

St. Joseph's Workshop with Father Matthew Spencer

Show Notes

3rd Quarter 2018

July 2, 2018

- Father talks about a soccer team that is stuck underground. Father shares an experience that he had over the weekend. He was traveling and he was driving and a car was driving a couple of feet from his car. All three of them were heading to the same church.
- When Father was a child, he went to a catholic school was homeschooled and went to public school and high school. The local news station came to their house and Father was playing the piano. In Times magazine, by playing piano helps little children to be able to discern spoken speech better.
- Father talks about ordination. There is one symbolic action that takes place. Then the bishop gives the book to the newly ordained. The Bishop tells the newly ordained, believe what you read, Teach what you believe, practice what you teach.
- Father has been reading a book by father Benedict Rochelle. A rise from darkness it is intended for people going through difficult times in life. Father talks about financial security.

July 3, 2018

- Father talks about high school and a struggle he had faced. He did competitive soccer and swim, he looks back and saw how that competitiveness played out. When he lost to people from different schools he did not think it was a big deal, but when he lost to people he knew it was a big deal. Self evaluation theory we compare our self more to people we love.
- Someone asked father the saddest experience he has had as priest. He walked a father who lost his 14 year old daughter who died from cross fire in a shooting. The saddest situation he has seen has to do with sin it does not have to do with grief. Those who are gripped by sin are the most sad people he has seen.
- Father remembers a conversation with his grandmother and grandfather. He was in college going to see them, they shared with him the choosing of his name. Both of his grandparents had different saints in mind when naming him.
- Father loves hearing conversions stories. We use the word conversion in a positive way. It is turning to God and getting to know him better, turning away from sin. There can also be conversion away from God. <https://www.catholicworldreport.com/2018/06/26/cdl-muller-we-are-experiencing-conversion-to-the-world-instead-of-to-god/> . We are noticing conversion to the world instead of to God.

July 5, 2018

- Father talks about what he does to relieve stress. Father evaluates how stress affects our lives negatively. Waking up thinking about stress causes the day to be more difficult. We always need to begin the day with prayer and end the day with prayer.
- Father was puzzled about comments quoted by a cardinal. "Priests are not the best people to train others for marriage". Marriage prep is a place that priests spend a lot of their time. He also said priests have no credibilities, "they have never lived the experience". Father talks about his feelings about that quote.

- Father discusses jealousy. He talks about Matthew chapter nine, Jesus is presented with a man who is paralyzed. Jesus says your sins are forgiven before he heals him. Jesus forgiving sin is more than some people can handle.
- Father shares with us the google and gmail plug in. In 2016 google said they had one billion users. There is a gmail plugin that will help you stop apologizing so much. Women are much more likely to apologies more than women. We do not apologize enough when we hurt people.

July 6, 2018

- Father talks
- about pointing judges by Trump. Father talks about a Catholic judge and how she was persecuted for her beliefs. People of praise is a christian youth group, and that it is cult like.
-
-
-
- Father discusses
- happiness and how we are always in search for happiness. Father looked at data from the male clinic, we are happiest when we are living for others. The male clinic is claiming the more you are thinking about yourself the more you are going to be an obstacle
- to your happiness.
-
-
- Father talks
- about paintings that are forged. Why are people spending so much time and effort forging paintings rather than creating their own work. We all try and get some reward from what we learn from others. What you have received from God no one else has received.
-
-
-
- Father can
- not wait to meet a lot of people, he can not wait to hear about how their lives unfolded. Father has been thinking about king david and he cannot wait to sit down and understand how things went in his life. So much of what happened in king David's life was
- a foreshadowing for Jesus life.
-

July 9, 2018

- Father talks about Alexia. She was a teenager when she died. She met St. John Paul the second. She had a tumor on her spin it was cancer of the bone. At the age of 14 she said I

want to feel better and want to be healed but I want what you want. Carlo ho was born in Italy he was born in 1991 he died 15 years later from leukemia he offered his suffering from Pope Benedict the 16th and for the church.

- God looks at us differently he looks at us outside of time. Are we among those who realize Jesus can help us, he can save us from our sin. Or are we among those who mock Jesus , among those who ridicule Jesus. We are creatures and God is creator.
- Father saw an interview by Jimmy Carter. Father looks at his interviews, he wants to look at them very carefully to try and understand why it is so important to have a church.
- Father talks to a mother who has anxiety. His first response was he was not sure it was a spiritual problem.He is aware of pre-nadal anxiety. It is caused by hormones and the many pressures put on the mother.

July 10,2018

- Father turns to the Philippines, he struggles to understand their president's relationship with the catholic church. The president decided that he will not use profanity ,and everytime he does he will donate money. It is wrong to use profanity itself. Our language should be edifying people. Only say things that will really help others.
- The president of the Philippines used profanity talking to pope Francis. He also called God stupid and he used much stronger language. He criticized the christian faith. He said if anyone can show him evidence that God exists than he will reign as president.
- A caller is asking about marriage she is married civilly but she wants to get married through the church. To get married in the church you have to go through preparation. Getting married in the church cost money but she does not have enough money. Marriage should not be a money making scheme for the church.
- Father talks about how evil will always fail. There Is no foundation in evil. We believe Jesus is God he has power over heaven and earth. If we reject that power and his authority then we are rejecting God himself. If we reject Jesus we are setting ourselves up for failure.

