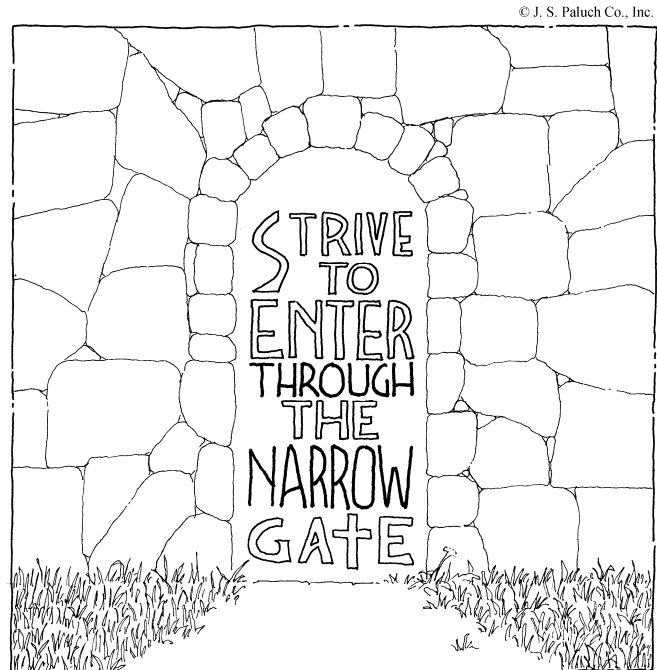


AUGUST 21, 2016
21ST SUNDAY IN ORDINARY TIME
VOL. 127 #34

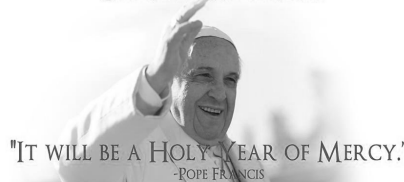
STS. PETER & PAUL PARISH
1919 South 7th Street
St. Louis, Missouri 63104



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EXTRAORDINARY JUBILEE OF MERCY

DEC. 8, 2015 - NOV. 20, 2016



"IT WILL BE A HOLY YEAR OF MERCY."
-POPE FRANCIS

CORPORAL WORKS OF MERCY

**Feed the hungry, give drink to the thirsty,
clothe the naked, welcome the stranger,
heal the sick, visit the imprisoned, and
bury the dead.**

SPIRITUAL WORKS OF MERCY

**Counsel the doubtful, instruct the
ignorant, admonish sinners,
comfort the afflicted, forgive offences,
bear patiently those who do us ill, and
pray for the living and the dead.**

**Our Mission: *Opening Hearts to Christ through
Prayer, Fellowship & Service***

STS. PETER AND PAUL PARISH
A Catholic Parish in the Historic Souard
Neighborhood Serving the Poor

Parish Office	314-231-9923
Shelter Office	314-621-5520
The Young Catholic Musicians	314-962-9260
Peter & Paul Community Services	314-588-7111
St. Frances Cabrini Academy	314-776-0883
Hall & YCM	314-773-8486
Franklin Room	314-664-7706

MASSES

Saturday:	5:00 pm
Sunday:	9:30 am
Holydays:	12:05 pm
Holidays:	9:00 am
Weekdays:	8:30 am in rectory – M, T, Thurs. 5:30 pm Mon. when Council Meets 12:05 pm in church — Wed.

Reconciliation: the Sacrament of Reconciliation is offered 15 minutes before the weekend Masses and by appointment.

STAFF

Father Bruce Forman, Pastor
 Deacon Thomas Gorski
 Deacon Dennis Chitwood
 Phyllis Sandusky, Admin Officer -pssspeterpaul@charter.net
 Roger Kleffner, Maintenance – Rectory & Church
 Maintenance – Parish Hall & Grounds
 Mary Smith, The Young Catholic Musicians

