



# 1<sup>ST</sup> SATURDAY DEVOTION NEWSLETTER

JUNE 2020

## SEVEN WAYS TO EXPERIENCE GOD'S PRESENCE

*By Cindi McMenamin*

When God feels far away, here are seven ways you can experience and sense His presence.

### 1. **Come Clean with God.**

Sometimes you can't sense God's presence because there's something blocking the communication between the two of you. He hasn't left, but your sensitivity to His presence might be affected by unconfessed sin in your life. David, the Psalmist, said, "When I kept silent (about His sin) my bones wasted away through my groaning all day long. For day and night, your hand was heavy upon me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord" -- and you forgave the guilt of my sin" (Psalms 32:3-5). If you feel God isn't around because the two of you haven't talked in a while, or because you've avoided the thought of Him for so long, confess to God what's on your heart and mind and ask Him to give you an ear to hear His voice again. 1 John 1:9 tells us: "If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness." When your fellowship with Him is restored, the communication can flow again. So get clean (through the forgiveness of Christ) and let it flow.

### 2. **Read Scripture Aloud.**

When you audibly speak God's inspired Word, you will sense its power and His presence. The Bible says God's Word is "living and active and sharper than any two-edged sword" (Hebrews 4:12). That sharp sword will either make you aware of its weight or prick your heart through conviction, inspiration, or determination. A pricked heart is better than a dull heart any day, wouldn't you agree?

### 3. **Sing God a Love Song.**

God inhabits the praises of His people. Ever wondered why you sometimes feel closer to God when you're in a church service, singing hymns or praise songs? Could be because that's where worship tends to take place. When you start praising Him, regardless of where you are, you'll sense His presence, probably because you're no longer focused on yourself, but on Him. When we open the door of our hearts to love Him, He will meet us there.

### 4. **Say God's Name and Call Upon Him.**

People around you may be using God's name right and left (as a swear word in anger, or as a thoughtless expression). But Scripture says there is power in the name of Jesus because "Salvation is found in no one else, for there is no other name under heaven given to men by which we must be saved" (Acts 4:12). Say His name aloud -- as the Answer to all you seek, as the Source to calm your soul, as the One whose presence you long for and you will sense the power of His presence...and His peace.

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# FEASTS FOR JUNE

The feasts on the General Roman Calendar celebrated during the month of June are:

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| 1 Mary Mother of the Church; Justin, Memorial    | 22 Paulinus of Nola; John Fisher and Thomas More, Opt. Mem. |
| 2 Marcellinus and Peter, Opt. Mem.               | 24 Solemnity of St. John the Baptist, Solemnity             |
| 3 Charles Lwanga and Companions, Memorial        | 26 Jose María Escrivá de Balaguer, Opt. Mem.                |
| 5 Boniface, Memorial                             | 27 Cyril of Alexandria, Opt. Mem.                           |
| 6 Norbert, Opt. Mem.                             | 28 Thirteenth Sunday of Ordinary Time, Sunday               |
| 7 Trinity Sunday, Solemnity                      | 29 Peter and Paul, Solemnity                                |
| 9 St. Ephrem, Memorial                           | 30 First Martyrs of the Church of Rome, Opt. Mem.           |
| 11 Barnabas, Memorial                            |   |
| 13 Anthony of Padua, Memorial                    |   |
| 14 Most Holy Body and Blood of Christ, Solemnity |   |
| 19 Sacred Heart of Jesus, Solemnity              |   |
| 20 Immaculate Heart of Mary, Memorial            |   |
| 21 Twelfth Sunday in Ordinary Time, Sunday       |   |

The feast of St. Romuald (June 19) is superseded by the feast of the Sacred Heart of Jesus. The feasts of St. Aloysius Gonzaga (June 21) and St. Irenaeus (June 28) are superseded by the Sunday liturgy. ☐

## THANK YOU

*... a small and simple phrase that comes from a grateful heart!*

*Psalm 106:2*

<p><b>LAS VEGAS, NEVADA</b>  <b>800 Our Father Devotion</b>          June 20, 2020          Robert &amp; Evelyn Pua</p>	<p><b>LOS ANGELES, CALIFORNIA</b>  <b>800 Our Father Devotion</b>          June 20, 2020          Adriana Arguello   Vic &amp; Alice Araneta          Marco &amp; Norma Gamboa   Frank &amp; Beth Lim          Ben &amp; Vincie Ong   Leonida Putong</p>
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### OUR CENACLE CORNER

Seeking a deeper relationship with God  
 through meditation of passages from Holy Scriptures

#### OUR LOVE FOR GOD AND LIVING IN OBEDIENCE

Book of Psalms  
 Gospel of John

# GOD TOUCHED ME

*Publish his glorious deeds among the nations.  
Tell everyone about the amazing things he does. — 1 Chronicles 16:24*

## DO YOU NOT YET HAVE FAITH?

*By Jerry Robinson  
January 28, 2018*

*And He said to them, "Why are you afraid? Do you still have no faith?"  
They became very much afraid and said to one another, "Who then is this,  
that even the wind and the sea obey Him?"*

*Mark 4:40-41*

God continues to work in my life! And, after reading today's Gospel, Mark 1:21-28, about Jesus casting out the unclean spirit from the man in the synagogue; and yesterday's Gospel, Mark 4:35-41, about the Apostles' lack of faith while in their boat during the storm, I feel compelled to tell you how He recently touched me and helped my faith grow deeper.

