



The Armor of Faith
Topic Summary: Saints of Inspiration
Part V: Saint of Grandparents



Saints Joachim and Anne
Public Domain

Introduction

[Greeting:] → Welcome to “The Armor of Faith,” a show where we hope to bring our listeners closer to the Word of God and the blessings we receive through living in the fullness of the Catholic faith. My name is Doug and I will be your host as we discuss the blessings of the Church Christ built upon Peter.

I am joined today by my panel: [names]

Helen is a lay-Dominican with a love for music ministry. The Dominicans, I always mention, are also known as the Order of Preachers. Sharon, in addition to being my lovely wife as well as a wonderful blessing in my life, is a youth and adult formation catechist. We are also blessed to have on our panel, Donna Mae, who is the artist who sculpted the statue of Our Lady of America which was carried by our youth and blessed by Saint John Paul II at the 1993 World Youth Day.

Of course, as everyone knows by now, I am simply here to ask questions because questions lead to answers, well, at least that is the way it is supposed to work. They can also lead to more questions, too. I'll let everyone ponder that for awhile. Anyway, the hard part we leave to our panelists, which is to answer my questions, correct my pronunciation, and make sure I know which century I am talking about, so welcome to our panelists as well as to our listeners.

Let us open with a prayer:

In the name of the Father, the Son and the Holy Spirit.

Heavenly Father, we lift up our hearts in thanks and praise for this opportunity to open and share your Holy Word this day. We pray that You are with us and all our listeners as we share with one another the blessings of faith. We pray You will grant us wisdom and understanding as we seek to learn Your Holy Truth.

Dear Lord, we also lift up the prayers in our prayer basket. You know what is written on each one and you know the hearts of those who offer their thanks and praise as well as their petitions for the blessings of Your great mercy.

We pray, especially today, for families attempting to navigate the social issues of the world. We pray, dear Lord, that You will guide them in their reflection and communication so they may lovingly encourage and support one another as they engage the trials and tribulations presented within our society and which impact their hearts. We pray too, You will help confused souls see the beauty of Your design and the vocations to which You call them.

We also pray for the repose of the soul of Bill, that You will accept him with Your Heart of Mercy, and that Your hand of Comfort shall rest upon his family and all who love and care for him.

In the name of the Father, the Son and the Holy Spirit we pray. Amen.

If you would like to add your prayers to our prayer basket, all you need to do is send us an email at armoroffaithradio@gmail.com. We ask that you include the word “prayer” in the subject line so that we will give it priority and ensure we place it in our prayer basket. Just so you know, Sharon and I lift up our prayers with those in the Armor of Faith Radio prayer basket during the course of our daily prayers.

We would also like to ask you to assist Armor of Faith Radio in our evangelization. By sharing the URL for our show, you can help us spread knowledge of our faith. All you need to do is share the URL, wcatradio.com/armoroffaith via email or social media and tell family and friends as well. Several of the streaming services through which we are available on demand also have share options, so we invite you to join the evangelization and help us spread the good news of the Gospel and our trust in Jesus Christ. You can also help us by selecting the follow or subscribe option associated with the service through which you listen to our show.

Current Day Commentary:

Jericho Walks to End Abortion

In Joshua 6:1-5 we are told:

(Joshua 6:1-5)

1 Now Jericho was in a state of siege because of the presence of the Israelites. No one left or entered. 2 And to Joshua the Lord said: I have delivered Jericho, its king, and its warriors into your power. 3 Have all the soldiers circle the city, marching once around it. Do this for six days, 4 with seven priests carrying ram's horns ahead of the ark. On the seventh day march around the city seven times, and have the priests blow the horns. 5 When they give a long blast on the ram's horns and you hear the sound of the horn, all the people shall shout aloud. The wall of the city will collapse, and the people shall attack straight ahead.

In our modern day, when all the people shout aloud, we need not use it as a call to arms, but a call to prayer. As we lift up our prayer in community, our cry is heard ever louder in heaven.

The day after our last episode, we received an email from Michele Mason, the Colorado Springs, Colorado, 40 Days for Life Campaign Leader. The email announced a Jericho Walk

which began Sunday 7 March 2021, and will conclude Saturday, 13 March at 2pm, on the Centennial Sidewalk near Planned Parenthood at 3480 Centennial, Colorado Springs, Colorado. Fr. Jason Keas, Pastor Jeff Anderson, and the 40 Days for Life team will join with all present to participate in prayers, hymns, marching the sidewalk seven times, and the blowing of the Shofar.

