



APOSTLES of the HOLY SPIRIT

Bulletin

Summer 2019

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 FAVOURABLE 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 Hefta, 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

Anyway



People are unreasonable, illogical, and self-centered.

Love them anyway.

If you do good, people will accuse you of selfish, ulterior motives.

Do good anyway.

If you are successful, you win false friends and some true enemies.

Succeed anyway.

If you are honest and frank, people may cheat you.

Be honest and frank anyway.

What you spend years building, someone could destroy overnight.

Build anyway.

If you find serenity and happiness, they may be jealous.

Be happy anyway.

The good you do today, people will often forget tomorrow.

Do good anyway.

Give the world the best you have, and you'll get kicked in the teeth.

Give the world the best you've got anyway.

You see, in the final analysis, it is between you and God.

It was never between you and them anyway.

by St. Theresa of Calcutta
(Mother Theresa)

Prayer for Saint Teresa of Calcutta

Heavenly Father, You blessed Mother Teresa with gifts of love and compassion so she would spend her life in service for the poorest of the poor. May we imitate her examples of holiness by sharing our faith and reaching out to those in need.

O Saint Teresa of Calcutta, so compassionate were you toward the sick, the hungry and the unwanted. Your heroic virtues and the graceful faithfulness in which you lived as a servant of God are beautiful examples of your love and union with Him.

We rejoice in your canonization and we praise and thank our loving God for your life and generosity. Help us to follow the Gospel as faithfully and lovingly as you did.

Amen.

Fruit that Multiplies

Mother Teresa began her heroic ministry in the slums of Calcutta in 1948 and was soon attracting supportive followers. In 1950, pontifical approval was given for the establishment of the Missionaries of Charity. There were 12 sisters.

Today there are more than 5,000 Missionaries of Charity sisters in 758 houses in 139 countries.

There are also three Missionaries of Charity communities of men:

- Nearly 400 active brothers in 69 houses in 21 nations;
- Four dozen contemplative brothers in eight houses in five countries;
- More than three dozen Missionaries of Charity priests in nine houses in five countries.

**“Jesus is God, therefore His love, His Thirst, is infinite. He, the creator of the universe, asked for the love of His creatures. He thirst for our love... These words: ‘I Thirst’ -Do they echo in our souls?”
-Saint Teresa of Calcutta**

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 judgment 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 assist 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



THE CHAPLET OF THE DIVINE MERCY

(For private recitation on ordinary rosary beads)

Our Father..., Hail Mary..., The Apostles' Creed.

*Then, on the OUR FATHER BEADS
you will say the following words:*

Eternal Father, I offer you the Body and Blood, Soul and Divinity of your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.

*On the HAIL MARY BEADS
you will say the following words:*

For the sake of His sorrowful Passion have mercy on us and on the whole world.

In conclusion THREE TIMES you will recite these words:

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

(From the Diary of the Servant of God St. Faustina Note Book I, p. 197)

IMPRIMATUR: +Joseph Maguire November 17, 1979
Bishop of Springfield, MA



NOVENA TO ST. FAUSTINA

*O Jesus, Who filled Your servant,
St. Faustina, with profound
veneration for Your boundless Mercy,
deign, if it be Your holy will to grant
me, through her intercession, the
grace for which I fervently pray.*

*My sins render me unworthy of
Your Mercy, but be mindful of St.
Faustina's spirit of sacrifice and
self-denial, and reward her virtue
by granting the petition which, with
childlike confidence, I present to You
through her intercession.*

Amen.



Pope's Worldwide Prayer Network

UNITED STATES | CANADA APOSTLESHIP OF PRAYER

2019 Prayer Intentions of Pope Francis

Join the Pope's Worldwide Prayer Network
Millions Strong and Growing

1501 S Layton Blvd.

Milwaukee, WI 53215-1924

414-486-1152

info@popesprayerusa.net | www.popesprayerusa.net

Visit our website to view the inspiring monthly Pope Video, with Pope Francis himself requesting your prayers for the global challenges of our times.

To become a member of the Pope's Worldwide Prayer Network, you need only to offer yourself to God for his purposes each day. When you give God all the prayers works, joys, and sufferings of your day, you turn your entire day into a prayer for others. You are joining your will to God's will. If you feel called to this simple, profound way of life, please enroll with us. We will send you a welcome letter, a membership card, and some samples of our prayer resources.

To enroll in the Pope's Worldwide Prayer Network, remove this panel, complete it, and return it to the address listed above. You may also enroll by phone email, or online.

Name _____

Address _____

City, State, Zip _____

Phone _____

Email _____

Birthday _____



THANK YOU FOR PRAYING WITH US

In a centuries-old tradition, the Pope's Worldwide Prayer Network publishes the Pope's monthly prayer intentions. We ask Christians everywhere to unite in prayer for the 2019 intentions entrusted to us by Pope Francis.

