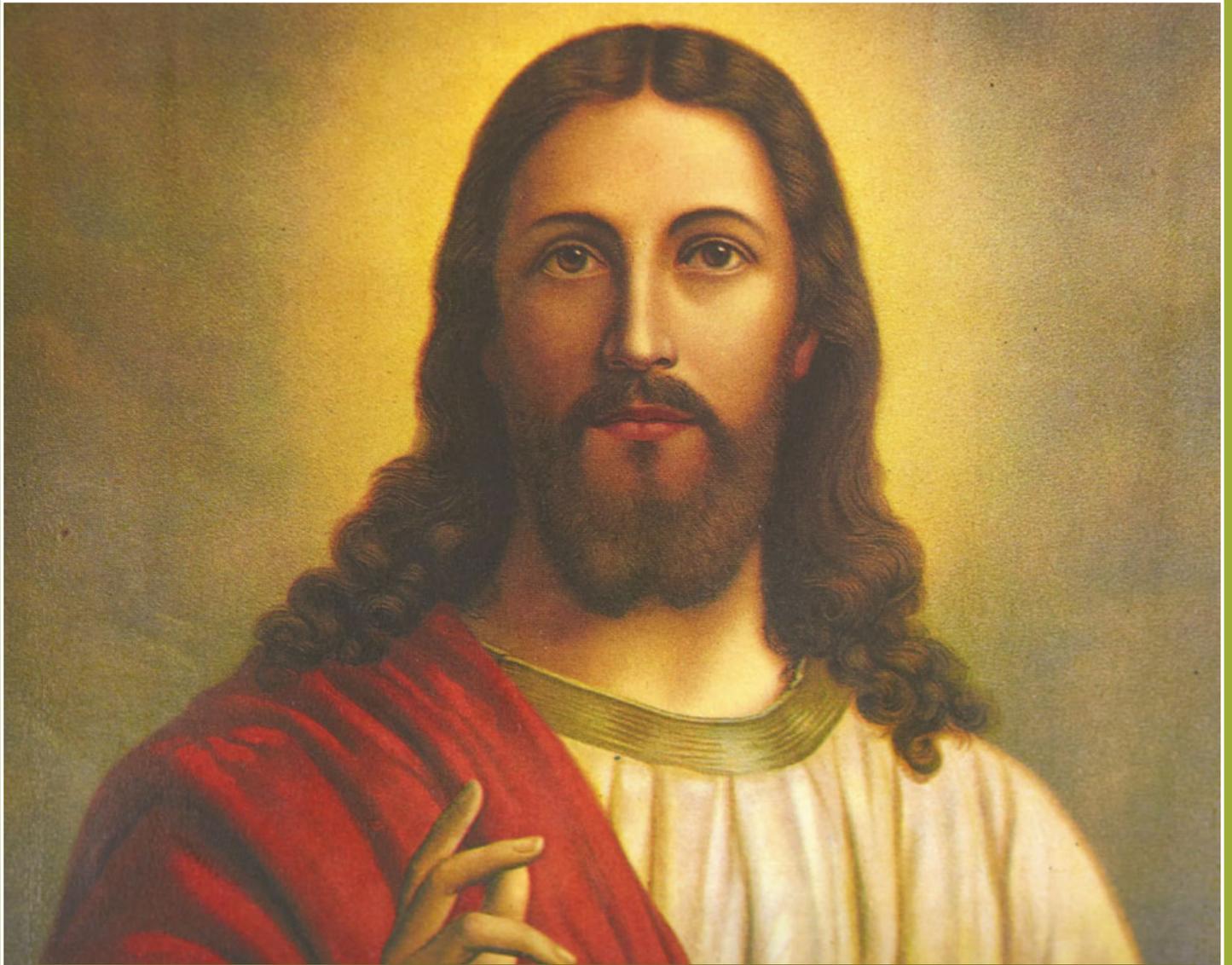




ST. JOHN THE BAPTIST

Catholic Church

AUGUST 21, 2022



21ST SUNDAY IN ORDINARY TIME



“People will come from the east and the west and from the north and the south and will recline at table in the kingdom of God. For behold, some are last who will be first, and some are first who will be last.” - Lk 13:29-30

Sacraments

Weekend Mass Times

Saturday Vigil	5:00 pm
Sunday	7:30 am
	9:00 am
	11:30 am
	6:00 pm

1st Sunday Spanish 1:30 pm

Daily Mass Times

Mon. - Fri.	6:30 am
	8:15 am

Holy Day Mass Times

6:30 am
8:15 am
12:00 pm
7:00 pm

Reconciliation / Confession

Saturday 3 - 4:30 pm
& by appointment

All Other Sacraments

Please call the office for information.

