



APOSTLES of the HOLY SPIRIT

Bulletin

Fall 2017

THE HOLY SPIRIT GOD OF TRUTH

FIND IT - LIVE IT - SPEAK IT

**CHRIST CAME INTO THE WORLD "TO BEAR WITNESS TO THE TRUTH".
IN TODAY'S WORLD WE ARE ALL VICTIMS OF FALSEHOOD.
THE HOLY SPIRIT GUIDES US IN FINDING THE TRUTH.**



"GOD SENT HIS HOLY SPIRIT TO LEAD US TO ALL TRUTH" (JOHN 16-13). THIS IS THE SAME SPIRIT WHO GUIDES THE CHURCH IN THE WAY OF GOD. IF WE ARE TO RECEIVE THE LIFE GOD WANTS FOR US, IT IS VITAL THAT WE BE OPEN TO GOD, IN THE MANY WAYS HE TEACHES US, THROUGH HIS HOLY SPIRIT OF TRUTH.

FIND IT - LIVE IT - SPEAK IT

OUR HOLY BIBLE AND THE NEW CATECHISM OF THE CATHOLIC CHURCH
BOTH INSPIRED BY THE HOLY SPIRIT



IN SPIRIT AND IN TRUTH
BIBLE QUOTATION - HIS HOLY SPIRIT

Before reading the Scriptures, pause for a few moments and direct your thoughts in love and obedience to the Holy Spirit who dwells within you and inspires your reading.

HOLY SPIRIT GOD OF TRUTH

“...the Helper, the Holy Spirit, whom the Father will send in My name, will teach you everything and make you remember all I have told you.”

(John 14:26)



HE WILL GUIDE YOU TO ALL TRUTH

“I have much more to tell you, but you cannot bear it now. But when He comes, the Spirit of truth, he will guide you to all truth. He will not speak on his own, but he will speak what he hears, and will declare to you the things that are coming. He will glorify me, because he will take from what is mine and declare it to you.”

(John 16:12-14)



WORSHIP IN SPIRIT AND TRUTH

“God is Spirit, and those who worship him must worship in Spirit and Truth.”

(John 4:24)

Jesus taught us we must worship the one true God in and through the Holy Spirit who dwells in us. We must manifest the truth of our worship through actions inspired by the same Holy Spirit.

*Excerpts on truth from:
The New Catechism of the
Catholic Church*

LIVING IN THE TRUTH

FIND IT

2465 The Old Testament attests that God is the source of all truth. His Word is truth. His Law is truth. His “faithfulness endures to all generations.”²⁵⁴

LIVE IT

Since God is “true,” the members of his people are called to live in the truth.²⁵⁵

2466 In Jesus Christ, the whole of God’s truth has been made manifest. “Full of grace and truth,” he came as the “light of the world,” he is the Truth.²⁵⁶

“Whoever believes in me may not remain in darkness.”²⁵⁷ The disciple of Jesus continues in his word so as to know the truth [that] will make you free” and that sanctifies.²⁵⁸ To follow Jesus is to live in “the Spirit of truth,” whom the Father sends in his name and who leads “into all the truth.”²⁵⁹ 2153 To his disciples Jesus teaches the unconditional love of truth: “Let what you say be simply Yes or No.”²⁶⁰

SPEAK IT

2471 Before Pilate, Christ proclaims that he “has come into the world, to bear witness to the truth.”²⁶⁵ The Christian is not to “be ashamed then of testifying to our Lord.”²⁶⁶ In situations that require witness to the faith, the Christian must profess it without equivocation, after the example of St. Paul before his judges. We must keep “a clear conscience toward God and toward men.”²⁶⁷

254 Ps 119:90; cf. Prov 8:7; 2 Sam 7:28; Ps 119:142; Lk 1:50.

255 Rom 3:4; cf. Ps 119:30. - 256 Jn 1:14; 8:12; cf. 14:6.

257 Jn 12:46. - 258 Jn 8:32; cf. 17:17. - 259 Jn 16:13.

260 Mt 5:37. - 265 Jn 18:37. - 266 2 Tim 1:8. - 267 Acts 24:16.

The Splendor of Truth

The Splendor of **Truth** shines forth in the works of the Creator and, in a special way, in man, created in the image and likeness of God (cf. Gen 1:26). **Truth** enlightens man's intelligence and shapes his freedom, leading him to know and love the Lord. Hence the Psalmist prays: "Let the light of your face shine on us, Lord" (PS 4:6).

