



## From the Desk of Your Pastor

August 2022

What part of your life is in need of transfiguration? August begins with the feast of Jesus' Transfiguration, a word which means "a complete change in form or appearance into a more beautiful or spiritual state." Is that what you need for your prayer life? Your financial life and willingness to give generously? Your physical health and wellbeing? Your emotional life and key relationships? Focus on making yourself available to God this month and he will transfigure your life in amazing ways.

Here are 10 inspirations to become available to God's transforming power this month!

### Inspiration from St. Oscar Romero!

"Aspire not to have more, but to be more." -St. Oscar Romero

### God wants you to dream!

What's the one thing you could do every day that would continually make you a-better-version-of-yourself? How can you make that a part of your routine?

### Virtue in focus...

Compassion means "to suffer with." It is the virtue of deep sympathy and sorrow for the suffering of another, with a strong desire to alleviate the suffering. Who do you hold back compassion from? Who in your life is most in need of your compassion right now?

### A burst of wisdom.

God isn't in the business of tweaking. [He's in the business of transformation.](#)

### Did you know...

[A study from Duke University](#) found that up to 45% of our daily behaviors are automatic. Truly, our lives change when our habits change. What habit do you want to start building today to become a better-version-of-yourself?

### For the young and young at heart...

[A short, powerful prayer for becoming all you were created to be!](#)

### For those who want a healthier prayer life...

"Prayer is not about asking for things. Prayer is about putting yourself in the hands of God. Make yourself available to Him and learn to listen to his voice in the depths of your heart." -St. Teresa of Calcutta, Taken from [Do Something Beautiful for God](#)

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### Feed Your Soul

Take your Sunday experience to the next level with this [6-minute reflection on this Sunday's Gospel.](#)

### Let's Pray!

Loving Father,

Here I am.

I trust that you have an incredible plan for me.

Transform me. Transform my life.

Everything is on the table.

Take what you want to take and give what you want to give.

Transform me into the person you created me to be, so I can live the life you envision for me.

I hold nothing back;

I am 100 percent available.

How can I help?

Amen.

- Matthew Kelly

For more information on this email and our partnership with Dynamic Catholic [check out this video.](#)