



## August

The August gathering of Joshua started with a Mass for the Feast of the Assumption at the parish church of Our Lady of Lourdes, Palmerston North. The speaker that followed Mass was Massey University Tertiary Chaplain Nick Wilson. Nick is also Administrator for The Catholic Institute (TCI), Palmerston North.

He shared from his life journey as a child, a secondary college student, and later a tertiary student as well as from his young adult (graduate) life as a Catholic secondary school teacher. That was before his arrival at the Palmerston North Diocesan Centre, as the Administrator for the The Catholic Institute.

Nick then provided a scholarly introduction to the papal encyclical *Rerum Novarum* (first released by Pope Leo XIII in 1891). He especially explored and introduced the Joshua men present to the Ten Principles of Catholic Social Teaching, that have developed (across 116 years), as a result of *Rerum Novarum*.

Using a teacher's workshop approach with the Joshua men, Nick quizzed the men's knowledge and explained the application of these ten principles.

## September

Whanganui Prison Chaplain Sean Ryan was the speaker for September. Sean shared about his work and ministry as a prison chaplain, and about the prisoners with whom he works and ministers to. The challenges and the life-changing nature of his work was very edifying.

About nine members from Joshua Palmerston North attended the Current of Grace conference celebrating 50 years of Catholic Charismatic Renewal. Members remarked how gracious it was to share the conference with ladies from Dove Fellowship and the various charismatic Youth Ministries present. There were also a large number of Catholic religious present.

## October

Joe Carrol was guest speaker in October. Joe is a retired layman who has lived and worked in Palmerston North most of his life. His 28-year-old son experienced an acute and major health crisis in September last year, that deeply affected Joe and his large family.

Joe shared the story of his son and his family, as a result of the tragedy. Joe's positive, on-going and active caring Catholic faith was a living and very powerful testimony for the men.



**Owen Kowalewski**  
*National Leader*

November is the time of year when we reflect on the Saints and our loved ones who are now enjoying eternal life with Jesus.

Their influence has a profound effect on who we are today. We acknowledge their faith and the decisions they made, and the roads they travelled and sometimes wonder how they were able to carry the burdens they did on their journey through life. Their lives become a reality checkpoints for us, as we reflect on the activities we do each day.

Are we living the life God has planned for us? Is it time for a change in our lives? Are we being called to do something different? Are we a people who put our Trust in God and become a people of Hope, believing in something far greater than the world has to offer?

At times answering this call makes no sense to those around us. But encountering Jesus changes everything, as we see with St Peter in Luke's gospel, chapter 5.

We reflect on this event when we sing in the Galilee Song, 'Deep within my heart, I hear voices whispering to me, words I can't understand, meanings I can't clearly hear. So I leave my boats behind, leave them on familiar shores, set my heart upon the deep, and follow you, my Lord.'

And another story I read recently also gives us something to reflect on.

A monk in his travels found a very precious gemstone and put it in his bag. One day he met a traveller, and when he opened his bag to share his provisions with him, the traveller saw the jewel and asked the monk to give it to him. The monk did so immediately.

The traveller departed overjoyed with the unexpected gift, which was enough to give him wealth and security for the rest of his life.

However, a few days later he came back in search of the monk, found him, gave him back the precious stone and asked him: 'Now give me something much more precious than this stone. Give me that which allowed you to give the stone to me.' (Anthony De Mello, SJ).

Make the most of every new day and do what God calls you to do. And that is to 'live justly, love tenderly and walk humbly with your God.' Micah 6:8

God Bless

# Inspirations during my weekly adoration hour

Anon



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I have the privilege of spending one hour each week in our adoration chapel. I view it as a weekly retreat from the mad world into the silence and stillness of the Lord.

Normally the first quarter hour is my mind dashing around from idea to idea, but this slows down as time moves on. At times I sing (silently) songs of praise, other times I read the daily gospel. If very 'dry' I say repetitive prayers (Rosary, Divine Mercy).

But mostly I try to just 'sit' in front of the Lord and look at Him (and He looks back at me). I actually like to sit / kneel near to my friend and Lord. It has become a very intimate time of friendship.