TRUTH

We might epitomize the encyclical *The Splendor of Truth* by enumerating six errors common today, and six truths in response.

1st Error: I am able to determine what is right and what is wrong.

Truth: Only God can determine what is right and what is wrong. "Only God is good."

2nd Error: Freedom is unlimited. I can do whatever I want.

Truth: Freedom is not a physical power, but a moral power - the right to do what I ought. God's law tells me what I ought to do.

"The only true freedom, the only freedom that can truly satisfy, is the freedom to do what we ought as human beings created by God according to His plan" (John Paul II to President Reagan, Sept. 10, 1987).

3rd Error: Conscience is the final court of appeal for determining right and wrong. I follow my conscience even if my conscience follows me.

Truth: Conscience must be informed by truth, must be correct conscience, if it is to be a good monitor.

4th Error: My fundamental option or choice determines the goodness or badness of my actions. As long as my intentions are good, nothing else matters.

Truth: Intentions alone are not enough to make an action good. Some acts are intrinsically evil - always evil, and no intention can make them good.

5th Error: The consequences of an action determine its morality (consequentialism). The fact that an action is a lesser evil makes it right (proportionalism).

Truth: Martyrdom proves that the consequences of an action cannot be the sole determinant of its morality.

6th Error: We ourselves, or public opinion, determines what is true and what is good, not some standard outside ourselves.

Truth: We did not make ourselves, so we cannot be the norm of morality. Only the maker decides the purpose of the thing made. The fulfilling of that purpose determines whether a thing is true or good.

Living In The Truth

The Holy Spirit has a key role in our spiritual warfare. As our Holy Father, Pope John Paul II, pointed out, "It is the Spirit of God especially that makes us aware of evil in the world and strengthens us in order that we may be able to deal with that evil in such a way that we are the victors and that evil might be dispelled. It is especially through the Holy Spirit that God overcomes the evil of the world. The Holy Spirit comes as the **truth** that overcomes all hatred. That is God who dwells within us, the God of Truth and the God of Love."

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2466 In Jesus Christ, the whole of God's truth has been made manifest. "Full of grace and truth," he came as the "light of the world," he is the Truth.256 "Whoever believes in me may not remain in darkness."257 The disciple of Jesus continues in his word so as to know "the truth [that] will make you free" and that sanctifies.258 To follow Jesus is to live in "the Spirit of truth," whom the Father sends in his name and who leads "into all the truth."259 To his disciples Jesus teaches the unconditional love of truth: "Let what you say be simply 'Yes or No.'"260



Prayers to the Holy Spirit

LET US ALWAYS START ALL OUR
PRAYER WITH A SIMPLE

“COME, HOLY SPIRIT”



ACT OF LOVE

O Holy Spirit, source of all mercy, truth and holiness, it saddens me to think that there are many who oppose Your inspirations and blind themselves to the known truth. Accept this act of love for those offenses. I, too, have many times offended You by my sins. I now implore Your mercy and forgiveness; and I promise with the help of Your grace never to offend You again. You, Who are often forgotten and so little loved, grant that through the merits of Jesus our redeemer, we may come to know You more and more and realize, more fully, Your presence, Your power and Your intimate love. Amen.



O Holy Spirit, God of truth help me to find Your truth to live that same truth and to boldly acclaim that truth to others.

For it is only through Your truth that our society today can change and return to God.



O Holy Spirit, Spirit of truth, come into our hearts; shed the brightness of Your light on all nations that they may be one in faith and pleasing to You. Amen.



