



APOSTLES of the HOLY SPIRIT

# *Bulletin*

*Summer 2015*

## HOLY SPIRIT HELP US TO FORGIVE



And forgive us our  
trespasses as we forgive  
those who trespass  
against us.



Forgive and you  
shall be forgiven

FROM THE PRAYER OUR FATHER GAVE US

## 2 A TIME FOR ASKING GOD'S FORGIVENESS

### THE SACRAMENT OF PENANCE AND RECONCILIATION

“Those who approach the sacrament of Penance obtain pardon from God’s mercy for the offense committed against him, and are, at the same time, reconciled with the Church which they have wounded by their sins and which by charity, by example, and by prayer labors for their conversion.”<sup>4</sup>

### WHAT IS THIS SACRAMENT CALLED?

#### Sacrament of Conversion

It is called the **Sacrament of Conversion** because it makes sacramentally present Jesus’ call to conversion, the first step in returning to the Father from whom one has strayed by sin.

#### Sacrament of Penance

It is called **Sacrament of Penance**, since it consecrates the Christian sinner’s personal and ecclesial steps of conversion, penance, and satisfaction.

#### Sacrament of Confession

It is called the **Sacrament of Confession**, since the disclosure or confession of sins to a priest is an essential element of this sacrament. In a profound sense it is also a “confession”.

### THE FORMULA OF ABSOLUTION

The formula of absolution used in the Latin Church expresses the essential elements of this sacrament: the Father of mercies is the source of all forgiveness. He effects the reconciliation of sinners through the Passover of his Son and the gift of his Spirit, through the prayer and ministry of the Church:

God, the Father of mercies,  
through the death and resurrection of his Son  
has reconciled the world to himself  
and sent the Holy Spirit among us  
for the forgiveness of sins;  
through the ministry of the Church  
may God give you pardon and peace,  
and I absolve you from your sins  
in the name of the Father, and of the Son,  
and of the Holy Spirit.<sup>48</sup>

### GOD'S TEN COMMANDMENTS

1. I, the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Lord’s Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor’s wife.
10. You shall not covet anything that belongs to your neighbor.

### THE GREAT COMMANDMENTS

1. You shall Love the Lord your God  
with your whole heart,  
with your whole soul,  
and with all your mind.  
This is the greatest and the first commandment.
2. The second is like it: You shall love your neighbor as yourself.  
On these two commandments the whole law is based, and the prophets as well.

(MATTHEW 22:37-39)

### THE ACTS OF THE PENITENT

“Penance requires . . . the sinner to endure all things willingly, be contrite of heart, confess with the lips, and practice complete humility and fruitful satisfaction.”<sup>49</sup>

### CONTRITION

Among the penitent’s acts contrition occupies first place. Contrition is “sorrow of the soul and detestation for the sin committed, together with the resolution not to sin again.”<sup>50</sup>

When it arises from a love by which God is loved above all else, contrition is called “perfect” (contrition of charity). Such contrition remits venial sins; it also obtains forgiveness of mortal sins if it includes the firm resolution to have recourse to sacramental confession as soon as possible.<sup>51</sup>

4 LG 11 S 2.

5 Cf. *Mk* 1:15, *Lk* 15:18

48 OP 46: formula of absolution.

49 *Roman Catechism* II, V, 21; cf. Council of Trent (1551): DS 1673

50 Council of Trent (1551): DS 1676.

51 Cf. Council of Trent (1551): DS 1677.

*This page is from the new Catechism of the Catholic Church 1468*

## Welcome to Inspiration

*"Listen to this dream I had."* *Genesis 37:6*  
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A man dreamt he had an interview with God.  
 "Come in, "God said. "So you would like to interview me?"  
 "If you have time," he replied.  
 God smiled and answered, "My time is eternity, Ask anything."  
 "Okay," he began. "What surprises you most about people?"  
 God immediately answered:  
 "That you get bored of being children and are in such a rush to grow up. And then you long to be children again. That you lose your health to make money. Then you lose your money to restore health.  
 That you get so anxious about the future that you forget about the present and end up never living in the present or the future.  
 That you live as if you will never die, and die as you had never lived."  
 God's hands took the man's hands and they were silent for a moment. And then the man asked further, "As a parent, God, what are some of the life lessons you want to teach your children?"  
 God gently spoke: "To learn that you cannot make anyone love you. What you can do, is let yourself be loved. To learn to **forgive** by practicing **forgiveness**.  
 To learn that money can buy everything...but happiness.  
 To learn that a true friend is someone who knows everything about you, and will like you anyway.  
 To learn that it is not always enough that we be **forgiven** by others, but that we have to **forgive** ourselves."  
 The two of them sat for a while, enjoying the moment and then the man thanked God for all of His time. And God replied, "Anytime. I am here twenty-four hours a day. All you have to do is ask for me, and I will answer."  
 And so it is. God is always there for us. It's not just a dream. It's the truth. The Gospel Truth.  
 God bless you.

