

# 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 100, Douay Rheims*)

Mercy and judgment I will sing to thee, O Lord: I will sing, And I will understand in the unspotted way, when thou shalt come to me. I walked in the innocence of my heart, in the midst of my house. I did not set before my eyes any unjust thing: I hated the workers of iniquities. The perverse heart did not cleave to me: and the malignant, that turned aside from me, I would not know. The man that in private detracted his neighbor, him did I persecute. With him that had a proud eye, and an unsatiable heart, I would not eat. My eyes were upon the faithful of the earth, to sit with me: the man that walked in the perfect way, he served me. He that worketh pride shall not dwell in the midst of my house: he that speaketh unjust things did not prosper before my eyes. In the morning I put to death all the wicked of the land: that I might cut off all the workers of iniquity from the city of the Lord.

### **A Gospel for the Morning** (*Matthew 7:6-12, RSV-CE*)

Jesus said: "Do not give dogs what is holy; and do not throw your pearls before swine, lest they trample them under foot and turn to attack you. "Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you. For every one who asks receives, and he who seeks finds, and to him who knocks it will be opened. Or what man of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him! So whatever you wish that men would do to you, do so to them; for this is the law and the prophets.

### **A Psalm for the Evening** (*Psalm 123; Douay Rheims*)

If it had not been that the Lord was with us, let Israel now say: If it had not been that the Lord was with us, When men rose up against us, Perhaps they had swallowed us up alive. When their fury was enkindled against us, Perhaps the waters had swallowed us up. Our soul hath passed through a torrent: perhaps our soul had passed through a water insupportable. Blessed be the Lord, who hath not given us to be a prey to their teeth. Our soul hath been delivered as a sparrow out of the snare of the fowlers. The snare is broken, and we are delivered. Our help is in the name of the Lord, who made heaven and earth.

### **A Gospel for the Evening** (*John 15:1-5 from RSV-CE*)

Jesus said: "I am the true vine, and my Father is the vinedresser. Every branch of mine that bears no fruit, he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit. You are already made clean by the word which I have spoken to you. Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing."

### **A Prayer to St. Thomas Aquinas**

O Saint Thomas, Doctor of the Church Militant, flourishing by virginal purity, bestow on us the desired joys of the Church Triumphant.

### **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**

*1438* The seasons and days of penance in the course of the liturgical year (Lent, and each Friday in memory of the death of the Lord) are intense moments of the Church's penitential practice. These times are particularly appropriate for spiritual exercises, penitential liturgies, pilgrimages as signs of penance, voluntary self-denial such as fasting and almsgiving, and fraternal sharing (charitable and missionary works).

*1439* The process of conversion and repentance was described by Jesus in the parable of the prodigal son, the center of which is the merciful father: The fascination of illusory freedom, the abandonment of the father's house; the extreme misery in which the son finds himself after squandering his fortune; his deep humiliation at finding himself obliged to feed swine, and still worse, at wanting to feed on the husks the pigs ate; his reflection on all he has lost; his repentance and decision to declare himself guilty before his father; the journey back; the father's generous welcome; the father's joy - all these are characteristic of the process of conversion. the beautiful robe, the ring, and the festive banquet are symbols of that new life - pure worthy, and joyful - of anyone who returns to God and to the bosom of his family, which is the Church. Only the heart of Christ Who knows the depths of his Father's love could reveal to us the abyss of his mercy in so simple and beautiful a way.

## **From the Saints**

Those who want to be saved scrutinize not the short-comings of their neighbor but always their own and they set about eliminating them. Such was the man who saw his brother doing wrong and groaned, "Woe is me; him today - me tomorrow!" - *St. Dorotheos of Gaza*

If the angels of heaven were able to envy the men of earth, it would be for the fact that men suffer for God.  
- *St. John of Avila*

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

For the parishioners of St. Thomas Aquinas Church, especially for mothers.

## **Pray and Meditate on the Five Glorious Mysteries of the Holy Rosary**

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation

### **Opportunities for Christian Formation this week at the parish**

**Tuesday, October 7 at 6:30PM in Aquinas Hall -**

Adult Catechism/OCIA; **Topic:** The Life of Grace

**Wednesday, October 8 at 6:30PM in the Parish Hall -**

Reflection and Discussion on *The Life of St. Antony of the Desert*