

The Fatima Faithful newsletter is published once a month and is available in the bulletin, on our website, and accessible through Facebook. Let us know what you think! Email newsletter@ourladyoffatima.org with suggestions. The Newsletter Team: Vicki Johnson, Angie Feltz and Guest Columnists.

Take a Closer Look at Litany of Humility

Often considered “the most difficult prayer,” the Litany has a powerful way of piercing one’s heart. Like other litanies, it is a simple series of pleas for intercession. In this particular prayer, we beg Our Lord to grant us radical humility, no matter how difficult that may be. And it is indeed difficult! We ask to be placed in situations the rest of the world would avoid. One asks to go unnoticed, to be set aside, to be decreased, humiliated, suspected, wronged, forgotten and to be content with whatever draws us closer to Jesus.

While these instances may seem undesirable, the humility necessary to embrace the discomfort of these situations is transformative. By actively choosing to forego the false glories of our culture, we free ourselves to choose the true glory found in following the will of God. This beautifully challenging prayer is often credited to Cardinal Merry del Val, Pope Pius X’s Secretary of State. The Cardinal was said to have prayed it every day after Mass. The simple repetition of the Litany helps us to recall the Lord’s urgent reminder in the Gospel of Matthew: “Whoever exalts himself will be humbled, and whoever humbles himself will be exalted. Holiness requires humility.

The Litany of Humility, for private devotions, is a moving prayer that can bring us closer to Christ. We all struggle with pride in one way or another. Pride encompasses far more than being boastful or arrogant; pride includes not relying on God for everything and thinking that anything we accomplish is because of ourselves and our efforts (as if we could do anything on our own!) The Christian life is a lifelong call to deeper conversion—not just in outward practice but in the quiet places of the heart. Whether in times of preparation, celebration, or ordinary rhythms, we are always invited to return to God through prayer, sacrifice, and love, shedding the things that keep us from clinging fully to Christ.

The beauty and wisdom of the Litany of Humility are especially evident in the way it manages to address both sides of our struggle with humility: pride and insecurity. Both “too much pride” and “too many insecurities” are unhelpful, and both are violations of truth. Humility is about loving God and knowing that you are loved by God, fully and completely. Let us follow Cardinal del Val’s example and implore God for the graces necessary to grow in true humility.

Ears to Hear, Eyes to See by Fr. Joseph Austin

On August 6th we celebrate the Transfiguration of Jesus. In this episode, Elijah and Moses appear and converse with Jesus, talking about his coming exodus. Peter, awestruck by the sight, asks Jesus to allow three tents to be assembled. Luke’s account follows Peter’s words with, “But he did not know what he was saying.” (Luke 9:33) Then a cloud envelops them on the mountain, and a voice is heard saying, “This is my chosen Son; listen to him.” (Luke 9:35) The transfiguration has traditionally been held to have occurred on Mt. Tabor. This is why we call the stand on which the monstrance is placed during adoration a “tabor.” This word therefore harkens back to the transfiguration event in which Jesus reveals his divine glory. It reminds us of the humble yet real presence of Christ in the Eucharist which is placed in the monstrance and then on top of the tabor for adoration. We do not worship bread, but we do worship a God who not only humbles himself in the Incarnation by taking on our human nature; but who even allows for himself to become totally vulnerable by the transubstantiation that occurs at Mass when his body, blood, soul, and divinity(!) are sacramentally made present at the words of institution, “This is my body,” “This is my blood.” The Jesus we encounter in adoration is the same Jesus who was transfigured on Mt. Tabor.

Two elements of Luke to consider for further reflection are those quoted above: “But he did not know what he was saying,” and, “This is my chosen Son;

listen to him.” In his great excitement, Peter asks if three tents can be assembled. But again, he did not know what he was saying. We can then ask, “What did he not know about what he was saying?” In both Matthew and Mark, just prior to their accounts of the Transfiguration, we encounter the rebuke of Peter. Jesus says to Peter, “Get behind me, Satan.” Peter, unaccepting of Jesus’ prophecy that the Son of Man must suffer greatly, be rejected and ultimately killed before rising again, takes Jesus aside and rebukes him. Jesus then rebukes Peter for his denial of Jesus’ prophetic words. Just like this episode and the one upon Mt. Tabor, “he [Peter] did not know what he was saying.”

