



## *Militia Immaculata Okanagan*

### NEWSLETTER

June, 2015

Dear Members of the Militia Immaculata:

As we look forward to the summer months (and possible holidays) we must not become lazy about our prayer life. Taking time off from work is one thing, but neglecting our spiritual duties is quite another thing. Even when we are away from our home parishes, we are still obliged to attend mass on Sundays. So also, as members of the Militia of the Immaculata we must always be faithful to our consecration and to our promises.

Yes, it can be challenging at times. Travels, family visits, childrens' activities, all these demand our time and our energy especially during summer months. That is why, if we are not careful, we may find ourselves doing too many things and neglecting our spiritual life. The end result is that we may be not only physically exhausted, but spiritually impoverished as well.

So, by all means, take some time off from work and relax; but never cut short the time that we give unto God. He is always there for us and with us. Hopefully we will discern the truth that the best way to take care of our bodies and our minds is by taking care of our souls.

God bless!!

Fr. Sebastian Puthenpura