



From the Principal's Desk:

"Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. Command them to do good, to be rich in good deeds, and to be generous and willing to share." ~ 1 Timothy 6:17-18

As we get closer to the date of October 10th where we celebrate 'Thanksgiving', it's essential to understand why we should be generous to one another. October is a month in the St. Paul School calendar where generosity is an act that we try to live up to daily. Whether it's in the classroom, in the hallways, during recess, or in the staffroom, we all do our best to look after one another. We are a loving Catholic community that celebrates the diversity and inclusion of all people. Our caring community binds us and this makes us unique to other school communities.

St. Francis, our saint of October, is known for his ministry to the poor and underprivileged, his care of animals, and his respect for nature. Clearly, he personified generosity towards others regardless of his wealthy upbringing. When he met the leper who would change his life, the cloak and kiss that he generously gave showed his love and compassion for those in need. This tremendous act of kindness should be what we all strive to do every day.

One such 'generosity' type event that our students will partake in very soon is a world renowned fundraiser. On Thursday, October 3rd, all St. Paul students will participate in the Terry Fox Run, which raises funds needed for cancer research and treatments across Canada. Many of us were involved in this run when we were kids, and we hope you can help support our students' efforts in any way you can.

Later in the month, St. Paul School will run the 2nd Annual Multicultural Night in the school gym, an event unique to most other Lethbridge and Southern Alberta schools. This event has dozens of our families proudly and generously sharing their ethnic backgrounds, languages, customs, dances, and food with the greater St. Paul community. Please visit our new website page and digital newsletters for details on how and when to participate.

I hope you all had a fabulous start to the new school year and your children are happy to be back at St. Paul! Again, Thank you for your unwavering support and commitment to the St. Paul School and community.

God Bless,

A handwritten signature in black ink, appearing to read "Ryan Myndio".

Ryan Myndio

Upcoming Events:

Christian Action	Oct 1
Terry Fox Run	Oct 3
School Council Meeting	Oct 8
Tie Dye Day	Oct 11
Bottle Drive	Oct 11-19
Thanksgiving	Oct 14
PD Day—No School	Oct 15
Picture Retakes	Oct 17
Multicultural Night	Oct 17
Soccer Game	Oct 18
Volleyball Jamboree	Oct 25
Halloween Dance	Oct 31



Associate Principal's Message:

Welcome October! This is the time of year that we are thankful and grateful for all of our blessings. God's gifts and nature's beauty surrounds us so take the time to look around, think about and appreciate all that we are blessed with. It is also important for us to take the time to recognize the gifts that others bring to our lives and to say thank you! At St. Paul School we are blessed with lots of love and support from our community, our families and the caring and compassion of our students. We continue to pray for all of those in need of our prayers; for those who are homeless or hungry, sick or suffering. Give thanks this month and reach out generously to others.

GIVE thanks
WITH A ♥♥♥♥♥
GRATEFUL HEART

-Tina Delinte
Associate Principal

October Faith Focus

October is a faith-filled month where we will have many opportunities to explore ways that we can be committed to proclaiming our faith, being responsible for each other and being grateful for the many blessings that we have.

Christian Action Theme—*Gratitude*

The virtue of gratitude shapes our entire outlook on life. It allows us to appreciate and accept our life as a gift.

There is great growth and joy in appreciating others by saying Thank-you!



This month we recognize **Generosity**, a Gift of the Holy Spirit.

"Generosity is a big-heartedness grounded in an abundance mentality. It is unselfish and expresses itself in sharing. It is extended to family and friends, strangers, and particularly those in need, and is offered not only as money, food and clothing, but also as time shared and assistance provided".

Be generous with all of your heart; with your time, your talents, your compassion, your energy and your love!



CHRISTIAN ACTION CELEBRATION

We have such a wonderful school, made up of great children. The virtue recognized for the month of September was Hospitality. We will have a monthly Christian Action Celebration allowing us to recognize children from each class and celebrate their Christian Actions as a community. If your child will be recognized a letter will come home informing you of the celebration date and time.

Please join us if you can!



BREAKFAST CLUB:

THE BREAKFAST CLUB IS OPEN TO ALL ST. PAUL SCHOOL STUDENTS EVERY MORNING 8:00—8:35AM IN THE GYM. PLEASE USE THE COMMUNITY ROOM DOORS AND ENJOY A NUTRITIOUS BREAKFAST!



