



## **My Favorite Quote**

**Fr. John Catoir – June 29, 2016**

Communion with God should be a natural part of your life, like your very own heartbeat. Being aware of the presence of God is automatic, even if you only advert to God a few times a day. The Lord is present, whether you're praying or not.

With this in mind here is a favorite quote of mine: "The secret of sanctity and holiness rests in your fidelity to the will of God as it is manifested in the duty of the present moment"-Jean Pierre deCausade S.J.

You might think that this refers to duties like performing the corporal of works of mercy, but it also refers to doing the dishes and taking responsibility for your own health.

The abuse of illicit drugs has reached the epidemic stage. Children need to be taught that the essence of growth and development is found in ones willingness to change for the better by shouldering ones responsibilities with courage. Depending always on God's grace is, of course, a given.

Granted, many teenagers may be deaf to this level of spirituality, but remember, young people are idealistic, and most of them only need to be reminded of the holy desires of their childhood.

Living in the present moment means that you will not let the past drag you down, or any fear of the future cloud your life with doubt. It takes will power, decision making, and the desire to be your best self, that will enable you to reach this state of peace. With patience, you will learn to trust your good intentions. In other words you can become "fully alive".

"Gods great glory is the human person fully alive"- St.Irenaeus.

As a Saint-in-training, you have what it takes to produce rich and abundant good fruit. The Lord himself has told you this. Trust the words of Jesus more than your own fears.

50 years ago I was in MP at Fort Sam Houston, in San Antonio Texas. The Post Chaplain asked me to be his assistant and my high school dreams of becoming a priest begin to stir in me again. The rest is history. The decisions we make today have consequences tomorrow.

Deciding to be holy doesn't mean that you have a vocation, but it does mean that you are willing to follow the Lord's direction. For this He will give you supernatural hope, and you will enjoy a meaningful life.

Grant me O Lord, the joy of loving you and trusting your promises, for you always supply guidance to those who live on the foundation of your love, day by day.

What you are right now is plain to see, but what you can be in the future, with the help of God's grace, is hidden from your eyes. Jesus said, "be not afraid".

Permit me to insert an historical fact that may help you to see the reality of indecision and self-centeredness. 81,170 US military men and women died in the Korean and Vietnam wars over a 23 year stretch. But in one year alone, the year 2013, 550,000 Americans died from nicotine poisoning, alcohol abuse, and illicit drugs. An additional 20,000 died from the abuse of prescription drugs-that's 570,000 human beings who died in one year because they drifted into a life that lacked purpose and direction.

How are you using the present moment? Are you being your own best friend, or your own worst enemy? Put on the will to choose an up-right life. Expect a good outcome and "your joy will be full".