

Checking in on our New Year's Spiritual Resolutions

It is the end of January already! At the beginning of January, I wrote about ways to strengthen your spirituality. Hopefully, you are trying one or more of those suggestions. If you resolved to strengthen your faith and renew your relationship with God, how is that going so far?

I want to expand on the suggestion to make time for spiritual reading. I suggest listening to podcasts and/or download a Catholic app on your phone or tablet. You will have these resources anywhere, anytime. I suggest these to get you started:

www.ascensionpress.com There are many spiritual resources on this website. You can find the podcast here to listen to Fr. Mike Schmitz lead you in reading the "Bible in a year." "Catechism in a Year" is currently being taught by Fr. Mike and you can listen to the podcast or see it on YouTube as well. If you are interested, there is a group meeting every other Wednesday at St. Elizabeth's (Triumph of the Holy Cross now) in Pleasant Hills to discuss the "Catechism in Year" podcast. For information, see <https://triumphoftheholycrosspgh.org>

[Laudate](#) - Laudate is a great app to download on your phone or tablet. It includes a complete Bible, daily Mass readings, chaplets, rosaries, the Catechism of the Catholic Church, the Stations of the Cross, daily meditations, a saint of the day' feature and many other resources.

Finally, check out www.CatholicApps.com Many apps are available there and you can find recommendations and reviews of many resources for excellent Catholic content like apps, podcasts, videos series and more.

Keep on feeding your soul and exercising your spiritual self in the new year and encourage your family and friends to join you!

~ Carolyn Eisenbarth, Co-Director of Religious Education

The Word on Fire Show, <http://wordonfireshow.com/>