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### Inspiration Observations

**What would you ask God if you interviewed Him?**

**What do you believe God would like to ask you?**

Father Jim Willig

## Remember the Fruits

O Lord,  
 remember not only the men and women of good will, but also those of ill will.  
 But do not remember all the suffering they inflicted on us; remember the fruits we have bought, thanks to this suffering -  
 our comradeship, our loyalty, our courage, our generosity, the greatness of heart which has grown out of all this, and when they come to judgment let all the fruits which we have borne be their **forgiveness**.  
 -Prayer written by an unknown prisoner in Ravensbruck concentration camp and left by the body of a dead child



## One of our Lady's Messages from Medjugorje

*"Today, before prayer, may every one of you forgive your neighbor. Today may everyone find in his heart all of his enemies, and may he show them to the Father with joy. May he pray for them. Let him wish full joy and blessing upon them."*

I thought it was simple.

In the afternoon I told all the people what Our Lady had said, and asked them if they understood me; and all of them said, "Yes." "Can you do that?" I asked. Everyone was silent and it was an uneasy situation, turning into endless desert. I was a little afraid, and I tried to enter that desert with my voice and said, "We will try now to pray for conversion, for the gift of forgiveness."

There was silence for about twenty minutes. It was terribly long. We didn't know where to go.

The greatest miracle in Medjugorje that I know of, happened. The church was crowded with people, and one man in the middle of the church shouted with a powerful voice:

"Jesus, I have forgiven!"

And he went on, crying bitterly.

Suddenly, that's what every one of us did. Can you imagine, thousands of people crying, and praying, "Jesus, I have forgiven, forgive me!" It went on for a long time, and we went on praying rosaries after that. It was an unforgettable prayer.

# 4 BE MERCIFUL, O LORD, FOR WE HAVE SINNED



## Prayers to the Holy Spirit

LET US ALWAYS START ALL OUR  
PRAYER WITH A SIMPLE

### “COME, HOLY SPIRIT”



Lord, help me to realize that You not only taught about forgiveness, You lived it. You forgave from the Cross. You, totally sinless, the Redeemer of mankind, **forgave** from Your cross, forgave in behalf of all the sinners of the world.

Lord, help me to not count the times, the reasons, or the amount of the pain, but the future benefits that can accrue to me and to those whom **I forgive**.

Lord, help me to actually live the words of the prayer of St. Francis: “Make me a channel of your peace.”

Lord, help me to add a little more peace to Your world by being able to **forgive where forgiveness** is considered a weakness, where charity is considered an obligation.

Lord, help me to see through the eyes of faith and not through human values and measurements where Christian ideals are ridiculed by worldly standards.

Lord, allow me to see that my **forgiveness** of another can be the one little spark that encourages another soul to return to You, that my **forgiveness** of a wrong can be a right in the conversion of another.

Lord, help me to truly realize what I am saying in praying the **Lord’s Prayer**:

“**Forgive us our trespasses as we forgive those who trespass against us.**”

# FATHER FORGIVE US

## PRAYER FOR THE INDWELLING OF THE SPIRIT

**Holy Spirit, powerful consoler, sacred Bond of the Father and the Son, Hope of the afflicted, descend into my heart and establish in it Your loving dominion. Enkindle in my tepid soul the fire of Your love so that I may be wholly subject to you.**

**We believe that when you dwell in us, You also prepare a dwelling for the Father and the Son. Deign, therefore, to come to me, Consoler of abandoned souls and Protector of the needy. Help the afflicted, strengthen the weak, and support the wavering.**

**Come and purify me. Let no evil desire take possession of me. You love the humble and resist the proud. Come to me, Glory of the living and Hope of the dying. Lead me by your grace that I may always be pleasing to You.**

