

St. Joseph's Workshop with Father Matthew

Show Notes

4th Quarter 2017

October 2, 2017 (Encore of July 28, 2017)

October 3, 2017

- Father Matthew weighs in on the Las Vegas shooting, with insight gleaned from the Boston Marathon bombing. How do we understand evil?
- If we want our guardian angels to have a role in our lives, we have to ask, we have to cultivate the relationship. God's permissive will allows evil for a greater good.
- People crave reality without filter. How do we surmount tough times? Cultivate a relationship with Jesus, it puts little and big worries in perspective.
- Are we asking God to "rain down thunder" when people don't welcome the Lord? Jesus says to keep walking forward.

October 4, 2017

- Guilt: Have we moved beyond it? What is the use of it? The "need" for good-old-fashioned Catholic guilt.
- Why does the Betty Crocker cake mix require the addition of an egg? Noah Mackenroth joins Father to answer this question. The addition of God's grace to our lives, and the cooperation of human will.
- Who is the greatest "minimalist" of all time? Radical simplification. The example of Jesus, the example of St. Francis of Assisi.
- The example of St. Francis - first to have the stigmata. The Way of the Cross - putting our priorities in line. A brother goes to confession with Padre Pio.

October 5, 2017

- A creepy song about stalking is nominated for an award: What is "love" anyway? Mutual consent and self-giving.
- Transgenderism: Is this the next "civil rights" issue confronting our nation? Chaos in our school.
- Pope Francis catechizes us on Hope; admonishes Christians who are "whiney and angry".
- The House Blessing: Father describes the process. The gifts of obedience, poverty and chastity.

October 6, 2017

- Early-morning clarity, and getting enough sleep. You can't afford not to sleep - or, to pray.
- Are you satisfied with your spiritual life? Don't give up; try anyway. The call to cultivating spiritual health.

- Firefighters receive new training: Don't wait until the shooting is over. Are we ready to face evil when it strikes?
- St. Bruno and hermitage: Just what is a hermit anyway? Carthusian spirituality.

October 9, 2017

- Father shares about needing auto repair in Bryce Canyon National Park. God's provision for us; worrying about nothing.
- Father chats about the merger of Immaculate Heart Radio and Relevant Radio - St. Joseph's Workshop will have a new time. The peace of monastic life. Pope Benedict XVI on the loss of liturgy.
- "Contraceptive mandate" withdrawn by President Trump - the need for constant vigilance in the political arena.
- The importance of attitude: Jonah's prophecy, and the Good Samaritan. Who is our neighbor? The challenge of Jesus.

October 10, 2017

- Fasting: Is it a danger to your health? The benefits of fasting - learning to deny ourselves.
- "Clickbait" - the new trend in magazines. How society misunderstands the importance of marriage.
- Sologamy - marrying one's self. The importance of entering into relationship with others.
- The curious story of Martha and Mary - recognizing the visitation, and putting spiritual matters first.

October 11, 2017

- Why do smart people do dumb things? Why Common Sense is not so common.
- Kriya Yoga: Is it compatible with a Christian lifestyle? The difference between Eastern and Christian meditation.
- Uber, Lyft, rented shoes and the "shared" economy. Are you sharing the knowledge of Christ that you possess?
- Father shares about moving to a new time slot, and the new radio lineup. Over-dramatic whining, and the story of Jonah. Self-absorption and being angry to the point of death. Sharing the gifts we have been given.

October 12, 2017

- Father recalls learning about The Four Stages of Leadership decades ago. Jesus' perfect example. Leadership vs. Discipleship.
- Maternity/Paternity Leave, and kids-vs-work. Finding true happiness in God's call for you.
- The college problem: Are colleges having problems with a value-free, secular approach? Father Matthew and Noah Mackenroth discuss.
- The Seal of Confession: Australian scandal brings up the question of whether it can be broken. Would a priest go to jail over this? - the example of the martyrs.

10-13-17

- “Bad Habits and Holy Orders” - U.K. attempt at a reality show yields some surprising results with modern teens.
- Fire danger: Father shares about escaping a fire with his sister. Urbach-Wiethe disease, and the effect of fear on the human person. The benefits, and detriments, of fear in our lives. “Do not be afraid. . . .”
- Father announces his show’s move to drive-time, 4:00pm PST. 100 years since Fatima: What have we learned? The strength of the Rosary - it is “Scripture on a string.” God wants our involvement in His plan of salvation.
- Spiritual cleanliness, and working through the grime in our lives. What does it mean to have one demon expelled, but invite many worse than the one expelled?

10-16-17

- Father Matthew recalls one of the most strange confession locations he’s administered the sacrament of confession: on a flight from Chicago to Phoenix.
- Father Francis Hoffman (aka Father Rocky) joins Father Matthew in-studio: they discuss their calls to the priesthood; and introduce St. Joseph’s Workshop to East Coast audience.
- Google sets the record for new product roll out -- by marketing gmail via “invitation.” The Gospel wedding feast: Everybody is being invited by Jesus to the Gospel...yet so many say no, because they don’t realize what they will receive. Father shares a story of being underdressed at the Vatican.
- Today’s gospel passage is an invitation to look at our lives honestly and let God meet us right where we are -- broken and all.

