

ST. JOHN THE APOSTLE CATHOLIC CHURCH

101 OAKCREST MANOR DRIVE, N.E.

LEESBURG, VIRGINIA 20176

703-777-1317

January 2012

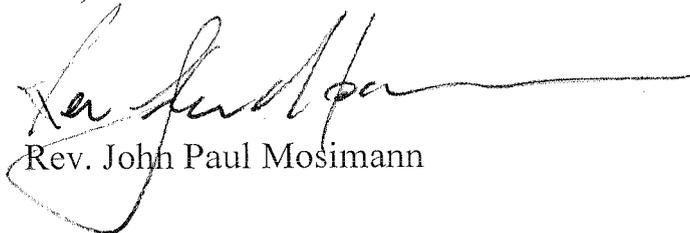
Dear Men of the Parish,

A new spiritual ministry for the men at Saint John the Apostle, the Fellowship of a Modest Proposal, is available. The Fellowship comes to us from Saint Francis de Sales in Purcellville, where it began almost six years ago. Those of you who attended the Diocesan Men's Conference in March 2011 may recall that the attached flyer, which describes the Fellowship and its challenge in more detail, was included among the program materials.

One of our parishioners, Bill Atwill, asked my permission to open a similar initiative here, and I agreed. The elements of the Fellowship's challenge are commendable and, if adhered to with a properly disposed heart should promote spiritual growth and strengthen ties among men of the parish. Nothing in the Fellowship should take you away from any apostolic or spiritual endeavor you currently undertake.

Feel free to contact Bill directly at [modestproposal@ymail.com](mailto:modestproposal@ymail.com) to indicate your interest. I have asked Bill to keep me apprised of meetings and other activities of the Fellowship.

Pax,

A handwritten signature in black ink, appearing to read "John Paul Mosimann", with a long horizontal flourish extending to the right.

Rev. John Paul Mosimann

Attachment

*Iron sharpens iron,  
so one man sharpens another.*

– Proverbs 27:17

# The Fellowship of a Modest Proposal

## *A spiritual fellowship for men*

Home Parish: St. Francis de Sales Catholic Church, Purcellville, Virginia 20132

*The Fellowship of a Modest Proposal is a spiritual fellowship for men which centers on a challenge for each man to take the Christian life seriously, to be faithful and to grow in holiness by developing and sustaining a prayerful and loving relationship with the Blessed Trinity and our Blessed Mother, the Virgin Mary.*

*Our common bond is our divine filiation as adopted sons of a Most High King. (Romans 8:17). The royal spiritual lineage we inherit through the redemptive power of the Passion, Death, and Resurrection of Our Savior, Jesus Christ, and the grace of the Holy Spirit demands we respond wholeheartedly to God's call to be holy men; to experience a metanoia – a radical conversion of heart, mind, and soul.*

*Pressing forward in what St. Paul called the race of endurance, we must engage in an unceasing spiritual combat. The real spiritual sweat flows in working among unbelievers, in being faithful husbands, in being exemplary fathers, in being genuine friends, and in being true disciples of Christ.*

*As Roman Catholics, we have been afforded unique graces through the Sacraments, in particular, those of Reconciliation and Holy Communion. Around them centers this Modest Proposal, which asks that each man commit to:*

- *Receive the Sacrament of Reconciliation at least quarterly;*
- *Perform an examination of conscience nightly before bed;*
- *Attend at least one weekday Mass per week in addition to his Sunday obligation, if schedule and workplace constraints permit;*
- *Pray and/or read devotionally for a minimum of twenty minutes daily;*
- *Attend Blessed Sacrament Adoration for a period of one hour each month;*
- *Pray for at least one other man in our Fellowship;*
- *Become a competent apologist for our Roman Catholic faith (1 Peter 3:17), and actively engage in bringing our faith to others;*
- *Convene at least every other month – whether at someone's house or at the parish if possible – for a group reflection; and*
- *Attend an annual weekend retreat with the Fellowship.*

*Our experience is that by faithfully following the actions proposed here we can more fully live the Christ life and be true examples of following Jesus Christ. By opening up the Fellowship to men of other parishes, we show our participation in the missionary activity of the Church through the Fellowship.*

*If the challenge of the Fellowship of a Modest Proposal calls you, and you would like more information, or if you are interested in expanding the Fellowship to your parish, please email:*

*modestproposal@ymail.com*

*Men of the Fellowship gather at a member's home.*

*Being Christian is not the result of an ethical choice or a lofty idea, but the encounter with an event, a person, which gives life a new horizon and a decisive direction.*

– Benedict XVI