**St. Augustine of Hippo**



## PRAYER FOR THE SPREAD OF EUCCHARISTIC ADORATION

Heavenly Father, increase our faith in the Real Presence of Your Son, Jesus Christ in the Holy Eucharist. We are obliged to adore Him, to give Him thanks and to make reparation for sins. We need Your peace in our hearts and among nations. We need conversion from our sins and the mercy of Your forgiveness. May we obtain this through prayer and our union with the Eucharistic Lord. Please send down the Holy Spirit upon all peoples to give them love, courage, strength and willingness to respond to the invitation to Eucharistic Adoration. We beseech You to spread exposition of the Most Blessed Sacrament in parishes around the world. We ask this in the name of Jesus the Lord.

Amen.

## RECONCILIATION

### MY CHILD:

I love you unconditionally.  
 I love you good or bad with no strings attached.  
 I love you like this because I know all about you  
 I have known you ever since you were a child.  
 I know what I can do for you and  
 I know what I want to do for you.  
 I accept you.  
 I accept you just as you are.  
 You don't need to change yourself.  
 I'll do the changing when you are ready.  
 I love you just as you are.  
 Believe this, for I assure you it is true.  
 I care about you.  
 I care about every big and little thing which  
     happens to you.  
 I care enough to do something about it.  
 Remember this.  
 I will help you when you need Me. Ask Me.  
 I love you. I accept you. I care about you.  
 I forgive you.  
 I forgive you and My forgiveness is complete.  
 It is not like that of humans who forgive but  
     cannot forget.  
 I love you and my arms are open with love that asks.  
     Please come here! Come here to Me.  
 I forgive you. Do not carry your guilt another moment.  
     I carried it all for you on the Cross.  
 Believe this. It is true.



## Prayer for Forgiveness God the Holy Spirit

Come Holy Spirit, fill my heart with an awareness of your presence and kindle in me the fire of your love. Help me to discover my sins of commission and omission by which I have offended you and my neighbor. May I confess them with a humble and contrite heart, and by the help of your grace may I never sin again.

## To God the Holy Spirit

Holy Spirit, under whose guidance and inspiration I have confessed my sins, supply in me whatever is lacking in sorrow for my sins or purity of intention. Grant that the absolution pronounced on earth may be ratified in heaven, so that confident of your dwelling in me as in a holy temple, I may never defile it again but use it as a house of prayer, thanksgiving and service.



## Our Lady, guardian angel and all the saints

O blessed Mary, my guardian angel and patron saint, Saint N. and all the saints give glory on my behalf to the blessed Trinity, for he who is mighty has done great things to me and holy is his name. Intercede for me before God's throne, so that when temptations come in the future, I may not dispute or compromise with them, but reject them absolutely lest I put the Lord our God to the test. May I be counted one day among the blessed in heaven, so that together with you I may praise God for his surpassing compassion and love.



## Psalm 129

Out of the depths I cry to you, O Lord,  
 Lord hear my voice!  
 O let your ears be attentive  
 to the voice of my pleading.  
 If you, O Lord, should mark our guilt,  
 Lord, who would survive?  
 But with you is found forgiveness:  
 for this we revere you.

## Psalm 31

Happy the man whose offence is forgiven,  
 whose sin is remitted.  
 But now I have acknowledged my sins;  
 my guilt I did not hide.  
 I said: 'I will confess  
 my offence to the Lord.'  
 And you, Lord, have forgiven  
 the guilt of my sin.

## HOW (AND WHY) TO RETURN TO CONFESSION

### CONCERNS & ANSWERS

#### Can't I talk to God directly, not a priest, to get forgiveness?

Not according to the Bible. Read John 20:21-23; 2 Corinthians 2:10; and 2 Corinthians 5:18.

#### If God knows everything we do, then how come we have to go to confession?

You may know your younger brother broke your CD player, but wouldn't it be aggravating if he knew you knew, but still didn't say, "I'm sorry?"

#### Doesn't God forgive no matter what?

If we think of sin

as merely breaking rules, it is hard to understand why God can't just "look the other way." But sin is real; it hurts us and makes us distant from him - and unable to enter heaven. We can only be restored if we confess.

#### Confession just gives people the idea that it's all right to sin as long as your sorry later.

If a man is confessing drunkenness while he has plans with his buddies to go barhopping and get drunk again the coming weekend, he can't be forgiven. He has to have decided to stop. Confession stops sins; it doesn't start them.



