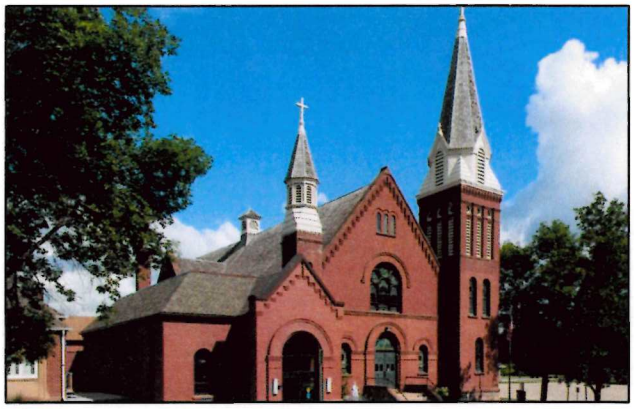
St. Catherine of Alexandria Parish

540 3rd Ave NE - Valley City, ND 58072

Nineteenth Sunday in Ordinary Time

August 10, 2025

www.catherineofalexandria.org



MASS SCHEDULE:

Monday - Friday 8:00 am
Saturday: 5:00 pm
Sunday: 8:30 am & 10:30 am

RECONCILIATION:

Monday - Friday 7:30 -7:50 am
Tuesday 8:15 -9:30 pm
Saturday – 4:00-4:45 pm
Sunday – 7:30-8:00 am

Summer Parish Office Hours:

Monday: 7:30am - 3:00pm
Tuesday - Thursday: 7:30am - 5:00pm
Friday: 8:00am - 12:00pm
Closed from 12:00 - 12:30pm everyday

August Serving Information:

Co-Chairpersons are:
Sheila Larson: 701-840-2881
Tara Glandt: 701-840-0664
No activities planned at this time.
If an event is scheduled, please volunteer.

We are Hiring

Store Cashier/Clerk needed
Mondays, Tuesdays, and Saturdays,
10:00am to 5:00pm
Please stop in the store to inquire about this position or to apply.
Store hours are 10:00am to 5:00pm
Monday - Saturday
Phone Number 845-1022

The Assumption of the Blessed Virgin Mary
(Holy Day of Obligation)
August 15th

Mass Times:

8:00 am

12:10 pm

6:30 pm

Catechist Retreat: Friday, September 5 at Maryvale Retreat Center, Valley City.

Come away for a day of retreat at Maryvale, Valley City where Fr. Andrew Jasinski will direct a retreat with a series of talks reflecting on the Jubilee theme, "Hope does not disappoint". These retreats are primarily for those involved in catechesis, however, all are welcome.
The day will begin at 9:00am and end at 4:00pm. Cost: $25 per person. Deadline to register for these retreats is Wednesday, August 27. Please register on-line at https://www.fargodiocese.org/catechistretreat
call Mary Hanbury for info, 701-356-7809.

August Calendar of Events

SUN 10	**Nineteenth Sunday in Ordinary Time** 7:55am Rosary 8:30am Mass 10:10am Divine Mercy Chaplet 10:30am Mass
MON 11	7:25am Rosary 8:00am Mass 6:10pm CDA Rosary and Meeting
TUE 12	7:25am Rosary 8:00am Mass 8:30am -10:00pm Adoration 8:30am Tuesday Movie 5:30pm Ed Board Meeting
WED 13	7:25am Rosary 8:00am Mass 5:00pm Nearly Nu Meeting
THU 14	7:25am Rosary 8:00am Mass 1:00pm Quilters 6:30pm Quilters
FRI 15	**Assumption of the Blessed Virgin Mary** 7:25am Rosary **8:00am Mass** 12:00pm Parish Office Closed **12:10pm Mass** 2:00pm Mass - St. Raphael 4:30pm Wedding Rehearsal **6:30pm Mass**
SAT 16	10:00am Mass – Mercy Hospital 2:30pm Wedding 4:25pm Rosary 5:00pm Mass
SUN 17	**Nineteenth Sunday in Ordinary Time** 7:55am Rosary 8:30am Mass 10:10am Divine Mercy Chaplet 10:30am Mass **5:00pm Back to School Night**

Grant Them Eternal Rest

Please remember in your prayers the repose of the soul of **Lila Harmsen,** who recently passed away. May she rest forever in God's Loving care.

