



Bible & Scripture Studies

Holy Cross offers opportunities for Bible/Scripture Study throughout the year. Usually a session in the Fall and one in the Spring. These can utilize DVDs, books, study guides, and discussion. Each session usually offers a 1:00 PM gathering and a 7:00 PM gathering. Watch the bulletin for details for the next session.

Stretch your Soul in Ten Minutes a Day

Here is a sample of the suggested practices from *New Year, New You* by Heather Grennan Gary. *She promises that if you adopt any one of the suggested practices, you'll be in better spiritual shape at the end of this year than you were at the beginning.*

Big Goal: Daily Mass Daily Mass seems to perfectly meet our recommended daily allowance of the spiritual good stuff: readings and prayers, homily, the Eucharist. But it's not always possible to fit it in between the demands of daily life, and sometimes it's just not an option for those who lack good health or transportation.

First Try: Daily Scripture Reading Two of our favorite scripture resources are Daily Gospel and Bible Diary. The 2009 Daily Gospel is a compact volume that includes each day's gospel reading, a short reflection, plus the first reading citation. The Bible Diary offers some practical pointers for how best to encounter and pray with the daily readings. The U.S. bishops' website, usccb.org/nab, offers pod casts of the daily Mass readings, and dailygospel.org will e-mail you the gospel reading each morning.