Clergy

Fr. Renier Siva

Pastor

Fr. Cleetus Karakkat

Parochial Vicar

William Goeke

Jim McFadden

Deacons

Fr. Ignatius Haran

Pastor Emeritus

Parish Office

Mon.- Fri. 8:30 am- 4:30 pm
307 Montrose Drive, Folsom
Phone: 916-985-2065

Website:

FolsomCatholic.org

Social Media:

@FolsomCatholic

Bulletin

FolsomCatholic.org/bulletin

Bulletin Date Ads Due by 5pm

Aug 28	Aug 18
Sep 4	Aug 25
Sep 11	Aug 30
Sep 18	Sep 8

Welcome to

St. John the Baptist Catholic Church

We are a community where we welcome all as members of the Body of Christ.

We are welcoming, faithful, passionate, joyful, authentic,
sacramental, loving and charitable.

Today's Readings

Is 66:18-21 / Ps 117:1, 2 / Heb 12:5-7, 11-13 / Lk 13:22-30

"Go out to all the world and tell the Good News."

(Ps 117)

Gospel Meditation

The serious disciple knows the necessity and value of discipline. Thinking of discipline as something punitive in nature, we underscore its place in our spiritual lives. Discipline is really about a radical trust in God and his guidance. "When you are conducted by a guide who takes you through an unknown country at night across fields where there are no tracks, by his own skill, asking no advice from anyone, giving no inkling of his plans, what choice do you have but to give yourself completely to his guidance? If you are convinced that he is a good guide, you must have faith in him and abandon yourself to his care (Jean-Pierre de Caussade)."

If someone wants to be physically fit, they readily find a competent trainer who sets them on a rigorous schedule. Determined to reach their goals, they sacrifice personal pleasure and trust in his guidance. Why should it be any different with God? In order to remain true to the way Jesus places before us, we have to listen, learn, and be willing to change. Falling in love with God and maintaining that relationship requires an investment of time, energy, and hard work. Putting personal preferences aside in pursuit of the Gospel and giving proper attention to our spiritual lives is challenging work. At first, "all discipline seems a cause not for joy but for pain, yet later it brings the peaceful fruit of righteousness to those who are trained by it (Hebrews)."

"What God does is essentially good. It does not need to be reformed or controlled...If you would live according to the Gospels, give yourself completely and simply to the action of God (Jean-Pierre de Caussade)." Submission to the holy will of God is not a submission to a set of pre-ordained set of circumstances. Rather, it is an abandonment and trust in God's creative, life-giving, and salvific power. God brings light out of darkness and life out of death. Nurturing this bond of trust and seeking God in all things creates an intimate and particular relationship and bond between our Creator and us. When He comes, there will be no issue with us recognizing Him or Him recognizing us. We will have met before.

Scripture Reflections

First Reading

The final prophecy in the Book of Isaiah speaks about the end times when God will gather "all nations and tongues" and all the world will finally see the full "glory" of God.

Why do you think this event has been revealed to us?

Second Reading

Our author of Hebrews speaks of the trials and tribulations of our lives as a "discipline" from God meant to teach and train us. Can you think of a lesson learned from some difficult situations in your life?

Gospel

As Jesus continues on his journey to Jerusalem, he teaches the crowds about the urgency to accept his invitation for salvation. Why do you think so many people lack this sense of urgency for their own salvation?



Children's Book Rack

Contact: Rachel Marsh
916-945-6992

The book rack in the vestibule has several different religious books for children to borrow during mass each week. We have noticed some parishioners donating some books to the rack and are very grateful for the generosity. We kindly ask if you have any books you would like to donate to not place them on the book rack but instead contact Rachel to coordinate a drop off or pick up. We have several books in rotation and would like to rotate books for each season. Thank you for your understanding!

Knights of Columbus

Faith in Action Community
Youth Sports Program
September 10, Saturday

Registration: Starts at 9-10 am
St. John Parish Soccer Field

Contact: Dick Phelan, 916-221-0596 or
Percy Park, 916-936-6145

SAVE THE DATE!!!

