7 Ponderful Saintly Ways
to Find *PEACE* in a World of CHAOS

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Episode 70

1. **Bring all that troubles you to the Lord… real time.** "If certain thoughts bother you, it is the devil who causes you to worry, and not God, Who, being the spirit of peace, grants you tranquility." *-St. Padre Pio*

2. **Disconnect from all electronics twice daily.** "It is best to learn to silence the faculties and to cause them to be still, so that God may speak." *-St. John of the Cross*

3. **Take care of yourself and find comfort in times of suffering.** "We always find that those who walked closest to Christ were those who had to bear the greatest trials."*-St. Teresa of Avila.*

4. **Be kind to and aware of others throughout your day. Look up.** "To convert somebody, go and take them by the hand and guide them." *-St. Thomas Aquinas.*

5. **Work hard and offer it up to the Lord.** "Pray as though everything depended on God. Work as though everything depended on you."*-St. Augustine*

6. **Love your family.** "If you want to change the world, go home and love your family."*-St. Teresa of Calcutta*

7. **Talk to your heavenly Mother and Pray the rosary daily.** "I promise my special protection and the greatest graces to all those who shall recite the Rosary." *-Blessed Mother to St. Dominic*

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