October 17, 2017

- Governor Jerry Brown calls the current wildfires the worst natural disaster in California history. Father also mentions the recent hurricanes, and earthquake in Mexico. Father discusses the impact of the Yarnell fires in Arizona. In Brendan McDonough’s crew, he was the only survivor.
- The Catholic Church used to have a list of forbidden books and The Diary of St Faustina was on the list. Father discusses “To Kill a Mockingbird” and the movement to ban the book from a school district in Biloxi, MI. There is a challenge for each one of us to be formed appropriately and discern with what we should fill our minds. It is fine to dwell on the darkness if it inspires us to fight against it.
- Harper Lee, author of “To Kill A Mockingbird” was a private person. Father talks about the beginning of Twitter as a means to share jokes to a group. The Hidden Life of the

Holy Family reminds us that it is important to live a private, intimate life with God. Many times in our own lives, we are missing the “Hidden Life.”

- Father talks about St Ignatius being hauled off to be eaten by wild animals. St Ignatius was overjoyed because he was on his way to imitate Jesus, and be one with Him. Many of us might have struggled with anger in that situation. Some might describe anger as temporary madness. Oftentimes anger is a result of the realization that we are not in control.

October 18, 2017

- Father Matthew discusses Rosie Ruiz, a marathon runner. She was stripped of her title after some reported she got on the subway to get to the finish line faster. Father also mentions #bibgate2014. These are very veiled forms of pride.
- Governor Brown signs AB967 which regulates decomposing a body using Alkaline Hydrolysis. Father discusses the Church’s stance on this and on cremation. Treating the body with dignity is essential because of the resurrection.
- Father discusses a few signs that he is getting older. Over the past decade, anxiety has overtaken depression as the reason college students seek counseling. In 1985, 18% of college students say they felt overwhelmed, in 2010 it was 29%, in 2016 it was 41%. How much time do we spend with Jesus as opposed to vacuous entertainment? The Lord has our peace in mind.
- Father Matthew reveals where Jesus teaches about public speaking. Many seminaries are focused on homiletics now. While words are incredibly important, even more important is the witness of our very lives. St. Maximilian Kolbe speaks of three stages of discipleship: Formation, Apostolate, and Suffering.

October 19, 2017

- ABC news reports that some are using Tinder to perpetuate scams. Don’t we manipulate people to get our own way? Christians should be the experts on relationships, because they have been taught by Jesus Christ.
- One of the most prevalent sins today are pornography and masturbation. The reason these sins become so deeply rooted in one’s life is that our behavior changes our mind. Father explores the mission of fightthenewdrug.org. The good news of Jesus Christ is that you can be freed of ANY sin!
- “Pope Benedict is like a candle that fades slowly.” Father describes his reaction to seeing this statement on social media. We must be careful about rumors, especially in this culture.

- Father talks about the Saint that died two martyrdoms, St. Isaac Jogues. His executioner actually also converted right before he himself was executed. The executioner took as his baptismal name, Isaac Jogue. No matter what kind of death you will receive, it is meant to be fruitful.

October 20, 2017

- Father Matthew observes that Italian priests love their coffee. He speaks about how his superior from Rome joked about American coffee. He said it was so watery it could be used as valid matter for Baptism. Marcus Johnson of the Philadelphia Eagles tweets about his 'first' baptism. ([Link](#)) Would American coffee actually be valid matter for Baptism?
- On a visit to see family, Father was introduced to the "Serial Podcast" which follows Adnan Syed who was convicted of killing his ex-girlfriend. Father foresees a time when Catholic will become so compelling that it is changing people's lives. This is exactly the impact of the Gospel.
- Father Matthew professes his love for nature documentaries. Father discusses characteristics of animals. Elephants remember the final resting places of their family members. Do you act differently when you know someone is watching?
- Pope Francis calls out priest for being legalistic to the detriment of people. Sometimes people might not realize the demands on priests. Priests need our prayers. Some things are black and white, but we don't know a person's heart.

October 23, 2017

- Father discusses Mark Wahlberg's past and the public sharing of his Catholic Faith.
- Father discusses Harvey Weinstein and the backlash against his victims. Hallie Lord reacts to the backlash by sharing her own story. When we cooperate with sin, we're creating a 'fabric' of sin in our society. We hurt people, when we allow injustice to reign in the world.
- Jesus, through the Sacraments, makes Himself present to us. Father discusses how his view of someone changes when he hears his confession. He thinks more of the person. Confession does not just provide spiritual healing, but also human healing. Father Matthew discusses Father Jose Fortea's practical solutions to overcoming fear of Confession.
- Can you make it to Daily Mass? There is noble simplicity in the Liturgy of Daily Mass. It is easy to become accustomed to more abundance in life. We can see ourselves as entitled to this abundance. God tells the rich fool, "You fool, this night your life will be demanded of you; and the things you have prepared, to whom will they belong?" Ultimately being a Christian means giving control to God.