CLOSING PRAYER

Come Holy Spirit,
Replace the tension within us with a holy relaxation.
Replace the turbulence within us with a sacred calm.
Replace the anxiety within us with with a quiet confidence.
Replace the fear within us with a strong faith.
Replace the bitterness within us with the sweetness of grace.
Replace the darkness within us with a gentle light.
Replace the coldness within us with a loving warmth.
Replace the night within us with Your day.
Replace the winter within us with Your spring.
Straighten our crookedness.
Mend our brokenness.
Fill our emptiness.
Dull the edge of our pride.
Sharpen the edge of our humility.
Light the fires of our love.
Quench the flame of our greed.
Let us see ourselves as You see us, that we might see You as You have promised us. It is You who calls us to this night and to Your work. It is You who invites us to be Your hands and Your lips. As we reflect upon Your word make us joyful messengers of Your good news and help us model ourselves so that our lives will convince others that true Christian joy is the result of giving ourselves into Your hands so that we might serve others., Amen.
Indeed, everyone should painstakingly ready himself or herself for the apostlate, especially as an adult. For the advance of age brings with it better self-knowledge, thus enabling each person to evaluate more accurately the talents with which God has enriched every soul and to exercise more effectively those gifts which the Holy Spirit has bestowed on all for the good of others.”
*Decree on the Apostlate of the Laity,
Vatican Council II*

LET US DAILY COUNT OUR BLESSINGS AND GIVE THANKS

MEDITATION: THE WAY, THE TRUTH, THE LIFE

Three words! Just three words, “way,” “truth,” and “life,” contain all of our needs and desires for life. I guess our way has not always been Your way, Lord. We’ve stumbled a lot as a result. It hasn’t always worked out like we planned. Yet, You told us that You came so that we might have life to the fullest. It’s there if our faith is there, if we follow Your way.

It’s difficult to give up control, Lord. It’s not just a matter of accepting “Your way”; it seems like it also involves recognizing the truth. You are truth. Your commandments are truth. Truth brings freedom if we can accept those truths. And doesn’t freedom also bring peace? Isn’t that what we are all seeking?

That is all part of life, isn’t it? Lord, You are the way, the truth, and the life. Doesn’t that also include peace, joy, and freedom? You told us we could achieve those things in following Your words. The world hasn’t been able to truly provide those things on its own. It is all so illusive. And yet, You spelled it out for us that we might have life to the fullest. Lord, isn’t it all in the acceptance of You as The Way, The Truth, and The Life?

PAUSE AND REFLECT

MY TRUE NEEDS

Lord, You told us: *All that you ask of the Father in my name will be given unto you.* You ask us to ask. But, maybe there’s a catch to that. Maybe you mean that You will give us what we TRULY need, instead of what we want.

Do people usually ask for what they want without truly recognizing what they really need? Maybe I need to formulate my needs more attuned to my place in eternity.

First of all, I need You. I need a true and deep relationship with You, Lord, because without it, nothing else is ever going to work, or at least it won’t last. I need food for my soul. I need to recognize the need for daily prayer in my life and a zest for it. I need to find the true meaning of Mass, and to be able to go there with purpose, to really get into what is happening there.

PRAYER:

We thank You, Father, for showing us the way by sending us a Saviour. We thank You, Father, for eternal life, made possible by the Sacrifice of Your Son.

Jesus, You brought us the Good News of salvation. You prepared the way and provided our redemption. All praise to You as our Redeemer.

Jesus, in Your words are truth and life. Give us the grace to follow them instead of merely trying to redirect our conscience to better fit our claimed need. Help us to better recognize that our freedom comes from our acceptance and adherence to Your truths.

Jesus! Your peace, Your love, Your forgiveness, are available to replace our impatience, anger, and frustration. Your truth is available to eliminate our uncertainty and confusion. Your promise of eternal life erases the turmoil of our earthly existence.

Jesus! You came as our Saviour, offering us total redemption through Your crucifixion. All praise and thanksgiving for Your Incarnation as The Way, The Truth, and The Life.

