



They devoted themselves to the teaching
of the apostles and to the communal life,
to the breaking of the bread
and to the prayers.

ACTS 2:42

Issue 22 | May 2024

Peace of Christ



*Family of Saint
Sharbel USA*

Blessings to You!

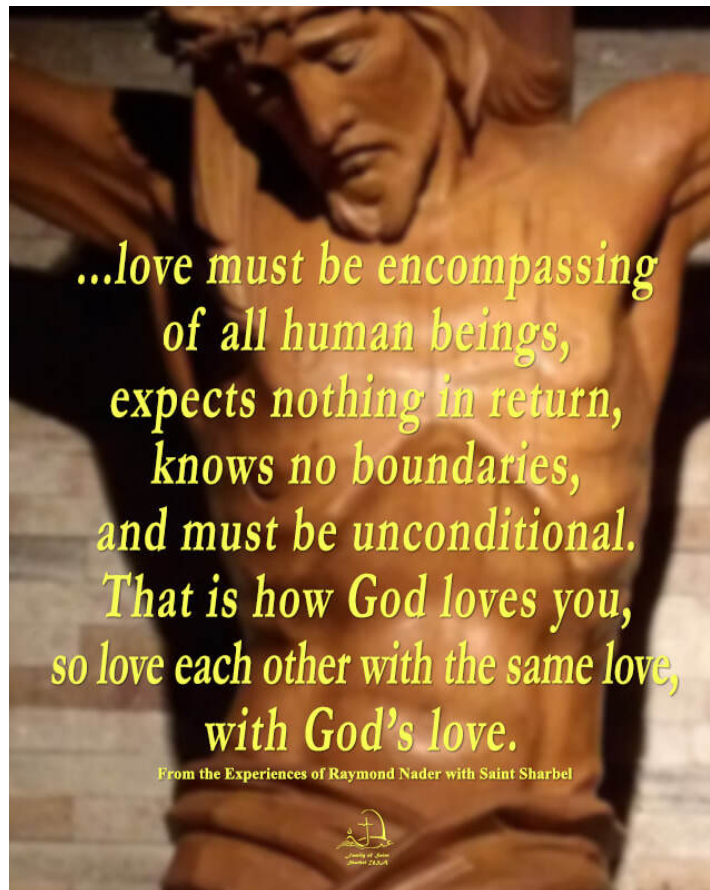
The Family of Saint Sharbel USA happily presents its 22nd Newsletter. We are thankful and glad to be walking with you, and we ask for your prayers as our community of faith continues to grow! **Please spread the word; we would love to have you all join us.**

- CLICK HERE TO ACCESS OUR NEWSLETTER ARCHIVE -

View this Letter as a PDF

Contemplation Corner

A Reflection by Fr. George Elandari, FSS Board Member



<https://www.familyofsaintsharbel.org/spiritual-designs/love-must-be-encompassing-of-all-human-beings>

The Sacred Heart of Jesus

Love the Lord with all Your Heart

"In the Scriptures, the meaning and function of the heart is not only the physical organ that pumps blood through a circulatory system to the entire body, as we know it to be from science. The Word of God shows us that the heart is the

interior, the center and the deepest depth of a person and everything that goes on within him; it is a composition of three components of our soul—mind, emotion, and will—plus the most important part of our spirit, which is our conscience.

God created us with a body, soul, and spirit. In the Old Testament, the concept of the heart is clearly important in physical, emotional, and spiritual components, and in the New Testament, we clearly see the outpouring of Jesus' love from His heart, whether in the miracle stories, the reconciliation of sinners, and finally on the cross where He poured out His love for us..."

[Click here](#) to read Fr. George's full reflection.

[Click here](#) to view more of our spiritual designs.

What's Ahead

Saint Sharbel's Feast Day at the National Shrine Grotto

Come celebrate with us! The **National Shrine Grotto of Our Lady of Lourdes** (Emmitsburg, MD) and the Family of Saint Sharbel USA plan to commemorate the Feast of Saint Sharbel with a day of prayer on **Saturday, July 13th, 2024**. Please mark your calendar - details to come!



Saint Sharbel Events in the USA

Explore the links below to find an event near you.

Please email or call the parish, mission, or center to verify the times listed below!

