



# Una Fides

An Apostolate  
for Today's Catholic

- ◆ PRAYER
- ◆ FELLOWSHIP
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Newsletter

Since 2003

## Pope Francis' Prayer Intention for June:

That a culture of dialogue, listening and mutual respect may prevail among peoples.

## Wisdom of the Saints for June

St. Anthony of Padua      June 13th

"Actions speak louder than words; let your words teach and your actions preach.

St. Thomas More      June 22nd

"The ordinary acts we practice every day at home are of more importance to the soul than their simplicity might suggest."

## Making Summer Count

As we approach the lazy, hazy days of summer, we should heed the words and wisdom of Pope Francis. "People who work must take the time to relax, to be with their families, to enjoy themselves, read, listen to music, play a sport."

Russell Shaw expounds on this idea in his article entitled "The Spiritual Benefits of Prayerful Play" which recently appeared in *Our Sunday Visitor*. He highlights the work of Josef Pieper, the renowned German Catholic philosopher who wrote the classic, *Leisure: The Basis of Culture*. Pieper asserts that the "soul of leisure (recreation) is celebration." He teaches that from earliest times celebrations and festivals derived from religious observances. "There is no feast that does not draw its vitality from worship and that has not become a feast by virtue of its origins in worship. A feast 'without gods' and unrelated to worship is quite simply not known." Pieper goes on to reflect that, over the past two centuries, the secularization of recreation has left a vacancy and that "the vacancy left by the absence of worship is filled by mere killing of time and by boredom." Russell Shaw uses Pieper's writings on leisure to jumpstart his thoughts about the Holy Family and their leisure time. Did the Holy Family take vacations?

Mr. Shaw asserts that they did. He believes that "for Jesus, Mary and Joseph, the yearly pilgrimage to Jerusalem was, along with much else, a happy family outing, a vacation in other words."

## **Following the Lead of the Holy Family**

This summer is the perfect time to plan a pilgrimage. In the Year of Faith (October 11, 2012-- November 24, 2013) plenary indulgences are being offered to those making pilgrimages. The faithful who visit basilicas, Marian shrines and those holy sites designated by the local ordinary and fulfill the necessary requirements will obtain a plenary indulgence. "Plenary indulgence for the temporal punishment of sins, imparted by the mercy of God and applicable also to the souls of deceased faithful, may be obtained by all faithful who, truly penitent, take Sacramental Confession and the Eucharist and pray in accordance with the intentions of the Supreme Pontiff."

[uscgb.org/beliefs-and-teachings/how-we-teach/new-evangelization/year-of-faith](http://uscgb.org/beliefs-and-teachings/how-we-teach/new-evangelization/year-of-faith)

St. James Cathedral in Orlando, the Basilica of St. Paul in Daytona Beach and the Basilica of the National Shrine of Mary, Queen of the Universe are the holy sites in the Diocese of Orlando where plenary indulgences can be obtained.

Here are 8 more pilgrimage sites in the Southeast!

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|--|-------------------|
| 1. Cathedral Basilica of St. Augustine | St. Augustine, FL |
| 2. Shrine of Our Lady of La Leche      | St. Augustine, FL |
| 3. Monastery of the Holy Spirit        | Conyers, GA       |
| 4. Basilica of Sacred Heart of Jesus   | Atlanta, GA       |
| 5. Shrine of the Immaculate Conception | Atlanta, GA       |
| 6. Ave Maria Grotto                    | Cullman, AL       |
| 7. Our Lady of the Angels Monastery    | Hanceville, AL    |
| 8. Shrine of St. John Berchmans        | Grand Coteau, LA  |

Wherever your summer travels take you, be sure to check out the diocesan website where you are going and take advantage of the Year of Faith plenary indulgences that are available at the designated holy sites of your vacation destination!

## Join Pope Francis in a Global Holy Hour

11am - Sunday, June 2

For the first time in the church's history, Catholics worldwide will be simultaneously participating in an hour of Eucharistic adoration on this Sunday, June 2, the **Feast of Corpus Christi**.

The Holy Hour, led by Pope Francis, will be broadcast from St. Peter's Basilica, 5-6pm Rome time which will be 11am to Noon here in Orlando.

For more information and to read the Pope's intentions for the Holy Hour, go to the National Catholic Register online at <http://www.ncregister.com/daily-news/pope-francis-to-lead-global-holy-hour/>

## Family Fun

Make each day of summer count by putting together a wish list of everything that you would like to do, try or experience before the school year starts again! This is a great activity to do with kids and grandkids. Make the planning a party as you start dreaming together! Focus on the Family gives more information on this idea as well as others for summer family fun. Visit them at [www.Facebook.com/MakeEveryDayCount](http://www.Facebook.com/MakeEveryDayCount) and [www.ThrivingFamily.com/Extra/Summer](http://www.ThrivingFamily.com/Extra/Summer)

## Hot Summer Reads

(from Brandon Vogt at Our Sunday Visitor)

1. *In Defense of Sanity* G.K. Chesterton
2. *Style, Sex and Substance: 10 Catholic Women Consider the Things that Really Matter* Edited by Hallie Lord
3. *The Catholics Next Door: Adventures in Imperfect Living* Greg and Jennifer Willits
4. *A Book of Saints for Catholic Moms* Lisa Hendey
5. *Adam and Eve after the Pill: Paradoxes of the Sexual Revolution* Mary Eberstadt
6. *Looking for the King: An Inklings Novel* David Downing
7. *Shirt of Flame: A Year with St. Therese of Lisieux* Heather King
8. *The Catholic Briefcase* Randy Hain

### Book Suggestions for Children's Summer Reading

(This idea came from one of our readers!)

#### **Toddlers**

Catholic Treasure Box Books (TAN Publishing)                      Maryknoll Sisters

#### **Entering 1st-2nd grade**

<i>Madeline</i> Series	Ludwig Memelmans
<i>Three Billy Goats Gruff</i>	Paul Galdone
Series of biographies	David Adler
<i>Cam Jansen Mysteries</i>	David Adler

#### **Entering 3rd grade**

<i>Saints of Note: Comic Collection</i>	Diana Jenkins
<i>Abe Lincoln at Last--Magic Tree House #47</i>	Mary Pope Osborne
<i>The Hatchet</i>	Gary Paulsen

#### **Entering 4th grade**

<i>Encounter the Saints Series</i> (Any saint book)	
<i>Black Beauty</i>	Anna Sewell

#### **Entering 5th grade**

<i>The Indian in the Cupboard</i>	Lynn Reid Banks
<i>The Black Stallion</i>	Walter Farley

#### **Entering 6th grade**

<i>The Black Cauldron</i>	Lloyd Alexander
<i>Crispin: The Cross of Lead</i>	Avi

#### **Entering 7th grade**

<i>The Witch of Blackbird Pond</i>	Elizabeth George Speare
<i>Black Ships Before Troy</i>	Rosemary Sutcliff

#### **Entering 8th grade**

<i>They Loved to Laugh</i>	Kathryn Worth
<i>Johnny Tremain</i>	Esther Forbes

Vision Books Series of Saints are excellent for children in grades 5-8.

Thanks to St. Austin School, St. Louis, MO, for sharing their summer reading list with us!

And lastly, check out the Parish Webstore for some great summer resources such as Crafty Catholic Kids, tons of books, e-books and talks on CDs.

Celebrate the beginning of summer by signing up for their free Bible App!

[www.lighthousecatholicmedia.org/bibleapp](http://www.lighthousecatholicmedia.org/bibleapp)



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](http://www.UnaFides.com)