Most visits I receive some form of inspiration / new understanding and I share these now as they may be of some help to others. In no particular order:

† I have read a book about miracles of the Eucharist – many involve the host dripping blood or being stained by blood.

When these blood particles are independently analysed, they are categorised as coming from the heart muscles or heart tissue of a man who has suffered greatly. Therefore in my mind the consecrated host is part of Jesus heart (not another part of his body). This has helped me understand the intimacy of receiving Jesus heart into our own hearts at Communion time.

† Following on with this idea, when I am in front of the monstrance I figuratively offer my own heart to Jesus heart in the monstrance. I imagine my heart moving to be alongside Jesus heart and over time my heart then starts to beat to the same rhythm as Jesus heart. Reluctantly I then retrieve my heart but it is now, even if only for a short time, in rhythm with Jesus!

† Looking at the host, it looks like a white piece of bread. I imagine like many believers, I struggle to see Jesus in this piece of bread. The gospel words of John came to my mind on one visit – 'I am the living bread come down from heaven, whoever eats .... Will have eternal life.'

† This bread is not the normal everyday 'dead' bread. This is the 'Living' bread that has come down to us from God. This is special and feeds us in ways that we are not even aware of! Repeat these well known gospel words when you are next having

trouble believing.

† At a recent talk by a priest, I heard that each Catholic Church front door is like the entrance chamber of heaven. When we enter we are on holy ground. This inspired me with the idea that looking at the monstrance is similarly like looking through the keyhole of the door to heaven. We look at the host and our thoughts are transported up to heaven. When we look past the monstrance to the wall behind, we see that there is nothing but air behind the monstrance, but mysteriously when we look at the monstrance we are transported to holy place not in that room! Beyond our understanding, but not beyond our belief.

† I find the simple song – 'He is lord ... he is risen from the dead...every knee shall bow ...etc.' is particularly helpful during my praise time in front of the Lord. This reminds me that Jesus is not only the Crucified One, but very definitely the Risen Lord of our lives.

Most times when I enter the chapel I am stressed to some degree. After spending an hour with the Lord, I am calm and at peace (even if the session has not felt that great).

I thoroughly recommend you to committing to this one-on-one time with the source of our Holy energy. My spiritual life has grown much since I started about 1 year ago.

## Do you need prayer? We'll pray for you

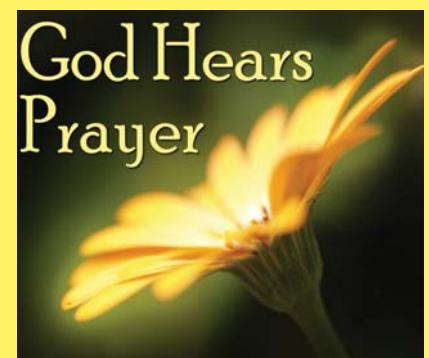
Joshua Catholic Men's Fellowship have people who consider it a privilege to pray for others. God listens and He answers emails.

Email (Jim Gribble) [jimp.gribble@gmail.com](mailto:jimp.gribble@gmail.com)

CC (copy to Peter Jackson) [peter-ann@slingshot.co.nz](mailto:peter-ann@slingshot.co.nz) (in case Jim is unavailable)

Many healings (and verifiable miracles) continue to occur as we pray. Please feedback answers to prayer, as testimony to Jesus' healing helps to encourage others to believe and to pray with expectation.

If you are not yet on the list of men who receive requests, or your email address has changed, please advise Jim.



# What kids really need

**Luke 15:12: ... he set off and went [back] to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him.**

Being a parent is absolutely one of the most difficult and challenging things we can ever, ever do. And in part, that's because there's always a generation gap between parents and their children. We're always parenting in a world, that's so profoundly different to the one in which we grew up. It's like that for every generation, and I guess in modern times, it's become even worse, as the pace of change has increased.

I mean back when I was a kid, my parents worried that the TV show Star Trek was corrupting my mind. But these days, parents are dealing with the challenges of 24/7 connectivity – between their children and their peers, and, worse still, between their children and a pretty scary online world out there.