**Reason 1** The presence of sin can easily lead to depression and anxiety.

turning back" (Catechism, No. 1861).

**Reason 4** As they leave the confessional, people smile a smile of freedom.



**Reason 5** Because love means having to say you are sorry to the one you love.

**Reason 2** You shower to show respect for those around you. Cleansing your soul makes you better to be around too!

**Reason 3** Mortal sin, unconfessed, "causes exclusion from Christ's Kingdom and the eternal death of hell, for our freedom has the power to make choices forever, with no

**Reason 6** You will grow in humility, sincerity and self-knowledge.



**Reason 7** Blessed Mother Theresa went. Frequently.

**Reason 8** Hoping to convert on your deathbed? That's not very likely. Most likely, you will die as you lived.

**Reason 9** It is itself a serious sin to go to Communion if you have serious sin on your soul and have not asked for forgiveness in confession.



**Reason 10** Don't be scared to death of confession. Be scared of death without confession.



**Reason 11** Be strong. Face your sins, deal with them and move on.



**Reason 12** Make sure there are no unpleasant surprises at your particular judgment or at the Final Judgement.

**"Jesus, I am truly sorry for my sins and, with your grace, I will try to sin no more."**



**Reason 13** The priest will listen to your sins and will never tell a soul on pain of losing his soul. Priest even learn to forget what they hear.

Examine your conscience ... using the Ten Commandments or an available guide.

**Grave Matter** What constitutes "grave matter"? Some common sins: Missing Sunday Mass, any sex outside marriage (including pornography and masturbation), serious theft, abortion and contraception, defamation of character, purposely getting drunk.

**Confession Definition** "For a sin to be mortal, three conditions must together be met: 'Mortal sin is sin whose object is grave matter and which is also committed with full knowledge and deliberate consent'" (Catechism of the Catholic Church, No. 1857).

You have the choice of facing the priest (if he offers the option) or speaking through a screen.

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## 14 QUESTIONS ON FORGIVENESS

### 1) What is forgiveness?

Forgiveness is our decision to accept God's grace to let go of the hurt due to sins committed against us and to express this by acts of mercy and love toward the offender (see Lk 15:20-24).

"Forgiveness is the restoration of freedom to oneself. It is the key held in our own hand to our prison cell" (Pope John Paul II)

### 2) How often must I forgive?

70 x 7, that is, indefinitely, always (see Mt 18:22).

### 3) Are there any sins committed against me which I don't have to forgive?

No, the Lord calls us to forgive all sins - even rape murder, abuse, adultery, etc. We never have the occasion to forgive others for their character, attitude, or motives. We are not to judge these things.

### 4) When I forgive, am I condoning sin?

No, the Lord forgives all our sins and condones none of them (see Jn 8:11).

### 5) Must I forgive if the person offending me isn't sorry?

Yes, forgiveness is before-giveness - to give pardon before asked forgiveness or even if never asked forgiveness.

### 6) Must I forgive if the person continues to hurt me?

Yes. While hanging on the cross, Jesus forgave His enemies even as they continued to spit at Him and blaspheme Him (see Lk 23:34).

### 7) If I forgive a person, do I stay in an abusive situation?

No. You free yourself to obey God and remove yourself from an abusive situation until it is changed. If you do not forgive, you will often enable others' irresponsible behavior by becoming codependent.

### 8) How do I forgive?

None of us can forgive by our own power. "To err is human, to forgive divine." And we are not divine. However, the Lord promised us His divine power to forgive. Therefore, forgiveness is our decision to accept God's grace to forgive.

### 9) What if I don't want to forgive?

We should pray and ask the Lord to change our hearts.

### 10) How quickly must I forgive?

Immediately (Mt. 5:25). We're in a self-made jail and at a standstill in our relationship with God until we forgive.

### 11) What if I forgive and not forget?

Forgetting offenses against us does not mean we have amnesia but that there is no special sting in us when we remember offenses. If it hurts us to remember offenses against us, either we need healing or have not truly forgiven.

### 12) How do I forgive myself?

The Bible does not speak of our forgiving ourselves. Not forgiving ourselves is a symptom which will take care of itself if we truly forgive others and receive prayers for healing.

### 13) What if I don't forgive?

1. We "give the devil a chance to work on" us (see Eph 4:27).

2. We are handed over to the torturers (Mt 18:34).

These tortures are such things as fear, loneliness, depression, frustration, anxiety, and self-hatred.