ONE CANDLE MAY LIGHT A THOUSAND

*When you are finished with
your Bulletin pass it on.*



Lord, I need to put deeper meaning into my everyday life as well. It seems like there could be so much more depth to my job, my marriage, my family. It just shouldn’t all be taken for granted as much as it is, from day to day. I could do so much more with my daily life. But, I need Your grace to do it.

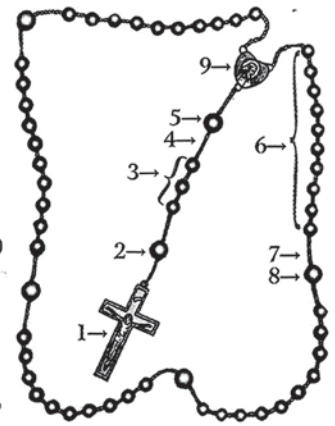
Would there be greater accomplishment in my life if I were more compassionate, more sharing, more dependent on You and what You want me to be, or achieve? Should I be giving You more control of my life?

Jesus! I bring You my package of needs. You asked us to. Funny thing, money and success weren’t included. Peace, happiness, and faith are. Jesus, I’ve just realized money and success can’t buy those. You give them to us.

**LET US ASK GUIDANCE FROM THE
HOLY SPIRIT FOR OUR TRUE NEEDS.**

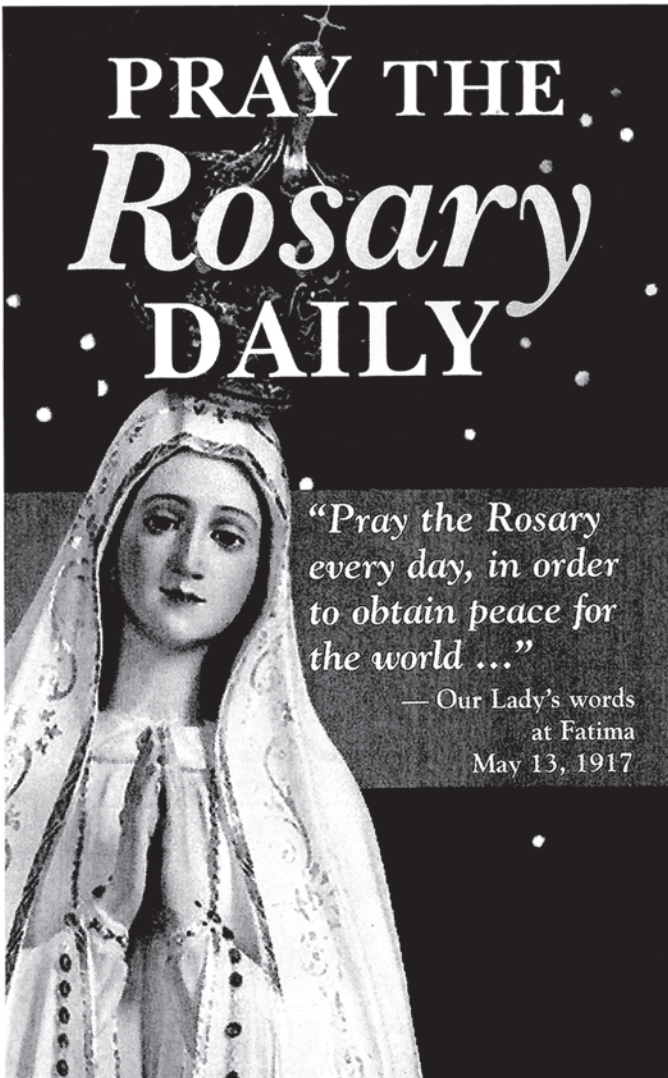
How to Pray the Rosary

1. Make the Sign of the Cross and say the "Apostles' Creed."
2. Say the "Our Father."
3. Say three "Hail Marys."
4. Say the "Glory Be to the Father."
5. Announce the First Mystery; then say the "Our Father."
6. Say 10 "Hail Marys" while meditating on the Mystery.
7. Say the "Glory Be to the Father." After each decade, say the following prayer requested by the Blessed Virgin Mary at Fatima: "O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those in most need of Thy mercy."
8. Announce the Second Mystery; then say the "Our Father." Repeat 6 and 7 and continue with the Third, Fourth, and Fifth Mysteries in the same manner.
9. Say the "Hail, Holy Queen" on the medal after the five decades are completed.



