

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 143, Douay Rheims*)

Blessed be the Lord my God, who teacheth my hands to fight, and my fingers to war. My mercy, and my refuge: my support, and my deliverer: My protector, and I have hoped in him: who subdueth my people under me. Lord, what is man, that thou art made known to him? or the son of man, that thou makest account of him? Man is like to vanity: his days pass away like a shadow. Lord, bow down thy heavens and descend: touch the mountains and they shall smoke. Send forth lightning, and thou shalt scatter them: shoot out thy arrows, and thou shalt trouble them. Put forth thy hand from on high, take me out, and deliver me from many waters: from the hand of strange children: Whose mouth hath spoken vanity: and their right hand is the right hand of iniquity. To thee, O God, I will sing a new canticle: on the psaltery and an instrument of ten strings I will sing praises to thee. Who givest salvation to kings: who hast redeemed thy servant David from the malicious sword: Deliver me, And rescue me out of the hand of strange children; whose mouth hath spoken vanity: and their right hand is the right hand of iniquity: Whose sons are as new plants in their youth: Their daughters decked out, adorned round about after the similitude of a temple: Their storehouses full, flowing out of this into that. Their sheep fruitful in young, abounding in their goings forth: Their oxen fat. There is no breach of wall, nor passage, nor crying out in their streets. They have called the people happy, that hath these things: but happy is that people whose God is the Lord.

A Gospel for the Morning (*John 10:7-11, RSV-CE*)

So Jesus again said to them, "Truly, truly, I say to you, I am the door of the sheep. All who came before me are thieves and robbers; but the sheep did not heed them. I am the door; if any one enters by me, he will be saved, and will go in and out and find pasture. The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly. I am the good shepherd. The good shepherd lays down his life for the sheep.

A Psalm for the Evening (*Psalm 142; Douay Rheims*)

Hear, O Lord, my prayer: give ear to my supplication in thy truth: hear me in thy justice. And enter not into judgment with thy servant: for in thy sight no man living shall be justified. For the enemy hath persecuted my soul: he hath brought down my life to the earth. He hath made me to dwell in darkness as those that have been dead of old: And my spirit is in anguish within me: my heart within me is troubled. I remembered the days of old, I meditated on all thy works: I meditated upon the works of thy hands. I stretched forth my hands to thee: my soul is as earth without water unto thee. Hear me speedily, O Lord: my spirit hath fainted away. Turn not away thy face from me, lest I be like unto them that go down into the pit. Cause me to hear thy mercy in the morning; for in thee have I hoped. Make the way known to me, wherein I should walk: for I have lifted up my soul to thee. Deliver me from my enemies, O Lord, to thee have I fled: Teach me to do thy will, for thou art my God. Thy good spirit shall lead me into the right land: For thy name's sake, O Lord, thou wilt quicken me in thy justice. Thou wilt bring my soul out of trouble: And in thy mercy thou wilt destroy my enemies. And thou wilt cut off all them that afflict my soul: for I am thy servant.

A Scripture Reading for the Evening (*Proverbs 10:8-11, RSV-CE*)

The wise of heart will heed commandments,
but a prating fool will come to ruin.
He who walks in integrity walks securely,
but he who perverts his ways will be found out.

He who winks the eye causes trouble,
but he who boldly reproves makes peace.
The mouth of the righteous is a fountain of life,
but the mouth of the wicked conceals violence.

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 Lady Theotokos, who gave birth to Christ God the Savior, in you I place all my hope. It is in you I trust, for you are higher than all the powers of heaven. Protect me, O Spotless One, with your divine grace. Direct the course of my life, and lead me to the holy will of your Son and our God. Amen.

From the Catechism of the Catholic Church

1490 The movement of return to God, called conversion and repentance, entails sorrow for and abhorrence of sins committed, and the firm purpose of sinning no more in the future. Conversion touches the past and the future and is nourished by hope in God's mercy.

1491 The sacrament of Penance is a whole consisting in three actions of the penitent and the priest's absolution. the penitent's acts are repentance, confession or disclosure of sins to the priest, and the intention to make reparation and do works of reparation.

From the Saints

Small negligence, careless lack of watchfulness casts into the abyss of sin.

-*St. Theodore the Studite*

The adversaries [demons] are never idle or avoid battle. How much more then ought you never to cease from seeking God!

-*St. Macarius the Great*

Fast, abstain and/or sacrifice this Wednesday and Friday

For those suffering from bodily illness and disease

Memorize and Live the Beatitudes

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the pure in heart, for they shall see God.

Blessed are the peacemakers, for they shall be called sons of God.

Blessed are those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on My account.

Rejoice and be exceedingly glad, for your reward is great in heaven.

Opportunities for Christian Formation this Week at the Parish

Sunday, July 19 at 10:30 in PC-B – Donuts and Dogma

Tuesday, July 21 at 6:30PM in Aquinas Hall – Adult Catechism/OCIA; Topic: Confession

Wednesday, July 22 at 6:30PM in Aquinas Hall – Bible Reflection and Discussion on the *Book of Tobit*, chapters

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