Open to all local public school children, SJND School children, Knights children and grandchildren, St. John Parish children, R.E. and Youth Groups, which includes all boys and girls, ages 9, 10, 11, 12, 13 and 14 performing the Knights "penalty kick" competition.

Please contact brother's Dick Phelan or Percy Park for Soccer Challenge Application/Score Sheets "#4578", cutoff date is current year September 1 for "eligibility"!

Age groups 9, 10 and 11, boys and girls use size #4 soccer ball. Penalty kick from the 10 yard line.

Age groups 12, 13, and 14, boys and girls use size #5 soccer ball. Penalty kick from the 12 yard line.

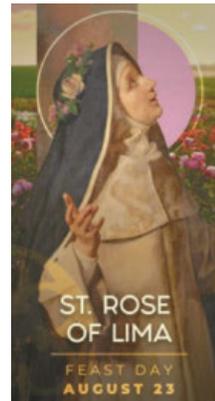
At the Council level competition each participant kicks 3 practice and then, 15 kicks at the penalty goal. The person with the "highest score" by age group, boys and girl determines the "winner" of that age group!

New to the Parish?

September 10, Saturday 3:45 pm

Contact: Joyce Starosciak
916-740-4628 , jastaros@gmail.com

The St. John the Baptist Welcoming Ministry is holding an orientation session for new parishioners. You will meet other new parishioners, learn about our ministries, take a guided tour of the parish facilities, and receive a small gift to welcome you. The orientation will end before 5pm mass. Please contact Joyce to register.



Born Isabel Flores de Olivia in April 1586 in Lima, Peru to Spanish colonists, Saint Rose of Lima took the name Rose at her confirmation in 1597. Legend holds that she received this nickname as an infant because a servant saw her face transformed into a

rose. Even as a child Saint Rose was dedicated to Christ. Growing up she made many secret penances. And when she was old enough to be married, deterred suitors by cutting off her hair and rubbing pepper on face to make it blister. She took a vow of chastity even though her parents wished her to marry. She fasted many times a week and permanently abstained from meat. Eventually her parents gave in and allowed her to join the Third Order of St. Dominic, although she was not permitted to live in a convent. Saint Rose undertook severe penances, allowing herself only two hours of sleep a night in order to have more time to pray, wearing a heavy silver crown with spikes on the inside imitating Christ's crown of thorns, and even burning her own hands. However, she also cared for the sick and hungry, and sold her beautiful embroidery and fine lace, as well as flowers she grew to help raise funds for the poor. She died at the age of 31 on August 24, 1617. Pope Clement X canonized her in 1671, she was the first saint of the New World, born in the Americas. Saint Rose of Lima is the patron saint of Latin America and the Philippines.

At St. John the Baptist Parish,
we welcome all
as members of
the Body of Christ.



PRAYER

At St. John the Baptist Parish, time in conversation with our Lord is at the center of our lives.

Mass Intentions

- Sunday, August 21st**
 7:30am In Honor of the Queenship of Mary
 9:00am Manuel Simas+
 11:30am Ferris & Sharkey Families+
 6:00pm John Knight+
- Monday, August 22nd**
 6:30am Raul Martin+
 8:15am Romulo Basuel, Sr.+
- Tuesday, August 23rd**
 8:15am Vicky Manning Davis & Fr. O'Neal
 8:15am Sruthy George
- Wednesday, August 24th**
 6:30am John & Maureen Kavanaugh
 8:15am Margaret Davitt+
- Thursday, August 25th**
 6:30am Thomas & Terry Anne Coakley
 8:15am Jacklyn Joseph+
- Friday, August 26th**
 6:30am Barbara & Mark Hubbard
 8:15am Dan LeCam (birthday)
- Saturday, August 27th**
 5:00pm Inez Baciocco+

Observances We Celebrate This Week

- Sunday**
 St. Pius X
- Monday**
 The Queenship of the Blessed Virgin Mary
- Tuesday**
 St. Rose of Lima
- Wednesday**
 St. Bartholomew
- Thursday**
 St. Louis
- St. Joseph Calasanz
- Saturday**
 St. Monica

August is Dedicated to:
 The Immaculate Heart of Mary

Pope Francis' Monthly Intention for August For small businesses

We pray for small and medium sized businesses; in the midst of economic and social crisis, may they find ways to continue operating, and serving their communities.