TODAYS READINGS

First Reading — Wis 18:6-9
Second Reading — Heb 11:1-2, 8-19, or 11:1-2, 8-12
Gospel — Lk 12:32-48 or 12:35-40

READINGS FOR THE WEEK

Monday: Dt 10:12-22; Mt 17:22-27
Tuesday: Dt 31:1-8; Mt 18:1-5, 10, 12-14
Wednesday: Dt 34:1-12; Mt 18:15-20
Thursday: Jos 3:7-10a, 11, 13-17; Mt 18:21-19:1
Friday: Rv 11:19a, 12:1-6a, 10ab; 1 Cor 15:20-27; Lk 1:39-56
Saturday: Jos 24:14-29; Mt 19:13-15
Sunday: Jer 38:4-6, 8-10; Heb 12:1-4; Lk 12:49-53

PRAYER NETWORK

Remember in your prayers our parishioners and friends who are ill or are in need of our prayers:

Warren Ventch
Larry Doyle
Lucille Winkler
Marlys Koble
Donna Hammond
Jerry Sand
Krystal Lemer
Linda Hesch
Renita Westerhausen
Shelly Differding
Mary Elmore
Katie Anderson
Maryjo Randle
Daniel Gonzalez
Allen Kunze

MASS INTENTIONS August 11 - 17

M	8:00am	† Marie Meath
T	8:00am	† Marilyn Beach
W	8:00am	† Mylo Falstad
Th	8:00am	† Bill Magee
F	**8:00am**	† Rob Ingstad
	12:10pm	† Theresa Marcotte
	2:00pm	Fr. Jayson Miller
	6:30pm	People of the Parish
Sa	5:00pm	† George & Christina Stroh
Su	8:30am	† Travis Robinson
	10:30am	People of the Parish

Pastor's Page

A MERRY "MARY" WEEK TO COME

This coming week we have two opportunities to take part in activities that have some tie-in with the Blessed Mother herself. One is all about her and is obligatory, the other is "kind of" about her and is voluntary. Let me say a few words about the first, and encourage your participation in the second.

This Friday, August 15, is the great Solemnity of the Assumption of the Blessed Virgin Mary, a holy day of obligation. Check out the Mass times that day elsewhere in this bulletin, and make you day's plans around the one that fits your schedule the best. Our Lord loves His Mother, and did this for her; He invites you to love her also, and do this for Him.

When the Blessed Mother passed from this life to the next, it was a bit different than when any of us will pass: while our soul passes into eternity at death our body is buried and awaits the resurrection of the dead at the end of the world, while she was assumed, both body and soul at the same time, into heaven. Now of course Jesus Christ Himself ascended, body and soul into heaven 40 days after He rose from the dead on Easter Sunday, but notice the difference in verbiage: He "ascended" - she was "assumed". He ascended under His own power as Son of God - she was assumed through His power as God, and not her own.

And . . . her assumption is kind of a "preview of coming attractions" for ourselves who pass from this life to the next in the friendship of God. Although our bodies will have to wait until the general resurrection at the end of time to be reunited with our souls, that time will come, and then much like the life the Blessed Mother has had since her Assumption, we will have both our bodies and souls as one, glorified in the eternal life prepared for us by Her Son, the Father and the Spirit.

* * *

Now this second opportunity I will call a "Mary" thing only because it is taking place at Maryvale, the diocesan retreat center just north of town. As you might already know, but I wish to draw attention to if you haven't yet heard, there will be a special day of fun and frivolity at Maryvale this Saturday, August 16, from 10:00 am to 5:00 pm: "Celebrating Maryvale - Faith and Fun Day". Of course Maryvale now being a retreat center, draws people most every weekend for some kind of retreat experience, but this one is meant to be for any and all who come, a day to come out and take in any of the offerings available, including a Trail Run, yard games, bouncy house for the kids, live music, bake sale and silent auction, lots of good, and even a vigil Mass that late afternoon with Bishop Folda. Enjoy!