PARISH COUNCIL

Pastor - Fr. Bruce Forman	314-231-9923
revycm@charter.net	
President of Parish Council - Tim Hobart	314-231-9923
timh@hhhealthassociates.com	
Secretary - Phil Willman	314-231-9923
pwillman@bjpc.com	
Finance Committee - Gary Meyer	314-231-9923
Worship - Kathy Doerr	314-231-9923
Education & Community Formation	314-231-9923
Communications – Brett Delaria	314-231-9923
bdelaria@slu.edu	
Parish Life - Michelle Heitmann	314-231-9923
Stewardship – Michelle Heitmann	
mmheitmann@sbcglobal.net	
Social Services & Social Justice	
- Jan Meyer	314-231-9923
Choir Director - Kathy Doerr	314-231-9923
Church Decorating& Design - Joe Thele	314-231-9923
Dance - Suzanne Tushar	314-231-9923
Lectors – Cary Stock	314-231-9923
Eucharistic Ministers – Tom Korte	314-231-9923
Servers – Cathy Weisbrod	314-231-9923
Ushers/Greeters –Frank Koishor, Chair	314-231-9923
Ushers/Greeters – Andy Alaska, Co-Chair	314-231-9923

CONFESSION SCHEDULE FOR NEIGHBORING PARISHES

ST. WENCESLAUS PARISH - (314) 865-1020
 3014 Oregon Avenue, St. Louis, MO 63118
Saturdays 3:00 - 3:30 pm or by appointment.

ST. VINCENT DE PAUL CHURCH– (314) 231-9238)
 1408 S 10th St., Saint Louis, MO63104-3275
Saturdays 3:45 pm or by appointment

INFANT BAPTISMS: Contact **Debbie Wedemeier** (6) six months before anticipated birth for Baptismal Preparation. **314-276-4578**

PREPARATION FOR FIRST HOLY COMMUNION AND RECONCILIATION: Contact **Deacon Dennis Chitwood.** **314-231-9923**

PREPARATION FOR CONFIRMATION: Contact **Kevin Kelly.** **314-231-9923**

THE RITE OF CHRISTIAN INITIATION FOR ADULTS (RCIA): Contact **Kevin Kelly** with any interest in pursuing membership in the Catholic Church, in learning more about the Church, or returning to the Church. **314- 231-9923**

SACRAMENT OF MATRIMONY: Archdiocesan guidelines require engaged couples to prepare for their marriage at least **six (6) months** before the scheduled wedding takes place. Engaged couples planning marriage, contact **Deacon Thomas Gorski.** **314-231-9923**

WEDDING MUSIC CONSULTANT: Contact **Mary Smith** for all wedding Masses at Sts. Peter & Paul Church. Mary will advise couples in choosing music and musicians. All musicians, cantors, and vocalists for Mass must be approved by our Music Consultant. **314-962-9260**

HOLY ORDERS AND CONSECRATED (RELIGIOUS) LIFE: If interested, please call parish rectory or the Archdiocesan Office of Vocations.

GROUP TOURS of Historic Sts. Peter and Paul Church can be scheduled by contacting Phyllis Sandusky at the Rectory office. **314-231-9923**

MEALS FOR THE NEEDY are served in the Parish Hall from the 2nd to the 21st of each month. To help serve the poor and homeless, call **Felicia Clay of PPCS.** **314-588-7111**

PARISH MID LEVEL HALL RENTAL: Available for rental by parishioners only for receptions, banquets, parties, rehearsal dinners. Contact Phyllis Sandusky. **314-231-9923**

PARISH SCHOOL OF RELIGION: Exists to support parents with children in public school or home schooled in their efforts to evangelize and pass the Catholic Faith on to their children. Please contact **Fr. Leo J. Spezio, Director.**
Email: scdpsr4200@sbcglobal.net 314.773-3070
Website Below:
<http://sites.google.com/site/southcitydeanerypsr/home>

STS. PETER & PAUL HAS A NEWLY FORMED YOUNG ADULTS GROUP (Ages: 20's & 30's). They meet once a month. If you are in your 20's or 30's, we invite you to come. Please contact Ryan Sitki at rsitki@gmail.com

PRAYER CHAIN REQUESTS: If you would like to submit a prayer chain request, please submit them to Phyllis Korte at onthegopk@aol.com.

ENCOUNTER GOD IN THE SACRED SCRIPTURE
 If you promise to spend five (5) minutes a day reading the bible, take a bible free. Bibles can be found in the vestibule of church at the bible display.

