



*Office of the Bishop*

January 15, 2021

Dear Friends in Christ,

With this letter, I wish to recommend “If U Love Me: God’s Recipe for a Wonderful Life in the Ten Commandments” to you for use in parish and family catechesis and renewal. These easy-to-use materials show how knowing God’s Commandments and how they relate practically to daily life can transform our choices and lead to happiness.

I have long believed that renewal in the Church at every level does not depend on finding something new and undiscovered, but in returning to the basic and timeless gifts that God has already given to every generation to help us make our way home to heaven, such as the Ten Commandments. “If U Love Me” presents the Ten Commandments in an engaging way that helps both adults and children see the Commandments are ultimately given by God to help us love in different ways. And love is the purpose of each life; love is the meaning of life.

In a time of much confusion in which so many are searching for real happiness, recovering the wisdom of the 10 Commandments is a timely antidote. “If U Love Me” delivers that in an effective way.

May God bless you!

Sincerely yours in Christ,

Most Reverend James V. Johnston, Jr.  
Bishop of Kansas City-St. Joseph