July 11,2018

- Father talks about how couples must plan their families wisely. The total fertility rate is down to 1.8 children. New york times asked why young adults are not having as many children. 4 out of the 5 reasons are economic reasons. The second top reason is people want more time for the children they already have.
- 12 boys and their coach walked into a cave in Thailand they would be stuck inside of the cave for 10 days. The boys were rescued on average the boys lost 4 pounds. The parents have come out in support of the coach. Father looks at the coaches life.
- Father has been thinking about a recent study about heat and its effect on students. The looked at students who had air conditioning and their test scores and the students without air conditioning and their test scores. Heat affects your thinking and cognition.
- Benedict the 14th approved the medal of St. Benedict. Father shared with 15 little boys and girls, "God calls you by name". He wants to have a relationship with you he wants to know you.

July 12, 2018

- Father reflects on his personal path to holiness and "making it" in the spiritual life. What determines "success" in the spiritual life?
- Father talks about the "best over driver in the world". Uber allows people to rate the driver and the drivers are able to rate the riders as well. He always starts out welcoming the Uber rider by name. He goes over a contract so that the riders know the expectations. He is always trying to accommodate and help people out.

- Father is going to Rome for five weeks. Father discusses priests taking days off. You need to find how much time you need to dedicate to responsibilities but also time to live a healthy life.
- God calls you by name and he wants to be in relationship with you. You must proclaim the kingdom of heaven. Father talks about Matthew chapter 10.

July 16, 2018

- Father tells a story about a show he started watching with his Brother Oblates. By episode 6 Father Matthew didn't want to watch the show anymore, but for some reason, he hung on and kept watching. The more we invest into something the harder it is to change our minds. What are the moral and spiritual ramifications of the "Sunk Cost Fallacy?" Do you live your life on autopilot and resist change because "this is just what I believe" or "this is just what I do."
- Father reflects on a listener email who wrote in about a concern about bringing a newborn to mass. Does the child need to be brought to mass? Is it permissible to miss mass in such a case?
- Father talks about the evils of polygamy, the negative effects on a society and how God's plan for marriage and the family truly is the best plan.
- If Jesus came to reconcile us to the Father, why is it that in Matthew 10 Jesus says, "Do not think I have come to bring peace upon the earth. I have come to bring not peace but the sword?"

July 17, 2018

- Father talks about the Catholic belief about contraception. Looking at what the church actually teaches about family planning and sexuality.
<http://www.usccb.org/bible/readings/071718.cfm>
- Father got a message from a listener and she thought that he was blind.
<https://www.crediblecatholic.com/>. Father shares some of the modules on credible catholic.com.
- Father discusses how many people like their jobs. He looks at data in a study, the summary on their data is that a sizable minority are doing jobs that they are not interested in.
- There is power in thankfulness and gratitude. Living a spirit of gratitude recognizing that they are blessed changed their lives. We need to recognize how blessed we are.

July 18, 2018

- Father discusses decisions within the Episcopal Church and how they have made decisions about theology. Although they allowed things like same-sex "marriage," they allowed some clergy to refuse same-sex "marriage" ceremonies. What do you do when different bishops and priests disagree?
- Father discusses Katy Perry's walk of faith. Father Matthew acknowledges that sometimes she speaks and acts against the Christian faith. On Easter she revealed a tattoo that said, "Jesus." She has also met with the Pope. In an interview, she revealed an experience in which she found herself rediscovering an attraction to God.
- Should you stop smiling to prevent wrinkles? Father discusses seeing a picture of himself from 9 years ago and the 9th anniversary of his ordination. He reflects on the path he has walked in his first 9 years of his priesthood.
- Father remembers 17 years ago when he was inside of a hospital. This was a tumultuous time in his life. Even during this very secular time in his life, he was able to recognize a bishop walking the halls of the hospital... Bishop Richard Garcia.

July 19, 2018

- "Good to Great": What makes a company great? Father chats about the qualities necessary to take a company to greatness. They are - surprise: 1) Humility, inherent modesty. 2) Follow through, Commitment.
- Being successful in our spiritual life: Making it to heaven, effecting sanctification. Letting Christ's grace drive the process. Cutting out sin; sacrifice for success. It's not always natural to follow Jesus! Cultivating good habits.
- Father reflects upon our uniqueness as human beings. Preparation for the moment of our death. For people of faith, death will be a beautiful thing. Pray to St. Joseph, patron of a happy death.
- Do you turn to Jesus first in times of trouble? Is He a "fallback" instead? Father shares a story about seeking help in adoration.

July 20, 2018

- Father Matthew Spencer welcomes his brother, Father Stephen Spencer. They speak about remaining the same person, but also the dramatic change that happens after Ordination. Father Stephen reflects on his feelings celebrating his first Mass.
- Caller: My wife and I are separated. If we head for divorce, will this hold me back from my calling to become a Deacon? Caller: I'm a mother. I would be so proud to have a son who is a priest. How does your mother feel?
- The priests reflect on the experience of hearing confessions for the first time. Caller: I waiting for confession for 45 minutes, but I wasn't able to confess before Mass. I received anyway.
- Father Stephen reflects on an experience of death as a new priest.

