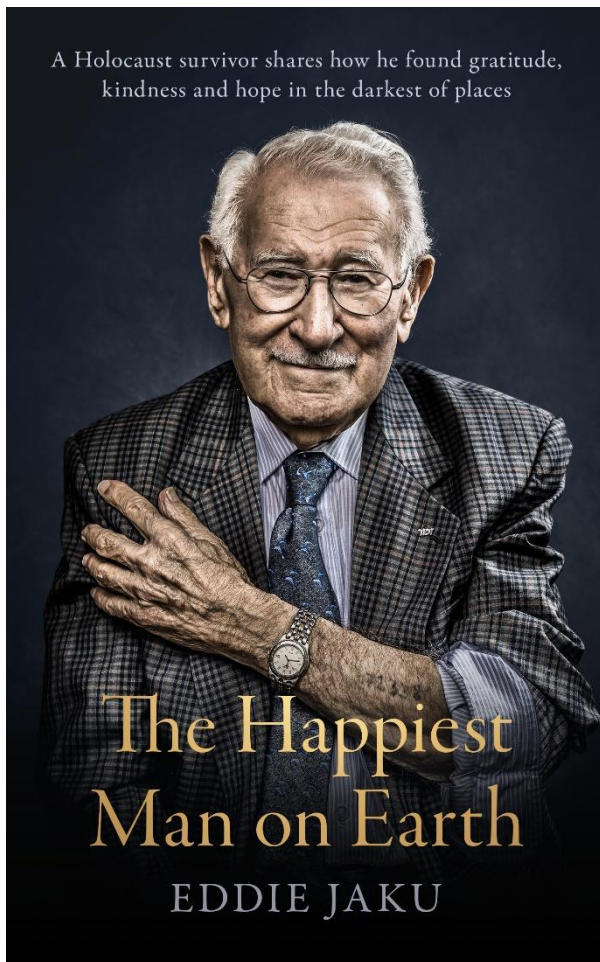


Pastoral Message from Fr. George for 7.14.23

Summer brings opportunities to go outside, enjoy God's creation, and take time to read books. Perhaps you could consider reading the following book I recommend. It informs us of valuable lessons from someone who has dealt with extreme hardship and still remain hopeful and happy. I include this recent review I found followed by ten lessons we can learn from the book.

Life can be beautiful if you make it beautiful. It is up to you.



Eddie Jaku always considered himself a German first, a Jew second. He was proud of his country. But all of that changed in November 1938, when he was beaten, arrested, and taken to a concentration camp.

Over the next seven years, Eddie faced unimaginable horrors every day, first in Buchenwald, then in Auschwitz, then on a Nazi death march. He lost family, friends, his country.

Because he survived, Eddie made the vow to smile every day. He pays tribute to those who were lost by telling his story, sharing his wisdom, and living his best possible life. He now believes he is the "happiest man on earth".

Published in 2020 as Eddie turned 100, this is a powerful, heartbreaking and ultimately hopeful memoir of how happiness can be found even in the darkest of times.

10 lessons from The Happiest Man on Earth by Eddie Jaku:

- **Be grateful for what you have.** Eddie Jaku was a Holocaust survivor who lost everything, but he never gave up hope. He learned to be grateful for the small things in life, and he found happiness even in the darkest of times.
- **Smile.** A smile can make a world of difference. It can brighten someone's day and make you feel better about yourself.
- **Forgive.** Holding on to anger and resentment will only hurt you in the long run. Forgive those who have wronged you and move on with your life.
- **Help others.** Helping others is a great way to make yourself happy. It gives you a sense of purpose and makes you feel good about yourself.
- **Live in the present moment.** Don't dwell on the past or worry about the future. Focus on the present moment and enjoy it to the fullest.
- **Be kind to yourself.** Treat yourself with the same kindness and compassion that you would treat others.
- **Be positive.** A positive attitude can go a long way. It can help you overcome challenges and achieve your goals.
- **Be grateful for the people in your life.** Cherish the people who love and support you. They are the ones who make life worth living.
- **Never give up hope.** No matter what life throws your way, never give up hope. Keep fighting for what you believe in and never give up on your dreams.
- **Live your life to the fullest.** Don't waste a single day. Make the most of every moment and live your life to the fullest.

As we journey through life, I pray these lessons from Eddie Jaku inspire you to use our faith and hope from our Savior Christ Jesus; Eddie's insights give us practical ways to apply God's teachings as we confront the challenges in our daily lives.