



Una Fides

An Apostolate
for Today's Catholic

- ◆ PRAYER
- ◆ FELLOWSHIP
- ◆ STUDY

Newsletter

Since 2003

Pope Francis' Prayer Intention for August:

That parents and teachers may help the new generation to grow in upright conscience and life.

Wisdom of the Saints for August

St. John Vianney

August 4th

"Every Consecrated Host is made to burn itself up with love in a human heart."

St. Dominic

August 8th

"Arm yourself with prayer rather than a sword; wear humility rather than fine clothes."



Girl Talk

All right ladies, this one is for you. We hope that each of you finds something of interest and inspiration!

How to be a **Good Mother-in-law** and How to be a **Good Daughter-in-law**

How to be a Good Mother-in-law

1. Do not criticize your daughter-in-law's hair, clothes, her house or her children.
2. Recognize that your daughter-in-law has unique gifts and talents which are not necessarily the same as yours. Recognize that she has unique weaknesses and struggles as well, which are not the same as yours.
3. Understand that you both love her husband, your son. Don't force your son to choose between his wife and you.
4. Respect your son's new family.
5. Treat your daughter-in-law the way you would treat your own daughter.
6. If you don't like something, bite your tongue.

How to be a Good Daughter-in-law

1. Respect the mother of your husband.
2. Do not criticize your mother-in-law's hair, clothes, her house, her food, her attitude.
3. Understand that you both love your husband, her son. Don't force your husband to choose between his mother and you.
4. Treat your mother-in-law the way you would treat your own mother.
5. Ask your mother-in-law for her opinion.
6. Pray for her.

God's Gift of Girlfriends

As women we understand that our friendships with other women, especially those with whom we share our faith, are priceless gifts from God. Mary Walker, writing for Truth and Charity, finds inspiration in Mary's visit to Elizabeth in this short, uplifting reflection on Godly friendships.

<http://truthandcharity.net/gods-gift-of-girlfriends/>

"Between woman and God is often arranged the eternal salvation of husbands and sons. But for this she must be valiant."

St. Madeline Sophie Barat (1779-1865)

Smart Marthas

Tami Kiser is an author and speaker whose mission is "to help women work in their homes with the heart of Mary and the hands of Martha." Her book *Smart Martha's Guide for Busy Moms* (2010) has won praise from a list of notable Catholic women such as Kimberly Hahn and Lisa Hendey. Her website www.smartmartha.com is a treasury of fabulous resources, both practical and spiritual. You will definitely want to visit this site and even consider bringing a Smart Martha Seminar to your parish as a way of encouraging and helping women to blend the gifts of both Martha and Mary.

The Smart Martha Prayer

Dear Jesus, I feel overwhelmed with all of the work I need to do.
Please guide me to do the right thing, right now.
And give me the grace to find You there.
Saints Mary and Martha, pray for me. Amen

The Kitchen is My Mission Field

"God did not call me to Calcutta. He has called me to my kitchen and from there I will preach the Gospel." These are the words of the young blogger, Bonnie Engstrom, who wrote this piece which appeared in *Ignitum Today*. I am sure that most of us can relate to her title at various times in our lives. Read her entire post at <http://www.ignitumtoday.com/2012/07/19/the-kitchen-is-my-mission-field/>

Verily Magazine

Finally, a woman's magazine that truly reflects the dignity, beauty and inner depth of women in the 21st century! Listen to the magazine's description from the talented women who conceived it and brought it to life.

Verily is a new kind of women's magazine: one that celebrates the best of who you are. We feature fashion that is worthy of the woman. Relationship articles that go beyond sex tips, and strong cultural and lifestyle journalism. Verily is the modern woman's go-to-guide on how to lead a fulfilling, integrated life.

Like so many great ideas, Verily was conceived over a gathering of friends for brunch in New York City. Our conversation turned to the topic of women's magazines - more specifically - how most of them fail to reflect our lives or our philosophies as women. We were a diverse group of women, hailing from all over the country and working in professions as varying as fashion, medicine and philanthropy. If this group of modern women were all feeling overlooked, surely others must feel the same way.

Research would indicate so. In their paper *The Paradox of Declining Female Happiness*, researchers Betsey Stevenson and Justin Wolfers at the University of Pennsylvania's Wharton School found that 'women's happiness has fallen both absolutely and relative to men's in a pervasive way.' It seems that despite being more educated, influential, and affluent than ever before, the modern narrative about women - what we should look like, how we should date, how to be successful, what should make us happy - can ring hollow.

Verily's first issue (June/July) is now available, in print and on iPad, so be sure to check it out. Their web site is: www.verilymag.com/magazine/

Are wedding bells ringing for family members or friends this summer? Here are two wedding-related articles that you might want to share with them.

Here Comes the Catholic Bride

www.ncregister.com/site/article/here-comes-the-catholic-bride/

The New Chivalry

<http://truthandcharity.net/photo-the-new-chivalry/>

Hint: This article has a great idea to replace the awkward and unpleasant garter grab.)

Give yourself a little lift and sign up for Five Favorites at www.moxiewife.com Hallie Lord's eclectic favorites are always intriguing and interesting, whether a laundry product that she is crazy about, a love story she wants to share or a truly long-lasting lipstick that she has just discovered, her Five Favorites are always fascinating and reading them will probably become a favorite of yours too!



The Mission of Una Fides is to build the Body of Christ by encouraging Catholic men and women to enrich, fortify, and embrace their faith through prayer, study, and fellowship

www.UnaFides.com