July 23, 2018

- Father Spencer addresses the allegations against Cardinal McCarrick and Pope Francis' removal of the Cardinal. Father reflects on entering the seminary during the time of the sexual abuse scandals in the Catholic Church. What is the solution? Father weighs in.
- Are you look for "signs" from God? They might be in obvious places you have overlooked.
- Father shares yet another story of his hooptie car, this time, on his way to a funeral. In gratitude, he realizes that it did not break down futher away from home. Doesn't God allow us to experience trials, yet still perfectly resolves situations?
- Father tells about Paige Hunter, a teenager who left encouraging notes, on bridges where people usually attempt commit suicide. A police chief attributes her notes with saving the lives of at least 8 people.

July 24, 2018

- Father discusses a listener email who worried about her ambition to share the Gospel. When does it become wrong to be determined in life? Father points out the negative ambition of the Pharisees. Father lists some ways to tell if your ambition has become negative.
- God's delight is not in meting out justice, but on His Mercy. Should we not then prefer clemency to justice? Father Matthew reveals where true happiness and joy is found.
- A study finds that 4 year olds also dislike "freeloaders." When a "freeloader" had what seemed like a legitimate excuse, the children didn't have such strong feelings of frustration. What does it mean to contribute to a group? What does it mean to contribute to the Church?

- Father discusses Justine Sacco, who had 170 followers on twitter. She tweeted a controversial tweet, right before her flight. The tweet went viral in a very short time. While in the air the hashtag #hasjustinelandedyet started trending. Has anyone been shamed into living a life of holiness or shamed into truly being sorry for their sins?

July 25, 2018

- Father discusses *Humanae Vitae* and the struggle within the Church with dissent and disobedience. A majority of Catholics still are not in agreement with the Church. Why the reaction of dissent and disobedience? Why even today do people not accept Church teaching? Stephen Bullivant of St Mary's University speculates that one reason was a widespread expectation that things would change. Father gives the reason he thinks there was so much pushback.
- Father discusses "proportionalism" and how it leads to justification of morally evil acts.
- Father shares an email where a listener shares a story where a woman "tried to fill in for a priest who was unable to make it."
- Father shares an email where a man doesn't know how to respond to some unsettled feelings of envy over his wife taking a trip without him.

July 26, 2018

- Father reflects on the namesake of the San Joaquin Valley (California), St. Joachim and he discusses Joachim's wife St. Ann. They are the grandparents of Jesus. Father speaks about the most important thing that grandparents can do for their grandchildren. It isn't giving them sugar.
- What implications are assumed by baptizing a child without a parent's consent?
- Father discusses Pope Francis' recent encyclical, "Gaudate Et Exultate." In it the Pope discusses two heresies that have reappeared, gnosticism and pelagianism. Gnosticism essentially is the belief that some secret knowledge will lead to salvation. The Gospel is not secret; Jesus sent out his apostles to tell everyone.
- Father discusses the Modeling Religion Project. This is a sociology project using computer modeling to help determine how different religions might interact with each other. Can faith really be modeled by a computer? Can it be modeled by algorithmic logic? Father tells an interesting story about an accordion at the seminary.

July 27, 2018 (pre-recorded)

- Pastor Rick Warren acknowledges Catholic truths and the role of the priesthood; faces backlash. The Three "P"s, good things from God, which can become ends-unto-themselves: Passions, Possessions, Positions.
- Anxiety: Father shares wisdom from St. Francis de Sales, "Introduction to the Devout Life". A right concern can become an uncontrolled pathology. The danger of self-love, and self-dependence.
- FiveThirtyEight: Thought to be ground-breaking, but guilty of the same bias as others. "How Catholic Bishops are Shaping Health Care in America". Faulty logic; failure to give credit to the contributions of the Church.
- Mount St. Joseph gets cattle. Lowliners breed. The life of a cow: 3 8-hour segments. Jesus' parable of the Sower. Father shares about his upcoming trip to Rome.

August 2, 2018

- Guest Host, Patrick Conley, Catholic convert, visits St. Joseph's Workshop. Patrick recounts his relationship with Jesus in his childhood and growing up. He and wife moved to England to study theology at Oxford. Patrick remembers his turning point and God's powerful words to him.

- Patrick tells about St. Eusebius. He speaks about the Divinity of Christ and what it means. God has a human face, hands that we can touch and He is actually incarnate in a body.
- Patrick reflects on a saying by a pastor in England as he came in for morning prayer. "Just let it seep into your bones."