Fr Duchschere
Pastor

Principal's Page

My St. Catherine Family,

I am so thankful for the families who have chosen to enroll at **St. Catherine School**. I know that doing so often requires sacrifice and struggle. Families send us their most precious gifts—their children—and we do our best to ensure that tuition is affordable and that they receive true value in return.

This week, I've been reflecting on what that **value** really is.

While I can't speak for every family, I can speak for my own.

I NEVER imagined sending my children to St. Catherine School. I NEVER saw myself raising a family with faith at the center. Though I grew up Catholic, it wasn't a priority. It didn't guide my life. I certainly never expected to become a **Catholic school principal**, let alone believe so strongly in the importance of Catholic education for my own kids.

But God had other plans.

When I became principal, I began to see the value of what we offer—not just in terms of academics or community, but in terms of **eternity**.

One year after becoming principal, I made one of the most important decisions of my life:
I **convalidated my marriage** in the Catholic Church, and I **baptized all three of my children** that same day.

That's what our value is.

Because this school exists—because this community supported and continues to support it—**my family received the most precious and eternal grace the Church can offer**. And should my children continue to walk in that faith, they will do so because someone cared enough to invest in this school and its mission.

So never, **not for a second**, lose sight of the impact your support has.

When you give to St. Catherine School—whether through prayer, time, donations, or advocacy—you are supporting something that **saves souls** and helps form a small sliver of the world into a better, more faith-filled place.

To the families who send their children here: thank you.
To the parish that surrounds us with love and support: your efforts are bearing eternal fruit.

In Christ,
Nick Lee
Principal, St. Catherine School

St. Catherine's Parish Team

Parish Office **845-0354**

Summer Hours:
Monday 7:30am - 3:00pm
Tuesday - Thursday 7:30am - 5:00pm
Friday 8:00am - 12:00pm

Pastor: Very Rev. Paul Duchschere
e-mail: paul.duchschere@fargodiocese.org

Deacons
Rev. Mr. Joe Leitner Rev. Mr. Tom Vanorny

Parish Office Administrator: Jessica (Jess) Storhoff
e-mail: stcatherinesparishoffice@gmail.com

Liturgy Coordinator:
e-mail: st.catherine.liturgy.schedule@gmail.com

Director of Religious Education: Carol Jabs
e-mail: stcatherine.dre.vc@gmail.com

Lay Directors: Jeff Bopp & Rhonda Fairfield

Parish Council:
Steve Jorissen Doran Chandler
Larissa Musgrave Mark Oberlander
Joe Zubrod

St. Catherine School **845-1453**
Principal: Nick Lee
Office Assistant: Terra Giesen

Little Saints Childcare **490-3800**
Director: Beth Nadelin

Sexton: Deacon Joe Leitner **840-7429**
Cemetery Gate Hours: 7:00am to 9:00pm

Rectory **845-0725**

Fax **845-0556**

Nearly Nu Store **845-1022**

Baptisms: Contact the Parish Office.

Marriage: Contact the Pastor at least 7 months prior to the wedding.

Home Bound Eucharist: Darlene Kerzman, 701-721-1899

Bulletin Deadline: 3 PM on Wednesdays
If you have an announcement for the bulletin, please email Jess:
stcatherinesparishoffice@gmail.com

Newcomers: WELCOME! Please register at the Parish Office or use the registration form on our website.

FINANCIAL REPORT: August 3, 2025

Regular Parish Income

	Actual	Budget	Difference
Last Week	$11,867.60	$10,434.62	$1,432.98
Year to Date	$37,790.60	$52,173.10	($14,382.50)

Registered Families **464**

Adult Envelopes	$6,185.00
Children	$65.60
Plate	$642.00
Assumption	$15.00
July Online Giving	$4,960.00
Total Collection	$11,867.60

Thank you for your generous gifts!!
Online Giving Available @
www.catherineofalexandria.org

Prayer Quilts/Shawls Available

Some of our parishioners may be dealing with some very challenging physical, mental, spiritual or emotional situations/needs (a terminal illness, treatments, an accident, severe depression, a miscarriage) To convey the prayers & support of our parish family, Prayer Quilts/Shawls are available for all parishioners who will need them. To request a Prayer Quilt/Shawl contact: Georgia, 840-2737 or Lela, 840-8352.