St. Paul School Student Hardship Donation

If you are thinking of helping out the students of our school and you are not sure how, this is one means of support. The easiest way to make a donation is with School Cash Online's Make a Donation button in the top right corner of the screen. You will be able to print a receipt right after the transaction is made! If you would like more information, please feel free to contact the school office at 403-328-0611.



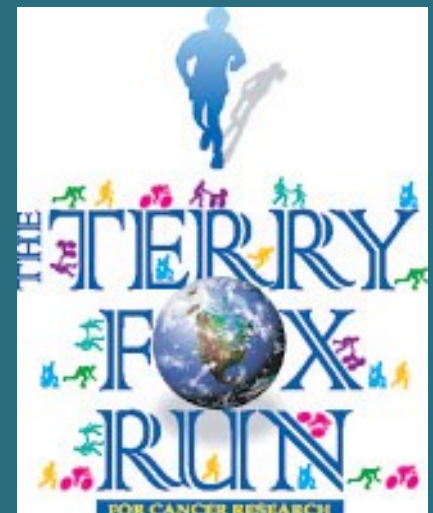
A reminder to parents to please bring your children to the front entrance of the school if you are dropping them off **before 8:25 am**. An adult will bring them to the playground at 8:25 am, where they will be able to enjoy supervised play until school opens at 8:37am.



Terry Fox Run

Our Terry Fox run will be held on October 3! A huge thank you goes out to all of our students and families for their donations. The St. Paul community really came together to support the dream that Terry had many years ago. The funds raised from the Terry Fox Run are given to fund research towards finding a cure for cancer. The Terry Fox Foundation believes in providing hope for those whose lives are affected by this disease. Scripture also reminds us of our apostolic responsibility to help those who are suffering:

“Then Jesus summoned his twelve disciples and gave them authority over unclean spirits with power to drive them out and to cure all kinds of disease and all kinds of illness.” (Matthew 10:1)



FROM YOUR FRIENDLY NEIGHBORHOOD PSYCHOLOGIST:

Each month I will be highlighting 1 or 2 books from our gifted collection. Please contact our office staff if you are interested in borrowing any of these resources.

The book of the month is: "Keys to Parenting Your Anxious Child" by Dr. Katharina Manassis



Thank you to St Paul Parent Council for the gift of books to our parents! ~Helen Irwin

Description:

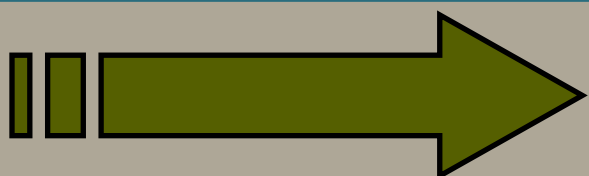
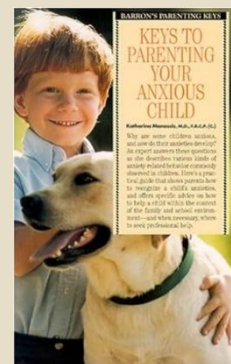
Why are some children anxious, and how do their anxieties develop? An expert answers these questions as she describes various kinds of anxiety-related behavior commonly observed in children. Here's a practical guide that shows parents how to recognize a child's anxieties, and offers specific advice on how to help a child within the context of the family and school environment--and when necessary, where to seek professional help.

Here is what others had to say about this book:

"I'm a children's mental health social worker, and this book is still our primary recommendation for parents of anxious children who are readers".

"A comprehensive parent-friendly 'how to' guide for managing and supporting a child with anxiety to cope and develop useful self talk strategies."

"This book is highly recommended as a parent of an anxious child who also works with students with selective mutism who often have anxiety. This is an easy read (not a very long book either) with very practical tips for parents and insight into common approaches parents may mistakenly take and why they don't work. This book is written by a doctor who has worked with childhood anxiety at the Hospital for Sick Children in Toronto, which has an excellent reputation among people working with children with selective mutism/anxiety in the area. The author gives desensitization steps of increasing difficulty that you can apply to each situation that creates anxiety for your child. Very highly recommended to all parents of children with even mild anxiety (e.g., dogs, loud noises, swimming lessons, being left alone, school) as well as those with higher levels of anxiety and selective mutism."



STAYING CONNECTED

We have many ways for you to stay connected with us. Please check out our school website at
<https://stpaul.holyspirit.ab.ca/>

You will notice on our home page it is easy to stay connected with FaceBook or Twitter. Please give it a try!