Masses in Honor of St. Sharbel:

St. Joseph Maronite Catholic Church, Phoenix, Arizona

St. Sharbel Maronite Catholic Mission of Stockton, California

National Shrine Grotto of Our Lady of Lourdes, Emmitsburg, Maryland

St. Sharbel Maronite Catholic Church, Clinton Township, Michigan

Our Lady Star of the East Maronite Catholic Church, Pleasantville, New Jersey

St. Joseph Roman Catholic Church, Astoria, New York

St. Sharbel Spiritual Life Center, Pittsburgh, Pennsylvania

St. Sharbel Mission, El Paso, Texas

St. Sharbel Mission of Milwaukee, Wisconsin

Holy Hour in Honor of St. Sharbel:

Shrine Church of Our Lady of Mount Carmel, Brooklyn, New York

In Case You Missed It

St. Sharbel's Birthday at the National Shrine Grotto

On Saturday, May 11th, 2024, the **National Shrine Grotto of Our Lady of Lourdes** (Emmitsburg, MD) and the Family of Saint Sharbel USA

commemorated the Birthday of Saint Sharbel (May 8th) with a day of prayer at the St. Sharbel Shrine! Participants were able to join for adoration and confessions, Mass in St. Mary's Chapel, and a blessing with and veneration of the relic and holy oil of St. Sharbel. Click the button links below to learn more!



[Read More](#)

[Watch a Video Here](#)

St. Sharbel in the Philippines

Devotion to St. Sharbel has been growing around the globe, including in the Philippines!

The Philippines is the only Christian nation in Asia. More than 86% of its population is Roman Catholic while 6% belong to various nationalized Christian cults, and another 2% belong to well over 100 Protestant denominations.

Recently, many small groups devoted to Saint Sharbel have sprouted up across the Philippines, mostly in middle class areas. Though it has not been confirmed, it is possible that this growth was prompted by the influence of overseas workers who have been traveling to Middle Eastern countries near

Lebanon. Please keep these communities and the people of the Philippines in your prayers!



Community in Montalban, Rizal. They are still working on their oratory.

Information and image kindly provided by Mila Abaya, FSS representative in the Philippines.

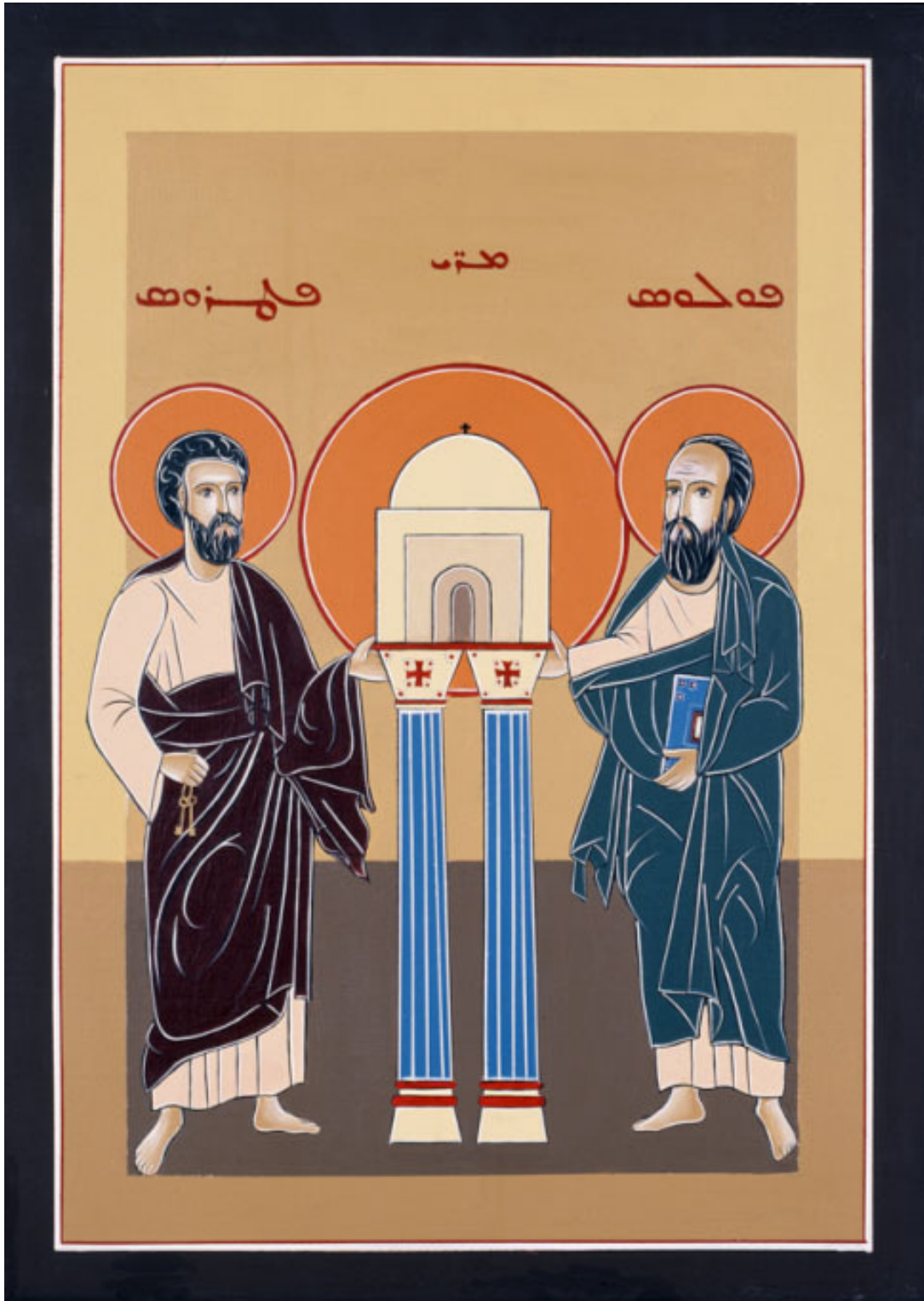
The Healing Testimony of Maya Harakeh, Shiite Muslim Woman

