

## Faith in Action October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>One Minute Meditation: Each day find a quiet place where there are no distractions and then be still before God. Read the prayer of the day, close your eyes, slow down your breathing by breathing God's Spirit in deeply... Holding your breath, you hold your sense of the indwelling Holy Spirit, then slowly exhaling... you share God's loving presence with others (family, friends and strangers)</b>						
						1 Father, help me to ensure that every person who is willing to work and does work, has a right to a living wage.
2 Jesus, let me draw inspiration from You and transform the world immediately around me.	3 Jesus, help me to learn and practice the art of listening.	4 Father, make us advocates of the peace that strengthens justice and the justice that sustains peace.	5 Jesus, help me to become sensitive to the needs of others as they themselves see them.	6 Father, don't let me be immobilized by the continuing immensity of the refugee problem.	7 For the family that gave me life, Father, I thank you.	8 Lord, help me to become conscious of the limited nature of our resources.
9 Jesus, fill me with Your peace that I may share it with others.	10 Father, help me to share what I have in thanksgiving for the blessings that are mine.	11 Jesus, let me accept my share of the responsibility for the success of the organizations to which I belong.	12 Grant, Father, that I may never block another person in the exercise of his rights.	13 Inspire me to extend my vision, Lord, that I may unite myself with men and women everywhere.	14 Jesus, help us to make the sacrifices that must be made to control inflation.	15 Father, alert me to opportunities for conservation
16 Jesus, remove the blinders that keep me from seeing the plight of those in developing countries.	17 Father, I have treated Your world carelessly in the past; now help me develop respect for my environment.	18 Lord, grant that all laws and regulations might be interpreted in the light of justice and mercy.	19 For pure water, Lord, we thank You; remind us to conserve it for future generations.	20 Holy Spirit, point me in the direction of that work in which I can best serve another.	21 Jesus, heighten my sensitivity that I may never be the cause of sadness for others.	22 Holy Spirit, let me be a consolation to those who are ailing in body, mind, or spirit.
23 Father, let me not be silent in the face of the problems besetting my neighborhood.	24 Father, move us to build community through shared tasks.	25 Holy Spirit, give me the words and the courage to work for the good of all.	26 Jesus, help me to achieve a personal concern for the needs of those around me.	27 Father, let me always show respect for the the value of life in all its forms.	28 Dear Lord, help us to respect each other's opinions.	29 Father make us responsible stewards of the earth's riches and respectful of local peoples from whose lands resources are extracted.
30 Father, grant me the wisdom to use Your gifts appropriately for myself and others.	31 Remind us, Creator, of the humanity we share with every other person on this Earth.					

"Our lives begin to end the day we become silent about things that matter."

Faith in Action is guided by the teachings of the Catholic Church. We serve others by promoting justice for the many different aspects of life through advocacy, direct service, and formation, thereby creating partnerships with those who promote human dignity and respect for our environment.