A REMINDER THAT SCHOOL FEES ARE PAST DUE. IF YOU HAVE ANY PROBLEMS REGARDING THE PAYMENT OF THESE FEES, PLEASE ADVISE THE SCHOOL OFFICE AS SOON AS POSSIBLE.





MULTICULTURAL NIGHT

YOU ARE INVITED!

THURSDAY, OCTOBER 17, 2024

St. Paul School Gymnasium

1212 12 Ave N

5:30 – 7:30 PM

All families in our school community are invited to attend our second annual Multicultural Night. Any families wanting to **participate** in displaying their culture can fill out the **online** registration form using the QR code provided. Participants can create a display using pictures, clothing, artifacts, food, maps, games, performances of dance, song and more! Please contact Mrs. Martinez at martinezj@holyspirit.ab.ca with any questions or inquiries.

Families are encouraged to collaborate with other families of the same culture/ ethnicity.



CAN & BOTTLE

DRIVE
Fundraiser
October 11 -19



**SAVE YOUR EMPTIES AND HELP
SUPPORT ST. PAUL SCHOOL WITH
FIELD TRIPS AND
SCHOOL TECHNOLOGY**

**DROP OFF LOCATIONS:
GREENS POP SHOP NORTH - GPS
CONTAINER DEPOT
613 13 ST N
OR
GPS CONTAINER DEPOT
872 HERITAGE BLVD W #10**

**** LET THEM KNOW YOUR BOTTLES
ARE FOR ST. PAUL ELEMENTARY
SCHOOL FUNDRAISER ****



CONTACT JUDY MEIER AT JUDYSAKAL71@GMAIL.COM WITH QUESTIONS OF TO HELP WITH BOTTLE DROP OFF



Understanding Assessment & Reporting

Grades 1-6

It is important for parents/guardians to understand how their children are doing in school. Research shows that students are most successful with active parent/guardian involvement in their learning.

Assessment happens every day, in every classroom, throughout the school year. Assessing a student's progress is one of the most important ways teachers support the continued learning of our students. Throughout the school day, students engage in learning tasks, activities, and discussions that have been designed by a teacher. Each learning opportunity is connected to the learning outcomes from [Alberta Programs of Studies/Curriculum](#). Teachers regularly use a variety of assessment methods to collect and interpret information about what students know and can do in relation to the intended learning outcomes. The primary purpose of assessment is to **improve student learning**.

Assessment:

- ➡ Guides the development of learning tasks
- ➡ Promotes learner engagement and adaptive learning strategies
- ➡ Leads to adjustments in instruction
- ➡ Is shaped by the nature of the learning outcomes

During a unit of study, students have multiple and varied opportunities to develop, demonstrate, check, and refine their understanding of learning outcomes. Throughout this process, teachers and students engage in formative assessment; a way of checking learning to decide what to do next. Teachers provide timely and descriptive feedback and plan for next steps in learning based on the needs of their students. Students participate in developing criteria for learning tasks, monitor their own progress, provide feedback to their peers, and identify goals and strategies to support their own growth and progress.

What is your child learning in school?

Alberta Education has a resource for parents/guardians who want to know what students are learning at each grade level. Visit [New LearnAlberta](#) to see what your child is learning!

How is my child doing in school?

It's important to know how your child is doing in school. Knowing more about your child's interests, strengths and areas for growth are critical to help you support their learning. Conversations with your child's teachers and the school administration team are great places to ask questions and discuss specific concerns. Beyond these conversations and the ones you have at home with your child, there are a number of ways you can learn more about your child's learning, progress, and achievement.

Where can I find information about how and what my child is doing at school?

Regular communication between you, your child, and their teacher builds an understanding of student achievement over the course of the year. Communication can happen in a variety of ways throughout the year.

- Ongoing reporting through our digital portfolio platform, SpacesEDU, helps you understand how your child is progressing and learning toward grade-level outcomes.
- Informal communication occurs on an ongoing basis and serves to build shared understandings of what students know and can do in day-to-day learning experiences.
- Individual Student Plan (ISP) meetings, office hours, student learning conferences, and/or parent/teacher conferences

- General programming information shared throughout the year (via SpacesEDU or other methods) helps you understand what your child is learning and demonstrates some of their learning experiences, but does not provide details about individual student progress and achievement (e.g., field trips, celebrations of learning, student performances, agendas, etc.)

What does my child's SpacesEDU portfolio tell me?

