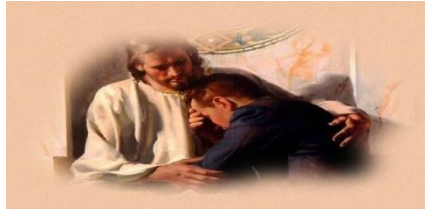


*"Praise the Lord Who heals the brokenhearted."* Psalm 1:47



Dearest sisters and brothers in Christ,

Our Lord is so gentle, kind, compassionate, loving and eternally understanding. He knows us better than anyone. How comforting it can be to give ourselves over completely to Him, to His embrace, and to His gentility. Doing so however is not easy. It requires us to be faithful from the bottom of our hearts. It requires us to give our fullness to our faith. It requires us to trust in His timing for us. That is not easy for any of us to do. How can we give ourselves over to our Lord?

We can trust in Him, in all that we think, do and say. We can pray and ask for our faith to be strengthened with every breathe that we take. We can be in service to others as they struggle for it is in these moments where we share the miracle of our common humanity. We can use our life to be in service, in intention, in word, in action and in the simplest of our daily actions. Our lives aren't lived in moments of grandeur. We share the common emotions of grief, suffering, struggle, sadness and joy, celebration and successes. Let us share our joys with each other. Let us share our moments of struggle in an effort to ease the challenges others encounter. Let us pray for each other and for peace among us. Let us reach out in humility and recognize that we can be God's light, His portal for His messages of love and compassion on earth.

All around us there are works of kindness just waiting to be done. One of our children may need extra encouragement. Tell him you love them and will always love them. Our mother may need support, although, she'll not ask. Go to her and embrace her. Ask what you can do to make her day less burdensome. Your neighbor may be lonely. Leave a note that lets her know that she is not alone. A student may be struggling. Take time to help with a lesson. Give a teacher "thanks" and keep all teachers in your prayers. When you're getting groceries, remember to be kind to all those who help you. Thank each person for the help that makes your life easier. Take the time to look others in the eyes, connect and remind them that they are appreciated. Be mindful that all of us carry our own burdens and seek actively to lighten those burdens. Reach out and share your gratitude. Give thanks to our Lord and count your blessings, every day. Keep this wisdom in your heart: no act of kindness or mercy, in God's holy name, is ever wasted.

May we take time out of each of our days to share our God given blessings with all whom we encounter. Let us take time to praise our Lord for it is He who heals the brokenhearted. Let us use our life in service in all ways that we are able, in His holy name and in praise and celebration for all of the blessings we have been given. *Amen.*

Fr. Vincent Phung