

Reflections

*International
Catholic Family Newsletter*

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Bringing Light Into a World of Darkness

Historical Evidence of Jesus Crucifixion

The Hidden Porn Drug Addiction

The Battle for Souls

St Elizabeth Ann Seton, Miracle Worker

Bible Verse for the Day: "Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid." John 14:27

Thought for the Day: Say your night prayers, so that you will have a restful sleep.

What to Prayer for Today: All of our families are in danger with the false teachings and immoral videos they are exposed to each day. Protect them and lead them out of temptations way. Say a rosary.

Blessing to All:

By: Richard Pickard

The crucifixion of Jesus is an historical fact. The four gospels write about it and many non-Christians historians describe it in their writings. Some of these non-Christian historians were Tacitus (scholars call him the greatest Roman historian), Pliny a Roman governor, Josephus a Jewish historian, and Lucian a Greek satirist writer among others.

There is overwhelming evidence that Jesus was a miracle worker, was crucified, and was seen alive after the crucifixion. He was who He said he

was, the Son of God and the Messiah. His death was given as "ransom" for the sins of the world.

There is no other name under heaven for the salvation of our souls. All we need to do, is acknowledge our sins and ask Jesus for forgiveness and graces to not commit those sins again. Should we fail into the same sins again, Jesus is there to forgive us as many times as you ask Him. With sorry in your hearts for sins you commit, reach out to Jesus. He is the reason He was born and died on the Cross. So that we can have salvation and after our death, to live in peace forever in heaven and to see all the wonders that God the Father has awaiting us in heaven. **"but it is as scripture says: What no eye has seen and no ear has heard, what the mind of man cannot visualize; all that God has prepared for those who love him; 1 Cor 2:9.**

During the month of April, please take time to thank Jesus for his sacrifice for us. The sins of all humans ever born or will be born, was taken by Jesus to the Cross. What horrors he took upon Himself to show us that He truly cares and loves us.

If you are living in serious sin, go to Jesus. Ask for His help. Get back on the right road to eternal salvation and off of the road to eternal damnation.

There is a website that has the title called "[The Chosen.](#)" Hoover over and hold down control key while you click on left mouse button. I highly recommend it. If you have not seen this website before, it has 3 Seasons of The Chosen. The life of Christ. It is free. Go through each of the Seasons Episodes. You will be pleased and motivated.

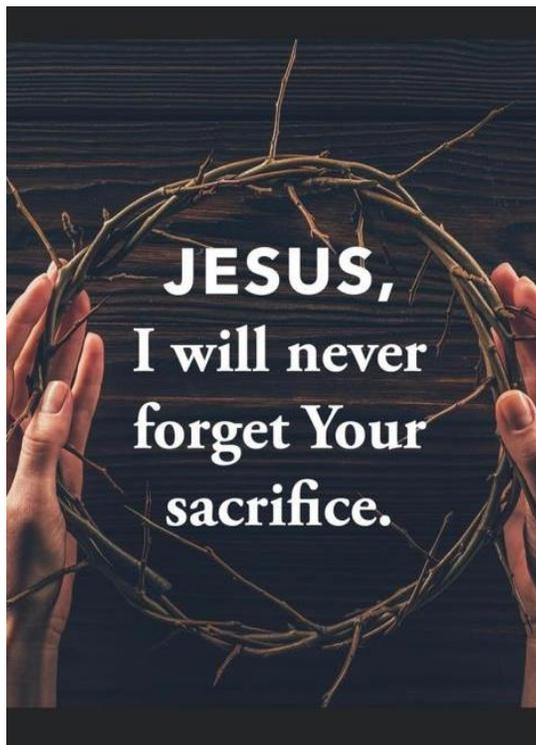
We all have a purpose in life and a job to do for Christ. Jesus gave us the Goodnews and His life for us. Now it is our turn to acknowledge our sins and seek His forgiveness. Be a prayer warrior for your family and those you meet or that the Spirit puts in your mind.