The things that children are into seem so normal to them, and yet, so scary to their parents. So how can we be great parents, when someone keeps moving the goal posts?

Children and teenagers are meant to be immature. God's whole idea in giving them loving parents, is to provide them with a safe environment, where they can learn, by making mistakes.

Sometimes they're small mistakes. Other times ... well,

God made man in His own image, and man has been trying to repay the favour ever since - Voltaire



**Berni Dymet**

Founder and director of [christianityworks.com](http://christianityworks.com) produces a daily email, called Fresh 4U Today, available free to your inbox when you subscribe at [www.christianityworks.com](http://www.christianityworks.com)

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anyone who's had teenagers knows that sometimes we could ring their precious little necks. And then there are those times, when they leave us totally devastated.

But here's the one thing – absolutely the most important thing – that our children need from us. They need to know that no matter how badly they've failed, they can always come home. They need to know that you'll always hug them, that you'll always love them, no matter what. It's how it's meant to be.

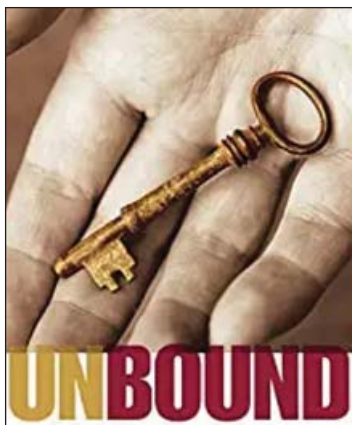
When Jesus was trying to explain what God's like, He told the parable of the prodigal son. The son that took his inheritance, turned his back on his dad and went and blew it all in profligate living. But when, with a hungry belly, the young man finally came to his senses, Jesus tells us that:

'... he set off and went [back] to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him.' (Luke 15:12)

We parents, we don't always get things right. There's no definitive manual on parenting. And the world today is so different, and kids will always be kids. Teenagers will always be teenagers. Our young adult children will always be, well you know ... our kids.

A father's love, a mother's love, is filled with compassion. It always, always forgives; it always embraces. That's how it's meant to be.

And that's God's Word. Fresh ... for you ... today.



## A Practical Guide to Deliverance

Neal Lozano

As a teacher on deliverance, Neal Lozano knows that many believers struggle with the same sin areas time after time. Yet victory can be as simple as tapping into the potent power of the gospel. By focusing on Jesus and his work, rather than on the intimidating aspects of evil spirits, readers can reset their mindset about their spiritual struggles. In Unbound, Lozano shows readers how

to do just this. He also shows them how to find and close any doors they may have opened to evil influence--and, consequently, Satan's underhanded strategies. Balanced and full of hope, Unbound is a practical, thorough, and easy-to-follow guide to deliverance and freedom. It also includes practical instruction on praying for others to be set free.

Robert - [robertsaunders5@gmail.com](mailto:robertsaunders5@gmail.com)

**\$20** includes delivery in New Zealand!

# Overcoming the 'sucks to be me!' syndrome



**John Doyel**  
180recovery

Every now and again you hear it as a punch line on a TV comedy show. Someone is going on about how bad their life is and all the bad things that are happening to them and someone says to them ... 'Sucks to be you!' (Canned laughter in the background)

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If you are like me you do not say that to another person ... but how many times do you think it about yourself? You realise that your have become ensnared in a web of lust and porn. You are not experiencing self-control over your sexual urges. It is like lust has a power over you and every few days you find ways to act out sexually.

Then, after acting out the shame and guilt flood into your thinking. After the God designed pleasurable effects of an orgasm wear off, anxiety and even depression sets in and you think, 'Sucks to Be Me!'

Self-pity lives in the soul of many men who are sexually broken and your response is to get another sexual fix ... which fixes nothing.

Look to put it simply ... if you are going to continue to act out this will be the emotional toll you have to pay.

Feeling crappy about yourself is not a punishment, it is a natural result and what you should be feeling. If you do not feel it then your heart has become very hardened or you may not be a believer.

So I know it is of little consequence to say this ... but those bad feelings indicate something good.