3. We cut ourselves off from receiving forgiveness (Mt 6:12, 15), healing (Sir 28:3), prayer (Mk 11:25), worship (Mt 5:23-24), and Christian community.

4. We lose our appetite for prayer, the Scriptures, the Mass, and Christian fellowship. We become spiritually anorexic.

5. If we persist in unforgiveness, we cut ourselves off from God forever and thereby damn ourselves.

### 14) How do I know if I have forgiven?

Forgiveness is not a feeling but a decision. Moreover, forgiveness is not only praying for those who have hurt us or treating them politely. We know if we have made the decision to forgive when we show it in acts of love and mercy to those who have offended us. For example, the father of the prodigal son threw his arms around his son, kissed him, gave him gifts, honored him, and celebrated his return (Lk 15:20-24). By God's grace we must go and do likewise. Even if the persons we need to forgive have died, we should give love and mercy to their family members.

Right now decide to accept God's grace to forgive all who have sinned against you in any way. Say: "By God's grace, I decide to forgive \_\_\_\_\_ for \_\_\_\_\_." Fill in the blanks and repeat this statement until you have forgiven everyone who has ever offended you. Then thank Jesus forever for the miracle of forgiveness.

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## "CHRIST JESUS CAME INTO THE WORLD TO SAVE SINNERS" 1 Timothy 1:15

### CONFESSION TESTIMONIALS

OSV recently asked readers to describe a positive experience of confession. Here are some of their confidential responses, some of which have been edited for length. -From Our Sunday Visitor

#### TOUGH LOVE

A few years ago, I was stuck with a sin and wasn't too keen to actually change anything and really try to overcome my temptations, but still went to confession out of habit. This one time the priest listened to me, asked me questions about this situation and told me to get a grip. He was really strict with me, didn't sugar-coat anything and gave me advice on what to do. I left feeling very embarrassed, but his words hit home. Things actually changed because of this confession, because his honesty and tough-love approach made me face the reality of my situation for the first time, and that eventually led to a deep conversion. God bless him.

#### GLORIOUS WOUNDS

I once went to confession, and I don't remember now exactly what sins I confessed, but one of them was about doubting God's existence, and this priest asked some keen questions and got it out of me that I had been sexually abused by an immediate relative in childhood.

I said I just wanted it all to go away. He said, "I have something important to tell you. Your wounds are never going to go away." He paused, and his words plummeted to the base of my stomach. He continued gently, "When Jesus was resurrected, he still had his wounds in his hands, feet, side, head. He has them right now. But the wounds no longer bleed. They no longer hurt him." "His wounds are part of his glory."

#### A JOYFUL RETURN

I spent eight years in a Catholic grammar school and went to confession regularly. In eighth grade, confession became reconciliation and became "face to face." I sat with a new young Filipino priest and confessed

that I took something not mine. "That's nothing," he said. "When I was a kid in the Philippines, my friends and I used to steal our neighbors' dogs. Then we'd cook them up and eat them!" Then he laughed heartily. I stayed away from confession after that, and then stopped practicing my faith and finally thought I was an atheist.

Twenty-eight years after that last confession, I received the gift of renewed faith, in an instant, without pining for it, thinking about it and without being in any kind of dire misery. I went back to Mass. I received holy Communion for two weeks. The third week, at Communion time, I was suddenly reminded that I cannot receive holy communion without going to confession. I waited until the next Saturday and with much fear and trepidation, and also with little expectation of coming out any different after making my confession, I forced myself to go through "the motions." I went into the confessional, knelt down, and said those words, "Bless me, Father, for I have sinned. It has been 28 years since my last confession. These are my sins." Tearfully, I confessed a multitude of sins some very grave, and then was asked to say the Act of Contrition. I wasn't sure that I remembered it completely, but I slowly said it as I learned it all those years ago.

Then, I heard those words of absolution, and I cried like a baby. My penance was to sit in a pew and to thank God for this wonderful day, for both me and the priest. I sat there, feeling lighter and more joyful than I ever remembered, with tears soaking me, finally understanding what God's mercy is. And for weeks afterward, I was overcome with the same sense of joy. I go to confession a few times a year, but those two experiences I will never forget. One chased me away and the other brought me back completely.