My wife and I had a wonderful but busy Christmas season. We traveled to Europe to visit our daughter who was studying abroad, and we toured parts of Belgium, France and Germany.

We returned home on the 31st and caught up on a few necessary items before driving to Kansas City on Friday the 5th for our grandson Jack's third birthday. Then, on Monday, I went on to my second in-residence week of training (also in Kansas City) to become a spiritual mentor.

To say that I had been looking forward to this week would be an understatement. I was dying to get there and experience another week of God's peace and the joy that radiates from the Sisters of the Apostles of the Interior Life (AVI).

Don't get me wrong, I truly loved spending quality time with my wife and daughter over the holiday, but with all the traveling and site-seeing I let my daily routine of meditative prayer slide. And I dearly missed it. I was so looking forward to getting back on track, to the spiritual formation and the times of silence and solitude in the coming week.

When I checked in, I immediately felt a sense of belonging. The Sisters of the AVI and alumni mentors were there to meet me and the other students with whom I had become friends during our first session last May. We soon went to mass, had dinner, and had our first classroom session.

By bedtime I was ready to pack my bags, get in my truck and go home.

In a matter of a few hours everything about me transformed from being on fire to being consumed with doubt in my ability to ever succeed as a mentor, and a

total sense of unworthiness to be there amid so many holy people. I hurt.

I laid in bed begging Jesus for direction on what I needed to do to shake the fear. I was confused and worried. I knew I needed to trust in Him, but I just couldn't make myself let go.

I awoke the next morning in worse condition than when I fell asleep. I prayed but still didn't know what to do. I began my daily meditation by reading the scripture for the day. The Gospel for that morning, January 9th, was Mark 1:21-28 (the same passage as today). When I read about Jesus casting out the demon from the man, I was reminded of the spiritual warfare I had last year that made me fearful of posting on my blog. It was *deja vu* all over again! I thought, "Okay, been there and done that", so I changed my prayer from, "Jesus, help me figure this out!", to, "Jesus, I trust in You!" I prayed for the grace to truly turn it over to Him.

But, no matter how hard I tried, I couldn't do it. It wasn't happening.

The order of the day began with morning prayer followed by meditation, an opportunity for reconciliation, an hour of Eucharistic Adoration, and a half day of silent retreat dubbed "the Desert". Fr. Alessandro led the meditation in his soft, kind, Italian accented voice. Between his accent, my hearing aids and the acoustics in the chapel, I barely understood a word he said. But, somewhere in the middle of his talk I heard, "In the desert, you can't hide from your fear."

I knew God was talking to me and I was meant to hear those words even if I understood nothing else. I knew something was going to happen while "in the Desert", but I didn't know what.

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## SPIRITUAL ENRICHMENT RECOMMENDED

### SEEKING INSPIRATIONAL THOUGHTS AND PRAYERS THROUGH THE BIBLE

BY VICTOR ARANETA

THIS BOOKLET HAS BEEN COMPLETED AND COPIES ARE AVAILABLE TO EVERYONE FOR A DONATION OF \$6.00 PER COPY. CONTACT ALICE @ [alice.a@spiritualarmyofgod.org](mailto:alice.a@spiritualarmyofgod.org) TO GET YOUR COPIES. FIRST SET OF PRINTED COPIES IS SOLD OUT AND ANOTHER SET OF PRINTS IS BEING ORDERED. RESERVE YOUR COPIES AS SOON AS POSSIBLE.

THE SPIRITUAL ARMY OF GOD THE FATHER NEWSLETTER STAFF

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*“ . . . I am your Mother Mary.*

*My children this is the time of prayer and sacrifice as you ponder in seclusion and think that this is God's plan. Soon your exodus from an old world will open up a new world of faith.*

*There will be signs that my Immaculate Heart will triumph over the darkness of LIES which the evil forces are trying to pull down your faith and hope for a prosperous and blessed country.*

*Pray unceasingly my children. Prayer is the most powerful weapon to destroy the forces of evil that surround your country and the whole world “.*

*Mary, Your Lady of Peace*  
04152020

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## Upcoming Events

MARK YOUR CALENDARS!