If you can place your hand on top of a burner of your stove that is on high, and not jerk it back ... then you are a problem. You have not nerves in your hand and now your flesh is burned. The nerves are there for a reason and indicate there is health in your hand.

Feeling badly about acting out is a good thing. It shows you have a conscience. It shows you that in your soul and spirit you want to be good and grieve when you make bad choices.

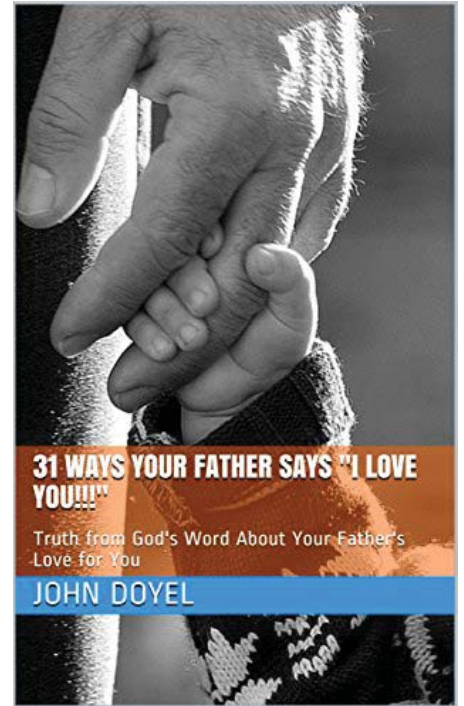
You feel like it sucks to be you because when you are turning to sin instead of to God in your choices you should expect a bad result. It is an indication that you are a child of God's.

This coming week we are going to look at the passages which show that in spite of our bad choices we are still children of God who never stops loving us when we fall ... because His love in unconditional.

Remember our Father disciplines us because He loves us and desires us to become more holy.

Learn more about the incredible and unconditional love the Father has for

you in this devotional '31 Ways Your Father Says "I Love You!!!"



Available at [https://www.amazon.com/Ways-Your-Father-Says-Love-ebook/dp/B071JC8JSH/ref=asap\\_bc?ie=UTF8](https://www.amazon.com/Ways-Your-Father-Says-Love-ebook/dp/B071JC8JSH/ref=asap_bc?ie=UTF8), for Kindle at a price of \$3.47



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Next year Joshua Catholic Men's Fellowship and menALIVE, an Australian-based Catholic men's

ministry, will co-host a first-ever national gathering for Catholic men here in New Zealand. Known as MAX18 NZ, this live-in weekend event is modelled on the very successful MAX weekends that have been held in Brisbane for a number of years. They draw together Catholic men from all over Australia and even some of us Kiwis.

The venue for MAX18 NZ will be

Kings College in Otahuhu, Auckland. The theme of is UNLESS. Intrigued? Watch this space as details unfold.

Emeritus Bishop Denis Browne (Joshua National Chaplain) and Bishop Pat Dunn (Bishop of Auckland) have both expressed their approval and enthusiastic support for MAX18 NZ.

**28-30 September 2018**

## To Love, Honor & Vacuum



**MEN:**  
**HERE'S WHAT I'D**  
**LIKE TO SAY TO**  
**YOU ABOUT SEX**

Many men would love to understand their wives, but often we have no idea about what makes her tick, or what her very nature as a woman demands. You can read Sheila's blog by typing the following address into your browser:

<http://tolovehonorandvacuum.com/for-the-men/>

Sheila Wray Gregoire has been married for 25 years and happily married for 20! She loves travelling around North America with her hubby in their RV, giving her signature 'Girl Talk' about sex and marriage. And she's written 8 books. About sex and marriage. See a theme here? Plus she knits. Even in line at the grocery store.