Pass the Newsletter website to others. <https://catholicfamilynewsletter.com/>

Life is too short to argue and fight. Count your blessings. Value the people who love you and make the most of each day.



JESUS,
I will never
forget Your
sacrifice.



Pornography's Web...

The Hidden Porn Drug Addiction

One of ways that the devil snares victims in his web is to provide visual stimulation in the form of pornography. This trap has captured mostly men, as men are more visually stimulated than women. It is normal for men to see the attractiveness of women, but the devil takes this and uses it in a most unholy way. Some first-time porn viewers are curious and move on. But others get trapped in this web and are so titillated in watching porn that lust takes over. Those that are addicted, even mildly will find it hard to break the temptation to view pornography. It has been discovered that there is a ***connection between addiction to porn and a drug that is produced within the brain when viewing porn. That is why porn addiction is so hard to break.*** The article below is worth the read.

Two Fallacies of Believing Pornography is No Big Deal

By: Dr Donald L. Hilton, Jr., Chief, Department of Neurosurgery,
Santa Rosa Hospital, San Antonio, TX

"Pornography is a *visual pheromone*, a powerful, \$100 billion per year *brain drug* that is changing human sexuality by "inhibiting orientation" and "disrupting pre-mating communication between the sexes by permeating the atmosphere," especially through the internet. I believe we are currently struggling in the war against pornography because many continue to believe two key fallacies:

Fallacy No. 1: Pornography is not a drug.

Fallacy No. 2: Pornography is therefore not a real addiction.



First, I would like to share an experience our family had a few years ago on a safari in Africa. While on a game drive along the Zambezi River, our ranger commented on the adrenaline grass growing along the banks. I asked him why he used the word "adrenaline," and he began to drive slowly

through the grass. Abruptly, he stopped the vehicle and said, "There! Do you see it?"

"See what?" I asked. He drove closer, and this also changed the angle of the light.

Then I understood. A lion was hiding in the grass watching the river, just waiting for some "fast food" to come and get a drink.

We were sitting in an open-air Land Rover with no doors and no windows. I then understood why it was called adrenaline grass, as I felt my heart pound. My cerebral cortex saw and defined the danger, which registered in the autonomic, or automatic, part of my nervous system. The brain, which is a very efficient pharmaceutical lab, produced the chemical adrenaline, causing my heart to pound and race in preparation for survival. I was ready to run if needed (not that it would have done any good with the lion).

We were told that if we stayed in our seats and remained still, the lion would look at the Land Rover as a whole and not see us as individuals. Fortunately, this was the case for us.

A Drug Is a Drug



Interestingly, adrenaline, also called epinephrine, is a *drug* we physician use in surgery and in emergencies to start a patient's heart again when it beats too slow, or even stops. So here is the question: Is epinephrine *not* a drug if the brain makes it (causing the heart to pound and race), yet *is* a drug

if the same epinephrine is given by a physician?

Or consider dopamine. This chemical is a close cousin to epinephrine, both of which are excitatory neurotransmitters that tell the brain to *Go!* Dopamine is important in the parts of our brain that allow us to move, and when the dopamine-producing parts of the brain are damaged, Parkinson's disease results. To treat Parkinson's, physicians prescribe dopamine as a drug, and it helps the patient move again. So, is dopamine a drug only if the

pharmaceutical lab makes it, and not if the brain makes the same chemical for the same purpose?

Of course, both are drugs in every sense of the word, regardless of where they are produced. Pertinent to our subject, it happens that both of these brain drugs are very important in human sexuality - and in pornography and sexual addiction. Dopamine, in addition to its role in movement, is an integral neurotransmitter, or brain drug, in the pleasure/reward system in the brain.

It's the overuse of the dopamine reward system that causes addiction. When the pathways are used compulsively, a downgrading occurs that actually decreases the amount of dopamine in the pleasure areas available for use, and the dopamine cells themselves start to atrophy, or shrink. The reward cells in the nucleus accumbens are now starved for dopamine and exist in a state of dopamine craving, as a downgrading of dopamine receptors on the pleasure cells occurs as well. This resetting of the "pleasure thermostat" produces a "new normal." In this addictive state, the person must act out in addiction to boost the dopamine to levels sufficient just to feel normal.

