

# LITURGICAL LIVING

Series 22: January 21-27

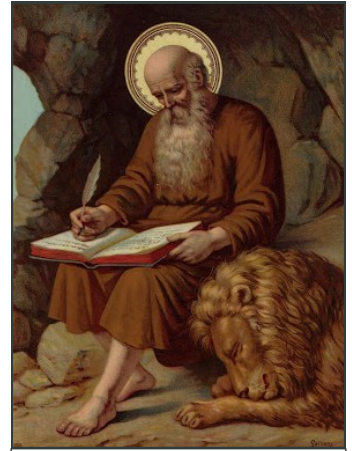
## Prayer in Ordinary Time II

Remember, this time between Christmas and Lent is anything but ordinary. Where do you think God is calling you to grow during this Ordinary Time? Here is tip two for an extraordinary season of prayer!

### 2. “Ignorance of Scripture is ignorance of Christ.” — St. Jerome

Another way to take advantage of this season is by paying close attention to the Scriptures. The Gospel readings for Mass during Ordinary Time primarily focus on Christ moving among His people, along with the call of the first disciples and the first miracles Jesus performed.

Throughout this season, take the chance to pray through those readings and reflect on the life of Christ at the start of His ministry. A simple way to do this type of prayer is through [Lectio Divina](#), the practice of meditation and contemplation with the Scriptures.



St. Jerome

## January 22: Day of Prayer for the Legal Protection of the Unborn

January 22 is the anniversary of the 1973 Roe v. Wade Supreme Court decision that struck down abortion restrictions in all fifty states. According to the General Instruction of the Roman Missal, “In all the Dioceses of the United States of America, January 22) shall be observed as a particular day of prayer for the full restoration of the legal guarantee of the right to life and of penance for violations to the dignity of the human person committed through acts of abortion.”

On this day we are encouraged to pray, fast and give alms by our bishops. We are also encouraged to attend and participate in public gatherings commemorating this tragic anniversary like a March for Life. Minnesota’s [March for Life](#) is happening on Monday the 22nd. If traveling is not possible, you can always pray a rosary outside of a nearby abortion clinic such as Planned Parenthood in Mankato. Additionally, supporting a pregnancy center such as [Options for Women](#) in Mankato would be great as well!

### Prayer for life

*Reawaken in us respect for every unborn life, make us capable of seeing in the fruit of the maternal womb the miraculous work of the Creator, open our hearts to generously welcoming every child that comes into life.*

*Bless all families, sanctify the union of spouses, render fruitful their love.*

*Accompany the choices of legislative assemblies with the light of your Spirit, so that peoples and nations may recognize and respect the sacred nature of life, of every human life.*

*Guide the work of scientists and doctors, so that all progress contributes to the integral well-being of the person, and no one endures oppression or injustice.*

*Give creative charity to administrators and economists, so they may realize and promote sufficient conditions so that young families can serenely embrace the birth of new children.*

*Console the married couples who suffer because they are unable to have children and, in Your goodness, provide for them.*

*Teach us all to care for orphaned or abandoned children, so they may experience the warmth of your Charity, the consolation of your divine Heart.*

**(Pope Benedict XVI)**

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## January 22: Day of Prayer for the Legal Protection of the Unborn

Discussing delicate and uncomfortable subjects can be tricky for families to navigate. Each family and child has different personalities and capacities so when and how to introduce these topics varies. From my research and experience, talking little by little in an age appropriate manner and answering questions in a small way can be really fruitful in these conversations. This allows your children to ask questions to what they need, allowing me to cover these topics in a more manageable way as opposed to a “Big Important Conversation” all at once. But, do what works for you! Answering with love and compassion is always a good place to start!

Here are some links to more information about the Church’s Teaching

- [Catholic Social Teaching in Action](#)
- [Respect for Unborn Human Life: The Church's Constant Teaching](#)

## January 25: Conversion of St. Paul

St. Paul (Saul) is one of the most important figures of the apostolic age. He is the author of 14 of the 27 New Testament books!

St. Paul was a Jewish scholar and Roman citizen. That is why he has two names. As time went on, he exclusively used his Roman name, Paul. St. Paul was an enemy of the early Church and even witnessed the martyrdom of St. Stephen. His conversion to Christianity is an amazing story! The whole story can be found in Acts 9.

While Saul (St. Paul) was on the road to Damascus with companions, to arrest Christians, Jesus appeared to him as a white light that flashed from the sky, knocking him down from his horse. Jesus identified himself, told Saul to stop persecuting Him in the Church, blinded Saul and told him to carry on. Afterwards, Saul’s companions led him to Damascus. Meanwhile, the Lord appeared to Ananias and instructed him to find Saul and heal him. Ananias, knowing Saul by his reputation, was wary but the Lord reassured him. Ananias complied and healed Saul who had been blind for 3 days. Saul was baptized, and began proclaiming Jesus in the synagogues.



This feast helps us to remember that through the grace of God we can change as St. Paul did. God wants to use us with our flaws and imperfections. Additionally, we can trust God and forgive as St. Ananias and the early disciples did.

The Conversion of St. Paul  
(Caravaggio)

See AFC  
Website  
for Digital  
Version!



At first, Paul didn't believe that Jesus was the Son of God. But when Jesus appeared to him after His resurrection, Paul knew he had been wrong. Soon, he gave his life to Christ and spread the Good News everywhere he went!



Saint Paul said, "I can do all things through Christ who gives me strength!" (Phil. 4:13)

Dear God, help me be as brave and dedicated as Saint Paul.