

FRATERNITY OF FATHERHOOD

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A SPIRITUAL FRATERNITY
FOR ALL MEN



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

The Bible in the Mass

Sign of the Cross	→ Mt 28:19 Ezek 9:4
Greetings	→ 2 Cor 13:13 2 Tim 4:22
Penitential Act	→ 1 Jn 1:9 Jas 5:16 Lk 18:13 1 Chr 21:8 Mt 5:28 Jas 4:17
Lord, Have Mercy	→ Mt 15:22 Mt 17:15
Gloria	→ Lk 2:14 Rev 19:6 Jn 1:29 Rom 8:34 Ps 83:19 Jn 14:26
Word of the Lord	→ 1 Pet 1:25 Rom 7:25
Alleluia	→ Rev 19:6-7
Nicene Creed	→ Col 1:16 Jn 1:18 Jn 1:3 Jn 3:13 Lk 1:35 Jn 1:14 1 Cor 15:3-4 Col 3:1 Lk 1:33 Acts 10:42 Rom 6:5
Preparation of Gifts	→ 1 Chr 29:10 Ps 104:13-15 Jas 5:7 1 Cor 10:4
Invitation to Pray	→ Heb 12:28 Ps 66:1-2

Why Fathers' Church Attendance Matters for Kids

Brendan McVicker

There are three things that I continue to carry to this day regarding my Dad and spirituality . First, I'm the son that was fortunate to collect all my Dad's WWII memorabilia and inside his uniform is sewn a heart with a Precious Blood of Jesus prayer on it for protection during that most terrible of wars. Second, I remember him at his



mom's funeral and watching him and when he closed her casket for the final time. I could see how serious he took that moment and the gratitude to her he showed in his eyes. And lastly, I don't ever, ever recall him missing Sunday Mass. Never!

I grew up in a family of twelve kids , six boys and 6 girls. I am the tenth of the twelve and the youngest boy. Now during the week days, the older siblings went to school earlier than us younger ones so getting access to a bathroom etc was doable . But Sunday mornings were a different story...everyone at same time trying to get ready for 8:30am Mass. No one was going to wake you up or put your Sunday clothes out. Just get ready and make sure you are in the station-wagon in your regular spot ready to go when Dad is ready. Being one of the youngest kids, my pecking continued on page 2

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order on getting to use the bathroom or shower was close to zero. If I did get to use the shower, I guarantee you that the hot water was gone. Most the time, I just threw water on my head so I could make my hair decent enough for church.

I remember wearing the same blue, little kid slacks with a black belt that nearly wrapped around my waist twice it was so long. I had the same white shirt every Sunday and sometimes my Dad would clip on a bowtie. I did not like bowties. Finished it off with black shoes. I hated it. When we got to Church, it was always an assisted quick dip of the hand into the holy water by either Mom or Dad, a sign of the cross and dad would stand by the same pew, like an usher, as we all filed in. We literally took up the entire pew. And whatever you do, don't forget to genuflect with the right knee down, never the left knee. If you did forget, Dad gladly reminded you within about a half of milli-second. No hands in your pockets ever and don't slouch.

So those were the early years, but I can honestly say my Dad did have a big impact on me getting to Mass on Sunday. If we were camping, we always left after Mass on Sunday and returned to town before the next Sunday. My Dad loved the beach and so yearly we always did a week long trip and St. Peter the Fisherman was always our go to parish in Arch Cape. We didn't miss Mass.

My Dad was very instrumental in having me become an Altar Boy and assisted me in learning the Apostles Creed and a few other prayers that were required at the time in order to be a server. He would test me and my brother in the front living room to see if we knew them. Dad never complained if he had to take me to serve a funeral or other special Mass outside the normal Sunday schedule. My Dad never wore jeans to Mass. Now I won't say today that I have never worn jeans but I can say that there are times I do put on the slacks instead of jeans because I think of him.

Both my parents are gone now. All of us kids are grown. Yes, both my parents were very involved in our faith development, but Dad had a big impact on me when it came to Mass. I don't ever recall him missing Sunday Mass. His attendance at Mass mattered and you knew it. Attendance at Mass was important to him and you knew it because he lived it.

I want to share a study I found on "Catholic Exchange". Fathers' regular church attendance has a profound and measurable impact on their children's spiritual lives, influencing both attendance and long-term faith habits.

Research findings

If a father does not attend church regularly, even if the mother does, only 1 in 50 of their children will become regular worshippers as adults.