As the desensitization of the reward circuits continues, stronger and stronger stimuli are required to boost the dopamine. *In the case of narcotic addiction, the addicted person must increase the amount of the drug to get the same high. In pornography addiction, progressively more shocking images are required to stimulate the person.*

What about pornography and sexual addiction? Dr. Eric Nestler, head of neuroscience research at Mount Cedar Sinai in New York and one of the most respected addiction scientists in the world, published a paper in the journal Nature Neuroscience in 2005 titled "Is there a common pathway for addiction?" In this paper he said that the dopamine reward systems mediate not only drug addiction, but also "natural addictions (that is, compulsive consumption of natural rewards) such as pathological overeating, pathological gambling, and sexual addictions."

Dr. Norman Doidge, a neurologist at Columbia, in his book The Brain That Changes Itself, describes how pornography causes re-wiring of the neural

circuits. He notes that in a study of men viewing internet pornography, the men looked "uncannily" like rats pushing the lever to receive cocaine in the experimental Skinner boxes. Like the addicted rats, the men were desperately seeking the next fix, clicking the mouse just as the rats pushed the lever.

Pornography addiction is *frantic* learning, and perhaps this is why many who have struggled with multiple addictions report that it was the hardest for them to overcome. Drug addictions, while powerful, are more passive in a "thinking" kind of way, whereas pornography viewing, especially on the internet, is a much more active process neurologically. The constant searching for and evaluating of each image or video clip for its potency and effect is an exercise in neuronal learning, limited only by the progressively rewired brain. Curiosities are thus fused into compulsions, and the need for a larger dopamine fix can drive the person from soft-core to hard-core to child pornography - and worse. A paper published in the *Journal of Family Violence* in 2009 revealed that 85 percent of men arrested for child pornography had also physically abused children.

Let us reach out with understanding to those already trapped, who live in shame and secrecy. Shaming them will not heal them. As Jeffery R. Holland said when he was president of Brigham Young University, "When a battered, weary swimmer tries valiantly to get back to shore, after having fought strong winds and rough waves which he should never have challenged in the first place, those of us who might have had better judgment, or perhaps just better luck, ought not to row out to his side, beat him with our oars, and shove his head back underwater.

Secular philosophy will not heal them either, and the government can't save them. Step 2 of the Twelve-Step program for sex addicts says that those healed "came to believe that a Power greater than [themselves] could restore [them] to sanity." Interestingly, peer-reviewed studies support the success of Twelve-Step programs, which are based on the aid of a **Higher Power.**"



A daily prayer to be recited each morning by those addicted to porn.

“I am the master of my fate,
I am the captain of my soul. Jesus heal me”

Meet the American who first achieved sainthood, Elizabeth Ann Seton, mother, educator, miracle worker

Seton was ousted by NYC society after she converted to Catholicism

By [Kerry J. Byrne | Fox News](#), March 2023



Elizabeth Ann Bayley Seton glorified in action and in faith a unique status among all her countrymen. Meet Mother Elizabeth Ann – the first American-born saint. She was a native of New York City, born on the eve of the American Revolution.

"She was an extraordinarily erudite, strong, independent woman, a socialite from a very respected family, and a patriot very interested in the events of the

day and the fight for independence of the new nation," Cardinal Timothy Dolan, Archbishop of New York, told Fox News Digital.

"She was also a loving wife and mother. She was very strong in her Anglican faith, but felt this mysterious tug to the Roman Catholic faith, at a cost of great sacrifice. She embraced that faith here in New York."

Dolan was in the Vatican, he said, for Saint Elizabeth Ann Seton's canonization under Pope Paul VI in 1975

"She was a charming little girl, small-boned and dainty, with great brown eyes and a face like a cameo, who from the very first loved God and wanted to be good," author Mary Reed Newland wrote in "The Saint Book" in 1979.

