



Do you believe holiness is possible for you? At the beginning of September we celebrate the feast of St. Teresa of Calcutta. Mother Teresa reminds us of many things: to serve the poor, to listen for God’s voice and seek silence, to give until it hurts. But above all she reminds us that every act, no matter how small, has incredible power when it is done with love. A holy life isn’t defined by grand actions, it’s built one moment at a time.

Here are 10 inspirations to help you infuse even your smallest actions with great love!

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 would your life look like a year from now if you tried to live as many Holy Moments as possible?

Virtue in focus...

Humility is a moderating virtue opposed to pride; it is knowing yourself as you truly are and submitting to God and the service of others above yourself. Who is the most humble person you know? How do you need to grow in humility?

A burst of wisdom.

[God is SO misunderstood. Let’s clear up something BIG.](#)

Did you know...

[Two studies from Uppsala University in Sweden](#) confirmed that when we see someone smile, our facial muscles are literally compelled to smile back? How can you smile more today and bring others a little dose of joy?

For the young and young at heart...

[Teach your child to count their blessings](#) (remind yourself of the power of gratitude too)!

For those who need a reminder that life has great meaning...

“Perform a random act of kindness for someone else this week. It doesn’t matter if it is someone you know or a stranger. Mindfully pick some recipient for this gift of kindness, and perform the act in secret.” –Dr. Gregory Bottaro, taken from [The Mindful Catholic](#)

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Feed Your Soul

Take your Sunday experience to the next level with this [5-minute reflection](#) on this Sunday’s Gospel.

Let’s Pray!

“Flood my soul with Your spirit and love. Penetrate and possess my whole being so utterly that all my life may only be a radiance of Yours. Shine through me and be so in me that every soul I come in contact with may feel Your presence in my soul. Let them look up and see no longer me but only Jesus.”
– St. Teresa of Calcutta

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