

St. Joseph's Workshop with Father Matthew Spencer

Show Notes

4th Quarter 2018

October 1, 2018

- Father speaks about the lower divorce rate, and the lower marriage rate. He discusses approaching marriage prep in the correct way.
- Father talks about how it has been a year since the Vegas shooting. Father also talks about a major problem he sees inside of the church. He is referring to Luke warmness. God would be much happier if we are hot or cold.
- Father looks at the world today; part of the reason we are in the place we are in the church is because we are not as committed as we need to be. We cannot get comfortable where we are at in life. We need to live lives of rich commitment to the lord.

October 2, 2018

- Father discusses loneliness as a priest. In a BBC Program "All in the Mind." In one episode they discuss loneliness and perform a survey of 55,000 people. They found that the youngest members of the survey are actually the loneliest. Father explores why.
- The encounter between the rich young man and Jesus is a good mirror for ourselves. Jesus asks him to sell all that he had, give it to the poor and follow Him. He compares this with Abraham asked by God to sacrifice his son Isaac. What are you willing to give up to do as God commands? Father discusses Princess Alexandra, 19, who relinquished her claim to the British Royal line of succession by becoming Catholic.
- Father came across a term he has never seen before. Gray divorce meaning as their hair is graying they get a divorce. Father has been looking at the number of divorces, divorce rate has doubled. Father has been looking at the effect of divorce on adult children.
- Father covers our guardian angels, for the feast day. Pray to your guardian angel, today and every day. Father talks about news he saw out of Australia. The state of Australia has been pushing the Catholic church to break the seal of confession.

October 3, 2018 (COF: 4:21)

- Father discusses a book called, "Talent is Overrated: What Really Separates World-Class Performers from Everybody Else" by Geoff Colvin. Computer analysis of chess masters reveals that advances have caused chess players to make fewer mistakes today. The way we learn has changed dramatically.
- Father tells about dinner during his childhood. The strongest indicators for academic and behavioral success is due to whether families eat dinner together. Eating dinners together as family's builds virtue, it forces us to have to communicate and talk.
- Father talks about an underwater sea creature. Irukandji jellyfish has 24 eyes and is also very small. If you are stung by the jellyfish, tiny needles are fired 20 minutes later causes back pain vomiting, cramps and much more. Alongside the side effects they experience a feeling impending doom.

- Father looks at two banners in front of St Peter's Basilica. One of the tapestries is of St Michael's and the other is of Saint Joseph. Father discusses Luke 9 and he talks about some thoughts he has.

October 5, 2018 (COF4:47)

- Father talks about pope Francis and his experience of someone telling him when you are pope do not forget about the poor. That is why he had chosen the name Pope Francis. God wants our needs to be provided for. Poverty allows us to be without material things.
- Youth need help guidance and support. The youth in Italy prepared a crozier that did not look like a traditional crozier. Father talks about the senate of the youth and how he hopes it is a listening that holds true to the teachings of the church.
- Father discusses how our friends; what people are posting can affect your life. Father explains an experiment of people who saw more negative content started posting more negative content. As well as people who saw more positive content started posting more positive posts.
- Father talks about how he was involved in the first walk for life. He explains his experience at the walk for life. Father talks about Luke chapter 10. Are we finding our happiness in not being in control and being dependent on God.

October 5, 2018 (COF: 6:51)

- Father recalls a rewarding experience while he was in the seminary. He worked with religious sisters in an assisted living facility. One sister in particular challenged him to see Christ each day. He realized that he never heard her complain. At what point can you "vent" without complaining? Father examines the example of Job.
- Father discusses a clickbait article revealing how you can have a more restful Sunday, and a more productive Monday.
- Father recalls the "Sokal Affair" in which a frustrated professor tested the intellectual rigor of peer review journals by sending in a bogus paper. Was it an ethical thing to do? Recently, three scholars decided to do something similar. Their first two papers were refused; then they got more serious and devoted 10 months to the project. Father Matthew reveals the results, and their spiritual implications.
- Father recalls the old Land Cruiser on which he learned how to drive. It had a manual transmission. He describes the difference between driving a car with automatic transmission. His community recently got a hybrid. Father describes the difference in the way he drives with a hybrid. He finds that he drives differently because of the "miles per gallon" feedback. Father reveals the feedback we can access in the spiritual life.

October 8, 2018 (COF: 4:33)

- Father talks about the new iphone update especially the screen time, which counts all of the time spent on the phone. He also talks about the stone face experiment. How not only do phones have an effect on children but parents time on phones affect the children as well.
- People use virtual goggles that allow things to be seen in 3 dimension as well as sounds included. People are using this in a way to help anxiety it is a therapy to help reduce fear. Father shares a study of people looking at data that people tend to think they are not liked far more than they actually are.
- On Saturday a statement was put out, they are grateful for a new investigation that the Vatican is allowing. This is to ensure that people are protected from sexual assault. Pope Francis is working very hard to eliminate sexual assault.

- Robert Banksy whose identity is not known. His most famous art piece is “girl with balloon”. over the weekend his girl with balloon was auctioned for 1.37 million dollars as soon as it was sold the painting was shredded. People are saying it is now worth more now that it is shredded. This may be true for art but it is not true for human life.

October 9, 2018 (COF: 4:44)

- Father discusses the requirement for priests to study Philosophy as a pre-requisite to Theology. He found it difficult, but appreciated the ancient Greek philosophers. He discusses presenting the spiritual life as “legalism” vs a life of virtue. How do you start on the path of virtue?
- Father discusses Dave of Barstool Pizza Reviews. David visited Goodfellas pizza in Lexington, KY. When presented with a cold pizza, he spoke to the manager; he was then asked to leave. Now Goodfellas pizza has to deal with a large amount of negative publicity when Dave gave the experience 0.0, the only 0 he has ever given. A bad decision in the blink of an eye can have lasting consequences in our lives. Do you treat people badly because you probably won’t see them again?
- Luis Ocampo a soldier whose house was robbed during while he was away while helping with hurricane relief. Their friends made a go fund me and they were able to raise more money than they had needed. Luis Ocampo decided to donate the rest of the money. The fundraiser reached \$15,000 with donations from nearly 400 people, surpassing their \$5,000 goal.
- There are a lot of different ways we can learn from Jesus and be shaped by him. We become anxious and concerned about the world, it is not productive or helpful. It is a struggle to find a balance. There is a problem is we are anxious and concerned because it means we are not fully trusting God.

October 10, 2018

- Surprise – recent storm activity may not support the “global warming” theory. Father recalls the first time he beheld a piece of petrified rock. The Petrified Forest in Arizona: The problem of guests stealing “souveneirs” at this National Park – and the problem of what to do with returned items from people whose conscience has prodded them to return what they stole on a previous visit. The existence of a conscience, and the need for formation – and Confession.
- The quest for silence: Where can one go in America to find a place that is truly quiet, without man-made noise. Only a few such places exist! Is it possible to hear God in our noisy, busy world?
- Noah Mackenroth joins Father to chat about his daughter, the 16-year-old pilot, and “civility” in Congress: A bill recently passed with 92% support . . . why can’t we do this again? The sad state of the current political climate – and the hope that we have.
- Father talks about subtle sneering expression of contempt for disgust of something “throwing shade”. Saint Paul is throwing shade at Peter. We have to address wrong doings that we do. We need to err on the side of not judging people's motives.

