

# From the Chaplaincy



## Growing in love and fruitfulness

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This month is commonly associated with a time for spiritual growth, character transformation and a deeper connection with God. Being the seventh month, July is associated with inviting one towards perfection that is represented by the number seven, as some traditions and cultures believe.

For Catholics, however, what comes to mind are not superstitious beliefs and practices but Jesus' words to His followers: "Be perfect as your Heavenly Father is perfect!"

Here Jesus isn't implying that we strive for "sinlessness", but to anchor our spiritual growth and fruitfulness in striving to love God more since God Himself doesn't tire in loving us despite our imperfections and limitations.

It was with this same conviction that many holy men and women have stressed that God doesn't want us to be perfect but to be in love. Let us entrust our spiritual growth to St. James the Great, an apostle of our Lord to whose untiring zeal we owe our faith and calling to now.

Let us place all these resolutions under the protection of Mary's powerful mantle: the Scapular of Mount Carmel. May it not only protect us from lukewarmness and indifference, but help us to grow daily in our zeal for holiness.