

The Holy Spirit will come upon
you...the **POWER** of the **Most High**
will overshadow you...



Message from Bishop Kevin:
Confirmation 2018

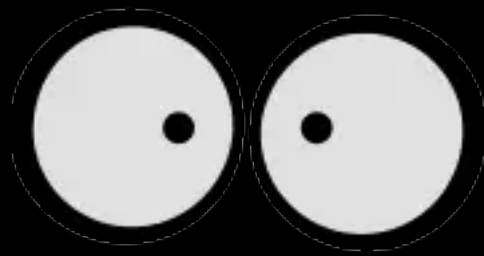




Are you ever *afraid*?



Everyone has something that they are afraid of...



In our lives we often find that we are not very courageous. But don't worry! The Holy Spirit is coming to help you!

In your confirmation, you will receive a special outpouring of the gift of the Holy Spirit called **COURAGE**.



This gift stops fear from taking control of how we act, or from making us worry about what others think of us.



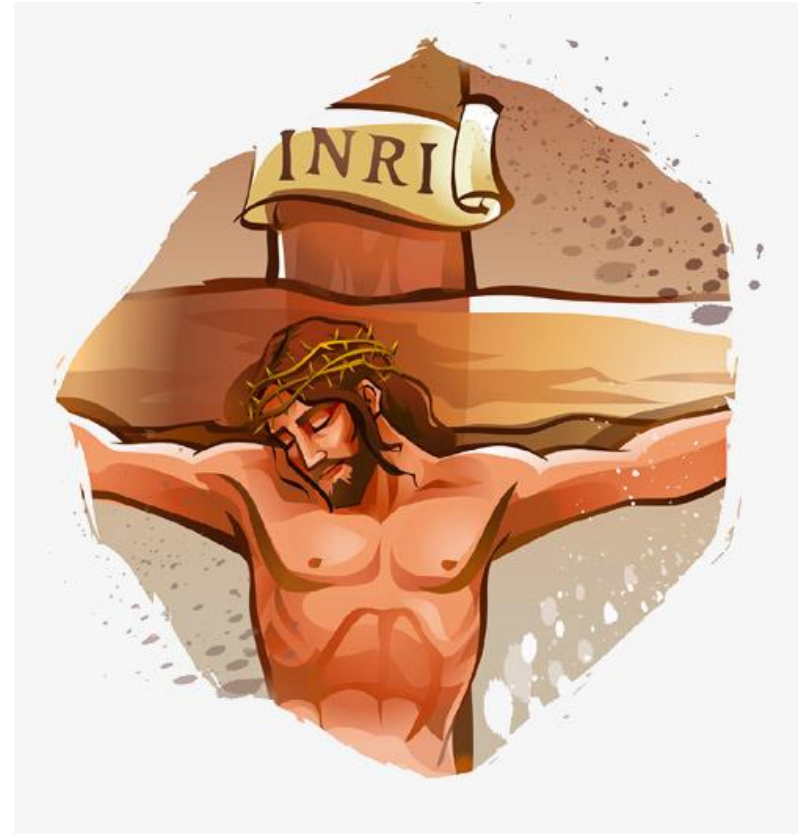
It gives you the strength to follow God in any situation.



It allows us to stand up and defend our faith,



even when threatened by bodily injury or death.



It helps us to be courageous in the face of suffering, just like Jesus was when he died for us on the cross.

It helps us to be firm in our decision to do good and resist evil even when we don't want to or don't feel like it.



It prepares us to make great sacrifices for our salvation with courage.