Intercessory Prayers

Prayers for the Sick

We pray for our sick parishioners, family and friends, and those in need of healing of the body and soul.

- | | |
|-------------------|-------------------|
| Barbara Lowenkron | Kimanh Davis |
| Betty Wilson Lane | Kristi Beckley |
| Bill Peterson | Lori G. Rico |
| Bob Ely | Margie Reilly |
| Brian Shannon | Oscar Guillen |
| Cora Gonzales | Ricardo Henriquez |
| Debbie Rabourn | Robert Lustan |
| Jairo Moncada | Sandy Young |
| John Tierney | Susan Suboc |
| Joseph Cardenas | Tony Tran |
| Joy Bryla | Vince Matranga |
| Kim Bach | |
| Kim May | |

Prayers for Our Troops

We pray for our military personnel abroad and at home, and for their families.

Michael Dalupan

Prayers for the Recently Deceased

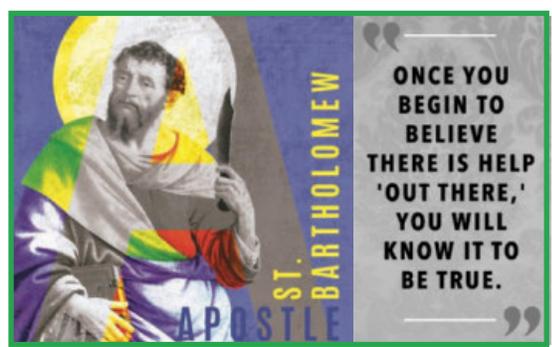
We pray for the souls of all who have recently died, our family members, friends, and parishioners. May they rest in peace.

- | | |
|------------------|----------------------|
| Alma Janus | Michelle David |
| Carol Flack | Paul Bisdorf |
| Clara Halog | Tom Porter |
| Dennis Wood | Tonia A. Fullenwider |
| John Knight | (DeBellis) |
| John Rocker, Jr. | |

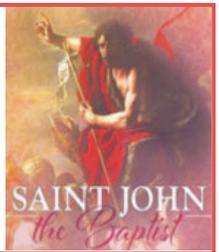


Prayer Requests

Prayer requests for the sick, military or recently deceased may be made by calling our Parish Office. Names will appear for two months.



St. John the Baptist, May we be strengthened by your prayers and good example as we prepare the way for the healing power of Jesus.





The Adoration Chapel

Chapel hours are: Mon-Fri 9am - 8pm,
Sat 9am - 5pm and Sun 7am -11am

First Friday of every month Eucharistic Adoration:
9am to 7pm in the church

The Adoration Ministry has immediate need for dedicated adorers for these hours

Monday:	10-11 am	12 - 1 pm	4 - 5pm	5 - 6 pm	6 - 7 pm*
Tuesday:	5 - 6 pm				
Wednesday:	4 - 5 pm	5 - 6 pm	6 - 7 pm*	7 - 8 pm*	
Thursday:	3 - 4 pm	5 - 6 pm			
Friday:	11-12 pm	7 - 8 pm*			
Saturday:	10 - 11 am	11 - 12 pm	12 - 1 pm	1 - 2 pm	2 - 3 pm 3 - 4 pm

* sign ups are especially needed at these times

To sign up please contact Veronica Thomas at thomas_vera@yahoo.com

Confession

Saturdays: 3 - 4:30 pm & by appointment

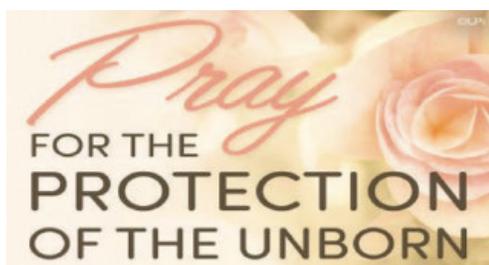
Confessions at this time are offered outside of the confessional. We will continue a face to face format in a larger setting.