While most of our listeners will hear about this after the event, it does not mean we cannot join in. Perhaps a similar event can be coordinated in other local areas. It begins with someone making a suggestion and encouraging others to join in this lifting of prayer to help protect the unborn and end the evil of abortion. Perhaps you can make this suggestion for a similar event at your parish or in coordination with your local pro-life organizations. Here is the schedule of prayer which the 40 Days for Life team is using in Colorado Springs:

First 6 Days- Walk around your own neighborhoods
(Sunday through Friday).

As you walk, pray for the permanent closure of Planned Parenthood and pray the following Daily Intentions (pray for your neighbors as well.):

Day 1- Pray for pregnant moms, especially those who are in a crisis pregnancy. Pray for the fathers of these babies. Pray for people who are indifferent to abortion.

Day 2- Pray for abortion workers and for those who promote abortion to realize the truth.

Day 3- Pray for post abortive women and men and all who are affected by abortion. Pray that they will seek help and find healing through Christ.

Day 4- Pray for the church, church leaders, pro-life leaders, and for God to raise up new witnesses. Pray for political leaders - local, national, and world leaders.

Day 5- Pray for the innocent victims - women forced into abortion, men who have no say in the matter, and for boys and girls who are trafficked; so they can be rescued and be healed.

Day 6- Pray for an abortion free city, state, country, and world.

Day 7- The Jericho March concludes at the sidewalk. Join all present to participate in prayers, hymns, marching the sidewalk seven times, and the blowing of the Shofar.

Scripture tells us God hears the cry of the people. Even if we cannot help organize or participate in a local Jericho Walk, we can be there in spirit. We can lift up prayer from wherever we are, but we must also seek the opportunities to join together in community. Through visibility of our peaceful and prayerful presence, we can help women see there are those who are praying for

them as well as the child who is in their womb. We can help those who are engaged in this gruesome industry see there are those praying for their hearts as well as their souls; that God might lead them away from this evil. Let us also remember, as we engage in this plea to our Lord to listen carefully in our own hearts for how He nudges us to help accomplish His will, which, a certain saint reminds us, is love and mercy itself.

Why Catholics Do What We Do:

Catholic Definitions – Part XVIII: Quadragesima

In exploring Lent and what it is all about, I came across a word that we do not normally hear, even during Lent. That word is *QUADRAGESIMA* (kwädrə'jesəmə).

According to Catholicculture.org, *Quadragesima* means:

Any season of forty days' preparation by prayer and penance, especially Lent, whose weekdays from Ash Wednesday to Easter Sunday number forty. (Catholic Culture)

As I was reading and found this new word, I was very surprised that I had never heard it before. This word and its meaning was first used in the year 325 in the fifth canon of the council of Nicaea. Since that time, it has been used frequently by clergy and theologians, but rarely spoken before the flock. It is derived from its Latin form which means 40.

The number 40, the *Quadragesima*, has long been part of periods of discipline, devotion, and preparation. Besides Lent, where else do we find any significant events accomplished in 40 days? Let's take a look.

The Old Testament gives us the following examples of 40 day periods which are important events:

In Genesis 7:12 God destroyed the Earth.

(Genesis 7:12)

12 For forty days and forty nights heavy rain poured down on the earth.

In Acts 7:30 Moses killed an Egyptian and went to the mountains.

(Acts 7:30)

30 "Forty years later, an angel appeared to him in the desert near Mount Sinai in the flame of a burning bush.

In Deuteronomy 9:18 Moses interceded for the people of Israel.

(Deuteronomy 9:18)

18 Then, as before, I lay prostrate before the Lord for forty days and forty nights; I ate no food, I drank no water, because of all the sin you had committed in the sight of the Lord, doing wrong and provoking him.

In Jonah 3:4 Nineveh was given time to repent.

(Jonah 3:4)

4 Jonah began his journey through the city, and when he had gone only a single day's walk announcing, "Forty days more and Nineveh shall be overthrown,"

In Deuteronomy 25:3 The law specified punishment.

