

Health Ministry

Spiritual Recipe

Spice of Life

Confession-Unlimited

Daily wake- up call- Our Father

Eucharist-Receive Jesus

Say at least once daily- The Rosary(Lady Queen of Heaven and Earth) or as needed.

One ounce of the Bible Daily

3 pm of Divine Mercy

Every 7-9 days calls for a Novena

Additives/Unlimited

Call upon the Saints daily

Sprinkles of Smiles

Pounds of God's Praises

10 mins. Of Silence a day-Preferred in the Presence of Jesus(Blessed Sacrament or a sacred place.)

Call on God's Mercy morning and night(recommended filler, mid-day, noon and evening)

Preferred with light meals ,filter/limit excessive media

Gather and serve one another