Respect Life Ministry

"365" Days for Life

Contact: Joanne Dudgeon
916-607-2228

Come to pray for moms and babies. It's that simple. God uses us as a sign to the moms driving into the parking lot that choosing life is what God wants for them. We show them that they have alternatives to ending the life of their child. If women/men stop for information, we give them love and support, to include all the resources that they need. Four women changed their minds over the course of one week this month so far. Praise God! Come and see what miracles God has planned for you... Our focus is Tuesdays and Wednesdays, from 8am-2pm~ busy surgical abortion days up to six months gestation. St. John's carpool on Wednesdays from 11:00am -1:00pm, contact Joanne.



For many of us, the language of kings and queens may seem like they belong to history or a medieval movie. Royalty have absolute authority over a kingdom and their subjects, a concept that is foreign to many of us today. While Jesus doesn't rule a political kingdom, we honor and recognize him as the King of Kings, Lord of Heaven and Earth. To God alone belongs absolute authority over all of existence.

We may think of queens as the spouse of the king, but there is another key relationship: the king's mother. In Biblical history, we see instances where the mother of the king is given due as a queen herself, complete with a throne! Mary's guiding influence over her Son is seen most notably in the Wedding Feast at Cana. Mary is not Queen on her own merit. She is "full of grace" and "blessed" in "all ages" because of the reign of her Son.

*Hail, Mary, full of grace,
the Lord is with thee.*

*Blessed art thou among women
and blessed is the fruit of thy womb, Jesus.*

*Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death. Amen.*



At St. John the Baptist Parish,
time in conversation with our
Lord is at the center of
our lives.

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At St. John the Baptist Parish,
we foster a
commitment to lifelong
spiritual growth.

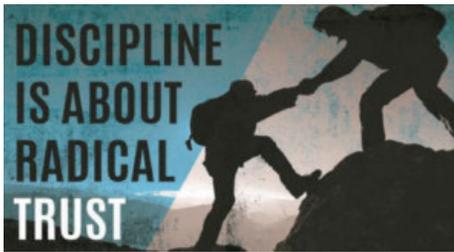
Fall Scripture Studies

Contact: Teresa and Lee Weider
916-983-8065, laweider631@gmail.com

Group in-person and individual online studies begin the week of September 26th! Two new studies will be offered on weekday mornings and evenings:

- (1) *“Jesus: The Way, The Truth and The Life”*, a 10 week study on the Christ-centered treasures of the Catholic Faith.
- (2) *“First Corinthians: The Church and the Christian Community”*, an 11 week study on St. Paul’s advice for living a Christian life in a pagan culture.

These studies along with Lectio Peter, Lectio Mark and Lectio Eucharist are also available for individuals online. See the parish website for more information or contact Lee or Teresa if you have questions. Everyone is welcome!



Inspiration of the Week

Discipline is necessary for us to focus our attention and develop and refine our skills. A disciplined person has integrity and can make difficult but necessary choices. Most people do not like discipline, especially children. When we have to rise above our impulses and desires and do something challenging, it can appear as a punishment. The struggles of living a good and effective Christian life, especially when we actively choose virtue over vice, are allowed by God and necessary for reaching spiritual maturity. God invites us to share in His Kingdom. Hearing and accepting that invitation requires an active, conscious decision on our part. Reforming our lives and changing how we do things does not come easily. But it is precisely what is necessary for us to enter through the narrow gate that leads to life. Discipline is essential if we are going to discover our desire for union with our Creator and live in God’s house. In this way, we will not risk finding the door locked when we need it to be open.

Chancing the Narrow Gate

From doctors to counselors, anthropologists to schoolteachers, it seems like everyone has their own parenting style to peddle, guaranteeing it will result in a happy and well-adjusted kid.

You’ve got “gentle parenting,” predicated on respect for the child’s feelings and needs. You’ve got “attachment parenting,” based on the belief that kids need time to adjust to being outside of the womb. You’ve got “free-range parenting,” where self-sufficiency reigns supreme.

But of all the parenting approaches I’ve come across, I’ve never encountered a philosophy that rejects discipline altogether. There are lots of conflicting opinions on how best to administer that discipline, but I’ve never heard any parent or parenting “expert” worth their salt say that a mother or father should completely ignore misbehavior that threatens the well-being of the child himself.