August 3, 2018

- Guest Host, Patrick Conley, Catholic convert, asks you what you want to know about how to speak to Protestant Christians. Caller: My husband never pressured me to become Catholic. Seven years into our marriage, I decided to go through RCIA because I kept going to Mass with my husband but couldn't receive the Eucharist.
- Caller: I just came back to mass after 5 years.
- Patrick speaks about Friday sacrifices and the teachings of the Church. He discusses, fasting when the Church tells us to fast and feast when the Church tells us to feast.
- Patrick describes the Transfiguration and the significance of the Law and the Prophets. He mentions his favorite verse in the "Battle Hymn of the Republic."
 "In the beauty of the lilies Christ was born across the sea,
 With a glory in his bosom that transfigures you and me;
 As he died to make men holy, let us die to make men free,
 While God is marching on. "

August 9, 2018 (Business: 4:33, COF: 4:50)

- Guest Host, Patrick Conley, Catholic convert, welcomes guest Rick Mattson, InterVarsity Christian Fellowship and author of "Faith is Like Skydiving, And Other Memorable Images for Dialogue with Seekers and Skeptics."
- Rick discusses going onto college campuses and allowing students to "stump the chump" regarding Christian Theology. He also speaks about times when he actually defends Catholic teaching even though he himself is not Catholic.
- Patrick reminisces about learning to throw a baseball and playing catch with his father. He started with a whiffle ball, then tennis ball, introduction of the glove, and then finally moved on to the real thing. Baseball is very much an "American" sport. Patrick analyzes the aspects of baseball in light of our Catholic spiritual life.
- Patrick discusses the importance of Confirmation. "Confirmation is your own personal Pentecost." You are sealed with the gifts of the Holy Spirit, which are given in Baptism, but which are lit aflame in Confirmation.

August 10, 2018 (Business: 4:33)

- Patrick Conley (Guest Host), Catholic Convert, welcomes "minimalist" Renee Beckman-Schwind. Minimalism is the "intentional promotion of things you value and the removal of everything that distracts from it," or "living simply."
- Caller: I have way too much stuff? How can I get rid of it? Caller: I donate all of my extra useable items to St. Vincent de Paul.
- Caller: I suggest that people getting married or having an event don't give out party favors that no one will keep anyway.
- Caller: You can turn your hangers the opposite direction and when you use something turn it back. After a while you'll see what you actually use.

August 15, 2018 (Business: 4:33)

- Guest Host, Patrick Conley, Catholic Convert, welcomes Sister Theresa Aletheia, of the Daughters of St. Paul. The Daughters of St. Paul were founded to spread the Gospel using media. Sister Theresa reflects on her time as an Atheist and leaving the Church. She credits the example of good Catholic people for her return.

- Patrick reflects on his conversion from Protestantism and his issues with the Assumption of the Blessed Virgin Mary. Patrick boils it down to one question that he had to answer.
- Patrick reflects on his Mother. She gave birth to Patrick in her 40's and he was her only child. Patrick remembers a day when he forgot his gym clothes and tells about the small examples of service of his Mother.

August 16, 2018

- Guest Host, Patrick Conley, Catholic Convert, welcomes Anne Morath, speaking about how to watch movies. The Church on earth doesn't fear the things of earth like art, but it seeks to redeem it. Art can be created to be diametrically opposed to good, truth and beauty, but it can also help us to fill our imaginations with good things. Not all art is good for us to consume.
- Anne discusses a movie called, "Calvary." This is about a priest in Ireland who is told in the confessional that the "penitent" will kill the priest in a week. Because this was revealed in the confessional, he cannot speak about it.
- Anne and Patrick discuss several movies from a Catholic angle (Jurassic World: Fallen Kingdom, Braveheart, and others)

August 20, 2018

- Father reflects on when he was younger and overconfident after his injury. Father remembers feeling offended when he received a handicapped placard from his doctor.
- Father received a ticket when he put the wrong expired handicapped placard in his window. Father found himself seeking mercy.
- Father tells about a football player that became a nun. No, she wasn't a soccer player. Are you sick and dying inside? This football player realized she was.
- Father asks for your prayers as he is in Rome meeting with other Oblates of St. Joseph. Father discusses the rich young man, whom Jesus loved. Father points out that his possessions are what kept the rich young man from following Jesus.

August 21, 2018

- Father speaks about video games and moral choices. A study reveals what people will choose when given a moral choice within a video game. What does it really mean to be human?
- Father speaks about the prophet Elisha and the healing of Naaman. Father shares advice from an Exorcist from Indiana when you feel the Demonic in your life: Pray, go to Confession, and Go to Mass. You might expect that you would need to do something extraordinary as Naaman did, but there are many graces available to us in these "ordinary" things.
- Father cites a study about the value of gratitude related to "Thank You" notes. What they discovered was very powerful.
- Father discusses a commonly misquoted passage of scripture. In another passage, Jesus speaks about the rewards for those who have given up for Him.

