



From Your Parish

October 2022

Do you ever feel distant from God? We all struggle in the spiritual life from time to time. Thankfully, October begins with the feast of St. Thérèse of Lisieux, who reminds us of a powerful truth: God is only ever one choice away! Every moment of our lives is another chance to serve generously, pray earnestly and love fully. And every time we create another one of these Holy Moments, God’s love flows through us into the world!

Here are 10 inspirations to help you channel God’s love!

Inspiration from St. Thérèse of Lisieux!

“Remember that nothing is small in the eyes of God. Do all that you do with love.”

God wants you to dream!

What would happen if you spent the rest of the year treating every person like they were Jesus in disguise?

Virtue in focus...

Honesty is the virtue of being upright and truthful in your actions and speech. Who is the most honest person you know? Where in your life do you struggle to be honest? How is God inviting you to grow in honesty?

A burst of wisdom.

[These 3 questions will show how honest you are...](#)

Did you know...

According to [a report by Feeding America](#), one in seven Americans receives food from a food bank. That includes about 12 million children and 7 million seniors. How can you support your local food bank or soup kitchen?

For the young and young at heart...

[Teach the child you love a lifelong habit of feeding their soul...plus feed your own!](#)

For those who want to learn to encourage more often...

“Ask Him...to allow your mouth to utter words of gentle kindness—words that exhibit respect and words that inspire compassion.” –Taken from [Ask Him](#) by Jane Trufant Harvey

We become the books we read...

Free book! Fulton Sheen’s best advice on [Finding True Happiness](#).

Feed Your Soul

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

Let’s Pray!

O my God! I offer Thee all my actions of this day for the intentions and for the glory of the Sacred Heart of Jesus. I desire to sanctify every beat of my heart, my every thought, my simplest works, by uniting them to Its infinite merits; and I wish to make reparation for my sins by casting them into the furnace of Its Merciful Love. –St. Thérèse of Lisieux

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