(Deuteronomy 25:3)

3 Forty lashes may be given, but no more; or else, if more lashes are added to these many blows, your brother will be degraded in your sight.

In Deuteronomy 8:2 The Israelites wandered in the desert.

(Deuteronomy 8:2)

2 Remember how for these forty years the Lord, your God, has directed all your journeying in the wilderness, so as to test you by affliction, to know what was in your heart: to keep his commandments, or not.

In Exodus 24:18 Moses was on Mount Sinai.

(Exodus 24:18)

18 But Moses entered into the midst of the cloud and went up on the mountain. He was on the mountain for forty days and forty nights.

The New Testament gave us two really important 40 day events and both are about Jesus. In Matthew 4:2 Jesus prepared for His ministry.

(Matthew 4:2)

2 He fasted for forty days and forty nights, and afterwards he was hungry.

In Acts 1:3 Jesus appeared to the Apostles.

(Acts 1:3)

3 He presented himself alive to them by many proofs after he had suffered, appearing to them during forty days and speaking about the kingdom of God.

There really are plenty of Biblical events to demonstrate the power of 40 days, 40 nights, 40 years, 40 lashes. The 40 days of which Jesus spent in the desert fasting and praying in preparation for His ministry is the real reason we have 40 days for Lent. It is in following His example that we are able to do as others before us have done. So as we move forward in this Lenten season, let us each do our own Quadragesima just like Moses, the Israelites, the nation of Nineveh, the laws, and yes, like Jesus too.

Have a blessed week All. Remember, you are loved dearly by God the Father, God the Son, God the Holy Spirit and yes, by us as well.

If you would like to learn more about the Catholic meaning of “*Quadragesima*,” we invite you to follow the links in the reference section of the topic summary for this episode. You can obtain the topic summary by visiting <https://wcatradio.com/armoroffaithstudyguides/> and select episode 189.

Discussion:

As we discussed last time, we can lift up our prayers to a saint to ask for their assistance, but we should not overlook the assistance we may offer after we lift up those prayers.

I must confess that my perception, when I look to saints, was that they were people who were so far beyond me, but we might ask ourselves, what did they do which was beyond any of us? With the exception of the Archangel Saints, the saints are people such as we. In some cases they were frail, in others, of meager means. What led to them being recognized by the Church as saints? Simply, it is the choices they made and the efforts and fruits of their choices. In other words, we all have the means by which we may assist with work similar to theirs.

Perhaps we may need to ask a saint for assistance in our endeavors. As I mentioned in the second episode of this series, Saint Kolbe looked to the Little Way of Saint Therese of Lisieux as a model. He asked her for assistance, and in the process, he became a saint as well. We too may look to saints and their lives as something after which to pattern our own lives and to inspire us as we face the struggles of the time. Through the saints, we may observe the value of persistence in good works and seeking the grace of God as we endeavor to help accomplish his will, which, a certain saint reminds us, is love and mercy itself.

Today, we are going to turn our discussion to the saints known as the patron saints of grandparents, the parents of Mary; Saints Joachim and Anne.

We have a bit of a challenge when we discuss these two saints, for they are obviously part of Gospel history, but are not mentioned in scripture. We turn to scripture to reveal to us the biblical saints and to the historical records of the church for learning about post-biblical saints.

(Question 1: Given Saints Joachim and Anne come to us from biblical times, but are not mentioned in scripture, **how are we to know them and learn about how they might inspire us?)**

- Historical records – but we must separate legend from fact
- Writings of the Church – Teaching Authority of the Church
- Examination of their fruits – in this case, the Virgin Mary
- Prayer and discernment – asking saints to reveal holiness to our hearts

Bottom line, we know, through deductive reasoning, that Mary had parents. That is probably the only fact we know about these saints. Because they are not referenced in scripture, all we know

about them basically comes from legend written more than a century after the time of Jesus. We are not even certain Joachim and Anne were actually their names.

So, let's use the method of examining the fruits of the parents of Mary to observe what inspiration we may take from these saints. Franciscan Media, in their Saint of the Day segment for 26 July, states:

The strong character of Mary in making decisions, her continuous practice of prayer, her devotion to the laws of her faith, her steadiness at moments of crisis, and her devotion to her relatives—all indicate a close-knit, loving family that looked forward to the next generation even while retaining the best of the past. (Franciscan Media)

(Question 2: When we look at the decisions, prayer, devotion, steadiness, and loyalty to family which Mary represents, what might that reveal to us about the parents of Mary?)