October 24, 2017

- Father tells the story of his first car. He didn't realize how good it was to have a reliable car. His parents bought a used truck at a discount. Later it was discovered that a piece of tape was covering the check engine light. In the moral life, there is a temptation to think, "If in the end everything turns out ok, then it's fine."
- Father mentions an article: Report: The only thing stopping dolphins from destroying us is a lack of hands ([Link](#)) Father speaks about Blade Runner. What constitutes a living intelligence? What constitutes a conscience? ([Link](#)) Would our society rather look at whether an artificial intelligence has rights rather than a child in the womb?
- Father mentions an anonymous listener email. How is a grandparent supposed to 'catechize' a grandchild? Grandparents should not take the role of the parents. Are we trying to take a role that is not ours?
- Father reveals what drives him crazy, priests not honoring their vow of obedience. The leaders of the church might not always make the best decisions for priests under them. All of us have a certain obedience owed to the Church. "So through the obedience of the One, the many will be made righteous." Romans 5:19

October 25, 2017

- Father speaks about the World Series. Three years ago Sports Illustrated predicted that the Houston Astros would win the World Series in 2017. Father speaks about the inner workings of the Astros decisions and Sig Mejdal an American sabermetrics analyst for the Astros. If I want to live for God, I have to take in all the 'metrics' and have a plan. If you are only focused on living for right now, you will run into problems.
- Father tells about his 'Day of Formation' with his fellow Oblates of St. Joseph. Father was introduced to Dr. John Gottman's work. Gottman uses the four horsemen as a metaphor for four ways of poor communication: Criticism (negativity), Contempt, Defensiveness, and Stonewalling. Tips for good communication: calm Down first, complain (in a healthy way) to show where you are struggling, speak non-defensively, validate your spouse, overlearn these skills!
- A study shows people whose minds wander tend to be more creative and intelligent. St Therese of Lisieux had difficulty getting distracted in prayer. In her case St. Therese decided to let it go, and turn over even her distractions to God. Good prayer is not equal to perfect focus. The effectiveness of your prayer does not depend on your feelings during the prayer.
- About 60% of millennials think that Astrology is a science. How do we see God's hand in creation? If you're ignoring your relationship with Jesus, then you are putting your eternal life on the line.

October 26, 2017

- Did you grow up with this famous book: [Love You Forever](#) ? Father explores the ways we introduce children to the concept of death and how we react to this ultimate reality.
- The simplicity of your life can offer the most transforming opportunities for growth in holiness.
- Father explores the [Litany of St. Joseph](#), and his role as *terror of demons*. In St. Joseph's simplicity, he fought evil for the protection of Jesus.
- The thin divide between sin and grace. Does your zeal for your faith get in the way of your family relationships?

October 27, 2017

- Father expresses his desire to become the first Bishop of the Red Planet. Father shares some of Pope Francis' discussion with Astronauts/Cosmonauts at the International Space Station. Different perspective can help you appreciate things differently.
- Father shares his experience in a secular Human Sexuality class and his resulting research into Natural Family Planning. Cecile Richards reveals her ignorance on Natural Family Planning. There will be a little bit of discomfort when
- More people are giving to charity in the United States, but less people are giving. Father relates this to the story of the Widow's mite. Generosity is the antidote to greed in our lives.
- Father tells the story when he experienced a profound sense of joy and peace through work. He and the Oblates of St. Joseph filled an old beat up pickup truck with trash and taking it to the dump.

October 30, 2017

- Father revisits the recent eclipse. He tells the story of the eclipse of March in 1504 and how Christopher Columbus used it to impress the natives. The book of Joshua speaks of a solar eclipse.
- Father discusses the 5th game of the World Series, and the crisis of viewers' diminishing attention spans. If Father preached for 5 hours, people would walk out. Do we recognize who is with us at Mass? Jesus is present at every single mass, are we anxious to leave Mass?
- A message from Mike on Facebook mentions the 'eclipse' after the Crucifixion of Jesus. There would not have been an eclipse at that time in the Holy Land. Was Facebook targeting Catholic pages? Is Facebook using your phone to listen to you? Is this how you see God, as Someone who is just there to listen to you and trip you up? God loves us as a Father loves his children.
- Father Matthew discovers where to get the Vin Scully Rosary: catholicathletesforchrist.org. What is the most important question of your life? Are you worshipping things in your life that are not worthy of worship?

October 31, 2017

- Father offers a prayer for the victims of the terror attack in New York. Father shares about trick or treating as a child.
- Father remembers his home parish and the stained glass windows of skulls wearing priestly headgear. Below it says "Sic Transit Gloria Mundi," "Thus passes the Glory of the world." Father speaks about #momentomori.
- Father speaks about the Reformation. Martin Luther used the printing press to promote his views. The reformation could not have happened 300 years earlier. If we don't use these technologies to spread the Gospel, someone else will fill the void to send a message not from Jesus.
- Father shares his messy experience carving a pumpkin. Pope Francis says that Priests must not be afraid to get their hands dirty when proclaiming the Gospel. "Mercy gets its hands dirty."

