



APOSTLES of the HOLY SPIRIT

# *Bulletin*

*Summer 2014*

## THE HOLY SPIRIT AND PRAYER MASS

### THE GREATEST PRAYER OF ALL

The Mass is the re-presentation of the sacrifice at Calvary. It is the greatest prayer of all. As at the Last Supper, when the bread and wine are consecrated at Mass, through the Holy Spirit they became the Body and Blood of Christ.

When we receive the Eucharist, we are receiving the Body and Blood of Christ. When we receive this Gift worthily, our soul is then flooded with a profusion of graces. Jesus, our Divine Guest, strengthens our faith. Our increased love for Jesus helps our resolve not to commit sin, because of not wanting to offend Him.

The Mass also helps us live a more peaceful life. God hears our petitions and helps us direct our lives. All good things come from God. We are totally dependent upon Him for everything. (John 15:5)

### PRAYER GROUPS

Prayer groups, indeed “schools of prayer”, are today one of the signs and one of the driving forces of renewal of prayer in the Church, provided they drink from authentic wellsprings of Christian prayer. Concern for ecclesial communion is a sign of true prayer in the Church.

The Holy Spirit gives certain of the faithful the gifts of wisdom, faith and discernment for the sake of this common good which is prayer (spiritual direction). Men and women so endowed are true servants of the living tradition of prayer.

According to St. John of the Cross, the person wishing to advance toward perfection should “take care into whose hands he entrusts himself, for as the master is, so will the disciple be, and as the father is so will be the son.” And further: “In addition to being learned and discreet a director should be experienced... If the spiritual director has no experience of the spiritual life, he will be incapable of leading into it the souls whom God is calling to it, and he will not even understand them.”

### PLACES FAVORABLE FOR PRAYER

The church, the house of God, is the proper place for the liturgical prayer of the parish community. It is also the privileged place for adoration of the real presence of Christ in the Blessed Sacrament. The choice of a favorable place is not a matter of indifference for true prayer.

For personal prayer, this can be a “prayer corner” with the Sacred Scriptures and icons, in order to be there, in secret, before our Father (Cf. Mt 6:6) In a Christian family, this kind of little oratory fosters prayer in common.

In regions where monasteries exist, the vocation of these communities is to further the participation of the faithful in the Liturgy of the Hours and to provide necessary solitude for more intense personal prayer. (Cf. PC 7.)

Pilgrimages evoke our earthly journey toward heaven and are traditionally very special occasions for renewal in prayer. For pilgrims seeking living water, shrines are special places for living the forms of Christian prayer “in Church.”

### PRAYER

The Church invites the faithful to regular prayer: daily prayers, the Liturgy of the Hours, Sunday Eucharist, the feasts of the liturgical year.



The Christian tradition comprises three major expressions of the life of prayer: vocal prayer, meditation, and contemplative prayer. They have in common the recollection of the heart.



### VOCAL PRAYER

Vocal prayer, founded on the union of body and soul in human nature, associates the body with the interior prayer of the heart, following Christ’s example of praying to his Father and teaching the Our Father to his disciples.

### MEDITATION

Meditation is a prayerful quest engaging thought, imagination, emotion, and desire. Its goal is to make our own in faith the subject considered, by confronting it with the reality of our own life.

### CONTEMPLATIVE PRAYER

Contemplative prayer is the simple expression of the mystery of prayer. It is a gaze of faith fixed on Jesus, an attentiveness to the Word of God, a silent love. It achieves real union with the prayer of Christ to the extent that it makes us share in his mystery.

### PRAYING FROM THE HEART

Where does prayer come from? Whether prayer is expressed in words or gestures, it is the whole man who prays. But in naming the source of prayer, Scripture speaks sometimes of the soul or the spirit, but most often of the heart (more than a thousand times). According to Scripture, it is the *heart* that prays. If our heart is far from God, the words of prayer are in vain.