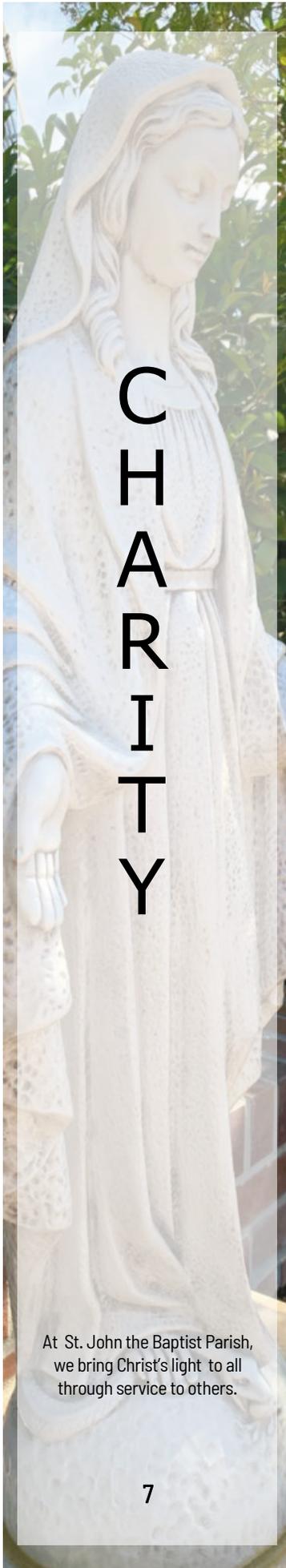
Discipline is in our human DNA. Consider for a moment what the world would look like if it came to be filled with people who had never been taught to reflect on their life challenges. People who bristled at the suggestion of personal growth.

And yet we become this way with God. Even the most “devout” among us shy away from occasions of divine constructive criticism. We avoid confession and forego daily examinations of conscience. We keep things superficial in our prayer life, avoiding depth of heart and real intimacy with God, afraid of what He will speak to us.

But when we do this, we rob ourselves of an opportunity to rely on God’s fatherly strength, to rest in His mercy, to fill ourselves up with His goodness. We’re putting up our hands, saying: “No thanks, Father, I’m good. You can keep your discipline. You can keep your grace.”

When we do this, we are making a beeline for the “narrow gate,” sure of our own strength and ability to pass through it. All I can say is this, proceed at your own peril. Are you so sure of yourself?

~ Tracy Earl Welliver, MTS



At St. John the Baptist Parish,
we bring Christ's light to all
through service to others.

2nd Collection

Thank you for your donations to last weekend's 2nd collection for our Building & Maintenance Fund. Together we collected \$ 4,192.

This weekend, we take up the Collection for the Church in Latin America! Many people in Latin America and the Caribbean do not have access to church programs and ministries because of a rising secular culture, difficult rural terrain, and a shortage of ministers. Your generosity makes it possible for our brothers and sisters in Latin America and the Caribbean to share in the life of the Church and grow closer to Christ. Please be generous to the special collection! To learn more, please visit www.usccb.org/latin-america.

Divine Mercy Ministry

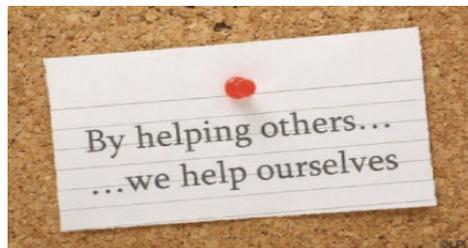
Loaves and Fishes Breakfast Feeding

August 24, Wednesday

Contact: Greta Tecson, 916-337-2014

We continue to be grateful for God's indescribable gifts of Love. Our ministry continues to sponsor a collection of food for the homeless at Friendship Park. The collection cart remains in the church vestibule for dropping off your donations. Items most requested are cup-of-soups, peanut butter and cheese crackers, hot chocolate and oatmeal packets, nutritious granola bars, raisins, peanuts, fruit juices, bottled water and fruit cups. Fresh fruits are welcome and should be dropped off Tuesday, August 23 during church open hours. There is still a need for ceramic coffee mugs as well as disposable or bowls for instant noodles. Religious items and books are needed, too. If you have extra samples from your dentist of small toothpastes and toothbrushes, they are also needed. All will be delivered Wednesday, August 24. Thanking you in advance for your generous sharing this month. There is always joy in giving.

Are you interested in driving or helping serve? Please call Greta.