October 11, 2018 (COF: 4:18)

- Father discusses an [article](#) by Joe Pinsker of *The Atlantic* which explores the social phenomenon in which people will buy things to be recognized by others. Are you trying to find friends through material things? Studies reveal that things don’t actually get you more friends.

- Father talks about minor seminaries, inside of the United States they are closed. People are usually entering the seminary after they have graduated from high school. The upper age limit is 35 years old, but it is not a hard rule. As people get older people have a harder time adjusting to a religious life.
- Father has yet to see good television in our time. Father was intrigued when he saw a new show, it is about God. God friended me It is about an individual who gets a friend request from God on social media. After he accepted the friend request he starts doing charitable things. Father thinks the word friend has lost a lot of meaning, in part because social media has used the word in a way that is not traditionally used.
- Father talks about Saint Paul speaking to the Galatians. He is not trying to insult them but just to point out their foolishness of their actions. Have we received the message of Jesus and still look elsewhere for satisfaction in material things. Start following the Lord and start speaking his will.

October 12, 2018 (COF: 4:51)

- Father discusses the CEO of Goldman Sachs, David Soloman, who moonlights as a DJ. He mentions an article by Harvard Business Review exploring the hobbies of high level CEOs. Father discusses taking time for “yourself.” If you want to be a Saint, you must eliminate sin, and then balance many good things in your life.
- Father discusses a secret of productivity from the *Guardian*. The article speaks about “hyper-productive” German Sociologist, Niklas Luhman, who said he never forced himself to do anything he didn’t want to do. At first, father dismissed this technique, but today he examines the lessons Niklas can teach us.
- Father discusses the last encyclical written by Pope Paul VI. Has there been a more appropriate time for a saint such as Pope Paul VI considering our sexual culture today? Father discusses the radio broadcasts of Archbishop Oscar Romero. He said, “The liberation of Christ and of His Church is not reduced to the dimension of a purely temporal project.”
- Why be holy if you’re going to be unhappy along the way; why be holy when it can be dangerous to do so? Father reviews today’s Gospel in Luke 11. Jesus speaks about unclean spirits coming back with 7 more spirits. Would it be better to just become complacent with just that one unclean spirit? Father explains.

October 15, 2018 The most joy comes from not what we receive it is what we give.

- Father Matthew welcomes Father Gustavo Lopez, OSJ to the show. Father Gustavo is parochial vicar of St. Joachim Church in Madera, California. Father Gustavo recalls how he became a priest. It all started by going to mass with his family.
- Father talks about how becoming a priest has to come from the person. That call has to be personal and accepted by the individual. Father Gustavo Lopez shares his experience going to college and majoring in psychology.
- Father Spencer asks father Gustavo Lopez if he had always had a devotion to St Joseph. Father Gustavo Lopez tells his story about how he became devoted to St. Joseph later in his life. They discuss Saint Teresa of Avila. Father Gustavo Lopez shares a story of prayer for his younger brother.
- Father Gustavo Lopez continues to share his brother’s stories after father Gustavo's prayers were answered. They share with us to pray and wait be patient. In our time we all want our answers now, we want results now. Perseverance in prayer, it will not always come easy. Give your intentions to Saint Joseph.

October 16, 2018

- Father guesses that the devotion to the Sacred Heart of Jesus is in the top ten Catholic devotions. Father discusses Saints (including St. Margaret Mary Alacoque) how in Jesus' human heart an image of divine love. He discusses Sister Margaret Mary's mystical experiences with Christ, and the suffering she endured when she was not believed. Jesus gives twelve promises to those with devotion to His Sacred Heart according to St. Margaret Mary.
- All of our sins affect others. Even if others' sins are not my personal responsibility, I have a duty to pray for reparation. Father discusses frightening activity going on throughout the world. One specific example is at the Philadelphia Mausoleum of Contemporary Art scheduling a Black Mass as "performance art."
- Stephen Hawking published a new book today. In March at the age of 76 Stephen Hawking's passed away. The book has an interesting take on questions he was looking at. He talks about artificial intelligence, aliens, and many more things. The first question that he talks about inside of the book is faith. He talks about how he does not believe in God. Faith and science are two disciplines that have unique areas that are their own concern.
- Michael Buble, a couple of years ago his son was diagnosed with cancer. Him and his wife both put their career lives on hold to focus on his son. In a recent interview it was claimed that Michael Buble is quitting music all together. It was revealed that he is not retiring.

October 17, 2018

- Father asks the question have you ever thought about how many people you depend on. Father talks about the feast day of Saint Ignatius of Antioch. Saint Ignatius of Antioch left us seven letters about what it means to follow Christ.
- There was a little drama online. Better help is a service where you can go and talk to mental health professionals. Has grown into a large business they advertise on youtube. Using youtubers who give them shout outs from their videos.
- Father talks about what is going on in Rome the senate of the youth, to discuss the situation of youth in the world. Father shares with us some updates. There is a difference between what the church teaches and what the world shows and with this the church does not back down we just follow Christ more closely.
- Father looks at France's president, who said some comments. He looked at families in Africa, he said they do not want big families they just do not know how to plan them. People have been responding with postcards for Emmanuel Macron.

October 18, 2018 (COOF 4:33)

- Father has been thinking about the word Gospel. We hear the word gospel a lot. The word gospel means good news are called to live the good news, to believe in the good news and to share the good news.
- Father was looking at a website called Mr. money Mustache. There is an acronym FIRE that is about early retirement. People who are retiring in their 30's and 40's. If you retire very early you still have to use your time well and give it to Jesus. The most joy comes from not what we receive it is what we give.
- Father looks at a study that says memes carry dangerous health related messages. They promote unhealthy lifestyles. European parliament passed a meme ban they are trying to attack the ill effect of memes on the world. Father talks about if it is a sin to be over or underweight.

- Father has been curious about how authors read books, or how musicians listen to music. Father does participate in some professional research; he listens to radio in a different way.

October 19, 2018 (COF: 4:51)

- Father discusses the busy-ness of priests on the weekends and the rewarding nature of the work. Father discusses the heresies that St. Augustine ascribed to while his Mother St. Monica prayed for him. In “Confessions” you can take a mental journey through St. Augustine’s conversion. Father discusses a specific experience in which St. Augustine actually started to read scripture.
- Father discusses the age old practice of Lectio Divina. Lectio: read, Meditatio: Meditate (chew on it), Oratio: Prayer, Contemplatio: Contemplation (be with God; rest in the Word of God), Actio (live it out).
- Where are Christians most persecuted in the world? Father learned more about the persecution of Christians in North Korea, when President of South Korea, Moon Jae-in met with Pope Francis. Is it possible to evangelize in an environment that is as oppressive as North Korea? Father shares some statistics regarding the Catholics within North Korea.
- Father discusses his brief interaction with the app “Pokemon GO!” Father Matthew discusses a new app, “Follow JC Go!” In this app, you can walk and learn catechism facts. In today’s Gospel, Jesus says, “There is nothing concealed that will not be revealed, nor secret that will not be known.” Don’t walk away from those moments of reconciliation with the Lord.

