

How to be a SPICY CATHOLIC

Being a *Spicy Catholic* is more than just a super cool name—it's about bringing the love Jesus asks us to share with others!

Sometimes we show that love in physical ways, like giving a friend a hug when they're feeling down. Other times, we can share Jesus' love in quiet, spiritual ways—like saying a little prayer for someone, even if they don't know it. That's actually one of the spiritual works of mercy!

So maybe this week, give someone a high five, and later when you pray before bed, say a quick prayer for them too. That's being spicy in all the right ways!