Visit our website to view the inspiring monthly Pope Video, with Pope Francis himself requesting your prayers for the global challenges of our times.

Apostles of Prayer offer themselves to God each day for the good of the world, the Church, one another, and the Holy Father's intentions.

MAY

The Church in Africa, a Seed of Unity

That the Church in Africa, through the commitment of its members, may be the seed of unity among her peoples and a sign of hope for this continent.

JUNE

The Mode of Life of Priests

That priests, through the modesty and humility of their lives, commit themselves actively to a solidarity with those who are most poor.

BEGIN WITH A DAILY OFFERING

Father, here I am.

I know you are always with me.

I place my heart in the Heart of your Son Jesus, who gives himself to us in the Eucharist each day.

May your Holy Spirit strengthen me to live the Gospel in everything I do and say.

For my part I give you this day all my prayers, works, joys, and sufferings all I am and possess

With Mary, Mother of the Church, I pray for the mission of the Church, for all Apostles of Prayer, and for the intentions of the Pope this month.

OR

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, and the reunion of all Christians. I offer them for the intentions of our bishops and of all Apostles of Prayer, and in particular for those recommended by our Holy Father this month.

KEEP PRAYING WITH THE POPE

The Pope asks us to pray for one intention each month. To pray with the Pope daily, download our app, ClickToPray.

JULY

The Integrity of Justice

That those who administer justice may work with integrity, and that the injustice which prevails in the world may not have the last word.

AUGUST

Families, Schools of Human Growth

That families, through their life of prayer and love, become ever more clearly "schools of true human development"

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.

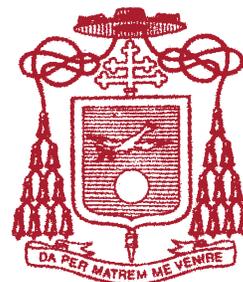
After her holy hour she went into the sanctuary, and kneeling down, she bent over and received Jesus in Holy Communion with her tongue since it was not permissible at the time for laymen to touch the Sacred Host with their hands.

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 ever 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.”

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.”

(Saint Mother Teresa)

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 breathe in Your glorified body? Do you breathe with me, Lord? Does Your Sacred 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

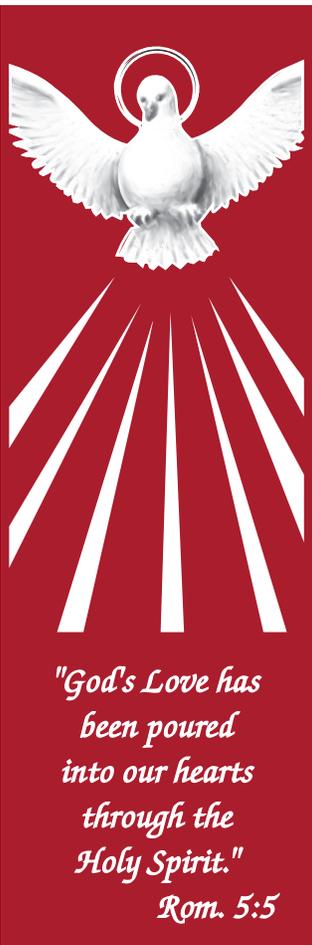
IF YOU ARE INTERESTED IN RECEIVING ADDITIONAL FREE COPIES
OF THIS BULLETIN FOR YOUR GROUP, SEND YOUR NAME,
ADDRESS, AND THE EXACT QUANTITY NEEDED TO:

APOSTLES of the HOLY SPIRIT
2715 Woodburn Avenue Cincinnati, Ohio 45206-1724

NONPROFIT ORG
US POSTAGE
PAID
CINCINNATI OH
PERMIT #7341

Address Service Requested¹

12



*Holy Spirit
of God,
renew the
face of
the earth
by granting
a new
Pentecost
in our time.*

APOSTLES of the HOLY SPIRIT
2709 Woodburn Avenue
Cincinnati, Ohio 45206-1724

HOLY SPIRIT BOOK MARKS

The Dove representing the Holy Spirit - The Halo shows the holiness - The Rays, seven in number represent the seven gifts given us in confirmation. Dark red background and gold edges on the front, and black and white on the back. The bookmark measures 6" by 2"

*Colorful Bookmark
1 to 10 free upon request*

**Serve God by asking the Holy Spirit to
whom you should give one hand to hand.**



Let us pray the prayer on the bookmark
for our church that she may experience
a New Pentecost in our time.

LET US DAILY COUNT OUR BLESSINGS AND GIVE THANKS