

## Fr. Martin's Reflection – September 7, 2025

Dear Friends in Christ,

I hope you had a wonderful summer and got the opportunity to rest some and recharge the batteries. We are so blessed in this part of the world that the Fall season can be a very beautiful time of the year. The temperature is a little cooler but beautiful. The Fall colors can be amazing, but the danger can be that we can take it all for granted. Not only can we take the beauty of creation for granted, but we can take the beauty of others and ourselves for granted. Actually, we very often don't see or realize how beautiful we are. We very often allow others to dictate to us how we should see ourselves. If the people around us are kind, positive people, then there is a good chance we may have a positive image of ourselves. But if the people around us are critical, judgmental, and negative, then there is also a good chance we may have a negative image of ourselves. So, it is important that we begin each day consciously reminding ourselves that we are created in God's image and likeness. If we believe that God is all good, and God is our creator, then, we are good.

Let us surround ourselves, where possible, with people who are a positive influence, people who use words that build up not tear down. Let us also be that person that is a positive influence, the person that speaks kindly to and about others. As St. Paul states in Ephesians 4:29-5:2, **"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God."**

### Happy Birthday to our Blessed Mother

Monday, September 8, we celebrate the birthday of Mary, the Mother of Jesus and our Mother. Let us take a moment on Monday to wish her a very happy birthday and thank her for love and intercession in our daily lives. Let us pray the prayer that best describes Mary:

**Hail Mary, full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.**

Have a blessed and holy week.

*Fr. Martin*