

What Are They Saying about STEP IN! Salesian Bible Meditations?

“Every Catholic High School student should graduate with a spirituality. *Step In!* is a great tool for developing spirituality in teens that is rooted in the Old Testament, Lectio Divina and the teachings of Saint Francis de Sales. As a useful supplemental text for the new Bishops’ Curriculum, it expects that a high school student can have a rich prayer life and relationship with Christ.”

EDMUND F. GORDON, Director of the Office of Religious Education - Diocese of Wilmington

“Keenly attentive to the insights and spirit of St. Francis de Sales, Tom Vresics weaves wisdom into his meditations that will bring bright inspiration to the young minds and hearts who will grow through this book. His daughter Amy's artwork helps to take readers to the ancient places of the Bible in fresh ways. I am sure that *Step In!* will deepen Salesian spirituality in our next generation.”

VERY REV. JAMES J. GREENFIELD, O.S.F.S., Provincial of the Oblates of St. Francis de Sales

“In this short yet inspiring work, the threefold passion of the author – for the Bible for Salesian spirituality and for his students – comes to light for all who would step into the process. This book brings the spiritual wisdom of Saint Francis de Sales to anew and younger generation, and it does so in an attractive and easily adopted fashion. In doing so, it bodes well for the future of the Church.”

REV. THOMAS F. DAILEY, O.S.F.S. Director of the Salesian Center for Faith & Culture

"This delightful and creative artistic collaboration between father and daughter should make the Scriptures come alive for you in new and Salesian ways."

BRO. MICKEY MCGRATH, O.S.F.S. Nationally renowned artist of: *At the Name of Jesus*



Meet the Illustrator

Amy Vresics works on these religious illustrations as part of her PREP Program. As an honor student at Cab Calloway School for the Arts, she also studies drama and vocals. Amy has already earned a black belt in the martial art of Taekwando. Recently, she has been exploring the culinary arts.

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"Saint Francis de Sales once wrote: 'What sung music is to sheet music, the lives of the saints are to the Gospel.' Tom Vresics two books on a Salesian approach to Lectio divina are a wonderful way to invest in Pope Benedict's call in Verbum Domini for every Catholic around the world to engage in Lectio divina that nourishes the mind, the heart and the imagination so that we like the saints can be a ray of light shining from the Sacred Scriptures to the Church and the world."

MOST REVEREND JOHN O. BARRES, S.T.D., J.C.L., D.D. Bishop of Allentown

"In sharing the gift of the Salesian charism, it is often said that Salesian spirituality can be caught, not taught. The Step In! meditations offer a way to experience important self awareness within the context of God's love for us. I can't think of a more formative lesson for our high school students. In a world of Face book, twitter and texting, these meditations offer a method of slowing down."

ANNE WILLIAMS, National Director Visitation Salesian Network



Meet the Author

Tom Vresics was born in Bethlehem, PA. He graduated from De Sales University with a B.A. in Theology. Later he attained a masters degree in Religious Education from Villanova University. Tom is starting his 25th year at Salesianum School. Currently, he is serving as the chair of the Religious Studies department.

Contact Tom Vresics at stepin.sbm@gmail.com for ordering information.