August 22, 2018

- Father addresses an email about a specific secular “gratefulness” meditation. Father discusses the results of 20 different studies about meditation. Is secular meditation actually effective? The goal of Christian meditation is a relationship with God. Father also discusses the single biggest indicator of a happy and lasting marriage.
- Father discusses a “jealousy” study involving monkeys. Father discusses the parable of the landowner hiring laborers for his vineyard. Are you comparing what you have received to what others have received?
- Father discusses the spiritual implications of airline passenger loading. He noticed something interesting about how passengers were loaded during a recent flight.
- Father speaks about a meme, “Nobody talks about the miracle of Jesus having 12 close friends in his 30’s.” “...There’s nothing worth the wear of winning, But laughter and the love of friends.” – Hilaire Belloc

August 23, 2018

- Father reveals the “4 conditions necessary to make sure your prayer is answered.” [Link](#)
- Jesus wants us to pray for those who persecute us and seek to hurt us. When we pray for our enemies, it keeps us humble and allows God to be the judge (instead of us). Do you see this in your own life? Every time that experience hurt or even when you remember past hurts, we are called to forgive.
- After a long hard day of being Pope, Pope St. John XXIII, would say, “It’s Your Church Lord...I’m going to bed.”
- Morten Hansen initially worked extremely hard as business man because he thought that’s how he would be successful. Then he found other successful co-workers who were not working as hard. Relating to your spiritual life, you can’t spend 24 hours a day in a chapel and have a balanced spiritual life, even though 24 hours of your day belong to the Lord. Father reviews how some of Morten Hansen’s discoveries can help you balance your spiritual life.
- Father discusses a fascinating video that led him to reminisce about his high school years. Do you look back to how you dressed in high school and think, “What was I thinking?” Father reflects on being appropriately dressed for the Wedding Feast.

August 27 – Encore of 4-12-18

August 28 – Encore of 4-13-18

August 29 (Guest host Patrick Conley)

- Patrick welcomes Renee Beckman-Schwind to discuss smart phones, technology, social media, and children.
- Caller: We resisted our child getting a smart phone until his 13th birthday. We know that we can’t control what other children do.
- Caller: I’m in high school. Luckily my parents are good Catholics. I also have older siblings who have “paved the way” in a sense. I know of people who have used snapchat in inappropriate ways.
- Cecilia joins the show to speak about her exposure to technology in her childhood.

September 4, 2018

- In Father’s first live show since leaving for Rome, he mentions some of the news headlines while he was away. Much of the time, the revelations of scandals was in the headlines in the Catholic world.

- Father describes meeting Pope Francis on August 31, after all the news of scandals broke. Father described it as surreal. He describes walking the iconic path to meet the Holy Father, past the very place where Pope Benedict resigned. What did he say to Pope Francis, and how did Pope Francis respond?
- Father recommends the Vatican Scavi Tour as a must see. You'll have to register many months in advance. This time in Rome, Father mentions visiting the Crypts of the Vatican where St. Pope John Paul II and Blessed Pope Paul VI (who authored *Humane Vitae*) were laid to rest. In a little over a month Pope Paul VI will be canonized. Father discusses the miracles that confirmed his cause for sainthood. Both involved unborn children whose mothers were in crisis and advised to abort the children.
- Father describes his time in Rome. In the midst of meetings, meals and fellowship, Father discusses the real focus. Father reminds you of that thing you have been trying to remember.

September 5, 2018

- Father talks about the future of the church according to Pope Benedict XVI. His words fit in with the crisis of today. Pope Benedict XVI He also shares why he is still catholic.
- Father discusses Jeffrey Owens, he has not been in major roles lately. He was seen working at Trader Joe's. Father shares an interview of Jeffrey Owens on ABC news, where he talks about his reaction to everyone's comments.
- Father talks about an experience and a conversation he had while going to the grocery store today. Father got asked if God had first created us to be vegetarian. Father explains what his response to this question was.
- Today is the feast day of mother Teresa of Calcutta. Father got to visit Padre pio's stomping grounds. They found the grace and put into practice of what God asked of them. Father looks at Saint Paul's writings.

September 6, 2018

- Father Matthew opens up Snapchat. He discusses subtle image processing that will remove blemishes from skin. He discusses the phenomenon of people seeking cosmetic surgery to look more like their images on snapchat. Father mentions a study relating mood and selfies. The study found that even just posting selfies increased anxiety in participants.
- Father mentions 3 self-help books about anxiety. What else do these books have in common? Tune in to find out. Father Matthew reveals a simple solution to worry that Jesus provides.
- Father provides an update on a feel good story turned bad. Johnny Bobbitt helped Kate McClure by paying for her gas when she was stranded. Kate was so moved her boyfriend and she started a gofundme account to help Johnny. Now Johnny has filed a lawsuit alleging that they never provided the money raised to him.
- Father tells about "International Buy a Priest a Beer Day." Clear your calendars. Father discusses the daily Gospel (Luke 5:1-11). Father analyzes the deeper meaning of "Put out in the deep water and lower your nets for a catch."

September 7, 2018

- Father discusses his feelings about the latest in the scandal. He speaks about the Letter to [Pope Francis from Catholic Women](#) and the recent [Letter to Pope Francis from Catholic Men](#).
- Father discusses the application of biological material (muscles) to robots. These muscles only last a few hours because they must be continuously rebuilt and sustained by the body. ([Link](#))

- Father Matthew discusses the amazing capabilities of infants. Babies actually can become frightened around bullying and fear based power. How do you see God? Are you only seeing Him through our own broken relationships?
- Father reflects on his visit to Palawan in the Philippines. The Oblates there were fishing for their own food each day and living in huts. As many Oblates met in Rome over the last month, Father thought about all the different realities faced by Oblates around the world. Father discusses 1 Corinthians 4:1-5.

