

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 34:1-16, Douay Rheims*)

Judge thou, O Lord, them that wrong me: overthrow them that fight against me. Take hold of arms and shield: and rise up to help me. Bring out the sword, and shut up the way against them that persecute me: say to my soul: I am thy salvation. Let them be confounded and ashamed that seek after my soul. Let them be turned back and be confounded that devise against me. Let them become as dust before the wind: and let the angel of the Lord straiten them. Let their way become dark and slippery; and let the angel of the Lord pursue them. For without cause they have hidden their net for me unto destruction: without cause they have upbraided my soul. Let the snare which he knoweth not come upon him: and let the net which he hath hidden catch him: and into that very snare let them fall. But my soul shall rejoice in the Lord; and shall be delighted in his salvation. All my bones shall say: Lord, who is like to thee? Who deliverest the poor from the hand of them that are stronger than he; the needy and the poor from them that strip him. Unjust witnesses rising up have asked me things I knew not. They repaid me evil for good: to the depriving me of my soul. But as for me, when they were troublesome to me, I was clothed with haircloth. I humbled my soul with fasting; and my prayer shall be turned into my bosom. As a neighbour and as an own brother, so did I please: as one mourning and sorrowful so was I humbled. But they rejoiced against me, and came together: scourges were gathered together upon me, and I knew not. They were separated, and repented not: they tempted me, they scoffed at me with scorn: they gnashed upon me with their teeth.

A Gospel for the Morning (*John 19:23-27, RSV-CE*)

When the soldiers had crucified Jesus they took his garments and made four parts, one for each soldier; also his tunic. But the tunic was without seam, woven from top to bottom; so they said to one another, "Let us not tear it, but cast lots for it to see whose it shall be." This was to fulfil the scripture, "They parted my garments among them, and for my clothing they cast lots." So the soldiers did this. But standing by the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Mag'dalene. When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, "Woman, behold, your son!" Then he said to the disciple, "Behold, your mother!" And from that hour the disciple took her to his own home.

A Psalm for the Evening (*Psalm 34:17-28; Douay Rheims*)

Lord, when wilt thou look upon me? rescue thou my soul from their malice: my only one from the lions. I will give thanks to thee in a great church; I will praise thee in a strong people. Let not them that are my enemies wrongfully rejoice over me: who have hated me without cause, and wink with the eyes. For they spoke indeed peaceably to me; and speaking in the anger of the earth they devised guile. And they opened their mouth wide against me; they said: Well done, well done, our eyes have seen it. Thou hast seen, O Lord, be not thou silent: O Lord, depart not from me. Arise, and be attentive to my judgment: to my cause, my God, and my Lord. Judge me, O Lord my God according to thy justice, and let them not rejoice over me. Let them not say in their hearts: It is well, it is well, to our mind: neither let them say: We have swallowed him up. Let them blush: and be ashamed together, who rejoice at my evils. Let them be clothed with confusion and shame, who speak great things against me. Let them rejoice and be glad, who are well pleased with my justice, and let them say always: The Lord be magnified, who delights in the peace of his servant. And my tongue shall meditate thy justice, thy praise all the day long.

A Scripture Reading for the Evening (*Proverbs 11:21-23, RSV-CE*)

Be assured, an evil man will not go unpunished,
but those who are righteous will be delivered.
Like a gold ring in a swine's snout
is a beautiful woman without discretion.
The desire of the righteous ends only in good;
the expectation of the wicked in wrath.

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

O Mary, Mother of all grace, Mother of mercy to our race, protect us now from Satan's power and own us at life's closing hour. Amen.

From the Catechism of the Catholic Church

897 "The term 'laity' is here understood to mean all the faithful except those in Holy Orders and those who belong to a religious state approved by the Church. That is, the faithful, who by Baptism are incorporated into Christ and integrated into the People of God, are made sharers in their particular way in the priestly, prophetic, and kingly office of Christ, and have their own part to play in the mission of the whole Christian people in the Church and in the World."

898 "By reason of their special vocation it belongs to the laity to seek the kingdom of God by engaging in temporal affairs and directing them according to God's will.... It pertains to them in a special way so to illuminate and order all temporal things with which they are closely associated that these may always be effected and grow according to Christ and maybe to the glory of the Creator and Redeemer."

From the Saints

"When you are asked, answer with a proper and humble voice; when you are not asked, keep silence. When another one is asked, shut your mouth..."

-St. Basil the Great

"And so a man will despise all things present and transitory, when he has securely fixed his mental gaze on, those things which are immovable and eternal..."

-St. John Cassian

Fast, abstain and/or sacrifice this Wednesday and Friday

For all who serve 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, September 15 at 6:30PM in Aquinas Hall – Adult Catechism/OCIA; Topic: Love of Neighbor

Sunday, September 20 at 10:30AM in PC-B – Donuts and Dogma

