



APOSTLES of the HOLY SPIRIT

# *Bulletin*

*Summer 2018*

# THE HOLY SPIRIT GIFT OF JOY

The pleasure, satisfaction, contentment, rest and happiness experienced as a result of the possession of basic human good. Christ is seen as the cause of all authentic Christian joy.



Holy Spirit preserve in us this joy even in difficulties and temptations by letting your divine joy pour into our sacrifices.



# JOY

The pleasure, satisfaction, contentment, rest and happiness experienced as a result of the possession of basic human good. Christ is seen as the cause of all authentic Christian joy because He fulfills the Old Testament promises, brings forgiveness, grace, truth and divine love. Joy for the Christian is result of charitable actions, forgiveness for sin and life under the promise of redemption and salvation. Essentially, Christian joy is sharing in the joy of Christ at the accomplishment of the works of divine salvation. Joy is the completion of happiness, the aim of human life and the completion of human action and existence.

The Augustinian tradition asserted that only God could provide the fullness of human joy as only He could meet all of our human needs and fulfill all of our human longings. The Christian conception of joy is significantly different from that of the Marxist, materialist or agnostic concepts because it affirms that God provides it perfectly. Agnostics or materialists would be skeptical of this, for they would contend that joy is ultimately materialist in its nature and content. Christian Faith affirms that the spiritual joy of union with discipleship of Christ made possible by faith and grace is of a different order from that which others can imagine or ask.



**“Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love”.**

## Plentitude of Joy

Lord, you underwent your sacred Passion in order to bring us happiness that our joy may be full. Your heart spent itself entirely for our eternal happiness.

Let us see the immense value of this gift of joy and let us embrace it wholeheartedly since you purchased it with your life.

Help us to be filled with interior joy and let us always find it in your heart.

Keep us ever mindful of your love and the gift of joy, and increase them more and more through your goodness.

Preserve in us this joy even in difficulties and temptations by letting your divine joy pour into our sacrifices.

Let us not succumb to sadness, as if your love did not vanquish our enemies, as if your heart were not capable to console us. In your loving presence let us find the source of our joy overcoming all fatigue and distress.

Let your all-conquering love inundate us and shine upon our neighbor.



## THE BEATITUDE

God put us in this world to know, to love, and to serve him, and so to come to paradise. Beatitude makes us “partakers of the divine nature” and of eternal life. With beatitude, man enters into the glory of Christ & into the joy of the Trinitarian life.

Such beatitude surpasses the understanding and powers of man. It comes from an entirely free gift of God: whence it is called supernatural, as is the grace that disposes man to enter into the divine joy.

**“Blessed are the pure in heart, for they shall see God.”**

## THE GIFT OF JOY WILL BE FOUND IN MANY FORMS

For example, when a family says the Rosary together, they are also united with Christ and Mary in the mysteries. “So joy in the Holy Spirit is not just ‘knowing,’ but ‘union with,’” “The Holy Spirit not only gives knowledge, but unites by.”

### JUST BEING TOGETHER BRINGS JOY, TOO.

“the children loathe doing dishes, but there’s joy in the family when they’re working in a group effort and it benefits the family,” they find “Even though they don’t get ‘happiness’ doing dishes, they get such a true joy and satisfaction when working together.”

### JOYS OF THE BLESSED VIRGIN MARY.

Pious devotion to commemorate particular joys in the life of Blessed Mary. The numbers given are five or seven, and sometimes twelve, but most common in today’s practice are the Annunciation, Visitation, Nativity of Jesus, Epiphany, Finding Jesus in the Temple, Resurrection, and Assumption. Franciscans celebrate the joys of the Blessed Virgin with a special feast and also propagate the devotion of the Rosary of Mary’s Seven Joys. This devotion was very popular in old Catholic England, and today another feast on the Monday after Low Sunday celebrates the same joys in Portugal and Brazil.