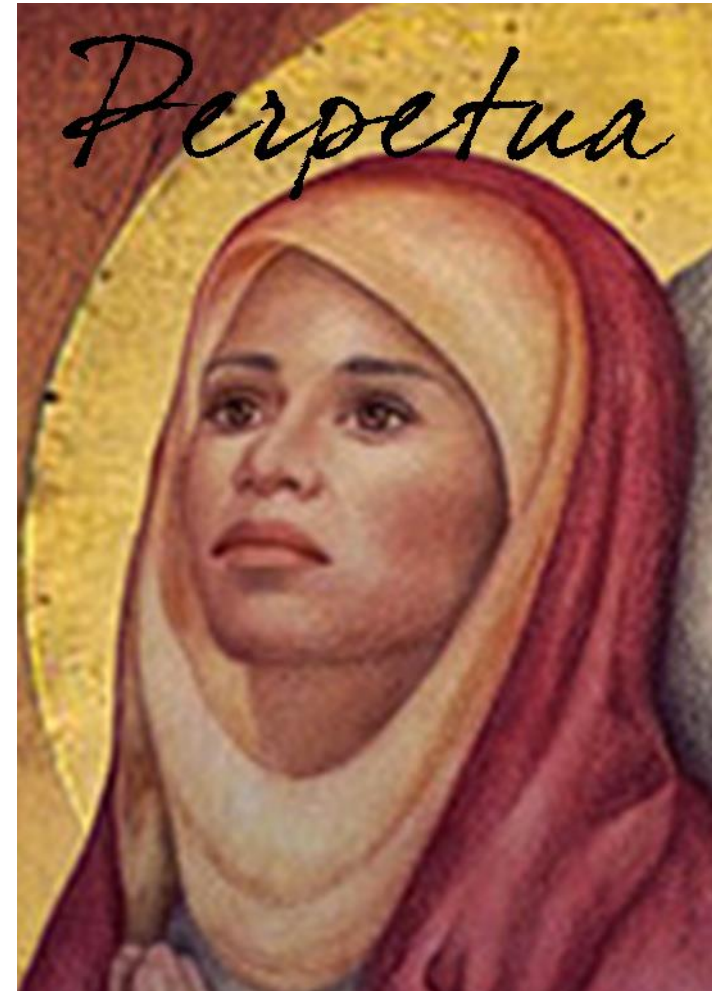
The Gift of *Courage* in the life of St. Perpetua



St. Perpetua was a well educated noblewoman who lived in the year 203, during a very harsh persecution of the Church by the Emperor Severus. When she was 22, Perpetua decided to convert and become Christian, even though she knew there was a real possibility that she would die for doing so.

Everyone tried to convince her not to do it, especially her noble parents. But nothing could stop Perpetua in her decision to follow the truth. She was soon arrested and taken to prison with other fellow Christians and catechists.

The conditions of the prison were very difficult. It was very crowded and the heat was suffocating, with very little light. Many people came to Perpetua to try and convince her to renounce her faith and be set free. However, Perpetua prayed for endurance and would not back down. Her testimony even ended up converting some of the prison officials who were in charge of guarding her.



Finally, Perpetua was martyred for her faith with other Christians. She died encouraging the other prisoners to have no fear, saying ""Stand fast in the faith, and love one another. Do not let our sufferings be a stumbling block to you."

Perpetua admitted many times that she was afraid, but thanks to the Gift of Fortitude, she found the strength to continue forward and be true to the faith, even in the face of death. With the help of the Holy Spirit, Perpetua gained her eternal reward in Heaven.



The gift of ***COURAGE*** in the life of Fr. Emil Kapaun



Emil Joseph Kapaun was a Catholic priest and U.S. Army Chaplain born in the small farming community of Pilsen, Kansas. Growing up he was much like any other hardworking farm boy, but he was especially mindful of God and others. He was ordained a priest on June 9, 1940, and later became an army chaplain, attending the spiritual needs of the soldiers. In 1950 the Korean war began, and Fr. Kapaun was among the first troops to be sent.



In Korea he gained a reputation for his bravery in ministering to the soldiers in the thick of battle. Kapaun traversed all over the battlefield to rescue men or give them last rites. He showed his dedication to his "boys" as he chose to remain with a number of wounded men rather than escape. Captured by the enemy, they were forced to march over 60 miles to the prison camp in the bitter cold.