November 2, 2017

- Father speaks about watching "Stranger Things" with his brother Oblate of St. Joseph. Jesus stepped back from public ministry and found time to renew His relationship with the Father. How do you find the balance? How do you not waste the time God has given you, while also having proper downtime? We can't spend 100% of the time doing stuff for the Lord, but we must spend 100% of our time *being* with the Lord.
- Father discusses rumors of Pope Francis removing celibacy requirement for priests. Father Matthew says that he needs *your* example of committed love as a lay married couple.
- Pope Paul VI predicted effects of widespread contraception. We can see this in today's world. If you look at a parish's sacramental records, the number of marriages happening in Catholic churches are going down. Friendship should be in marriage, but marriage is much more than friendship. Marriage is about giving your life for the other person.
- The greatest earthly couple was St. Joseph and the Blessed Virgin Mary. Jesus on the Cross, gives John (symbolic of all humanity) his own mother. Joseph also leads us into a deeper relationship with God the Father.

November 3, 2017

- Father shares the story of his hooptie car, tailgating, and preparing for Mass. What does it mean to be a Saint? The only reason the Saints were able to say, "Yes" to martyrdom or deeper holiness, is because of the many small "yesses" they've said to God throughout their lives.
- Father tells the story of a man who left his wife and hid in the forest to escape her nagging (Mr. Applegate of New Zealand). He left because of stress. Bloomberg summarizes the stress levels of Americans. Almost 2/3rds of Americans say they are stressed out. The reason prayer works and relieves stress in your life, is because it requires you to exert yourself. Just as exercise helps relieve stress. If I depend on a creature, and not God, I'm going to be stressed out.

- Father discusses an exorcist podcast. A listener email expresses concern about people becoming too fixated on the exorcism prayers and the demonic. Too much curiosity can lead us to places we should not go. Our choosing evil is worse the external demonic forces.
- Father revisits Stranger Things and speculates on its success. Some watch it with nostalgia. They see things from the past and remember how great it was. We must entrust the past to the Mercy of God, and live in the present moment.

November 6, 2017

- Father Matthew shares a moment from a priest friend. During the Doxology, he was overwhelmed by the beauty of the sunset. We should be witnesses to beauty. Even in our world, and in light of the Southerland Springs shooting, we know that beauty will triumph over darkness.
- Father discusses a listener email. The listener says he/she was cut off during confession because the Priest was in a rush. Father speaks about the prayer of absolution. The more you prepare yourself examining your conscience, the better your confession will be.
- Father tells the story of a child calling into a talk radio show to disagree with the host. The show was saying that children should be seen and not heard. What is the impact of a child feeling heard in a family? Father discusses his own family and how his parents allowed him to feel heard without allowing sin. Isn't this how God operates in our lives? He allows us to express ourselves and even object to Him. He wants to hear us, so that He can heal us of those wounds.
- Father discusses an interesting rosary, he shows in his twitter feed: [@frmatthewosj](#). If you wear a rosary, are you praying it? Do our actions correspond to what we are trying to respresent?

November 7, 2017

- Father reviews sologamy and polyamory. One man previously in a polyamorous relationship describes polyamory not as "having your cake and eating it too" but trying to eat several cakes at once.
- Father discusses why one would buy a replica tin can made out of silver. When we don't hang on to 'stuff' or when we use it well, then we discover deeper happiness.
- A new development in the Harvey Weinstein situation. "Black Cube" was hired by Weinstein to stop the publication of the abuse allegations that have emerged. When we sin, it propagates other sins. When we build virtue through good habits, it forms support for our relationship with Jesus. In the confessional, we discover a new freedom and break the bonds of sin.
- Father reviews Romans 12, one of the readings for today. If you are loving what is good, holding on to it, and hating what is evil, you're most of the way there. "Love one another with mutual affection." Each of us brings different gifts to the church. Whatever you have to offer to the Church, only you can fill that role.

November 8, 2017

- Father discusses Pastor Carl Lentz, evangelical pastor in New York City. This pastor went on “The View” and presented some cryptic answers when asked, “Is abortion a sin?” It is not my job to change the way people think.
- Father shares about a short tweet by Patrick Madrid even after twitter increases allowed characters to 280 per tweet. Are we using what has been given to us effectively?
- Georgetown University’s official ‘yell’ is: “Hoyasaxa!” At Georgetown (a Catholic college) a group called, “Love Saxa” promotes marriage as a “monogamous and permanent union between a man and a woman.” They have been called a hate group.
- With the new translation, you’ll be able to tell who hasn’t been to mass in a while. “The Lord be with you.” “And also with you.” Pope Francis tells us, “The priest who celebrates Mass says: ‘lift up your hearts.’ He doesn’t say: ‘Lift up your cellphones to take a photo,’” Father discusses an article by the Atlantic, “Should Children Form Emotional Bonds With Robots.” ([Link](#))

November 9, 2017

- Father discusses Facebook exploiting a vulnerability in human psychology, the need to be liked and accepted. Why is it so effective? The reason we need to be validated is because of Original Sin. Father discusses the app “habits.”
- We don’t usually think of retirement as a time of preparation for death. Pittsburgh has become one of the most sought after retirement locations. Our connections to the Saints are NOT superstitious. Going to our eternal reward does not separate us.
- There are times when Catholic Churches have to get restraining orders against people. Father mentions that he has had to do this. There may be someone in your congregation of whom you think, “Maybe this congregation would be better without this person.” Our Church is about much more than the productivity of the mission or about the avoiding those who “annoy” us.
- John Paul I has been identified as living a life of heroic virtue and is on the road to beatification. He was only pope for 33 days.