# Where, When, Who

## Northland

Meeting: Third Wednesday of each month 7.30pm  
St Francis Xavier Church, Park Ave, Whangarei

Contact: Colin Lamb 021 044 9570  
chipol@xtra.co.nz

## North Shore

Meeting: Last Wednesday of each month  
7.30pm, St Joseph's Centre, Fred Thomas  
Drive, Takapuna, Auckland

Contact: Basil Rassam 09 443 5755

## Palmerston North

Meeting: Third Tuesday of each month 7.00pm  
St Mary's church foyer, Ruahine St, Palmerston North

Contact: John Hammond 027 688 7750  
jo.mo.hamm@gmail.com

## Wellington

Meeting: Third Thursday of each month  
7.30pm, Connolly Hall, Guildford Terrace,  
Thorndon

Contact:  
John Taylor 04 389 8915 or 021 107 8538

## Christchurch

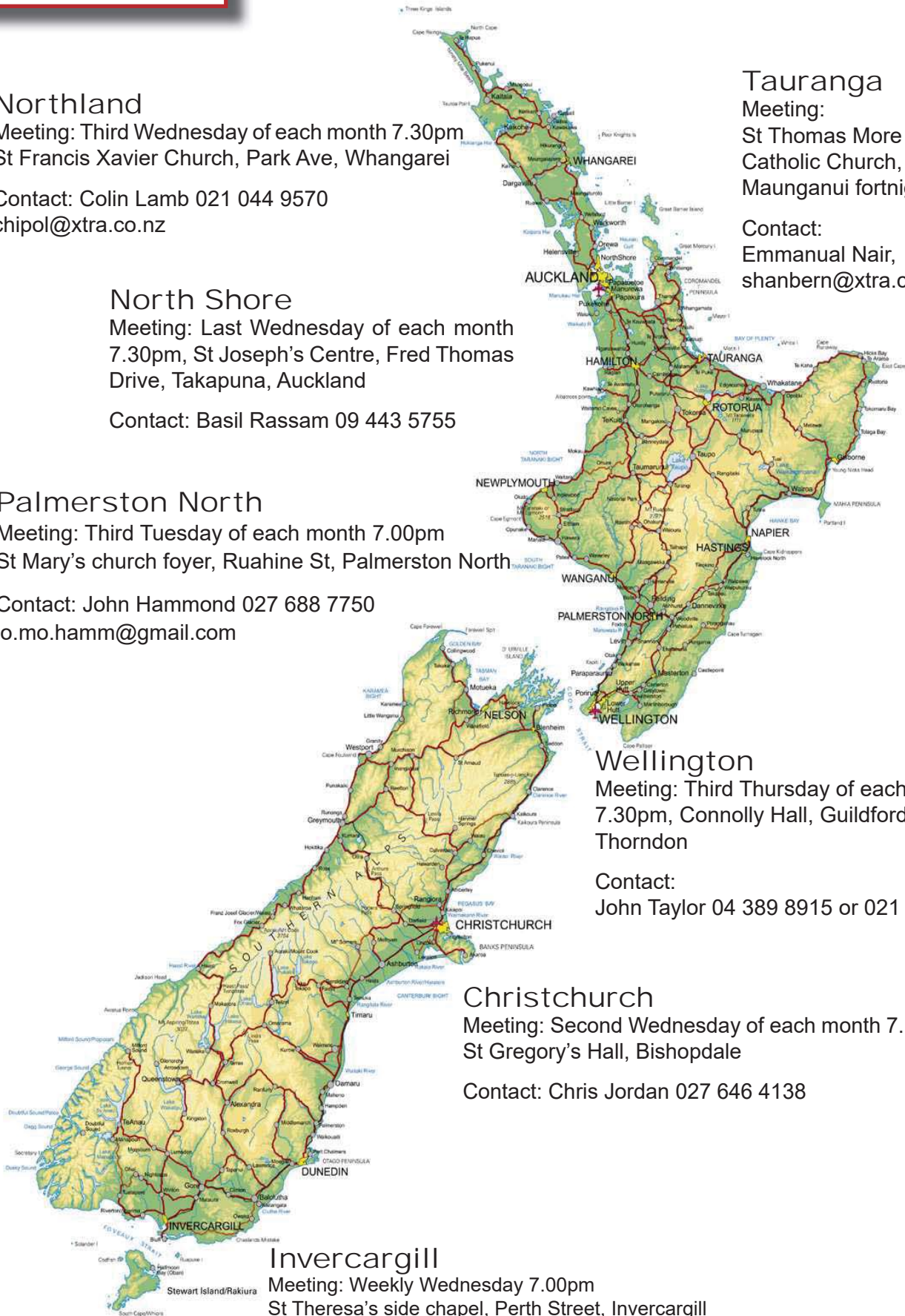
Meeting: Second Wednesday of each month 7.15pm  
St Gregory's Hall, Bishopdale

