

Cultivating Optimism (Whatever the Circumstances!)

Holy Family Presentation by Cambria Tortorelli

February 26, 2021

Online Resources:

Pray As You Go <https://pray-as-you-go.org/>

3 Minute Retreats <https://www.loyolapress.com/3-minute-retreats-daily-online-prayer/about-3minute-retreats/>

Laudate – available wherever you get your apps!

Centering Prayer

https://www.youtube.com/watch?v=RvFneqPA8U8&feature=youtu.be&mc_cid=bc1b00ef3c&mc_eid=b2f49f1230

Spiritual Reading:

- Let us Dream by Pope Francis
- An Interrupted Life & Letters from Westerbork by Ety Hillesum
- Seven Story Mountain by Thomas Merton
- The Universal Christ by Richard Rohr
- The Holy Longing by Ronald Rolheiser
- Scarred by Struggle, Transformed by Hope by Joan Chittister
- Upholding Mystery: An Anthology of Contemporary Christian Poetry by David Impastato
- Love Poems from God by Daniel Ladinsky
- Poems by Mary Oliver and Denise Levertov