- Our character is influenced by those who raise us
- Our decision making is influenced by those who raise us
- Our practice of faith and prayer is influenced by those who raise us
- Our living according to our faith is influenced by those who raise us
- Our service to others is influenced by those who raise us
- This demonstrates the influence of one generation upon the next
- Love forms us in positive ways while evil tears down our character and ability to make good choices and produce good fruits
- We must also consider, the influence of parents does not stop when children achieve adulthood

As Sharon shared with me the Catholic definition of “*Quadragesima*” that she was going to discuss today, I shared with her the legend I had just learned of how Joachim, after being mocked for not contributing to society through the fruit of children, went into the desert for 40 Days and Nights to fast and pray to the Lord. The Lord sent an angel to Joachim to announce that Joachim's prayers were heard and that he and Anne would conceive a child. I just thought it was interesting that I learned that just before Sharon revealed what she was preparing to share.

Of course, this story is legend which we cannot present as fact. The story of Anne and Joachim is found in an apocryphal text, the Gospel of James, which was written more than a century after the crucifixion of Christ. Because this writing is outside of scripture and accepted historical records, we can only accept them as legend at best. Because of this, we are not going to go into the legendary details of these two saints, but given they are the grandparents of Jesus, we can assume they have a relationship with Him.

As we have discussed, we assume that as the parents of Mary, Saints Joachim and Anne had a significant impact upon who Mary became, “*the handmaid of the Lord.*” (cf. Luke 1:38)

(Question 3: Parents influence the formation of their children, but as children become parents, grandparents still have a role, not just for the influence upon their children, but also their children's children. Within the dynamics of the family what role do we expect of grandparents?)

- Influencing family culture
- Passing on family history
- Influencing family faith
- Influencing family love
- Encouraging the faith of children and grandchildren
- Encourage the virtues of children and grandchildren
- Presenting a positive example of faith to help encourage children and grandchildren to help accomplish the will of God

(Deuteronomy 4:9-13)

9 However, be on your guard and be very careful not to forget the things your own eyes have seen, nor let them slip from your heart as long as you live, but make them known to your children and to your children's children....

(Question 4: For those called to the vocation of marriage, children are the likely fruit of that vocation. Those who have children are also likely to become grandparents. In what ways may we prepare ourselves for the journey of marriage which may lead to the role of grandparent?)

- Learn from our mistakes as well as our successes
 - Learn the fullness of our faith
 - Learn the context of our faith in history
 - Learn how to incorporate faith into family culture
 - Learn how to recognize and warn of wolves in the clothing of sheep
 - Learn how to share the blessings of our faith, using words if necessary
-

(Question 5: For those who are grandparents and those preparing for the day they may become grandparents, what might we do to help influence the strength of our faith in the good news of the Gospel within our families?)

- Be present and be loving
- Share the stories of faith
 - ➔ Read Bible stories to the young
 - ➔ Share the stories of the saints
 - ➔ Share our faith within the context of history
- Support the sacramental journey of children and grandchildren
 - ➔ Assist in religious formation through conversation – point out the blessings of living the fullness of our faith
 - ➔ Ask questions about what children are learning

- ➔ Share our own sacramental journey experience
- ➔ Be present, where possible, for sacramental rituals and celebrations
- ➔ Give sacramental (and sentimental) gifts
- ➔ Document the sacramental lives of the family and pass on as part of family history
- ➔ Share our personal testimony of growth within the faith
- ➔ Encourage and love
- Consider including faith based gifts when giving gifts
 - ➔ Explain the faith relationship of such gifts
 - ➔ Explain the love behind the gifts given
- Be there to listen and answer questions

For a novena in honor of Saints Joachim and Anne, visit novenaprayer.com and search for Saint Joachim and Saint Anne, individually.

<https://novenaprayer.com/saint-joachim-novena/>

<https://novenaprayer.com/saint-anne-novena/>

Feastday: 26 July

Patron: Grandparents and Infertile Couples

Death: Unknown

Beatified: By Pre-Congregation

Canonized: By Pre-Congregation

Quotes:

(Proverbs 17:6)

Children's children are the crown of the elderly, and the glory of children is their parentage.