### Tips on Prayer

Your prayers are the strongest at the Consecration in Holy Mass (raising of Host and Chalice).

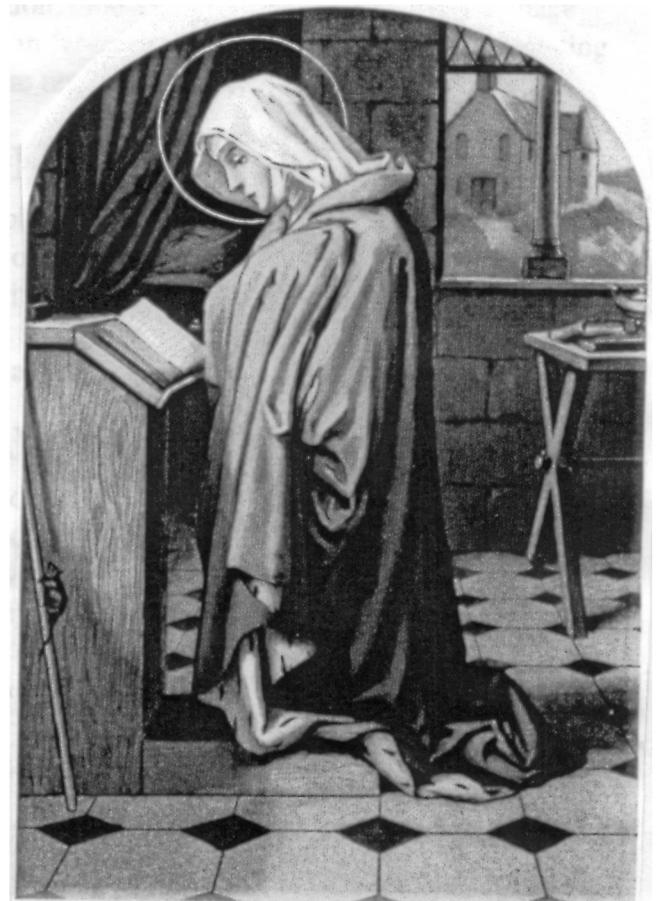
Each time we look at The Most Blessed Sacrament our place in Heaven is raised forever (revealed by Our Lord to St. Gertrude the Great).

#### Prayer to Obtain the Grace of all World's Masses

Eternal Father we humbly offer Thee our poor presence and that of the whole of humanity from the beginning to the end of the world at all the Masses that ever have or ever will be prayed. We offer Thee all the pains, suffering, prayers, sacrifices, joys and relaxations of our lives, in union with those of our dear Lord Jesus here on earth. May the Most Precious Blood of Christ, all His blood and wounds and agony save us, through the sorrowful and Immaculate Heart of Mary. Amen! (This prayer should be prayed daily, and made known.)



**Gertrude the Great (c. 1256-1302)** + Benedictine mystics and patrones of the West Indies, much revered by St. Teresa of Avila, Spain. Born in Eisleben, Germany, she was placed with the Benedictine nuns of Helfta in Saxony at the age of five, becoming a student of St. Mechtilde. As a nun, Gertrude had her first vision of Christ at the age of twenty-six. She recorded her mystical experiences in her *Book of Extraordinary Graces* and those of St. Mechtilde in *Liber Specialis Gratiae*. With St. Mechtilde, she wrote prayers that spread the devotion of the Sacred Heart. She died on November 17 at Helfta, never formally canonized, Pope Clement XII nevertheless decreed that her feast should be extended to the whole Church. In liturgical art she is depicted as an abbess, holding a flaming heart, sometimes shown with a mouse. Feast day: November 16.



“Do Not Be Afraid”

Pope John Paul II



## Prayers to the Holy Spirit

LET US ALWAYS START ALL OUR  
PRAYER WITH A SIMPLE

**“COME, HOLY SPIRIT”**



### **Holy Spirit teach us to pray**

Holy Spirit of prayer, teach us how to pray. Cleanse our hearts that we may pray worthily and always find time for prayer! Holy Spirit, pray within me and invoke: Abba, Father! Grant me the favour of praying with the heart!

