



Prayer nourishes the soul.

Personal prayer is so important as a means of drawing closer to God. The sacraments of our church are a great example, especially Reconciliation.

“Nothing a Coat of Paint Won’t Fix” from Catholic Times printed 2012.

How wonderful it is to walk into a room with freshly painted walls.... bright, shiny, and like new. The walls are like our souls. The first coat of paint is our baptism, through which the stain of original sin is washed away. But we fail to take care of the wall and through sin, they are marked and beaten. But through the sacrament of Reconciliation we can wash away the smudges of sin and heal our souls.

This process repeats itself many times over a lifetime through dedication and deliberate intention to confess our sins and receive absolution. So make sure you get yourself a fresh coat of paint by revisiting the sacrament of Penance and Reconciliation. The graces you receive will nourish your soul and give you a stronger relationship with our Lord.

Reflections:

- When have you said “Yes” to God, not knowing the outcome of your obedience?
- When was the last time I received the sacrament of Reconciliation?
- Do I pray for those that have hurt me?
- Do we celebrate the sacrament of Reconciliation as a family?

Prayer in Action:

- Meditate on a time when you were the “lost sheep” and received the exceptional love of God.
- Redemptive Prayer - Offer up your suffering and troubles in pray for others.
- When receiving Holy Communion, take a moment to meditate on **WHO** you are receiving.
- Take time this week to pray for the sick, the suffering, the lonely, and those that have hurt you.
- When receiving Our Lord, say **AMEN** loudly, meaning **I believe with my whole self**: heart, mind, body, and soul.

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