(Psalms 103:15-18)

*15 As for man, his days are like the grass;
he blossoms like a flower in the field.*

*16 A wind sweeps over it and it is gone;
its place knows it no more.*

*17 But the LORD's mercy is from age to age,
toward those who fear him.*

His salvation is for the children's children

*18 of those who keep his covenant,
and remember to carry out his precepts.*

(2 Timothy 1:4-5)

4 I yearn to see you again, recalling your tears, so that I may be filled with joy, 5 as I recall your sincere faith that first lived in your grandmother Lois and in your mother Eunice and that I am confident lives also in you.

(Proverbs 22:6)

Train the young in the way they should go; even when old, they will not swerve from it.

Final Thoughts:

The vocations to which we are called, all point to God and are designed for us to assist one another during the journey of faith. It is a lifelong journey. When we are young, we look to our elders. As we mature and age, we must look to fulfill our responsibility to the generations which come after us. The manner in which we fulfill the vocations to which we are called will define our legacy and perhaps the conversation we will one day have with our Lord when He asks us what we did with the gifts He gave us.

For those who are called to the sacrament of matrimony, they are called to be open to receiving the gift of children and the vocation of parenthood. They are also called to the responsible raising of that gift so their children are prepared to assume their vocation within their generation so they may help prepare the next.

As parenthood transitions to grand-parenthood, our role changes, but it is no less important. Grandparents must seek to assist their children with the formation of children. As we influence our youth, we prepare them to become elders. The fruit of our efforts is their character and their relationship with our Creator. If we are to be good grandparents, we must begin our preparation as we take ownership of our lives. Our legacy begins with the raising of our children. It continues as they raise their children and we help share with them the culture of our family, the lessons of our history, and most importantly, the blessings of living the fullness of our faith.

Scripture does not speak of the grandparents of Jesus, but would not the Heavenly Father have selected them as He selected the mother of His only begotten Son? Would they not reflect the good qualities of a grandparent of which scripture speaks? Should we not, then, ask for their intercession to help us see the path to which their Grandchild calls us? Let us, then, allow them to nudge our hearts to produce good fruits by which to enable our children and grandchildren. Let us ask these saints to help us see the ways by which we may come to the Sacred Heart of our Lord and Savior, as well as help accomplish the will of God, which, a certain saint reminds us, is love and mercy itself.

As with the other saints we have discussed, there is more we could share, but again, we have so little time. If you would like to learn more about the saints of grandparents, we invite you to follow the links in the reference section of the topic summary for this show. You can obtain the topic summary by visiting <https://wcatradio.com/armoroffaithstudyguides/> and look for episode 189.

Wrap Up: Well, our time has once more come to an end. We hope you will be able to join us next time as we turn our discussion to the Saint of Fathers.

Let us conclude with a prayer: Heavenly Father, we thank you for this opportunity to share the blessings of our trust and faith in You. We pray that as we go our separate ways, You will continue to walk with us and help us to see how we may put on the armor of **truth, righteousness, peace, faith, salvation**, and the **Word** of the gospel not only for the benefit of our lives, but also the lives of all who cross our path.

And let us share the Flame of Love Prayer:

*Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
spread the effect of grace of thy Flame of Love over all of humanity,
now and at the hour of our death. Amen.*

In the name of the Father, the Son and the Holy Spirit, we pray. Amen.

Thank you all and God bless.

Next Session: Saints of Inspiration – Part VI: Saint of Fathers

Current Day Commentary References:

The New American Bible, Revised Edition (NABRE); (9 Mar 2011); United States Conference of Catholic Bishops; <http://usccb.org/bible/books-of-the-bible/index.cfm>

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Franciscan Media; (2020); “Saints Joachim and Anne;” franciscanmedia.org; <https://www.franciscanmedia.org/saint-of-the-day/saints-joachim-and-anne>

Heinlein, Michael R.; (2021); “Sts. Joachim and Anne: Saints for Grandparents and Infertile Couples;” Simply Catholic; <https://simplycatholic.com/sts-joachim-and-anne-saints-for-grandparents-and-infertile-couples/>

The New American Bible, Revised Edition (NABRE); (9 Mar 2011); United States Conference of Catholic Bishops; <http://usccb.org/bible/books-of-the-bible/index.cfm>

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