O' Spirit, I pray to You now asking you to Pour Yourself out on me with all Your gifts!

Pour out the gift of love into my life that from now on I may love God in You above all, and my neighbor as myself.

Pour out on me the gift of wisdom that I may in everything I do and think, feel and decide - always think, decide and act in Your light.

O Spirit of Counsel, descend on me that I may, with my knowledge and the word of love, help those who ask me for counsel! Let my every word be a light to others!

Spirit of Jesus, grant me the gift of Your strength that I may stand every trial and do the Father's will, especially in times of hardship! Spirit of fortitude, strengthen me in the hours of frailty!

O Spirit of life, develop divine life within me which was given to me through You already in the bosom of my mother and at my baptism!

Divine fire, inflame the fire of divine love in my heart so that darkness and ice of sin may disappear from it!

**Spirit of healing, heal within me all that is wounded, and develop the undeveloped!**

Descend on me with all Your strength that I may be thankful for small things as well. Enlighten me, Holy Spirit, that I may know how to appreciate crosses and hardships, too.

### **General Intercessions to the Holy Spirit**

Come, Holy Spirit, upon the Church: strengthen and enlighten her so that she may work effectively for the salvation of all mankind.

*Come, Holy Spirit.*

Come, Holy Spirit, give counsel and wisdom to our Holy Father the Pope and to all the bishops to guide your flock.

*Come, Holy Spirit.*

Come, Holy Spirit, give to your people the outpouring of your grace: teach, console and enlighten all to whom you have been given.

*Come, Holy Spirit.*

Come, Holy Spirit, cleanse our hearts of all hatred, and fill us with love toward everyone.

*Come, Holy Spirit.*

Come, Holy Spirit, enlighten those who govern us. May they see what is right and in your strength have the courage to do what is right.

*Come, Holy Spirit.*

Come, Holy Spirit, Bond of unity and peace. Hasten the unity of all people in Christ; take from our midst the scourge of war, and take from our hearts the cause of war.

*Come, Holy Spirit.*

Come, Holy Spirit, descend upon all who have been baptized into Christ: break down the barriers which divide us, and strengthen the bonds which unite us. Make all one in faith and love.

*Come, Holy Spirit.*

Come, Holy Spirit, and in your kindness heal the sick, receive the dying, counsel the doubtful, console those who have lost hope. May all hearts rest in you.

*Come, Holy Spirit.*

**COME, HOLY SPIRIT**

**GRACES DERIVED FROM ASSISTING AT MASS**

1. The Mass is Calvary continued.
2. Every Mass is worth as much as the sacrifice of Our Lord’s life, suffering and death.
3. Holy Mass is the most powerful atonement for your sins.
4. At the hour of death the Masses you have heard will be your greatest consolation.
5. Every Mass will go with you to judgement and plead for pardon.
6. At Mass you can diminish more or less temporal punishment due to your sins, according to your fervor.
7. Assisting devoutly at Holy Mass you render to the sacred humanity of Our Lord the greatest homage.
8. He supplies for many of your negligences and omissions.
9. He forgives the venial sins which you have not confessed. The power of Satan over you is diminished.
10. You afford the souls in Purgatory the greatest possible relief.
11. One Mass heard during life will be of more benefit to you than many heard for you after your death.
12. You are preserved from dangers and misfortunes which otherwise might have befallen you. You shorten your Purgatory.
13. Every Mass wins for you a higher degree of glory in Heaven.
14. You receive the priest’s blessing which Our Lord ratifies in Heaven.
15. You kneel amidst a multitude of holy angels, who are present at the adorable Sacrifice with reverential awe.
16. You are blessed in your temporal goods and affairs.

In eternity, we shall fully realize that it was certainly worthwhile to have assisted at Holy Mass daily.