Contact: Chris Jordan 027 646 4138

## Invercargill

Meeting: Weekly Wednesday 7.00pm  
St Theresa's side chapel, Perth Street, Invercargill

Contact: Martin de Ruyter 027 475 8933



# Fatherhood



**Basil Rassam**  
Auckland

*I wrote these notes during Father's talk, and because I was deeply touched during it, I have decided to share them.*

names, but you have to live with it, and show your love.

You need to lead by example. Be a spiritual leader by your prayer and mass attendance. So who is a good example?

Jesus said love your neighbour as yourself. All around you in the family and out of the family are your neighbours.

A priest in Auckland (Father R) says people in India have nothing and they seem to be happy. But people here have got everything, and are committing suicide.

What's the problem? We can see the significance of modern technology which is replacing human contacts. Facebook friends are not friends, they are contacts only. You probably don't know half of them! Ask your children to stop this word - not all the contacts are friends.

The relationship is very important. We have to learn how to relate. Don't allow your time to make money affect spending time with your children. It's probably easy to say it but its a fact. Learn not to reject, as God loves us all. Be a loving father and a loving husband.

own way.

Do you remember the 'old days', when you were their age? Tell your children that God loves each and every one of us. Every person is unique and every one of our children is also unique.

We must know that we fathers (and mothers) don't own our children and it's very important to bring them up how God wants them, not how we want them. We must listen to what they're saying, and to what they're not saying.

Don't make assumptions. You are there as a caring father, not a policeman. Be reasonable and rational.

## **Priests and fathers do have a bad name**

Father John gave an example of a priest in Dublin who got spat on because he was a priest. People get beaten, so fathers do have bad

## NORTH SHORE

'You need exactly the same values to be a father in a family and a husband, as a priest needs to be a parish priest.'

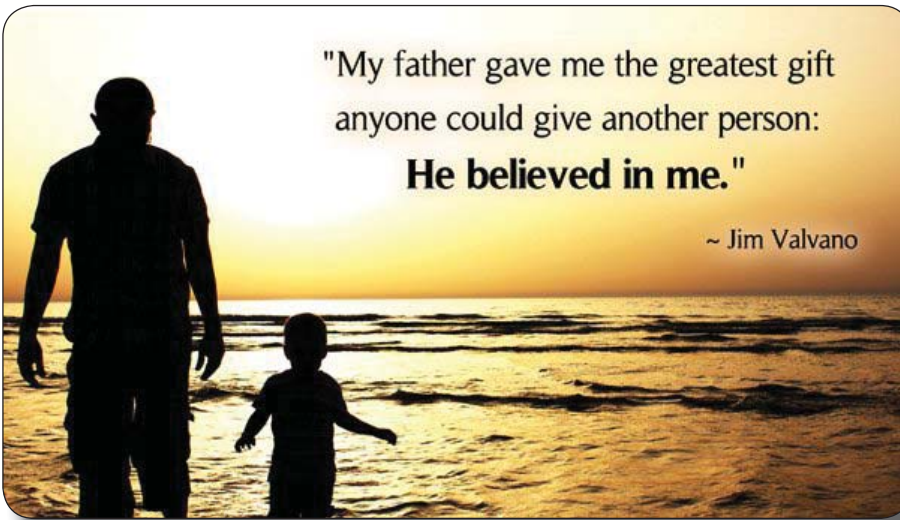
Father John Webb started his talk to the men at Joshua North Shore's October meeting at St Joseph's Centre in Takapuna.

He said that a lot of common factors of being a father and a priest come down to leadership. We have to respect this leadership.