September 10, 2018

- Father reviews some old data regarding the Catholic Church from Pew Research Center. □ of adults are catholic, but not all of them are going to mass. Catholics in the US are ethnically diverse. Many Catholics in the church make comments that they want to make changes in the church, I moral teaching. 6/10 adults think that the church should allow women priests. There is a renewal of the church that is needed.
- Father talks about how he gained 15 pounds in Italy. Father discusses fasting and he reads an email that he got from a listener. The listener asked if fasting and trying to losing weight is wrong? Be careful in your spiritual disciplines.
- Father shares an article about five monks in the year 1178 about a strange phenomenon that they saw in the sky.<https://aleteia.org/2018/09/10/when-12th-century-monks-saw-the-moon-split-in-two/#Echobox=1536606814>. Catholic monks were the ones looking at the sky, they have always been interested in knowing the world better.
- Father talks about Luke 6. We do not always want people to do good. We need to be very careful of we always need to want others to succeed.

September 11, 2018

- Father reflects on the tragic anniversary of September 11, 2001, during which the United States suffered a coordinated attack by terrorists. Father discusses “faith healers” and their popularity throughout Latin America. He discusses Ingrid Contreras whose mother began to learn to read tarot cards and “new age” practices because of her husband’s illness. “Good divination is the art of a good story,” said Ingrid’s mother. Do you want the Truth, or just a story?
- Father discusses something unique that happened at Daily Mass this morning. He celebrated mass, but there was a very persistent fly in the chapel. He describes his frustration at the time. Luckily, not once did the fly land on the precious elements.
- Father discusses a fake news story, and skeuomorphism. Father discusses how car manufacturers are making noise isolation so effective, that it makes people uncomfortable. To compensate, they played road noise through the speakers. Father reflects on entering the seminary and getting used to so much silence.
- Father discusses a listener email responding to a segment on gratitude. The listener let a woman take a closer parking space, and she thanked him when they both got in the store. The listener then used the situation to tell her about Relevant Radio. Father discusses 1 Corinthians 6. Paul lists those that will not inherit the kingdom of God. Avoid those horrible things that will separate you from God. “That is what some of you used to be; but now you have had yourselves washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and in the Spirit of our God.” Paul himself received this mercy.

September 12, 2018

- Father agrees with those who say there is a clear demonic influence in the horrific sex abuse of the past/present; another point to consider...diabolical is connected to all sinful actions. Do we realize how our sins hurt the Body of Christ? Our potential

for good works in the world? Let's pray for our leaders to completely eradicate these evils from our Church. <http://www.ncregister.com/blog/armstrong/how-to-recognize-demonic-activity-in-the-church-scandals-according-to-an-ex>

- Paul VI soon to be canonized thanks to two miracles that have to do with mothers; his process of canonization is the "exception, not the norm" <https://www.ewtn.com/library/mary/canonize.htm> Whether we are recognized as saints, the measure should be our witness in this world - that others might know and follow our example of holiness.
- Father recalls his time in an internship during his last years of college; working in the tech field to make health records more manageable. <https://ucrtoday.ucr.edu/53530> Doctor burn-out...similar to what some Priests are experiencing; becoming so busy with the day to day management of parish life that they become impersonal; feeling cynical due to patient/laity turn over; and lack of enthusiasm. Are we striving to be in relationship? Are we using our parish community as dispensary of the sacraments?
- Marriage is difficult but comes with many blessings. Read 1 Thessalonians and explore St. Paul's message: instead of inviting change in your life, maybe focus on the essentials.

September, 13, 2018

- Father talks about a skill that he learned in high school and perfected in college. Skimming, we have all learned this skill. Kids are skimming more than ever they are not exercising their brains properly. Reading is an important part of spiritual life. <https://www.theguardian.com/commentisfree/2018/aug/25/skim-reading-new-normal-maryanne-wolf>
- It is the holy spirit that makes it possible to hear the word of God. It is important to know your heart. Great preachers are holy in their own lives. Father discusses bits of St John Chrysostom's life.
- Father talks about an organization of priests who live together in community. Father sees an amazing gift of living in community. Father explains a program started by Father Djonovic "A better way Detroit" they take an SUV they drive around in Detroit and they pick up homeless men in Detroit. They offer them a job and a meal. They drive around Detroit and clean up the streets they clean the curbs and gutters.
- Father talks about looking at the stats when he gets to heaven he wants to know how much time he spent in catechism. Just because someone has a lot of knowledge that does not mean they are going to be a saint. Having knowledge does not translate directly to holiness.

September 14, 2018

- Father discusses today as the feast of the Exaltation of the Holy Cross, and tomorrow as the feast day of Our Lady of Sorrows. Father discusses Trappist monks (The Monks of Tibhirine) living in Algeria, caught in the crossfire in a civil war. Father recommends the movie of these men, "Of Gods and Men." Father discusses how the movie portrays their struggles and their martyrdom. Why did God allow these monks to be killed when they were living their lives to honor Him?
- Father reflects on Mother Teresa's quote, "I still think the greatest suffering is being lonely, feeling unloved, just having no one..." Father discusses the sufferings of St. Padre Pio. One of the biggest things that upset Padre Pio, was not the pain of the stigmata, but the attention that it brought. Father discusses the accusations of wrongdoing of Bishop Rhoades of Fort Wayne-South Bend, Indiana. Father gives you the facts.

