
MANUAL
for MEN

Thomas J. Olmsted,
Bishop of Phoenix



Compilation by Dr. Travis Cook

TAN·BOOKS

Charlotte, North Carolina

Nihil Obstat: Reverend Matthew Kauth, STD
Censor Deputatus

Imprimatur: Most Reverend Peter J. Jugis, JCD
Bishop of Charlotte
November 1, 2017
Feast of All Saints

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ISBN: 978-1-5051-0898-9

Printed and bound in the United States of America

TAN Books
Charlotte, North Carolina
www.TANBooks.com

2017

PRESENTED TO

Name

Date / Occasion

Personal Note

To my father, Patrick, with gratitude and love

Do not think that you are destined for easy struggles or unimportant tasks; you are the salt of the earth.

ST. JOHN CHRYSOSTOM

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HOW TO USE THIS MANUAL

e at TAN Books are honored to present to you, the Catholic men of the United States and beyond, this *Manual for Men*. We are especially honored by the participation of his Eminence Bishop Thomas J. Olmsted who has allowed us to adapt and use his magnificent apostolic exhortation “Into the Breach.” Bishop Olmsted’s exhortation has served as both a rallying cry for the Catholic men of Phoenix and the impetus for a growing nationwide movement of committed Catholic men . . . a movement that has brought and will continue to bring increased vitality to the faith lives of the individual men involved, an increased vitality that will help each man to better serve his family, friends, parish, community, and country.

As important as these benefits surely are, they pale in comparison to the work of saving souls to which Bishop Olmsted has dedicated his life. It is our hope that the bishop’s reflections on manhood, coupled with the outstanding compilation of quotations from the Bible, Church documents, saints, and other sources, will draw you into a deeper relationship with Christ and his Church.

In order to derive the most spiritual benefit from this *Manual for Men*, we urge you to set aside some quiet time to first read Bishop Olmsted's introductory exhortation, in its entirety if possible, or section by section if that works better for you and your schedule. Prayerfully consider his words and the ways in which you can step "into the breach" where needed.

Then, read, in whatever order and manner most appeals to you, the words of wisdom from the Church's rich tradition, ancient and modern, words that speak so directly to men. Sainly models of virtue are presented, along with practical advice on avoiding those sins to which men, especially, can be prone; magnificent prayers are found within these pages—some of which you likely know, others you may not—as are pearls of wisdom from Scripture on true manhood, true love, and a host of other topics.

Wherever you are in your walk with the Lord, we are confident that this Manual will be a treasured part of your spiritual library, one to which you will return again and again, and one which you will want to share with others.

In closing, we could do little better than echo the words of St. Francis de Sales in the final entry in the Manual, that entitled "How the Catholic Man Ends His Day" in which he writes of the evening examination of conscience. *This exercise, as well as that for the morning, must never be forgotten; since by that for the morning, you open the windows of your soul to the Sun of*

Righteousness; and by this for the evening, you close them against the darkness of hell.

May this Manual help you, dear Reader, to open the windows of your soul to God.




PART ONE

Into the Breach

I

A CALL TO BATTLE

 begin this letter with a clarion call and clear charge to you, my sons and brothers in Christ: Men, *do not hesitate to engage in the battle that is raging around you, the battle that is wounding our children and families, the battle that is distorting the dignity of both women and men. This battle is often hidden, but the battle is real. It is primarily spiritual, but it is progressively killing the remaining Christian ethos in our society and culture, and even in our own homes.*

The world is under attack by Satan, as our Lord said it would be (cf. 1 Pt 5:8–14). This battle is occurring in the Church herself, and the devastation is all too evident. Since AD 2000, fourteen million Catholics have left the Faith, parish religious education of children has dropped by 24 percent, Catholic school attendance has dropped by 19 percent, infant baptism has dropped by 28 percent, adult baptism has dropped by 31 percent, and sacramental Catholic marriages have dropped by 41 percent.¹

1 Center for Applied Research into the Apostolate. *Frequently Requested Church Statistics*, 2014.