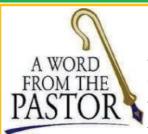
## THE MOST HOLY BODY AND BLOOD OF CHRIST



My Dear Parishioners,

Praised be Jesus Christ! With the passage into June this weekend, we arrive at the mid-point of the calendar year. Such a time is a good time to do an examen. What's been good this year? Praise God for it. What's been challenging? Ask God's Wisdom. What might need to change?

To help with this examen, I share the Daily Decalogue of St. Pope John XXIII. He wrote this in his autobiography JOURNEY OF A SOUL. It helped him, it might help you!

Peace,

Fr. Rogers

## The Pope's Daily Decalogue:

1. Only for today, I will seek to live the livelong day positively without wishing to solve the problems of my life all at once.

**2.** Only for today, I will take the greatest care of my appearance. I will dress modestly; I will not raise my voice; I will be courteous in my behavior; I will not criticize anyone; I will not claim to improve or to discipline anyone except myself.

3. Only for today, I will be happy in the certainty that I was created to be happy, not only in the other world but also in this one.

4. Only for today, I will adapt to circumstances, without requiring all circumstances to be adapted to my own wishes.

5. Only for today, I will devote 10 minutes of my time to some good reading, remembering that just as food is necessary to the life of the body, so good reading is necessary to the life of the soul.

6. Only for today, I will do one good deed and not tell anyone about it.

7. Only for today, I will do at least one thing I do not like doing — and if my feelings are hurt, I will make sure that no one notices.

**8.** Only for today, I will make a plan for myself. I may not follow it to the letter, but I will make it. And I will be on guard against two evils: hastiness and indecision.

**9.** Only for today, I will firmly believe, despite appearances, that the good Providence of God cares for me as no one else who exists in this world.

**10.** Only for today, I will have no fears. In particular, I will not be afraid to enjoy what is beautiful and to believe in goodness. Indeed, for 12 hours I can certainly do what might cause me consternation were I to believe I had to do it all my life.

## THANK YOU TO OUR SUNDAY NIGHT ROSARY PRAYER WARRIORS!

Our Sunday Night Parish Rosary via Zoom will pause for the Summer months and resume in the Fall. Thank you to all who have faithfully joined us in prayer each week and to those who may have led a decade on a particular night. On average we had we had 20 households united in prayer each week. Praised be Jesus Christ!



A summer challenge to our Zoom Rosary Friends is to continue to say the Rosary at 7 PM on Sunday nights either independently, with your family, or invite a friend to be your Rosary prayer partner. If you receive Parish Flocknotes, you now can access all of Bishop Barron's recorded Rosary meditations that may assist in deepening your prayer experience. You can also find a pocket guide to the Rosary in the back of church. In the words of St. Frances de Sales, *"The greatest method of praying is to pray the Rosary."* Our Lady of the Rosary, Pray for Us!