Our Lord wishes for us to be whole, body, mind and soul. To be healed, to be complete. There is a group of individuals from the deanery that are offering to pray with you, for healing. We would be willing to come to pray with you as an individual, at your home or parish church. Confidentiality is assured. ***The St. Catherine's Healing Prayer Group meets on the 4th Monday of the month at 7 PM in the Church our next prayer meeting is Monday, August 25, 2025.*** *We are also asking for individuals who would like to be involved in this healing ministry from around the deanery to join us. We have gotten permission from the priests in the deanery so please visit with your pastor. If you are interested, please contact one of the individuals listed below for more information.*

Doran Chandler 701-840-1257
Deacon Jim McAllister 701-840-1473

St. Catherine's Religious Education
Grades K-8, 6:30 pm

It is time to register students for the 2025-2026 Religious Education Program. The opening Mass will be Wednesday, September 3 at 6:30 in the church. Please register by August 20.

We are looking for catechist helpers for the Religious Education program.

If you have questions or concerns, please contact DRE Carol
Jabs@stcatherine.dre.vc@gmail.com

"This is a serious warning cry: surrender without reservation to the Lord who has called us. This is required of us so that the face of the earth may be renewed." Edith Stein

St. Teresa Benedicto of the Cross, pray for us.

St Catherine's Teen Corner
Grades 9-12, 7:00 pm

RE and Youth Group Registration forms can be found on the website to be printed, or they are in the Parish Office ready to be filled out.

Classes will be from 7:00 p.m. until 8:00 p.m., unless noted in teen corner. All youth, grades 9-12 are invited to come, have fun and learn about their Catholic faith. If you have any questions or concerns, feel free to contact Deacon Tom Vanorny 701-210-0640.

Catholic Daughters of the Americas Court St. Gerard # 2518

Meet Monthly 2nd Monday

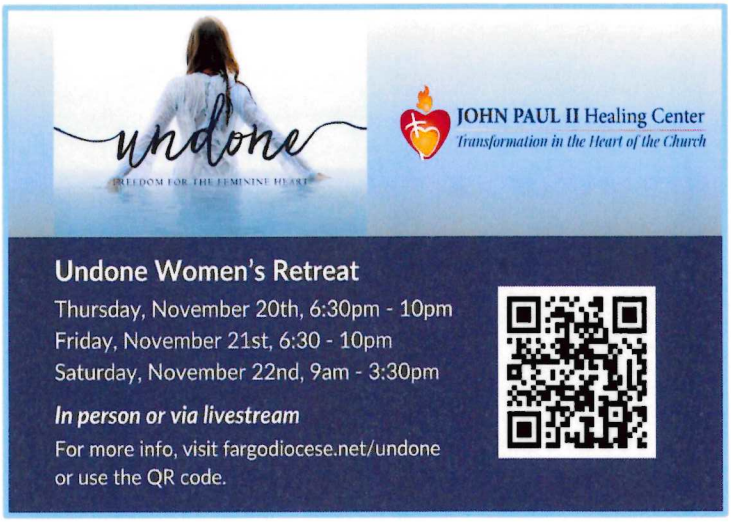
St. Gerard's Court of Catholic Daughters is deeply saddened by the passing of Lila Harmsen. May her soul rest in peace.

SAVE THE DATE:
CDA is hosting a Blood Drive on Thursday, September 11th from 12:00pm to 6:00pm in the Church Social Hall

Prayer - Fellowship - Quilting
Join the Fun!

St. Catherine Quilters make quilts for those in need in our area every

Thursday 1-4:30pm & 6:30-9pm next to the school cafeteria. Everyone is welcome for any length of time. No experience necessary & supplies provided. Questions call: Christine, 840-2580 or Lela, 840-8352.