#### CLEARING OUT THE RAT'S NEST

My daughter's choir was invited to sing at an evening Mass, so we had to arrive early. Confession was available, and the line was short. For several years, I had been troubled by an experience that I described as a "rat's nest in my soul." There was sin involved, but most of it belonged to some other people, which has resulted in deep pain for a close friend. My contribution was a nasty attitude, which resulted in dark ruminations, hardness of heart and the "rat's nest."

I gave the priest a two-sentence description of the six months of anguish, handed him the "rat's nest" and

asked for guidance. What he said included details of my experience that I hadn't told him. I was utterly startled. Then he gave advice that was utterly brilliant. Fortunately, I had a notebook with me, and I wrote down everything he had said so, I could share it with my friend. "The next morning, her "epiphany" was intensely healing. Intensely. All the rats left both our houses.

## RICH IN MERCY

I went to the National Shrine of Divine Mercy, and I was hesitant to make a confession of an act I thought was truly horrible. I had been to confession before, but this one I had never mentioned, out of fear, and it was something from a long time ago.

On the door to the confessional, it has a quote from St. Faustina's diary to the effect "there is no sin greater than God's mercy," so I went in. There a kindly old priest with a gentle voice explained to me that God's loves me like a little child. He explained to me that when I am absolved, if I have made a good confession, contritely intending to sin no more, than I am absolved of sins I may have forgotten to mention at the time. If I continued to make frequent confessions I have no need to dredge up memories of sins from the distance past, but continue to entrust myself to God's mercy and strive to live more in keeping with God's law from now on. I didn't have to scour every past move I had ever made; rather I had to continue to open myself to the grace of the sacrament.

It was uplifting as confession always is uplifting, but it was also liberating to know that I could truly start with a clean slate. I felt enriched.

## UNTYING THE KNOT

I was a way from the Church for 20 plus years while I wandered in the desert of increasing alcoholism. I was married, employed, a father and functioning — barely — in life, but I was far from my spiritual rock. Shortly before I finally surrendered my disease to "a power greater than my self" I was led (unknown by me) by the Holy Spirit to pick up Matthew Linn's book, "A Healing of Memories" (co-written by Dennis Linn), which deals with reconciliation after a long time away. I read and reread the book just prior to entering a three-week program for recovery.

After finally detoxing enough, I asked to speak with a priest. The next day I was called out of one of the

endless meetings and was met by a tall, thin, newly ordained priest from the neighborhood. I told him what I needed/desired, expecting a major examination of conscience and a lengthy discussion, perhaps a return visit from him to prepare my wretched soul for the task at hand. Instead, he simply said, "OK, let's do it." I was shocked and apprehensive, but there was no turning back now. I looked down to gather my thoughts as he burdened himself with the purple stole of penance and reconciliation. When I looked back at him, it was no longer this stranger-to-me priest, but Christ himself sitting there, telling me my sins were forgiven. The knot I had in my chest — and had had for years — disappeared. I knew I was truly forgiven; the slate was wiped clean and I was home.

That was more than 20 years ago, and I have remained sober and faithful ever since. Anytime my faith wavers, I just go back to that little room, so far away now in time, and I get a jolt of Holy Spirit that never fails to revive me. God is good and merciful indeed!

## CRITICAL CORRECTION

My most memorable experience was after having come back to the Church. I had been praying a lot, but would start allowing myself to doubt God and to complain against him when things didn't go my way. I told the priest that I was guilty of a lack of faith. He corrected me. He said I was guilty of ingratitude. He told me that if I prayed for water, and only got an empty glass, I must thank God for the empty glass and assume that the empty glass is what I needed, not the water. I can't thank that priest enough. He helped me to see that my ingratitude to God was preventing me from seeing the answers to my prayers because they weren't coming the way that I thought they should, but the way that God knew I needed them to.



**ONE CANDLE  
MAY LIGHT A THOUSAND**  
*When you are finished with  
your Bulletin pass it on.*

The Vatican hasn't yet released an official itinerary for Pope Francis September trip to Washington, D.C., New York and Philadelphia, but that hasn't stopped the news from being released by other sources.

Enough of the major elements of the journey have been announced by other parties that we are beginning to get a good idea of what's coming and when.

First it's important to remember that the reason Pope Francis is making the journey in the first place is to be present at the World Meeting of Families in Philadelphia, which begins September 22. For Catholics, at least this will be the pinnacle of his trip and it will be the place where the pope will celebrate a public mass which is expected to draw up to 2 million people.

