



From Your Parish

July 2022

Every moment can be holy or unholy, and our choices guide a moment in either direction. July is a month when we reflect on the powerful gift of freedom we enjoy as Americans. But long before the Declaration of Independence was signed, God himself gave us the extraordinary gift of free will. This month, let us fill our hearts and minds with inspiration, so that we may have the strength to use that gift to create many Holy Moments.

Here are 10 doses of encouragement to help you create Holy Moments with God.

Inspiration from Mother Teresa!

“Not all of us can do great things. But we can do small things with great love.”

God wants you to dream!

What gives you the most energy in your life...and what is God saying to you through that?

Virtue in focus...

Prudence is the virtue of directing your actions toward the good. Who is the most prudent person you know? How do they inspire you? How do you need to grow in prudence?

A burst of wisdom.

[Learn to master the moment of decision and you will live a life uncommon.](#)

Did you know...

That “warm glow” you feel when you give selflessly to others is very real? [Research shows](#) that generosity and kind acts light up the part of the brain associated with contentment and reward. What generous act can you do for someone else today?

For the young and young at heart...

[Discover your power to collaborate with God and unleash Holy Moments!](#)

For those who long to feel peace...

“Three times each day pause and remember the words of Jesus: ‘My peace I give you.’ Feel His breath wash over you as He breathes His peace and His Spirit on you. Bask in the warmth of His power and live in peace.” -Allen Hunt, Taken from [Nine Words](#)

We become the books we read...

Are you ready to explore your soul potential? [Let Holy Moments show you what is possible.](#)

Feed Your Soul

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

Let’s Pray!

“Jesus, help me to simplify my life by learning what you want me to be and becoming that person.” -*St. Therese of Lisieux*

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