

*PRAYER FOR THE PRESENT MOMENT ...*

Dear God, I spend so much time reliving yesterday or anticipating tomorrow that I lose sight of the only time that is really mine – *the present moment*.

You give me today one moment at a time. That's all I have – all I ever will have.

Give me the *faith* which knows that each moment contains exactly what is best for me.

Give me the *hope* which trusts you enough to forget past failings and future trials.

Give me the *love* which makes each moment an anticipation of eternity with you.

I ask this in the *name of Jesus* who is the *same yesterday, today and forever*. Amen.

Reflection questions below:

## *Memorial Day,*

We have just completed the weekend that marks the beginning of the summer season. It launches the time when we begin to plan our vacations; the long, warm days that many of us look forward to. It helps us to forget the dreariness of the winter all of us have just experienced. But it is also fitting to remember those that protect our nation and that given the ultimate sacrifice to protect us, our values and our nation.

With all this in mind you should consider implementing some goals for you to reach to really help complete your summer. Take a new and fresh approach of how to enrich your faith and bring God closer into your family lives. Develop a game plan, make a schedule, make a goal, accountability and adapt and keep it real, for example:

1. How can you take God along with you on your summer travels?
2. How can you rediscover your relationship with God this summer now that the demands of school on your children have ended and possibly the stress from your own work obligations somewhat lessen?
3. What type of goals should you establish for yourself this summer in regards to your faith? (Attend week day Mass, Adoration, Pray the Rosary or the Divine Mercy Chaplet, read spiritual readings, etc.)
4. Who is someone that can help keep you accountable?

***"Whoever lives the truth comes to the Light" John 3:21***