Yet Seton suffered tragedy early in life, losing her mother at age three, then enduring extreme hardship as a widowed mother of five children by age 30.

She lost two of those children to tragic deaths in the decade that followed.

St. Elizabeth Ann Seton also knew poverty and then prejudice and rejection from the New York City establishment upon her conversion to Catholicism.

"God is with us – and if sufferings abound in us, his consolations also greatly abound, and far exceed all utterance," Seton wrote in her journals.

"[I was] not only willing to take my cross but kissed it, too."

She overcame adversity to pioneer Catholic education in America, form the Sisters of Charity, a nationwide network of religious communities, and, after her death, intercede in the miraculous recovery of three terminally ill people around the United States. The incredible acts of healing, each one unexplained by science, propelled her to sainthood more than a century after a brief life filled with incredible drama and achievement.

"She loved God and she loved to do his will," Anne Merwin, author of "Saints By Our Side: Elizabeth Ann Seton," told Fox News Digital.

"She put her faith ahead of everything."

Elizabeth Ann Bayley was born in colonial New York City to Richard and Catherine (Charlton) Bayley on Aug. 28, 1774. It was a city in turmoil, bursting at the seams with new settlers, battling infectious disease and on the brink of rebellion.

Her parents were prominent members of the Episcopal Church. Richard Bayley was a renowned epidemiologist, New York City's first chief health officer and an expert in yellow fever, which often swept over the American colonies with deadly results.

"As a child of the American Revolution, Elizabeth possessed the same qualities its leaders had: faith, foresight and fortitude," author Merwin writes.

She married William Magee Seton in 1794. His father, also William, was a wealthy shipping merchant and treasurer of the Bank of New York, which was founded by their neighbor, Alexander Hamilton.

At the time of their marriage, war hero Hamilton was the first secretary of the U.S. Treasury.

"Elizabeth socialized with elite New Yorkers of her time," writes the website of St. Peter's Church in Manhattan. "With the aid of several other women including Mrs. Alexander Hamilton, Elizabeth Seton organized New York's first private charity, the Society for the Relief of Poor Widows with Small Children, at Trinity Church."

The good times soon ended. The Setons' shipping business went bankrupt amid piracy and ongoing conflict in Europe. Her young husband grew ill. The

couple, with their oldest daughter Anna Maria, made the long journey to Italy in 1803 "to aid in his recovery," the church writes.

Author Merwin notes he was also likely seeking reprieve from creditors. William Seton died of tuberculosis in Italy on Dec. 27, leaving Seton a widow far from home. "His business partners, the Filicchi family (of Italy), extended hospitality to Elizabeth and her daughter," the church and other biographers note.

"Elizabeth was impressed with their devout Catholicism. When she and her daughter returned to New York a year later, and to the horror of Elizabeth's family and friends, she decided to convert."

She was received into St. Peter's Church on March 14, 1805. Eleven days later, "she made her First Communion with extraordinary fervor," according to church documents. St. Peter's was the only Catholic Church in New York City at the time — a testament to the shock it must have been to friends and family that she'd join such a minority congregation. St. Peter's Church is still there today, though in a newer building, at 22 Barclay Street, steps from the World Trade Center. It's the oldest Catholic parish in New York State.

She opened a school for boys, though it soon collapsed after New York City families removed their children from it after learning she had converted to Catholicism. With little income, with five children, and now branded a spiritual pariah in the eyes of the city in which she was raised, Elizabeth Ann Seton moved to Maryland — and devoted her life to Christ.

Seton was offered a teaching job at St. Mary's College by Catholic leaders in Baltimore, where the church was more firmly established. "She accepted and

left New York for good on June 8, 1808," notes the Shrine of St. Elizabeth Ann Seton in Baltimore.

Before long, she opened a Catholic school dedicated to educating girls. "Catholic women from around the country came to join her work and, over time, they created a convent," writes the National Women's History Museum.

"The women soon moved to Emmitsburg, Maryland, where they formally began their religious life as Sisters of Charity of St. Joseph's on July 31, 1809. This was the first sisterhood in the United States."