Along the way, Father Kapaun carried his wounded comrades. In the seven months in prison Father Kapaun nursed the sick and wounded, found food for the hungry, picked lice off of men, washed dirty and soiled clothing, and encouraged men with words and prayers. On May 23, 1951, Fr. Kapaun died in prison, overcome by sickness.



Fr. Kapaun was able to do all of these heroic acts thanks to the gift of **COURAGE**. This gift helped him to risk his life on the battlefield to hear the confessions of his soldiers, and to forget about himself in order to help others when they most needed it in prison. He trusted in God's promise of eternal life in Heaven.

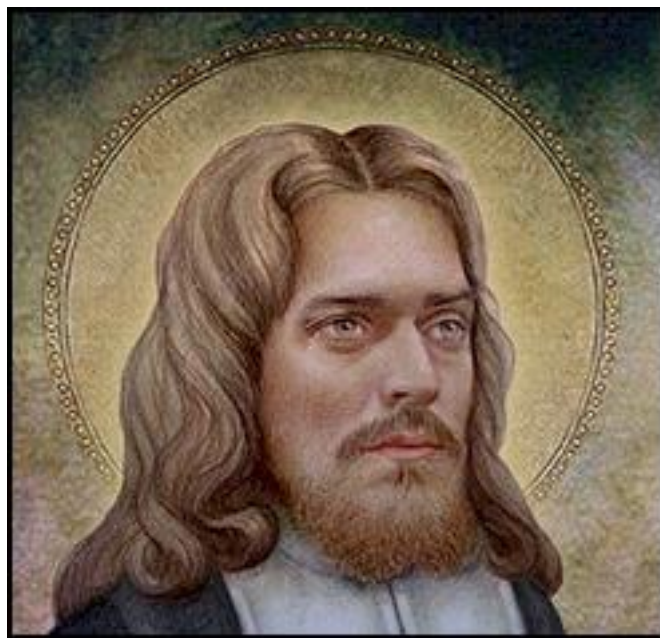


And have you heard about these famous Irish saints who are known for their courage?



Venerable Edel Quinn –
Missionary of the Legion of Mary who faced countless dangers in order to spread devotion to the Eucharist and Our Blessed Mother in Africa.

St. Oliver Plunkett – Archbishop of Armagh during the English persecution, arrested and tried for treason in London. Oliver was martyred for defending the faith on July 1st, 1681.



Blessed Margaret Ball – Imprisoned in Dublin castle for three years and finally martyred for her faith in 1583 for going to a Catholic mass.

The gift of ***COURAGE*** in your life

In your life, the gift of courage will help you to never be ashamed of practicing your faith. For example, it can help you to do things like:



