

Many of you have asked about the Little White Book we offer for our parishioners for the Easter Season. We cannot give out anything out of an abundance of caution. However, we will provide to you each day's reflection here.

### **How To Use the Little White Book**

This Little White Book is meant to help you enjoy six minutes a day in prayer during these next 50 days of the Easter Season.

The first section is like a buffet table with information about the Easter season, or various traditions and customs, or the saint whose feast is celebrated on that particular day. This year, on Sundays and periodically throughout the week, we'll focus on the 12 apostles.

The second section is the key. On that section each day (except Sundays), we'll walk through the Sunday Gospels of Cycle A (this year's liturgical cycle).

The main purpose of this is to spend some quiet time with the Lord using one of our oldest traditions of prayer called lectio divina-sacred reading. We take a short Scripture passage and simply let God speak to us through the words, guiding us to reflections that sometimes seem to come from nowhere. But they're not "from no where." They're from God.

People are often surprised at how easy it is to pray this way, and how deep such prayer can be.

This Easter booklet is based on the writings of Bishop Ken Untener, and put together by Catherine Haven, editor of the Little Books, with the help of Sr. Nancy Ayotte, IHM, who works with the Catechesis of the Good Shepherd. Distribution is under the direction of Leona Jones.  
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For additional books, contact:

Little Books of the Diocese of Saginaw, Inc.  
PO Box 6009, Saginaw MI 48608-6009  
989-797-6653  
FAX 989-797-6606  
or visit our website at [www.littlebooks.org](http://www.littlebooks.org)