



Summer Leisure

Enjoy a Good Book!

During these beautiful days of summer, you might be looking for a good book. Sitting in a shady spot, reading a compelling story is a great way to be outside while taking time to relax. Reading on a daily basis, just 10 minutes per day, is a great habit to foster.

In addition to the benefit of relaxing and easing of tension, reading is also a great means to be inspired and to strengthen our convictions. And, in conversations with friends, a lot can be learned from sharing the main points from a good book. The following are a few books that I and others have found to be engaging.

A Shepherd looks at Psalm 23 by Phillip Keller As a shepherd, Phillip made his livelihood for eight years as a sheep owner and sheep rancher. Consequently, Phillip writes as one who has had first-hand experience with every phase of sheep management. Through his personal stories, he shares his insights into the life and character of sheep – and of the Good Shepherd who loves and cares for them. This beloved classic will give new meaning to the ageless Shepherd Psalm 23, enriching your trust in, and love for, the Lord Jesus who watches closely over you. (This book is available for \$3 including shipping from the Office for Catechesis & Evangelization. Email Beth at bjohnson@diolc.org)

From Atheism to Catholicism: Nine Converts Explain Their Journey Home by Brandon McGinley

This book reveals the dramatic, personal stories of nine former atheists who found new life in the Catholic Church. These men and women, in our generation, have escaped the swamp of living without any knowledge of, or a relationship with God, and finally embraced Holy Mother Church! Despite many obstacles, they chose to be faithful to the truth, and to follow it wherever it led them. These thought-provoking stories will confirm your own faith and strengthen within you gratitude to God for all that He has given you.

My Sisters the Saints: A Spiritual Memoir by Colleen Campbell

Colleen Campbell blends her personal narrative of spiritual seeking, trials, stumbles, and breakthroughs with the stories of six women saints who profoundly changed her life: Teresa of Avila, Therese of Lisieux, Faustina of Poland, Edith Stein, Mother Teresa, and Mary of Nazareth. Drawing upon the rich writings and examples of these extraordinary women, the author reveals Christianity's liberating power for women and the relevance of the saints to the lives of our own unique stories.

Ten Prayers God Always Says Yes to: Divine Answers to Life's Difficult Problems by Anthony DeStefano

People continue to wonder: In light of all the problems we face in life, we want to know why God is often "silent" when we pray to Him. Anthony DeStefano set out on a quest to find prayers that God's answer would always be "yes." Each short, powerful prayer addresses a

particular problem people commonly face in life--from accepting the existence of God to trying to make ends meet; from getting through terrible suffering to coping with everyday stress; from overcoming fear to finding your God-given destiny. DeStefano writes in a simple, uplifting and understandable manner, using people's real-life situations.

Something Other Than God: How I Sought Happiness and Accidentally Found It by Jennifer Fulwiler

Jennifer told herself she was happy: She made good money as a programmer at a hot tech start-up, had just married a guy with Ivy League degrees, and lived in a high-end condo behind the beautiful hills of Austin, Texas. Raised in a "happy", atheist home, Jennifer had the freedom to think for herself and play by her own rules. Yet a creeping darkness followed her, which finally drove her to ask why anything mattered. Facing the unflinching questions about life and death, good and evil, led Jennifer to the idea of becoming a Catholic, the religion she had reviled since she was an awkward, skeptical child. Mortified by this turn of events, she hid her quest from everyone, concealing religious books in opaque bags and locking herself in public bathrooms to read the Bible. As Jennifer received the courage to convert, she faced an unforeseen difficulty that challenged her resolve to follow the way of truth.

By Ann Lankford