Recently, the Family of Saint Sharbel had the opportunity to document the testimony of Maya Al-Harakeh, a young Shiite Muslim woman who believes St. Sharbel's intercession healed her from a chronic heart condition, and her mother. Click the button link below to watch their story on YouTube!

[Watch Here](#)

Saint Spotlight

Saints Peter and Paul



Icon of Saints Peter (left) and Paul (right). Peter holds a set of two keys to represent the papacy. Paul holds a book to represent his prolific theological writings, which comprise a significant portion of the New Testament. Both Saints are holding up the Church, as they were each key parts of its early foundation in their own ways.

Feast Day: June 29th

Saints Peter and Paul were two key leaders of the early Church. **Saint Peter**

was one of the twelve apostles who followed Jesus most closely during his earthly life. He was a fisherman originally named Simon who the Lord called to become his disciple by the Sea of Galilee. When Jesus was about to be crucified, he denied knowing him three times, as Jesus had foretold he would (Lk. 22:34). Yet the resurrected Lord forgave him and entrusted the early Church to him, saying, "You are Peter, and on this rock I will build my church" (Matt. 16:18) and "feed my sheep" (Jn. 21:17). Peter was the Church's first Pope, and he is often depicted in icons like the one above as a man holding two keys, symbolic of Jesus' entrustment of the keys to the Kingdom of Heaven to him and his successors. He was crucified upside down in Rome, where—for this reason—the papacy has since been centered (with a brief historical but eventually corrected exception).

Saint Paul, originally named Saul, was a Roman citizen, contemporary of St. Peter, and zealous Jew—so zealous that he killed Christians, believing that they were teaching false doctrine that was endangering people's souls. Yet once Jesus appeared to Saul, saying, "Saul, Saul, why are you persecuting me?" (Acts 9:4), he converted, was baptized, and received the Christian name "Paul." From then on, he traveled to various parts of the world on three missionary journeys, each aimed at spreading the Gospel and building up budding Christian communities. These journeys were each documented by Saint Luke in the book of Acts, stopping shortly before Paul's martyrdom, and his letters to various people and churches during this time comprise a significant portion of the New Testament. For this reason, St. Paul is occasionally depicted with a book in hand, like in the image above, to represent his writings. Along with Saint Peter, he is considered to be one of the two strongest pillars of the early Church, lifting it up to Heaven even to this day.

Saints Peter and Paul, Pray for Us!

[Click Here](#) for an In-Depth Video Series on Saint Peter

[Click Here](#) for a Short Video Resource on Saint Paul's Missionary Journeys

Reading Nook

Melto D'Moronoyo: An Accessible Church

by Fr. Yuhanna Azize



Photo: Maronite Eparchy of Australia/Our Lady of Lebanon Co-Cathedral, Resurrection Sunday. Saved from The Catholic Weekly online.

