

23 July 2020
St. Bridget of Sweden

Dear Friends,

On the first Sunday of July, as well as last Sunday, I preached about the importance of *regularity* in our prayers lives. Quantity is important, too, but regularity is so critical, especially when we're trying to develop and strengthen our prayer life. If you're just starting out or trying to recommit to personal prayer, I encourage you to start small, if needed. Commit to five minutes a day and find a consistent time that works for you. Then, let the Holy Spirit work within you, and see how your prayer life starts to grow from there!

Also in my homily last Sunday, I encouraged people to consider participating in a new program called Sacred Story Community being offered at Mary, Queen of Peace this fall. If you are looking for ways to be guided and supported in your prayer life, this might be the right opportunity for you!


Sacred Story Community is based on principles of Ignatian Spirituality (developed by St. Ignatius of Loyola, the founder of the Jesuits). One of the foundations of this spirituality is spending fifteen minutes a day in prayer and examination of conscience. We are hoping to form groups for men and women of 10-15 people each, with the possibility of groups for young adults, as well as groups in English and Spanish.

The deadline for applying August 15th and the groups will begin meeting (online) during the week of September 15th. There is limited space, so please get in touch with us soon if you'd like to apply.

Please ask questions or express your interest by sending a message to:
sacredstory@mqp.org

And, you can find more information about this opportunity at:
<https://mqpevents.weebly.com/sacred-story.html>

Mary, Queen of Peace, pray for us!

A handwritten signature in cursive script that reads "Fr. Chad Green". The signature is written in black ink and is positioned at the bottom left of the page.