

PERSONAL DEVOTIONS

THE LOURDES FORM OF THE ROSARY

Rosary Prayers

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil. Amen.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.

Mysteries of the Rosary

Joyful Mysteries: Annunciation, Visitation, Nativity, Presentation in the Temple, Finding in the Temple.

Sorrowful Mysteries: Agony in the Garden, Scourging at the Pillar, Crowning with Thorns, Carrying the Cross, the Crucifixion.

Luminous Mysteries: Baptism in the Jordan, Wedding Feast at Cana, Proclamation of the Kingdom, Transfiguration, Institution of the Eucharist.

Glorious Mysteries: Resurrection, Ascension, Descent of the Holy Spirit, Assumption, Coronation.

Closing Prayer

Hail, Holy Queen, Mother of Mercy, our life, our sweetness, and our hope!
To you do we cry, poor banished children of Eve;
to you do we send up our sighs, mourning and weeping in this vale of tears.
Turn, then, most gracious advocate, your eyes of mercy toward us;
and after this our exile, show unto us the blessed fruit of your womb, Jesus.
O clement, O loving, O sweet Virgin Mary!

Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

EUCCHARISTIC ADORATION

O Come, Let Us Adore Him! Adoration is a component of every Christian prayer, and the highest form of adoration is the celebration of the Holy Sacrifice of the Mass. When we worthily receive Holy Communion, we adore God who is really present to us in the sacrament of his Body and Blood. Then we become Tabernacles of Christ ourselves, and our dismissal from Mass starts a personal Eucharistic procession.

In preparation for Communion, and in thanksgiving for it, we are encouraged to honor the presence of Christ in this sacrament by praying before the Blessed Sacrament in the tabernacle. Then, after Mass, we are encouraged to spend time in thanksgiving after Mass, by praying before the Blessed Sacrament in the tabernacle as well. Whenever we are in the presence of the Blessed Sacrament, we are invited to adore it.

Adoration can also take place in the public exposition of the Blessed Sacrament in a monstrance. After a time of adoration, we may also receive a blessing from the Blessed Sacrament, called a Benediction. Whether enshrined in the tabernacle or exposed in a monstrance, we can adore the Blessed Sacrament. Remember to also adore the Blessed Sacrament in your heart when you worthily receive Holy Communion.

The familiar refrain, "O Come, Let us Adore Him!" is not just for Christmas anymore. Whenever we are in the presence of the Blessed Sacrament, we should adore it. Finally, remember that in the presence of the Blessed Sacrament, we also have an opportunity to present ourselves before Our Lord. Renew your baptismal vows and your commitment to live a Eucharistic life of faith, hope, and love, each and every day!

The Eucharistic Revival of 2022 to 2025 will take us to a deeper level of appreciation for the Blessed Sacrament in our daily lives. For more information, please go to www.EucharisticRevival.org, and consider subscribing to their mailing list for regular updates. Please watch the parish bulletin for more information.

PASTOR'S PRAYER LIST

Please use the Pastor's Prayer List to let your priest know about all your prayer requests. Just send him an email through the parish office, and all your special intentions will be silently included in his private prayers at Mass and his personal and devotional prayers throughout the entire day.

Also, remember that, when you attend Mass, "my sacrifice and yours" is acceptable to God the almighty Father. So, be mindful of these words used before the Preface at every Mass we celebrate. So, at each Mass you attend, you are invited to share in the Eucharistic Offering in two special ways.

First, symbolically place your special intentions on the paten with the hosts when the priest lifts it up at the Offertory. Second, symbolically pour your tears of joy and sorrow into the chalice as the priest pours in the wine and water at the Offertory and lifts it up as well. Remember that this is part of your sacrifice as well!

Then, when you come forward to worthily receive the Eucharist, keep your special intentions in mind to participate most fully in the Holy Sacrifice of the Mass. May God answer all your prayers! So, please remember to send all your prayer requests to the parish office. May God answer all your prayers!

Public Mass Intentions are regulated by church law and are scheduled through the parish office. Public Mass Intentions are published and announced as required by church law. However, there are no restrictions on private special intentions, which are silently included by the priest without any stipend or other offering.

