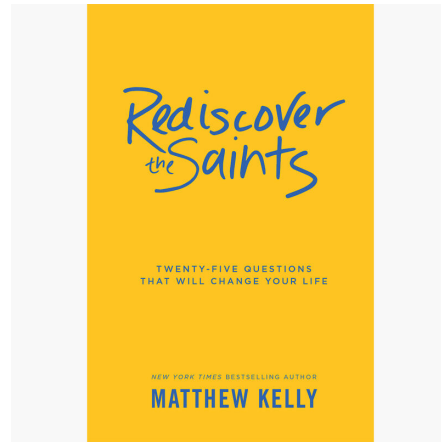


## OVERWHELMED WITH THE NEWS??

Dive into a plethora of new and gently used books available at the Pastoral Centre! Go on a social media fast for Lent. Replace that time you would spend scrolling, reading a book to deepen your faith and change your life!

*Rediscover the Saints* by Matthew Kelly is now on sale for \$2.00!!



“This is not just another book about the saints. Both personal and practical, this book proves the saints are not long gone, but alive and well--and ready to join you on your journey! Discover how inviting the saints into your everyday life will open your eyes to the amazing possibilities God has in store for you!”

St. Francis de Sales taught a 3 step process to “pray always”

### **Ask. Offer. Accept**

1. Ask God to be present. He is always present to us, so what this really means is we are being attentive back to Him.
2. Offer whatever you are doing in that moment to God whether it is in joy, pain, laughter, or suffering.
3. Accept. Resolve to accept whatever comes out of this moment.

Winning in the Christian life is also called “being a saint”. Winning is possible. Being a saint means willing what God wills. It means allowing every moment to be a holy moment by asking God to be present, offering Him each moment, and resolving to accept His will.