

# SHARING THE JOY OF THE GOSPEL

## *St. John Bosco & Patience*

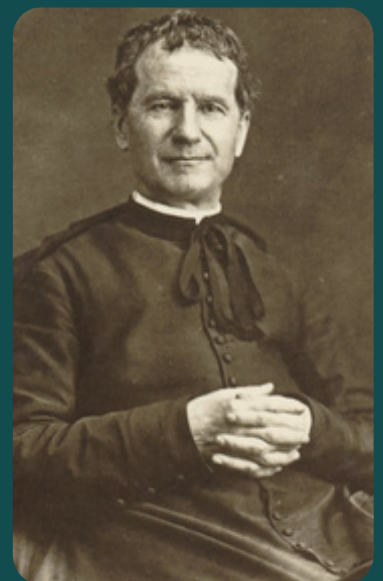
This month's saint is John Bosco and our focus is patience. Patience helps us to endure hardships and challenges with a calm and steady spirit, trusting in God's timing and plan for our lives.

### IN DEPTH

Patience is a virtue rooted in trust. Do we really believe God is a Father who works all things for our good? It is a call to control our thoughts, words, and actions in order to react with love, trust, and understanding. It is a virtue that requires humility as we acknowledge that we are not God, and cannot know His timing or design. We are called to trust all things to Him Who made all things and knows every hair on our heads and will wipe every tear (Lk. 12:7; Rev. 21:4). It is not a blind trust, but one based on faith, hope, and love. We are called to practice this patience in every part of our life, from waiting on our order at a restaurant, to enduring a toddler tantrum—from deciding where we will work or live to waiting on a family member to come back to the Church. As we practice this virtue this month, we must not forget to also be patient with ourselves as we struggle on the long road to holiness—God will not give up on you, so don't give up on yourself!

### CONNECTION TO THE SAINT

Anyone who has worked with young boys knows how challenging it can be to exercise patience when they have so much energy and often a twinkle in their eye for mischief. St. John Bosco founded the Salesian order and ran an institution that educated and cared for orphaned and troubled boys. He sought to guide his students gently and respectfully, even when they were challenging or uncooperative. He faced opposition from society, authorities, and even from some members of the Church. In spite of these challenges, he remained steadfast, patient, and confident that God would provide what was needed. His work was grounded in love and trust in God, and through Him, God transformed many lives and created lasting change. The Salesian order continues St. John Bosco's work today, serving youth all over the world with the same spirit of patience and compassion.



## WAYS STAFF CAN PRACTICE THE VIRTUE

- **Listen with Empathy and Understanding:** Patience becomes easier when there's a genuine understanding of the other people. Just a few minutes of attentive, judgment-free conversation can foster trust and show others that you care about them, and help you react with love instead of impatience.
- **Establish Clear Expectations with Consistency:** Focused on creating a positive environment where everyone knows what is expected of them. Maintaining clear, consistent expectations without furtive grumbling fosters a stable and secure environment for growth.
- **Positivity in Conflict:** Rather than reacting to negative behavior or situations with frustration, try responding with calm redirection and positive reinforcement. For example, when someone complains, purposefully point out something positive about the people or events involved without judging the one who complained– consider thanking them for their attention to detail.
- **Retreat when Necessary:** Practice stress management techniques to help maintain your patience. Simple Catholic practices like acknowledging God's presence, saying a prayer, or deep breathing can make a difference in handling high-stress moments. Strive to do things well rather than quickly.
- **Rely on God through Prayer:** You cannot be patient without God's grace. Incorporate a brief moment of prayer before each work day starts to offer up intentions for patience, perseverance, and love, asking God to work through you in your interactions with others.
- **Celebrate Small Victories:** Patience is often sustained by noticing and celebrating small signs of progress. Consider keeping a public or private "success journal" to note small victories or positive experiences. Reviewing these can help reignite purpose and patience on challenging days.
- **Establish a Supportive Community:** You are responsible for establishing the environment in your workplace. Work to create a culture of patience and positivity, reinforcing individual efforts. Encourage mutual support, share insights on handling difficult situations, and pray together and for each other.
- **Listen Before Reacting:** Practice active listening in conversations. Rather than thinking of how to respond, focus on fully understanding the other person's words and feelings, and ask clarifying questions when needed– especially when you disagree.