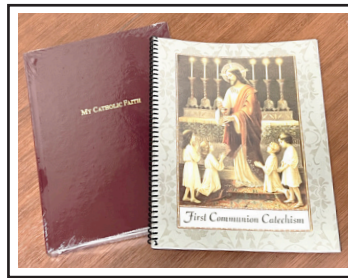


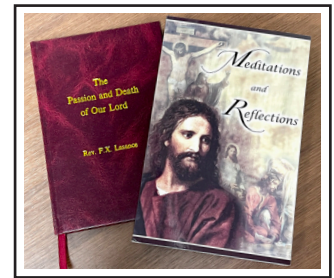
*Lives of Saints*



*Catholic Dogma*



*Daily Thoughts*



*Life of Christ*

### What to Read

It's important to find a spiritual reading book that interests us. St. Alphonsus states: "If you ask me what book is most useful . . . first I tell you to read the books which you find best calculated to excite your devotion and move you." Keep in mind that a book that may interest one person may not interest another.

One kind of book that is helpful is the lives of the saints. St. Alphonsus says, "In books of instruction, we read what we are bound to do, but in the lives of the saints, we read what many holy men and women, who were flesh as we are, have done." A good biography can be an encouragement and a consolation. We can learn much by the example of the saints.

Books of quotations can assist with daily recollection. Remembering a short phrase from a saint can raise our minds to God in the midst of our work.

Another type of reading, such as a catechism or a doctrinal book, instructs us about the Catholic Faith. It's important for us to know our Faith. What wise instruction we can receive from the catechism.

Commentaries on the Gospels and books on the lives of Christ and Our Blessed Mother also give us treasures of grace and knowledge.

### A Little Reading Each Day

I urge you to do a little spiritual reading each day. When you're unable to sit down with a spiritual book, you could listen to audio books, sermons, or spiritual conferences in the car or while you work. Let's remember, as St. John Bosco says, "How many souls have been saved by good books; how many have been preserved from error; and how many have been encouraged to do good!" May we, too, be encouraged by our spiritual reading and may it increase in us a desire to love and serve God better.

In the Sacred Heart,

*Mother Mary Bosco, F.M.*

Mother Mary Bosco, F.M.

