



Relationship with GOD

More than Just SUNDAY

Looking for a Good Book?

Recently I finished reading an engaging book that was a page turner. This reminded me of the many benefits that flow from reading. It is an excellent way to relax by easing tension in our muscles; and reading is a great means to be inspired, improve our ability to focus and strengthen our convictions.

To establish reading as a habit, it is essential to pick a certain time and set a limit, such as 15 minutes a day. Reading can also be shared. I have heard of grandparents reading the same book as one or more of their grandchildren and then discussing it with them over the phone. The following are a few books that I and others have found to be engaging.

On Fire by John O’Leary
When John O’Leary was nine years old, he was almost killed in a devastating house fire. With burns on one hundred percent of his body, he had a 1% chance of living. The resulting lessons he gained through this experience and the heroes who stepped into his life to help him through the journey—his family, the medical staff, and total strangers—changed his life. Now he is committed to living life to the fullest and inspiring others to do the same.

One Thousand Gifts by Ann Voskamp

This book encourages readers to embrace everyday blessings and embark on the transformative spiritual discipline of noticing God's gifts. It's only in this expressing of gratitude for the life we already have, we discover the life we've always wanted ... a life we can take, give thanks for, and share with others.

Not God’s Type by Holly Ordway

Holly called herself an “antagonistic atheist” until God met her in the writings of C.S. Lewis where she began to understand that the Resurrection of Christ is historical and believable and has personal implications. It was then through her fencing coach, in brief conversations, that she eventually entered the Church. For cradle Catholics, this is a most interesting read as you are taken through the decisions that Holly had to make in developing a relationship with Jesus and accepting His Church.

Chicken Soup for the Soul: Living Catholic Faith: 101 Stories to Offer Hope, Deepen Faith, and Spread Love by Jack Canfield

These compelling stories written by Catholics of all ages cover the gamut, from fun stories of growing up Catholic to serious stories of Sacraments and miracles. Whether the reader is a cradle Catholic or entered the Church, simply curious or struggling, these stories bring joy, hope and healing, from the teenager just confirmed to the elderly looking back on a long life. Reading one of these true stories at the dinner table leads to good conversation.

Glow Kids: How Screen Addiction Is Hijacking Our Kids—and How to Break the Trance by Nicholas Kardaras, Ph.D.

This book explains, in an accessible way, the effects screens have on children, their developing brains, social skills and personalities. Whether it be the similarities between drugs and tech addiction, ADHD and screens, or even the desire for instituting new tech-classrooms, *Glow Kids* deals with it. For parents, teachers and those who work with children, *Glow Kids* is a must-read in order to learn the dangers of screens, and how (and when) to properly use technology in the home, school and elsewhere.

Setting Captives Free, Personal Reflections on Ignatian Discernment of Spirits by Fr. Timothy Gallagher

Every person faces discouragement in their spiritual life. In his new, reader-friendly book, Father Gallagher shares compelling and real-life examples—many of his own personal stories—to illustrate and help us readily make application of the Ignation rules to our own experiences. The spiritual tools he explains and helps us apply bring liberation from discouragement and give practical guidelines that direct us in “what to do” and “what not to do” during such times. We experience the freedom to enjoy God's presence and consolation and gain a deeper awareness of God's action in our daily lives.

By Ann Lankford, Director for Catechesis & Evangelization