A good father and a good priest must both be good leaders. Courage and integrity are two very important factors in that leadership. A lot of patience is needed, especially when the children start to do things in their

"My father gave me the greatest gift anyone could give another person:  
**He believed in me."**

~ Jim Valvano



Contact John Taylor  
04 389 8915 or 021 107 8538

e-mail  
jnjtaylor132@gmail.com

## **Last meeting for 2017** **Thursday 16 November, 7.30pm**

**Connolly Hall, Guildford Terrace, Thorndon**  
(behind Sacred Heart Cathedral)

Speaker:  
**Pauline Griffiths**  
clinical psychologist

Subject:  
**How have I responded to influences received from my parents**



# Are You Tired of Losing the Battle with Sexual Temptation?

There is no simple answer to that question because it can be many things that are in play. We have trained ourselves to satisfy our sexual urges almost instantly. We can get triggered anywhere and thanks to our smartphones we can have sexual satisfaction in just a few minutes.

Over the years and for some decades, we have so hard-wired our neurological pathways that once we are tempted we move quickly to find a way to have an orgasm. There is little or no self-control, and we feel so defeated we rationalise why should I even try not to act out.

We know that we will give in eventually so why not get it over with, enjoy the experience and reap the benefits of a period of the relief of stress and the calm that follows?

## It is what comes after the calm that is troubling to us

On the heels of pleasure are the hounds of shame, fear, and guilt. We are grieved, and we have grieved the Spirit. We have dug deeper into our isolation and moved our guilt gauge up another notch. Then the thought of repenting again and confessing again and telling someone else we have fallen again, grates against our soul and we just feel defeated.

If this is your cycle then can I suggest two things that you can do which will begin to help you not to keep doing this dance over and over again? There is no simple answer and recovery is something we need to work on every day.

However, if you can begin to do these two things as soon as you begin to feel tempted, and do them consistently, you will begin to get some traction and find that it is possible to become untangled from this sin that so easily entangles.

Notice this verse in 1 Corinthians 10:13;

*"No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it."*

God will not let us be tempted beyond what we can resist. Say WHAT??? You probably do not believe that based on your

experience.

## Do you know the reason why that is the case?

First, you are not looking for the escape. Second, you are not doing the two things you need to do to find the escape.

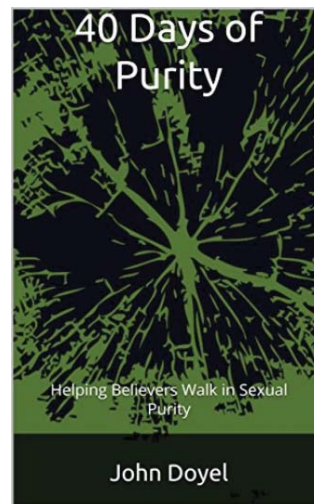
So, here they are, and it is not complicated but will be hard for you to do because it is going against the world, your flesh and the devil.

First - as soon as you feel you are being tempted call out to the Holy Spirit and ask Him to fill you and show you the escape. It probably will begin by doing what the Bible tells us to do, and that is; 'Flee youthful lusts!' Flee as in get up and walk or run away. Leave the computer. Turn off your phone. Leave wherever you are when you are being tempted. I call that REACHING UP.

Second - right after you call out to the Spirit and are in the process of leaving the place of temptation, call out to your support team.

What? You do not have a support team? Sorry, but that is just plain dumb. You need to have a support team. You need to have at least two people that you can reach out to at any time. And that can be accomplished in under 30 seconds. I call that REACHING OUT.

If you REACH UP and then REACH OUT, there is a much greater chance that you will not REACH IN to your pants!



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## Who does all the praying for the prayer requests?

Joshua has a group of men who talk to God in prayer, seeking His will.

## How can I become involved in praying for others?

Simply ask God to reveal His grace through hearing the prayer request.

## Am I really 'qualified' to do this?

Everyone who talks with God is 'qualified'. 'Ask and you will receive.'

## Who do I contact to become part of the team?

Email Jim Gribble - [jimp.gribble@gmail.com](mailto:jimp.gribble@gmail.com)

Peter Jackson - [peter-ann@slingshot.co.nz](mailto:peter-ann@slingshot.co.nz)

Have you ever taken a big bite and also made a big 'crunch' on your tongue, or your cheek? You know you're 'in for it' for the next week while it heals. And you can't hurry it up. You know the inevitable - time starts anew (from that point on until it comes right), and the fact that the pain will grow as well.