- Father describes a specific aspect of the movie, "The Passion of the Christ." Father remembers hearing gasps during this scene in the movie. This scene is from the writing of Blessed Anne Catherine Emmerich. Father lays out different theories of the "body of St. Joseph." Was St. Joseph assumed into heaven? Is it somewhere on earth, incorrupt, waiting to be found?
- Father Matthew welcomes Executive Director of Relevant Radio, Father Rocky. Father Rocky recounts a personal story of suffering, and a boy at camp. The priests contemplate the nature of suffering.

September 17, 2018

- Father discusses Hillsong Church NYC, Pastor Stephen Carl Lentz, and why so many are attracted Hillsong Church. Father discusses an article, <https://theoutline.com/post/6172/why-i-left-hillsong-justin-biebers-beloved-evangelical-church?zd=1&zi=5ga7vu36>
- Father talks about Vontae Davis a football player who retired during half time. He walked away from millions of dollars. Vontae Davis said "I also wondered, Do I want to keep sacrificing? And truthfully, I do not because the season is long, and it's more important for me and my family to walk away healthy than to willfully embrace the warrior mentality and limp away too late." When you start to realize the truth should you wait to respond?
- Father describes two studies published today. <https://www.nature.com/articles/s41562-018-0425-1> Modern psychology has been trying to identify people into personality types. Father looks at a study that studies personality traits. <https://www.washingtonpost.com/science/2018/09/17/scientists-identify-four-personality-types/>
- Father talks about times were we have all experienced division. Father discusses Paul's 11 chapter first letter to the Corinthians. First Corinthians 11:17. In the beginnings of the church there was a struggle for unity within the church.

September 18, 2018

- Father talks about how some people in the church would want the church to be more of democracy. Father shares stories from his childhood. There was a new document published today Gaudete et Exultate in the church written by pope Francis.
- Father discusses Bill Hayden who decided to be baptized catholic at 85 years old. He did not realize he was never baptized Catholic as a child. Father talks about what brought Bill Hayden to the faith.
- Father talks about Bert and Ernie from sesame street. There are accusations that Bert and Ernie might have been based off of a same sex relationship. Father also talks about SpaceX. SpaceX announced the person who bought the ticket to a flight to the moon.
- Father explains ember days. Ember days' start tomorrow, to pray, to fast, to abstain from meat. September 10th Pittsburg bishop called a year of repentance.

September 19, 2018

- Father discusses the response to the scandals in the Church. What do we do in days like this? He mentions St. Catherine of Sienna appealing to the Pope during troubling times. Father tells about what she did that allowed her to direct the Pope to do the right thing. ([Link](#))
- Father discusses measures that the USCCB is considering in response to the current scandal in the Church. One option may be reporting abuse perpetrated by bishops to a third party group. They are also developing a code of conduct. Will these measures be effective?
- Father discusses buying a new printer at the seminary. They didn't need anything heavy duty, but they needed something more than just a "home" printer. It had great reviews, but started to break down after a few months. The manufacturer replaced it, but the new one started to break down too. When they bought the printer, it had just come out so the reviews of the new printer were great. In today's world, we even depend on ratings for our college professors. Did you know that there was a "rate my priest" website?
- This may be the last show that Father Matthew does as a free man. Father plays a voicemail he received from a "law enforcement agency." He laments the many people that are duped every day.

September 20, 2018 (pre-recorded)

- Are you having a tough time in your faith life? Now is a particularly hard time. We believe on account of the Truth of our faith. Overcoming "dryness" - we're not necessarily going to "feel" it all the time. Suffering - it's a mystery, but it is part of God's ultimate plan. NOW is the time to improve your prayer life. Prayer also is not about "feelings", or even temporal fruits. The stages of spiritual growth - known to the saints. Various options to pray more.
- Facial muscle strength in trumpeters: Yes, trumpeters do have stronger faces. A trumpeter with palsy struggles to regain his skill, overcoming "learned non-use". Article on hypoglycemia by Aaron Carroll: 2001 study shows that proper glucose amount is within a very narrow range. Having a healthy self-awareness: Are we staying up-to-date with regard to spiritual things? Maintaining good spiritual habits.
- 13-year-old Delaney Unger, who has a rare form of cancer, fights to be a dancer as she battles her disease. Hard work pays off - and Delaney is a better person for the effort! Are we working to live up to our highest potential? Using our blessings well.
- George Weigel's "Evangelical Catholicism" - a great, prophetic read about the seismic shifts that have occurred in our Church. The mistake of dismissing the gravity of this scandal. The current "zero tolerance" policy toward priests - but the same standards do not exist for bishops and cardinals. This is no way to run a church. . . The old way doesn't work; a new way of running the Church is necessary. It's bigger than "maintenance"; it's a call to follow Jesus. St. Paul in 1 Corinthians 15: "I am reminding you of the Gospel in which I preached to you. . . ". Our job is to remain faithful to what we have received - in our sacramental grace, and in the Word which we have heard. Start living a of God!

