

# 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 35, Douay Rheims)**

The unjust hath said within himself, that he would sin: there is no fear of God before his eyes. For in his sight he hath done deceitfully, that his iniquity may be found unto hatred. The words of his mouth are iniquity and guile: he would not understand that he might do well. He hath devised iniquity on his bed, he hath set himself on every way that is not good: but evil he hath not hated. O Lord, thy mercy is in heaven, and thy truth reacheth, even to the clouds. Thy justice is as the mountains of God, thy judgments are a great deep. Men and beasts thou wilt preserve, O Lord: O how hast thou multiplied thy mercy, O God! But the children of men shall put their trust under the covert of thy wings. They shall be inebriated with the plenty of thy house; and thou shalt make them drink of the torrent of thy pleasure. For with thee is the fountain of life; and in thy light we shall see light. Extend thy mercy to them that know thee, and thy justice to them that are right in heart. Let not the foot of pride come to me, and let not the hand of the sinner move me. There the workers of iniquity are fallen, they are cast out, and could not stand.

### **A Gospel for the Morning (Matthew 9:35-38, RSV-CE)**

And Jesus went about all the cities and villages, teaching in their synagogues and preaching the gospel of the kingdom, and healing every disease and every infirmity. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, "The harvest is plentiful, but the laborers are few; pray therefore the Lord of the harvest to send out laborers into his harvest."

### **A Psalm for the Evening (Psalm 42; Douay Rheims)**

Judge me, O God, and distinguish my cause from the nation that is not holy: deliver me from the unjust and deceitful man. For thou art God my strength: why hast thou cast me off? and why do I go sorrowful whilst the enemy afflicteth me? Send forth thy light and thy truth: they have conducted me, and brought me unto thy holy hill, and into thy tabernacles. And I will go in to the altar of God: to God who giveth joy to my youth. To thee, O God my God, I will give praise upon the harp: why art thou sad, O my soul? and why dost thou disquiet me? Hope in God, for I will still give praise to him: the salvation of my countenance, and my God.

### **A Gospel for the Evening (John 6:1-15 from RSV-CE)**

After this Jesus went to the other side of the Sea of Galilee, which is the Sea of Tibe'ri-as. And a multitude followed him, because they saw the signs which he did on those who were diseased. Jesus went up into the hills, and there sat down with his disciples. Now the Passover, the feast of the Jews, was at hand. Lifting up his eyes, then, and seeing that a multitude was coming to him, Jesus said to Philip, "How are we to buy bread, so that these people may eat?" This he said to test him, for he himself knew what he would do. Philip answered him, "Two hundred denarii would not buy enough bread for each of them to get a little." One of his disciples, Andrew, Simon Peter's brother, said to him, "There is a lad here who has five barley loaves and two fish; but what are they among so many?" Jesus said, "Make the people sit down." Now there was much grass in the place; so the men sat down, in number about five thousand. Jesus then took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. And when they had eaten their fill, he told his disciples, "Gather up the fragments left over, that nothing may be lost." So they gathered them up and filled twelve baskets with fragments from the five barley loaves, left by those who had eaten. When the people saw the sign which he had done, they said, "This is indeed the prophet who is to come into the world!" Perceiving then that they were about to come and take him by force to make him king, Jesus withdrew again to the hills by himself.

### **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**

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**

**44** Man is by nature and vocation a religious being. Coming from God, going toward God, man lives a fully human life only if he freely lives by his bond with God.

**45** Man is made to live in communion with God in whom he finds happiness: When I am completely united to you, there will be no more sorrow or trials; entirely full of you, my life will be complete (St. Augustine, Conf. 10, 28, 39: PL 32, 795).

**46** When he listens to the message of creation and to the voice of conscience, man can arrive at certainty about the existence of God, the cause and the end of everything.

## **From the Saints**

God always visits His creatures and bestows upon them His benevolence.

-*St. Antony the Great*

He wills that where He is we should be also, not only for eternity, but already in time, which is eternity begun and still in progress.

-*St. Elizabeth of the Trinity*

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

For those in the military

## **Meditate on the Seven Sorrows of the Blessed Virgin**

1. The Prophecy of Simeon (Luke 2:34-35)
2. The Flight into Egypt (Matthew 2:13-21)
3. The Loss of Jesus for Three Days (Luke 2:41-50)
4. The Carrying of the Cross (John 19:17)
5. The Crucifixion of Jesus (John 19:18-30)
6. Jesus Taken Down from the Cross (John 19:39-40)
7. Jesus Laid in the Tomb (John 19:39-42)

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

**Monday, February 2 at 9:30AM and 7:00PM in Aquinas Hall – Bible Study**

**Tuesday, February 3 at 6:30PM in Aquinas Hall – Adult Catechism/OCIA; Topic: Jesus Christ: Our Savior and Redeemer**

**Wednesday, February 4 at 6:30PM in Aquinas Hall – Reflection and Discussion on *The Life of Moses* by St. Gregory of Nyssa**