**PRAY FOR PRIESTS THAT THEY MAY OFFER THE MASS WITH HOLY LOVE AND REVERENCE.**

**HOLY COMMUNION**

Each time we receive Holy Communion our venial sins are forgiven.

Christ revealed to St. Gertrude the Great that each time one person receives Holy Communion something good happens to every being in heaven on earth and in purgatory.

The Cure of Ars said that Communion well received is worth more than 20,000 Francs given to the poor.

Each time we receive Communion our place in heaven is raised forever, our stay in purgatory shortened.

**WE SHOULD NEVER LET A DAY PASS WITHOUT GOING TO HOLY COMMUNION**

**PRAYERS AFTER MASS AND COMMUNION**

**Prayer Before a Crucifix**

Look down upon me good and gentle Jesus, while before Thy face I humbly kneel and with burning soul pray and beseech Thee to fix deep in my heart lively sentiments of faith, hope and charity, true contrition for my sins and a firm purpose of amendment, while I contemplate with great love and tender pity Thy Five Wounds, pondering over them within me and calling to mind the words which David Thy prophet said of Thee my Jesus, “They have pierced My Hands and My Feet, they have numbered all My Bones.” (Ps.21,17-18)

Our Father, Hail Mary, Glory Be, for Holy Father’s intentions:

Plenary indulgence when said after Communion: (S. Paen. Ap., 2 Feb. 1934)



**INSPIRED BY THE HOLY SPIRIT RENEWAL OF PRAYER**

## IN THANKSGIVING FOR A FAVOR RECEIVED

Thank You, O God, for hearing my prayer and granting my request. Thank You for all the kindness You have shown me. Thank You, Father, for Your great love in giving me my life, for Your great patience in preserving me despite my sinfulness, for Your protection in the past and for the opportunity to serve and honor You in the future. Thank You, Lord Jesus, for keeping me numberless times from sin and death by the toils of Your life, the sufferings of Your Passion, and by Your victorious Resurrection. Thank You, Holy Spirit of God, for bestowing so many graces upon my soul and for having so frequently renewed Your life within me. May my life, from now on, be a sign of my gratefulness. Amen.

## THE SPIRIT OF TRUE PRAYER

O Lord God, who never failest both to hear and to answer the prayer that is sincere: let not our hearts be upon the world when our hands are lifted up to pray, nor our prayers end upon our lips, but go forth with power to work thy will in the world, through Jesus Christ our Lord.

O God of love, who biddest thy children pray, not that thou needest to be entreated, but that we may be more capable of blessings by desiring them: make us both to desire and to entreat according to thy will, that we may receive according to thine immeasurable bounty, through Jesus Christ our Lord.

O Lord God, that art a hearer not of the voice but of the heart: make our prayer which goeth up to thee as eager as thy pity which poureth down upon us, for Christ's sake.

Dame Gertrude More

## HUMILITY

O God, you reject the proud and welcome the humble. Give us true humility, such as your only-begotten Son showed in himself as a pattern for his followers. May we never provoke your wrath by pride, but rather receive your gifts of grace as servants.

## UNSELFISHNESS

O Lord, do not let us turn into 'broken cisterns', that can hold no water. Do not let us be so blinded by the enjoyment of the good things of earth that our hearts become insensitive to the cry of the poor, of the sick, of orphaned children and of those innumerable brothers of ours who lack the necessary minimum to eat, to clothe their nakedness, and to gather their family together under one roof.

Pope John XXIII

## RESPECT AND CONCERN FOR OTHERS

Grant me, O Lord, an understanding heart, that I may see into the hearts of your people, and know their strengths and weaknesses, their hopes and their despairs, their efforts and failures, their need of love and their need to love. Through my touch with them grant comfort and hope, and the assurance that new life begins at any age and on any day, redeeming the past, sanctifying the present, and brightening the future with the assurance of your unfailing love, brought to me in Jesus Christ, your Son my Lord.