### JOY IN THE SPIRITUAL READING

In spiritual literature, the feeling aroused by the expectation or possession of some good. One of the fruits of the Holy Spirit. Joyful emotions affect the body, but they are essentially in the higher faculties of the soul. Differs from pleasure, which may affect the human spirit but originates in some bodily sensation. Thus joy is possessed by angels and human beings, and its source is the rational will.

## HOLY SPIRIT GRANT US YOUR GIFT OF JOY

**736** By this power of the Spirit, God’s children can bear much fruit. He who has grafted us onto the true vine will make us bear “The fruit of the Spirit: ...love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.” “We live by the Spirit”; the more we renounce ourselves, the more we “walk by the spirit.”

Through the Holy Spirit we are restored to paradise, led back to the Kingdom of Heaven, and adopted as children, given confidence to call God “Father” and to share in Christ’s grace, called children of light and given a share in eternal glory.



## HOLY SPIRIT BLESS ME WITH YOUR HOLY GIFT OF JOY

### On Joy

Joy is prayer- joy is strength - joy is love - joy is a net of love by which you can catch souls. God loves a cheerful giver. She gives most who gives with joy. The best way to show our gratitude to God and the people is to accept everything with joy. A joyful heart is the normal result of a heart burning with love. Never let anything so fill you with sorrow as to make you forget the joy of Christ Risen. We all long for heaven where God is, but we have it in our power to be in heaven with Him right now- to be happy with Him at this moment. But being happy with Him now means:

loving as He loves,  
 helping as He helps,  
 giving as He gives,  
 serving as He serves  
 rescuing as He rescues,  
 being with Him twenty-four hours,  
 touching Him in His distressing disguise.

*Saint Mother Teresa*

ONE CANDLE  
 MAY LIGHT A THOUSAND

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

## Prayers for Family



LET US ALWAYS START ALL OUR  
PRAYER WITH A SIMPLE

### “COME, HOLY SPIRIT”



*“Holy Spirit, open my eyes to see you, and my ears to hear you. I want to know and love my God - Father, Son, and Spirit- More intimately than I do now.”*



*“Holy Spirit, come and renew my way of thinking. I want to become a vessel of your grace and power, and I know I cannot do this on my own. Spirit, make your thoughts my thoughts and your desires my desires!”*



*“Holy Spirit, I don’t want to miss a word you have to say to me. You are my strength, my hope, and my love. I want to tell everyone about the treasure I have found in you.”*

## Our Joy Is God

Great art Thou, O Lord, and greatly to be praised; great is Thy power, and of Thy wisdom there is no number. And man desires to praise Thee. He is but a tiny part of all that Thou hast created. He bears about him his morality, the evidence of his sinfulness, and the evidence that Thou dost resist the proud: yet this tiny part of all that Thou hast created desires to praise Thee.

Thou dost so excite him that to praise Thee is his joy. For Thou hast made us for Thyself and our hearts are restless till they rest in Thee.

For there is a joy which is not given to the ungodly but only to those who love Thee for Thy own sake, whose joy is Thyself. And this is happiness, to be joyful in Thee and for Thee and because of Thee, this and no other. Those who think happiness is any other, pursue a joy that is apart from Thee and is no true joy.

*St. Augustine*

## An Act of Consecration To The Holy Spirit

O Holy Spirit, divine Spirit of light and love, I consecrate to You my understanding, my heart and my will, my whole being from time and for eternity.

May my understanding be always submissive to your heavenly inspirations and to the teachings of the Holy Catholic Church, of which You are the infallible Guide.

May my heart be ever inflamed with love of God and of my neighbor; may my will be ever conformed to the divine Will, and may my whole life be a faithful imitation of the life and virtues of Our Lord and Savior Jesus Christ, to whom with the Father and You, Holy Spirit, be honor and glory forever, Amen.