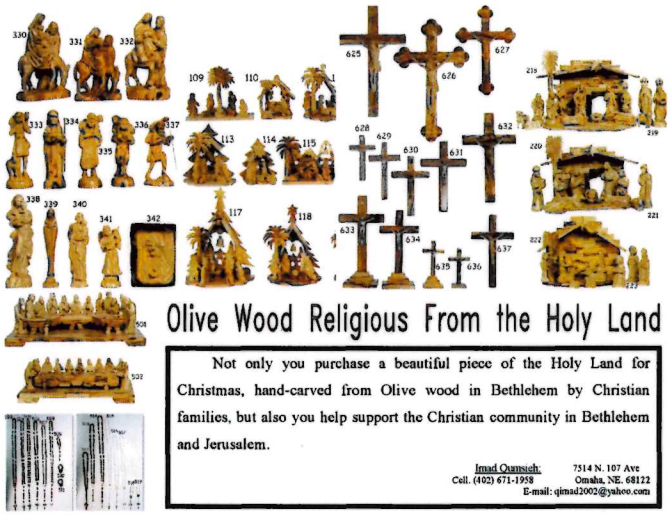
Tuesday Morning Movies

Please join the Tuesday Morning Movie Group, each Tuesday morning after the 8:00am Mass in the Sacred Heart Room for a movie, muffins and mighty good fellowship. Showing this week: "Bernadette of Lourdes". All are welcome!

Man of the Shroud Traveling Exhibit at St. Mary's Cathedral August 23-31.

For the first time in the Diocese of Fargo, we will have an exact replica of the burial cloth of Christ, known as the Shroud of Turin, along with an exhibit of the fascinating details and history of this most precious holy cloth.
The Shroud of Turin is a linen cloth that bears a faint image of the front and back of a man who died of crucifixion wounds. It has been venerated for centuries as the actual burial shroud used to wrap the body of Jesus in after his crucifixion, and upon which Jesus's bodily image is miraculously imprinted. There have been countess studies through the ages that cannot explain the image by human knowledge. The real cloth is in Turin, Italy and is currently not on display. The exhibit, Man of the Shroud, will be at St. Mary's Cathedral in the social hall for one week, August 23-31. Check the Diocese website for daily open hours of the exhibit. https://www.fargodiocese.org/shroud-exhibit

The Special Presentation on the Shroud of Turin by expert, Jim Bertrand, will be on Sunday, Aug 24 and then repeated again on Monday, Aug 25 both starting at 7pm in the church. The presentation on Monday, Aug 25 will be live streamed through the Diocese of Fargo Youtube channel https://www.youtube.com/@dioceseoffargo4555
Questions email Mary Hanbury mary.hanbury@fargodiocese.org



Save the Date: Imad will be here the weekend of August 23 and 24!!

formed
Forming Catholics for Life

The Assumption of Mary

The Assumption of Mary, body and soul in Heavenly glory, highlights the power of God and Christ's victory over sin and death for Mary's soul. Learn about this great mystery in Mysteries of the Rosary.

