



Fr. Matt's Musings

Salesian Reflection

One of my spiritual tasks is to replace *either or* thinking with *both and* thinking. Either or means good or bad, saint or sinner, win or lose. The Church teaches that we are at the same time saints and sinners, that the Church is holy and always in need of purification. This style of thinking is helpful because it shows that we can be sad about a loss but still choose to live as a faithful, optimistic person. If we are anxious about an upcoming event, we can still choose to live in peace and not let the anxious moment overwhelm or dominate us. Most importantly, we can always choose to love even if our feelings tell us something else. Simply put, we can change our lives by changing our thoughts and attitudes. St. Francis de Sales tells us that there is nothing small in the service of God. With that thought and attitude, everything we do each day, in thought, word and action, is important. Let us live today well.

Holiday Weekend

Have a good holiday weekend. Remember holiday is also the same root as holy. God rested on the seventh day and holidays are meant to be embraced and celebrated.

Live Jesus!

Fr. Matt

frhillyard@olgcva.org

www.olgcva.org

Our Lady of Good Counsel
8601 Wolftrap Road
Vienna, VA 22182

This is a reminder that you're receiving this email because you have expressed an interest in OLG C Church and School. Don't forget to add adminassist@olgcva.org to your address book so we'll be sure to land in your inbox!

See what's happening on our social sites