November 10, 2017

- Father Matthew discusses St Joseph’s reaction to the discovery of Mary’s pregnancy. God tells us, “don’t be afraid.” Fear cripples us. Father compares Joseph’s calling vs. Mary’s calling. Mary and Joseph help us to discover the mission and vocation of the family. What is a Vocation?
- President Trump reportedly supports revoking the tax exempt status of the Church of Scientology. How do we define a religion? L. Ron Hubbard was an infallible despot in his religion. Father discusses the difference between him and the Pope in the Catholic Church.
- Father discusses Louis C.K.’s scandal. He speaks about Harvey Weinstein and Kevin Spacey and their responses to accusations. Ellen Page is starting to call the outing of abuses in the entertainment industry as “The Reckoning.” The solution to the crime, brokenness, and woundedness of the world is the Cross of Jesus Christ.

- Vatican City has banned cigarette sales. Father discusses the parable of the unjust manager. Jesus points out how shrewd we are in material matters, but when it comes to things of the faith, we are dense.

November 13, 2017

- Guest: Eli Spencer, Father Matthew's brother. Father and Eli discuss St. Joseph as the provider for the Holy Family.
- Father Matthew and his brother discuss the foundation of the model of sainthood. It comes from the love between a Husband and Wife.
- Facebook is trying to respond to a problem of users taking inappropriate photos. They want you to send them your inappropriate photos in order to keep your inappropriate photos off the internet. They will also share these photos and videos with Google and Twitter. Do you trust them enough to share these with them?
- On its own, Democracy cannot lead us to truth and beauty because of Original Sin. Should we just be allowed to vote on Truth? Democracy helps us to share our ideas, but the Church is not a democracy, and Truth is not a public opinion poll.

November 14, 2017

- Father discusses the social media game "Farmville" and the concept of paying to advance faster in the game. Father discusses a more recent game, "Star Wars: Battlefront 2" and Electronic Arts scandal regarding charging users for extra content. Companies are able to exercise greed because we, in original sin, don't have our priorities in order.
- Father addresses a listener question regarding "Ecumenical Catholics." What is an "Ecumenical Priest?" Ecumenical dialogue is between Christian Churches. Father discusses "Catholic" splinter groups.
- Father discusses a new show starring Charlie Goldsmith, an 'energy healer' on TLC. Father discusses the possibility of healing by an energy that science has not discovered yet.

November 15, 2017

- In some places, parishes are having to merge together. In other areas, brand new parishes are needed. Theological insights arise from different parish communities. Each community and Pastor might focus on something different.
- The Museum of the Bible opens this Friday in Washington DC. Some are concerned that the Museum's proximity to the seat of government and the other Museums, like the Smithsonian, will give the impression that our country embraces the Bible.
- Why are people attracted to science? Scientists do what they do because they love it. Do we see the spiritual life as a painful pursuit that will not make us happy?
- Listener Email: How can I ask for forgiveness if I know that the person will not consider how he/she has hurt me, and if I don't believe that I didn't do wrong?

November 16, 2017

- Father Matthew tells about his last serious relationship before he entered the priesthood. They met at a Newman Center. God used the human elements in his life to help him realize that God was calling Father Matthew to deeper relationship with Him. God can use our imperfect moments/intentions for His perfect ends. He can bring us the rest of the way.
- Father speaks about a large piece of property in Arizona, bought by Bill Gates for 80 million dollars. He wants to build a “smart city.” This hasn’t been the first time we have tried to build utopia.

November 17, 2017

- Father Matthew discusses the legacy of Father Solanus Casey and his upcoming Beatification Mass. Some people think being a saint means levitating or miracles. God’s Love doesn’t need to be manifested in miracles or visions.
- Father discusses the day when he took his Vows. His superior mentioned, “Well, now you’re vows have become part of your religion.” Can you be spiritual but not religious? Religion is the way that we give praise and worship and service to God.
- A sportswriter and blogger, “Ryan Schultz,” turns out to be a teen girl, Becca Shultz. She could have chosen anyone to be, and she chose to be someone mean. From her reflections, we see that she thought that was how a man would behave. We cannot escape our brokenness, even when we become someone else. However, we can be healed.
- Are you pre, mid or post-millennial? If you don’t know, you’re probably Catholic. Father discusses the “Rapture.”

November 20, 2017

- It is up to you to decide to cultivate the attitude of gratitude. Recognize how, over time, God has blessed you.
- Father reviews the readings from last Sunday, the parable of the talents. Father shares how his human fear, turned over to God, allowed him to trust God more. Do I look at God as a unjust judge who is just waiting for me to fall, or a Father who truly loves me and embraces me in my moment of trial?
- Father shares the story of a brother Priest on a plane that had trouble with the landing gear. Every moment, we must be preparing for the moment God calls us.
- Father tells the story of a free priority boarding ticket during his recent travels. A woman ended up taking the deal after seeing the opportunity. There were no strings attached. The daily gospel speaks of a blind man who asks Jesus to let him see (Luke 18). When Jesus heals him, everyone glorified God. The blessings that he gives to you are not only for you, but also for you to share with others.