We then encounter the voice from the cloud, “This is my chosen Son; listen to him.” When will Peter finally have ears to hear the words of Jesus? Not until our resurrected Lord takes him aside on the shores of the Sea of Galilee. Here, our Lord ritually undoes Peter’s threefold denial — which occurred by a charcoal fire — by asking Peter three times, once again by a charcoal fire, whether Peter loves him. Over and over again, Peter, though admirably passionate, shows he doesn’t completely understand Jesus’ mission and how it was inevitably always moving toward the Cross. And yet our Lord never gives up. Over and over again he asks Peter, as he asks all of us, “Do you love me?” May God grant us the grace to more and more know the beauty of what is meant when we answer him, “Yes, Lord, you know that I love you.”

The Helping Hand

- The Litany of Humility can be found on EWTN
- YouTube: Ascension Presents Pray with Us Litany of Humility (with Fr. Mark Mary)
- YouTube: Dr. Brant Pitre Humility A 12 Step Program
- YouTube: Jack Beers (formerly Executive Director of Dynamic Catholic) Litany of Humility 30 Day Pilgrimage (view full playlist)
- Check with our Office for a slightly different/more challenging Litany from Fr. Mike Schmitz (from the book “The Power of Silence” by Robert Cardinal Sarah & Nicolas Diat)



July 13th Pilgrimage & Pedagogy Music Concert



K of C Regional Meeting



Summer Wedding



Summer Youth Activities



New Life in our Parish



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Spiritually Adopting the Unborn by Jim Everett

It is easy for us in Blount County to say, 'we don't have legal abortion in our state so abortion elsewhere is not really our issue', but the reality is abortion remains easily available for any woman in east Tennessee willing to drive to two hours. In 2023, the last year for which Guttmacher Institute statistics are available, 1,280 Tennessee women had abortions in North Carolina, 950 went to Georgia and 880 had abortions in Virginia. Planned Parenthood in Knoxville actively facilitates getting women abortion access and, according to the American Life League, 23 of Planned Parenthood's online virtual centers distribute the abortion pill including to states where it is supposed to be banned. The abortion pill (63% of all abortions nationally) is easily obtained online and is being used by women in East Tennessee. The Pregnancy Resource Center and Catholic Charities routinely see women tempted to choose abortion. As a parish we have many reasons to pray fervently for a culture of life from conception to natural death; and particularly for the unborn.

Spiritual Adoption is an opportunity for individuals and families to intercede on behalf of a child in danger of abortion who may not have anyone else to pray for them, "that they might have life and have it to the full." (John 1:10) OLOF will kick-off this nine month program on 2-3 August and it will conclude on Mother's Day 2026. Volunteers will hand out pamphlets after Mass that weekend explaining the program and inviting your participation to allow God to use you to save the life of one of His beloved, innocent children. This simple program, started by Archbishop Fulton J. Sheen in 1973 shortly after Roe v. Wade, yields tangible results in lives saved and its educational component helps parents explain GOD's gift of life to their children. While the adopted child will remain unknown to his or her "spiritual parent," GOD knows each of them by name and your commitment to their life. During those nine months, the program will provide learning opportunities about the growth of children in the womb as families pray together the daily prayer, "Jesus, Mary and Joseph, I love you very much. I beg you to spare the life of the unborn baby that we (or I) have spiritually adopted, who is in danger of abortion." There will be tastefully designed fetal development posters in the narthex which parents can use to explain to their children the miracle of GOD's gift of life. Families can also name their spiritually adopted child. These names remain private but will be placed in container stored in a prominent place near the chapel so our parishioners can include all spiritually adopted children in their prayers during periods of Adoration and private prayer.