Let us all remember each other in prayer each day, whether it be through Mass Intentions, Special Intentions, or Private Devotions that we regularly practice as part of our own personal spirituality. Find a time, find a place, and find a prayer that brings you closer to God and to his Church community of faith!

THE TALK AND THE WALK

There is an old saying that “it is not enough to talk the talk, we must also walk the walk.” What does this mean? Orthodoxy is a big word for believing the right things. We must not only know our faith, but also believe it with all our hearts. But the word faith is actually not a noun but, for people of faith, is actually a verb. Orthopraxy is a big word for doing the right things. We must not only do the right things, but actually do them for the right reasons. This is an essential part of our living a faith which makes a real difference.

The challenges of orthodoxy and orthopraxy are foundational truths of our Catholic Christian faith. This is an important dimension of our diocesan pastoral vision, Catechesis, Evangelization, and Faith in Action.

- Catechesis means getting the narrative right. We need to have a working knowledge of our faith.
- Evangelization means loving our faith so much that we gladly share it with all people of good will.
- Faith into Action means that what we believe makes a difference in how we live our lives each day.

Our diocesan pastoral vision also impacts our national Eucharistic Revival. With proper Catechesis on the Eucharist, we can put the Eucharist at the center of our Evangelization efforts. By worthily receiving Communion, we are truly experiencing Faith in Action at the heart of our Catholic Christian Lifestyle.

THE LITURGY OF THE HOURS

The Divine Office, also called the Breviary or the Liturgy of the Hours, is not just for priests anymore! Online resources for joining in these prayers are www.DivineOffice.org, and www.eBreviary.com. You are invited to pray the following liturgies during the day in the privacy of your homes as part of your personal devotions.

- **Office of Readings**, also called Matins, is ideally prayed as a vigil before sunrise.
- **Morning Prayer**, also called Lauds, is ideally prayed at sunrise each morning.
- **Daytime Prayer** is ideally prayed at noon or sometime in the middle of the day.
- **Evening Prayer**, also called Vespers, is ideally prayed at sunset each evening.
- **Night Prayer**, also called Compline, is ideally prayed at the very end of each day.

You are invited to join in any or all of these prayer services, in the privacy of your home each day. Likewise, the priest celebrates these prayer services in the privacy of the rectory each day. The main prayer services of the day are Morning Prayer and Evening Prayer, but you are invited to join in all these beautiful prayers.

LECTIO DIVINA

There are many ways to practice Spiritual Reading, also known as Lectio Divina. Here is one practical way among many to make the most of this meditational and motivational prayer form.

- Read the passage for the first time. What do I think about what I just read?
- Read the passage for the second time. How do I feel about what I just read?
- Read the passage for the third time. What am I going to do about what I just read?

While Scripture is the primary resource for Lectio Divina, other approved Catholic documents may be used to advance in the spiritual life through this traditional monastic prayer form. God bless you!

SACRAMENTAL PASTORAL CARE

Pastoral Care treats the human spirit in ways that go beyond healing to holiness of life. The reparative therapy of Soul Care provides a Sacramental Cure for the whole human person in Christ. In the process, we may also experience temporary symptom abatement as a respite from our redemptive sufferings.

Repentance (deprogramming) leads to Catechesis (re-education) and results in Conversion (re-formation). Sacramental Pastoral Care is thus the therapeutic hallmark of traditional Catholic Christian spirituality. "Resistance is futile; you will be converted!" So, convert fully to Christ before the world converts you first!

As a pastoral care provider, your pastor can discern your spiritual condition and make appropriate referrals to spiritual directors and other professional specialists for your ongoing spiritual care. At the heart of pastoral care ministry, we focus on the sacraments of Confession, Communion, and the Anointing of the Sick.

Sickness and death came into this world through sin. The cure for sin is twofold. First, there is the salvation of our souls through the sacraments. Second, there is the salvation of our bodies at our resurrection from the dead when Christ restores us with our glorified bodies in a new heaven and a new earth.

In the meantime, we may be blessed with temporary abatements of our physical symptoms, but eventually we all get sick again and die anyway. Instead of just treating the symptoms, we should also treat the underlying cause of our physical symptoms, which is sin. The sacraments are designed to do just that.