## FOR THE UNEMPLOYED

Heavenly Father, who wills that every individual should belong to the human community, look with compassion on those who suffer distress through lack of work; take from them the feeling of rejection. Grant that they be set free from want and insecurity and may they soon find employment, as those in the gospel story who were called at the eleventh hour to labour in the vineyard, through Jesus Christ, our Lord. Amen.

Michael Buckley

## FOR WORK

God our Father, through and by the work of our hands your mighty work of creation continues. Hear the prayers of your people and give all who seek employment the opportunity to enhance their human dignity and draw closer to one another in mutual interdependence.

Tony Castle

### FOR THE HOMELESS

Have mercy, O Lord our God, on those whom war or oppression or famine have robbed of homes and friends, and aid all those who try to help them. We commend also into your care those whose homes are broken by conflict and lack of love; grant that where the love of man has failed, the divine compassion may heal; through Jesus Christ our Lord.

### FOR IMMIGRANTS

Father, conscious that your Son, while still an infant, made his home in a foreign land, we pray for all those from other countries who now live among us. May their customs and culture be appreciated and may they be offered true Christian friendship and understanding as a token of gratitude for that welcome which was once offered to your only Son.

Michael Buckley

### FOR THE FAMILY

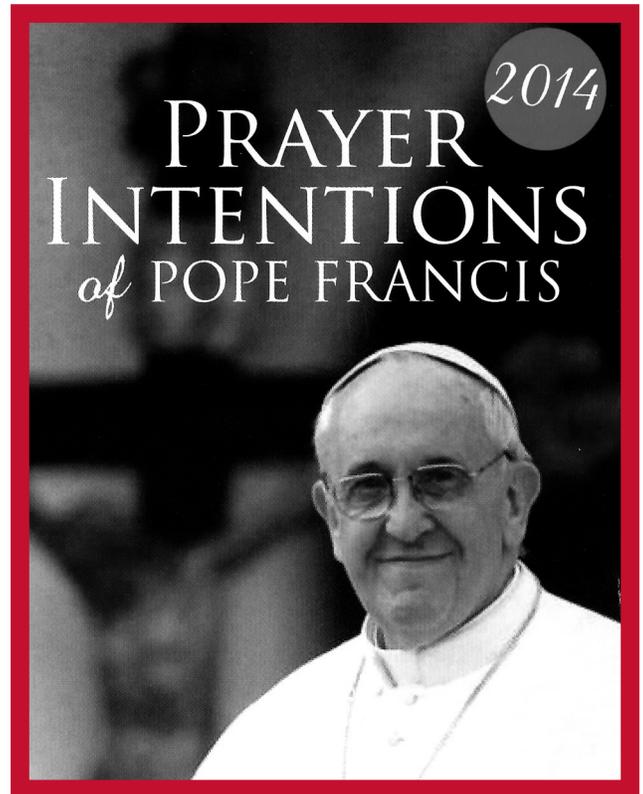
Father, we look to your loving guidance and order as the pattern of all family life. By following the example of the holy family of your Son, in mutual love and respect, may we come to the joy of our home in heaven. For relatives and friends Father, by the power of your Spirit you have filled the hearts of your faithful people with gifts of love for one another. Hear the prayers we offer for our relatives and friends.

### FOR PROMOTING HARMONY

God our Father, source of unity and love, make your faithful people one in heart and mind that your Church may live in harmony, be steadfast in its profession of faith, and secure in unity.

### FOR FORGIVENESS OF SINS

Lord, hear the prayers of those who call on you, forgive the sins of those who confess to you, and in your merciful love give us your pardon and your peace.



### JUNE

#### UNEMPLOYED

That the unemployed may receive support and find the work they need to live in dignity.

FAITH IN EUROPE, That Europe may rediscover its Christian roots through the witness of believers.

### JULY

#### SPORTS

That sports may always be occasions of human fraternity and growth.