Inspired by the Holy Spirit (and in tune with Jesus' Sacred Heart!), the Maronite Eparchy of Australia recently decided to start hosting Sunday liturgies with accommodations for those who have autism and their families. Read Father Yuhanna Azize's article below to learn more about the Eparchy's initiative!

“At the beginning of the liturgical year (November 2023), the Maronite Eparchy of Australia began what we are calling the “Accessible Church” in the St. Elias Chapel of the Maronite Sisters of the Holy Family in Harris Park.

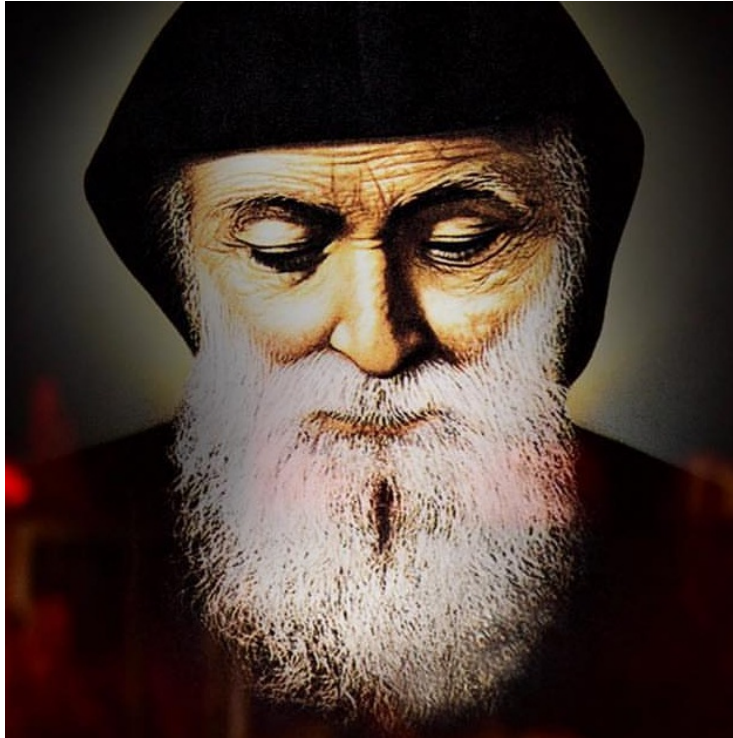
The inspiration for the project was, of course, the charity of Christ which urges us on (2 Corinthians 5:14). The object is to provide a liturgy which is more “accessible,” specifically for people with autism and their families. If it is also more practical for people with disabilities to attend this liturgy, then all the better.

What we have found is consistent with the advice of Autism Australia, and that is: as a general rule, people with autism often find it intolerable to be around loud sounds, bright lights, and pressing throngs. Even incense can sometimes be too much for them. Further, the length of time of the liturgy can also be a factor: anything over about half an hour is often a trial...”

[Read More Here](#)

Articles and More

New Testimonials



<https://www.familyofsaintsharbel.org/testimonials.html>

Periodically, we receive stories from people around the globe who have experienced the work of God through the intercession of St. Sharbel. We would like to share the most recent testimonials with you below! Click on a title to read the full story; all posted testimonials have been shared with the author's permission.

Healing Testimony of Jennifer Bernard Estephan

Healing Testimony for Joven Jano Badran

Healing Testimony of Rimy Elias Boulos

Healing Testimony of Ishak Antouny Khoury

Healing Testimony for the child Ray Raymond Afif

You can read more personal testimonials on our Testimonials page **[HERE](#)**.

Editor's Pick: FORMED Resource

Do I have to listen to **everything** the pope says?

Click the image above (copied from the FORMED online streaming platform) to be directed to a helpful video about the papacy!

The Family of Saint Sharbel offers you a FREE subscription to FORMED, an online Catholic platform that contains thousands of resources for spiritual growth!

This Month's Highlighted FORMED Resource:

As the Feast of Saints Peter and Paul approaches, we would like to highlight "The Pope | What Catholics Believe," a resource about the papacy, this month!

Also called the "chair of Saint Peter," the papal office is a distinguishing yet frequently misunderstood part of the Catholic Church. This in mind, the video we recommend this month addresses some of the most common questions about the pope in under 15 minutes! For more in-depth study, however, **this video** is a helpful resource on the history of the papacy from Peter to today, and **this video** addresses the theology of the papacy in greater detail.

