



My Dear Parishioners,

Praised Be Jesus Christ! Over the past several weeks, I've been sharing an article by Sam Guzman entitled: *"5 Simple Ways to Keep Faith in Difficult Times"*. And yes, our times are difficult both in and outside the Church. This week, we conclude the article

with points 4 and 5: ***Practice Obedience to the Truth and Feed yourself with Goodness.***

Thankfully, we do not have far to look for Truth and Goodness, but we do need to look! With this in mind, next week our parish will host an ***Enthronement to the Sacred Heart of Jesus***. Each family of our parish will receive an image of both the Sacred Heart of Jesus and the Immaculate Heart of Mary. These will be blessed in Church and taken home where they can be placed in a prominent position. In addition, we will learn the power of these two hearts in history and have an opportunity to welcome them into our own hearts.

Peace,

Fr. Rogers

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**4. Practice Obedience to the Truth:** There is much confusion in the world right now. Many voices clamor for our attention, and many false teachers spread subtle lies that seem truthful, but really hide a secret poison. But really, for those who want to know the truth, it is not that difficult to discover. The teachings of Jesus Christ and the Catholic Church that he founded have been made abundantly clear by saints, holy men, martyrs, bishops, priests, and popes for twenty centuries. And, in an unprecedented way, we have access to these teachings through an abundance of easily accessible books, internet archives, and audio teaching. Yes, untruths are spread throughout the world, but likewise the truth is more easily discovered than ever. The way to sanctity is not complex, but it does require effort and commitment—a firm decision to follow Christ no matter the cost. In confusing times, let's pledge ourselves to follow the truth in obedience—to be martyrs (witnesses) to the truth in word and in deed, in a time when many question, like Pilate before Christ, if truth even exists. For sanctity is nothing less than perfect obedience to the will of God, who is truth itself. And the truth will make us free.

**5. Feed yourself with Goodness:** "And now, brethren," says St. Paul, "all that rings true, all that commands reverence, and all that makes for right; all that is pure, all that is lovely, all that is gracious in the telling; virtue and merit, wherever virtue and merit are found—let this be the argument of your thoughts" (Phil. 4:8). You cannot maintain your peace if you are constantly filling your mind with things that produce anxiety, anger, and restless agitation. Shut off the nightly news, close the Catholic websites if they are not helping you grow in love of God and in his peace. If it is not helping you grow, it is harming you. That does not mean we should be ignorant of the evil in the world. But we should not let it disturb us, for this is a victory for the enemy of our souls. The saints tell us constantly that peace of heart should be guarded at all times, even in the most terrible storms and trials. "Strive to live in and holy and immutable peace," said Padre Pio, "We should not allow the enemy to creep into our hearts and rob us of this peace." Our Lord said, "Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid." To cultivate this peace, practice silence, feed yourself with beauty and goodness, and immerse yourself in the splendor of truth. Only then will you find the peace of God that passes all understanding. 236