

Dayly

KNIGHTLY

To Defend & Proclaim the Word of Christ and the Catholic Church



Edging Towards Christian Unity

Joint Declaration of Pope Francis and Patriarch Kirill of Moscow and All Russia

CATHOLIC CHURCH

A RELIGION MADE BY MAN,
CAN BE UNMADE BY MAN.

A RELIGION MADE BY DIVINE,
CANNOT BE UNMADE BY ANYONE.

CATHOLIC CHURCH
IS A DIVINE INSTITUTION
MADE BY CHRIST.

JESUS IS FAITHFUL.
HE HAS ONLY ONE SPOUSE.

The Eastern (Great) Schism

“They have a horror of being latinized, of betraying the old Faith. One must always insist that there is no idea of latinizing them, that the old Faith is not incompatible with, but rather demands union with the chief see which their Fathers obeyed. In canon law they have nothing to change except such abuses as the sale of bishoprics and the Erastianism that their own better theologians deplore. Celibacy, azyme bread, and so on are Latin customs that no one thinks of forcing on them. They need not add the Filioque to the Creed; they will always keep their venerable rite untouched. Not a bishop need be moved, hardly a feast (except that of St. Photius on 6 Feb.) altered. All that is asked of them is to come back to where their Fathers stood, to treat Rome as Athanasius, Basil, Chrysostom treated her. It is not Latins, it is they who have left the Faith of their Fathers. There is no humiliation in retracing one’s steps when one has wandered down a mistaken road because of long-forgotten personal quarrels. They too must see how disastrous to the common cause is the scandal of the division. They too must wish to put an end to so crying an evil. And if they really wish it the way need not be difficult. For, indeed, after nine centuries of schism we may realize on both sides that it is not only the greatest it is also the most superfluous evil in Christendom.” [Read more...](#)

EDITORIAL

Amnesty International and the United Nations lose their mandate to speak for the rights of people when they cannot even defend the unborn

You can see why the Catholic Church is a favourite target of not only the secular press but also such so called 'lofty' and 'respectful' organisations as Amnesty International and the United Nations. In particular these two later organisations claim to support human rights but in the very first fundamental human right, 'the right to life' they are an abject hypocritical failure when it comes to the rights of the unborn. Billions of dollars, Euros and Yen are spent trying to find even the remotest signs of life on distant planets where even a bug would be enough to shake our world to its very foundations. And yet, when a baby is conceived, it is not considered to be a life-form let alone a human life-form, by those who support abortion, but just a mere fetus without any human qualities, . But then, the Catholic Church has always known that when the world hates you, you know you are doing something that is both just and right. Please read, ["On Combatting Abortion and Euthanasia"](#) - Letter to the Bishops of the World His Holiness Pope John Paul II June 21, 1991.

- Dayly Knightly

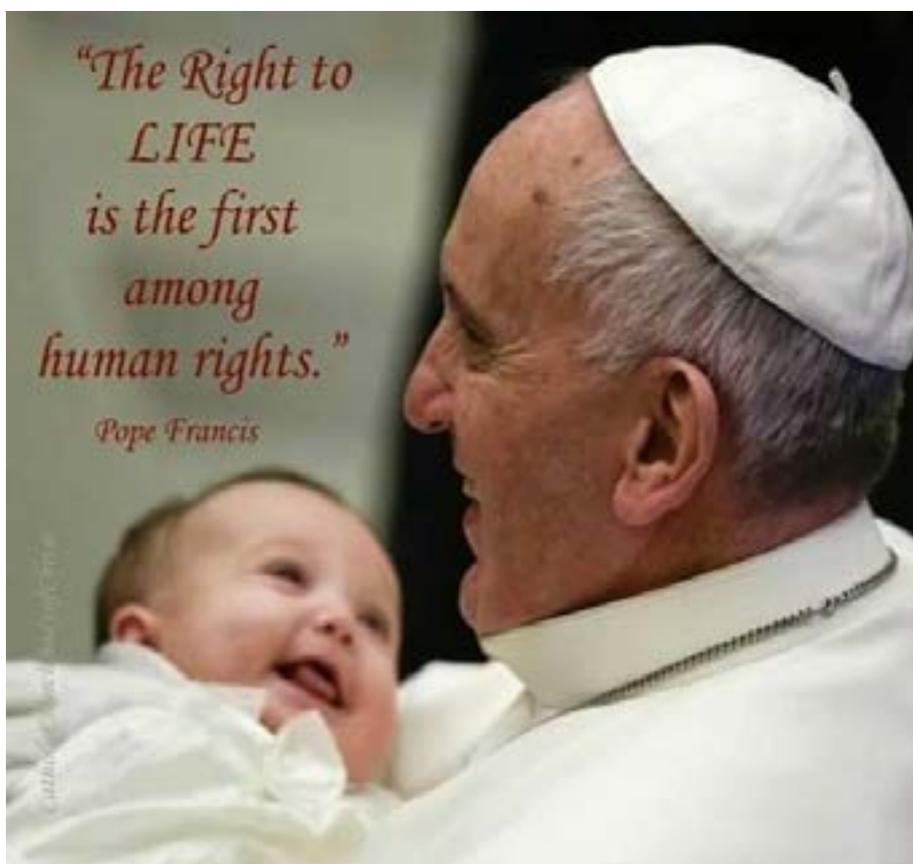


[United Nations is Exploiting Zika Crisis to Promote Abortion as Virus Spreads](#)