We welcome all of our parishioners, neighbors and visitors. If this is your first time visiting our parish and you like what you see and hear and it fills your need, please consider making this your home parish. Our Mission is **“Opening Hearts to Christ through Prayer, Service and Fellowship.** We invite you to join our parish as a **full-time member or you may make this your associate parish by attending at least once a month and supporting our parish through your contribution envelopes.** To do so, please ask one of the ushers for a Membership Profile Questionnaire to complete and return to the rectory office or place it in the collection basket or on the piano after Mass. If you have any questions, please feel free to call the parish office at 314-231-9923. We are grateful for all of our members and visitors.

Mass for the Intentions Week

Sunday	Aug 21	Parishioners
Wednesday	Aug 24	Donna Sikorski

PREACHING SCHEDULE

Aug	20 & 21	Fr. Bruce Forman
Aug	27 & 28	Deacon Tom Gorski
Sept	03 & 04	Fr. Bruce Forman
Sept	05	Fr. Bruce Forman (Labor Day) 9:00 a.m. in Church

READINGS FOR THE WEEK

August 22 - 28, 2016

Monday:	2 Thes 1:1-5, 11-12; Ps 96:1-5; Mt 23:13-22
Tuesday:	2 Thes 2:1-3a, 14-17; Ps 96:10-13; Mt 23:23-26
Wednesday:	Rv 21:9b-14; Ps 145:10-13, 17-18; Jn 1:45-51
Thursday:	1 Cor 1:1-9; Ps 145:2-7; Mt 24:42-51
Friday:	1 Cor 1:17-25; Ps 33:1-2, 4-5, 10-11; Mt 25:1-13
Saturday:	1 Cor 1:26-31; Ps 33:12-13, 18-21; Mt 25:14-30
Sunday	Sir 3:17-18, 20, 28-29; Ps 68:4-7, 10-11; Heb 12:18-19, 22-24a; Lk 14:1, 7-14

GENERAL OFFERTORY COLLECTION

Unrestricted Offertory Gifts	\$4,434.00
Current Budget	\$3,400.00

Thank you for your gifts to God and to our parish

TEMPTATION

The average number of times that people say "no" to temptation is about once, weakly.

--Anonymous



LITURGICAL ASSISTANTS

All schedules for Eucharistic Ministers, Lectors and Servers, Ushers & Greeters are posted at the information center.

REMEMBER IN YOUR PRAYERS...

Chuck Hejkal, Steve Ippolito, Al Niehoff, Andy Alaska, Jim Mottershead, David Hackmann, Diane Koishor, Sister Rose Marie, George Darner, Mike and Gail McDonough, Dawn Butler, Dennis Chitwood, Margaret Rallo and Cierra Rogers. **Also include in your prayers all their caregivers.**

Please pray for strength, courage, patience and healing for **all** those mentioned above and also for all the people in the world who need physical and emotional healing.

PLEASE NOTIFY THE OFFICE TO REMOVE OR ADD SOMEONE TO THE PRAYER LIST.

AUDITIONS FOR THE YOUNG CATHOLIC MUSICIANS

The choir and orchestra of The Young Catholic Musicians will hold auditions during August in preparation for its 43rd Year of Service to the Church. These young people (aged 9-17) represent over 40 parishes and schools in the St. Louis area. They learn quality liturgical music and lead the music for Mass once each month at different parishes. Singers and instrumentalists (Brass, Woodwinds, Strings, and Percussion) call Fr. Bruce Forman (314-231-7464) or Mrs. Mary Smith (314-962-9260) for additional information and to schedule an audition. Visit our web page at www.archstl.org/musicians.

PARISH FAMILY NEWS

Happy Birthday!

Aug 20 Ed Kaiser
Aug 21 Mike Garland
Aug 22 Meaghan Holiday
Aug 22 Pamela Rose
Aug 23 Toni Sayles
Aug 24 Joan Hasser



Happy Anniversary!

Aug 21 Stephen & Andrea Sukanek



MARRIAGE MOMENTS

"Love is work. It's good work, if you can get it. But it's work, nevertheless." (Benjamin Cheever) Name one thing your beloved has done for you that you know took extra effort on their part.

