



Canadian Conference of Catholic Bishops
Conférence des évêques catholiques du Canada

Dear Friends,

Welcome to a new school year! And welcome to a new religion book. I just wanted to take a moment to tell you a little about this book.

It is called *Believe In Me*. We can look at that phrase in two ways. God never stops saying to us, "Believe in me. I made you and I am always with you. I will never leave you, no matter what."

We also say to God, "Believe in me. I'm trying to be a good person. I want to do the right thing. I want to understand myself and others better. I want to make a better world for all of us."

This book tries to help us understand what it means to say, "Believe in me," whether it is us or God speaking. Of course, the book talks a lot about Jesus, whom God sent into our world. Jesus shows us how to believe in God. He also shows us how much God believes in us. This book also speaks of the Holy Spirit. God puts the Spirit, the "force" of God, into each of our hearts to strengthen us and guide us.

All of us, younger or older, who follow Jesus and who are guided by the Spirit are God's people. Together we are the Church. And so we want to show that we believe by worshipping our God and by helping and supporting each other as God wants us to do. When people look at us, they will see the God who believes in us and whom we believe in.

When we think about it, the God of all the universe saying to us, "Believe in me," is really awesome. I hope this book will help you to understand just how awesome God can be in our lives.

Your friend,

Raymond J. Lahey
Bishop of St. George's, Newfoundland