

August 26, 2020

Good Wednesday!

Our topic today comes from our new Religion teacher at the school ~ Jessica Sadowski. Daily Prayer. Begin today after reviewing the material below. Following the morning Mass, Adoration of the Blessed Sacrament is available till 5:00.

1. Today's Readings: <https://bible.usccb.org/bible/readings/082620.cfm>

2. ***The RE Corner with Jan Heithaus***: It is so easy to get caught up in our busyness and "to do lists" that we don't find time to set a routine for daily prayer. Prayer is the lifeblood of our souls just as food is the lifeblood of our bodies. Without the first, the second dies. Below is a link for a 20 minute video (please excuse the ads) that is well worth watching. Also attached is the list for daily prayer reminders. Take to heart his advice: be consistent, start small, persevere. And ask God for His grace to help you!

https://www.youtube.com/watch?v=kyEoL_CjVG0

3. Quote of the Day: "Never give up prayer, and should you find dryness and difficulty, persevere in it for this very reason. God often desires to see what love your soul has, and love is not tried by ease and satisfaction." *St. John of the Cross*
Today, St. Joseph and other area churches will be providing lunch for two shifts at the Sheriff's Office. Please say a prayer for the officers, support staff, and families as they do the work that keeps us all safe.

Blessings to all this day!

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DAILY PRAYER REMINDERS

Prayer is spending time with God, telling Him "You are important to me." Be consistent, start small, persevere.

What Does Daily Prayer Look Like?

Morning offering & devotions

30 min Spiritual Reading & Meditation

Angelus 3x per day

Grace before & after meals

Daily Rosary

Family Bible reading

Think about God throughout the day

Prayers before driving or traveling (St. Raphael, St. Christopher)

Night Prayers- Examine conscience, think about sins, how to improve, resolve to do better the next day, make an act of contrition.

Get a Traditional Calendar: Know the First Class feast days; the Holy Days of Obligation; the Liturgical Season; your special patron saints. Do something special on feast days. Make a special dinner or dessert; give kids the day off school. (homeschoolers)

Prayers at Mass: (Found in your hand missal, or in the book Incredible Catholic Mass)

Have regular prayers that you say: Before Mass; during the Consecration; before & after Holy Communion, after Mass. Try to arrive at Mass 10 minutes early, and stay until 5 minutes after.

Create an Environment Conducive to Prayer

Put Statues outside the house of St. Joseph / Blessed Virgin.

Hang a Crucifix in every major room of the house.

Place Sacred Artwork in prominent places

Tithe 10% of the space in your house to God by having an area specially dedicated to prayer. Put pictures of the Sacred and Immaculate Heart of Jesus & Mary on the wall, have some blessed candles or a holy water font nearby, put up statues of your patron saints, make it a place where the family gathers for prayer and keeps Rosaries, hand missals, chapel veils, relics, etc.

Have your house blessed by a priest, if not done already.

Eating in moderation should be a part of our daily life

Abstain from meat every Friday.

Fast one day a week. Fasting can be of several types:

Intermittent fasting- Fast only during certain times of the day, e.g. until 11am, or after 6pm.

Fast from Quality: Don't give up food, give up tasty food. Give up butter, salt, salad dressing, milk, cream, etc.

Meal Blessings in Public- Make the sign of the cross in public. It is a very good witness. It will feel strange but 1) no one cares or notices and 2) even if they do, they will just respect you more.

Speak Kindly to Family

Often the ones we treat the worst, are the ones closest to us. God did not give us a tongue for sarcasm or to cut others down, but to encourage and speak kindly to them.

While Praying, Remind Ourselves- This is why God gave me the faculty of speech.

The goal is not to become a saint, but to TRY to become a saint! Failure is okay, God can work with that. Be at peace. Persevere.