invite your friends to go to mass with you, and do good works together,

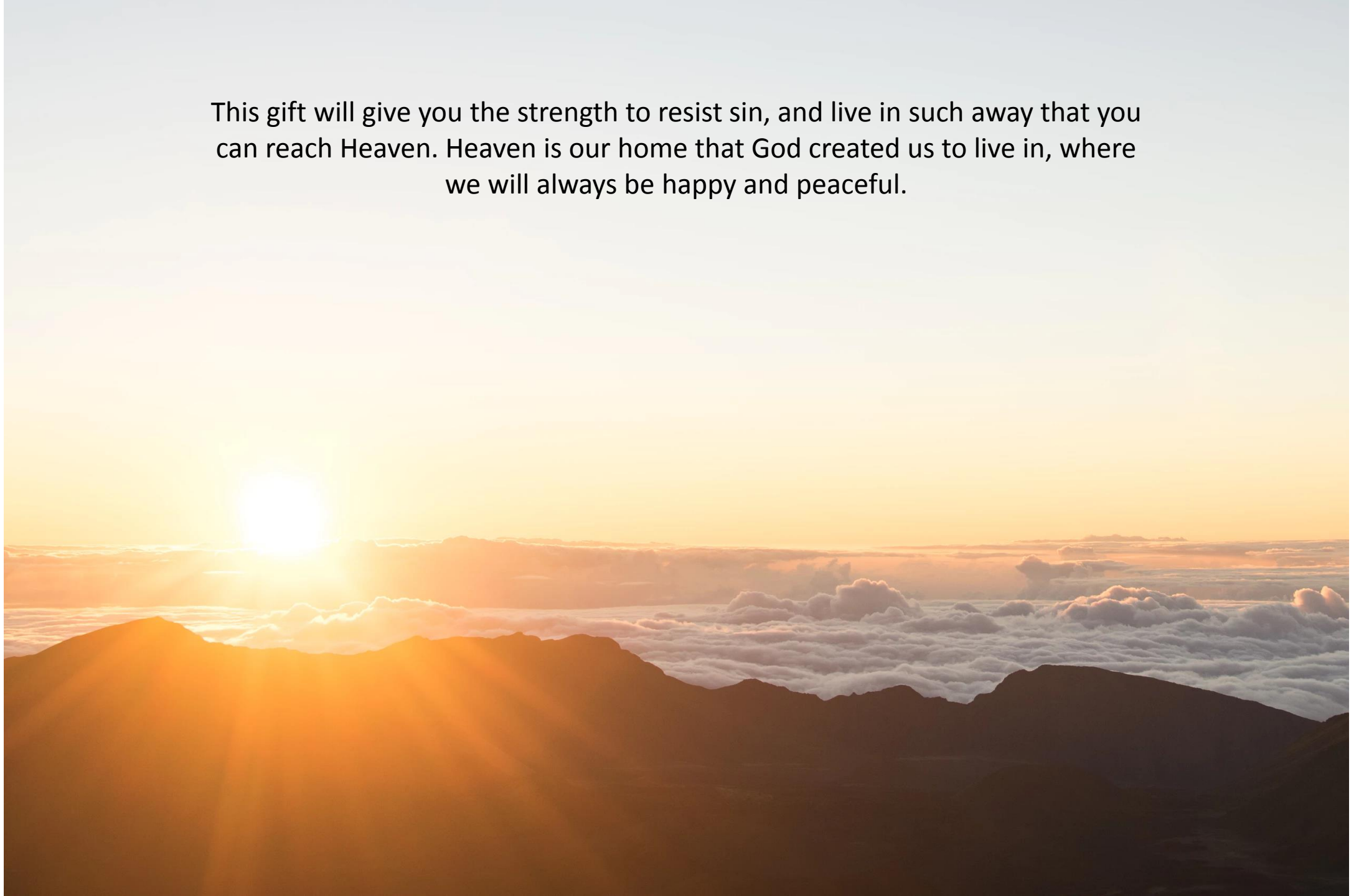


or remind people to say the blessing before and after meals even when you are in a public place, not worrying about what others will think.

It gives you the courage to defend the faith and do what is right, even in the face of danger or death, just like Fr. Kapaun and St. Perpetua.