*St Pius X, June 5, 1908*

**Ask for the Holy Spirit and His Gifts with faith. Receive them with praise and thanksgiving. Share them with your brothers and sisters in a spirit of joy.**

## “Come Holy Spirit”

## THOUGHTS FROM ST. JOHN VIANNEY PATRON OF ALL PRIESTS

What **joy** will there be at the judgement for those who will learn from Jesus Christ that the kindness they showed to the poor was kindness shown to him. “Yes,” he will say to them, “it was I myself that you came to see in that poor person; it was to me that you rendered that service; it was me that you gave alms at your door.” -*Sermon on Almsgiving*



Those who are lead by the Holy Spirit have true ideas; that is the reason why so many ignorant people are wiser than the learned. The Holy Spirit is light and strength. When we are led by a God of strength and light, we can not go astray.  
- *Catechism on the Holy Spirit*



When we are before the Blessed Sacrament, let us open our heart; our good God will open his. We shall go to him; he will come to us; the one to ask, the other to receive. It will be like a breath from one to the other.  
- *Catechism on the Real Presence.*



There is one thing everyone can do, whether they find it hard to meditate or not, and that is to make up their mind in the morning to cultivate some particular virtue during the day, to practice the interior Presence of God, and to live their life in union with him. -*On Prayer*



Ah! how sweet and full of comfort are the moments spent before the Blessed Sacrament! Are you in any trouble? Come and throw yourself at his feet...Do people speak badly of you? Come to him and you will find a good friend who will never fail you ... - *Style of the Cure d' Ars*



IN SPIRIT AND IN TRUTH  
BIBLE QUOTATION - HIS HOLY SPIRIT

## JOY JESUS SAID TO HIS DISCIPLES

- 20 “I tell you truly: you will weep and mourn while the world rejoices; you will grieve for a time, but your grief will be turned into **joy**.”
- 21 When a woman is in labor she is sad that her time has come. When she has borne her child, she no longer remembers pain for **joy** that a man has been born into the world.
- 22 In the same way, you are sad for a time, but I shall see you again; then your hearts will rejoice with a **joy** no one can take from you.”

-John 16:20-22  
Holy Bible

## JOY-FULL JESUS SAID TO HIS DISCIPLES

- 10 If you obey my commands, you will remain in my love, just as I have obeyed my Father’s commands and remain in his love.
- 11 “I have told you this so that my **joy** may be in you and that your **joy** may be complete.

-John 15: 10-11  
Holy Bible

“I solemnly assure you, the man who  
has faith in me will do the works I do”

-John (14:12)

## Prayers for Family



**LET US ALWAYS START ALL OUR  
PRAYER WITH A SIMPLE  
“COME, HOLY SPIRIT!”**



### Prayer to the Holy Spirit

I am going to reveal to you the secret of sanctity and happiness. Every day for five minutes control your imagination and close your eyes to the things of sense and your ears to all the noises of the world, in order to enter into yourself. Then, in the sanctity of your baptized soul (which is the temple of the Holy Spirit) speak to that Divine Spirit, saying to Him:

**Oh, Holy Spirit, beloved of my soul ...  
I adore You. Enlighten me, guide me,  
strengthen me, console me. Tell me what I  
should do ... give me Your orders. I promise  
to submit myself to all that You desire of me  
and to accept all that You permit to happen  
to me. Let me only know Your will.**

If you do this, your life will flow along happily, serenely and full of consolation, even in the midst of trials. Grace will be proportioned to the trial, giving you the strength to carry it and you will arrive at the gate of Paradise, laden with merit. This submission to the Holy Spirit is the secret of sanctity.

*Cardinal Mercier*

The Holy Spirit is the unseen moving force of God in the world-unseen but not unheard! It was the Holy Spirit who inspired the prophets of the Old Testament to lead the people to God. It was the Holy Spirit who inspired the evangelists

to write the Gospels and Epistles. It is today the Holy Spirit who guides the faithful “and I will send the Holy Spirit to inspire you with all the things I have taught you.”

Pope Leo XIII at the turn of the century wrote, “We ought to pray and invoke the Holy Spirit, for each one of us greatly needs His protection and help. The more a man is deficient in wisdom, weak in strength, borne down with trouble, prone to sin, so ought he the more go to Him who is the never ceasing Fount of Life, Strength, Consolation and Holiness.”