### MOTHER MARY'S CROWNING

SATURDAY, SEPTEMBER 5, 2020

IN LOS ANGELES:  
CONVENT OF THE SISTER DISCIPLES  
OF THE DIVINE MASTER  
501 N BEAUDRY AVENUE  
LOS ANGELES, CA 90012

IN LAS VEGAS:  
CENACLE HOUSE  
8455 WEST SAHARA AVENUE  
UNIT 172  
LAS VEGAS, NV 89117

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## **SEVEN WAYS TO EXPERIENCE GOD'S PRESENCE**

### **5. Say a Breath Prayer for His Presence to Take Over.**

There are times we need Him but we just don't know what to say or where to start. Start by saying His name and then speak your heart's cry. For me, often times it's just "Jesus, I need You" or "Jesus, give me a heart for You." I believe the simplest of cries are the ones that penetrate His heart -- and ours -- the quickest.

### **6. Take a Walk for His Presence in Creation.**

Exercise brings your body, mind, and heart to life. Feel spiritually dead? Get outside, move around, confess to Him what's on your heart and let Him waken you up, spiritually. My best times with God are when I'm walking while I pour out my heart to Him.

### **7. Breathe Deeply.**

Sometimes we can't sense God's presence because there's too much of everything else going on. Too much noise. Too much traffic. Too much confusion. Too many thoughts running rampant in our minds. Too much anxiety. Center your mind on Him and start to breathe deeply. Try it. Exhale the distracting thoughts. Inhale a desire to sense His presence. Exhale your pre-occupation with self. Inhale a desire to know Him more completely. Exhale the worries of the moment. Inhale His peace. Now, don't you feel better already? Can you begin to sense that you're in His arms? There's a reason His Word says, "Be still and know that I am God" (Psalms 46:10). □

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Cindi McMenamin is a national speaker and author of several books that help women develop intimacy with God. For more on sensing God's presence, see her books *When Women Long for Rest*, *Letting God Meet Your Emotional Needs* or *When God Pursues a Woman's Heart*. You can find out more about her books, ministry, and free resources to strengthen your soul and marriage at [www.StrengthForTheSoul.com](http://www.StrengthForTheSoul.com).

**Editor's Note:** During this pandemic situation when all the churches and Eucharistic Adoration chapels are closed, this article gives us pointers on how to experience God's presence. In conjunction with the Eucharistic Adoration on YouTube or in the EWTN TV channel and the suggestions in this article, we will surely be able to experience God's presence in our lives.

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## **DO YOU NOT YET HAVE FAITH?**

Feeling ashamed of my failure to put all my faith in Jesus, I felt compelled to go to reconciliation as soon as the meditation was over. I confessed to Fr. Steve that

my prayer life had been naught over the prior three weeks and I desperately wanted to get it back. I explained my feeling of unworthiness to be there and confessed that I simply couldn't find a way to turn it over and totally trust in Jesus. Kindly, he told me there isn't a day goes by during which he doesn't feel unworthy to be a priest, but he knows God called him to be one. And he told me he knows God called me to be there and to be in the program. Christ, working through Fr. Steve's hands, forgave me for my unbelief.

I left the confessional and said my one Our Father for my penance. I knelt on the tile floor before Jesus in the Blessed Sacrament and I started to say, "Jesus, I trust in You." But, before I uttered the first syllable, I felt an overwhelming rush of consuming love wash over me. If I hadn't already been on both knees, I would have collapsed to them. In that instant of giving my heart and fear to Him, I felt and heard Him say, "Don't be afraid, I've got this! You're my beloved." I broke into tears.

From that moment, the rest of the week was perfect! I couldn't have asked for more.

Later that day, I recalled the one other time I felt touched by Jesus in this same way (see *Put Your Faith Where Your Prayer Is*). It was when I was praying for my four-day old grandson Jack's life as he lay in the NICU at Children's Mercy Hospital in Kansas City. I had finally realized there was nothing I could do to help him when, in that moment of giving it up I began to say, "Jesus, I trust in You", He hit me with the same overwhelming feeling of love and I heard Him tell me, "Don't be afraid, Jack's going to be okay."

Thinking about Jack now as a healthy and normal little boy, I realized it was exactly three years to the day since that first event. Coincidence? I don't think so. No, I think it was Jesus reminding me and asking me, "Do you not yet have faith?" (Mark 4:40)

I know I've shared many stories over the last five years about how God has worked in my life. But, folks, He is with us and is just waiting for us to open our minds to the truth, our hearts to His love, and our eyes to see the tangible signs of his presence in everything around us. I'm nobody special. You can find Him in your life, too.

God bless you!

"Lord Jesus, thank You for Your infinite love, Your forgiveness, and Your patience. Thank You for leading me to the Father. Holy Spirit, thank You for opening my heart and mind to the Word of God, and for opening my eyes to see His presence in the ordinary things of my life. Amen." □

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