



My Dear Parishioners,

Praised be Jesus Christ! This week in our RCIA Class, we completed Section III of the Catechism of the Catholic Church; the section that deals with the Morality, Commandments and Life in Christ. Deacon Alan offered a fine presentation on the 7th, 8th and 10th Commandments. These Commandments deal with Stealing, Lying and Coveting; and the call to Honesty, Truth and Humility.

In the context of that presentation, we reflected on the power of words. In the context of this Lenten Season, I share a few quotes on the Power of Words with the hope that it pricks consciences a bit to examine our use of speech. In an age of so much Babel and Destruction from the misuse of words, how wonderful if we could be Builders and Healers through the right use of words! Pursue & Pray for that!

Peace,

Fr. Rogers

1. "Be careful with your words. Once they are said, they can be only forgiven, not forgotten." -Unknown
2. "Words are free. It's how you use them that may cost you." -KushandWizdom
3. "Raise your words, not your voice. It is rain that grows flowers, not thunder." -Rumi
4. "...But the human tongue is a beast that few can master. It strains constantly to break out of its cage, and if it is not tamed, it will run wild and cause you grief." -Unknown
5. "The secret of being boring is to say everything." -Voltaire
6. "One kind word can change someone's entire day." -Unknown
7. "Handle them carefully, for words have more power than atom bombs." -Pearl Strachan Hurd
8. "Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate, and to humble." -Yehuda Berg
9. "Kind words can be short and easy to speak, but their echoes are truly endless." -Mother Teresa
10. "The tongue has no bones, but is strong enough to break a heart. So be careful with your words." -Unknown
11. "Don't mix bad words with your bad mood. You'll have many opportunities to change a mood, but you'll never get the opportunity to replace the words you spoke." -Unknown
12. "Don't ever diminish the power of words. Words move hearts and hearts move limbs." -Hamza Yusuf
13. "Words are seeds that do more than blow around. They land in our hearts and not the ground. Be careful what you plant and careful what you say. You might have to eat what you planted one day." -Unknown
14. "A broken bone can heal, but the wound a word opens can fester forever." -Jessamyn West
15. "Good words are worth much, and cost little." -George Herbert
16. "Kind words are a creative force, a power that concurs in the building up of all that is good, and energy that showers blessings upon the world." -Lawrence G. Lovasik
17. "No matter what anybody tells you, words and ideas can change the world." -John Keating
18. "If we understood the power of our thoughts, we would guard them more closely. If we understood the awesome power of our words, we would prefer silence to almost anything negative. In our thoughts and words, we create our own weaknesses and our own strengths. Our limitations and joys begin in our hearts. We can always replace negative with positive." -Betty Eadie