Vatican II emphasizes very urgently the honor and also the duty, especially of the lay people, to pray and invoke the Holy Spirit in every phase of their life. “The lay people dedicated to Christ and anointed by His Holy Spirit (in baptism and confirmation) are marvelously called and equipped to produce in themselves ever more abundant fruits of the Spirit. For all their works, prayers and apostolic endeavors, their ordinary married and family life, their daily labor, their mental and physical relaxation, if carried out in the Spirit, and even the hardships of life, if patiently borne—all of these become spiritual sacrifices acceptable to God through Jesus Christ.”



### Holy Spirit Prayer

Come, Holy Spirit, almighty Sanctifier, God of love, who filled the Virgin Mary with grace, who wonderfully changed the hearts of the apostles, who endowed all Your martyrs with miraculous courage, come and sanctify us. Enlighten our minds, strengthen our wills, purify our consciences, rectify our judgment, set our hearts on fire, and preserve us from the misfortunes of resisting Your inspirations. Amen.

### A Prayer for Those in Temptation

Let me not deceive myself... I know what I am considering is wrong. Let me not be swept away by its immediate attraction. God the Father, watch over me. Christ our Lord, strengthen me. The Holy Spirit, live in me. Amen.



## BLESSED SISTER ELENA AIELLO

Sister Elena Aiello was born on April 5, 1895. She had 7 brothers and sisters. She became a nun and later founded the Sister Minims of The Passion of Our Lord Jesus Christ. This order was based on the similar order of Monks founded by San Francesco di Paola. Sister Elena experienced apparitions of St. Francesco and other saints as well as the Blessed Mother. Sister Elena Aiello was made venerable by Pope John Paul II in 1992.

Sister Elena began suffering the stigmata every Good Friday from 1923 until her death on June 16, 1961. On September 14, 2011, Feast of the Exaltation of the Cross, Pope Benedict XVI declared Sr. Elena Aiello “Blessed” Elena Aiello-Mystic, Stigmatic, Victim Soul, Prophet and Foundress of “The Minim Tertiaries” of the Passion of Our Lord Jesus Christ.

On Good Friday, April 8, 1955, Our Lady said to Blessed Elena: “You are to transmit these warnings to all, in order that the new generation will know that men had been warned in time to turn to God by doing penance and thus could have avoided these punishments.”

On August 22, 1960, Our Lady said “Do not fear, for I will accompany with my maternal protection, my faithful ones and all

those who accept my urgent warnings, and they, especially by the recitation of my rosary will be saved.”

“If the people do not recognize in these Scourges of Nature (earthquakes; famine; hurricanes, tornadoes) the warnings of Divine Mercy, and do not return to God with truly Christian living, another terrible war will come from the East to the West. Russia with her secret armies will battle America; will overrun Europe... spread the ‘devotion to my Immaculate Heart...’

“IN THESE TRAGIC HOURS, THE WORLD HAS NEED OF PRAYERS AND PENANCE BECAUSE THE POPE, THE PRIESTS, AND THE CHURCH ARE IN DANGER. IF WE DO NOT PRAY, “RUSSIA WILL MARCH UPON ALL OF EUROPE, AND PARTICULARLY UPON ITALY, BRINGING MUCH MORE RUIN AND HAVOC!”



*Fatima*

Good Friday - 1960 - The Blessed Virgin Mary Speaks: “How youth lives in perdition! How many innocent souls find themselves enwrapped in a chain of scandals! The world has become as a flooded valley, overflowing with filth and mud! Some of the most difficult Trials of “Divine Justice” are yet to come, before the deluge of fire.”