Her work as an educator and faith leader was thriving. But tragedy struck Seton again. Two of her daughters, just teens at the time, died of tuberculosis: Anna Maria in 1812 and Rebecca in 1816. "Never can a child know what a mother suffers," Seton once wrote. "Our God alone knows a mother's heart and he will pity us."



View of a statue of Elizabeth Ann Seton in the Shrine Chapel at the Basilica at the National Shrine of Saint Elizabeth Ann Seton, Emmitsburg, Maryland, on Sept. 14, 1975. The photo was taken on the day that Seton (1774-1821) was canonized by Pope Paul VI in Rome. (Ann E. Zelle/Getty Images)

The Sisters of Charity began sending missions around the country. Her example of faith was so strong that her name was called upon by healing prayers of the faithful well into the 20th century. She is credited with three miracles.

Sister Gertrude Korzendorfer of New Orleans made a full recovery from pancreatic cancer deemed inoperable by doctors in 1934 after beseeching the aid of Mother Elizabeth Ann. Then, Ann Theresa O'Neill, just four years old, was cured of acute lymphatic leukemia in Baltimore on Easter week in 1952, after Sister Mary Alice prayed to Seton on the toddler's behalf.

"The priest had already been by to give her the final blessing," the Baltimore Sun wrote of the event in 1994.

"Even decades later, renowned hematologists and oncologists would be unable to explain her recovery."

The most dramatic miracle attributed to Seton came in Yonkers, New York, in October 1963, in room 308 of St. Joseph's Hospital. "Carl Kalin, then 61 years old, lay in a coma with a rare brain disease, while the Sisters of Charity in the entire New York community prayed to their foundress, Mother Elizabeth Ann Seton, for his recovery," The New York Times reported on the day of her canonization in 1975.

"Then a relic, a sliver of her bone, was brought to the hospital to reinforce the prayers, placed on his body, and a few hours later he awoke." Longtime St. Joseph's physician Dr. Paul Tucci was quoted in the story.

Medicine is not just science and art," the doctor said. "There's a certain amount of spirit, too, and that makes for a totality of people. I think it was a miracle."

Mother Elizabeth Ann Seton died on Jan. 4, 1821 in Emmitsburg, Maryland. She was just 46 years old.

She is buried at the National Shrine of St. Elizabeth Ann Seton in the town where she died. Another Shrine of St. Elizabeth Ann Seton is found today at 8 State Street at the extreme southern tip of Manhattan, the oldest part of New York City. It's the site of the home where she once lived.

Her contributions to Catholic education live on in schools she helped found in Maryland, and in those developed with her curriculum or bearing her name across the United States, in the Philippines and [in Australia](#). Seton Hall, a Catholic university in New Jersey known nationally for its basketball program, was founded by her nephew, the Rev. James Roosevelt Bayley — and named in her honor.

Her spiritual communities spread, too.

"The work of her sisters has steadily grown over the last 160 years," states the Catholic Community of St. Elizabeth Ann Seton of Plano, Texas.

"Five of these communities are now independently organized and are called Sisters of Charity. The sixth is the American Daughters of Charity."



The American Daughters of Charity united with the French Daughters of Charity in 1850 to form what the Catholic Community of St. Elizabeth Ann Seton calls the "largest order of religious in the church" — it has 32,000 members across the world. "In the United States, the Daughters of Charity staff hospitals, child care institutions, home for the aged and handicapped, and schools at every level," the group notes.

She was beatified on Dec. 18, 1959 and canonized on Sept. 4, 1975 — 201 years after she was born on the eve of her homeland's fight for independence.

"Elizabeth Ann Seton was wholly American! Rejoice for your glorious daughter," Pope Paul VI proclaimed at her canonization. "Be proud of her. And know how to preserve her fruitful heritage," he also said.