[Amnesty International Calls Abortion a Human Right, Compares Banning Abortion to "Torture"](#)

[Report Exposes Amnesty International's Link With Radical Pro-Abortion Group](#)



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[Catholic Bishops Conference of Japan](#)
[Website](#)

Dayly KNIGHTLY

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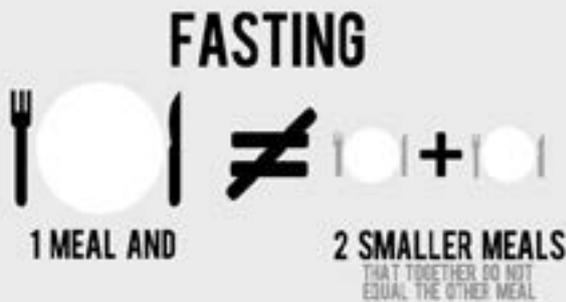
Contact:
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Know Your Faith - Lent

A QUICK OVERVIEW OF LENTEN FASTING & ABSTINENCE



ABSTINENCE



FASTING AND ABSTINENCE
ON ASH WEDNESDAY
AND GOOD FRIDAY

ABSTINENCE
EVERY FRIDAY



THOSE OUTSIDE THE AGE LIMITS AND THOSE WHOSE STATE IN LIFE (E.G. PREGNANT WOMEN, MANUAL LABORERS, THOSE WHO ARE ILL) MAY BE EXCUSED FROM THE REQUIREMENTS OF FASTING AND ABSTINENCE, BUT ARE ENCOURAGED TO TAKE UP SOME OTHER FORM OF PENITENCE OR ACTS OF CHARITY OR PIETY.



THESE GUIDELINES ARE THE MINIMUM REQUIREMENTS. ALL ARE ENCOURAGED TO IMPOSE SOME SORT OF PERSONAL PENANCE OR ACT OF CHARITY OR PIETY ON TOP OF THESE MINIMUMS.



YOU COULD INCREASE THE NUMBER OF DAYS YOU PRACTICE FASTING AND ABSTINENCE, OR ABSTAIN FROM A FAVORITE FOOD OR ACTIVITY FOR ALL OF LENT. YOU COULD ADD GOOD THINGS, SUCH AS COMMITTING TO READ THE BIBLE FOR 20 MINUTES A DAY.

AS IN ALL THINGS, LENTEN PENANCE AND MORTIFICATION CALLS FOR PRUDENCE.

IT IS WISE TO CONSULT YOUR SPIRITUAL DIRECTOR BEFORE UNDERTAKING ADDITIONAL LENTEN PRACTICES.

BONUS LENTEN ACTIVITY!



ALMSGIVING IS THE THIRD PILLAR OF LENTEN PRACTICE.

"EVERY TIME WHEN, FOR LOVE OF GOD, WE SHARE OUR GOODS WITH OUR NEIGHBOR IN NEED, WE DISCOVER THAT THE FULLNESS OF LIFE COMES FROM LOVE AND ALL IS RETURNED TO US AS A BLESSING IN THE FORM OF PEACE, INNER SATISFACTION AND JOY.

POPE BENEDICT XVI



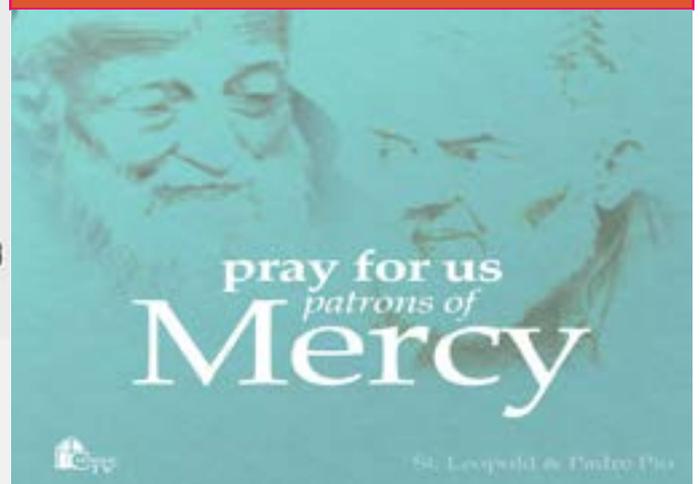
KEEP YOUR EYES PEELED: YOUR DIOCESE OR PARISH MAY PROVIDE SPECIAL OPPORTUNITIES FOR ALMSGIVING DURING LENT, SUCH AS OPERATION RICE BOWL.