October 22, 2018 (Jp Catholic 4:33, COF 4:46)

- Father talks about a catechism gave, Divinity. Father asks about the holy spirit. We should be turning more to the holy spirit because the holy spirit is God. Father asks what are the eight ways we know the holy spirit is working in the church.
- Every religious that wear colors have a meaning behind it. Priests wear black, when they die to themselves giving their life service to the church and to God. Father answers the question as to why do Franciscans wear brown. Historically it is cheaper to dye clothes certain colors.
- Can you find a connection between Tesla, We work, and Wag. A lot of money from Saudi Arabian companies are giving a lot of money to these companies. We need to look and see how our resources are being used. We need to evaluate how we are using our money.
- Today being October 22nd feast day to John Paul the second. They remember those Priests who have died by reading their entries in community. Father Octobio Fenneli talks about a father who died of a heart attack. At the end of his life he died with a rosary in his hand. He was known for hard work inside of the parish.

October 23,2018

- Father has been reading about religion. Father has been reading from Stephen Asma , on philosophy. His recent books title caught father's attention. “Why we need religion”. Doctor Asma makes an interesting observation. How religion has played a different purpose throughout history. In the new Century we use religion to make us feel better.
- Father talks about a struggle that would our is facing today. That all good people go to heaven. What is our definition of good? We have to stop and ask ourselves, we need to understand what good actually is. Maybe the problem in our world we have become so subjective that we have forgotten what objective truth is.

- Father discusses a story about a woman who broke off her wedding. The venue would not return the money, she approached it as donating it to another couple to use it. Kolbie Sanders was able to find a couple who really benefited from it. Father looks at some data that the less expensive ring the longer the marriage lasts.
- Father talks about the act of contrition. You actually have to be sorry for your sins at confession. The act of contrition is a prayer that is said. Father remembers being nervous about going to confession. His parents added the act of contrition before they went to bed.

October 24,2018 (Jp Catholic 4:43, COF 4:58)

Father talks about how to be vigilant. As soon as we run out of steam we give up. We are not pacing yourself enough, this does not mean hold back. Have a set plan. Our response to Jesus becomes less fruitful when we do not have plan.

- Father has been looking at anticipating life expectancy in different countries. Japanese men and women are expected to live to 85 years old. In the United States we are not doing so good, smoking alcohol and opioids are lowering life expectancy. Father shares what country has the longest life expectancy.
- Mother Noella Marcellino decided she would like to learn how to make cheese. It became a hobby and a pastime for herself. She was given permission to study cheese and got her doctorate in cheese making. She traveled all over France to take samples of fungi from different caves.
- Father discusses what is going on with the senate of the youth. The youth want the truth. They are discussing the fact that they cannot dilute the message of Jesus. Father talks about how listening is a two-way street. Also listening requires a response as well.

October 25, 2018(Jp Catholic 4:43, COF 4:33)

- We read in Genesis about the rejection of God by Adam and Eve. Father discusses the cosmic dimension of sin and salvation as explored by Pope Benedict XVI. Jesus comes to us as a human being and also as God. Could God have just saved in a different way than the death of Jesus? God wanted to save us in the most perfect way.
- Father talks about the issue that had occurred with master Cake shop vs civil rights commission. The issues of religious freedoms are becoming more and more dyer. Religious liberties are not only being taken away in other countries but also within our own.
<https://www.catholicnewsagency.com/news/masterpiece-cakeshop-case-drew-500k-in-grants-from-religious-freedom-foes-81744>
- The lottery grew to 1.537 billion dollars. One person won the record breaking jackpot. There was an 87-year-old man, he fell and broke his hip and he was very disappointed. Father talks about how money affects people. 2/3rds of Americans gamble. Father shares the reason why Americans spend so much money on lottery tickets.
- In 2004 a really sad story of Jack Whittaker. How winning the powerball ruined his life. Many bad things happened happened to him after winning the money.

<https://www.washingtonpost.com/history/2018/10/24/jack-whittaker-powerball-lottery-winners-life-was-ruined-after-m-jackpot/>. Father talks about Luke 12.

October 26, 2018

- Father mentions that he has gotten many inquiries about confession. When you feel ashamed because of your sins, do you purposely go to a different priest? Father reveals that after 8 years as a priest, not once has he thought less of someone because of confession. Priests are meant impart God's mercy.
- What happens when the priest uses the wrong words for absolution, or forgets to give you a penance? Father shares the bare essential words of the absolution that are necessary.
- Who is the biggest online retailer? It isn't Amazon. This company sells much of its inventory to other businesses. The founder of Alibaba.com, Jack Ma, announces that he will retire from Alibaba and focus on charitable endeavors. When he was asked how to be successful in today's world, his response was to ask yourself three questions: What do I have? What do I want? What would I be willing to give up?
- Father has only seen one game this year. Father discusses Mookie Betts giving food to the homeless. Did it help him get homeruns?
- We are experiencing challenging times. The Church is a point of reference even though sometimes those in the Church can allow the world to influence them.

October 29, 2018 (Jp Catholic 4:33, COF 4:46)

- Father talks about the tragedy that occurred over the weekend. The shooting in Pittsburgh synagogue. Father looks at God's design for the human race. God created us out of love and created everything to be in order. God created you and me in his likeness. <https://www.catholicworldreport.com/2018/10/26/why-do-catholics-use-the-word-disordered/>
- Father discusses scary movies. Father talks about why we enjoy the fear that comes along with scary movies. Some small animals died because of fright. Sometimes we get afraid of death, we should turn to Saint Joseph.
- We should not fear evil. We should fear God and follow his commandments. Father discusses a story that Saint Teresa of Avila. God's power will always protect the church and his children.
- Eliminate impurity, immorality, and greed from your life. Live in Christ be kind to one another. Be compassionate and forgiving. We need to imitate Christ in our lives. Sin enters when prayer leaves. When we turn away from God in prayer we fall into sin much easier.

October 30, 2018(JP Catholic 4:20, COF 4:46)

- Father talks about weddings and what readings to choose at your wedding. Father gives some great readings that would be great for a wedding. Marriage is an image of the love of God and his people. It is essential of understanding Christian marriage.
- After discusses more details about what happened with Archbishop Mccarrick. Father shares a statement that Father Boniface Ramsey had made. He said it seemed like everyone knew about it and that it was just being swept under the rug. <https://www.commonwealmagazine.org/case-theodore-mccarrick>
- Father talks about Sabrina the teenage witch. There is a new version that Netflix has put out, which is a lot darker version of it. "The chilling adventure of Sabrina" they have very dark images

inside of the show. The satanic church is trying to sue Netflix. Lisa Soper is a practicing member of neo paganism one of the producers of the new show.

- Father discusses his beer brewing hobby and how it relates to today's gospel. Father discusses the small amount of yeast producing great results. He also speaks about a yeast "starter." This yeast starter is allowing the yeast to strengthen its population in an ideal condition before pitching it into the beer. Father discusses the applications of this to the spiritual life.

