



WELCOME

The Beauty Within Podcast -- originally recorded in the mid 90s -- tells the story of a curious psychiatrist whose life was changed by laughter behind the walls. Through a series of interviews with monastic nuns, Dr. John Masko, MD helps us unpack timeless wisdom and takes us on a journey of the heart -- all to discover the #BeautyWithin.

LISTEN

Life lessons come in all forms. Some are easy to unpack, others more difficult. As you listen to the Sisters share their stories, allow their experiences to help you make sense of the world around you. Hear the authenticity of their voices and allow that honesty to open your heart.

REFLECT

When we expand our sense of self and one other, we are drawn to love — to receive love and to put love in action. But we need time set aside to unpack that great intimacy - to be led to love. So don't be afraid of contemplative moments. Embrace them and learn from them.

SHARE

Beauty is meant for sharing. It has the power to change the world! When we uncover a piece of beauty, whether that be a work of art or a deep truth — it comes to life when extended to another. We invite you to share what you have learned from our podcast — be that via an intimate conversation with a friend or on social media using #BeautyWithin.

CONNECT

beautywithin.lacatholics.org



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NOTES



LAUGHTER BEHIND THE WALLS

In Episode 1 of Beauty Within, Dr. John Makso, MD asks: "Have you ever experienced that kind of disconnect, a realization that something is terribly out of whack, that two pieces can't possibly fit together in the same puzzle?"

Recall a time in your life when God opened your heart to see things in a different light. What did God teach you in that experience?

A large, empty rectangular box with a light beige background, intended for the user to write their response to the reflection question.

Prayer for the Day:

Lord, help me to remain open to the surprises you send my way, and give me the courage to see your presence throughout my journey.