

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 51, Douay Rheims*)

Why dost thou glory in malice, thou that art mighty in iniquity? All the day long thy tongue hath devised injustice: as a sharp razor, thou hast wrought deceit. Thou hast loved malice more than goodness: and iniquity rather than to speak righteousness. Thou hast loved all the words of ruin, O deceitful tongue. Therefore, will God destroy thee forever: he will pluck thee out, and remove thee from thy dwelling place: and thy root out of the land of the living. The just shall see and fear, and shall laugh at him, and say: Behold the man that made not God his helper: But trusted in the abundance of his riches: and prevailed in his vanity. But I, as a fruitful olive tree in the house of God, have hoped in the mercy of God for ever, yea for ever and ever. I will praise thee forever, because thou hast done it: and I will wait on thy name, for it is good in the sight of thy saints.

A Gospel for the Morning (*Matthew 10:24-28, RSV-CE*)

Jesus said: A disciple is not above his teacher, nor a servant above his master; it is enough for the disciple to be like his teacher, and the servant like his master. If they have called the master of the house Be-el'zebul, how much more will they malign those of his household. So have no fear of them; for nothing is covered that will not be revealed, or hidden that will not be known. What I tell you in the dark, utter in the light; and what you hear whispered, proclaim upon the housetops. And do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell.

A Psalm for the Evening (*Psalm 52; Douay Rheims*)

The fool said in his heart: There is no God. They are corrupted, and become abominable in iniquities: there is none that doth good. God looked down from heaven on the children of men: to see if there were any that did understand, or did seek God. All have gone aside, they are become unprofitable together, there is none that doth good, no not one. Shall not all the workers of iniquity know, who eat up my people as they eat bread? They have not called upon God: there have they trembled for fear, where there was no fear. For God hath scattered the bones of them that please men: they have been confounded, because God hath despised them. Who will give out of Sion the salvation of Israel? when God shall bring back the captivity of his people, Jacob shall rejoice, and Israel shall be glad.

A Gospel for the Evening (*John 6:41-51 from RSV-CE*)

The Jews then murmured at him, because he said, "I am the bread which came down from heaven." They said, "Is not this Jesus, the son of Joseph, whose father and mother we know? How does he now say, 'I have come down from heaven'?" Jesus answered them, "Do not murmur among yourselves. No one can come to me unless the Father who sent me draws him; and I will raise him up at the last day. It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except him who is from God; he has seen the Father. Truly, truly, I say to you, he who believes has eternal life. I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down from heaven, that a man may eat of it and not die. I am the living bread which came down from heaven; if any one eats of this bread, he will live forever; and the bread which I shall give for the life of the world is my flesh."

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

Let us, who take refuge in the prayers of the Virgin, Mary, blessed mother of Jesus Christ the Savior, be kept from the evil one and cast down all his schemes. Amen.

From the Catechism of the Catholic Church

244 The eternal origin of the Holy Spirit is revealed in his mission in time. the Spirit is sent to the apostles and to the Church both by the Father in the name of the Son, and by the Son in person, once he had returned to the Father. The sending of the person of the Spirit after Jesus' glorification reveals in its fullness the mystery of the Holy Trinity.

245 The apostolic faith concerning the Spirit was confessed by the second ecumenical council at Constantinople (381): "We believe in the Holy Spirit, the Lord and giver of life, who proceeds from the Father." By this confession, the Church recognizes the Father as "the source and origin of the whole divinity". But the eternal origin of the Spirit is not unconnected with the Son's origin: "The Holy Spirit, the third person of the Trinity, is God, one and equal with the Father and the Son, of the same substance and also of the same nature. . . Yet he is not called the Spirit of the Father alone, . . . but the Spirit of both the Father and the Son." The Creed of the Church from the Council of Constantinople confesses: "With the Father and the Son, he is worshipped and glorified."

From the Saints

Formerly demons deceived human fancy, taking possession of springs or rivers, wood or stone, and by their tricks thus stupefied the simple. But now, after the divine manifestation of the Word has taken place, their illusion has ceased. For by the sign of the Cross, if a human being but use it, he drives away their deceits.

-St. Athanasius

Many indeed are the wonders of that time: God crucified; the sun darkened and again rekindled, for created things also had to suffer with the Creator...Yet none is like the wonder of my salvation: a few drops of blood recreate the whole world...

-St. Gregory the Theologian

I know of no fall that happens to a monk that does not come from trusting his own judgment. ...Do you know someone who has fallen? Be sure that he directed himself. Nothing is more grievous than to be one's own director, nothing is more pernicious.

-St. Dorotheos of Gaza

Fast, abstain and/or sacrifice this Wednesday and Friday

For Father Joseph Yellico

Learn about the Four Ends of the Holy Sacrifice of the Mass

1. Adoration
2. Thanksgiving
3. Atonement
4. Petition

Opportunities for Christian Formation this Week at the Parish

Tuesday, March 3 at 6:30PM in the Church – Lenten Reflection and Exposition (Fr. Brian Becker)

Wednesday, March 4 at 6:30PM in Aquinas Hall – Book Reflection: Discourses and Sayings of St. Dorotheos of Gaza, **Topic:** "On Humility and "On Conscience"

Friday, March 6 and Saturday, March 7 from 7PM-8:30PM in the Church – Lenten Mission (Fr. Chad Ripperger)