October 31,2018 (JP Catholic 4:48, COF 4:33)

- Father describes the definition of virtue. Father talks about how we are in a time of re-discovering virtue. This may be becoming more popular because of the trend of self-help. James Clear came out with a book, for good habits.
- Father shares things that he thinks coincide with James clears book. Father talks about successful ways to strive for perfection. Surround your life with people who share your values. Set aside a space for prayer that is only set up for prayer inside your house.
- Father talks about Halloween. Father talks about the strange costumes he saw at a gas station. People were looking at father thinking he was in a Halloween costume as well. People on Halloween want to be something else, all of us aspire to be something more.
- Father look at trends in technology. Technology can be the doorway to many evil. When you break down the use to theology inside of schools. Technology is present inside of schools. Especially in schools with less resources. Technology is not helping children learn the material.

November 1, 2018 (COF4:35)

- On this day of Great Saints, Father Matthew speaks about the patron of this show, St. Joseph. He shares about when his devotion to St. Joseph began. Father talks about three saints, he gives a summary of all of their lives. Father shares his story about how his devotion for Saint Joseph grew.
- Father Matthew recommends a book by Devin Schadt, "Joseph's Way: The Call the Fatherly Greatness" and he recommends an encyclical by St. Pope John Paul II, "Redemptoris Custos" (Guardian of the Redeemer). No one else could have fulfilled the role of St. Joseph just as no one else could fulfill Mary's role in the history of salvation. They had the freedom to say, "no." YOU also have a unique role to play in salvation and no one else can fulfill it.
- Saint Andre Bessette by the age of twelve both of his parents had died, and he went to the united states. He later returned to Quebec. He lived a very difficult life with health issues.
- In 2009 Father visited Poland. Father visited Auschwitz concentration camp. Father also visited block 11 where Saint Maximilian Kolbe died. Saint Maximilian Kolbe is the patron of radio and the 20th century. He was in Auschwitz defending Jewish people, hiding them inside of their monastery. He was captured by the SS and he was condemned to live out his life in a concentration camp.

November 2, 2018

- Father describes a vivid moment in Santa Cruz listening to a podcast, with the smell of saltwater in his nostrils. This is when he first learned that "compassion means 'to suffer with.'" There is a danger in the world's sense of compassion which can be equated with accepting that there can

be two contradicting truths, or validating error. Inauthentic tolerance leads to a false sense of compassion. Sometimes the compassion of Jesus manifests itself in a crisis in our lives.

- Are you “adulting?” Father Matthew describes some actual formal courses that help you to become an adult. Adulting seems to be related to the mundane portions of your life. What does spiritual maturity look like?
- France is leading the world in turning to exorcism. Because it is getting harder to find priests for exorcisms, people are turning to “freelancers.” It costs about 50 dollars to get an analysis from a freelance exorcist, and depending on treatment cost can go up from there.
<http://www.bbc.com/capital/gallery/20171031-the-rise-of-freelance-exorcists-in-france> If you are paying for exorcisms, you’re doing it wrong. Why are there not enough priests to do exorcisms? Father is surprised by the reason (cited by two exorcists in France) that there are not enough exorcists. Father tells about the rise in occult activity in our society and the response of the bishops. <https://www.crisismagazine.com/2018/exorcism-in-britain-today>
- Father describes the different components of the Church: The Church Triumphant, the Church Militant, and the Church Suffering. We’re all in this together; let’s not forget about each other. We can help the souls in purgatory, just as the saints in heaven help us.

November 5, 2018

- Father describes a pancake breakfast at the Mount St. Joseph Seminary, and the second best compliment he has ever received regarding St. Joseph’s workshop. He also describes correspondence with someone who was considering leaving the Church after the revelation of scandals, but who was encouraged by St. Joseph’s Workshop to help the Church.
- Father discusses the shooting at “Tree of Life Synagogue” and a Jewish nurse, Ari Mahler, whose father is a Rabbi. The perpetrator of the shooting came into his ER cursing the Jewish people. Ari reflects on why he actually helped and treated the perpetrator.
- Father speaks about the “ordinariness” of Blessed Father Solanus Casey. Father compares him with Saints who had mystical experiences. Is holiness about the big and miraculous?
- Father discusses a call to prayer, fasting and reparation of the United States Bishops beginning today. We can join them and be part of the solution. Father recalls the words of Jesus in Luke 14, “When you hold a lunch or a dinner, do not invite your friends or your brothers or your relatives or your wealthy neighbors, in case they may invite you back and you have repayment. Rather, when you hold a banquet, invite the poor, the crippled, the lame, the blind; blessed indeed will you be because of their inability to repay you.”

November 6, 2018

- Today is election day! Father discusses his absentee ballot. Although he can mail it in, Father likes the convenience of being able to mull over the ballot at home. But he still likes to drop it off on election day. Father tells a very unique story about dropping off his ballot earlier. A series of strange and unfortunate events follows.
- Father reflects on All Souls Day, which occurred on November 2nd. Did you know that the whole month of November is traditionally dedicated to praying for those that have gone before? Father cites an article entitled, “Let’s Empty Purgatory” [Link](#)
- Father discusses the movie “The Incredibles 2” and an [interview](#) of a set designer for the movie, Phillip Metschan. He realizes that he draws inspiration from God when he draws inspiration from real-world environments.
- Father reflects on a Gospel which has struck him in a different way today. “Blessed is the one who will dine in the Kingdom of God” (Luke 14:15-24).

November 7, 2018

- Father discusses the Infant of Prague Medals carried by Drew Mariani and his pilgrim group through different parts of the world. Father speaks about a marriage tradition in a small town that contributes to their zero divorce rate.
- Father refers back to some remarks of Pope Francis that got much attention, even from the secular media. He recommended possibly changing the words of the Our Father – “...lead us not into temptation...” Translations of this phrase in other languages seems to be different than the English translation. Scriptures tells us that God “blinds” people or does not allow some to “understand.” Does this mean that God is being mean to people?
- Father discusses the famous chess matches between IBM’s “Deep Blue” vs Garry Kasparov. There is a new supercomputer designed to mimic the human brain. The computer is called the Spiking Neural Network Architecture Computer (SpiNNaker). Father points to the fact that Dan Brown (author of “The DaVinci Code” and other fictional books) suggested that in the future, humans will worship Artificial Intelligence. Father speculates that this comes from a misunderstanding about Who God is.
- Father explores today’s readings. “Do everything without grumbling...” (Philippians 2:12-18)

November 8, 2018

- Father mentions a [tweet](#) sent out right before the show. It is a picture of a card sent by a local school. This week is national vocations awareness week. What more can we do besides praying for young people to encourage vocations? Father recounts his own experience with Catholic Radio and its importance in his discernment for the priesthood.
- Father discusses Father Stanley Rother who gave his life in service of the Gospel. He was born in Oklahoma, traveled to Guatemala to serve there and was martyred. Father also tells about Brother James Miller, who was also murdered in Guatemala. Pope Francis recently has recognized his martyrdom and recognized him as “blessed.” He died at the age of 37. Are you ready for martyrdom? Look in a mirror; you too are called to holiness.
- Why would you watch YouTube videos? Pew research studies YouTube usage. Children are using YouTube at an alarming rate. You can also learn many things on YouTube, like how to become a better Catholic. Let’s use different forms of media to evangelize. The most important method, however, would be to evangelize in person.
- Father reflects on the daily readings, including Luke 15. It doesn’t make sense from an “engineering” or “business” perspective to leave the 99 to get the one sheep. You still have 99, why do you need to go after that one? Jesus Himself left behind the glory of Heaven to become man and go after his lost sheep.

