

PRAY, FAST AND STRUGGLE FOR A MORE PERFECT UNION WITH CHRIST AS A FAMILY

Suggested Prayers, Readings and Thoughts for the week

A Psalm for the Morning (*Psalm 17:26-35, Douay Rheims*)

With the holy, thou wilt be holy; and with the innocent man thou wilt be innocent. And with the elect thou wilt be elect: and with the perverse thou wilt be perverted. For thou wilt save the humble people; but wilt bring down the eyes of the proud. For thou lightest my lamp, O Lord: O my God enlighten my darkness. For by thee I shall be delivered from temptation; and through my God I shall go over a wall. As for my God, his way is undefiled: the words of the Lord are fire tried: he is the protector of all that trust in him. For who is God but the Lord? or who is God but our God? God who hath girt me with strength; and made my way blameless. Who hath made my feet like the feet of harts: and who setteth me upon high places. Who teacheth my hands to war: and thou hast made my arms like a brazen bow.

A Gospel for the Morning (*Mark 16:14-20, RSV-CE*)

Afterward he appeared to the eleven themselves as they sat at table; and he upbraided them for their unbelief and hardness of heart, because they had not believed those who saw him after he had risen. And he said to them, "Go into all the world and preach the gospel to the whole creation. He who believes and is baptized will be saved; but he who does not believe will be condemned. And these signs will accompany those who believe: in my name they will cast out demons; they will speak in new tongues; they will pick up serpents, and if they drink any deadly thing, it will not hurt them; they will lay their hands on the sick, and they will recover." So then the Lord Jesus, after he had spoken to them, was taken up into heaven, and sat down at the right hand of God. And they went forth and preached everywhere, while the Lord worked with them and confirmed the message by the signs that attended it. Amen

A Psalm for the Evening (*Psalm 17:36-45, Douay Rheims*)

Thou hast given me the protection of thy salvation: and thy right hand hath held me up: And thy discipline hath corrected me unto the end: and thy discipline, the same shall teach me. Thou hast enlarged my steps under me; and my feet are not weakened. I will pursue after my enemies, and overtake them: and I will not turn again till they are consumed. I will break them, and they shall not be able to stand: they shall fall under my feet. And thou hast girded me with strength unto battle; and hast subdued under me them that rose up against me. And thou hast made my enemies turn their back upon me, and hast destroyed them that hated me. They cried, but there was none to save them, to the Lord: but he heard them not. And I shall beat them as small as the dust before the wind; I shall bring them to nought, like the dirt in the streets. Thou wilt deliver me from the contradictions of the people: thou wilt make me head of the Gentiles. A people, which I knew not, hath served me: at the hearing of the ear they have obeyed me.

A Scripture Reading for the Evening (*Acts 1:1-11 from RSV-CE*)

In the first book, O Theoph'ilus, I have dealt with all that Jesus began to do and teach, until the day when he was taken up, after he had given commandment through the Holy Spirit to the apostles whom he had chosen. To them he presented himself alive after his passion by many proofs, appearing to them during forty days, and speaking of the kingdom of God. And while staying with them he charged them not to depart from Jerusalem, but to wait for the promise of the Father, which, he said, "you heard from me, for John baptized with water, but before many days you shall be baptized with the Holy Spirit." So, when they had come together, they asked him, "Lord, will you at this time restore the kingdom to Israel?" He said to them, "It is not for you to know times or seasons which the Father has fixed by his own authority. But you shall receive power when the Holy Spirit has come upon you; and you shall be my witnesses in Jerusalem and in all Judea and Samar'ia and to the end of the earth." And when he had said this, as they were looking on, he was lifted up, and a cloud took him out of their sight. And while they were gazing into heaven as he went, behold, two men stood by them in white

robes, and said, "Men of Galilee, why do you stand looking into heaven? This Jesus, who was taken up from you into heaven, will come in the same way as you saw him go into heaven."

A Prayer to St. Thomas Aquinas

O Thomas, honor and glory of the Order of Preachers and teacher of the ways of God, bring us to eternal delights.

A Marian Prayer

Queen of heaven, rejoice, alleluia.
The Son you merited to bear, alleluia,
Has risen as He said, alleluia.
Pray to God for us, alleluia.

From the Catechism of the Catholic Church

662 "and I, when I am lifted up from the earth, will draw all men to myself." The lifting up of Jesus on the cross signifies and announces his lifting up by his Ascension into heaven, and indeed begins it. Jesus Christ, the one priest of the new and eternal Covenant, "entered, not into a sanctuary made by human hands. . . but into heaven itself, now to appear in the presence of God on our behalf." There Christ permanently exercises his priesthood, for he "always lives to make intercession" for "those who draw near to God through him". As "high priest of the good things to come" he is the centre and the principal actor of the liturgy that honours the Father in heaven.

From the Saints

Learn to suffer a little for the love of God without telling everyone about it.
-*St. Teresa of Avila*

When we are too careless to avoid idle words, we soon reach harmful ones.
-*St. Pope Gregory the Great*

For God often scourges the just one lest, becoming proud, he fall from justice.
-*St. Isidore of Seville*

Fast, abstain and/or sacrifice this Wednesday and Friday

For all fathers in the parish.

Learn and Pray the Sorrowful Mysteries of the Holy Rosary

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death of Our Lord

Opportunities for Christian Formation this Week at the Parish

Tuesday, May 12 at 6:30PM in Aquinas Hall – Adult Catechism/OCIA; Topic: Creation and the Fall
Sunday, May 17 at 10:30AM in PC-C – Donuts and Dogma