As a general rule, depending on the season, the Joyful Mysteries are said on Monday and Saturday; the Sorrowful Mysteries on Tuesday and Friday; the Glorious Mysteries on Wednesday and Sunday; and the Luminous Mysteries on Thursday.

With Ecclesiastical Approval



Prayers of the Rosary

THE SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

THE APOSTLES' CREED

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

OUR FATHER

Our Father, who art in heaven; hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation; but deliver us from evil. Amen.

HAIL MARY

Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

GLORY BE TO THE FATHER

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and ever shall be, world without end. Amen.

HAIL, HOLY QUEEN

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope, to thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears; turn, then, most gracious Advocate, thine eyes of mercy towards us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.

The wording of the Apostles' Creed conforms with the Roman Missal.

The Joyful Mysteries

The Annunciation of the Lord

The angel Gabriel was sent from God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph.... And he came to her and said, "Hail, O favored one, the Lord is with you!" — Luke 1:26-28

The Visitation

In those days Mary arose and went with haste into the hill country, to a city of Judah.... And when Elizabeth heard the greeting of Mary, the babe leaped in her womb. — Luke 1:39-41

The Nativity of the Lord

And she gave birth to her first-born son and wrapped him in swaddling cloths, and laid him in a manger, because there was no place for them in the inn. — Luke 2:7

The Presentation of the Lord

And when the parents brought in the child Jesus ... he took him up in his arms and blessed God and said, "Lord, now lettest thou thy servant depart in peace, according to thy word; for mine eyes have seen thy salvation." — Luke 2:27-30

The Finding in the Temple

After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions; and all who heard him were amazed. — Luke 2:45-47

The Sorrowful Mysteries

The Agony in the Garden

And going a little farther [Jesus] fell on his face and prayed, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as thou wilt." — Matthew 26:39

The Scourging

Then [Pilate] released for them Barabbas, and having scourged Jesus, delivered him to be crucified. — Matthew 27:26

The Crowning with Thorns

And they stripped him and put a scarlet robe upon him, and plaiting a crown of thorns they put it on his head, and put a reed in his right hand. — Matthew 27:28-29

The Carrying of the Cross

And when they had mocked him, they stripped him of the robe, and put his own clothes on him, and led him away to crucify him.... They came upon a man of Cyrene, Simon by name; this man they compelled to carry his cross. — Matthew 27:31-32

The Crucifixion

And Jesus cried again with a loud voice and yielded up his spirit. And behold, the curtain of the temple was torn in two, from top to bottom; and the earth shook, and the rocks were split. — Matthew 27:50-51

The Luminous Mysteries

The Baptism of Jesus

And when Jesus was baptized, he went up immediately from the water, and behold, the heavens were opened and he saw the Spirit of God descending like a dove. — Matthew 3:16

The Wedding Feast of Cana

Jesus said to her, "O woman, what have you to do with me? My hour has not yet come." His mother said to the servants, "Do whatever he tells you." ... This, the first of his signs, Jesus did at Cana in Galilee. — John 2:4-5, 11

The Preaching of the Kingdom

Jesus came into Galilee, preaching the gospel of God, and saying, "The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the gospel." — Mark 1:14-15

The Transfiguration

And as [Jesus] was praying, the appearance of his countenance was altered, and his raiment became dazzling white.... And a voice came out of the cloud, saying, "This is my Son, my Chosen; listen to him!" — Luke 9:29-35

The Institution of the Eucharist

Now as they were eating, Jesus took bread, and blessed, and broke it, and gave it to the disciples and said, "Take, eat; this is my body." — Matthew 26:26-27

The Glorious Mysteries

The Resurrection

Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not know the scripture, that he must rise from the dead. — John 20:8