The Battle for Souls

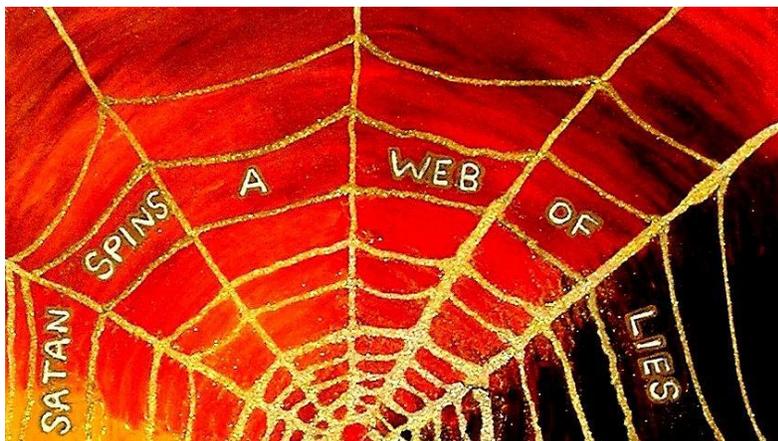
By: Richard Pickard

There has always been a battle for the hearts, minds and souls of the children of God by the enemies of God. All of us can attest to these battles within our own hearts, minds and souls. These battles come in a variety of ways and they are endless. Should you keep a scoreboard on these battles, you would see that they have many things in common. The most obvious common threads revolve around misunderstanding; jealousy; lust; lies; pornography; false anger; personal justification of actions; envy and revenge.

Our human nature is weak due to sin and the openings for the devil to cause havoc within us and our families is a lifelong battle. Do not be depressed by your constant failure of falling into situations that challenge your morals or love of neighbor. This is the battle we are all in.

When a battle is coming, you must understand your enemy. How does the enemy find its way into your heart, mind and soul? What is the enemy's favorite trick to attack you?

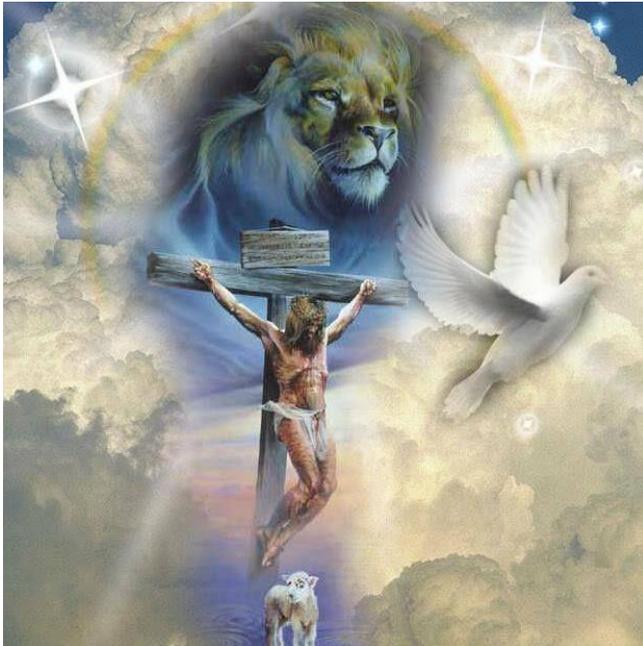
The enemy needs **to divert your attention** from the truth and give you a plausible reason for doing this or that. If the enemy can deceive you, then he will try to use you to deceive others.



Each of us knows the enemy. Each of us has fallen by deception. Each of us are God's children and He does not want us to be destroyed by the enemy. Jesus is with us and the Holy Spirit strengthens us in these battles for our hearts,

minds and souls. ***If you or a loved one are caught in the web of evil and repeatedly fall back into the same web, what do you do? There is a way out.*** Monthly confessions and the Rosary are powerful weapons against the enemies of the children of God. If you want to fight against the powerful enemy, you must put on powerful armor.

“Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places.” (Eph 6:10-12)



Victory over the enemies of the children of God has already happened. Jesus, the lamb of God and our brother, has taken the sin of the world upon Himself. His suffering, death and Resurrection provides us with the graces to fight against the evil that is trying to devour us and our families. Send up your prayers, sacrifices and tears to Jesus. He will not abandon you and will give you the spiritual strength needed.