PARENTING POINTERS

Imposing a punishment is no fun for the parent or the child. First parents must show self-discipline in deciding the best action, then execute it with loving firmness. What's your discipline of choice - an extra chore, removal of a privilege, time-out...?

www.SusanVogt.net

DISCIPLINE

It is no accident that the words "disciple" and "discipline" are nearly identical. Their relationship in Christian faith and life, however, has fallen somewhat out of favor in the past generation, as certain prescribed Church rules and regulations have been reduced and relaxed. These rules were often referred to as "disciplines." We are mistaken, however, to think that it no longer takes discipline to follow Christ. The Letter to the Hebrews assures us of that today. Our discipline is more like that of an athlete pursuing a victory or a personal best, or a musician striving for a concert career or to master a new piece of music. This discipline comes from desire, not from regulations. It was the desire to do the will of God that led Jesus on the path to his cross. It is that same desire he encourages in us today: to strive to enter through the narrow gate, to find ourselves in the kingdom with a surprising assortment of people who are there not because of mere observation of rules, but out of a genuine desire to recline at the table of the heavenly banquet.

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INTERCESSIONS FOR LIFE

For our country: May the Lord, the giver of life, grant that respect for each person shapes our law and way of life;
We pray to the Lord:

COLLECTIONS FOR SHELTER NEEDS

Peter and Paul Community Services (PPCS) operate a men's shelter in the basement of our Church for seventy men, 365 days per year. During the **Month of August**, we will collect **Back Packs** for our clients in the shelter.

Please drop your donations in blue plastic tubs at church when you attend Mass. By targeting an individual item each month, we will be able to donate the items that are short in their supplies. Thank you for your generous support of this project. If you have any questions, please contact Jan Meyer through the parish office number 314-231-9923.

Services & Social Justice Ministry

UPCOMING WEDDINGS

Dave Nozar & Allison Wagner	9/17/2016
Enmanuel Perez / Jennifer Brazill	11/12/2016
Stephen Backer / Laura Whitmire	11/26/2016

TREASURES FROM OUR TRADITION

In recent decades, attention has shifted away from headgear as a symbol of a bishop's authority to a more substantial symbol: the chair, called the cathedra. The word comes from the Latin word for a chair with armrests. It is exactly the reason why dining room sets were marketed in this country a few years ago with only one chair with armrests, the captain's chair. In many rectories of a certain vintage, you will see only one chair with arms at the dining table, a sign to the assisting priests of their proper place in the constellation. For us, as with most Anglicans and some Lutherans, the cathedra is a sign of the teaching authority of the bishop. We inherited the symbolism of the chair from Roman civil life in the fourth century. A church that houses a cathedra is called a cathedral, and the chair may be used only by the bishop of that diocese. Priests who preside at liturgy there must use a different presidential chair.

You may find the cathedra in its most traditional place at the head of the apse, or against a side wall as was favored in medieval times, but increasingly bishops are locating the cathedra in the midst of the assembly of the faithful. In the Cathedral of Our Lady of the Angels, visitors will find no barrier to their trying out the cathedra, an expression of hospitality that helps the archbishop be mindful of those whom he serves.

--Rev. James Field, Copyright (c) J. S. Paluch Co.

WORTHY TEACHERS

All who undertake to teach must be endowed with deep love, the greatest patience, and, most of all, profound humility. The Lord will find them worthy to become fellow workers with him in the cause of truth.
--St. Joseph Calasanz

SWEET CELEBRATIONS COLLECTION DRIVE

Sweet Celebrations Collection Drive-Birthday Parties for children, there are over 33,000 children who are homeless in the St. Louis area. This totally volunteer organization gives 8-10 birthday parties in the shelters each month. There are many ways to help; by volunteering to help at a party; plan and execute a party; delivery of cakes to party site, wrap presents etc. The Social Justice Committee has volunteered once again to support this group by donating "**most needed**" items during the month of August.

