

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 37:2-10, Douay Rheims)

Rebuke me not, O Lord, in thy indignation; nor chastise me in thy wrath. For thy arrows are fastened in me: and thy hand hath been strong upon me. There is no health in my flesh, because of thy wrath: there is no peace for my bones, because of my sins. For my iniquities are gone over my head: and as a heavy burden are become heavy upon me. My sores are putrified and corrupted, because of my foolishness. I am become miserable, and am bowed down even to the end: I walked sorrowful all the day long. For my loins are filled with illusions; and there is no health in my flesh. I am afflicted and humbled exceedingly: I roared with the groaning of my heart. Lord, all my desire is before thee, and my groaning is not hidden from thee.

A GOSPEL FOR THE MORNING (John 3:7-15, RSV-CE)

Jesus said: Do not marvel that I said to you, 'You must be born anew.' The wind blows where it wills, and you hear the sound of it, but you do not know whence it comes or whither it goes; so it is with everyone who is born of the Spirit." Nicodemus said to him, "How can this be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand this? Truly, truly, I say to you, we speak of what we know, and bear witness to what we have seen; but you do not receive our testimony. If I have told you earthly things and you do not believe, how can you believe if I tell you heavenly things? No one has ascended into heaven but he who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life."

A PSALM FOR THE EVENING (Psalm 37:11-23; Douay Rheims)

My heart is troubled, my strength hath left me, and the light of my eyes itself is not with me. My friends and my neighbours have drawn near, and stood against me. And they that were near me stood afar off: And they that sought my soul used violence. And they that sought evils to me spoke vain things, and studied deceits all the day long. But I, as a deaf man, heard not: and as a dumb man not opening his mouth. And I became as a man that heareth not: and that hath no reproofs in his mouth. For in thee, O Lord, have I hoped: thou wilt hear me, O Lord my God. For I said: Lest at any time my enemies rejoice over me: and whilst my feet are moved, they speak great things against me. For I am ready for scourges: and my sorrow is continually before me. For I will declare my iniquity: and I will think for my sin. But my enemies live, and are stronger than I: and they that hate me wrongfully are multiplied. They that render evil for good, have detracted me, because I followed goodness. Forsake me not, O Lord my God: do not thou depart from me. Attend unto my help, O Lord, the God of my salvation.

A SCRIPTURE READING FOR THE EVENING (Proverbs 12:12-15, RSV-CE)

The strong tower of the wicked comes to ruin,
but the root of the righteous stands firm.
An evil man is ensnared by the transgression of his lips,
but the righteous escapes from trouble.
From the fruit of his words a man is satisfied with good,
and the work of a man's hand comes back to him.
The way of a fool is right in his own eyes,
but a wise man listens to advice.

A PRAYER TO ST. THOMAS AQUINAS

O God, who did enlighten Your Church by the marvelous learning of Blessed Thomas, Your Confessor and Doctor, and did render it fruitful by his holy actions: grant us, we beseech you, clearly to understand the things which he taught, and faithfully to imitate what he performed. Amen.

A MARIAN PRAYER

Grant me, O Lady, true compunction and tears of repentance. Cleanse my soul thoroughly of its many stains, and grant me forgiveness, for you are a God-bearing woman, and you gave birth to a man-bearing God. Amen.

FROM THE CATECHISM OF THE CATHOLIC CHURCH

982 There is no offense, however serious, that the Church cannot forgive. "There is no one, however wicked and guilty, who may not confidently hope for forgiveness, provided his repentance is honest." Christ who died for all men desires that in his Church the gates of forgiveness should always be open to anyone who turns away from sin. 983 Catechesis strives to awaken and nourish in the faithful faith in the incomparable greatness of the risen Christ's gift to his Church: the mission and the power to forgive sins through the ministry of the apostles and their successors:

The Lord wills that his disciples possess a tremendous power: that his lowly servants accomplish in his name all that he did when he was on earth.

Priests have received from God a power that he has given neither to angels nor to archangels God above confirms what priests do here below.

Were there no forgiveness of sins in the Church, there would be no hope of life to come or eternal liberation. Let us thank God who has given his Church such a gift.

FROM THE SAINTS

We have been wounded through sin; we are healed through repentance, but repentance without fasting is fruitless.
-St. Basil the Great

The chosen ones, however, know that all transitory things amount to nothing; their minds' eye searches for the light for which they were created. Nothing but God can satisfy them.

-St. Gregory the Great

FAST, ABSTAIN AND/OR SACRIFICE THIS WEDNESDAY AND FRIDAY

Fr. Joseph Yellico

LEARN ABOUT THE FOUR ENDS OF THE HOLY SACRIFICE OF THE MASS

1. Adoration
2. Thanksgiving
3. Atonement
4. Petition

OPPORTUNITIES FOR CHRISTIAN FORMATION THIS WEEK AT THE PARISH

• Tuesday, October 13 at 6:30pm in Aquinas Hall

Adult Catechism/OCIA; Topic: Living out Catholic Teaching in a Secular Society

• Wednesday, October 14 at 6:30pm in Aquinas Hall

Book Reflection - St. John Chrysostom's Letters to St. Olympia: Letters 8-9