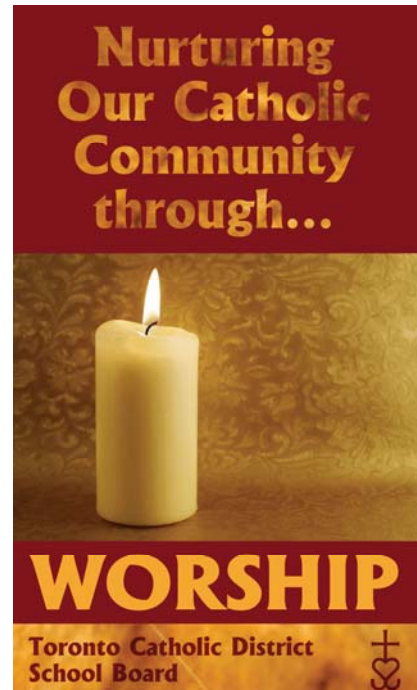


Exploring Your Inner Self: Why the Virtue of Faithfulness May Be For You

If you're feeling ...

- sadness because of a loss
- doubt in God or questioning the meaning of life
- curious about world religions or practices in our religion
- fearful
- stressed
- overwhelmed/excited about transitions in your life-
divorce, death of a grandparent, break-up of a relationship



Then the virtue of faithfulness might be called for....

- enhances self-discipline
- enhances trust
- fosters an open heart
- gives us a daily routine
- counters lack of commitment
- opens our eyes to the sacred
- helps us to recognize that everything is linked to the Divine
- facing illness, death or other challenges in our lives, we are strengthened by the knowledge that God is with us
- faith-lessness is similar to eyes that do not see and ears that do not hear