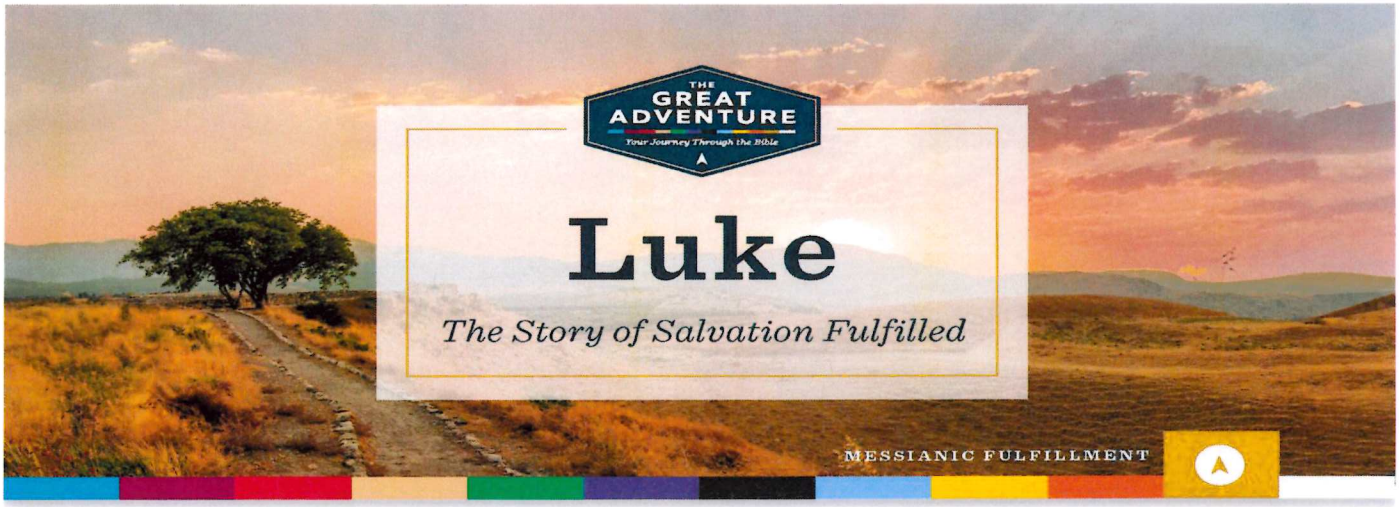
Our parish has a Formed subscription.
Visit formed.org/signup and select our parish.
Scan the QR code to download the Formed app to your phone.

An offering from the Augustine Institute

OCIA

Order of Christian Initiation of Adults

- **For: Those unbaptized and baptized Christians who are interested in learning about the Catholic faith and perhaps joining the Catholic Church community**
- **When: Thursdays at 7:00pm, beginning September 11th**
- **Contact Fr. Duchschere for more information and questions**



Dates – Time – Location

St. Catherine Church - Social Hall

8 Sessions (all Mondays)
September 15 and 29
October 6 and 20
November 3 and 17
December 1 and 15

Meeting Times:
1:30-3:30 pm or 6:00-8:00 pm

For More Information

Please call or text

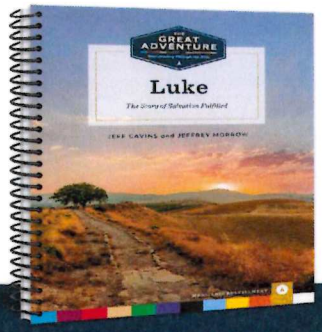
Sophya Rose
701-490-2024

or

Marian Hoffarth
701-370-9859

The Gospel of Luke takes you on a journey that begins with the foretelling of John the Baptist's birth and culminates in the Ascension of Jesus. Along the way, you will witness key moments in salvation history, including the Annunciation; the Nativity; Jesus' baptism; his public ministry; the Last Supper; and Jesus' suffering, death, and glorious Resurrection. The Gospel's powerful prose and beautiful details will deepen your desire to draw closer to Jesus and be transformed by his teachings.

The Gospel of Luke continually reveals how Jesus is the fulfillment of Old Testament prophecies. With ***Luke: The Story of Salvation Fulfilled***, you will experience a new joy as you see how God has been faithful throughout the ages and how God's promise can guide you in your everyday lives.



ASCENSION

Visit AscensionPress.com/lukestudy for more details.

I wish to join: Ascension Press: Luke, The Story of Salvation Fulfilled.
Cost is $30 (workbook and online access), deadline to register is Friday, August 15th.

Name: _____

Address: _____

Phone: _____ Text: _____ Date: _____

Email: _____

Comments: _____

Bring this form and payment for materials to the church office or use an envelope to put it in the offertory plate at mass.
(If you write a check, make it out to St. Catherine Parish)
If you have any questions, please call or text: Sophya Rose 701-490-2024 or Marian Hoffarth 701-370-9859

CELEBRATING MARYVALE

-FAITH & FUN-DAY-

August 16, 2025 10am-5pm

- 5K/1M Trail Run (free t-shirt)
- Yard Games
- Dunk Tank
- Bouncy Houses for Kids
- Outdoor Live Music
- Bake Sale/Silent Auction
- Food
- Vigil Mass with Bishop Folda

Hamburgers, Brats, Hotdogs, Chips, Potato Salad & Coleslaw

Bring your own lawn chair!