November 21, 2017

- Father speaks about midlife crises. It seems that most people don’t go through a midlife crisis, the studies are divided. Anyone, at any stage of life, need to have a relationship with Jesus.

- The feast of the Presentation of the Blessed Virgin Mary reminds us that Mary's entire life was given over to God. We also remember cloistered men and women. Instead of living in the world, they extract themselves from the world and pray for the world. We each have different roles to play.
- Father reviews a study that 20% of Cancer patients experience Post Traumatic Stress Disorder. When we want to run away from God, that's when we have to go back.
- Therese of Lisieux is a patroness of missionaries though she never left the convent. If you go to mass at a convent or monastery, you will find preaching on contemporary issues although it might not include the latest news. They need to know trends of the world because they are praying for the world.

November 22, 2017

- Father discusses an article that shows the missing link in the Louis CK allegations. ([Link](#)) "Charm is deceptive and beauty fleeting." Father discusses a reading from Proverbs.
- Listener Email: I don't think that Ouija Boards, psychics and séances aren't bad, but just fake.
- Father discusses commonalities between successful people according to a google analyst. ([Link](#)) Are there qualities that are common among Saints? Maybe you're already on the road to becoming a Saint.
- St. Cecilia's feast is celebrated today. She is the patron of sacred music. Father discusses Red Wednesday, which is a movement seeking to raise awareness about the persecution of Christians around the world.

November 27, 2017 (mentions Thanksgiving at beginning of program, and Advent)

- Father shares his latest routine for Thanksgiving when he can't make it home for a meal. Father tells the story of Johnny Bobbitt, a homeless veteran who helped a woman who ran out of gas.
- There is no recorded word of St. Joseph in Scripture, but we know that there is one word that we are absolutely sure that he spoke: the name of Jesus. As a Father, he was responsible for naming his Son.
- Father discusses the Martin Scorsese film "Silence." Is there something that would justify a small symbol about the renunciation of the Faith? Father explores the China's policy of paying for religious items and replacing them with a picture of the Chinese President.
- The largest persecuted religious group are Christians.

November 28, 2017

- The Average American household spends over 900 dollars during Christmas time. 45% of Americans would prefer to skip Christmas.
- Father refers to a topic introduced by Don Johnson and Kaylyn Green on the Patrick Madrid Show: David Cassidy's last words, "so much wasted time..." Maybe we should be ready, at every moment.
- Are you experiencing FOMO (fear of missing out)? Are you addicted to your phone? Father discusses the "substitute phone" art piece. Isn't the phone itself a substitute for something else? Is your phone a substitute for actual Joy?

- Father discusses the daily Gospel: Luke 21:5-11, “All that you see here – the days will come when there will not be left a stone upon another stone that will not be thrown down.”

November 29, 2017

- Father discusses transcranial magnetic stimulation and how it magnetic fields applied to our brains can change our preferences for a limited time. Becoming a saint is not a matter of taking a pill or discovering the right experiment to affect our brains.
- Father Matthew discusses how the Archdiocese of Washington DC and their advertising campaign: “Find the Perfect Gift.” This featured silhouettes of the Holy Family or Jesus. It was denied by the transit service. Survivors Network of those Abused by Priests apologizes for falsely accusing Father Joseph Jiang.
- Father discusses the Indulgence you can get by following Pope Francis on Twitter. He also brings up the Indulgence from attending World Youth Day. The Vatican extended the plenary indulgence by allowing those following the Pope and the WYD pilgrims by way of media (including following the events on twitter) along with the other requirements for the indulgence. It is not an “economy” of Grace, but it requires conversion.
- Father discusses an article highlighting different Advent calendars, including one with scotch whiskeys. How are you preparing for Advent and Christmas?

November 30, 2017

- Father shares manuscripts of previous drafts of the Catechism before its approval. Father reflects on deception and how people have deceived him in the past. He shares a story about being deceived as a young seminarian.
- If a priest reveals confidential information from the confessional, he is automatically excommunicated. The UK and Australia are calling for Priests to break the Seal of the Confessional.
- Father reflects on the beginning of the trend of growing a beard in baseball. He discusses ritual in baseball. Email question what is the importance of ritual? How does ritual differ from superstition? Ritual unites us externally. Father recommends a book by Pope Benedict XVI, “The Spirit of the Liturgy.”
- Father discusses the letter of Paul to the Romans, Chapter 10, and reads it backwards.

December 1, 2017

- Father discusses professional cuddlers and the Girl Scouts tweet about consent for hugs. We have lost the sense of how to relate to each other. We don’t treat people as they are, made in the image of God, and instead treat each other as objects.
- Father discusses a special marriage ceremony for those that must be separated for a few years because of military deployment, jobs, etc, but still want to get married. Canon law allows for marriage by proxy.
- Father discusses the section of the Catechism on Chastity. “Chastity includes an apprenticeship in self-mastery which is a training in human freedom. The alternative is clear: either man governs his passions and finds peace, or he lets himself be dominated

by them and becomes unhappy.” Without Jesus our passions would be too strong. With Jesus, there is a newfound freedom. You don’t have to allow my passions to control you.

