Ecclesia de Eucharistia* [On the Eucharist], the Eucharist “increases, rather than lessens, our sense of responsibility for the world today” (no. 20). Christ dwelling within us in the Eucharist allows us to go forth and live out our call to preserve the human dignity of all.

Teaching Prayer: Novena

A Novena is a nine-day period of public or private prayer, often prayed for special petitions. Novenas can be prayed according to the liturgical calendar, specific feast days, or in a particular time of need.

To pray a Saint Dymphna novena for those affected by mental illness, [click here](#).

Introduction to Community Life

“Peace of Mind” - Click Here>>

Peace
of MIND



- ✚ How does making sure everyone’s basic rights are met and protected help us live in community?
- ✚ How are rights and responsibilities related?
- ✚ How is making sure all have what they need to live safe and healthy lives an example of the Gospel message?
- ✚ How is the Catholic social teaching theme of Rights and Responsibilities related to the Holy Father’s November prayer petition?