

SHARING THE JOY OF THE GOSPEL

Bl. Carlos Acutis & Authenticity

This month's saint is **Blessed Carlo Acutis** and our focus is **authenticity**. This means being true to ourselves, living in a way that aligns with our beliefs and values, and being genuine in our interactions with the people around us.

IN DEPTH

Authenticity means striving to be the person God made you to be, not who others tell you to be or even who you think you want to be. It requires being sincere and consistent in your beliefs and actions, and living your faith with honesty and integrity. We were each made for a specific purpose and to be filled with joy, but we often choose our desires over God's plan for us, which leaves us empty. Not trusting that God wants what is best for us is a struggle that started in the Garden of Eden, and we still face it today. Whether at work, chatting with friends, praying, or having fun, God wants you to live in a way that will fulfill you and bring you closer to Him. Authenticity encourages us to seek God's will and plan for our lives and in turn make decisions and align our actions with that plan, even when it's hard, undesirable, unpopular, and inconvenient. This month, let's foster trust that God and His Church are guiding us toward fulfillment, peace, and joy through authentically striving for holiness!

CONNECTION TO THE SAINT

Blessed Carlo Acutis was simply a millennial kid who liked computers and video games—with a deep devotion to Jesus, present in the Eucharist! He desired integrating his faith into every aspect of daily life, living according to what God wanted for him. As a young boy, he evangelized his own parents, leading them back to a deeper practice of their faith through his example and spiritual maturity. He even took it upon himself to practice temperance by limiting his time spent gaming to avoid getting addicted! Carlo also used his passion for technology to create websites, including the first to catalog Eucharistic miracles. His life was marked by sincerity, integrity, humility, and a consistent alignment between his beliefs and actions— even when he was diagnosed with Leukemia at 15. Blessed Carlo faced this challenge with grace, offering his suffering for the Church and maintaining a joyful trust in God's plan for him. His courage to live out his faith in a secular world with an authentic witness shows us that holiness is achievable in today's age.



WAYS STAFF CAN PRACTICE THE VIRTUE

- **Work with Integrity:** Uphold Catholic values at work by being honest in your work, even when no one is watching. Deliver on your commitments and avoid cutting corners, even when it's tempting because no one is watching.
- **Serve with Purpose:** Recognize that your role, no matter how small, contributes to the organization and to others. Approach your tasks with care, knowing that meaningful work reflects God's plan for you.
- **Build Authentic Relationships:** Be authentic in relationships by being kind and fair, even in difficult conversations. Avoid gossip, dishonesty, or manipulation—treat everyone with dignity and respect. Encourage openness and respect for the perspectives and concerns of others, even if you disagree. Support colleagues without seeking personal gain, recognizing that teamwork reflects God's call to serve others.
- **Admit Mistakes:** Authenticity requires the humility to admit when one has made a mistake or doesn't know the answer, seeking help when necessary instead of covering up errors. Seek reconciliation through the Sacraments and prayer, like going to confession and adoration.
- **Speak Truthfully:** Staff members can practice honesty and transparency in their communication with colleagues, supervisors, and those they serve. This involves avoiding exaggeration, gossip, or deceit and expressing opinions and feedback respectfully and constructively.
- **Lead by Example:** Leaders, in particular, can practice authenticity by demonstrating humility, acknowledging their limitations, and acting in a way that reflects the Gospel values of charity, justice, and truth.
- **Maintain Personal Boundaries:** Authenticity also includes being honest about one's needs for rest and self-care. Respecting one's own limitations and being open about balancing personal and professional responsibilities is important for spiritual and emotional health. Encourage colleagues to do this as well, and maintain respect for their personal needs.
- **Stand for What is Right:** Authenticity requires courage, especially in moments when decisions or behaviors conflict with Catholic moral teaching. Staff can practice this virtue by being willing to uphold ethical standards even if it comes with personal or professional challenges.