September 21, 2018

- Father Matthew asks, “What do you do when one of the most important feast days in the Church, occurs during the Ember Days?” What is this feast? ...The Feast of St. Matthew! Father recommends the podcast of Father Simon today. He tells about how Jesus called a sinner, Matthew, to become a Saint. The salvation of others depends on you.
- Father discusses the USCCB plan to address the current scandal in the Church. He discusses another story in our Church that is going largely unnoticed regarding Pope Emeritus Benedict’s letter to Cardinal Brandmüller. Father reflected on his feelings when Pope Benedict resigned. Pope Emeritus Benedict warns us not to use his resignation as a weapon against Pope Francis.
- Father reflects on the weather channel report that may have “acting” a little bit in his hurricane coverage. Why do we still send reporters into hurricanes, when we can get storm footage from remote cameras?
- Father Matthew tells the last story about his current vehicle. Two months ago, this car broke down. Yesterday the check engine light started blinking. Father realized, it could have been so much worse. He made his appointment, he spoke about the faith with the tow truck driver, and he had a certain peace about everything that happened. Does God keep us from hardships because we follow Him?

September 24, 2018

- Father talks about phones and how time consuming they are. Software designers properly set out to keep you on the apps and on your phone. Father talks about the book “The attention merchants” by Tim Wu. There is a sense that God is competing for your time.
- Walter Mitchell passed away during the weekend. He was the one who came up with the marshmallow test. He had preschoolers and he placed a marshmallow in front of them to test gratification. He noticed a correlation between the successes of those who were able to delay gratification.
- Father talks about his father, one of his siblings experienced a health crisis. Father started to realize that his dad is growing in holiness. Father wants us to look back a year ago, or five years ago, if we are still fighting and struggling that itself means there is progress.
- How many times have we made excuses not to help someone out/ We deny people the good, we do have to share the love God gives us with others.

September 25, 2018

- Father talks about September 12th Reagan's Berg address. Father talks about faith and culture, as there spoken about in the September speeches. Father ties it together with how it fits in with our lives.
- Father had a realization, while reading a child development experts. A catholic news agency article on how to talk to children about the church abuse scandal. <https://www.catholicnewsagency.com/news/how-to-talk-to-children-about-the-church-sex-abuse-scandal-74036> Father hares way to talk to children in the best way.
- Elon Musk is in the news for all the wrong reasons. Father looks at a small media appearance of Elon Musk. Elon Musk was asked how does h hire employees, he asks them what were the most difficult problems you've faced and how do you solve them?
- Father asks the question would you share your DNA with Spotify to update your music? Ancestry.com is partnering with Spotify. You can tell them to share your DNA profile and Spotify ill create a new music playlist. We get excited to see who we are related to distantly. By our baptism we have created a spiritual communion in church, we do not recognize how beautiful it is.

September 26, 2018 (Catholic order of foresters 6:47)

- Father talk about Kevin Spacey, and if we should watch movies with actors who have fallen into grave sin. Father talks about the house of Borgia, the scandal and the funding of art projects. God brings beauty out of evil.
- The he church of Jesus Christ of latter day Saints church members would not like to be called Mormon any longer. Father discusses the common ground between the catholic church and the church of Latter Day Saints.
- Father talks about the brain injury that had happened to him 18 year ago. One of the things that concerned Father were ethical and moral issues. We are thankful that we have a church that is able to look at these things carefully.
- Father talks about how much stuff we have, just because we think we might need it in the future. We hang onto things, when we may not need them.

September 27, 2018

- The events in Washington with Judge Kavanaugh and the allegations surrounding him are unavoidable, but the answer remains that we need to stay close to Jesus
- Father speaks about having dinner with a family who has not heard about the letter released by Archbishop Vigano. AB Vigano has also released a new letter, with some new detail why he decided to come forward.
- Patrick Soon-Shiong calls social media the cancer of today's society. Are people finding happiness in the new trend of Instagram pop up museums, such as the Museum of Ice Cream in New York City?

- Father shares some tweets from twitter on the judge Cavanaugh hearing. Father discusses what is good preaching, and how it has to convey to the heart. St Vincent de Paul found a way to communicate the concepts effectively.

September 28, 2018 (COF: 4:50, Christ brings Hope: 4:50)

- Father recalls speaking with a friend considering suicide and promising to not tell. At what point can you violate your promise to keep a secret. Archbishop Vigano has released a second letter and Father discusses the Archbishop's binding secrecy.
- Father discusses fact that excommunication is automatic for Priests who break the seal of confession. The penitent is not bound by the seal of confession.
- Father Matthew discusses the feast of the Archangels and specifically St. Michael and his four offices. He describes St. Michael combatting the devil as shown in Catholic artwork. This is his first office. St. Michael also is tasked with escorting the faithful to judgement at the hour of death. He is a champion of all Christians. He also rescues souls from the power of the enemy.
- Father discusses how he began texting while driving when cell phone texting first came out. He discusses the daily Gospel, Luke 9: 18-22. He mentions the phrase "age quod agis," meaning "do what you are doing."