The SpacesEDU portfolio is an ongoing communication tool about your child's learning. Both teachers and students are encouraged to create posts that share details about the learning but also communicates achievement over time. Most of the posts on your child's SpacesEDU portfolio will include the following components:

- Evidence of the student's work/learning (this may be a photo, video, audio recording or link to a file the student created)
- Curriculum Outcome(s) addressed by the project/learning activity
- Proficiency Scale with an achievement indicator to let you know where your child is at that time in relation to achieving the intended learning outcome
- Feedback/comments from the teacher to indicate areas for growth and suggestions on how to improve

Some SpacesEDU posts may include:

- A rubric that identifies the success criteria of a given learning task/assessment
- A student reflection on their learning
- An opportunity for parents/guardians to respond to the post

What is the Proficiency Scale?

The Proficiency Scale contains the achievement indicators used to describe to what extent a student has demonstrated achievement of Alberta Curricula outcomes. When a teacher attaches an achievement indicator to a post in your child's SpacesEDU portfolio, it serves as an indication of where the student is at a given point in time. The same outcome(s) may be revisited and reassessed throughout the year. Often the achievement indicators will be accompanied by teacher comments, specific to your child's growth, in the SpacesEDU portfolios.

Not Yet	Basic	Proficiency	Excellent
The student has yet to demonstrate an acceptable level of performance in relation to the learner outcome(s). Evidence may be vague or undeveloped. Targeted adjustments to planning and instruction will be necessary for further learning in this area.	The student demonstrates the required level of performance in relation to the learner outcome(s). The student may not demonstrate the required level of performance consistently or may require support. Evidence may be adequate and/or concrete. Adjustments to planning and instruction may be necessary for further learning in this area.	The student demonstrates a good level of performance in relation to the learner outcome(s). The student consistently demonstrates this level of performance. Evidence may be clear and/or well-reasoned. Students achieving this level can be confident in being prepared for further learning in this area.	The student demonstrates an outstanding level of performance in relation to the learner outcome(s). The student consistently demonstrates this level of performance. Students achieving this level have excellent demonstration of grade level outcomes and can be confident in being prepared for further learning in this area.

October

"In all created things discern the providence and wisdom of God,
and in all things give Him thanks."

- St. Teresa of Avila

St. Teresa of Avila 1515-1582 (Feast Day: October 15)

Proclaim! Pilgrims of Hope

St. Teresa of Avila, also known as St. Teresa of Jesus, is a saint and Doctor of the Church well known for her mysticism and writings on prayer. Born in the 1500s, her family was quite wealthy and religious; her and her younger brother even ran away in their youth seeking to be martyrs. Her medieval world was filled with tales of knights and religious education in her youth. At the age of 20, she entered a Carmelite convent and began reading more deeply about prayer, including reading from St. Augustine's Confessions. She began to have visions, to levitate, and to seek solitude, contemplation, and a more austere lifestyle. This led her to establish a new convent which followed more strict rules to encourage deeper piety. Aside from her time in prayer and writing, she spent much of her later life traveling to establish these reformed convents. She died in October 1582. As of August 2024, researchers and scientists have found that her body remains incorrupt.

St. Teresa is famous for her writings on prayer. Two of her well-known texts are *The Way of Perfection* and *The Interior Castle*. In *The Way of Perfection*, St. Teresa outlines four essential stages to prayer - devotion of the heart, peace, union, and ecstasy - using the analogy of a garden. *The Interior Castle* describes seven mansions (rooms or steps) which draw us closer to God. The rooms lead from active prayer to contemplation to mystical union with God. These works have heavily influenced many other Catholic saints and theologians, which led to her being named a Doctor of the Church in 1970. She is often depicted with a quill, representing her writing, and the dove, representing the influence of the Holy Spirit.

The Apostles' Creed

"I believe in God, the Father almighty, Creator of heaven and earth..."

The structure of the Apostles' Creed is itself a reflection of our belief in the Holy Trinity. The first section expresses our belief in God, followed by the second section which outlines our belief in Christ, and is concluded by the third section, which confirms our belief in the Holy Spirit. In the first section, we say "I believe in God, the Father almighty, Creator of heaven and earth...."

What do we profess about God when we proclaim the Apostles' Creed?

- We proclaim our belief in one God - in contrast to a belief in no God or many Gods - as a matter of faith.
- We speak of our relationship with God using the analogy of Father, using the same language that Jesus did in speaking with God and in teaching us the 'Our Father.' Jesus called God 'Abba' - a loving parental term to convey the intimacy of God with humanity. Our God is not an impersonal force or distant being.