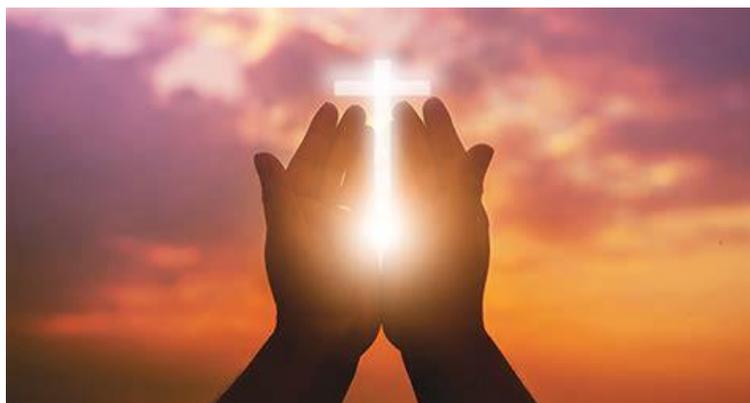
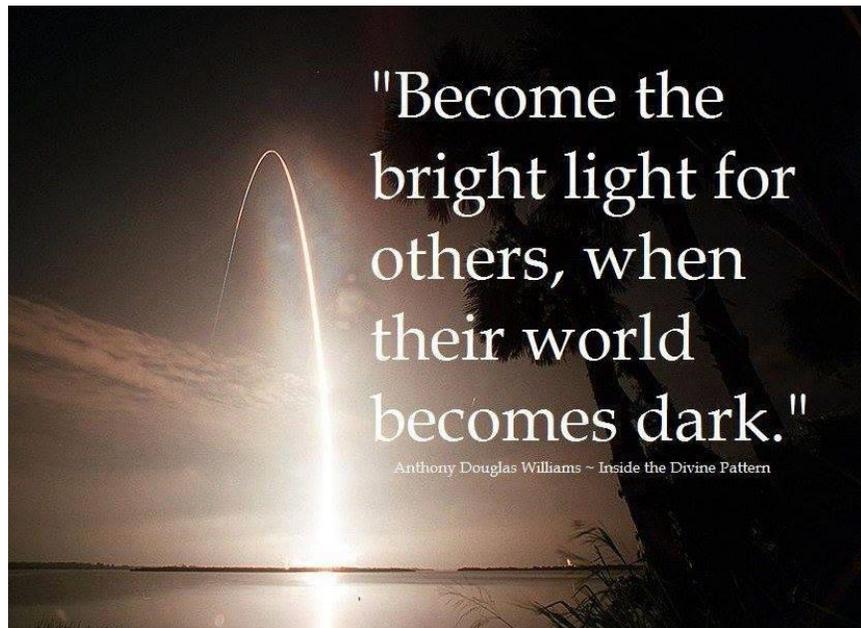
Jesus works in our lives each day, but we must do our part. The enemy is full of hate for the children of God. The devil uses many people and tricks to put you in serious sin. We must use the weapons of love and forgiveness against hate and unforgiveness in a world blinded with darkness by the evil of our times.

The news each day brings new reports and images of hate that fill the hearts of people. Be Christian examples of good in the world by showing love. **God needs you to shine like a beacon of light to those living in darkness.** So, that when others who live with hate in their hearts, see the charity and love in your life as children of God, may realize the darkness that has taken over and holds their souls in captivity.



We are the lights shining through the darkness. "You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give

glory to your Father who is in heaven." (Matt 5:14-16)



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Bringing Light Into A World In Darkness



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Our mission statement is to motivate people to pray and to be Christian examples in their work, home and with others, for those needing the Light in a world of Darkness.

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**Powerful graces are received when you
pray the Rosary and the Chaplet of Divine Mercy.
The Rosary is the 'weapon' for these times. -
Padre Pio**