



# From Your Parish

September 2021

September brings with it a rush of change. Children and teachers head back to school. The days grow shorter and colder. It's a time of transition in many ways. It begins with the feast day of Mother Teresa who reminds us of an eternal truth: through all the seasons and changes of life, the present moment is all we can control. But that's enough, because every moment is a chance to do something beautiful for God.

Here are 10 sources of inspiration to help you do something beautiful for God this month.

## Inspiration from Mother Teresa!

"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."

## God wants you to dream!

If you had the opportunity to share a message with millions of people, what would you say?

## Virtue in focus...

Temperance is the virtue of controlling your thoughts, words, actions, and feelings. Who do you know who exemplifies this virtue? In what area of your life do you find it most difficult to practice temperance? What is one way you can become more temperate this week?

## A burst of wisdom!

[The meaning of life... in 60 seconds.](#)

## Did you know...

[A Duke University](#) study found that spending time in silence not only relieves stress but actually stimulates brain growth in areas that facilitate learning and memory. How could building in a few minutes of silence to your daily routine change your life?

## For the young and young at heart...

[An invitation to the most amazing event on earth!](#)

## A powerful message for every parent!

Listen to [this incredible speech](#) from Matthew Kelly.

## We become the books we read...

How did Mother Teresa become an icon of goodness? Day by day. Allow her to walk shoulder to shoulder with you as you strive to live beautifully for God. [Get the book.](#)

## Feed Your Soul!

Take your Sunday experience to the next level with [this 6-minute reflection](#) on this Sunday's Gospel.

## Let's Pray!

Dear Jesus, help us to spread your fragrance everywhere we go.

Flood our souls with your spirit and life.

Penetrate and possess our whole being so utterly that our lives may only be a radiance of yours.

Shine through us and be so in us

that every soul we come in contact with

may feel your presence in our soul...

-Mother Teresa

For more information on this email and our partnership with Dynamic Catholic [check out this video.](#)