

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 110, Douay Rheims*)

I will praise thee, O Lord, with my whole heart; in the council of the just: and in the congregation. Great are the works of the Lord: sought out according to all his wills. His work is praise and magnificence: and his justice continueth for ever and ever. He hath made a remembrance of his wonderful works, being a merciful and gracious Lord: He hath given food to them that fear him. He will be mindful forever of his covenant: He will shew forth to his people the power of his works. That he may give them the inheritance of the Gentiles: the works of his hands are truth and judgment. All his commandments are faithful: confirmed for ever and ever, made in truth and equity. He hath sent redemption to his people: he hath commanded his covenant forever. Holy and terrible is his name: The fear of the Lord is the beginning of wisdom. A good understanding to all that do it: his praise continueth for ever and ever.

A Gospel for the Morning (*Matthew 6:25-30, RSV-CE*)

Therefore, I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing? ²⁶Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷And which of you by being anxious can add one cubit to his span of life? ²⁸And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; ²⁹yet I tell you, even Solomon in all his glory was not arrayed like one of these. ³⁰But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith?

A Psalm for the Evening (*Psalm 120; Douay Rheims*)

I have lifted up my eyes to the mountains, from whence help shall come to me. My help is from the Lord, who made heaven and earth. May he not suffer thy foot to be moved: neither let him slumber that keepeth thee. Behold he shall neither slumber nor sleep, that keepeth Israel. The Lord is thy keeper, the Lord is thy protection upon thy right hand. The sun shall not burn thee by day: nor the moon by night. The Lord keepeth thee from all evil: may the Lord keep thy soul. May the Lord keep thy coming in and thy going out; from henceforth now and forever.

A Gospel for the Evening (*John 14:22-24 from RSV-CE*)

Judas (not Iscariot) said to him, "Lord, how is it that you will manifest yourself to us, and not to the world?" ²³Jesus answered him, "If a man loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him. ²⁴He who does not love me does not keep my words; and the word which you hear is not mine but the Father's who sent me.

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

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence I fly unto thee, O Virgin of virgins, my Mother.

To thee do I come, before thee I stand, sinful and sorrowful.

O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me.

Amen.

From the Catechism of the Catholic Church

#1367 The sacrifice of Christ and the sacrifice of the Eucharist are one single sacrifice: "The victim is one and the same: the same now offers through the ministry of priests, who then offered himself on the cross; only the manner of offering is different." "In this divine sacrifice which is celebrated in the Mass, the same Christ who offered himself once in a bloody manner on the altar of the cross is contained and is offered in an unbloody manner."

#1368 The Eucharist is also the sacrifice of the Church. the Church which is the Body of Christ participates in the offering of her Head. With him, she herself is offered whole and entire. She unites herself to his intercession with the Father for all men. In the Eucharist the sacrifice of Christ becomes also the sacrifice of the members of his Body. the lives of the faithful, their praise, sufferings, prayer, and work, are united with those of Christ and with his total offering, and so acquire a new value. Christ's sacrifice present on the altar makes it possible for all generations of Christians to be united with his offering.

From the Saints

With feeling let us approach, my brethren, that Body which the priest offers up; let trembling reside on our lips as we receive the Medicine of Salvation. At that moment when the Holy Body is broken we make memory of His sacrifice: the body's every limb should tremble at the moment when the Only-Begotten is sacrificed.

- *St. Ephrem the Syrian*

And let all of us know for certain that no one can be saved except through the holy words and Blood of our Lord Jesus Christ which the clergy proclaim and minister. And they alone must minister not others.

- *St. Francis of Assisi*

Fast, abstain and/or sacrifice this Wednesday and Friday

For the parishioners of St. Thomas Aquinas Church, especially for the elderly.

Study and Obey the Five Precepts of the Church

1. You shall attend Mass on Sundays and holy days of obligation and rest from servile labor
2. You shall confess your sins at least once a year
3. You shall receive the sacrament of the Eucharist at least during the Easter season
4. You shall observe the days of fasting and abstinence established by the Church
5. You shall help to provide for the needs of the Church

Opportunities for Christian Formation this week at the parish

Sunday, September 14 at 7:00 p.m. in Classroom B – Holy Eucharist Stations Class

Tuesday, September 16 at 6:30 p.m. in the Parish Hall – Adult Catechism/OCIA; Topic: Marriage

Wednesday, September 17 at 6:30 p.m. in the Parish Hall – Reflection and Discussion on *The Life of St. Antony of the Desert*

Sunday, September 21 at 10:30 a.m. in CCM – Donuts and Dogma