Click the button link below to watch!

[Watch Here](#)

To view this resource and many others, sign up for FORMED **FOR FREE** by following these simple steps:

- (1) **Go to:** <https://formed.org/signup>
- (2) **Enter:** Family of Saint Sharbel
- (3) **Enter** your name and email address and you're in!

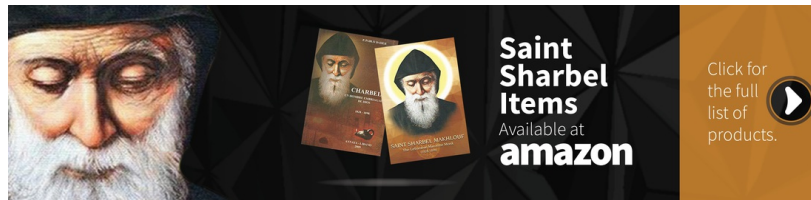
Below are the links to FORMED on social media:

Instagram: [formedcatholic](#)

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Family of Saint Sharbel Shops



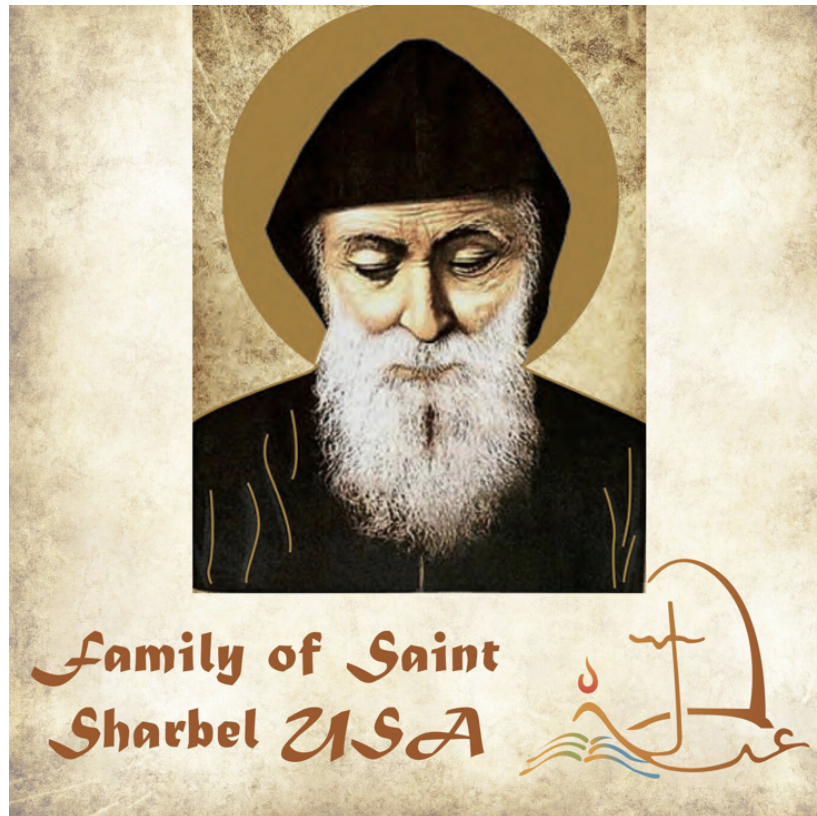
Click this image to view our Amazon shop!

The Family of Saint Sharbel is on **Amazon** and **Shopify**! On these two platforms, books, novenas, prayer cards, and sacramentals related to St. Sharbel and Catholic Spirituality are available for order, including works created by the Family of Saint Sharbel. Click the buttons below to explore!

[Amazon](#)

[Shopify](#)

Family of Saint Sharbel Podcast



<https://www.familyofsaintsharbel.org/podcast>

The Family of Saint Sharbel (FSS) Podcast is now available in English and Arabic! Episodes currently include talks on the Maronite Divine Liturgy, Syriac Spirituality, the Silence of God, and more. Listen at the link below or through your podcast app of preference, and please feel free to share!

[Listen Now](#)

Zoom Prayer Gathering - Arabic



[Click Here to Learn More!](#)

Questions or Comments?

Email communications@familyofsaintsharbel.org to let us know!

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**God Bless,
The Family of Saint Sharbel USA**



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