- We proclaim our belief in one God - in contrast to a belief in no God or many Gods - as a matter of faith.
- We profess our God as Almighty - this word appears 56 times in scripture; it is used only for God with the literal meaning as 'the One who has his hand on everything.' All power and authority on earth derives from God, and God remains unchanging, eternal, and reliable. All things are possible with God.
- We understand that God is the creator of both our physical world and the spiritual realm. While we live in a created world that God constantly tends, in order to reach our full potential we seek relationship with the God who loves us. We are surrounded by the presence of God, who wants us to be here.

As we seek to become Pilgrims of Hope this year, let us contemplate the Creed, and how our proclamation of the Creed unites us to one another and to all Christians through time and space.

"Proclaiming" In Our Schools

For the first time, this year Catholic Education Week will be combined into one celebration with Catholic Education Sunday. From October 19-25, we will join with the rest of our provincial counterparts under the theme *Testify! Share the Reason for Your Hope*. This theme connects well to our own Faith Plan call to *Proclaim!* Each day, look for liturgies and videos that will be shared that explore aspects of the theme, and join in praying the Angelus at noon. The Angelus is an ancient prayer recalling the events of the Annunciation, when the angel Gabriel announced to Mary that she would conceive by the Holy Spirit and become the mother of God. The prayer honours Mary's great 'yes' to God; offered humbly, faithfully and obediently. Through this prayer we reflect upon and celebrate the great mystery of God sharing in our humanity, becoming one of us in the person of Jesus. This is a great opportunity to echo Mary's 'yes', and to proclaim our faith together!



Pope's Prayer Intentions - For A Shared Mission

For a shared mission - We pray that the Church continue to sustain in all ways a Synodal lifestyle, as a sign of co-responsibility, promoting the participation, the communion and the mission shared among priests, religious and lay people.



Gospel Reading: Mark 10:2-16

“Let the children come to me: do not prevent them, for the kingdom of God belongs to such as these. Amen, I say to you, whoever does not accept the kingdom of God like a child will not enter it.” — Mark 10:14-15

Jesus loved spending time with children, even though in his time and culture most people didn’t think children were very important or special. He knew that adults have a lot to learn from children, like their playfulness, trust, and ability to love others, and he doesn’t want children to ever stop being like that. Jesus challenged the adults to always approach him with the joy and excitement of children because living in God’s way should be joyful and freeing, not always so serious and boring. God wants everyone to come to him eagerly, not because it’s something we “should” do.

What do you think Jesus loves about you as a child?
For adults: How do you think you could become more childlike again?



Prayer:
*Dear Lord, we want to come to you to love and be loved, without any reservations.
Help us to surrender our hearts to you in a simple way.*



Gospel Reading: Mark 10:17-30

“Jesus looked around and said to his disciples, “How hard it is for those who have wealth to enter the kingdom of God!” — Mark 10:23

We may not consider ourselves wealthy people. But to most of the world, we are extremely wealthy. Once, a very poor man in Haiti said “If you eat everyday, you are rich.” We put a lot of value on our “stuff,” so much so that we begin putting our possessions before our desire to love and serve the Lord and one another. Jesus told the rich young man to sell what he owned and give to the poor. Practically speaking, Jesus probably isn’t asking all of us to sell everything we have. However, we could start by looking at what our needs are and what our wants are. This can help us detach ourselves from our “stuff” and free us to attach ourselves to God and others.

As a family, what are our needs versus our wants? What can we do as a family to “let go” of the things we don’t need?

WANTS

vs.

NEEDS

Prayer:
Dear Lord, sometimes we get caught up in what we want to buy, where we want to eat dinner, where we should go on vacation, and more. Please help me to be more concerned with sharing what we have with others who don’t have as much.

Download this month’s [Saint Prayer Card](#) - St.Teresa of Avila
[Saint Prayer Card](#) (black and white version for colouring)



Gospel Readings

Gospel Reading: Mark 10:35-45

“Whoever wishes to great among you will be your servant; whoever wishes to be first among you will be slave of all.” —Mark 10:43-44

In our world today, we often want to get good grades, be great at sports, be known as a good artist or musician, etc. In contrast, Jesus wasn’t considered successful or accomplished. He grew up in a very small town as the son of a simple carpenter - which wasn’t a very respected job. Jesus was looked down upon because of where he was from, he wasn’t always admired, and he was constantly questioned. Yet he taught that it is better to be last than to be first, and to be a servant than to be the one who is served. It may not be easy to follow that example, but our faith calls us to live our lives for others as Jesus did.