LAY MISSIONARIES That the Holy Spirit may support the work of the laity who proclaim the Gospel in the poorest countries.

### AUGUST

#### REFUGEES

That refugees, forced by violence to abandon their homes, may find a generous welcome and protection, of their rights.

#### OCEANIA

That Christians in Oceania may joyfully announce the faith to all the people of that region.



**Saint John Paul II**  
**Canonized April 27, 2014**

Almighty God and Father of all, we give thanks for the leadership of Your son and servant, Karol Wojtyla, our beloved Pope John Paul II. Thank You for a wakening in him the desire to make his life magnificent and beautiful in service to You and Your Church. May we, following his example, be faithful to Your Word and teaching, be courageous in the face of difficulties, and forgiving to those who offend us. You called Pope John Paul II to be a great leader, shepherd, and teacher, and now You have rewarded him with sainthood, the highest honor bestowed by Holy Mother Church. Thank You for the gift of his canonization and for the gift he is to our Church.

AMEN.

“CHRIST IS CALLING US AND AWAKENING IN US A DESIRE TO MAKE OUR LIVES SOMETHING MAGNIFICENT AND BEAUTIFUL.”

~ SAINT JOHN PAUL II



**Saint John XXIII**  
**Canonized April 27, 2014**

O’God of Light and Beauty, thank You for the gift of Your son, Angelo Roncalli, Pope John XXIII, and for the honor of sainthood the Church has now bestowed on him. Thank You for his good humor, goodness, and above all, humility. May his holiness radiate out to us and touch us with the desire to be good and holy ourselves. May this holy Pope inspire us to love others more deeply, show compassion to the poor, and share joy and good humor with everyone we meet. “Good Pope John” as he was called, is now filled with Your divine light, shining brightly with love for You and for all of us, Your beloved children. Thank You that he is now a canonized saint in our Holy Mother Church.

AMEN.

“I WANT TO BE PENETRATED WITH GOD’S LIGHT, SHINING WITH LOVE FOR GOD AND ALL PEOPLES.”~

~ SAINT JOHN XXIII

## PRAYER BEFORE THE ACTS

O almighty and eternal God, grant us an increase of faith, hope and love; may we obtain what you have promised and make us love and practice what you command: through Jesus Christ our Lord. Amen.

## ACT OF FAITH

O my God, I firmly believe that you are the one only God, the creator and sovereign Lord of heaven and earth, infinitely great and infinitely good. I firmly believe that in you, one only God, there are three divine persons, really distinct and equal in all things, the Father, the Son and the Holy Spirit. I firmly believe that Jesus Christ, God the Son, became man; and he was conceived by the Holy Spirit and was born of the Virgin Mary; and he suffered and died on the cross to redeem and save us; that he arose the third day from the dead; and he ascended into heaven; and he will come at the end of the world to judge mankind; and that he will reward the good with eternal happiness and condemn the wicked to the everlasting pains of hell. I believe these, and all other articles which the holy Roman Catholic Church proposes to our belief, because you, my God, the infallible truth, revealed them, and have commanded us to hear the Church, which is the pillar and the ground of truth. In this faith I am firmly resolved, by your holy grace, to live and die. Amen.

## ACT OF HOPE

My God, who has graciously promised every blessing, even heaven itself, through Jesus Christ, to those who keep your commandments. Relying on your infinite power, goodness, and mercy, and confiding in your sacred promises, to which you are always faithful, I confidently hope to obtain pardon of all my sins, grace to serve you faithfully in this life, by doing the good works you have commanded, which, with your assistance, I will perform; and eternal happiness in the next, through my Lord and Saviour Jesus Christ. Amen.

## ACT OF LOVE

My God, I love you with my whole heart and soul, and above all things, because you are infinitely good and

perfect, and most worthy of all my love; and for your sake I love my neighbor as myself. Mercifully grant, O my God, that having loved you on earth, I may love and enjoy you for ever in heaven. Amen.

