



FROM THE DESK OF FATHER JONATHAN



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Wasn't that extra hour of sleep from Daylight Savings Time great?! Whenever we get an especially good night of sleep, everything else seems a bit brighter, lighter, and happier. The affect is not only health for the body, but also for the soul. I notice that my prayer becomes simpler, deeper, and it has greater impact on my daily activity when I get a good sleep. Why is this so?

Well, there is an ancient spiritual principle that St. Thomas Aquinas put like this: "grace builds on nature". In other words, the journey of our journey toward God (sanctification) is linked to our own humanity. If we have healthy bodies and minds we are in a better state to be transformed by the grace of God. When we take care of our physical, mental, and emotional being, we are cooperating with God's plan for us to become holy.

Maybe this week is a good time for us to make decisions about our health. Maybe we need to stop smoking or staying up so late, or maybe we need to eat better or start an exercise routine (that one is for me!).

We have new motivation: good health is not only good for your body...it's good for your soul!

**God bless,
Father Jonathan**

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