



## From Your Parish

June 2022

Every kind of success requires perseverance. Want to lose weight and stay fit? You have to persevere in exercising and eating a proper diet. Want to build trust-filled relationships? Persevere in being vulnerable and honest over time. Want to have a flourishing career? Persevere in doing the hard work with integrity. Nowhere is this more important than the spiritual life. If you want a strong relationship with God and a vibrant soul, persevere in prayer and keep seeking inspiration. And perhaps more than anyone else, it is our fathers, when they are at their best, who show us how to pick ourselves up when we fall and keep trying.

So as we honor fathers this June, here are 10 bits of inspiration to help you persevere through the challenges of life!

### Inspiration from St. Catherine of Siena

“Nothing great is ever achieved without much enduring.” – St. Catherine of Siena

### God wants you to dream!

What needs to be on your NOT-TO-DO list?

### Virtue in focus...

Fortitude is the virtue of firmness of will and constancy in doing the good in the face of difficulties. In what situations would you like to have greater fortitude? Who is the person who most exemplifies fortitude in your life?

### A burst of wisdom.

[Six self-sabotaging behaviors \(and how to fix them\)!](#)

### Did you know...

[A study from the University of Tennessee found](#) that couples who argue effectively together are 10 times more likely to have a good relationship than those who avoid difficult conversations? What important conversation might you be avoiding right now?

### BIG News for parents, teachers and catechists!!

[All 84 animated episodes of Blessed are now available for free on Dynamic+](#) (and downloads of beautifully illustrated workbooks and catechist-friendly leader guides)!

### For those who are facing a personal trial right now...

“If it changes your life, let it. Nobody said it’d be easy, they just promised it would be worth it.” –Dr. Suess, taken from [The Thing About Fathers](#)

### We become the books we read

Discover what’s holding you back from deeper relationships. Get your [FREE COPY](#) of Christopher West’s incredible book *Love Is Patient, But I’m Not*.

### Feed Your Soul!

Take your Sunday experience to the next level with this 6-minute reflection on [this Sunday’s Gospel](#).

### Let’s Pray!

“Grant me, O Lord my God, a mind to know you, a heart to seek you, wisdom to find you, conduct pleasing to you, faithful perseverance in waiting for you, and a hope of finally embracing you. Amen.” – St. Thomas Aquinas

For more information on this email and our partnership with Dynamic Catholic [check out this video](#).