

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 139:2-7, Douay Rheims*)

Deliver me, O Lord, from the evil man: rescue me from the unjust man. Who have devised iniquities in their hearts: all the day long they designed battles. They have sharpened their tongues like a serpent: the venom of asps is under their lips. Keep me, O Lord, from the hand of the wicked: and from unjust men deliver me. Who have proposed to supplant my steps. The proud have hidden a net for me. And they have stretched out cords for a snare: they have laid for me a stumbling block by the wayside. I said to the Lord: Thou art my God: hear, O Lord, the voice of my supplication.

A Gospel for the Morning (*John 10:22-30, RSV-CE*)

It was the feast of the Dedication at Jerusalem; it was winter, and Jesus was walking in the temple, in the portico of Solomon. So the Jews gathered round him and said to him, "How long will you keep us in suspense? If you are the Christ, tell us plainly." Jesus answered them, "I told you, and you do not believe. The works that I do in my Father's name, they bear witness to me; but you do not believe, because you do not belong to my sheep. My sheep hear my voice, and I know them, and they follow me; and I give them eternal life, and they shall never perish, and no one shall snatch them out of my hand. My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand. I and the Father are one."

A Psalm for the Evening (*Psalm 139:8-14, Douay Rheims*)

O Lord, Lord, the strength of my salvation: thou hast overshadowed my head in the day of battle. Give me not up, O Lord, from my desire to the wicked: they have plotted against me; do not thou forsake me, lest they should triumph. The head of them compassing me about: the labour of their lips shall overwhelm them.

Burning coals shall fall upon them; thou wilt cast them down into the fire: in miseries they shall not be able to stand. A man full of tongue shall not be established in the earth: evil shall catch the unjust man unto destruction. I know that the Lord will do justice to the needy, and will revenge the poor. But as for the just, they shall give glory to thy name: and the upright shall dwell with thy countenance.

A Scripture Reading for the Evening (*Proverbs 10:18-23, RSV-CE*)

He who conceals hatred has lying lips,
and he who utters slander is a fool.
When words are many, transgression is not lacking,
but he who restrains his lips is prudent.
The tongue of the righteous is choice silver;
the mind of the wicked is of little worth.

The lips of the righteous feed many,
but fools die for lack of sense.
The blessing of the LORD makes rich,
and he adds no sorrow with it.
It is like sport to a fool to do wrong,
but wise conduct is pleasure to a man of
understanding.

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. Amen.

A Marian Prayer

Mary, who bore Life's Balm for the sons of Adam: by your prayer may we find mercy when He comes. Amen.

From the Catechism of the Catholic Church

880 When Christ instituted the Twelve, "he constituted [them] in the form of a college or permanent assembly, at the head of which he placed Peter, chosen from among them." Just as "by the Lord's institution, St. Peter and the rest of the apostles constitute a single apostolic college, so in like fashion the Roman Pontiff, Peter's successor, and the bishops, the successors of the apostles, are related with and united to one another."

881 The Lord made Simon alone, whom he named Peter, the "rock" of his Church. He gave him the keys of his Church and instituted him shepherd of the whole flock. "The office of binding and loosing which was given to Peter was also assigned to the college of apostles united to its head." This pastoral office of Peter and the other apostles belongs to the Church's very foundation and is continued by the bishops under the primacy of the Pope.

From the Saints

Do not say that nothing has been gained after spending a long time at prayer, for you have already gained something important. And what truly higher good is there than to cling to the Lord and persevere in unceasing union with Him? *-St. John Climacus*

In whatever mind you are, if you have been caught up in the tempests of this world, climb up on the wood of the cross so that you might be freed from the sea, that is, from the fury of this world. For no one will save you from the lake of human death unless Christ lifts you up. *-St. Isidore of Seville*

We have no place for carelessness, no time for rest. Many who reached the very haven of salvation the crafty enemy sent to the bottom. Some who rose to the very vault of heaven he brought down to the earth of sin because of slight negligence. He has emptied many treasuries of virtues, stolen many spiritual struggles, and left those who performed them poor. Knowing this, be vigilant and give no slumber to the eyes of your mind. *-St. Theodore the Studite*

God deliver you from the peace of many kinds that worldly people have...When such persons of the world remain quiet, while going about in serious sin, and so tranquil about their vices, for their consciences don't feel remorseful about anything, their peace, you have read, is a sign that they and the devil are friends. While they live, the devil does not wage war against them. *-St. Teresa of Avila*

Fast, abstain and/or sacrifice this Wednesday and Friday

For those who are married and for those who are preparing for the Sacrament of Matrimony

Memorize the 12 Fruits of the Holy Spirit

Charity, Joy, Peace, Patience, Kindness, Goodness, Generosity, Gentleness, Faithfulness, Modesty, Self-control, Chastity

Opportunities for Christian Formation this Week at the Parish

Tuesday, August 4 at 6:30PM in Aquinas Hall – Adult Catechism/OCIA; **Topic:** Happiness and the Christian Moral Life