The Ascension of the Lord

He said to them, "It is not for you to know times or seasons which the Father has fixed by his own authority. But you shall receive power when the Holy Spirit has come upon you." ... When he had said this, as they were looking on, he was lifted up, and a cloud took him out of their sight. — Acts 1:7-9

The Descent of the Holy Spirit

There appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit. — Acts 2:3-4

The Assumption of Our Blessed Mother

For since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have fallen asleep. — 1 Thessalonians 4:14

The Crowning of Mary as Queen of Heaven

A great portent appeared in heaven, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. — Revelation 12:1



MARCH FOR LIFE NOVENA PRAYER TO OUR LADY OF GUADALUPE

Our Lady of Guadalupe, we turn to you who are the protectress of unborn children and ask that you intercede for us, so that we may more firmly resolve to join you in protecting all human life. Let our prayers be united to your perpetual motherly intercession on behalf of those whose lives are threatened, be they in the womb of their mother, on the bed of infirmity, or in the latter years of their life. May our prayers also be coupled with peaceful action which witnesses to the goodness and dignity of all

OUR LADY OF GUADALUPE INTERCESSOR OF THE UNBORN

To help stop the anti-life push in the world the late Archbishop Fulton J. Sheen encouraged the spiritual adoption of an unborn child. This is done by praying that one particular but unknown child's life be spared abortion and be allowed to continue to live.

To help accomplish this, it was recommended, an individual say the following daily prayer for a period of nine months.

“Jesus, Mary and Joseph, I love you very much. I beg you to spare the life of the unborn baby that I have spiritually adopted who is in danger of abortion.”

The name I wish to give my baby is: _____
During your earthly life this spiritually adopted child of yours will be known only to God but in the world to come it is hoped that you will meet the souls your prayers saved and spend eternal happiness with them.

Jesus may your peace and your love embrace the hearts, minds and souls of the family, friends and loved ones who encourage this abortion and lead them all to your sacred and eucharistic heart.



human life, so that our firmness of purpose may give courage to those who are fearful and bring light to those who are blinded by sin. Encourage those who will be involved in the March for Life; help them to walk closely with God and to give voice to the cry of the oppressed, in order to remind our nation of its commitment to life, liberty, and the pursuit of happiness for all people. O Virgin Mother of God, present our petitions to your Son and ask Him to bless us with abundant life.



Prayer for My Family

Loving God, I offer thanks for the gift of my family. Help us to work together for peace and harmony in our relationships.

Grant us the grace to accept each other's faults and weaknesses. Protect us from harsh words and hurt feelings. Assist us to encourage one another's strengths and abilities. Lead us to mutual understanding and support.

May we always forgive each other's failings and rejoice in one another's successes.

Watch over my family, Dear Lord. Bless us with good health and happiness. Fill our hearts with love, patience and kindness for one another, now and always. Amen.

In Gratitude for Our Fathers

Loving God, Father of us all, I thank you for my own father, who gave me the gift of life itself. I am grateful for his work to support our family, and his efforts to provide for us in many other ways.

Reward him for all the things he did right. Forgive his faults and failures. Bless him for the sacrifices he made, and pardon his mistakes and imperfections.

I also pray in appreciation for those who have "fathered" me in life-giving ways: grandfathers, uncles, brothers, teachers, pastors, coaches and mentors. May Your Holy Spirit gift them with the virtues of justice and mercy, wisdom, faithfulness and self-less loving. Amen.

Prayer for Our Children

Loving God, I prayerfully entrust our children and teenagers to Your special care.

Bless them with Your love and goodness. Grant them continued growth in wisdom, knowledge and virtue. Protect them day and night, at home, in school, at play.

Inspire them each day to do their best. Strengthen them during times of discouragement and disappointment.

Make them ever mindful of the needs of others, kind and caring toward the elderly and all those less fortunate.

May our children walk in the paths of holiness, as Your instruments of joy, love and peace in our family and in our world. Amen.

I can do this!

To make your days the best they can be.



TEN COMMANDMENTS

1. I am the Lord thy God, thou shalt not have strange gods before me.
2. Thou shalt not take the name of the Lord thy God in vain.
3. Remember thou keep holy the Sabbath day.
4. Honor thy father and thy mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbors wife.
10. Thou shalt not covet thy neighbors goods.