## HOLY SPIRIT GIVE TO ME YOUR SPECIAL GIFTS OF FAITH, HOPE, AND LOVE THAT I MAY ADOPT A BROTHER PRIEST

- *Ask Mary to assign Him to you.*
- *Love Him like a real Brother.*
- *Daily pray and sacrifice for Him.*
- *Shield Him from temptations.*
- *Beg God that He avoid giving scandal.*
- *Call Him back to fervor.*
- *Become a saint that He may become one.*
- *Pray that Mary be a tender Mother to Him and find Him good friends.*
- *Prepare Him for a saintly death.*
- *Ask for a new vocation to replace Him.*

Even ahead of more vocations, is the need for sanctity among Bishops and Priests in today's Church. Saints attract vocations. The early Christians prayed for the Apostles "in the Spirit...using prayers and petitions of every sort" (Eph.6,18). Suggested: **Eucharistic Holy Hour (daily?)** to make up for and prevent scandals

"Prayer For Priests"

was presented by:

Rev August P. Bosio, S.D.B.

Mary Help of Christians

6400 East Chelsea Street

Tampa, Florida 33610

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## Martyr Of The Eucharist

**How a young Chinese girl inspired Archbishop Fulton Sheen to make a Holy Hour before the Blessed Sacrament every day.**

A couple of months before he died Archbishop Fulton J. Sheen was interviewed on national television. One of the questions he was asked was this: “You have inspired millions of people all over the world. Who inspired you? Was it a pope?” He responded that it was not a pope, cardinal, another bishop, or even a priest or nun, but rather an eleven-year-old Chinese girl.

He explained that when the communists took over China, they imprisoned a priest in his own rectory near the church. After being locked up in his own house, the priest looked out the window and was horrified to see the communists enter the church. Once inside, they went into the sanctuary, broke open the tabernacle and in a hateful act of desecration, threw down the ciborium scattering the Hosts on the floor. The priest knew exactly how many Hosts had been in the ciborium: thirty-two.

When the communists left they either didn’t notice, or didn’t pay any attention to a small girl praying in the back of the Church who saw everything. That night she returned, and slipping past the guard at the rectory, entered the Church where she made holy hour perhaps of reparation for the desecration she witnessed of the Blessed Sacrament.

After her holy hour she went into the sanctuary, and kneeling down, she bent over and received Jesus in Holy Communion with her tongue since it was not permissible at the time for laymen to touch the Sacred Host with their hands.

Each night, the girl returned to the church to make her holy hour and receive Jesus in Holy Communion on her tongue just as she did the first night. On the thirty-second night, after having consumed the last Host, she accidentally made a noise that awoke the guard who was asleep at his post by the priest’s residence. From his bedroom window, the priest could only watch in horror as the heartrending scene unfolded before his eyes. The girl tried to run away but the guard caught up with her and beat her to death with the butt of his rifle.

When Bishop Sheen heard the story he was so inspired that he promised God he would make a holy hour before the Blessed Sacrament every day for the rest of his life. And he was not only faithful to his

promise, but he took every opportunity to spread this devotion of the daily holy hour before the Blessed Sacrament.

We don’t know the name of the eleven-year-old Chinese girl of our story, but her heroic act of going to the church every night at the risk of her life to adore and receive Jesus in the Blessed Sacrament serves as a powerful testimony against the attitude of so many Catholics today who show nothing but callous indifference toward the Real Presence of Our Lord Jesus Christ in the Holy Eucharist.