November 9, 2018

- Father expresses his excitement as in the very last minutes of Drew Mariani’s show, Relevant Radio reached its needed goal for the pledge drive. Father discusses the many prayer requests that come in during pledge drive and the opportunity it presents to build our spiritual community. Father discusses that the reason that surveyed freshman went to college prior to the Great Recession. The reason was not to “get a good job.” After the Great Recession the reason for going to college became “to get a good job” and the humanities suffered. Human beings cannot be reduced down to our productivity.
- Father discusses the fires in Paradise, California. Father discusses an evacuation of a hospital just fifteen minutes before flames engulfed the premises. During the Tsunami in Indonesia, an Air

traffic controller decided to man his post to allow planes to escape the tsunami. He perished in the process. By the forethought and sacrifices of someone else, these people were saved.

- Today is a feast day of the Lateran Basilica. If you are outside the Church, you might be asking yourself, "Why are you celebrating a building?!" This is one of the four major Basilicas in Rome. Each has a special role in the Church. The dedication of a church represents more than the building, just as Jesus is the "Cornerstone." An inscription in the Lateran Basilica says, "SACROS LATERAN ECCLES OMNIVM VRBIS ET ORBIS ECCLESIA RV M MATER ET CAPVT" which means, "The Sacred Lateran, mother and the head of all churches of the city and the world."
- Father discusses John 2: 13-22. In this Gospel reading, Jesus forms a whip out of cords and "cleanses the temple." We want to purify our Church. The only temple where I have complete control is myself.

November 12,2018 COF4:33, Jp Catholic 4;52

- Father Mathew has his brother Father Stephan Spencer. He is assigned in Bakersfield CA. Father thanks everyone for the pledge drive. Father Matthew talks about the crisis going on in the church. Father Stephan discusses his experience. The bishops are meeting this week; they are going to spend the entire meeting to discuss what happened.
- Father had an important realization, a reporter asked why do you take the direction of the Vatican. There are concerns about what the bishops are voting on. Bishops are only accountable to the Pope. The reform of the church begins with You and I. Praying for priests and bishops. Prayer is not a substitute for accountability.
- On father Stephens four hour drive up he made a stop in Madera CA. Traffic was slowing down, he noted a driver behind him flashing his lights at him. The driver pulled around him, and expressed their displeasure. Father Mathew and Father Stephen discuss anger.
- Father was looking at a quiz looking at the difference between mental illness and diabolical possession. This is a topic that priests are faced with. Father Stephen got a call, they quickly started to share that they thought his wife had a demonic affliction. They were able to get help.

November 13,2018 JP Catholic 4:33

- Father reflects on an article about Applebee's. Father looks at their business model; they share who their target market is. They cater to people who are stressed. Father talks about gluttony. It is one of the seven deadly sin, it is a capital sin. What is gluttony specifically.
- Father talks about the ways to avoid falling into sin of gluttony. How to learn self-discipline. If you want to get over gluttony you need to see the positive ways, it will influence your life. It is helpful and beneficial to root it out of your life.
- The world we live in now is more visible, we are able to read about them more easily. Father talks about ring shaming. A woman had found an engagement ring and had posted it to a Facebook page that was made to make fun of rings. We try and find validation from comparing ourselves to others. We look for happiness in external things.

November 14,2018 (Jp Catholic 4:33 COF4:50)

- Father talks about the famous book of decluttering your life, and the konmari method. If you look at all of your accumulated experiences, they affect your spiritual life. Not every experience

we hold onto cause us joy. We still cannot let go of them. Father tells us about a tool that the church does give us to deal with it.

- Father read a piece on the Washington post. The missions, are associated with higher incomes and higher education among the Guarani people. The people who live by those missions are still living better. The missionaries were investing in the people. When people's lives are improved because of the gospel the effects last for generations.
- Father gets asked a lot why Catholics are obsessed with sex. So many people are struggling with things in this area. Over recent years' sexual activity among young adults is dropping. Father explains why this might be. Sometimes it is parenting techniques, or social media use.
- Father talks about slander, false statements that hurt others reputations. We are not as loving as we should be towards others. In verse four Paul says, because of God's mercy he saved us.

November 15,2018

- Father talks about a college marriage class. I look at science but it also involves the individual journey. Marriage courses tend to be more about the history and the statistics about marriage. The church required marriage prep before getting married within the church.
- Father talks about world youth day event that will be happening in Panama. There are many different requirements for the young people going. There is a requirement that blood type must be shared on the application.
- Father talks about cats. Father feeds the cats at Saint Joseph's. When their feeding time comes around they are meowing, they never overeat. They only eat enough to get them through to the next day. They are not thinking about tomorrow or the day after tomorrow.
- Father had heard of many people who had seen or heard angels. It was not until he became a priest that he realized how common those claims are. More often than not it is people wanting to see things. The saints would see God's actions in their lives. Father talks about Luke 17.

November 19,2018 (Jp Catholic 4:33,

- Father prays for the victims of the shootings today. He also talks about dreams; a lot of people claim that they know about dreams. Father talks about the background of dreams from the New York times. It might have to do with evolution, the brain prepares you for situations through dreams.
- Father plays the instrumental version of Thank you, next by Ariana Grande. She goes through relationships and she is very positive about past relationships. This is how this generation does breakups now. There is a message within the song about the culture of today.
- A strange affect happened because of the fires. The Campfire in Northern California, over 1,000 people missing. Over 70 people have lost their lives and the other families lost everything. As the evacuees live closely to each other there has been an effect that has contributed to their struggle. The norovirus has spread.
- We are beginning some readings from the book of revelations. The book of revelations is often misunderstood. We have to remember that love we had in the beginning, the deep love of the holy spirit should continue to spread.

November 20, 2018 COF 4:33

- Father talks about an interesting trend, millennials are interested in online church. It is a church community; the church is built by little blocks. Pastor Dj Soto has created a space online church communities. There are some benefits for the people who cannot go due to illnesses or conditions.
- The conversations that might be had on thanksgiving, should not be ones of tensions. Maybe social issues, politics, or religion may come up. Father has been thinking what it is like to have fruitful dialogue. These times are so important to work through our difficulties, in the way we communicate.
- Father read a neat tweet, about needing priests. One thing priests do is they visit the sick. Father had an experience today, he was asked to visit an older man who is on hospice. Father felt challenged for the rest of the day after his encounter with the man.
- Father discusses Luke 19. Jesus does not worry about what other people think of him. How many times do we decided based on what people will think of us?

November 21, 2018 (JP 4:33, COF 4:46)

- Father talks about how the CDC has declared that pie is healthier than salad. Due to the Romaine lettuce e coli outbreak. Father discusses free will, and shows a few clips of people denying the experience of free will. These clips are from This American life podcast. The only creatures that have free will are Human Beings and Angels.
- Father shares the story of sister Cecilia and her sisters hid Jewish members during the holocaust. We need to double our prayers. The church chose November 21st as a day for the feast of presentation. All nuns and monks who dedicate themselves imitate our blessed mother. They choose to serve the world in deep prayer.
- A few good men, even if you have not seen the movie you know a line from the movie. "You can't handle the truth". Father has been thinking of courtroom dramas. Father enjoys legal dramas because he likes justice. It is our own words and actions that will be the evidence for God. He is not going to need any more evidence other than that, that comes from our own lives.