- What do the great leaders learn from their parents?

December 4, 2017 (Pledge Drive)

- Father Matthew shares about a morning when things were not going his way.
- Are you using your advent time well? We are made for so much more than the enjoyment and convenience of this world.
- Guest: Joe Sikorra, shares about Advent after the passing of his son and his advent traditions.

December 5, 2017

- Father Matthew tells the story about a tattoo, and a hospital patient. Can we place medical directives on our body?
- Pope Benedict XVI wrote extensively on hope. Pope Francis said optimism disappoints, but hope does not. Jesus accepted the Cross because he knew the Grace it would give you.
- Ipsos Mori is a global marketing organization. For the last 30 years, they have been studying how much you trust those around you. Trust in clergy has declined 20%. How much do we trust other Catholics?
- Kevin O’Leary from Shark Tank is worth over \$400 million. He is religious about not buying coffee and instead making it at home. The police department in Essex created an Advent calendar with their most wanted suspects.

December 6, 2017

- Father tells the story of two ladies asking him about confession. How often should you go to confession?
- Father discusses the multiplication of the loaves. Jesus is God and could have just started with nothing, but he decides to use the little bit that is offered to Him.
- Father reviews the scandal surrounding Senator Al Franken. You and I have a role to play, we can choose to do good at each moment. The way you live your life affects other people.
- Listener Email: Shouldn’t spiritual life take priority over a child’s soccer game?

December 7, 2017

- Father discusses the changes in the translation of the Mass, and also, what did not change in the translation of the Mass. One example is the “Our Father.” Pope Francis praises a French translation of the “Our Father.” Are we paying attention to what we are saying?
- We are part of the body of Christ, from the most rural Catholic, to the city dwelling Catholic...all over the world. We are a part of bringing the good news to those who need to hear it. Father speaks about celebrating mass in Antarctica in the southernmost church in the world. ([Link](#))

- Father Matthew reflects on commitment, and Ikea furniture. What does Ikea furniture reveal about our human relationships?
- Tomorrow is the Feast of the Immaculate Conception. We get to go to Mass.

December 11, 2017

- Father discusses the need of the retired religious in light of the drop-off in vocations. Some of the fires in Southern California are threatening Jewish Synagogues. 23 Torah scrolls were saved from the fires.
- Father discusses Keaton Jones and the viral video of his story of being bullied. Advent is not just about preparing ourselves for the coming of Christ, but also to prepare the way for Him in our culture.
- Father reviews an interview with Chamath Palihapitiya, a former Facebook Executive, in which he reflects about the destructive possibilities of social media.
- Father reviews the Daily Gospel: Luke 5:17-26. Friends bring a paralyzed man to Jesus by lowering him into the house where Jesus was.

December 12, 2017

- Fr Matthew shares a story about almost heading to Mexico City to the Basilica. He has a close personal connection to OL Guadalupe. Father shares a story of a listener, who was baptized 40 years ago on the feast day of OLG. She had lost her sense of smell and regained it after praying to OLG. Let us all say yes to our Blessed Mother like Juan Diego did.
- Refinery 29 reports that Meryl Streep hires a priest to Exorcise Steven Spielberg's house. ([Link](#)) Father reviews possession, infestation and house blessings. If an infestation is serious in a house, a mass might be celebrated in the house. A house blessing is not a 'superstitious' act, it needs the faith of participants. A house blessing doesn't help if you keep living in mortal sin.
- Father Matthew speaks Japanese. Less than 1% of Japan is Christian. Why has Christianity not spread in Japan like other areas? Everyone is made to know Truth.
- Have we as Homosapiens, reached our physiological limits? ([Link](#)) When it comes to spiritual excellence, we still have a long way to go. Father mentions "Desire of the Everlasting Hills," and discusses the change of heart of someone in the movie. <https://everlastinghills.org/movie/>

December 13, 2017

- A 13-year-old girl finds a "help me" note in Amazon Christmas package. ([Link](#)) We can use our technology for good or evil. ([Link](#))
- Father speaks about his experience with Jury Duty. It is becoming harder to find jurors that will stay awake for trials. Jesus tells us to stay awake. Are we becoming sleepy to spiritual dangers? Is it time for confession?
- Kelsey Hall's mother gave her a Christmas Tree costume. Kelsey offered to wear it all semester if she received a certain amount of retweets. Father discusses artificial trees and the Vatican Christmas Tree.

- A recent survey revealed that most time spent on smart phones is not for a designated task, but out of habit. Look at bad decisions and struggles you've had in your life. Are you seeking solutions to our problems that won't give us the rest we are looking for? Father reviews the Daily Gospel: Matthew 11:28-30. "For my yoke is easy, and my burden light." Many look at Christianity itself as a burden, but Jesus tells us that carrying the weight of sin in the world is more burdensome.