An excerpt from

### TREASURE IN CLAY

THE AUTOBIOGRAPHY  
OF FULTON J. SHEEN

“I resolved also to spend a continuous Holy Hour every day in the presence of Our Lord in the Blessed Sacrament...The Holy Hour. Is it difficult? Sometimes it seemed to be hard; it might mean having to forego a special engagement, or rise an hour earlier, but on the whole it has never been a burden, only a joy...The purpose of the Holy Hour is to encourage a deep personal encounter with Christ. The holy and glorious God is constantly inviting us to come to Him, to hold converse with Him, to ask for such things as we need and to experience what a blessing there is in fellowship with Him...I have found that it takes some time to catch fire in prayer. This has been one of the advantages of the daily hour. It is not so brief as to prevent the soul from collecting itself and shaking off the multitudinous distractions of the world. Sitting before the Presence is like a body exposing itself before the sun to absorb its rays. Silence in the Hour is a *tete-a-tete* with the Lord. In those moments one does not so much pour out written prayers, but listening takes its place. We do not say:

*“Listen, Lord, for Thy servant speaks,”  
but “Speak, Lord, for Thy servant heareth.”*

## EUCCHARISTIC ADORATION

### 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.

*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!*

## THE BEST TIME YOU WILL SPEND ON EARTH

"Jesus wants us all to come to Him in the Blessed Sacrament. He is there in person, just waiting for you. Nowhere on earth are you more loved, than by Jesus, living and truly present in the Blessed Sacrament. The time you spend with the Blessed Sacrament is the best time you will spend on earth. Each moment you spend with Jesus will deepen your union with Him and make your soul everlasting more glorious and beautiful in heaven, and will help bring about everlasting peace on earth."

*(Blessed Mother Theresa)*

## MEDITATION

### COME HOME WITH ME, LORD

Here, it is so quiet, Lord. I love the quite. It helps me absorb the idea that You are here with me, that You and I are really visiting. Sometimes it seems so very noisy away from here that I can't find a still place to even try to seek you out. You are elusive in the noise!

Still I can hear the climate control systems of the building. I can hear the distant sounds of cars, sirens, playing children, barking dogs. These sounds are worldly background. In human form, you experienced all these noises, Lord. You know of the distractions.

At moments like these, I can even hear my heart beating. I can hear each time I inhale and exhale. Do You breath in Your glorified body? Do you breathe with me, Lord? Does Your Scared Heart actually beat? Can our hearts beat together, in rhythm with each other?

I listen for the glory of You, our Creator, in the muted sounds surrounding me. Are You in the usual sounds around us? Are You even in my own breathing and beating heart? Are You in the thoughts that pass through my mind? I want You to completely fill every thought I have and everything I am. I want to detect Your presence with my senses.

Here, it is easy for me to think of You, to spill my heart to You. Here the noises are not evasive. But at home, at work, in the stores, in the crowds, the sounds that block my thoughts of You are deafening.

I am comforted here in Your quiet peace. I can more easily perceive Your love here than in the midst of the world's distractions. Come home with me, Lord.

## PAUSE AND REFLECT

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

**COME, HOLY SPIRIT, TEACH US HOW TO PRAY**

IF YOU ARE INTERESTED IN RECEIVING ADDITIONAL FREE COPIES OF THIS BULLETIN FOR YOUR GROUP, SEND YOUR NAME, ADDRESS, AND THE EXACT QUANTITY NEEDED TO:  
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**12 HOLY SPIRIT GRANT UNITY TO THE HUMAN FAMILY**



**Prayer For Unity**

One only Holy Spirit of Father and Son  
in whom all are baptized,  
one Giver of many gifts,  
one Tree of many fruits,  
one Speaker of every tongue,  
renew in our day  
the wonders of Pentecost.  
Grant that people of every race and nation  
may understand one another,  
and as one, proclaim  
the praises of God.  
Grant that all may be one  
as you, Spirit, with the Father and the Son  
are one God, one Lord.  
Grant unity to the Body of Christ;  
grant unity to the human family.  
Sole breath of every living thing,  
may all be one who, in you,  
live and move and have their being.

Imprimatur: Most Reverend Carl K. Moeddel  
Vicar General and Auxiliary Bishop of Cincinnati  
February 19th, 1997

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