Saint of the Month

Chiara Offreduccio (St Clare of Assisi) was born July 16, 1194, the eldest daughter of Favarone and Ortolana Sciffi in Assisi Italy. Her parents were members of noble and wealthy families and arranged a marriage for her at the age of 15 which she refused. Clare found herself drawn to the teachings of St. Francis of Assisi who guided her in the spiritual life. At eighteen she left her parent's home and met some friars along the road. She joined the group at the chapel called the Portiuncula and she received a woolen habit. She changed her jeweled belt for a common rope with knots in it and at the scissors of Francis, she sacrificed her long tresses. After being placed in a Benedictine convent, Clare's father and uncles came to retrieve her. However, Clare clung to the altar of the church, showed them her cropped hair and refused to return with them. Soon after Clare's sister, Agnes, and other women came and joined her. Following the Second Order of St. Francis, they lived a life of poverty, austerity and seclusion from the world and at the age of 21, St. Clare was given the office of Abbess which she held until her death.

In the convent of San Damiano in Assisi, Clare's life was devoted to prayer, but included caring for the sick and washing the feet of the nuns. To her fellow sisters she would say, "Don't be afraid. Trust in Jesus." For the last 27 years of her life, she suffered serious illness and never left the walls of San Damiano. Many popes, cardinals, and bishops often came to consult with her during this time.

St. Francis always remained her friend and a great inspiration to living the simple gospel life. She was obedient to his will and to living the gospel life which he was making real. She had founded the Order of Poor Ladies for women in the Franciscan tradition. Clare wrote their Rule of Life, the first set of monastic guidelines known to have been written by a woman.

Following her death, the order she founded was renamed in her honor as the Order of Saint Clare, commonly referred to as the Poor Clares. Her feast day is August 11th.



Spotlight on Family Life Coordinator: Sarah Parsons

Sarah has been a member of our Parish since age 4 yrs old when her parents relocated from Alabama. Her most favorite memory during those early years was the summer Totus Tuus VBS-especially the shaving cream and water fights! Sarah was an altar server and sang in the children's choir. Throughout High School she was very active in our Youth group, serving as a leader, helping with Youth Nights and retreats. She remembers that her family was at church all the time and she loved it!

After graduating from UT-Knox with a degree in psychology and minor in business, Sarah worked as one of our Youth Ministry Coordinators.

Reconnecting with her long-time childhood friend and fella she dated during high school, Sarah married Logan who teaches 8th grade history. They now have 3 children, ages 5, 3 and 7 months! Her hope is that as a mom, wife and OLOF staff member she can help ensure her children also love all of the time they spend at church and embrace it as the center of their lives.

Sarah also worked for Catholic Charities in an administrative, 'go to' person role. Due to her growing family, Sarah chose to try working in the public sector for Arconic as their H.R. person. She wasn't happy and realized what mattered most to her was doing meaningful work; for her that definitely meant Ministry. About that same time OLOF was looking for a Family Life Coordinator and Sarah recognized that she could make a

difference here.

Sarah's primary motivation is to make certain our parish family can offer the attitude and support for everyone to feel welcome at Mass. But even more that she wants to develop resources so that all parishioners feel welcomed and supported while participating in Parish activities. Of course, these include special events but also bible studies, small group gatherings and facilitating opportunities for folks to get to know one another and share their triumphs and challenges.

Sarah's favorite food is Sushi at Lemongrass; her greatest attribute is being organized, but her passion is serving others. Mother Teresa's exhortation, "Do something beautiful for God" is never far from Sarah's heart so she feels her greatest weakness is fear of failure: she expects a lot of herself AND others. The one thing folks probably don't know about her: She has always wanted to be a Mom. During career day, she had her diaper bag, baby doll, a mock driver's license and credit card in one of the bag's pockets. SO, she is living her dream!!

Sarah sees 4 ways in which any and all parishioners can help ensure the success of a Family Life Ministry that is relevant in all stages of life and enriches our lives in Christ: 1) Prayer! 2) This is for ALL families-we are all part of a family though ours may look different than yours 3) Smile, thank parents who brings their young children, be welcoming 4) Volunteer – give your time, talent, treasure as you can.