December 14, 2017

- Father discusses about what it is like as a priest to hear confessions. One of the first effects we can observe of sin, is we ourselves are hurt. It also hurts others even if it is just indirectly. It hurts the Body of Christ. It damages our relationship with God. Just a little light, and you can start to see things out of order. With more and more light, you can see where you need to clean, with the sun shining into your darkened room, you can see even particles of dust in the air.
- Father discusses the issues with Nativity scenes. Bishop Vecchi in Italy clashes with his mayor over a Nativity Scene with Mary and Jesus in a boat. A viral picture depicts two Josephs in a Nativity scene.
- Father shares about Frank Stephens who testified before Congress against the abortion of Down Syndrome children. Stephens refers to the abortion of down syndrome children as "their final solution."
- One of the most expensive paintings ever sold is a painting of Jesus, bought by a Saudi prince. Pope Francis highlighted the fact that Jesus comes to us as a little baby. Are we seeing God in the small things in life, and our small encounters with others? People already wanted to reject Jesus before his birth.

December 15, 2017

- Father discusses "Mindgeek", and the astounding volume of internet bandwidth consumed by pornography. The "Atlantic" magazine explores the environmental impact of pornography use.
- Father shares about a good Samaritan who helped save his neighbor's children when a fire started in the house. The neighborhood chips in to help the family and buy Christmas presents.
- Father reflects on Christmas caroling. Christmas carolers in India have been arrested for trying to convert people. A diocese in Mexico has removed the obligation to attend Mass during Christmas because of violence. We have an odd situation this year with Christmas, because the Last Sunday of Advent is followed Monday Morning by Christmas Day. Link Father reviews some options for Mass attendance. We are privileged in this country because we are generally free from danger and persecution for practicing our faith.
- Father Matthew reviews Psalm 1, which was the responsorial Psalm today. Are we following the counsel of the wicked, or walking in the path of sinners?

December 18, 2017

- Father recounts the story of an altar server fainting during Mass in the presence of the Blessed Sacrament. We bring our humanity to the Altar also.

- Should we do away with celibacy to stop abuse of minors? Should we break the seal of the confessional for the abuse of minors? Getting rid of these things will not solve the problem. [Link](#)
- Father speaks about the feral cats of Mount St. Joseph. Father describes a unique situation trapping a cat. Father discusses the relation of luck and skill in poker. Do we see correct causation in our spiritual lives? [Link](#)
- Father reflects on the Holy Family. Our ideal is an endless state of thanksgiving. Father reflects on St. Joseph and his selflessness.

December 19, 2017

- Tiffany Shlain and her family have observed a “technology shabbat.” Father reviews religious practices in secular culture.
- Father responds to a listener email who is not seeing a change even with frequent confession. Father: Don’t judge grace by how you feel. The growth in our spiritual life are many times subtle, and slow like a tree. It grows slowly, until a fruitful season.
- Noise Environmental Burden on Disease working group determines that Traffic Noise might contribute to 3% of deaths. There is also a study showing lower reading comprehension of children who are educated around noisy airports. Father discusses the Hoh Rainforest is one of the quietest places on earth. Because of all the moss, sound is absorbed.
- Father discusses the messages of angels and the human reactions shown in the Bible. Father explores Zachariah’s reaction to the angel who told him his wife would conceive.

December 20, 2017

- Father Matthew discusses the death of Cardinal Bernard Law, depicted in the movie “Spotlight.” He resigned in light of the sexual abuse scandals in Boston. Cardinal Law was a proponent of the Catechism, and the Civil Rights Movement in the United States. The good that we do in life are mixed up in the bad things. In God’s mercy
- Father discusses an unlikely exorcist in Australia. She uses pentagrams and animal parts. ([Link](#)) Father contrasts this with Catholic exorcisms.
- Father discusses the Tacoma Narrows bridge. It was the 3rd longest suspension bridge in the world. The bridge began to sway with wind and got worse and worse. The wind at only 40 mph took down this massive human achievement. When they built the bridge, they did not account for it because they were unaware of the phenomenon.
- 4% of people say they never or rarely experience stress in a Gallup poll. How do you define stress? Do we create our own stressful situations. Did Mary and Joseph experience stress? Scripture tells us that Mary was troubled when the Angel Gabriel came to her.

December 21, 2017

- Father speaks about your witness to your children. They older they become, the more important your example becomes.

- Father Matthew explores why dystopian “teen” films have gained popularity in recent years. Father explores teenage ‘rebellion.’
- Youtube contains some seemingly innocent videos, but they contain adult content. They are not stopped by youtube’s filter for children. A cord cutting “Netflix only” household spares a child 250,000 hours of commercials a year.
- Father discusses the new Star Wars movie and the complexity of the villain. No spoilers. Father discusses his lack of knowledge of the Kardashians and the pregnancy of Khloe Kardashian. Father discusses the difference between the birth of Jesus and all other children born of women.

December 22, 2017

- Father tells about his friend who is a great example of fatherhood. He tells about a father son breakfast where men came to volunteer for children without fathers in their lives. Jesus came to reveal the Father we need.
- Father speaks about his brother who helped companies through mergers. Companies needed the help, because change is hard.
- Father explores a “catholic angle” on the Bitcoin craze. Jesus Himself has intrinsic value and it doesn’t depend on supply and demand.
- Father discusses the “shoebox” activity at an elementary school. He highlights someone who fled a wildfire and was forced to choose what she wanted to save during evacuation. [Link](#)