

Life Launch

Connecting Discipleship Nights

Discipleship isn't just something we do on Wednesday nights and Sunday mornings, it's a call to living each day with Jesus Christ. Life Launch gives you a few options to practice this in an intentional way in your home, community, schools and workplaces; the places where we do life together!

Choose one (or more!) of the options inside this brochure to complete between now and the next Discipleship Night. Record your discipleship activity on the back page and turn it in for a prize. Share your discipleship activity on social media using #DLT@STB

Families come in all shapes and sizes. Some of us are single. Some of us are married. Some of us have children and some of us don't. But we all live in families meant to strengthen and support us, whether we have a full house or it's just us and Jesus. Here at St. Bernard, we're all family.

Up next @ St. Bernard

November 18

Youth Liturgy 10:00 Mass
(3rd & 4th gr. Singing)

November 21

Mission Trip Info Meeting
6:30 PM

November 22

Thanksgiving Day Mass
9 AM

December 1

Hmong Mass w/ Bishop
Ricken and New Year
celebration. 10 AM

December 16

St. Nick Celebration &
Youth Liturgy 10:00 Mass
(5th & 6th gr. Singing)

Praise the Lord, O my soul,
and forget not all his benefits.

- Psalm 103:2

Discipleship Launch Activity

Family Member Names: _____

The following life launch activities were completed:

Turn this slip in on Nov. 28 and receive a gift from us!

Launch Option 1: Thanksgiving



Next Thursday, we'll celebrate Thanksgiving. Thanksgiving can be traced back to the early settlers and Native Americans of North America, who would share a harvest feast after a successful growing seasons. In 1863, during the Civil War, President Abraham Lincoln proclaimed Thanksgiving a national holiday to be celebrated on the last Thursday of November. He wanted Americans to celebrate the holiday as a sign of unity and thanksgiving to God.

As Catholics, Thanksgiving should also remind us that the word "Eucharist" means Thanksgiving. Each time we come to mass, we share in the banquet of the Lord; we share a Thanksgiving meal.

- Read President Lincoln's proclamation below
- Reflect on the similarities between your Thanksgiving meal and the Eucharistic banquet.
- Where can you see a connection between the unity of our country symbolized at Thanksgiving and the unity of the Church celebrated at Thanksgiving?

"I do therefore invite my fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next, as a day of Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens"

- President Lincoln, Proclamation, October 3 1863

Launch Option 2: Christ the king



On Sunday, November 25, the Church year will end. Just like New Years Eve, we go out with a bang by celebrating the Solemnity (look that word up!) of Our Lord Jesus Christ, King of the Universe.

The very first person to call Christ "king" was Pilate, the Roman governor who ordered Jesus to be crucified. A sign was placed above Jesus' head reading: "King of the Jews". It is in this title, that Jesus fulfilled God's promise to David that he would raise up a successor to David whose Kingdom would last forever.

It's on this day, that we remember Christ is King of our lives. He brings mercy, forgiveness, and peace to reign in our lives and will come again to reign over all.

Celebrate the Solemnity by doing one or more of the following:

- Pope Benedict XVI reminds us that Christ's kingship is not based on "human power" but on loving and serving others. Share in this kingship by do an act of love and service for someone today.
- Attend mass , reflect on the readings. Where in the readings and liturgy are we remind that Jesus Christ is King of the Universe?

Launch Option 3:



In the Service of Peace

Pope Francis' prayer intention for November is that, the language of love and peace may prevail over that of conflict and violence.

Include this intention in your daily, evening or meal prayers. Write down examples of friends or family members who show acts of love and peace. Hide these in place they may see them or hand deliver them. How many messages can you write? The more we think of kinds words to describe others, the more our hearts become like Jesus' own heart.