If a father does attend regularly, regardless of the mother's involvement, two-thirds to three-quarters of their children will attend church.

**A Custom Worth Recovering!
Genuflecting used to mark us Catholics — in fact, sometimes we were called “knee-benders,” because we genuflect when we entered Church! Why? We look to the tabernacle, we recognize that our Lord is really and truly present in the Most Blessed Sacrament, and we let our right knee touch the ground in an act of reverence.**

Cardinal Dolan

.... continued on page 7

The Holy Mass—The Perfect Prayer

Adoremus Bulletin

The Holy Mass is considered the perfect prayer because it is not just a human action, but the ultimate, eternal offering of Jesus Christ Himself. Through the Liturgy, believers unite their own prayers, sacrifices, and lives directly with Christ's perfect sacrifice on the cross to God the Father.

Union with Christ: It allows you to participate in the Paschal Mystery—the passion, death, and resurrection of Jesus—by joining the Eucharistic sacrifice.

The Source and Summit: According to the Catechism, the Eucharist is the center of Christian life. Everything the Church does flows from it and is directed toward it.

Perfect Adoration: In the Mass, prayer reaches its absolute pinnacle because it is Jesus acting as both the priest and the victim. It provides perfect praise, thanksgiving, petition, and supplication.

How to Pray the Mass

While the Mass is perfect in itself, the spiritual fruit you receive depends on how fully you engage with it. Transforming attendance from a routine into an active encounter involves three main steps:

Prepare Your Heart: Arrive early and spend time in quiet reflection. Bring your personal intentions, but allow silence to clear away everyday distractions.

Conscious Participation: Actively listen during the Liturgy of the Word, and deliberately offer your own joys, struggles, and life, along with the bread and wine during the Offertory.

Receive and Respond: When receiving Communion, offer yourself fully to Christ. Afterward, spend time in silent thanksgiving for the graces received, carrying that peace out into the world.



To deepen your understanding of how to connect with the sacred signs, symbols, and silences of the Liturgy, you can explore the Spiritual Direction Mass Guide or the teachings found in the Adoremus Bulletin on entering fully into the Mass.

Fraternity of Fatherhood

What do the Saints say about the Mass...

If at all possible, attend Mass every morning. The days when this is impossible, choose a moment—preferably after morning prayers—to be present in spirit at the Holy Sacrifice. Go in spirit before the Tabernacle and place yourself in the Heart of Jesus.

Unite yourself to the Masses which are being offered up at that moment since there is not a minute of the day or night that the Holy Sacrifice is not being offered in some part of the world, —and offer Jesus to the Heavenly Father, as a Victim, begging Him to pardon in His name, all sinners, particularly yourself, and ask Him to enkindle His love in all hearts to increase the number saints.

-St. Peter Julian Eymard

If we only could understand the value of one Mass! The infinite value of this Sacrifice far surpasses our negligence, our miseries and even our faults.

We do not half realize how great a treasure God has placed in our hands or how great is the gift which we can offer Him every time we present to Him his Son on the altar, regardless of the unworthy creature who makes the offering.

We can renew this offering at all hours and at every moment of the day and night, by uniting ourselves to the priest who in some part of the world has just consecrated; or we can unite ourselves to the Heart of the great High Priest, Jesus, who in the Host offers Himself to His Father without ceasing and renders Him a homage which is entirely worthy of Him.

-St. Peter Julian Eymard

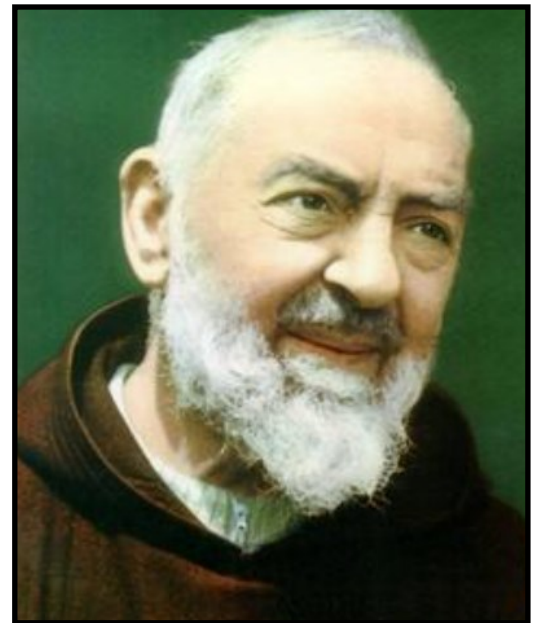
“Every Mass in which we participate fills us with countless graces.” –

St. Alphonsus Liguori

“The Mass is the most perfect act of adoration we can offer to God.” –

St. Francis de Sales

“The world could more easily exist without the sun than it could without the Mass.” – **St. Pio of Pietrelcina**



St. Pio of Pietrelcina

WHAT WOULD YOU SAY ABOUT THE MASS IF YOU COULD ONLY SAY ONE SENTENCE TO LEAVE FOR OTHERS?