November 26, 2018 COF 4:33 JP 4:44

- Thanksgiving is connected with the sacraments. Father talks about what we mean when we talk about sacraments. People look for healing in different places. A song called weightless was created to reduce anxiety by 65 percent. There is a television show that is going to be released, is trying to demonstrate healing for people. Kentucky Ayahuasca is the name of the show father talks about. Father shares a few problems he has with the show.
- If something is not leading us to God, then there is a real problem there. Father talks about what it is like to have an experience of God. We are made in his image and likeness. We all have a desire to practice religion. There is a problem we fall into as Christians. Our relationship with God is not subjective to feelings.

- Father discusses the Nasa landing on Mars it was called seven minutes of terror before it landed. People spent years on this landing. You and I need to look at Gods plan for us for holiness. It is so much greater than all of the sciences combined, it is the glory of God revealed.
- Father was reading an article from the Atlantic talking about exorcisms in America. It looks about how exorcisms are on the rise within the United States also across the world. About 80 percent of people seeking help are sexual abuse survivors. Father shares a powerful experience he had over Thanksgiving. He talks about what the people affected by the fires need.

November 27, 2018 COF 4:46 Jp 4:46

- Father talks about a movement he has just learned about. Father sees how sports are such an important part of families. We see how competitive our society has come. People choose to miss mass to go to their sports. Father saw personal growth happen in his own life due to sports.
- Starting today Relevant Radio will be broadcasting out of a new station out of New Jersey, this is possible because of our listener's support. Today is giving Tuesday, a day when you can support your favorite charity. Father talks about his experience with thanksgiving as a child.
- The president of the Philippines, Rodrigo Duterte yesterday he said "Catholics should stop going to church build their own chapels in their homes, he says stop giving money to those in the church". It is an opportunity to address his comments. Stay in the church and fix these problems, lets become the saints God wants us to be.
- Father talks about an email that he had received that just warmed his heart. Father reads Luke 21. Look deeply at how you are living your life. We need to look on the inside rather than the outside.

November 11,28,2018 JP 4:33 COF 4:47

- Father discusses a sensitive topic about pornography. The message the world give is it's fine, if no one else is suffering. Father talks about the organization" fight the new drug". They are not preaching a religious message. The porn industry gets more clips than Netflix amazon and twitter. The largest group of internet porn consumers is from 12 years old to 18 years old. "Fight the new drug" talks about the effects the brain the heart and the world.
- Pornography affects people more than we may think. Father explains his experience as a priest, when people come to the realization of the negative effects porn has in their lives. Pornography does kill love and it affects people and their brain. Pornography is not only wrong because of all of the effect the real reason is it leads us to treat people as objects.
- Father talks about Hollywood, and how hard it is to hold fast to their Catholic values. Angelo Labutti was sharing his views with his co-workers and he was persecuted and made fun of. Father discusses the consecration of California to the blessed mother. Father says let's consecrate ourselves as well.
- A fascinating way to describe our faith as "the way". It describes how you and I are following Jesus. It is not difficult to look around the world to find people who are claiming to spread the message or Jesus but are not. Father brings this up because they are powerful things to reflect on, it is in our hands to be discerning.

November 29, 2018

- Father discusses the history of Consecration to Mary. St. Louis de Montfort preached very strongly about consecration to Mary in the early 1700s. St. Maximilian Kolbe, who gave his life for another prisoner in the Auschwitz, also valued consecration to Mary.
- To what are we referring when we mention “consecration to Mary?” It is a change of life. Father mentions the book “[33 Days to Morning Glory: A Do-It-Yourself Retreat In Preparation for Marian Consecration](#)” by Father Michael Gaitley, which takes some of St. Louis de Montfort’s methods, adds the examples of saints, and shows why Marian consecration is so important.
- Father discusses a marketing stunt by a major shoe store chain. What does this tell us about our society and our faith? Do you assign value purely by the monetary cost?
- All of us are called to chastity. Father speaks about Prof. Janet Smith’s proposal for a year of chastity.

November 30, 2018

- Father discusses an exciting new cancer treatment. It reacts specifically with a specific mutation of a cancer cell. Father discusses the ethical considerations regarding genetic technology, and In Vitro Fertilization. Also, a Chinese scientist has claimed to create the first genetically edited babies.
- Father admits that he does not like doing repetitive tasks when they can be automated. One of the results of automation is the loss of jobs done by human beings. Could hosting a radio show be automated? In a study, artificial intelligence
- Father discusses your vocation. The world can tempt us to a hyper-exaggerated sense of individualism but your vocation is meant for the entire community.
- Father discusses the Daily Gospel (Matthew 4:18-22). Are you called to martyrdom? To what is God calling you?

December 3, 2018 JP 4:42, COF 4:46

- ‘What is happiness?’ Father is struck when he hears confession of teens, they are trying to find happiness. Sin will never give us the happiness we desire. Father Looks at what the world think makes you happy. Harvard University has been following men in the years of 1939-1944. Assessing their level of happiness.
- Father shares some self-revelation. Father is from San Diego and when the chargers left San Diego he misses the chargers being in San Diego. Philip Rivers is a Catholic who has eight kids and one on the way. His wife became Catholic the day before they got married, they have always been using natural family planning. He has done videos talking about natural family planning, and purity.
- Father discusses the problem of insomnia. The US army tactic to fall asleep in two minutes. From an older manual, that US soldiers would use to learn to fall asleep. The technique they were taught was a relaxation technique for some people it does work. There is a danger in associating prayer with sleep. Be careful that you are not training yourself to fall asleep after prayer.

- Do you still hear things from the old translation that happened about eight years ago. “Lord I am not worth to receive you but my soul will be heal” was the old translation. Father much prefers the newer translation because it is come closely translated. You and I become accustomed to things. There is growth an appreciation on who Jesus is we know his plan for salvation. We have the benefits of knowing Jesus is God.

December 4, 2018 Jp Catholic 4:50 COF 4:33

- Father gets asked about a spiritual discipline, the topic of meditation. Father talks about meditation, it is one of the most misunderstood disciplines. There are many of people trying to be spiritual but not religious. We were made to have intimate communion with God. father talks about what meditation actually is.
- Conversation with Christ, is a short book that describes the misunderstanding of meditation and helps you understand a process of meditation. You want to be lead to focus on Jesus more. It will help lead to growth in your prayer life. Mental prayer should be a focus, most of our prayer is spoken.
- Sean Chau had an idea that he was going to visit an island off of the coast of India . He was 26 years old, and was killed. Sean Chau had a desire to preach the gospel and he wanted to witness to un-contacted protected tribes. It is illegal to go to the island, there are about 50 individuals living on the island from the tribe. He was not able to speak to them before he was killed.

