



SACRED HEART SCHOOL

will be having their annual Spaghetti Dinner Fundraiser
on **Friday, November, 5 from 5:00-6:30 pm.**

This year will be pick up only, under the archway.
Each dinner will include: spaghetti, bread, salad and
dessert. The cost is **\$10.00 each.**

All proceeds go to Sacred Heart School
and will be used for our students.

Thank you for participating in this fundraiser.

We appreciate your support!



PRAYERFULLY REVIEWING YOUR DAY ~ THE DAILY EXAMEN

Part of the rich tradition of the Catholic Church is recognizing the need to reflect on the day's activities — to remember God's invitation and our response or lack of response. Saint Ignatius of Loyola developed a simple method by which you can review each day in a way that will help you grow in self-understanding and free you to follow God's will. This practice is often called the Daily Examen. Many people choose to practice this prayerful review of their day before going to bed at night by following the five steps below.

Stillness: Recalling God's Presence

Relax in God's presence in your favorite prayer place and posture. Be aware of how God shows his love for you in all his gifts to you. Be thankful as you think of God the Father's love, the love of his Son Jesus, and the guidance of the Holy Spirit. Ask the Holy Spirit to come into your heart and to help you to look honestly at your actions this day and how you have responded in different situations. With the Spirit's inspiration you can recognize what draws you close to God as well as what pulls you away from God.

Gratitude: Expressing Thankfulness

Review your day and give thanks to God for his gifts. Try not to choose what to be thankful for but rather to see what springs to mind as you reflect. Think of the concrete details of your day—the aroma of coffee brewing, a smile from a co-worker, or a beautiful rainbow. Recall the gifts that God has given you that you can share with others—your ability to help in a crisis, your sense of humor, or your patience with children. Pause and express your gratitude to the Father, the Son, and the Holy Spirit.

Reflection: Looking Back on Your Day

Again review the events of the day and notice how you acted in the many situations in which you found yourself. Recall your feelings and motives to see whether you considered all of the possibilities and freely followed God's will. Ask yourself when you were conscious of God's presence. Think about opportunities you had to grow in faith, hope, and charity. When we think about why we did or did not take advantage of these opportunities, we can become aware of how we might change our actions in the future. Be grateful for the occasions when you freely chose a course to help others. Perhaps you let a shopper with a small order go ahead of you in line or did not join in a conversation critical of a co-worker. These are examples of responding freely as God wants us to. When we reflect on the times we did or didn't act with God's grace, we can be more sensitive to developing habits of positive responses.

Sorrow: Asking for Forgiveness

After you have asked for the Holy Spirit's guidance in recalling and reflecting on the actions of your day, spend time talking with God or Jesus. Express sorrow for the times you failed to follow his direction and ask him to be with you the next time you encounter a similar situation. Give thanks to God for the grace that enabled you to follow his will freely. Feel the sorrow and gratitude in your heart as you converse with God.

Hopefulness: Resolving to Grow

Ask God to help you as you look forward to a new day tomorrow. Resolve to cooperate and trust in the loving guidance of the Father, the Son, and the Holy Spirit. Conclude the day's prayerful review with the Lord's Prayer.

By prayerfully reviewing your day, you will experience the difference it can make in the way you live. If you make a habit of practicing the Daily Examen, you will grow closer to God in your thoughts and deeds and will be free to choose to follow him.