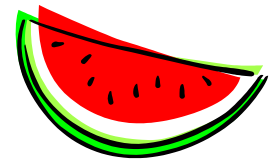




# What Some Men Do for Breakfast



## Finding peace in life through God's word

I was born Catholic, went through school Catholic, and I'm still Catholic. However, it's only been recently that my faith caught up with my religion. I was taught by my parents at home, by nuns in grade school and by our priests from the pulpit, and told what to believe, and how not to act to save me from going to hell. Back then it seemed that everything had a severe consequence, and the main emotion that sustained my faith was fear of eternal damnation. Plus I was always trying to earn my way to heaven through good deeds and by not sinning, and you know how well that goes. But I was never good enough and I always seemed to be falling behind in my quest for eternal glory.

Then in January 2008 I found the Saturday Morning Men's Breakfast Group where it was "OK" to discuss my faith with other men and to look for a deeper meaning in what I believed. After all, my faith is what I believe, not what I've been told to believe. And now I truly believe that I'm going to heaven because Christ died for my redemption and salvation, not because I earned my way there. I was never a Bible

thumper or one to join groups that sing and sway with eyes closed and hands raised. This group isn't like that. We read a Bible passage and openly discuss what it meant back then and what it means to us in the present. I now feel stronger, happier, and more alive in my faith than in any time in the past, and I invite other men to come join us and experience your own faith journey.

Dan Zechmeister  
Parishioner

They found him at the bottom of his baby sitter's swimming pool. Steven was my 5th child and was 2 years old. I was contacted at the Pima County jail where I had been appointed as their Catholic Chaplain by Bishop Manuel Moreno of Tucson in 1983.

I drove my motorcycle cross town from the jail to Tucson Medical Center where I was met by my wife and our babysitter. I cried the entire 15 miles causing the cars behind to use their wipers to clear their way. I cried to God to save my son and to forgive me for whatever I had done to deserve this.

Cheri met me at the door where I immediately forgave the babysitter and her husband. It was not their fault. I took my wife of 5 years by the hand and went directly to the chapel in the hospital. Alma, my first wife died of leukemia in 1978 leaving me with 4 children to raise with my new wife Cheri.

"It's not fair", I said to God while on our knees. "He's her only child. How much shall I loose before I find peace once more?" That's when I held the Bible in my hand to Him and asked Him to heal our son. The doctor said he wouldn't live but if he did, he would be a vegetable.

For three days we held on to our faith in our request to God. It was difficult, for many of our friends believed the doctors and not in our faith in God's power.

Steven graduated from the University of Houston in 2004 with a dual degree in math & physics. He graduated Magna Cum Laude. The Men's Breakfast Group is my way of sharing the truth God put in his Son for all believers to use and proclaim. The miracle is not only what God has blessed me with, but also the change in my life and our children's.

Al Nappo  
Parishioner

## Your slice Is waiting

### Stories & Thoughts coming from the HEARTS OF MEN

Dan Zechmeister P.1  
Knowing who God is in my life.

Al Nappo P.1  
Miracles that save life & soul.

Rodney Schwab P.1  
Sharing the Lord.

John Krumholtz P.1  
I was like a donut

Bob Drapeau P.1  
The Holy Spirit is always with me.

Bob Brennan P.2  
It only costs 90 minutes twice a month to find God in your life

## Does your life need some encouragement?

I enjoy the Men's group for multiple reasons but to name a few, the fellowship with other Christian men. In an environment where you can open your heart and mind to the Lord and share your experiences, good or bad with other men striving for the same goal... That goal is to get closer to our Lord and savior Jesus Christ..

Rodney Schwab, St. Marks

I, like many other men, seem to feel like a donut with a big hole in the middle. I would go through life trying to fill that hole with many things. Sometimes not the right things. Since attending our Saturday Men's Group I was able to really discover Jesus and fill that hole in me with Him. I now have an inner peace I had always been looking for.

John Krumholtz, St. Marks

Want to increase your faith? My first meeting was over a year ago and my life has changed. The group has helped me better understand that the Holy Spirit has always been watching over me. I enjoy reading the bible and know my faith has increased. Come and join us for free coffee and juice. We learn, we share, we laugh, we care.

Bob Drapeau, Parishioner

## What you will find

- ♦ God in your life and knowing His grace.
- ♦ Discovering the truth of your salvation. Faith is what you believe, not what you're told to believe.
- ♦ Sharing your faith with other men makes it grow even more.

## St. Elizabeth Men's Breakfast Group

St. Elizabeth Ann Seton  
Parish

Bob Brennan 972-618-4559  
Ray Beart 972-943-9034

Cecelia Ladda: Adult Faith  
Formation 972-943-9034

Look us up  
on the web

[www.SetonParish.org/  
MensBreakfastGroup](http://www.SetonParish.org/MensBreakfastGroup)

**It will explain more and  
show our meeting  
times and days.**



The Men's Breakfast Group gives me a chance to talk about faith, God, Jesus, and the Holy Spirit with other men who are trying to be closer to their God as they understand Him. We share our experience, strength and faith in a setting that is free of distraction for 90 minutes twice a month. We can concentrate on our faith, on God, and how we interact with Him on a daily basis. We can express ourselves in prayer. We share questions and concerns freely without fear of prejudice or condemnation. We can learn about our faith and our Savior. All it costs is 90 minutes twice a month. Come join us !!!

Bob Brennan  
Parishioner

## Remember how it was with daddy when we were kids ?

It may be risky to reference our own fathers as a very good reminder in life of God, for many men may not have had one. I for one do not have a warm recollection of mine, but even so, I feel that I've always wanted one.

What I have found is the need to make a life for my children that I didn't have: To break the chain of many generations of bad father relationships and generate a new and more nurturing one for the many descendants remaining in my future. In order to do this I need to understand what a good father is.

A good father is always



*This is what God is  
really like.*

concerned for his children. He makes sure they have all their needs met and they grow in respect for their mother, brothers and sisters. A good father will place his own needs below the needs of his family and search for opportunities to bring joy and goodness to them. A good father will inspire his children to have faith in themselves and to understand that there is nothing in life that they can't do. A good father will teach his children to love others as they love themselves. A good father will set limits to what his children want and do and demonstrate by his own life what

is true and dependable.

This is what God is. We read about Him in the Bible and discuss how we can and should imitate Him. After all, He did create us in his own image and likeness. Doesn't this mean that He wants us to try to copy Him the way our children try to copy us? What kind of a message do we send to our children when we copy the world? When we live in fear and anger and hate? We read about how love has changed societies, in the new & old testament. We discover how to live as God wants by opening our hearts to His Spirit and inviting Him to come in and change us. The benefactors are not us alone, but it also creates a new generation of people full of love, joy, & peace.