Everything You Need for Lent Apps, Books, and More Resources to Guide You

[A List of Resources for Lent 2016](#)

By [Becky Roach, Catholic Link](#)





Rev. Paul Scalia - The Errors of Modernism

About the speaker: Fr. Paul Scalia is the Delegate for Priests in the Diocese of Arlington, a position he now holds full-time after three years as pastor at Saint John the Beloved Catholic Church in McLean, VA. He received a Master of Arts degree from the Pontifical University of Saint Thomas Aquinas, the Angelicum, in Rome in 1996 and was ordained a Priest for the Diocese of Arlington the same year. Fr. Scalia has published articles in various periodicals including This Rock, First Things, Adoremus Bulletin, and Human Life Review, and is currently serving as Chaplain for the Arlington Diocese Courage Chapter. He has also served as Parochial Vicar at St. Bernadette's in Springfield, St. Patrick's in Fredricksburg, and St. Rita's in Alexandria. Fr. Scalia is a member of the Institute of Catholic Culture's Board of Advisers and has given numerous lectures on faith, morality, and modern challenges to Orthodoxy. Watch [here](#)..



10 Signs Christianity Is on the Rise -

by Tom Hoopes (Aleteia)

KNOW YOUR FAITH



What Makes Your Church Different?

Church Militant



[Risen Official Trailer 1 \(2016\) - Tom Felton Biblical Movie HD](#)

RESURRECTION tells the epic New Testament story of the first forty days after the Resurrection of Jesus Christ through the eyes of an agnostic Roman Centurion charged by Pontius Pilot to investigate rumors of a risen Jewish Messiah and locate the missing deceased body of Jesus of Nazareth in order to subdue an imminent uprising in Jerusalem.

Risen Rises Above Most Faith-Based Films - [Read more here](#) - Source: [CRISIS](#) Magazine.

[Audio Sancto:](#) Sermons in plain English on Catholic dogma, doctrine, and

Looking for honest to goodness sincere non-heterodoxal sermons which speak clearly and without fear not only on our spiritual battles but also on many of the controversial issues affecting the lives of people today, then please check and listen to the sermons on [Audio Sancto website here](#).

Know Your Faith

Via Dolorosa

The Origins of the Stations of the Cross

by Woodeene Koenig-Bricker - OSV Weekly



FIRST STATION
Jesus is condemned to death



SECOND STATION
Jesus takes up his cross



THIRD STATION
Jesus falls for the first time
on his way to Calvary



FOURTH STATION
Jesus meets Mary, his
mother



FIFTH STATION
Simon of Cyrene helps Jesus
carry the cross



SIXTH STATION
Veronica wipes Jesus' face
with a veil



SEVENTH STATION
Jesus falls the second time



EIGHTH STATION
Jesus meets the women of
Jerusalem



NINTH STATION
Jesus falls the third time



TENTH STATION
Jesus is stripped of his
clothes



ELEVENTH STATION
Jesus is nailed to the cross.



TWELFTH STATION
Jesus dies on the cross.



THIRTEENTH STATION
Jesus' body is removed from
the cross



FOURTEENTH STATION
Jesus is buried

IMAGES: THE CROSSERS

Know Your Faith

A Tour of the

CATECHISM OF THE CATHOLIC CHURCH



Introducing a new series “A Tour of the Catechism of the Catholic Church” given by Fr. Daniel J. Mahan, S.T.L. The entire Catechism is covered in about 80 videos, 10-20 minutes long each, giving an outline of the content along with easy to follow explanations. It is based on the 2nd Edition of the Catechism. [Click here for 10th video in the series, ‘Creation’.](#)

airmaria.com | breathe freely

A black and white portrait of Pope Pius XI, wearing his papal tiara and ornate vestments, seated on a throne. The background is dark and ornate.

"You are the Church, you Catholic lay people. You must not consider the Church as the pope, the bishops, & the priests, with yourselves as a sort of outer fringe... You are the Church.. just as my hands are my body... It is only through you that the Church can adapt herself to the changing conditions in the world.. Go forth to conquer the world again for Christ!"

~ Pope Pius XI

The Holy Mass & Blessed Eucharist



Reverence for The Holy Sacrifice of the Mass

This is a reprint of an article by Fr. Paul Scalia, son of the late Justice Antonin Scalia (RIP).

