

# 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 148, Douay Rheims)*

Praise ye the Lord from the heavens: praise ye him in the high places. Praise ye him, all his angels: praise ye him, all his hosts. Praise ye him, O sun and moon: praise him, all ye stars and light. Praise him, ye heavens of heavens: and let all the waters that are above the heavens, praise the name of the Lord. For he spoke, and they were made: he commanded, and they were created. He hath established them for ever, and for ages of ages: he hath made a decree, and it shall not pass away. Praise the Lord from the earth, ye dragons, and all ye deeps: Fire, hail, snow, ice, stormy winds which fulfill his word: Mountains and all hills, fruitful trees and all cedars: Beasts and all cattle: serpents and feathered fowls: Kings of the earth and all people: princes and all judges of the earth: Young men and maidens: let the old with the younger, praise the name of the Lord: For his name alone is exalted. The praise of him is above heaven and earth: and he hath exalted the horn of his people. A hymn to all his saints: to the children of Israel, a people approaching to him. Alleluia.

### **A Gospel for the Morning** *(Matthew 8:28-34, RSV-CE)*

And when he came to the other side, to the country of the Gadarenes, two demoniacs met him, coming out of the tombs, so fierce that no one could pass that way. And behold, they cried out, "What have you to do with us, O Son of God? Have you come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged him, "If you cast us out, send us away into the herd of swine." And he said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood.

### **A Psalm for the Evening** *(Psalm 14; Douay Rheims)*

Lord, who shall dwell in thy tabernacle? or who shall rest in thy holy hill? He that walketh without blemish, and worketh justice: He that speaketh truth in his heart, who hath not used deceit in his tongue: Nor hath done evil to his neighbour: nor taken up a reproach against his neighbours. In his sight the malignant is brought to nothing: but he glorifieth them that fear the Lord. He that sweareth to his neighbour, and deceiveth not; He that hath not put out his money to usury, nor taken bribes against the innocent: He that doth these things shall not be moved for ever.

### **A Gospel for the Evening** *(John 16:25-28 from RSV-CE)*

Jesus said: "I have said this to you in figures; the hour is coming when I shall no longer speak to you in figures but tell you plainly of the Father. In that day you will ask in my name; and I do not say to you that I shall pray the Father for you; for the Father himself loves you, because you have loved me and have believed that I came from the Father. I came from the Father and have come into the world; again, I am leaving the world and going to the Father."

### **A Prayer to St. Thomas Aquinas**

Pray for us Blessed Thomas. That we may be made worthy of the promises of Christ. Amen.

### **A Marian Prayer**

That our minds and bodies may be pure, devoted hearts and lips now implore thee. Through thy sweet-sounding prayers, grant us pardon forever, O kind Lady who didst alone remain inviolate. Amen

### **From the Catechism of the Catholic Church**

**1280** Baptism imprints on the soul an indelible spiritual sign, the character, which consecrates the baptized person for Christian worship. Because of the character Baptism cannot be repeated (cf. DS 1609 and DS 1624).

**1281** Those who die for the faith, those who are catechumens, and all those who, without knowing of the Church but acting under the inspiration of grace, seek God sincerely and strive to fulfill his will, are saved even if they have not been baptized (cf. LG 16).

**1282** Since the earliest times, Baptism has been administered to children, for it is a grace and a gift of God that does not presuppose any human merit; children are baptized in the faith of the Church. Entry into Christian life gives access to true freedom.

### **From the Saints**

Behold, the Bridegroom is coming...He did not command human nature to come to Him, but He came to us; for it is the custom in marriage that the bridegroom come to the bride, even if he be extremely wealthy and she be a worthless outcast...He came to her who was about to become His bride and found her naked and disgracing herself. He threw around her a clean robe, whose brightness and glory no word or mind will be able to describe...He has thrown Himself around us as a garment: *For all of you who have been baptized into Christ have put on Christ.*

*-St. John Chrysostom*

It is to your benefit to be crucified with the Crucified, to suffer with Him that suffered, so that you may be glorified with Him that is glorified. The bride must suffer with the Bridegroom and so become a partner and fellow heir with Christ.

*-St. Macarius the Great*

For if attentiveness and prayer are daily joined together, they become like Elijah's fire-bearing chariot raising us to heaven.

*-St. Philotheos of Sinai*

Every trial and temptation is permitted by God as a cure for some sick person's soul.

*-St. Peter of Damascus*

### **Fast, abstain and/or sacrifice this Wednesday and Friday**

For those suffering from bodily illness and disease

### **Memorize the Gifts of the Holy Spirit**

Wisdom, Understanding, Knowledge, Counsel, Fortitude, Piety and Fear of the Lord

### **Opportunities for Christian Formation this week at the parish**

**Monday, December 15 at 9:30AM and 7:00PM in Aquinas Hall – Bible Study**

**Tuesday, December 16 at 6:30PM in Aquinas Hall – Adult Catechism/OCIA; Topic: Revelation and Faith**

***Wednesday Evening Book Study will resume January 7<sup>th</sup> at 6:30PM***