

PARISH FAMILY ABLAZE KEYNOTE (9-30-21)

PRAYER (Sign of the Cross/Our Father)

In Nomine Patris, et Filii, et Spiritus Sancti. Amen.

Pater Noster, Qui es in caelis:
Sanctificetur nomen Tuum:
Adveniat regnum Tuum:
Fiat voluntas Tua, sicut in caelo et in terra.
Panem nostrum quotidianum da nobis hodie:
Et dimitte nobis debita nostra,
Sicut et nos dimittimus debitoribus nostris.
Et ne nos inducas in tentationem.
Sed libera nos a malo. Amen.

In Nomine Patris, et Filii, et Spiritus Sancti. Amen.

SACRED SEVEN (Based on *The Baltimore Catechism numbers 474-489*)

- ___ 1. Prayer is lifting our minds and hearts to God.
- ___ 2. Prayer gives us the power to ask for graces and blessings for ourselves, but not for others, because everyone is called to approach God only as individuals.
- ___ 3. Praying for a human enemy would be unreasonable and unholy.
- ___ 4. It never makes sense to feel helpless and dependent.
- ___ 5. God hears every and any type of prayer that is offered.
- ___ 6. When a holy person prays properly, God always grants his request.
- ___ 7. Distractions in our prayer are not displeasing to God, unless they are willful.

KEYNOTE: THE ROMAN RITE—THE HIGHEST EXPRESSION OF PRAYER

I. “Prayer is lifting our minds and hearts up to God.” (BC #475)

A. “In nomine Patris, et Filii, et Spiritus Santi. Amen.” Or:

“In the Name of the Father, and of the Son, and of the Holy Ghost.
Amen.” Or:

“In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.”

- 1. Touch head (mind) first (Gospel Truth)—The Father
- 2. Touch heart (Love of God and Neighbor)—The Son
- 3. Touch shoulders (works expressing the Truth in Love)—The Holy Spirit

B. “Oremus”—“Let us pray”:

1. The Collect after the Introductory Rite
 2. Moment of Silence (Focusing mind, heart, soul, body)
 3. Special characteristics of the celebration are expressed, and its sentiments are all directed to the Father through Christ the Son and in the Holy Spirit (Hardon's *Modern Catholic Dictionary*)
 4. "Amen."
- C. "Sursum corda" or "Lift up your hearts":
1. Preface to the Eucharistic Prayer
 2. Our heartfelt expression of gratitude to God draws down God's love for us through His Son in the power of the Holy Spirit
 3. In our imperfect thanksgiving God the Father gives us the perfect "thanksgiving" (Eucharist/Holy Communion) in the power of the Holy Spirit:
 - a. To purify us and nourish us in holiness
 - b. To increase our love in order to express and share this love
- II. We pray (BC #476):
- A. "To adore God, expressing to Him our love and loyalty":
- "Adoramus te" or "We adore Thee" or "We Adore You"
- B. "To thank Him for His favors":
- "Gratias agamus Domino Deo nostro." Or:
- "Let us give thanks to the Lord our God."
- C. "To obtain from Him the pardon of our sins and the remission of their punishment":
- "Indulgentiam, + absolutionem, et remissionem peccatorum nostrorum, tribuat nobis omnipotens et misericors Dominus. Amen." Or:
- "May the + almighty and merciful Lord grant us pardon, absolution, and remission of our sins. Amen." Or:
- "May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life."
- D. "To ask for the graces and blessings for ourselves and others":
- "Suscipiat Dominus sacrificium de manibus tuis ad laudem, et gloriam nominis sui, ad utilitatem quoque nostram, totiusque Ecclesiae suae sanctae." Or:
- "May the Lord receive the Sacrifice from thy hands, to the praise and glory of His Name, to our benefit, and that of all His holy Church." Or:

“May the Lord accept the Sacrifice at your hands for the praise and glory of His Name, for our good and the good of all His holy Church.”

QUESTIONS

1. When and what causes me distraction when I pray at Mass? What can I do either to avoid distraction or to reduce the likelihood of it occurring? If I am distracted, what should I do to refocus my attention?
2. What presents the greatest challenge for me to focus at Mass—my mind (memory/thoughts/imagination), my will, my emotions, or my body? How might I overcome this challenge?

MISSION

- I. Morning Prayer—Include the “Signum Crucis,” “Pater Noster” (perhaps chant it)
- II. Mid-Day Prayer—A particular examination of conscience with an Act of Contrition—Have I exercised the virtue of piety?
- III. Daily Mental Prayer—Conversing with Jesus
- IV. Nightly Examination of Conscience followed by the Confiteor:
Have I:
 - A. Offered God due adoration today?
 - B. Consistently offered thanks to God throughout the day?
 - C. Asked God for pardon, absolution, and remission of all of my sins?
 - D. Asked God for graces and blessings for myself and others?