

FRATERNITY OF FATHERHOOD

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A SPIRITUAL FRATERNITY
FOR ALL MEN



**Fr. Santan Pinto
SOLT**
Founder of The Fraternity
of Fatherhood

Forgiveness

Fr. Santan Pinto SOLT

Men, most often, have great difficulty with forgiveness. By being able to forgive we show our greatness; we have to be able to let go. After all, we really don't have power to forgive anyhow. By letting go, we can ask God to forgive. We give it to him and don't take it back. "Father forgive them, for they know not what they do." (Luke 23:34). By letting go, giving the problem to the Father, we ask for His forgiveness. By doing so, we come to better understanding of God's mercy.

God's forgiveness starts with us. Often times we believe in God's mercy and forgiveness but are not able to let go of our selfness. We hold the hurt to us tight. Without forgiveness we don't allow ourselves to make mistakes, we become critical of others, we lack compassion and understanding, we become miserable and bitter. Without forgiveness we destroy the relationships that God has given us; relationships with our brothers, sisters, wife, parents and children. Peace cannot be in a family without forgiveness.

God's mercy and forgiveness are infinite. Don't limit God working through you by not letting go. Let go. Healing our pain begins with forgiveness.

I Said Something, and It Hurt

Reflection by Mike Allison

I've been thinking about the prodigal son. Such a beautiful story of the Father's love and forgiveness and the repentance and redemption of the son. Recently I had a beautiful example of God's mercy and forgiveness and the compassion of someone I love.

I was literally invited as a participant into the story of the prodigal son and to see firsthand what the son returning home to his father experienced. It was much smaller and in a different way, but the message was made very clear to me. In my story, I too was like the prodigal son. I wanted something for myself. It was not the inheritance of my father. It was not riches, but it was selfish.

The person I was speaking to had an incident happen to him that made him feel very self-conscious and rather than me offering consolation, I saw it as an opportunity to say something funny, ...continued on page 2

**"Lent:
A Season of
Reconciliation"**

... continued I Said Something and It Hurt

something humorous, and as it turned out, it was actually something hurtful. You see I was thinking about myself and not about that person and what I said wasn't funny at all, and I very much regretted saying it. I certainly didn't mean to hurt the person's feelings or make them feel worse, but that was the unintended consequence. I put a crack in the foundation of a solid relationship.

Like the prodigal son, I too came to my senses and went to this person seeking his forgiveness. Yes, he told me I did hurt his feelings, but rather than being angry at me or letting me stew in my guilt, he immediately forgave me. He told me how much he loved me and he told me that all is good between me and him.

“Like the prodigal son, I too came to my senses and went to this person seeking his forgiveness.”

And... check out this next part. He literally threw a banquet feast that evening: a huge barbecue for me. His way of letting me know it was okay. Yes, our whole family was there, but it was no accident that it was all the foods that I like most that he prepared and spent money and time to show his love and accept my forgiveness. It was a greatest of kindness on his part and he overwhelmed me with his generosity.

It wasn't until days later that I realized this great gift that was given to me, was so much like the prodigal son and that I have an obligation to love and to forgive better and to learn the lesson from this blessing God gave me. Yes, I'm going to confession and I will seek repentance. I'll enter the confessional knowing that if another human being can offer me that kind of love and forgiveness just think of the magnitude and the love that God brings to me in the sacrament of reconciliation.

I am told that our sins are like a drop of water in the ocean of God's mercy; confess those sins and try to find “that drop” it in the ocean of God's Mercy and you never will because God absorbs it by His immense and vast love. ... continued on page 3



... continued I Said Something and It Hurt

When we go to confession, it's not about you, but it's rather about God's mercy. We bring all things to the throne of grace, and He forgives us and He desires for us to come to Him, and we hear those beautiful words by the authority He has given to the Church through the priest, those blessed words "I absolve you from your sins, in the name of the Father and the Son and the Holy Spirit, Amen.

Brothers, I encourage you to spend time in front of our Lord and the Blessed Sacrament receiving the healing rays of His love and spending time listening to Him and letting Him love you and renew you.

Saint Peter Julianne Eymard said, "We must accustom ourselves to see Jesus in the Host just as He really is, a living person with a Heart filled with love and tenderness, a real person who loves us and wishes us to come to Him as One we love above all others."



Blessed Lent to you, brothers.

"Brothers, I encourage you to spend time in front of our Lord and the Blessed Sacrament receiving the healing rays of His love...."

... and spending time listening to Him and letting Him love you and renew you."



Litany of Belovedness

Written by Sarah Kroger

The response is: Deliver me, Jesus

From the belief that I am worthless
From the belief that I am not good enough
From the belief that I am defined by my past
From the belief that I am broken and will never be whole
From the belief that I am only as good as my accomplishments
From the belief that I am a failure
From the belief that I am not gifted in any way
From the belief that I am alone
From the belief that I can't change or grow
From the belief that I am unwanted
From the belief that I am undesirable
From the belief that I am unloveable
From the belief that I am what others think of me
From the lie of perfectionism
From the trap of comparison

The response is: Jesus, help me to believe it

That I am your beloved child
That I am precious in your sight
That I am wanted
That I am who You say I am
That I am delighted in
That I am chosen
That I am a work in progress
That I am never alone
That through you, I am capable of love
That through you, I am capable of healing and wholeness
That I belong
That I am not a mistake
That I was made in Your image
That You have a plan for my life
That You are holding me and leading me
That I am known, seen, and loved just as I am

Father, thank you for Your great, unending love. In You, I am seen. In You, I am heard. In You, I am known. In You, I am loved. Today, I choose to embrace the reality of Your love for me. Today, I choose to own my belovedness.

-Amen

One thing I have learned over the years is that forgiving others starts with forgiving yourself. I came across this litany by Sarah Kroger sometime ago and just held on to it. The Holy Spirit prompted me that this is the right time to share it with all. You might add this to your Lenten prayer to help you release all that is heavy on your heart and mind.

You are Beloved. Have a Blessed Easter!

*In Christ,
Brendan McVicker*



Fraternity of Fatherhood—Group locations & Area Coordinators

Fr. Pinto has encouraged us to grow and expand the Fraternity of Fatherhood all over the world. He has granted us his permission, his blessing and he guides us spiritually. It is with this confidence that we now move forward with humility, obedience and docile hearts. If you are interested in joining a Fraternity of Fatherhood group or if you would like to start a group in your city contact Dcn. Ray Emnace, Mike Allison, Stacey Hill or Brendan McVicker.

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"Then said Jesus,

"Father,

forgive them; for

they know not

what they do."

—Luke 23:34



POSTAGE

Fraternity of Fatherhood

**We entrust the Fatherhood Fraternity to the patronage
of St. Joseph.**



**St. Joseph ...Pray For Us.
Feast Day March 19th**



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