

Introduction: The Salesian Spirituality of St. Francis de Sales for 2022

Every year, the Rector Major of the Salesians, Fr. Angel Fernandez promotes a spiritual navigation chart for us to follow through the course of the year. For 2022, on the 400th anniversary of the death of St. Francis de Sales (1567 to 1622), Fr. Angel chose to emphasize this humble and genial saint; especially on account of the Salesians of St. John Bosco being named after him.

Fr. Joseph Power O.S.F.S. with whom I made a memorable retreat ten years ago, belongs to the Salesians of *St. Francis de Sales*. His book entitled “St Francis de Sales,” I believe offers a practical and in-depth understanding of this gentle saint.

Francis desired to offer people ways to deepen their contact with God through prayer and, through a “spirituality in the everyday” to deepen their relationship with God. In this next series of writings, the idea is to draw from Francis’ spirituality as a way for us to live in our times.

Question: How have you experienced God in the everyday of this New Year?