

## Mini Lesson # 3!

### **HOW'S EVERYONE HOLDING UP!?!?!?!?**

I'm sure this whole experience has brought out many strengths and weaknesses in each of us. Most people don't like change, most people don't like to get out of their comfort zone or have any change to their daily routine. It's times like this that we are forced to, it's how we react to it that's important.

Here are a few questions to ask yourselves:

1. How have I reacted to this new temporary lifestyle? Have I been positive?
2. As difficult as it has been for me to handle school at home, have I thought about how difficult it has been for my teachers to try and present lessons from home? Have I thought about how much extra time they had to put in last minute to try and help me? Have I thanked my parents for being teacher and parent?
3. Have I continued to put others first, before self, even though I'm not in direct contact with them? Have I called to check on a friend or have I just sat in front of the computer or tv screen for hours on in just passing the time? Have you helped around the house? Have you helped a neighbor in need?

**\*\* Check out this video for a little life perspective: <https://www.youtube.com/watch?v=m0hqBlugr7I> \*\***

4. Prayer: Not having time is always an excuse for us for why we don't stop and pray. WHAT'S YOUR EXCUSE NOW!?! Netflix, Instagram, snapchat... Now is the perfect time to try and include prayer in your daily life.
  - a. Not sure how to pray? GREAT NEWS!!! THERE IS NO RIGHT OR WRONG WAY TO PRAY! All you have to do is chat with God. You don't have to sit in a quiet room, surrounded by candles, with incense burning and the gospel music playing in the background. (if you want that's great, nothing wrong with that)
  - b. If you're not sure where to begin, start by thinking of these few things:
    - i. What or who are you thankful for?
    - ii. What do you need a little extra help with? What sins are you sorry for?
    - iii. Who in your life needs a little extra prayer.
    - iv. Follow up each intention with a prayer you already know.
    - v. Learn a new prayer!

## CHECK OUT A NEW APP TO HELP WITH DAILY PRAYER



LAUDATE APP

Laughter is the best medicine. As this mini lesson theme is perspective and distractions, watch this short video...WHICH TYPE OF DOG ARE YOU?!

<https://www.youtube.com/watch?v=5iTTNRE-njM>

### **SAINT OF THE DAY – Saint Nicholas Owen**

<https://www.franciscanmedia.org/saint-nicholas-owen/>

Nicholas, familiarly known as “Little John,” was small in stature but big in the esteem of his fellow Jesuits.

Born at Oxford, this humble artisan saved the lives of many priests and laypersons in England during the penal times (1559-1829), when a series of statutes punished Catholics for the practice of their faith. Over a period of about 20 years, Nicholas used his skills to build secret hiding places for priests throughout the country.

His work, which he did completely by himself as both architect and builder, was so good that time and time again priests in hiding were undetected by raiding parties. Nicholas was a genius at finding and creating places of safety: subterranean passages, small spaces between walls, impenetrable recesses.

At one point he was even able to mastermind the escape of two Jesuits from the Tower of London. Whenever Nicholas set out to design such hiding places, he began by receiving the holy Eucharist, and he would turn to God in prayer throughout the long, dangerous construction process.

After many years at his unusual task, Nicholas entered the Society of Jesus and served as a lay brother, although—for very good reasons—his connection with the Jesuits was kept secret.

After a number of narrow escapes, he himself was finally caught in 1594. Despite protracted torture, Nicholas refused to disclose the names of other Catholics. After being released following the payment of a ransom, “Little John” went back to his work. He was arrested again in 1606. This time he was subjected to horrible tortures, suffering an agonizing death. The jailers tried suggesting that he had confessed and committed suicide, but his heroism and sufferings soon were widely known.

Nicholas Owen was canonized in 1970 as one of the 40 Martyrs of England and Wales.

### Reflection

Nicholas was a clever builder and architect who used his skills to protect endangered priests. Without his help, hundreds of English Catholics would have been deprived of the sacraments. His gift for spotting unlikely places to hide priests was impressive, but more impressive was his habit of seeking support for his work in prayer and the Eucharist. If we follow his example, we may also discover surprising ways to put our skills to God's service.