



From Your Parish

December 2022

Do you feel overwhelmed at Christmas, even though it's supposed to be the most peaceful time of the year? The best remedy is simplicity. Simplify your Christmas this year and you will experience the birth of Jesus with renewed hope!

Here are 10 inspirations that will keep you in this spirit of hope as we approach the Christmas season:

Inspiration from St. John Paul II!

"I plead with you — never, ever give up on hope; never doubt, never tire and never become discouraged. Be not afraid."

God wants you to dream!

What part of you has been hiding in the dark? Have hope in God's promises and bring it to the light!

Virtue in focus...

Hope is not simply optimism or positive thinking. Hope is a theological virtue that helps us place our trust in Jesus, rather than relying on our own strength. Go to Jesus in prayer and ask him for the gift of hope!

A burst of wisdom.

[Become a source of hope for others and you'll be amazed at your impact!](#)

Did you know...

[Studies show](#) that hope does more than just make you feel good—it can also improve your health! How would your life change if you had more hope?

For the young and young at heart...

[Teach your child about the hope God offers them, especially in their hardest moments!](#)

For those who need some hopeful inspiration:

"The virtue of hope...is so hard to live. [It is] the smallest but strongest of the virtues. And our hope has a face: the face of the Risen Lord." - Pope Francis, taken from [Beautiful Hope](#)

We become the books we read...

We are giving you free books, so you can give hope to six people in your life! [Click here](#) to order your free copies of *Holy Moments* and *The Wisdom of The Saints*.

Feed Your Soul

Get even more out of Mass this week with this [5 minute Gospel Reflection!](#)

Let's Pray!

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." - Romans 15:13

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