Stewardship of Treasure the Lord Has Entrusted to Us

Weekly goal: \$25,529.00

Weekly Offerings:

August 13/14 \$ 22,686

Total Online donations for the month of July

Weekly donation \$ 26,157

Bldg & Maintenance \$ 2,428

SVDP \$ 1,009

RE Program/SJND \$ 2,187

Knights of Columbus

Bishop A Gallegos Council 6197

Faith in Action Life Program

Aid and Support After Pregnancy (ASAP)

August 20 - October 2

Contact: Brother Percy Park

916-936-6145 or dbk576@aol.com

On June 24, the U.S. Supreme Court upheld a Mississippi law banning abortion after 15 weeks of pregnancy, concurrently overturning Roe v. Wade, the landmark ruling that legalized abortion nationwide nearly 50 years ago. The Knights of Columbus is now strengthening its support for pregnancy resources centers and maternity homes through ASAP, a new pro-life initiative announced earlier this month. These pro-life, non-profits are lifelines to women and babies in need and offer essential services that make the difference between a baby being aborted and a baby being born in a supportive environment.

We're collecting all baby items; new or clean, slightly used (clothing, blankets, diapers) and donations to aid and support single women after pregnancy who live in our local maternity homes and the Sacramento Diocese Gabriel Project. Our Knights of Columbus "cart" will be placed in front of the Church at the weekend masses.

In the Gospel of Luke, the Angel Gabriel told Mary the good news that a child would be born and that she was to be the Mother of our Savior. When she asked, "How can this be?" the angel told her not to be afraid for "nothing is impossible with God." The Gabriel Project announces the same comforting message to frightened pregnant mothers: Fear not, for God is with you! Nothing is impossible with God.

Sharing the Gospel

Heaven will be wonderful. People from all over the world will be there to enjoy God's friendship. No matter how small you feel now, you will always be important to God in heaven. Once you accept the gift of love from Jesus, you will want to change your life. You will want to spend time with God, and you will want to show love to other people. Then you can look forward to heaven.

✝️ Mission for the Week

Pray to God with your family, and ask God to change your hearts so that you love him more than anything else.

🙏 Prayer

Dear God, help me to do all that I can to grow closer to you.

🧩 Puzzle

Find and circle these words from today's Gospel

JESUS
TAUGHT
SAVED

NARROW
LOCKS
KNOCK

DOOR
FEAST
KINGDOM

J	U	E	S	W	A	O	N	I	H	W
A	K	N	O	C	K	Y	S	O	J	E
R	I	U	A	L	F	E	A	S	T	M
H	N	E	T	N	A	U	V	G	A	H
T	G	P	L	A	I	T	E	H	U	T
W	D	O	O	R	N	S	D	A	G	N
I	O	V	L	R	A	L	G	E	H	S
S	M	E	N	O	S	O	K	D	T	H
H	L	O	R	W	D	C	A	R	O	E
N	Y	A	F	G	O	K	I	N	G	T
O	B	J	E	S	U	S	E	S	A	V

🖍️ Read the Gospel and Color

Lk 13:22-30



"Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these."

Our parish is enriched with many ministries, please consider learning about and engaging in one or more of our ministries. Call the contact listed or see a Minister of Hospitality after Mass.

Welcoming Ministries

New Parishioner Welcoming Ministry

Joyce Starosciak, 916-740-4628

Ushers

Stanley Posis, 916-705-9192

Prayer Ministries

Companioned Prayer

Dcn. Bill Goeke, 916-673-7996

Divine Mercy Devotion/Cenacle

Leilani Badley, 703-855-6241

-*Chaplet/Rosary/Morning Prayer*

-*Divine Mercy Chaplet/Mass*

-*Cenacle* - Leilani Badley, 703-855-6241

-*Cenacle-Spanish* - Ana Haid, 916-956-1177

Eucharistic Adoration

Veronica Thomas, thomas_vera@yahoo.com

1st Friday of the Month - 9am - 7pm (church),

Sign Up for adorers is in the vestibule

Marian Cenacle (Marian Movement of Priests Cenacle)

-*English* - 1st Saturday of the month

Sally Gomez, 916-693-2411

-*Spanish* - Every Saturday

Ana Haid, 916-956-1177

Our Lady of Fatima

Henry Altamirano, 925-899-7769

Spiritual Growth Ministries

Adult Scripture Study

Lee & Teresa Weider, 916-983-8065

Couples for Christ

Myrah Empleo, 661-993-4721

Praise & Worship

David Brauer, dabrauer@hotmail.com

Religious Education

Shannon Langer, 916-985-7338

Rite of Christian Initiation for Adults (RCIA)