But the rest will be thrilling to follow, as well so let's start piecing it together.

Pope Francis likely will arrive in Washington, D.C. on the evening of September 22. One of his first stops confirmed in the statement released by the White House at the end of March, will be the White House on September 23 for an official welcoming ceremony.

During this visit the statement said President Barack Obama and Pope Francis "will continue the dialogue on their shared values and commitments on a wide range of issues". Also while in D.C., perhaps even that afternoon, Pope Francis will canonize blessed Junipero Serra at the Basilica of the National Shrine of the Immaculate Conception an event the Pope confirmed himself in January. There is likely to be a mass associated with the canonization, but most likely not open to the public.

Thanks to a February announcement by House Speaker John Boehner we also know that Pope Francis will address a joint session of Congress while in the nations capital - the first pontiff to do this - on September 24.

"In a time of global upheaval, the Holy Father's message of compassion and human dignity has moved people of all faiths and background," Boehner said. "His teachings, prayers, and very example bring us back to the blessings of simple things in our obligations to one another."

Francis will then head north to New York City, where the United Nations has announced that he will

address the U.N. General assembly on the morning of September 25.

Francis's than expected in Philadelphia on September 26 and 27th to conclude the world meeting of families. Events will include Saturday evening prayer and Sunday mass which will be open to the public.

Many gaps in this tentative outline remain, particularly New York. And of course a major question is what role Pope Francis' well-known penchant for spontaneity will play. It is safe to say we should all be ready to expect the unexpected.

No matter what happens it is sure to be a grace filled week and one that will make a long lasting impact on the American church.

## *A Prayer for the World Meeting of families Philadelphia 2015*

*God and Father of us all,  
in Jesus, your Son and our Savior,  
you have made us  
your sons and daughters  
in the family of the Church.*

*May your grace and love  
help our families  
in every part of the world  
be united to one another  
in fidelity to the Gospel.*

*May the example of the Holy Family,  
with the aid of your Holy Spirit,  
guide all families,  
especially those most troubled,  
to be homes of communion and prayer  
and to always seek your truth and live in  
your love.*

*Through Christ our Lord. Amen.*

*Jesus, Mary and Joseph,  
Pray for us!*



Heavenly father we entrust to your loving care our holy father but Francis who in your providence leads and guides the The church throughout the world. As we prepare for his past oriole journey to the united states, Phyllis, Lord, with the joy of the Gospel. Give us the grace to respond to the holy father's call to encounter christ and to become missionary disciples who bear witness to his truth and love. Send your Holy Spirit upon us, that we may walk with others, especially the poor and the vulnerable, and bring them to the healing touch of your son, Jesus. And your kindness, Lord, give success to the world meeting of families so that, under the leadership of Pope Francis, marriage and family life might be strengthened in every land and culture. Look with love upon our nation. And sure that the holy father's presence and words inspire us to protect the unborn, The ill and all those who are vulnerable; to defend our first and most cherished freedom, religious liberty; to welcome the stranger; and to serve the poor. May this visit of Pope Francis confirm and our hearts the gospel principles of charity, unity, fraternity, and patriotism. We ask this through Christ, Our Lord. Amen.

*Prayer composed by Archbishop William E. Lori, Supreme Chaplain*



*Mary, Undoer of Knots*

## *Pray for Us*

THROUGH YOUR GRACE,  
YOUR INTERCESSION,  
AND YOUR EXAMPLE,  
DELIVER US FROM ALL EVIL,  
OUR LADY, AND UNITE  
THE KNOTS THAT  
PREVENT US FROM BEING  
UNITED WITH GOD,  
SO THAT WE, FREE FROM  
SIN AND ERROR,  
MAY FIND HIM IN ALL THINGS,  
MAY HAVE OUR HEARTS  
PLACED IN HIM,  
AND MAY SERVE HIM ALWAYS  
IN OUR BROTHERS AND SISTERS.  
AMEN.

*Prayer written by Pope Francis.  
Inspired by the painting Mary, Undoer of Knots*

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# FRUITS OF THE HOLY SPIRIT

## FRUITS OF THE HOLY SPIRIT

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Come, O divine spirit teach me discipline to develop your heavenly fruits, your love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self control, that I may never weary in the service of God, but by continued faithful submission to your inspiration may merit to be united eternally with you in the love of the Father and the Son. Amen

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