



JOURNEYING WITH ST. FRANCIS DE SALES

"I say that devotion must be practiced in different ways by the nobleman and by the working man, by the servant and by the prince, by the widow, by the unmarried girl and by the married woman. But even this distinction is not sufficient; for the practice of devotion must be adapted to the strength, to the occupation and to the duties of each one in particular. Tell me, please, my Philothea, whether it is proper for a bishop to want to lead a solitary life like a Carthusian; or for married people to be no more concerned than a Capuchin about increasing their income; or for a working man to spend his whole day in church like a religious; or on the other hand for a religious to be constantly exposed like a bishop to all the events and circumstances that bear on the needs of our neighbor. - St Francis De Sales

The Saints are all given as examples to emulate. They are our companions on the journey, men and women like us who responded to God's invitation to become like Jesus. They pray for us because we are joined with them in the eternal communion of love. They also put legs on the Gospel, showing us what holiness looks like.

The Catechism of the Catholic Church reminds us *"All Christians in any state or walk of life are called to the fullness of Christian life and to the perfection of charity."* All are called to holiness: *"Be perfect, as your heavenly Father is perfect."* (CCC #2013)

In a letter to a Christian exasperated with his progress in holiness he wrote, *"Be patient with the whole world, but, above all with yourself. I want to tell you not to lose your serenity because of your imperfections, and always to have the zest to raise yourself up. It gives me joy to see each day you begin again. There is no better way to finish life well than to return to the starting point always and not ever to think that we have done enough"*.