Shannon Langer, 916-985-7338

Theology on Tap

Aaron Santos, 916-985-2065

WINGS (Women in Growth Spiritually)

Parish Office, 916-985-2065

Youth/Young Adults Ministries

Aaron Santos, asantos@folsomcatholic.org

Parish Committees/Councils

Finance Council

Joyce Starosciak, 916-740-4628

Liturgy Committee

Barbara Bowden, 916-984-9476

Pastoral Council

Shannon Frazier, 916-761-2912

Outreach/Charity Ministries

Bereavement Hospitality/Receptions

Parish Office, 916-985-2065

Catholics for Life

Kathy Baxter, 916-337-6824

Gabriel Project

Debbie Sultan, 916-337-5786

Grace Quilters Ministry

Catherine Scott, 831-402-4681

Grupo Pastoral Hispano

Rommel Hernández, 530-387-1009

Knights of Columbus

Hugo Schmidt, 916-817-4541

Pastoral Care Ministry

Dan Dunne, 916-817-1675; Sunday

Candice Ralston, 916-806-8090; Tuesday

Prayer Shawl Ministry

Catherine Scott, 831-402-4681

Prison/Restorative Justice Ministry

-Folsom Prison - Fr. H. Gomez, 916-985-2561 x 4206

-CSP Sacramento - Greg Mellor,

Catholic Chaplain, 916-985-8610 x6425

School Ministry (St. John Notre Dame)

Keith Martin, Principal, 916-985-4129

Senior Visitation

Charlene Agles, 916-984-9602

St. Vincent de Paul (311 Montrose Dr.)

Mercy Knight, 916-985-4630

Liturgical Ministries

Altar Servers

Hugo Schmidt, 916-817-4541

Children's Liturgy during Mass

Shannon Langer, 916-985-7338

Extraord. Ministers of Holy Communion

Steve & Maryanne Ashley, 916-479-2214

Lectors

Patti Midtlyng, 916-837-8322

Liturgical Environment

Arlette Peterson, 916-220-5968

Music - See choir director after Mass.

Additional Ministries

Children's Babysitting at Mass

Parish Office, 916-985-2065

Family Fellowship

Rachel Marsh, 916-945-6992

Gift Shop

Connie Aley, 916-984-9284

Women's Game Day

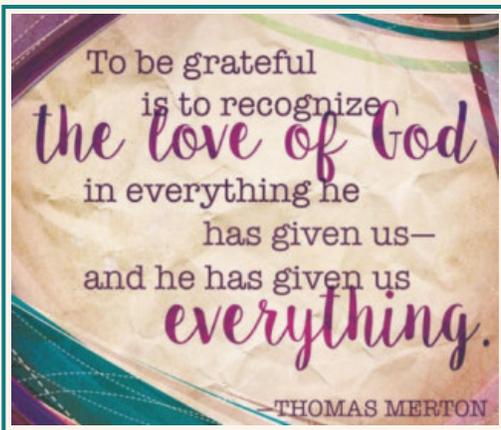
Every Wednesday, Garden Room, 11am - 4:30pm.

Roberta Puzio, 916-933-2561

MINISTRIES

"Here am I, Lord;
I come to do your will."

How can I practice gratitude in my everyday life?



God has given each of us many blessings. Fostering an “attitude of gratitude” might be easier than you think. Simple, concrete practices can help us to be more thankful more often. Incorporate it into your dinner with your spouse, or as you tuck the kids into bed at night.

“What are three things you’re thankful for today?” Make a habit of writing one note a week to someone special in your life, thanking them for how they’ve impacted you. This is also a good practice in the workplace. Consider opening your weekly meetings with a quick round of gratitude sharing. “I’m grateful John helped me with that last-minute change to my presentation last week. I wouldn’t have finished it in time for the meeting without him.”

Another way is to designate a few minutes to thank God. This could be the first bit of your daily prayer time or after you receive communion on Sundays. You can also integrate it into your daily routine. How about while brushing your teeth? There’s probably nothing so important it can’t wait two minutes. Brush your teeth, quiet your mind, and thank God from your heart for His blessings throughout the day.

Get creative! Any moment is an opportunity to praise and thank God.

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