Pope Saint Leo the Great taught us that, after his Ascension into heaven, Christ remains with us until the end of time in the sacraments of his Church. The signs and wonders of the early Church thus continue on throughout the centuries in the devout celebration of the liturgy of the Church, especially the sacraments.

FIVE KEYS TO INNER PEACE

The following five keys to inner peace both prepare us for, and follow up on, the Sacrament of Penance. Through them, spiritual healing and comforting consolation can come into our personal lives of faith.

First, confess your sins through the sacrament of Penance, receive absolution, and do your penance. Second, forgive everyone and everything, using indulgences for problems that cannot be readily resolved. Third, renounce the falsehoods, lies, and deceptions that once held you bound in sinfulness and despair. Fourth, command all evil thoughts and wayward desires to depart from you and to never return again. Fifth, embrace the blessings of God's inner peace in your life as a faithful Catholic Christian believer.

For more information, please check out Unbound Deliverance Ministry at www.HeartoftheFather.com. Your pastor can also recommend trained Spiritual Directors who can guide you through this healing process.

THE JESUS PRAYER

"Lord Jesus Christ, Son of God, have mercy on me, a sinner." These words, committed to memory, should play in the background of our consciousness throughout our day. Whether you use a prayer rope or not to pray the Jesus Prayer, it is a constant reminder of the fact that we are forgiven sinners who are called to holiness in Jesus Christ. The constant repetition of the Jesus Prayer can calm our nerves and focus our thoughts well. Often, the Jesus Prayer draws us deeper than meditation into contemplative prayer. There is no set number of repetitions for the Jesus Prayer. It has a rhythm and a mystery of its very own. The experience of this ancient prayer form is unique for every person who practices it over time in their life.

GOD'S MERCY ENDURES FOREVER!

God's Mercy comes to us in the three Sacraments of reconciliation: Baptism, Eucharist, and Penance, which were instituted by Christ for his Church, as outward signs of inward spiritual grace for our salvation. Although we sometimes refer to Confession as the sacrament of Reconciliation, God's mercy endures forever through all the sacraments, especially the three sacraments of reconciliation presented here.

Baptism reconciles us to God by forgiving original sin, and any actual sins (mortal or venial) that we may have personally committed in thought, word, deed, or omission. Jesus instituted the Sacrament of Baptism at his own baptism in the Jordan and commanded his apostles to celebrate this Sacrament when he ascended into heaven. In the Eucharist and in Penance, the grace of Baptism continues in our lives.

Eucharist reconciles us to God, by forgiving any venial sins that we may have personally committed in thought, word, deed, or omission. Jesus instituted the Sacrament of the Eucharist at the Last Supper when he commanded his apostles to "do this," that is, celebrate the Mass, the Eucharistic Liturgy, "in memory of him" as his first priests. In the Eucharist, we recommit ourselves to our covenant of faith in Christ.

Penance reconciles to God by forgiving mortal sin primarily, but also any venial sins that we have committed in thought, word, deed, or omission. Jesus instituted the sacrament of Penance on Easter Sunday evening, when he commanded his apostles, as his priests, to absolve or retain sins in his name through the Holy Spirit. God's Mercy extends to both the eternal and the temporal consequences of our sins. Both of these dimensions of sin require God's intervention and healing power, as well as our willing cooperation with his grace through repentant faith.

The eternal consequences of sin are resolved by the sanctifying grace that Christ gives us to in the sacraments, so that we may inherit eternal life with him forever by living in his grace through faith that is active in love here and now. The temporal consequences of sin are resolved by the actual grace that Christ gives us through the intercession of the Church to repair the collateral damage of our sins, which remains even after we are forgiven for those sins. Indulgences thus help us to find peace of mind, by obtaining forgiveness for the temporal punishments for our sins that still remain, even after the eternal consequences for our sins have been absolved.

Here is how to obtain an Indulgence: Go to Confession, with a commitment to be free from any and all attachments to sin, even venial sin. Conscientiously perform one of the following activities, with the intention of obtaining the indulgence: Say the Rosary in church with a group of people or at home with your family, prayerfully meditating on five mysteries. Or spend a half-hour in reflective prayerful adoration before the Tabernacle in church. Or spend a half-hour in reflective prayerful reading of the Bible at home or in church. Or prayerfully meditate on the Stations of the Cross in church. Other examples of indulgenced works are contained in the Enchiridion of Indulgences. Finally, go to Holy Communion, and pray the Our Father and Hail Mary for the special intentions of the Pope. God's Mercy may be obtained any day of the year, but one Confession suffices for several Indulgences.