The Miracle That Transcends Time and Space

Brendan McVicker

I watched the short film “The Veil Removed” and was blown away by how it depicted how Heaven and Earth are joined together miraculously at every Mass. The Mass is an ongoing miracle that transcends time and space. We literally become present to the very same timeless sacrifice that took place 2000 years ago. This major historical event in the Church, namely, the passion, death and resurrection of Our Lord Jesus Christ; the Holy Sacrifice of the Mass is not a reenactment, it is not re-crucifying Jesus again, as we often hear. It is Jesus passion, death and resurrection made present here and now in the Eucharist. It truly is miraculous and this miracle happens over and over at every Mass. Jesus passion, death and resurrection is made present here and now in the Eucharist. “Do this in remembrance of Me” is not, as many think, just a thought to think about what took place 2000 years ago in the Upper Room. The Council of Trent (1545-1563) teaches, Jesus wanted “to leave to His beloved spouse the Church a visible sacrifice (as the nature of man demands) by which the bloody sacrifice which He was to accomplish once for all on the cross would be re-presented, its memory perpetuated until the end of the world, and its salutary power be applied to the forgiveness of the sins we daily commit.” I may have shared this once in the past but I read this article by John Grondelski, “The Eucharist as a Sacrifice” and it spoke to this point so well that I wanted to share part of it with you.....

“Jesus clearly intended the Eucharist to be part of his offering on the cross. Catholic theology speaks of the Eucharist as making the “sacrifice of Christ present. But Jesus instituted the Eucharist on Holy Thursday night, and he didn’t die until Good Friday afternoon. So how are they connected?

Let’s remember that, for God, time is not past, present, and future. Jesus is not sitting at God’s right hand, waiting to see how history will turn out. “All time belongs to Him,” we say during the inscription of the paschal candle at the Easter Vigil. For us, mortal creatures, time is experienced as unfolding: past, present, and future. For God, all time is now.



So, yes, Jesus offered himself once and for all (a prime Protestant contention that also corresponds to Heb. 10:10). But Jesus’ offering encompassed his passion, death, and resurrection on Calvary that was already anticipated in the Last Supper and is made present in every Eucharist that has been celebrated from then until the end of time. This is Jesus offering himself.” ..continued on page 6

... continued The Miracle That Transcends Time and Space

“Jesus enjoined his apostles to “do this in memory of me”—not as an afterthought, not as a “hey, Jesus did this, and isn’t it nice?” No, “memory” here in a Jewish context has a specific meaning. It is a making present of the thing being remembered here and now.

The Last Supper was a Passover meal. The Passover prefigures the Eucharist. When God institutes the Passover, he instructs Moses that Israel is to keep this “memorial” forever (Exod. 12:14) because every generation of Jews stands together with Moses and Aaron and the Jews of Egypt with whom God made this covenant. Even today, during the Passover meal, the youngest child asks, “Why is this night different from all others?” Take note of the verb and adjective: the child does not ask “why was that night different,” but “why is this night different?” Before Almighty God, every Jew who was, is, or will be was part of that Passover. And if the Passover merely prefigures the sacrificial offering of the Lamb of God, the real offering on Calvary presupposes just as real a memory: whoever belongs to Christ is joined, in every Eucharist, to the Upper Room and Calvary. If by Baptism we become part of Jesus’ death (Rom. 6:31-11), well, Baptism makes us participants in that death in order to make us part of the mystical body of Christ.

So is the Eucharist a meal? Yes, but a unique kind of meal, because it is also a sacrifice, thanks to which (and thanks only to which) we are saved. By taking part in and receiving the Eucharist, we—the mystical body of Christ—join the supreme offering of our head to God. That is why we speak of the priest as celebrating in persona Christi. It’s not “Father John’s Mass.” It’s Christ’s Mass, who acts through human ministers to accommodate us, mortal creatures bound to space and time, raising us up to God’s dimension not bound by such limits.”