- crepe paper streamers
- disposable plastic table cloths (round & rectangular)
- boys wrapping paper and gift bags
- juice boxes
- teen gift items
- teen boys-ear buds or ear phones games, puzzles, knit hats or gloves, adult color books/colored pencils, T-shirts M & L men's (no red), sports related items & clothing, school supplies, books, socks and gift cards.
- teen girls-scarves, cosmetics, head bands, costume jewelry, barrettes, cosmetic bags, purses (small), tote bags, knit hats & gloves, adult color books/pencils, puzzles, games, books, school supplies, socks, tights and t-shirts (S, M, L), bath gel, cologne and lotion. Please **DO NOT WRAP** items, please deposit into Birthday box in the Information Center.

If you care to donate \$5 gift cards to fast food restaurants, put in envelope and mark Sweet Celebrations and put in the collection basket. **Most items can be purchased at Dollar Stores, Big Lots and 5 Below.** For more information, please visit their website at www.sweetcelebrations.org. You may put your donations in the large gift wrapped box marked "Happy Birthday" by the information center. Thank you in advance for your support to this wonderful organization which shows these children there are people who care. Please contact Gerry Berviller with any questions at 314-606-5699 or email her at gerryberv@gmail.com.

Thank you, Jan Meyer and Gerry Berviller

STEWARDSHIP

"For behold, some are last who will be first and some are first who will be last." LUKE 13:30

Our standards in our society are so different from God's standards. We often rate or rank people by what they have, how powerful they are, or how successful they are. Jesus reminds us that God will not judge us by the same earthly standards.

That through our good stewardship, we may build up God's kingdom here on earth and earn a place at God's eternal banquet.

MARRIAGE ON TAP- SAINT LOUIS

Married couples are invited to an evening out; just call it a date night! Be with other couples who care about a good marriage growing better and want to enrich themselves. September 20, the Pasta House Company at 8231 Delmar Blvd, University City, 63130.

6:00PM dinner, \$20 per person buffet dinner (cash bar available); 7:00PM is a dynamic talk by Fr. Paul Hoesing, Dean of Seminarians and Director of Human Formation at Kenrick Seminary. You will enjoy his insights on receiving God's promise of abundantly blessing every sacramental marriage through intimacy, clarity and freedom.

RSVP required: marriageontapstl@gmail.com. Please visit our Facebook page: Marriage On Tap STL

JUBILEE YEAR OF MERCY

AUGUST 21, 2016

TWENTY-FIRST SUNDAY IN ORDINARY TIME

This Jubilee Year of Mercy and Pope Francis' ministry have renewed our understanding that the Church's heart is open wide to all, and the heart of the gospel is God's mercy. Flooded with God's mercy, our hearts should overflow as channels bringing to wounded and weary hearts Jesus' healing mercy. For Jesus warns, our own salvation is not guaranteed by the Liturgy of the Word ("you taught in our streets") nor by the Eucharist ("we ate and drank in your company") (Luke 13:26). People far from that banquet, "from the east and the west and from the north and the south . . . will recline at table in the kingdom of God" (13:29). Rather, showing mercy is key to obtaining mercy ourselves (Matthew 5:7). So we should never dare ask what "someone" asked Jesus, "Lord, will only a few people be saved?" (Luke 13:23). The crucial question is "Will I be saved?" And Jesus' answer is another question: "Have you shown mercy to everyone, freely, gladly, no limits, no conditions, no exceptions?"

FOR ALL STUDENTS GONG BACK TO SCHOOL

A STUDENT PRAYER

Come Holy Spirit,
true source of light and wisdom.
Pour on me your brilliance and
dispel the darkness.
Grant me a sound mind,
a retentive memory,
ease in learning,
and grace in expressing myself.
Guide me at the beginning of my work,
direct my progress, and bring it
to successful completion.
I ask this through Jesus Christ.
Amen.

TWENTY-FIRST SUNDAY IN ORDINARY TIME

LOOKING GOOD

Don't you love it when the underdog wins? When the Cardinals beat the Yankees for the championship or the Blues beat the Redwings, or the Rams beat anyone? Even when I watch a game with no St. Louis teams playing, I still like to root for the underdog. That is what I like about today's Gospel: the last will be first and the first will be last.

