



No matter how busy you are, you could spend five minutes:

- To answer the telephone
- To read the morning paper
- To talk with a neighbor
- To dispute with the laundryman about a mistake
- To watch new furniture being unloaded next door
- To chatter with a salesman • To read a trivial letter
- Or to write one.

It takes only five minutes:

- To say a prayer for the suffering friend
- To read a chapter in "The Following of Christ"
- To stop and think of God's daily gift of mercy
- To remember the cross
- To thank our Blessed Mother for her care of us
- To make an act of faith, hope, and love
- To whisper an "Our Father" or "Hail Mary" for someone in need
- To say a decade of the Rosary for the poor souls
- To visit the little statue or picture on the mantleplace and tell the Savior how much you love Him
- To make a spiritual communion.

Which is the better way to spend five minutes?