America’s 250th Anniversary

Heavenly Father, as we commemorate 250 years since the signing of the Declaration of Independence, we pause in gratitude. Thank You for sustaining this nation through triumphs and trials. Forgive us where we have fallen short. Heal our divisions. Strengthen our families. Guide our leaders with wisdom and humility. Let justice and mercy flourish together. May America walk in integrity, compassion, and reverence for You. We entrust the future of this nation into Your hands. In Jesus’ name, Amen.



... continued Why Fathers' Church Attendance Matters for Kids

When the father is the first in the family to come to Christ, 93% of the time the rest of the household will follow. In Sunday school attendance, when only the father participates, 72% of children will attend as adults, compared to 55% when only the mother attends and 15% when the mother attends without the father. A 1994 Swiss study found that if only the mother is active, only 2% of children become lifelong church-goers, while with an active father, the rate rises to 38–44%. Catholic Exchange.

Why it matters

Modeling faith: Children learn by example. A father's consistent presence in worship shows them the value of faith and community.

Spiritual leadership: The Bible calls fathers to “give spiritual direction” (Joshua 24:14–15) and to teach God's Word diligently to their children (Deuteronomy 6:6–9).

Ripple effect: A father's faith often spreads to the whole family, creating a home environment that supports spiritual growth.

Long-term influence: Regular attendance correlates with sustained faith, as children are more likely to remain in church and continue learning about God's Word.

Bottom line

A father's church attendance is not just about personal faith—it's a key factor in shaping his children's spiritual journey. When fathers lead by example, they significantly increase the likelihood that their children will grow up with a strong, lasting relationship with God.

The Early Church Fathers on The Mass

Staycatholic.com

The Early Church Fathers believed and taught that the Mass was a true sacrifice. It was not a new sacrifice but a participation in the one sacrifice of Christ on the cross. They understood that there are two parts to a sacrifice, the slaying of the victim and the offering up of the fruits. When we celebrate the Mass, we participate in the second part.

Such a sacrifice was foretold in the Old Testament. In Malachi 1:11 we read: “From the rising of the sun to its setting my name is great among the nations, and in every place, incense is offered to my name, and a pure offering, for my name is great among the nations, says the Lord of hosts.” The sacrifice spoken of is not the Judaic sacrifice. The passage refers to a pure sacrifice (Jesus) that will take place everywhere among the nations (Gentiles). The sacrifice of the Mass is the sacrifice which takes place everywhere among the nations.

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 we trust that he guides us spiritually in this Apostolate. 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.

Arkansas

Steve Osborn	(501) 664-5379	(501) 529-5615	SteveO@oca-actuaries.com	Little Rock
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California

Dcn. Ray Emnace	(661) 513-4216	(213) 531-1999	raceman502@aol.com	Los Angeles
Mike Allison		(916) 834-6226	meallison5@gmail.com	Citrus Heights

Mississippi

Don Brewer	(662) 253-5146	(901) 299-1989	don@memphis2u.com	Olive Branch
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Nevada

Stacey Hill	(775) 787-6275	(775) 762-5217	djmstacey@sbcglobal.net	Reno
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Oregon

Brendan McVicker	(503) 657-0484	(503) 358-4963	mcvickerfamily@comcast.net	Portland
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Arizona

Dcn. Bill Booth	(623) 398-8950		Bbooth512@centurylink.net	Phoenix
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Texas

Jack Towle	(903) 227-7053		johnftowle@yahoo.com	Texas
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Cyril of Jerusalem—Early Church Father

"Then, having sanctified ourselves by these spiritual hymns, we beseech the merciful God to send forth his Holy Spirit upon the gifts lying before him, that he may make the bread the Body of Christ and the wine the Blood of Christ, for whatsoever the Holy Spirit has touched is surely sanctified and changed. Then, upon the completion of the spiritual sacrifice, the bloodless worship, over that propitiatory victim we call upon God for the common peace of the churches, for the welfare of the world, for kings, for soldiers and allies, for the sick, for the afflicted; and in summary, we all pray and offer this sacrifice for all who are in need" (*Catechetical Lectures* 23:7-8 [A.D. 350]).

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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To submit feedback and/or suggestions for future article topics, please email the editors,

Brendan McVicker	mcvickerfamily@comcast.net
Mike Allison	meallison5@gmail.com
Dcn. Ray Emnace	Raceman502@aol.com
Stacey Hill	djmstacey@sbcglobal.net