Some say that Jesus was referring to the Jews, God's chosen people, whom Jesus called first to be his disciples. When they rejected him, the call went out to the Gentiles, who became followers. Or perhaps in Jesus' time, he was talking about the leaders of the Jews, the scribes and Pharisees. These refused to follow Jesus, while ordinary Jews who did not feel threatened by Jesus' teaching became disciples.

In a way, you can understand why the leaders rejected Jesus. They made a nice living out of the offerings made by ordinary Jews. As long as they could decide who could enter the temple, they had a nice income flow. They were smart enough to include the poor, by asking them for smaller offerings. And who could argue with them? They worked for God. How dare Jesus say that they would be cast out, while people from the rest of the world would enter the Kingdom of God!

And how about us? Remember that the Gospel was not written for non-believers. Are we threatened by Jesus' message? Just as the scribes and Pharisees considered themselves important in God's eyes because of their office, do we consider ourselves "saved" because we call ourselves Christians? Do we respect all people, or just the ones we like? Are we generous to the poor, or just to our friends? Do we give good example to the people we work with? Do we follow our conscience or do we follow the crowd?

Entry into the Kingdom of God is not a fashion statement. We don't get there by looking good. We are invited by Jesus to be last on earth so we can be first in the Kingdom.

Tom Schmidt, Copyright (c) J. S. Paluch Co.

TWENTY-FIRST SUNDAY IN ORDINARY TIME

We have become accustomed to seeing pictures in the media and stories on the news about immigrants from Latin America and refugees from Syria fleeing violence and destruction in their own countries, trying to make their way to a safe place. We have also seen the reactions of people who want to keep them away from their countries, who fail to welcome the stranger and the helpless children. Have we forgotten Jesus' call to comfort the homeless and the stranger? "They shall bring all your brothers and sisters from all the nations . . . to Jerusalem, my holy mountain, says the LORD." In the three readings for this day, we are told that we are to welcome these strangers, to welcome the discipline of

the Lord, which leads to peace, and to "strive to enter through the narrow gate" into the glory of God's own homeland, the reign of God.

DISCIPLINE

As summer stretches on into fall, perhaps we have become somewhat distracted from the liturgy and the readings of Ordinary Time. The reading from Hebrews seems particularly puzzling to some. What discipline are we undergoing, and how do we feel about it? Is it really a sign of God's love for us, or just a pain, or worse, a punishment for something? It is really the sign of God's love for us, "for whom the Lord loves, [the Lord] disciplines." Of course, no one likes to be disciplined, but we are told, "At the time, all discipline seems a cause not for joy but for pain, yet later it brings the peaceful fruit of righteousness to those who are trained by it." To be disciplined is to be taught the right way.

THE NARROW GATE

Life is difficult, and we need this preparation, for as Jesus tells his followers, "Strive to enter through the narrow gate, for many . . . will attempt to enter but will not be strong enough." We need to understand that we are strangers here; we all belong in another place, another time: the reign of God. If we do not know how to follow the right road, to welcome the stranger and help those who are in trouble, how will we find the right way ourselves? If we side with those who want to cast out others who do not resemble themselves in order to keep themselves and their countries somehow "pure," we ourselves will be treated in the same way, and will not enter through that narrow gate. If we consider ourselves to be better than others, we lack the humility to enter the reign of God. For as Jesus tells us, "some are last who will be first, and some are first who will be last." God's discipline will make us strong and kind, peaceful and good. It teaches us how to walk in the way of Jesus, and to enter through that narrow gate.
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ANNUAL SILVER AND GOLDEN WEDDING JUBILEE MASS SUNDAY, SEPTEMBER 25, 2016 MASS Celebrant: Archbishop Robert Carlson

Time: 2:30 p.m.

Location: Cathedral Basilica 4431 Lindell Blvd.,
St. Louis, MO 63108

Couples celebrating their **25th, 50th or 50-plus wedding anniversary during 2016** are invited to this annual Mass. Archbishop Robert Carlson will be the celebrant. Family members and friends are invited to join the couples at this special celebration. Couples registered **by September 10** will have their names and wedding date printed in the program and receive a certificate of congratulations. You may register online by visiting archstl.org/jubileemass. If you would like more information, please contact the Office of Laity & Family Life at 314.792.7170.

