

Dear Sisters and Brothers,

In many parts of the Province, August marks the beginning of another ministerial year. Hopefully, the annual retreat has helped to renew our spirits and energy for the mission. Throughout his ministry, Jesus left the crowds, and his disciples, to spend time alone. He knew the power of time spent alone in prayer and reflection away from the demands and cares that surrounded him. These moments refreshed him and allowed him to continue his work.

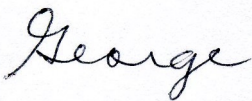
In the midst of our ministerial service, we, too, need to find that *Sabbath* time. More and more, Sundays have become like work days. We have lost the regularity of *Sabbath* time, and we find ourselves yearning for the next long weekend or free day.

We all need to find new ways to make the spirit of *Sabbath* viable within our work and ministry. How do we create time for ourselves, in the daily stress of ordinary life, to rest, relax, recover and recreate?

Ministry is often intense. It can nurture us, yet at times it drains our energy. We need ways to re-energize our work and passion. Like Jesus, we can feel overwhelmed at times. Yet, following his example, we learn the necessity of finding *Sabbath* time to revive our spirits. I encourage all of you to plan for those times in your busy schedules.

There are many memorials during the month of August. I have highlighted a few of them in the attached document, especially the Marian feasts and the celebration of our own Marianist martyr, Jakob Gapp. May our gracious God continue to bless and strengthen us to live our faith with the same conviction as Jakob Gapp and so many others like him!

Affectionately,

A handwritten signature in cursive script that reads "George".

George J. Cerniglia, S.M.
Assistant for Religious Life