Through the intercession of the Church, we obtain full and complete pardon of all our sins at any confession we make on any day of the year at any time, but especially during the Lenten season. Don't wait until the week after Easter for this blessing because, as we read in the Psalms, "God's mercy endures forever!" It is available every day! Since Confession is such an important part of living a conscientious Christian life, please check the parish schedule for opportunities to celebrate this Sacrament, and to receive all the merciful blessings that Christ offers us through our Catholic Christian faith!

Finally, remember that those who receive God's mercy should also practice mercy in their lives as well. That is why we have the corporal and spiritual works of mercy. As the Beatitudes remind us, "Blessed are the merciful, for they shall be shown mercy." The measure with which we measure shall indeed be measured back to us. Thus, mercy is a renewing gift that eternally keeps on giving! So, be merciful as your heavenly Father is merciful, and all will be well! God's mercy endures forever!

LENTEN OBSERVANCES

Forty Days Really Count! How are there forty days to Lent? If Ash Wednesday is day one, and you skip Sundays, then Holy Saturday is the fortieth day of Lent. Try this on your calendar, but you will miss the whole point about counting in regard to Lent. It is not how you count the forty days of Lent that is important. What really matters is how you make Lent count, that is, how you use it to make a difference in your life. This statement on Lenten Observances is all about making Lent count. So, let us count the ways together!

Lenten Penance. Everyone who has made their First Communion should do some form of Lenten Penance. These penances should be adapted for work-related, medical, and personal issues. You are really never too old to not need to do some form of Lenten Penance. All Lenten Penance should be done in a spirit of prayer, charity, and sacrifice. Use Lent as a time for spiritual spring cleaning and personal renewal of your faith.

Lenten Fasting. On Ash Wednesday and Good Friday, try to go hungry as much as you can. Taking into consideration your health and work needs, test your limits in this regard. For some people, just skipping snacks between meals is a big deal. Don't just do your best. Do more! Or eat foods that you don't like but are actually good for you. Develop and increase your will power through prayerful fasting, especially during Lent.

Lenten Abstinence. On Ash Wednesday and all the Fridays during Lent, give up meat as a special form of fasting. Go vegetarian for a day or eat foods that you do not like. Go further by abstaining from other things besides meat in a spirit of Lenten penance and self-mastery in the ways of Christ. When we empty ourselves through fast and abstinence, especially during Lent, we open our hearts to being filled with the Spirit of Christ!

Lenten Prayer. Consider coming to morning Mass on weekdays during Lent. Develop or deepen a prayer habit during Lent: find a time, find a place, and find a prayer! For example, try the Stations of the Cross, Lectio Divina, the Rosary, Adoration, and Spiritual Reading. Then continue these devotions even after Lent for a more balanced spiritual life. Reconnect with Christ through deeper prayer this Lent and keep it going after Easter!

Lenten Charity. Don't just give up something for Lent – give it up for good, and then let Lent be the transition point to your better self. Volunteer for some charitable organization during Lent and continue volunteering even after Lent. Support the spiritual, educational, and charitable programs of your parish community. Participate in parish charity drives throughout the year, but especially during Lent.

Stations of the Cross. During Lent, but especially as we draw closer to Holy Week, the Stations of the Cross can help us enter more fully into the Paschal Mystery of Christ, passion, death, and resurrection. The Saint Alphonse Liguori version of the Stations of Cross are highly recommended because of their penitential character. Reading the Passion accounts in the four Gospels is also helpful in this regard.

Lenten Confession. Last, but not least, come to Confession during Lent! Discern your predominant fault, and then work on its corresponding virtue, both during Lent and beyond. Do some spiritual spring cleaning in your life, and then fill your heart and mind with everything that is true, good, and beautiful in life because of our faith in Jesus Christ. Let Lent be a great spiritual reset for your faith life and complete it with your special Easter Communion!