

## Eternity in Our Head

At times a spiritual point of view is difficult to maintain. One way we can keep our minds focused on eternity is to read spiritual books. Concerning this, St. Francis de Sales writes: "Read a little of them every day with great devotion, just as if you were reading a letter that the saints had sent you from Heaven to show you the way and give you the courage to go there." Listening to sermons and spiritual conferences is another way to preserve our spiritual viewpoint.



*The Postulants and Novices strive to remain recollected while working.*

ing His presence, by reverently invoking the Holy Name of Jesus, and by the use of short prayers or aspirations. St. Francis de Sales encourages us by saying, "There is no difficulty in this exercise, as it may be interspersed among all our tasks and duties without any inconvenience."



*The Sisters spend time daily in spiritual reading.*

## God in Our Heart

Through the practice of prayer, we give God a place in our heart. "By often turning your eyes on Our Lord in meditation," writes St. Francis de Sales, "your whole soul will be filled with Him."

From our morning prayers to our evening examination of conscience, prayer lifts our heart to God. In addition to our Rosary every day and if possible, attendance at daily Mass, we should strive to turn our hearts often to God throughout the events of the day. We can do this simply by recalling



*The students at St. Pius V School in Melville, NY, learn the importance of praying the Rosary every day.*