

## *A Note from Fr. Keith, Our Pastor*

This week, during my pre-deployment canonical retreat, I prayed with the works of Saint Theresa of Ávila. She was a Carmelite nun and mystic. Her writings on contemplative prayer, especially in *The Interior Castle*, are some of the most important contributions to spiritual theology. She was declared the first female Doctor of the Church, a saint of great theological contribution, by Pope Paul VI in 1970.

Among her many well known prayers, one in particular speaks into the anxieties which so often affect the human condition.

Let nothing trouble you,  
Let nothing frighten you,  
All things are passing away:  
God never changes.  
Patience obtains all things.  
Whoever has God lacks nothing;  
God alone suffices.

Historians think Saint Teresa wrote these words after being opposed in her reforms by the nuns at the convent in Medina del Campo. Her prayerful words inspire us to a similar receptivity of the peace God alone can give. Jesus himself offers us peace, “Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid” (John 14:27). These sacred words are repeated in paraphrase at the Holy Sacrifice of the Mass during the prayers before Holy Communion.

The peace we receive from God at Mass empowers us to face the challenges that may arise during the rest of the week. The peace of God is not the absence of conflict or hardship. Instead, his peace is the promise that he will be present in the midst of those difficulties. This is why, in part, we are restoring the placement of our Tabernacle to the center of the sanctuary beginning next Saturday.

The immediate, visual reminder of the True Presence of Jesus in the Tabernacle is a part of our efforts to fully commit to the Eucharistic Revival. Once again, by way of reminder, please remember to genuflect toward the Tabernacle when entering/exiting your pew. We are invited to respectfully refrain from unnecessary conversation in the presence of the Tabernacle. After all, this is why we have such a nice, large Narthex. Respectful silence inside the Church both before and after Mass allows those who need to pray an environment more conducive to sacred reflection. As always, thank you for your support, patience, and understanding.