“I (the Blessed Virgin Mary) for a long time have advised men in many ways, but they do not listen to my maternal appeals, and they continue to walk the paths of perdition. But soon terrifying manifestations will be seen, which will make even the most obdurate sinners tremble! Great Calamities will come upon the world, which will bring confusion, tears, struggles and pain. Great earthquakes will swallow up entire cities and countries and will bring epidemics, famine, and terrible destruction-especially where the sons of darkness are. Propagate the devotions to my Immaculate Heart (the 5 First Saturdays), Mother of Mercy, Mediatrix of Men, who believe in the Mercy of God, and Queen of the Universe.”

**PRAY PRAY PRAY**



## “COME LET US ADORE HIM”

### Thoughts on the Eucharist

The Eucharist is the chief source of growth in the spiritual life. We priests, called to have a special kind of union with Christ, should have a unique desire to grow in appreciation of the Eucharist. It is in the Eucharist that we unite with Jesus' paschal mystery in a special way. Here are some reflections on the Eucharist, Jesus' great gift of love to us:

- St. Pope John Paul II told us: “The Church and the world have a great need of Eucharistic adoration. Jesus waits for us in the Sacrament of love. Let us be generous with our time in going to meet him in adoration and contemplation that is full of faith and ready to make reparation for the great faults and crimes of the world. May our adoration never cease.”

- Archbishop Luis M. Martinez offers us these inspiring words: “If we could dispose ourselves at least to think about what He suffered for each one of us! Our souls are enveloped in His tenderness and in His pain. We are the fruit of His love and His martyrdom. We increasingly receive His gifts of all kinds. We receive them tranquilly, at times joyfully. But those gifts are marked with the blood of Jesus, the blood from His veins and from his Heart. In order that we might taste the least of His heavenly consolations, Jesus had to taste the gall and vinegar of interior desolation...”

“Each communion we receive cost Jesus the sacrifice of Calvary...Holy Communion is a banquet from heaven prepared with the blood of Jesus and the bitterness of His Heart.”<sup>11</sup>

## ONE HOUR WITH JESUS



In the Garden of Gethsemani, before His crucifixion, Jesus asked His Apostles, “Could you not keep watch with me for one hour?” Spending one hour with Jesus thus became a tradition in the Church.

Let us set aside at least one hour a week in front of the Blessed Sacrament praying for peace in the world.

## EUCHARISTIC ADORATION

### St. Pope John Paul II

In his apostolic letter on the mystery and worship of the Eucharist (*Dominicae Cenae*, 1980), Pope John Paul II wrote that worship of Jesus in the Sacrament is performed primarily during Mass but also must be extended to other periods.

The Pope called for a return to “various forms of Eucharistic devotion: personal prayer before the Blessed Sacrament, Hours of Adoration, periods of exposition, short, prolonged and annual (Forty Hours) - Eucharistic benediction, Eucharistic processions, Eucharistic congresses.”

The Holy Father pointed out that these practices serve as “proofs of that authentic renewal” outlined by Vatican II. He concludes the document with a provocative and prophetic exhortation: “May our adoration never cease!”

*Editors Note: We have available in the A.H.S. office material to help your parish get started with adoration -material for your committee, bulletin, etc...all you need to know about Eucharistic adoration. It's yours for the asking, just send our office a card or letter today!*



## A Shout for Joy

*Fill us at daybreak with your kindness, that we may shout for joy and gladness all our days. -Psalm 90:14*

ALTHOUGH ONLY PARTS of this psalm have been chosen for today's liturgical readings, I suggest you prayerfully read the entire psalm. It is a tribute to the beautiful fragility of our days on earth, a hymn to God's faithful presence. Our frailty is held in the hands of God as we ask for the wisdom to humbly acknowledge the shortness of our time-bound life. Gratefully, we receive the incredible gift of being known from all eternity by One who is not bound by time. For God, a thousand years is a mere glimpse into our history.

Yet right in the midst of God's glance into the poverty and sorrows of our lives, we pray to be filled with God's love at daybreak. It is a better prayer to ask for joy throughout our days than to complain about the shortness of life.

