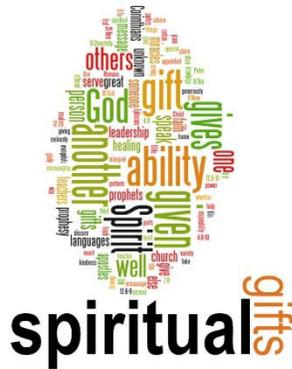


BUILDING OUR SPIRITUAL LIFE



Change is the one constant in our lives, but sometimes world events such as the COVID 19 pandemic affect us more profoundly than usual with added stress and loneliness. Now as a society in the midst of a mammoth challenge, we may consider how we live life through a different lens.

This slower pace and time at home is an occasion to build our spiritual life:

- **Just do it.**
The Nike slogan "Just Do It" is good advice. While idle at home, take time to think about your life and how you might do things differently. Action can heighten your spiritual energy. Prayerfully concentrate on where God longs for you to serve.
- **Look for the good that you can do to help others.**
The church has offered many opportunities to help others through phone calls, cards, food drives, buying gift cards, etc. If you have not participated, think about it. Reaching out to others is a perfect way to share the Christ within us.
- **Watch for ways to grow and learn.**
During this time, the church has offered online daily reflections and mass. While different from face-to-face services, these alternatives have given us new ways to observe worship. This "outside-the-box" thinking has given us an opportunity to not only maintain but improve our spiritual life.
- **Consider the ways that you use your time alone.**
Now is the time to stay focused on the spiritual disciplines in our lives, such as prayer and meditation. This time of distancing one's self from people and events gives us an opening to focus more on God, who is the most important aspect of our lives.



Source: Mayo Clinic Health Systems



(We) have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding to lead a life worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God.

Colossians 1:9-10

This health promotion flyer is provided by St. Mary Parish Nurse Ministry