Sometimes when this happens to me I mutter (or murmur) that word from the Toyota ads of about 15 years ago, 'b.....r'. It is such a quick event, and is followed by a healing which cannot be hurried.

My thoughts and reactions change nothing in this situation, but my chewing actions are toned down as I endure the discomfort and damage.

I reckon much of life is much like that. There's times when I sin and do some damage to myself or someone else.

## Pen to Paper

Jack Ponting



These things happen. But I know straight away the healing will take time and may be very painful. For sure, I tread far more cautiously after I've sinned, allowing 'the holiness in me' to heal the situation.

While praying recently I offered God some profound words - 'Perfectly pure means filtering everything through You! The path to holiness is not avoiding trouble and pain, it's the living as we pass through the unpleasant stages.

Consider Psalm 23:4, 'Yea, though I walk through the valley of the shadow of death I will fear no evil.' This doesn't mean evil will not be present. It will be there, but as I walk *through* the valley, I will fear no evil.

Psalm 23:4b gives the assurance by saying, 'for You are with me!'

Wow, isn't that one of the best places to be assured that even there, we are in the presence of God?

### Let's not get burdened by our imperfections

Our God is perfect. And in case you weren't sure, we are not!

Scripture does say 'be ye perfect, as your Father in heaven is perfect', and you may wonder how we can possibly 'be perfect'.

I can't answer that like a scholar, but I also note that scripture says, 'for all have sinned and fall short of the glory of God'.

For me to feel comfortable with these two statements is to be continually reconciling with God. Not repeatedly bashing my imperfections, but by recognising and enjoying fellowship with the Creator. This was the original design. It appears shortly after the first three words in the Bible, 'In the beginning!'

I thank God He doesn't keep recordings of sin. We are cleansed of all

unrighteousness when we confess our sins. We are not reminded by God about the many times we may have done the same thing. Each is a fresh reconcile.

What about the old LPs we used to play. The artists spent many hours trying to get the sound to the point of declaring 'that's it'. A recording will always sound great, but never indicates what the artist is feeling, thinking and doing with the rest of his/her/their lives.

In most cases LPs eventually got scratched, and then the imperfections were played over and over. We then expected to hear the music on that record played with the same imperfection, in the same place, every time.

Thankfully our God does not treat us like a record, with our inevitable scratches. His love is eternal. His acceptance of whatever condition we are in is echoed in the song, 'Come as you are, that's how I want you'.

### How's your future-proofing?

Some thoughts of ways you can prepare for future setbacks, periods of waiting, and rapid response (as well as everything in between):

- Trust God is there, at all times and all places. He also cares for us far more than what our own mothers can do.
- Pray (that means actually listening more than speaking).
- Share. We will always have enough, this is one of God's promises. Yet we so often build stronger protection, reacting to the big lie of scarcity ruling on the day.



Whatever your views are, we welcome (almost) all of them as Letters to the Editor. Up to about 400 words is acceptable, and no one man's view covers all of the different interpretations. Please email me anything you'd like included, even if you'd like to comment on a Letter to the editor. Discussion is healthy.

## Quotes

Why pray? Evidently, God likes to be asked. God certainly does not need our wisdom or our knowledge, nor even the information contained in our prayers ('your Father knows what you need before you ask him'). But by inviting us into the partnership of creation, God also invites us into relationship. God is love, said the apostle John. God does not merely have love or feel love. God is love and cannot not love. As such, God yearns for relationship with the creatures made in his image.

PHILIP YANCEY, *Prayer: Does It Make Any Difference?*

If God doesn't want something for me, I shouldn't want it either. Spending time in meditative prayer, getting to know God, helps align my desires with God's.

PHILIP YANCEY, *Prayer: Does It Make Any Difference?*

You can't know everything. But you can know enough smart people that together you know almost everything.

Jeff Bezos, founder of Amazon