5K Trail Run: $30 registration
1M Trail Run: $15 registration
Bouncy House Wrist Bands: $5 per child
Dunk Tank: $10 (3 Balls)

Register online at www.maryvalend.org

Growing in FAITH™

Discovering **hope** and **joy** in the Catholic faith. August 2025

St. Catherine Church
Very Rev. Paul Duchschere

One Minute Meditations

St. Clare of Assisi

Born to a noble family in Assisi, St. Clare was eighteen when St. Francis was invited to preach at the church of San Giorgio. She was so inspired, she renounced everything to serve God in poverty, penance, and simplicity. Others joined, forming the first Order of Poor Ladies (Poor Clares). St. Clare is most famous for protecting Assisi from invasion by displaying the Blessed Sacrament on the fortress walls, causing the enemy to flee in terror.

The promise of the Assumption

This month, we celebrate Mary's Assumption, body and soul, into Heaven. What is often thought of as a "privilege" unique to Mary is actually a "preview" of what we are made for: endless joy, dwelling in the life and love of the Trinity, souls and bodies. It's another reminder that Catholicism isn't just about spiritual truths but concrete, physical, and tangible realities.

"I want to stress what I think that we...need more; the joy and delight in God which meet us in the Psalms...[The Jews] did not know that He offered them eternal joy; still less that He would die to win it for them. Yet they express a longing for Him, for His mere presence, which comes only to the best Christians" C.S. Lewis.

The Saints and the secret to true happiness

The saints understood that real happiness is about knowing where to find peace, perspective, and joy—no matter what life brings. This month, we look at four saints who show us what it takes to live with true happiness.

Simplicity – St. Francis of Assisi. St. Francis gave up wealth and comfort to follow Christ completely. In doing so, he made space in his heart to receive everything from God with peace and joy. While most of us aren't called to material poverty, we can imitate his spiritual poverty—letting go of sin and distractions to focus more fully on our relationship with God.

Trust and Love – St. Thérèse of Lisieux. St. Thérèse's "Little Way" was built on doing small things with great love. Her "humble confidence" in God's mercy gave her strength through illness, loss, and interior suffering. Her path invites us to respond to life's challenges not with fear or striving, but with trust and consistent, simple acts of love.

Holy Humor – St. Philip Neri. St. Philip Neri understood the spiritual power of joy. Known for his deep prayer life and playful spirit, he used humor to lift others out of gloom, deflate pride, and open hearts to God. He once shaved half his beard just to make people laugh. His life reminds us that holiness isn't dour—joy, laughter, and reverence can all go hand-in-hand.

"Thou dost show me the path of life; in thy presence there is fulness of joy, in thy right hand are pleasures evermore."
Psalm 16:11

Faithful Friendship – Blessed Pier Giorgio Frassati. Blessed Pier Giorgio balanced an active social life with a deep love for the poor and for Christ. He surrounded himself with friends who shared his love for the faith, frequently inviting them to Mass and Eucharistic Adoration. Whether hiking mountains or visiting the sick, he lived with joy rooted in friendship—with others, and above all, with Jesus.

Why Do Catholics Do That?

Why do Catholics believe in miracles?

The Gospels contain many well-attested accounts of miracles, often witnessed by large crowds. It makes sense that the Creator of the natural order would occasionally suspend it to reveal His power. At the heart of our faith stands the greatest miracle of all—the **Resurrection of Jesus Christ.**

St. Paul wrote, *"If Christ has not been raised, then our proclamation has been in vain, and your faith has been in vain"* (1 Corinthians 15:14). God continues to work miracles today to bless those who experience them directly and to strengthen our trust in His providence, love, and divine presence.