December 5,2018 JP Catholic 4:33, COF 4:51

- Maybe you think of the color purple. Inside the church during the season of advent violet starts popping up inside of the church. We should be thinking about the great example of faith that we have inside of our own catholic faith. Saint Joseph plays an important role in the life of Jesus. Father reflects on a few qualities of saint Joseph. <https://catholicexchange.com/five-ways-st-joseph-shows-us-how-to-live-out-advent>.
- Father received a frustrated email about a teacher who was let go in Pennsylvania. The email was sharing their frustration because a high school teacher got pregnant, is this not against the prolife message. The teacher is not Catholic herself and neither is her boyfriend. Now that she is pregnant the school cannot turn a blind eye to it.
- Not long ago father was talking about Netflix’s dark remake of Sabrina the teenage witch. The new remake is much darker and it shows imagery from the occult and the satanic temple. They took Netflix to court for 50 million dollars, Netflix had used a statute from the satanic temple. A new statue inside of the statehouse inside of Illinois, the satanic temple in Chicago started a go fund me. In order to have a statue inside of the state house next to the Christmas tree.
- Maybe you heard about the letter Albert Einstein wrote, yester it was sold in an auction in New York. This letter talks about his position and understanding of God. He doesn't have much sympathy for religion, “the word God is for me nothing than the expression of human weaknesses”. Father feels the same about Stephen hawking's writings as well.

December 6, 2018 JP Catholic 4:33

- In 1976 a poetry book was published James Marvel who said he used a wigi board to right a chapter of his book. A few days' back Father saw a tweet on twitter shared by an individual. He shares his story of how his aunt was involved in the occult and he explains how he was given her wigi board after her passing. He shares his experiences with the wigi board.
<https://www.catholicnewsagency.com/news/why-god-can-tell-you-what-will-happen-but-your-astrological-sign-cannot-97215>.
- Father talks about Christmas songs and the me too movement. The complaint is that the song is lacking consent. A doctor of psychology talks about the lack of consent in the Christmas story. "The virgin birth story", there is no definition of consent in that scenario. The virgin Mary did not give her consent to God. is what he is arguing. Father explains his ideas of this comment.
- At the end of last month, a couple was walking in the streets of New York City. The boyfriend proposed to the girlfriend. Underneath him was a grate gutter he dropped the ring. It was all captured on a security camera footage. The New York city police was able to get the ring back, but did not know who the couple was.

December 7, 2018 (JP Catholic: 4:34, COF:4:48)

- Father discusses the show Storage Wars. He also mentions an article in which a man who buys a storage unit finds a safe with 7.1 million dollars. A man in Michigan used a rock as a doorstep. It turns out that this rock was a meteorite and one of the most valuable specimens worth about \$100,000. Father discusses the parable of the Pearl of Great Price. Are you willing to sell everything you have to obtain the most valuable thing in your life, a relationship with Jesus?
- Father discusses the collect (opening prayer) from today's mass and something that struck him deeply. "O God, who made the Bishop Saint Ambrose a teacher of the Catholic faith and a model of apostolic courage, *raise up in your Church men after your own heart to govern her with courage and wisdom*. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever."
- Father discusses visiting Italy, the spumante (Italian sparkling wine) and not thinking to visit the Dolomites (a mountain range). The Nativity scene (sculpted out of sand from the Dolomites) at St. Peter's Square. Father shares Pope Francis' discussing the symbolism of the Christmas tree and of the current Nativity Scene. He says that it is a humble, poor material that "recalls the simplicity, the smallness with which God showed Himself at the birth of Jesus in the precariousness of Bethlehem."
- Father was reading the Encyclopedia in his spare time...not just any Encyclopedia, the Catholic Encyclopedia. He looked up ambition and associated sins. Mary did not seek out honor and recognition for herself.

December 10, 2018 (Jp Catholic 4:33, COF 4:47)

- Father talks about studies he has been looking at. People experience sadness and pain around the holiday season. "Advent is an expectation of the eternal there for it is a period of joy". Joy inside of our Christian religion is a state of being. You and I need to have joy.

- Father shares a story about a woman in Ireland who became fascinated with pirates of the Caribbean. She wanted to look like captain Jack Sparrow. She claimed to have married the ghost of a 300-year-old pirate. Is this the world we are living in? It shows how our society is looking at marriage.
- A story about sisters spending money that they stole on themselves. Father tells the story that happened with the sisters. 'What day is the biggest online shopping day'. November 11th is a special holiday inside of China. There are so many more men than women inside of China and men are struggling to find wives inside of China. Due to their one child policy. Men started celebrating November 11th as Singles Day. <https://www.businessinsider.com/singles-day-alibaba-25-billion-largest-shopping-holiday-2018-11>
- Father found something in his closet he did not know he still had. Father does not have too many possessions. Father found a music playback device. Father was thinking about how much things have changed. The world moves so quickly. We become so desensitized to how amazing technology is; and we take for granted so much more our faith.

December 11, 2018 (COF: 4:33, Jp Catholic: 4:47)

- Father talks about why you should pray the rosary. Father has some thoughts that might help you develop the habit of praying the rosary. All of us could use greater peace in our lives. We have to start carving out time in our day, we are not making time for God.
- Father gives examples about how to build good habits. Also how to create space for the rosary. Start small to create these habits. Father has recommendations of how to make it possible to pray the rosary every day. This will build momentum in your spiritual life.
- Father discusses generation Z the ages from about 13-23. Atheism has doubled among generation Z. Father asks the question why is this happening. Some of the reasons Gen Zers share were, "They have a hard time believing a good God would allow so much evil" "they see Christians are hypocritical". Father has another proposal; he does not have the data or statistics to back this up. As family life becomes less religious children inherit that.
- Father talks about confession. Someone brought up that when they leave confession they come out feeling grace flowing over you. Also sometimes you do not feel that grace over you. Father was seeing in the conversation how it is easy to connect our emotions.

December 12, 2018

The Opioid Epidemic: What this means for our nation, and our souls. Father shares about a unique obituary that has become an internet phenomenon. Controversial parenting advice from the Washington Post: Woman gives money to her children for completing their daily tasks; is this a good idea? The Four Last Things.

December 13, 2018 (COF 4:41, JP Catholic 4:45).

- Father has a large note in his own notes that says BE NICE! He talks about the highest paid YouTube stars of 2018. The top YouTuber is a 7 year old named Ryan. “Ryan's ToysReview” has millions of subscribers. He makes 22 million dollars a year. Father talks about how children view the world.
- We might have taken it too far. People are getting excited and joyful about this time of year. Father shares his opinion on Christmas music. Studies show that too much Christmas music might be bad. Some associate the Christmas music with the stress of the season.
- Chance the rapper has not been shy about his Christian identity, but is his latest personal project just a publicity stunt? Chance is taking time off to learn about the Word of God and he is not telling people where he is. What has sparked this desire?
- The feast day of Juan Diego was on December 9th. Father talks about the virtues from his life. Humility does not mean that we belittle ourselves. Jesus himself was obedient. Another characteristic of Juan Diego is he shows us piety.

December 14, 2018 (JP Catholic: 4:34, COF: 4:46)

- Father expresses his hope that he will make it to heaven. Today’s saint, St. John of the Cross, is not just known in the Church, but is known by secular scholars as a great Spanish poet. His poetry is actually not his greatest achievement. St. John of the Cross was imprisoned by his fellow Carmelites. It seems that in the darkness of his cell, much of his spiritual life came to fruition. Father speculates that it is also during this time that his poetic words were forged, yet his poetry was not his greatest achievement.
- Could you be a doctor of the Church? Could you reform the Church? St. John of the Cross did not have an extensive education and had his brothers against him, yet he is known as a reformer of the Carmelites and a doctor of the Church.
- Father mentions the “Early Rain Covenant Church” one of China’s most prominent “unofficial” churches. The Pastor, Wang Yi, has been arrested along with many members and submitted for re-education. Father also mentions the Mexican priests that have been killed by organized crime and drug traffickers in recent years.
- What makes Americans’ lives meaningful? Father discusses a pew research study which asks this question. Have you noticed that the thing that gives meaning to life tends to be that which we complain about? Father discusses the Gospel today in which Jesus compares people as fickle children. Do you expect people to live their lives as you do, instead of as Jesus is calling them?

