

# 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 19, Douay Rheims*)

May the Lord hear thee in the day of tribulation: may the name of the God of Jacob protect thee. May he send thee help from the sanctuary: and defend thee out of Sion. May he be mindful of all thy sacrifices: and may thy whole burnt offering be made fat. May he give thee according to thy own heart; and confirm all thy counsels. We will rejoice in thy salvation; and in the name of our God we shall be exalted. The Lord fulfill all thy petitions: now have I known that the Lord hath saved his anointed. He will hear him from his holy heaven: the salvation of his right hand is in powers. Some trust in chariots, and some in horses: but we will call upon the name of the Lord our God. They are bound, and have fallen; but we are risen, and are set upright. O Lord, save the king: and hear us in the day that we shall call upon thee.

### **A Gospel for the Morning** (*Matthew 10:5-15, RSV-CE*)

These twelve Jesus sent out, charging them, "Go nowhere among the Gentiles, and enter no town of the Samaritans, but go rather to the lost sheep of the house of Israel. And preach as you go, saying, 'The kingdom of heaven is at hand.' Heal the sick, raise the dead, cleanse lepers, cast out demons. You received without pay, give without pay. Take no gold, nor silver, nor copper in your belts, no bag for your journey, nor two tunics, nor sandals, nor a staff; for the laborer deserves his food. And whatever town or village you enter, find out who is worthy in it, and stay with him until you depart. As you enter the house, salute it. And if the house is worthy, let your peace come upon it; but if it is not worthy, let your peace return to you. And if any one will not receive you or listen to your words, shake off the dust from your feet as you leave that house or town. Truly, I say to you, it shall be more tolerable on the day of judgment for the land of Sodom and Gomor'rah than for that town.

### **A Psalm for the Evening** (*Psalm 60; Douay Rheims*)

Hear, O God, my supplication: be attentive to my prayer, To thee have I cried from the ends of the earth: when my heart was in anguish, thou hast exalted me on a rock. Thou hast conducted me; For thou hast been my hope; a tower of strength against the face of the enemy. In thy tabernacle I shall dwell forever: I shall be protected under the covert of thy wings. For thou, my God, hast heard my prayer: thou hast given an inheritance to them that fear thy name. Thou wilt add days to the days of the king: his years even to generation and generation. He abideth forever in the sight of God: his mercy and truth who shall search? So will I sing a psalm to thy name for ever and ever: that I may pay my vows from day to day.

### **A Gospel for the Evening** (*John 6:25-34 from RSV-CE*)

When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" Jesus answered them, "Truly, truly, I say to you, you seek me, not because you saw signs, but because you ate your fill of the loaves. Do not labor for the food which perishes, but for the food which endures to eternal life, which the Son of man will give to you; for on him has God the Father set his seal." Then they said to him, "What must we do, to be doing the works of God?" Jesus answered them, "This is the work of God, that you believe in him whom he has sent." So they said to him, "Then what sign do you do, that we may see, and believe you? What work do you perform? Our fathers ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" Jesus then said to them, "Truly, truly, I say to you, it was not Moses who gave you the bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven, and gives life to the world." They said to him, "Lord, give us this bread always."

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

O Thomas, honor and glory of the Order of Preachers and teacher of the ways of God, bring us to eternal delights.

### **A Marian Prayer**

O Mother of God, beholding your pure image, we say with contrition: shelter us with your precious veil and deliver us from every evil, entreating Your Son, Christ our God, to save our souls. Amen.

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

**1440** Sin is before all else an offense against God, a rupture of communion with him. At the same time it damages communion with the Church. For this reason conversion entails both God's forgiveness and reconciliation with the Church, which are expressed and accomplished liturgically by the sacrament of Penance and Reconciliation.

**1441** Only God forgives sins. Since he is the Son of God, Jesus says of himself, "The Son of man has authority on earth to forgive sins" and exercises this divine power: "Your sins are forgiven." Further, by virtue of his divine authority he gives this power to men to exercise in his name.

**1442** Christ has willed that in her prayer and life and action his whole Church should be the sign and instrument of the forgiveness and reconciliation that he acquired for us at the price of his blood. But he entrusted the exercise of the power of absolution to the apostolic ministry which he charged with the "ministry of reconciliation." The apostle is sent out "on behalf of Christ" with "God making his appeal" through him and pleading: "Be reconciled to God."

**1443** During his public life Jesus not only forgave sins, but also made plain the effect of this forgiveness: he reintegrated forgiven sinners into the community of the People of God from which sin had alienated or even excluded them. A remarkable sign of this is the fact that Jesus receives sinners at his table, a gesture that expresses in an astonishing way both God's forgiveness and the return to the bosom of the People of God.

### **From the Saints**

Diligence and zeal in prayer and reading Divine Scripture is the mother of all virtues.

-*St. Anastasius of Sinai*

But take food for need, and not for the wretched pleasure it gives. For it is impossible that any man who does not govern himself in eating should keep himself innocent.

-*St. Catherine of Siena*

Let us accept correction, which no one ought to resent, dear friends. The reproof which we give one to another is good and exceedingly useful, for it unites us with the will of God.

-*St. Clement of Rome*

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

For Father Matthew Codd

### **Evangelical Counsels**

Voluntary Poverty, Chastity and Obedience

### **Opportunities for Christian Formation this Week at the Parish**

**Sunday, February 15 at 10:30AM in CCM Lounge – Donuts and Dogma**

**Tuesday, February 17 at 6:30PM in Aquinas Hall – Adult Catechism/OCIA; Topic: The Church**