



Minute of Mercy

SPIRITUAL READING

We all know life can be busy. Raising children, caring for our elderly parents, work... the list goes on. At times, we tend to feel things are spinning out of our control and find it almost impossible to find the peace we so ardently yearn for. We must remember our peace can come only when we connect and unite ourselves to the Prince of Peace, regardless of what is taking place in our lives at the moment. Enter...Silence! In our world today of constant noise, it is no wonder we see emotions of anxiety, anger and frustration. Try to set time aside for silence, whether it means getting up earlier or staying up later to have yourself a space with candle and/or soft music to set aside your trials and schedules and bring yourself to be aware and enter into the Presence of the Almighty.

Spiritual reading is a wonderful form of prayer. It also can serve as time to learn more about God and contemplate things we have not considered before. As Catholics we have a plethora of treasures that can inform and guide us on our pilgrimage of life. However, we must be discerning as to what we read. Be aware, there are plenty of self-help and spiritual books available that run counter to our Catholic Faith. There are books that on the surface seem somewhat benign and even claim to be Catholic, but with some commentaries that might be 99% truth and 1% falsehood. That 1% can change the validity of the whole. This is an important reason we must know our Catholic Faith and what Holy Mother Church teaches. We should grow in our knowledge and understanding of our Faith as not to be misled. The Catechism of the Catholic Church is one of the best reference books to have when there are questions as to what the Church teaches. All Catholics would benefit from having a copy.

Mercy in Action

This week's Mercy in Action is for all of St. Peter Parish to take time this week to do some spiritual reading. A list of some suggested books can be found on the Year of Mercy table.