December 17,2018 (Jp Catholic 4:33, COF 4:50)

- Father talks about the wisdom of God. When we say we need wisdom it mean that we need Jesus in our lives. Wisdom is a virtue, a stable disposition. Fearing the lord is the beginning of wisdom. To grow in wisdom is to know God's commandments. It is possible to find wisdom because of the holy spirit.
- Father talks about the the Merriam Webster word of the year. They use statistics of how many people look up the word. The world of the year this year is justice. Father brings together justice and wisdom. Justice helps us give God his due. Both justice and wisdom is about holiness.
- Father looks at the stress for your lives, and parenting. Some countries are changing the work week to four days a week than five days a week. People are still getting the same

amount of work done. A new study examined a lot of data, it was part of a national study. After the birth of children people experience stress, they were looking at the difference between the the stress of a woman and a man. Children have a stronger effect on mothers.

- Father talks about names he has never heard from the bible. No one names their children certain names. Father talks about the genealogy from Matthews. There is a powerful underlying understanding to the genealogy, father shares that with us. God in his wisdom is working all things for the good.

December 18,2018 (COF 4:35, JP Catholic 6:53)

- Father speaks about the word that reminds us that God is in charge and has all authority. God comes to save you and me. He gives us the law and instructs us how to live our lives.
- Father mentions the tradition of the Ember Days. We at Relevant Radio, are praying and fasting for the healing of the victims of sexual abuse and the healing of the church on December 19, 21 and 22.
- Father discusses periods of difficulty and discerning the vocation to marriage. It becomes difficult and distressing for people, a lot of young adults struggle. Father talks about multiple challenges we can face in our life times and how to work through the difficulties.
- Father talks about a project in the diocese in Portland Maine, “the light is on for you.” They make confession very available to everyone. When he looked at the daily Gospel, he found himself thinking about scary movies.

December 19,2018 (JP CATHolic 4:33, COF 4:50)

- Father Mathew has a guest on today, Father Brian Crawford. He shares his story about how he became a priest. He shares his story about having to go to Rome, and the things God shared with him while there. You are not supposed to figure everything out by yourself.
- They discuss Saint Joseph, and discerning what God would like you to do. Father Brian Crawford entered the seminarian at a young age. People want to know what they are getting themselves into before they commit to try something. It is important to trust in the Lord. Be open to what God sends your way.
- They talk about discernment and vocation; they are also talk about prayer. One of the ways we grow in holiness is by talking to God in prayer. Prayer is an encounter in God, we should have it through our day. Each one of us is called to be saints, and we have to start living like it.
- Father Mathew and Father Brian talk about how to make a good confession while preparing for Christmas. There is good in every person, and if we don't see it them we need to work on something within ourselves. God never gives us something we do not need. All priests are different and some priests might suit you better than others. Confessions are not about sin it is about God's mercy.

December 20, 2019 (COF 4:50, JP CATHolic 4:50)

- Father discusses people leaving the church. He talks about journalists and bloggers who have recently came out and stated that they are leaving the church. Father shares some

statistics that show the numbers of people leaving the church. He also shares some statements from those bloggers and journalist leaving the church.

- Father talks about a woman who criticizes Prince Charles Christmas card. Father talks about how many Christmas cards that do not mention Jesus or the holly family. Millennials are continuing the tradition of sending holiday cards. Maybe there is an opportunity for evangelization that we are missing.
- Father was thinking about the project of holiness. Father was reading a book, called why greatness cannot be planned. The book talks about how their goals were so distant that they could not set any goals to accomplish the projects. They had to take little steps at a time to build up to their goal. They recommend the model of using stepping stones.
- Father was talking with a friend of his about a favorite painting he has of the annunciation. He had seen it many times digitally but when he saw it in person it was much bigger than he had expected. The annunciation was such a big event. When the angel appeared to our blessed mother.

December 21,2018 (JP Catholic 4:46 COF 4:47)

- Father shares some emails about the topic he discusses yesterday. He talked about people leaving the church and a few people had feedback. Father also talks about some of the issues people use to say that is the reason why they are leaving the church. Pope Francis also spoken on these issues. Father Mathew shares some quotes from Pope Francis.
- Father talks about TDCS it is an experimental form in order to change your focus and attention. This can help you meditate better; their idea of meditation is quite different. Father talks about the discipline of mental prayer. the way you will become good at meditating is doing it and doing it often.
- Father discusses an interesting study inside of the United Kingdom and their religious beliefs. UK scientists are less likely to attend religious things. Christmas itself is a religious holiday. Father read about a perspective from someone who is frustrated by people wishing her a merry Christmas.

January 18,2019 (JP Catholic 4:33, COF 4:49)

- Father discusses the walk for life. Father talks about the Knights of Columbus they shared stats on where our country is at. A majority of Americans identify as pro choice, 3 in 4 Americans should be limited to the first 3 months of pregnancy. <https://catholicherald.co.uk/news/2019/01/18/no-place-for-religious-test-in-government-senate-says-in-unanimous-vote/> .
- Father has been thinking about organ donation. Father talks about how the view of organ donation has changed within the church. Father shares a story about Sister Damian she has donated 80 gallons of blood. Every two weeks she donates platelets.

- Wednesday was a great day in the studio. It was getting dark outside, when father came in it was really storming. 11 minutes before the end of the hour we lost complete power in our studio. The power supply came back on for a second. Then the Ups device started beeping, we ended up losing power. There was a powerful lesson that father saw in this.
- Father did not get glasses until he was ten years old. Father cannot see very well but did not share that information with his parents. This coming Sunday there is a lunar eclipse there is also a blood moon/wolf moon.

January 21,2019 (JP Catholic 4:33, COF)

- Father talks about the walk for life and the walk of indigenous people. He talks about the incident that had happened. A young student from a catholic high school who is a junior, he is face to face with a native American. The native American man was praying for peace while playing his drum. The impression of mass media took a lot of different views.
- There is so much woundedness in the world. You and I have to stand up and be witnesses for unity and the truth. <http://www.ncregister.com/daily-news/onelife-la-2019-draws-joyful-throng-to-los-angeles>. Father is looking forward to the walk for life in San Francisco. Be aware with the right heart, have a joyful witness.
- Humans to download their souls into microchips to live forever. The piece is looking at microchip implants inside the people. Father has no comment on the mark of the beast. Father talks about Nature and nurture. The article talk about cloning DNA makeup as well as all of the past experiences that you have had. Father discusses the way the Catholic church looks at their clergy.
- Father recommends father Richard Simons show January 21,2019. Clergy have to learn the trust of the faithful. Hebrews five has father thinking about this. Father talks about how he is able to empathize with people at confessional.