

## Faith in Action September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>One Minute Meditation: Each day find a quiet place where there are no distractions and then be still before God. Read the text with your eyes, slow down your breathing by breathing God's Spirit in deeply... Holding your breath, you hold your sense of the individual, slowly exhaling... you share God's loving presence with others (family, friends and strangers)</b></p>					
				1 • We wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.	2 • Let every person be swift to hear, slow to speak, slow to wrath.
4 • With a little wrath I hid My face from you for a moment	5 • Weeping may endure for a night, but joy comes in the morning	6 • Let me not feed the anger of others.	7 • A harsh word stirs up anger.	8 • What is the source of quarrels and conflicts among you?	9 • You are envious and cannot obtain; so you fight and quarrel
11 • Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.	12 • Do not fret; it leads only to evildoing	13 Treat others the same way you want them to treat you.	14 • We are members of one another	15 • Be angry and yet do not sin	16 • Do not let the sun go down on your anger.
18 • Overcome evil with good	19 Fear is a reaction, not necessarily Truth.	20 • You may surely reprove your neighbor, but shall not incur sin because of him	21 • Do not take vengeance or bear any grudge	22 • Hatred stirs up strife	23 • Help me not to sin in my anger.
25 • Give me peace of heart as well as mind.	26 • Root out all the bitterness and resentment that is so deeply buried within me.	27 • Set me free of the pain deep within.	28 • Create in me a heart of love and forgiveness	<p><b>29 Faith in Action Speaker Series Anger &amp; Politics</b>  <b>Speaker: Linda Montoya, MFT</b>  <b>6:30pm- 8:30pm</b>  <b>OLA Santa Cruz Room-Parish Center</b></p>	30 Do I recoil from that in others that I perceive in myself?

**"Our lives begin to end the day we become silent about things that matter."**

Faith in Action is guided by the teachings of the Catholic Church. We serve others by promoting justice for the many different aspects of life through education and formation, thereby creating partnerships with those who promote human dignity and respect for our environment.

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Saturday
<b>ought of the day, close velling Holy Spirit, then</b>
3 "Beloved, do not avenge yourselves"
10 • You do not have because you do not ask.
17 • Never take your own revenge
24 • Transform my heart and help me heal from anger.

advocacy, direct service, and