

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 1, Douay Rheims*)

Blessed is the man who hath not walked in the counsel of the ungodly, nor stood in the way of sinners, nor sat in the chair of pestilence. But his will is in the law of the Lord, and on his law he shall meditate day and night. And he shall be like a tree which is planted near the running waters, which shall bring forth its fruit, in due season. And his leaf shall not fall off: and all whatsoever he shall do shall prosper. Not so the wicked, not so: but like the dust, which the wind driveth from the face of the earth. Therefore the wicked shall not rise again in judgment: nor sinners in the council of the just. For the Lord knoweth the way of the just: and the way of the wicked shall perish.

A Gospel for the Morning (*Matthew 7:13-14, RSV-CE*)

Enter by the narrow gate; for the gate is wide and the way is easy, that leads to destruction, and those who enter by it are many. For the gate is narrow and the way is hard, that leads to life, and those who find it are few.

A Psalm for the Evening (*Psalm 124; Douay Rheims*)

They that trust in the Lord shall be as mount Sion: he shall not be moved forever that dwelleth in Jerusalem. Mountains are round about it: so the Lord is round about his people from henceforth now and for ever. For the Lord will not leave the rod of sinners upon the lot of the just: that the just may not stretch forth their hands to iniquity. Do good, O Lord, to those that are good, and to the upright of heart. But such as turn aside into bonds, the Lord shall lead out with the workers of iniquity: peace upon Israel.

A Gospel for the Evening (*John 15:6-11 from RSV-CE*)

If a man does not abide in me, he is cast forth as a branch and withers; and the branches are gathered, thrown into the fire and burned. If you abide in me, and my words abide in you, ask whatever you will, and it shall be done for you. By this my Father is glorified, that you bear much fruit, and so prove to be my disciples. As the Father has loved me, so have I loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full.

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.

A Marian Prayer

Grant we beseech You, O Lord God, that we Your servants, may enjoy perpetual health of soul and body; and by the glorious intercession of blessed Mary, ever Virgin, may be delivered from present sorrows and rejoice in eternal happiness. Through Christ, our Lord. Amen.

From the Catechism of the Catholic Church

1316- Confirmation perfects Baptismal grace; it is the sacrament which gives the Holy Spirit in order to root us more deeply in the divine filiation, incorporate us more firmly into Christ, strengthen our bond with the Church, associate us more closely with her mission, and help us bear witness to the Christian faith in words accompanied by deeds.

1317- Confirmation, like Baptism, imprints a spiritual mark or indelible character on the Christian's soul; for this reason one can receive this sacrament only once in one's life.

1318- In the East this sacrament is administered immediately after Baptism and is followed by participation in the Eucharist; this tradition highlights the unity of the three sacraments of Christian initiation. In the Latin Church this sacrament is administered when the age of reason has been reached, and its celebration is ordinarily reserved to the bishop, thus signifying that this sacrament strengthens the ecclesial bond.

From the Saints

Behold then your dignity. How precious you are that God made you superior to the angels, because He came upon earth Himself in person to help you and redeem you. God and His angels came for your salvation.

– *St. Macarius the Great*

It is right, therefore, that we not just be called Christians, but that we actually be Christians.

– *St. Ignatius of Antioch*

Let us realize how near He is, and that nothing escapes Him, either of our thoughts or the plans which we make...For He is the searcher of thoughts and desires; His breath is in us, and when He so desires, He will take it away.

–*St. Clement of Rome*

Fast, abstain and/or sacrifice this Wednesday and Friday

For the parishioners of St. Thomas Aquinas Church, especially for those in the military.

Meditate on the Seven Sorrows of the Blessed Virgin

1. The Prophecy of Simeon (Luke 2:34-35)
2. The Flight into Egypt (Matthew 2:13-21)
3. The Loss of Jesus for Three Days (Luke 2:41-50)
4. The Carrying of the Cross (John 19:17)
5. The Crucifixion of Jesus (John 19:18-30)
6. Jesus Taken Down from the Cross (John 19:39-40)
7. Jesus Laid in the Tomb (John 19:39-42)

Opportunities for Christian Formation this week at the parish

Tuesday, October 14 at 6:30PM in Aquinas Hall

Adult Catechism/OCIA; Topic: Faith

Wednesday, October 15 at 6:30PM in the Parish Hall

Reflection and Discussion on the letters of St. Ignatius of Antioch

Sunday, October 19 at 10:30AM in CCM Lounge

Donuts and Dogma