

## RESISTING HAPPINESS



A true story about why we sabotage ourselves,  
feel overwhelmed, set aside our dreams, & lack the courage to  
simply be ourselves... & how to start choosing happiness again!

**MATTHEW KELLY**  
NEW YORK TIMES BESTSELLING AUTHOR

Parishioners will receive a free copy of Matthew Kelly's new book, *Resisting Happiness*, at one of our Ash Wednesday services or by stopping by the Pastoral Center. Kelly, a best-selling author and leading Catholic voice gives us a deeply personal and transparent look at why we sabotage our own happiness and what to do about it.

We will have small faith-sharing groups after each Weekend Mass during Lent reflecting on the book and our own faith experiences. We invite you to journey with others by pondering, praying and reflecting on the fullness of joy Christ offers each of us.

**To sign-up for a small group, call the pastoral center at 978-686-4050  
or visit our online sign-up page:**

**<http://www.signupgenius.com/go/4090844a8aa2aa2fd0-resisting>**

You may journey through Lent *on-line with Matthew Kelly*, himself, who will send you emails with brief video reflections based on insights from *Resisting Happiness* to empower you to become the "best-version-of-yourself", a true disciple of Jesus Christ! Just sign-on at:

**<http://dynamiccatholic.com/bestlentever/>**