



**From Your Parish**

**December 2021**

You may be thinking: Become a Scrooge? Isn't that a bad thing? But while Scrooge closed himself off from the world for years, that's not how his story ends. He found the courage to open himself up to love and hope, and became known as someone who carried the spirit of God with him everywhere he went. Is there something holding you back from being a beacon of God's light? How would your life change if you held nothing back and shined as the person you were meant to become?

This December, here are 10 sources of inspiration to help you let your light shine!

### Inspiration from St. Francis of Assisi!

“All the darkness in the world cannot extinguish the light of a single candle.” —Taken from *Franciscan Wisdom*

### God wants you to dream!

If you knew you only had one year to live, what would you spend the next year doing?

### Virtue in focus.

Kindness is the act of being friendly, generous and considerate. Has anyone shown you kindness today? Who? How? How does it make you feel when someone is kind to you? Who is one person in your life whom God is calling you to be kinder to?

### A burst of wisdom.

[Can one decision shape the rest of your day?](#)

### Did you know...

According to [a study by Case Western Reserve Medical School](#), people who engage their brains through activities like reading, chess and puzzles are 2.5 times less likely to develop Alzheimer's Disease. How can you keep your brain more active and healthy?

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

[Jesus lives in you!](#)

### For those struggling with comparison...

“Every person lets his or her light shine in different ways. Every person has a perfect mix of talents and abilities. The danger here is to fall into the trap of comparisons. Comparisons are worthless in a world of individuals. You are a perfect mix of talents and abilities to fulfill the mission God has in mind for you. There is no point worrying about what talents and abilities other people have. If you don't have them, you don't need them for your mission. So get on out there and do good works! Let your light shine!” — Taken from *Amazing Possibilities*

### We become the books we read...

[This FREE BOOK](#) will help you break through barriers, face your insecurities, and find true peace so you can offer your light to the world!

### Feed your soul!

Take your Sunday experience to the next level with this [5-minute reflection](#) on this Sunday's Gospel.

### Let's Pray!

Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

O divine Master, grant that I may not so much seek to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.  
For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.  
Amen.

—St. Francis of Assisi