**Sr. Macrina Wiederkehr, O.S.B.**

*Sr. Macrina, author and retreat guide, is a member of St. Scholastica Monastery in Fort Smith, AR. Her most recent book is Seven Sacred Pauses. Visit her blog at <http://underthesycamoretree.blogspot.com>.*

## A Cause for Joy

*I have told you this so that my joy may be in you and your joy may be complete. -John 15:11*

THE JOY OF FRIENDSHIP grows when people share the values that make them who they are. The greater the sharing, the greater the joy. That's the way friendship works, and if I reflect on my friendships, I can better understand Jesus' words in the gospel.

It was a joy for Jesus to share his word with the people of his time, just as it is a joy for him to do so with us. We hear his word through the Scriptures and through his Spirit that speaks in our hearts. Jesus' love prompts him to share his values with us, and if we make them a part of our lives, we begin to resemble the mind and heart of Jesus. What a cause for joy!

*Thank you, Lord, for the joy you give me through the revelation of your love, and thank you for my ability to bring joy to you through my acceptance of your word.*

**Fr. Kenneth Grabner**

*Fr. Ken Grabner, a Holy Cross priest, is a chaplain at Holy Cross Village at Notre Dame. His latest book, Gazing Into God's Open Heart: 101 Pathways To Joy, is available from Living Faith.*

*"Happy is he who trusts in the Lord." -Proverbs 16:20*

I believe virtually everyone wants to be happy. Don't you? It is actually written in the Declaration of Independence as the unalienable right to life, liberty and the pursuit of happiness. And we surely have pursued happiness.

A recent poll revealed that more than anything else, the one thing parents want most for their children is for them to be happy in life. The problem is that many of us just don't know how to find happiness.

Some think that maybe money will buy them happiness. Obviously, the wealthy show us dollars don't guarantee it. Others are consumed with the purchase of happiness, thinking if they live in a certain house, or get a certain car, or buy a particular product, then, they will be happy. Sooner or later, we discover that short term pleasure is, indeed, a long distance from enduring joy.

Many think if they could only be healthy, they would be happy. Certainly relief from physical pain makes us feel better, but simply being physically healthy does not make us emotionally happy.

Some think if they can only get over this problem, overcome this situation, get another job, or pursue something else, they will be happy. Yet, somehow when we get to that new place, we find more problems awaiting us.

We need to realize that happiness is not so much out there, but in here. This is to say that happiness is an inside job. It is a matter of heart. And the heart of happiness, is joy. Joy is simply a by-product of living a loving life with God, with others, and even ourselves. We can never experience that pure joy until we enjoy our life with God, our life with others, and our life with ourselves.

May you always remember that happiness is a matter of heart. And may you always keep God at the heart of the matter.

**Fr. Jim Willig (Deceased)**

God bless you.

### **Inspiration Observations:**

**What unsuccessful ways have you attempted to find happiness?**

**What has been one of your life's happiest moments?**

## Hairdresser Saint?

Born in 1766, Pierre Toussaint was a slave in his native Haiti. His owner, Jean Berard, taught the young man how to read and write. When slave revolts broke out, the Berard family fled to New York City in 1787 and brought Pierre with them.

Shortly after their arrival, Mr. Berard died and Pierre became the main support of Mrs. Berard and the household. He studied to become a hairdresser and soon developed a large clientele among the rich. Upon her deathbed in 1807, Mrs. Berard gave Pierre his freedom.

Pierre married Marie Rose Juliette in 1811, and they purchased the freedom of many Haitian slaves. Once the Haitian refugees arrived in New York, the couple helped them find jobs, gave them money, and cared for them when they were sick -often bringing them into their home.

The Toussaints were childless but often took care of abandoned children, giving them a home and opening a school to help the children learn a trade. They provided financial support for the Oblate Sisters of Providence (a religious order for black women), the first Catholic school for black children in New York City, and an orphanage begun in 1817 by a fellow New Yorker, St. Elizabeth Seton.

Pierre died June 30, 1853, at the age of 87. He is buried behind the main altar of St. Patrick Cathedral in New York.