There are a lot of people in our lives who “serve” us, even if they aren’t our slaves: waiters, cashiers, garbage truck drivers, gardeners, babysitters, janitors, etc. How can we treat them with respect rather than treating them like servants? What can we do to be a servant to someone else this week?



...and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.

- Matthew 10:42

Prayer:

Dear Lord, we are sorry for the times when we try to be better than those around us. Please help us to be less concerned with ourselves, and learn to put others’ needs before our own.

Gospel Reading: Mark 10:46-52

“Jesus told him, “Go on your way; your faith has saved you.” — Mark 10:52

In the Gospel story today we learn it is okay to ask Jesus for what we want. After all, Jesus asked the blind man “What do you want me to do for you?” The blind man got exactly what he asked for; he got his sight. Sometimes we don’t get exactly what we ask for and it may be awhile before we understand why God didn’t seem to answer our prayer. Other times, we may get what we asked for, but it comes in a different way than we imagined it would. God cares about us and wants what is best for us and sometimes that means not giving us what we think we want. It’s like a parent who won’t feed their child donuts every day for breakfast even if that’s what the child asks for because the parent knows it’s not good for the child. Keep asking God for what you need, and trust that he knows what is best for you.

When I pray, do I find myself praying only for my own concerns or do I also pray for those around me who have greater needs? (e.g. the poor and forgotten)



Prayer:

Dear Lord, teach me how to pray in a way that doesn’t only ask for what I want, but that will teach me what you want for me.



Sources:

[St. Teresa’s 7 Essential Truths for Beginners](#)
[Saint Teresa of Avila | Stories of Saints](#)
[The Way of Perfection | St. Teresa of Avila](#)
[St. Teresa of Avila - Rediscover the Saints](#)

Sources (The Creed):

FORMED: [I Believe in God](#)
FORMED: [What is the Creed and Why is it Important?](#)
FORMED: [Who is God?](#)

Division Parishes

“...not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.”

Hebrews 10:25

 Assumption Church Lethbridge Father Kevin Tumback Father Santiago Torres Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am (Live-streamed) 6:00 pm 2405-12th Avenue S. Lethbridge, AB T1K 0P4 Tel: 403-327-8931	 St. Basil's Church Lethbridge Father Kevin Tumback Father Santiago Torres Mass (Saturday): 7:00 pm Mass (Sunday): 7:30 am 11:00 am 604 13 Street N. Lethbridge, AB T1H 2S7 Tel: 403-327-8931	 St. Martha's Parish Lethbridge Father William Monis Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 11:00 am 355 Columbia Blvd. W. Lethbridge, AB T1K 5Y8 Tel: 403-381-8891
 Ss. Peter & Paul Parish Lethbridge Father Gary Sedgwick Mass (Sunday): 10:00 am 643 12B Street N. Lethbridge, AB T1H 2L6 Tel: 403-328-4753	 St. Ambrose Parish Coaldale Father Ian Gagne Mass (Sunday): 9:00 am 4:00 pm 1523-23rd Avenue Coaldale, AB T1M 1E2 Tel: 403-345-3400	 St. Catherine Parish Picture Butte Father Ian Gagne Mass (Sunday): 11:00 am 762 Crescent Avenue Picture Butte, AB T0K 1V0 Tel: 403-732-4433
 St. Augustine Parish Taber Father Philip Van Tinh Le Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 5009-48th Avenue Taber, AB T1G 1T4 Tel: 403-223-2226	 St. Michael's Parish Bow Island Father Wojciech Jarzecki Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 1101-1st Street E. Blow Island, AB T0K 0G0 Tel: 403-545-2023	 St. Michael's Parish Pincher Creek Father Marino Infante Mass (Saturday): 7:00 pm Mass (Sunday): 10:00 am 958 Christie Avenue; Box 339 Pincher Creek, AB T0K 1W0 Tel: 403-627-3071

Proclaim!

Pilgrims of Hope
St. Teresa of Avila

Feast Day: October 15



Lord, grant that I may always allow myself to be guided by You,
always follow Your plans, and perfectly accomplish Your Holy Will.
Grant that in all things, great and small, today and all the days of my life,
I may do whatever You require of me.

Help me respond to the slightest prompting of Your Grace,
so that I may be Your trustworthy instrument for Your honor.
May Your Will be done in time and in eternity by me, in me,
and through me. Amen.

St. Teresa of Avila - pray for us!