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The Queen who leads us home

When Jesus entrusted Mary to St. John at the foot of the Cross (John 19:27), He gave us one of His greatest gifts: His own mother. In that moment, we were welcomed into His family. As Queen of Heaven, Mary blesses us in many ways. We look to her as:

As Mother: Jesus gave us the person closest to Him on earth to help draw us even closer to Him. He was not content simply to be our Savior—He wanted to be our Brother. Mary is not a barrier to Christ but a window into His heart. Through her, we come to know Him more intimately.

As model: Mary is also a model of faithful discipleship. Though sinless, she had no supernatural powers or hidden knowledge. She rejoiced and suffered, worked and traveled, just as we do. Her life shows us how to remain faithful in the face of sorrow, uncertainty, and loss—and that perseverance in faith is always rewarded.

As intercessor: God does not need Mary's prayers or assistance to act on our behalf, yet He chooses to involve her in His work. Her intercession—like ours—finds its power in Christ's perfect prayer to the Father. As Queen, Mary is not passive in heaven; she actively cares for us, her children, with a mother's love.

from Scripture

Luke 14:1, 7-14, Humility is holy "self-forgetfulness"

Fewer things are more awkward than accepting an honor publicly—only to discover it wasn't meant for you. In this Gospel passage, Jesus offers a clear lesson: the safest way to "move up" in God's Kingdom is through humility.

In Jesus' time, a person's status at a banquet was reflected in how close they sat to the host. Like today, not everyone knew who had been invited. If you mistakenly sat too close, you could be asked—publicly—to move down. It was wiser to take a lower seat and be invited higher, if appropriate.

Humility is often misunderstood. It's not weakness, self-doubt, or putting yourself down.

True humility is honest self-awareness—recognizing your flaws and limitations, but also your gifts, strengths, and constant need for God's grace. The humble person doesn't seek to be the center of attention. Instead, they reflect God's goodness and elevate others.

Jesus isn't giving us etiquette tips. He's showing us the posture of the heart that honors God, protects our soul, and prepares us for the only banquet that matters—the eternal one.

Feasts & Celebrations

August 8 – St. Dominic de Guzman (1221). Born to a noble family in Spain, St. Dominic studied to become an Augustinian canon regular, but left to preach against the widely popular but dangerous Albigensian heresy. He founded the Order of Preachers, or "Dominicans," who successfully defeated this heresy. He's also credited with receiving the Rosary from Our Lady and teaching it to others.

August 15 - The Assumption of the Blessed Virgin Mary (1950). Declared a dogma of our faith by Pope Pius XII, the Assumption celebrates Mary being taken up into Heaven body and soul at the end of her life. It is a Holy Day of Obligation this year.

August 27 – St. Monica of Hippo (387). St. Monica is best known for converting her wayward son and pagan husband by her patience, piety, and prayers. Her son, St. Augustine, became a great saint and Doctor of the Church.

August 29 – The Beheading of St. John the Baptist (1st Century). Today we recall the martyrdom of St. John the Baptist, whose mission was to prepare the Jews for Jesus' coming by calling them to repentance. He was arrested and executed for preaching the truth to powerful enemies. Caving into the pressure of his courtiers, King Herod permitted his niece's request – the head of John the Baptist on a platter.

Q & A

What is a "rule of life" and why should I make one?

A rule of life is simply a structured way to integrate regular prayer into your day. It's a long-standing practice among priests, monks, and nuns—but it's not just for the consecrated. Everyone needs time each day to be with the One who loves us most. Your personal rule can be as simple or as detailed as you need; what matters is remaining faithful to the time you commit.

At first, the idea of a rule of life might seem intimidating. But in reality, most of us already follow one. Maybe we always wake up at the same time or never skip a morning jog. Prayer can—and should—become part of that rhythm. It's not just a duty; it's an investment that transforms us and blesses those around us.

In the *Introduction to the Devout Life*, St. Francis de Sales encourages us to "begin all prayers... in the presence of God." He emphasized the value of consistency—staying faithful to a few well-chosen prayers is more effective than rushing through many. If, during prayer, you feel God inviting you simply to rest in His love, don't worry about finishing every word. The goal is not to check boxes, but to draw close to Him.

Our Mission

To provide practical ideas that promote faithful Catholic living.

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