On December 18, 1996, Pope John Paul II declared Pierre Toussaint "venerable," a step towards eventual canonization. Toussaint is considered one of the pioneers of Catholic charitable work in the United States.

## Saints Who Went to the Frontier

### Saint Theodore Guérin

Foundress († 1856) Feast: October 3

Theodore began life as little Anne-Thérèse. From the day of her First Communion, at the age of ten, she wanted to become a nun. When she was fifteen, her father was murdered by robbers. Anne-Thérèse became her despondent mother's main support. Ten years passed before she could enter the Sisters of Providence of Ruillé-sur-Loir France, and become Sister Saint Theodore.

A gifted teacher and administrator, Théodore was chosen in 1839 to go to the American frontier with five other sisters. For over a hundred days, the sisters journeyed by train, stagecoach, riverboat, and wagon. When they finally reached western Indiana, they found a tiny log cabin that served as church and rectory. The new foundation of the Sisters of Providence began in a farm house attic. In less than a year, Mother Théodore and her sisters had begun a school for girls in the wilderness, the beginning of Saint Mary-of-the-Woods College.

Soon, the little community began to grow. Théodore suffered fires, hunger, illness, and, for a time, separation from her sisters by command of the bishop. She remained ever true. She once wrote to a friend, "If ever this poor little community becomes settled, it will be established on the cross; and that is what gives me confidence and makes me hope, sometimes even against hope." Mother Theodore died in 1856 and was canonized in 2006.

*Loving Father, through the intercession of Saint Théodore Guérin, give me hope, even when all hope seems to be gone.*



## Pray to the frontier Saints - Nun who stood up to Billy the Kid

Rosa Maria Segale was born in 1850 in Italy. When she was four, her family emigrated to Cincinnati, Ohio.

At 16, Rosa entered the Sisters of Charity of Cincinnati where she took the name Sr. Blandina. In 1872, she was assigned to work in the western United States. She first taught the poor in Colorado, and later went to Santa Fe, New Mexico, where she co-founded public and Catholic schools, and helped start St. Joseph's Hospital. She ministered to the immigrants and the poor, and sought fair treatment for Native Americans.

The story is told that while she was in Colorado, she intervened when Billy the Kid threatened to kill four doctors for refusing to treat the gunshot wound of his friend. She herself nursed the outlaw's friend back to health. It's said that Billy once called off a covered wagon robbery when he saw that Sr. Blandina was among the stagecoach's passengers.

*In 2014, the Archdiocese of Santa Fe opened Sr. Blandina's cause for sainthood.*

# Lamb of God

## PREPARATION FOR COMMUNION

The priest prepares privately for communion.

Lord Jesus Christ, Son of the living God, by the will of the Father and the work of the Holy Spirit your death brought life to the world. By your holy body and blood free me from all my sins and from every evil. Keep me faithful to your teaching, and never let me be parted from you. **or** Lord Jesus Christ, with faith in your love and mercy I eat your body and drink your blood. Let it not bring me condemnation, but health in mind and body.

## INVITATION TO COMMUNION

The priest invites the people to share communion. This is the Lamb of God who takes away the sins of the world. Happy are those who are called to his supper.

**Lord, I am not worthy to receive you, but only say the word and I shall be healed.**

## BREAKING OF BREAD

The priest breaks the host and places a small piece in the chalice saying quietly: May Jesus this Christ mingling of the body and blood of our Lord Jesus Christ bring eternal life to us who receive it.

During the breaking of bread the Lamb of God is either sung or said.

**Lamb of God, you take away the sins of the world: have mercy on us. Lamb of God, you take away the sins of the world: grant us peace.**

## In the service of others

Make us worthy, Lord, to serve our fellow men throughout the world who live and die in poverty and hunger. Give them through our hands this day their daily bread, and by our understanding love, give peace and **joy**.