THE LORD'S PRAYER

Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread. Forgive us our trespasses as we forgive those who trespass against us. Lead us not into temptation but deliver us from evil. **Amen.**

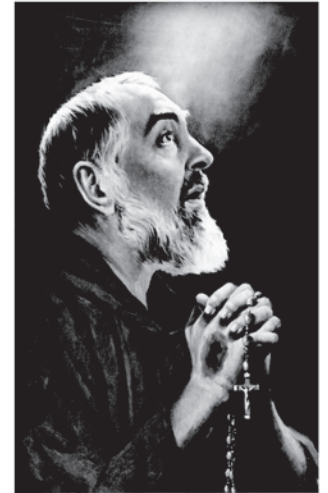


1. Begin each day with a good morning Lord, and what can I do for you? Talk to him.
2. Do not give up your good Christian faith. Let no one mislead you.
3. A good attitude is another gift from God.
4. Let us be remembered for the good we have done in our life, and not for what we have.
5. Great words are no match for great deeds.
6. Be kind to all, even the unkind.
7. When you give to others, do not look for rewards or praise.
8. The most important thing to save in this life is your soul.
9. A job well planned is a job half done.
10. Stay away from drugs, smoking and alcohol, they can ruin your life.
11. Do not judge others, you are not in their shoes.
12. When people hurt you, you must forgive, this will be hard to do. When you hurt people, you must ask for forgiveness, this will be harder.
13. All those who say the Rosary daily, God's Blessed mother promises to aid in the necessities.
14. In this world, we have givers and takers, which are you?
15. What you eat, what you see and read is what you are.
16. God favors those who seek him, ask a lot, but think carefully what you ask for, you may get it.
17. Some of the world's greatest sinners, have become some of the world's greatest Saints.
18. At the end of the day, do not forget to thank the Lord.

I CAN DO ALL OF THIS!



*Padre Pio's
Prayer for
Trust &
Confidence*



O Lord, we ask for a boundless confidence and trust in Your divine mercy, and the courage to accept the crosses and sufferings which bring immense goodness to our souls and that of Your Church.

Help us to love You with a pure and contrite heart, and to humble ourselves beneath Your cross, as we climb the mountain of holiness, carrying our cross that leads to heavenly glory.

May we receive You with great faith and love in Holy Communion, and allow You to act in us, as You desire, for Your greater glory.

O Jesus, most adorable heart and eternal fountain of Divine Love, may our prayer find favor before the Divine Majesty of Your Heavenly Father.
Amen.

You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. (Mt. 22:37-39)

Living One Day At A Time;
Accepting hardships
on the pathway to Peace,
Taking as He did,
this World as it is,
Not as I would have it.

Trusting that He
will make all things right
if I surrender to His will;
That I may be reasonably
happy in this life and
supremely happy with
Him, forever in the next.

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**NOVENA
TO THE
HOLY
SPIRIT**

HELP ME TO KNOW YOU

George E. Schulhoff A.H.S.

To the right is a page from the Novena to the Holy Spirit.

This entire page deals with the peace that only the Holy Spirit can give.



The Apostles of the Holy Spirit have available "Novena to the Holy Spirit" Help Me To Know You. We can supply you with 1 - 5 copies free of any obligation.

"Novena to the Holy Spirit" Help Me To Know You, is also available in Spanish.

Send request to address above:



I AM PEACE

When you learn how to dismiss all distractions and think only of Me in your heart, you will experience Peace. I, your God, My Holy Spirit, is in the midst of this peace you experience. The more undivided attention you focus on Me, the greater and deeper this peace will become.

This peace surrounds Me. I am Peace. You will recognize My presence by this peace.

Peace, My peace that only I can give is of the soul.

Relaxation can be obtained in numerous ways, including - drugs - sex - money. These are of the body and in excess harm the soul.

Your gratitude to Me will increase my gifts to you. Just as you give more to those who appreciate you.

END OF DAY SIX