REMEMBERING TO FORGIVE

by Julie Bostick

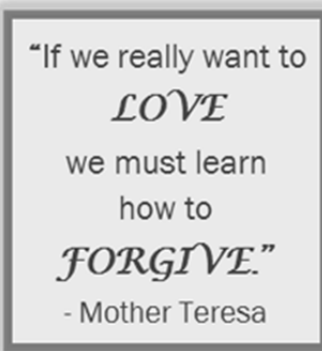
In his recent Exhortation, *The Joy of Love*, Pope Francis said, "When we have been offended or let down, forgiveness is possible and desirable, but no one can say that it is easy. The truth is that "family communion can only be preserved and perfected through a great spirit of sacrifice. It requires, in fact, a ready and generous openness of each and all to understanding, to forbearance, to pardon, to reconciliation. There is no family that does not know how selfishness, discord, tension and conflict violently attack and at times mortally wound its own communion: hence there arise the many and varied forms of division in family life." (*Amoris Laetitia*, 106)

As members of families, we are unique, unrepeatable, loved by God but we also are flawed. We all make mistakes that we wish with all of our hearts that we could take back, and some of the mistakes are worse than others. Our family members have more power to hurt us than anyone else in our lives, because we love them the most. Therefore, we have all suffered deep hurts and offenses from the actions or words of others, especially family members. Just like all the sufferings we have in our lives, these hurts and offenses can provide us with a great opportunity for spiritual growth.

Several years ago I shared with my spiritual director that I hadn't been able to forgive a family member. I shared that this had damaged our relationship and made my mother and father very sad. My spiritual director challenged me by giving me a set of recommendations for action: visit Jesus in the Blessed Sacrament and share the details of the injury with Jesus; pray for this person and ask Jesus to bless them; and then ask Jesus to help me see my family member through His eyes and love them as He loves them. At the time, I can remember thinking to myself, "I'm not Jesus. You are asking too much of me."

Then my spiritual director challenged me even more by sharing that forgiveness wasn't forgetting that someone hurt us, or that the injury never happened. Forgiveness was remembering all of it, but then letting it go like Jesus did. He explained that when we refuse to forgive, our feelings of anger, frustration, hurt, and bitterness hold us captive. We become slaves to that, and it ends up affecting the rest of our lives and even our other relationships.

In Chapter 23 of his Gospel, Luke shares with us that as Jesus was being tortured and crucified on the cross, He exclaimed, "Forgive them Father, for they know not what they do." I grudgingly followed the recommendations of



my spiritual director and sat in front of the Blessed Sacrament. I shared with Jesus everything I was feeling. I shared my doubt that I would really be strong enough to forgive this person. I shared my hurt and anger, but I also prayed for my family member and for myself. I felt God's mercy and forgiveness wash over me as I was praying, and I began to see my family member through a filter of love instead of a filter of hurt.

Jesus helped me to see that on earth, even though I will never be perfect like Jesus is, He is always there to help me be better than I am right now.

Julie Bostick is Executive Director of the Office of Laity & Family Life in the Archdiocese of St. Louis.

9 CATHOLIC SECRETS TO A LONG LIFE

Trust in God: Life will be filled with blessings but also with challenges, and only through faith in Christ do we have the ability to say, "Thy will be done."

Be active: Our bodies were given to us by God, and we must treat them with such dignity.

Continue to grow in faith: With age comes wisdom, but only if we strive toward it.

Live frugally: A simple life leaves more room for the things that are truly important.

Pass the Faith onto others: Sharing the love of Christ and his Church is among the greatest gifts one can give.

Pray often: Only when quieting our lives and conversing with God can we hear and follow his call to us.

Eat right: "So whether you eat or drink, or whatever you do, do everything for the glory of God" (1 Cor 10:31).

Be open to change: New experiences can fill the soul and be the antidote to boredom and loneliness.

Embrace friends and family: Spending time with those who love us most provides an enormous amount of joy.



God made you to be the answer to someone else's prayers. Keep your eyes & ears open.



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