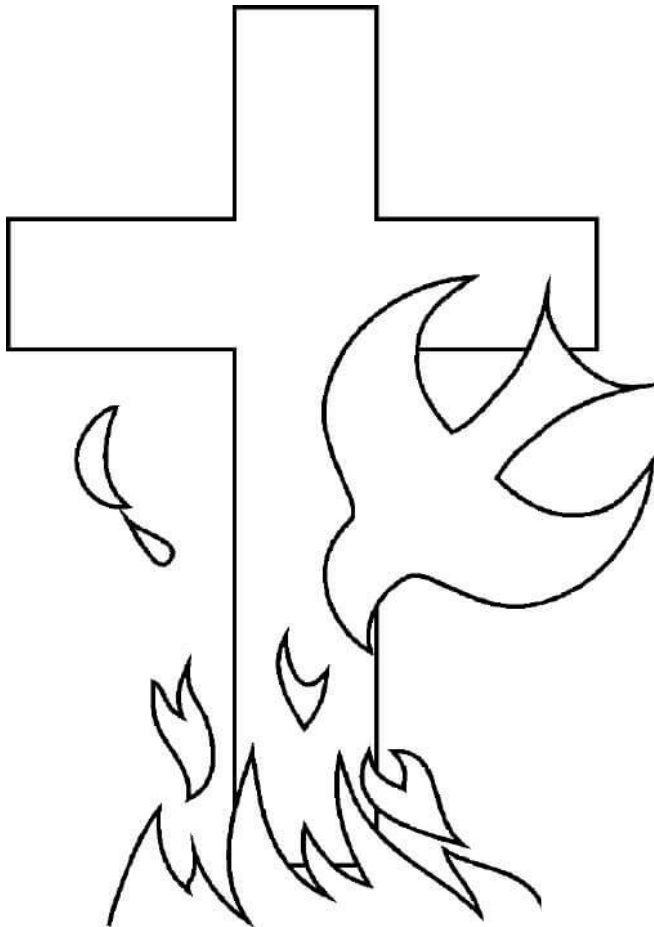


This gift will give you the strength to resist sin, and live in such away that you can reach Heaven. Heaven is our home that God created us to live in, where we will always be happy and peaceful.

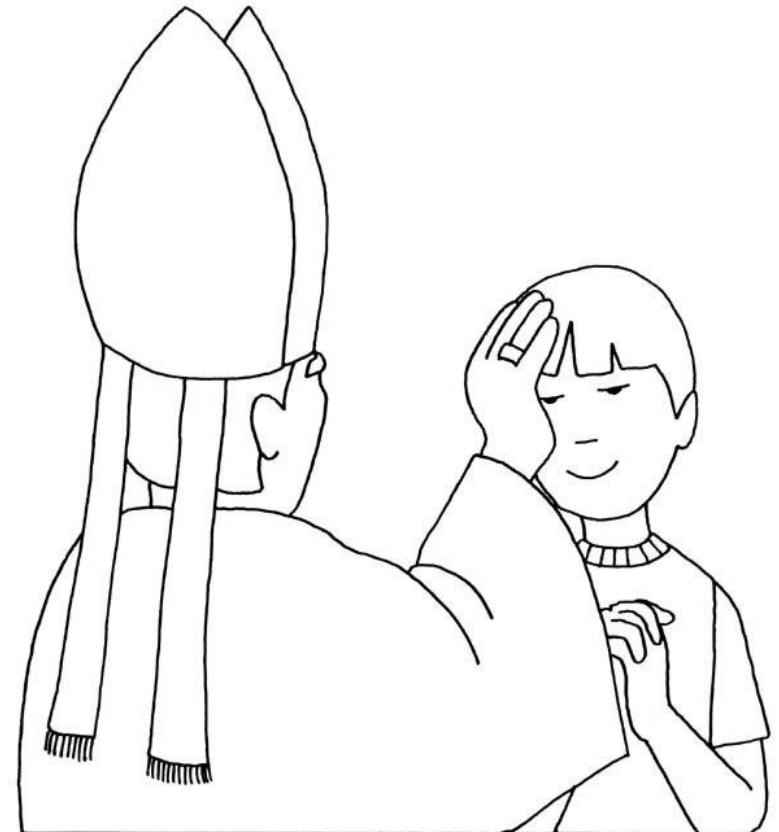


Don't forget to ask God for an increase in the gift of Courage! He really wants to give it to you!

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." Matthew 7:7



Oh, Holy Spirit,
Love of the Father and the Son,
Inspire in me always
What I should think,
What I should say,
How I should say it,
When I should keep silent,
How I should act,
And what I should do
For the glory of God,
The good of souls,
And my own holiness. Amen.



Go to this link to watch Bishop Kevin's video
message on the Gift of Courage:

<https://www.youtube.com/watch?v=IWQroZssn2g>