*St. Mother Teresa of Calcutta*

## It's never too late to start New Years Resolutions

As the new year starts, we are hearing so many people make their New Year's resolutions. It would be good to also make spiritual resolutions. One of the things we should all do a better job of is to start each day with gratitude to the **Lamb of God**. We need to create time in our day to praise Him. We need to thank Him for our blessings and for guiding us through tough times.

Our faith in the **Lamb of God** must keep deepening. It must be our greatest desire to cry out to Him, and our lives must always point the way to Him. "Behold, the **Lamb of God!**"

Pope Francis came up with New Year's resolutions called the Pope Francis List:

1. Don't gossip.
2. Finish your meals.
3. Make time for others.
4. Choose the "more humble" purchase.
5. Meet the poor "in the flesh."
6. Stop judging others.
7. Befriend those who disagree.
8. Make commitments, such as marriage.
9. Make it a habit to "ask the Lord."
10. Be happy! (The **Joy** of the Gospel)

## Let Us Pray

Lamb of God, who takes away the sins of the world. Spare us, O Lord. Lamb of God, who takes away the sins of the world. Graciously hear us, O Lord, Lamb of God, who takes away the sins of the world.

## Priest or Deacon Recites

Let us pray; O Almighty and Eternal God, look upon the heart of Your dearly beloved Son and upon the praise and satisfaction He offers You in the name of sinners and for those who seek Your mercy. Be appeased and grant us pardon in the name of the same Jesus Christ, Your Son, Who Lives and reigns with You, in the Unity of the Holy Spirit, one God, world without end. Amen.

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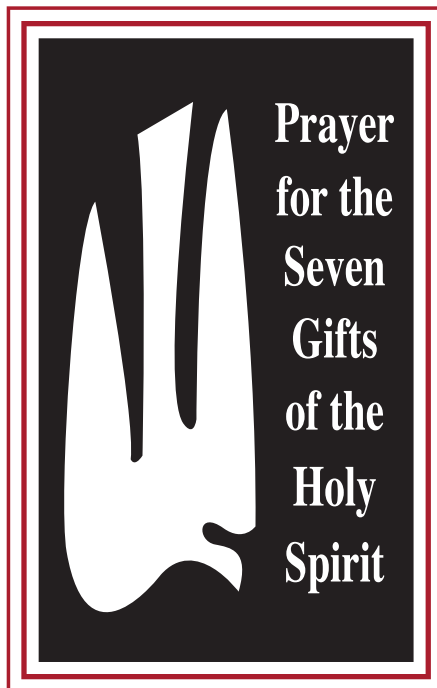
**APOSTLES of the HOLY SPIRIT**  
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**Prayer for the  
Seven Gifts of the Holy Spirit**

Jesus, before ascending into  
Heaven You promised to send the Holy  
Spirit — to finish Your work — in the  
souls of Your Apostles and Disciples.

Grant the same Holy Spirit to me—  
that He may perfect in my soul — the  
work of His grace and His love.

**Come Holy Spirit**

Grant me the Spirit of Wisdom — that  
I may not be attached to the perishable  
things of this world — but aspire only  
after the things — that are eternal.

Grant me the Spirit of Understanding —  
to enlighten my mind — with the light

of Your divine truth— the Spirit of  
Counsel —that I may ever choose —  
the surest way of pleasing God — and  
gaining Heaven — the Spirit of  
Fortitude — that I may bear my cross -  
and that I may overcome with courage -  
all the obstacles that oppose my  
sanctification — the Spirit of  
Knowledge —that I may know God  
and know myself —and grow perfect  
in the image of the Saints.

Grant me the Spirit of Piety — that I  
may find the service of God sweet and  
enjoy showing Your goodness to others,  
the Spirit of Fear — that I may be  
filled with a loving reverence towards  
God and may avoid anything that may  
displease Him. Mark me, dear Holy  
Spirit— with the sign of a true apostle  
and make me alive with Your Spirit in  
all things .

Amen.

**Prayer to the Holy Spirit for His Seven Gifts.**

A prayer, especially for those who are about to receive the Sacrament of Confirmation.

*Free Upon Request.*