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 48, Douay Rheims)*

Hear these things, all ye nations: give ear, all ye inhabitants of the world. All you that are earthborn, and you sons of men: both rich and poor together. My mouth shall speak wisdom: and the meditation of my heart understanding. I will incline my ear to a parable; I will open my proposition on the psaltery. Why shall I fear in the evil day? the iniquity of my heel shall encompass me. They that trust in their own strength, and glory in the multitude of their riches, No brother can redeem, nor shall man redeem: he shall not give to God his ransom, Nor the price of the redemption of his soul: and shall labour forever, and shall still live unto the end. He shall not see destruction, when he shall see the wise dying: the senseless and the fool shall perish together: And they shall leave their riches to strangers: And their sepulchres shall be their houses forever. Their dwelling places to all generations: they have called their lands by their names. And man when he was in honour did not understand; he is compared to senseless beasts, and is become like to them. This way of theirs is a stumbling block to them: and afterwards they shall delight in their mouth. They are laid in hell like sheep: death shall feed upon them. And the just shall have dominion over them in the morning; and their help shall decay in hell from their glory. But God will redeem my soul from the hand of hell, when he shall receive me. Be not thou afraid, when a man shall be made rich, and when the glory of his house shall be increased. For when he shall die he shall take nothing away; nor shall his glory descend with him. For in his lifetime his soul will be blessed: and he will praise thee when thou shalt do well to him. He shall go in to the generations of his fathers: and he shall never see light. Man when he was in honour did not understand: he hath been compared to senseless beasts, and made like to them.

A Gospel for the Morning *(Mark 10:13-16, RSV-CE)*

And they were bringing children to him, that he might touch them; and the disciples rebuked them. But when Jesus saw it he was indignant, and said to them, “Let the children come to me, do not hinder them; for to such belongs the kingdom of God. Truly, I say to you, whoever does not receive the kingdom of God like a child shall not enter it.” And he took them in his arms and blessed them, laying his hands upon them.

A Psalm for the Evening *(Psalm 57; Douay Rheims)*

If in very deed you speak justice: judge right things, ye sons of men. For in your heart you work iniquity: your hands forge injustice in the earth. The wicked are alienated from the womb; they have gone astray from the womb: they have spoken false things. Their madness is according to the likeness of a serpent: like the deaf asp that stoppeth her ears: Which will not hear the voice of the charmers; nor of the wizard that charmeth wisely. God shall break in pieces their teeth in their mouth: the Lord shall break the grinders of the lions. They shall come to nothing, like water running down; he hath bent his bow till they be weakened. Like wax that melteth they shall be taken away: fire hath fallen on them, and they shall not see the sun. Before your thorns could know the brier; he swalloweth them up, as alive, in his wrath. The just shall rejoice when he shall see the

revenge: he shall wash his hands in the blood of the sinner. And man shall say: If indeed there be fruit to the just: there is indeed a God that judgeth them on the earth.

A Scripture Reading for the Evening *(Proverbs 13:4-6, RSV-CE)*

The soul of the sluggard craves, and gets nothing,
while the soul of the diligent is richly supplied.
A righteous man hates falsehood,
but a wicked man acts shamefully and
disgracefully.
Righteousness guards him whose way is upright,
but sin overthrows the wicked.

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

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

996 From the beginning, Christian faith in the resurrection has met with incomprehension and opposition. "On no point does the Christian faith encounter more opposition than on the resurrection of the body." It is very commonly accepted that the life of the human person continues in a spiritual fashion after death. But how can we believe that this body, so clearly mortal, could rise to everlasting life? How do the dead rise?
997 What is "rising"? In death, the separation of the soul from the body, the human body decays and the soul goes to meet God, while awaiting its reunion with its glorified body. God, in his almighty power, will definitively grant incorruptible life to our bodies by reuniting them with our souls, through the power of Jesus' Resurrection.

From the Saints

You must know how, in the beginning of the spiritual life, the Holy Spirit gives people joy when He sees their hearts becoming pure. But after the Spirit has given them joy and sweetness, He then departs and leaves them. This is a sign of His activity and happens with every soul that seeks and fears God: He departs and keeps at a distance until He knows whether they will go on seeking Him or not.
-St. Ammonas

Hence, for love of God be very careful. There must be war in this life. In the face of so many enemies it's not possible for us to sit with our hands folded; there must always be this care about how we are proceeding interiorly and exteriorly.
-St. Teresa of Avila

The one who flees all the world's desires puts himself beyond every worldly grief.
-St. Maximus the Confessor

Fast, abstain and/or sacrifice this Wednesday and Friday

For those suffering from demonic, oppression, obsession and other spiritual illnesses.

Remember the Seven 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

Sunday, November 15 at 10:30AM in PC-B – Donuts and Dogma
Monday, November 16 from 9:30AM-11:30AM or 6:00PM to 9:00PM in PC-B – Foundations of Faith (Catechism Study)
Tuesday, November 17 at 6:30PM in Aquinas Hall – Adult Catechism/OCIA; **Topic**: 4 Wounds of Sin/4 Cardinal Virtues