“But for court they departed from their regular image and behavior. Gone were the baseball caps, sunglasses, gold chains, leather jackets, t-shirts and baggy jeans so familiar in the rap music crowd. Each of them wore a nice new suit and a sharp tie. They did not have the defiant, violent, in-your-face attitude that their music carries and that they display on stage. Rather, they sat still and respectfully in the courtroom as everyone else does. As far as I know, courtrooms do not have a dress code. But everyone senses the seriousness of the business conducted there. They dress and act accordingly. The dramatic distinction between courtroom behavior and regular behavior calls to mind the distinction that should but does not exist between the sacred and profane in Catholic churches.”

Source: Here's What Joe Six Pack Says - [Read full article here.](#)



Shortage of Priestly Vocations? Not at This Midwestern Parish

The Second Vatican Council described the Eucharist as “the source and summit of the Christian life.” A parish in the Midwest seems to be demonstrating how the sacrament instituted by the Lord on Holy Thursday is also the source of vocations to the priesthood. Source Aleteia - [Read here.](#)

CATHOLIC SAINTS & FEAST DAYS - FEB 07 - FEB 10 2016

Excerpts and articles from various sources on the lives of our Catholic Saints. This week, we focus on a giant in the Catholic Church, Saint Thomas Aquinas for whom a special page is devoted. The excerpts below are available from [AMERICAN CATHOLIC](#).



February 07 - [Saint Colette](#)

Colette did not seek the limelight, but in doing God's will she certainly attracted a lot of attention. Colette was born in Corbie, France. At 21 she began to follow the Third Order Rule and became an anchoress, a woman walled into a room whose only opening was a window into a church. After four years of prayer and penance in this cell, she left it. With the approval and encouragement of the pope, she joined the Poor Clares and reintroduced the primitive Rule of St. Clare in the 17 monasteries she established. Her sisters were known for their poverty—they rejected any fixed income—and for their perpetual fast. Colette's reform movement spread to other countries and is still thriving today. Colette was canonized in 1807.

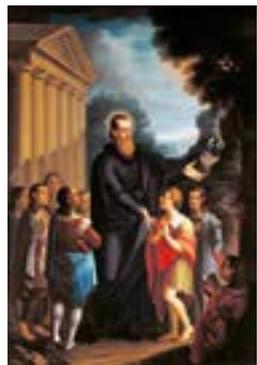
February 08 - [St. Josephine Bakhita](#)

For many years, Josephine Bakhita was a slave but her spirit was always free and eventually that spirit prevailed. Born in Olgossa in the Darfur region of southern Sudan, Josephine was kidnapped at the age of seven, sold into slavery and given the name Bakhita, which means fortunate. She was re-sold several times, finally in 1883 to Callisto Legnani, Italian consul in Khartoum, Sudan. Josephine entered the Institute of St. Magdalene of Canossa in 1893 and made her profession three years later. In 1902, she was transferred to the city of Schio (northeast of Verona), where she assisted her religious community through cooking, sewing, embroidery and welcoming visitors at the door. She soon became well loved by the children attending the sisters' school and the local citizens. She once said, "Be good, love the Lord, pray for those who do not know Him. What a great grace it is to know God!" Pope John Paul II said that in St. Josephine Bakhita, "We find a shining advocate of genuine emancipation. The history of her life inspires not passive acceptance but the firm resolve to work effectively to free girls and women from oppression and violence, and to return them to their dignity in the full exercise of their rights."



February 09 -- [St. Jerome Emiliani](#)

In the years after his ordination, events again called Jerome to a decision and a new lifestyle. Plague and famine swept northern Italy. Jerome began caring for the sick and feeding the hungry at his own expense. While serving the sick and the poor, he soon resolved to devote himself and his property solely to others, particularly to abandoned children. He founded three orphanages, a shelter for penitent prostitutes and a hospital. Around 1532 Jerome and two other priests established a congregation, the Clerks Regular of Somasca, dedicated to the care of orphans and the education of youth. Jerome died in 1537 from a disease he caught while tending the sick. He was canonized in 1767. In 1928 Pius XI named him the patron of orphans and abandoned children.



February 10 - [Saint Scholastica](#)

Twins often share the same interests and ideas with an equal intensity. Therefore, it is no surprise that Scholastica and her twin brother, Benedict (July 11), established religious communities within a few miles from each other. Born in 480 of wealthy parents, Scholastica and Benedict were brought up together until he left central Italy for Rome to continue his studies. "All religious are under an obligation, in accordance with the particular vocation of each, to work zealously and diligently for the building up and growth of the whole mystical body of Christ and for the good of the particular churches. It is their duty to foster these objectives primarily by means of prayer, works of penance, and by the example of their own lives" (Vatican II, Decree on the Pastoral Office of Bishops, 33, Austin Flannery translation).



CATHOLIC TRUTH



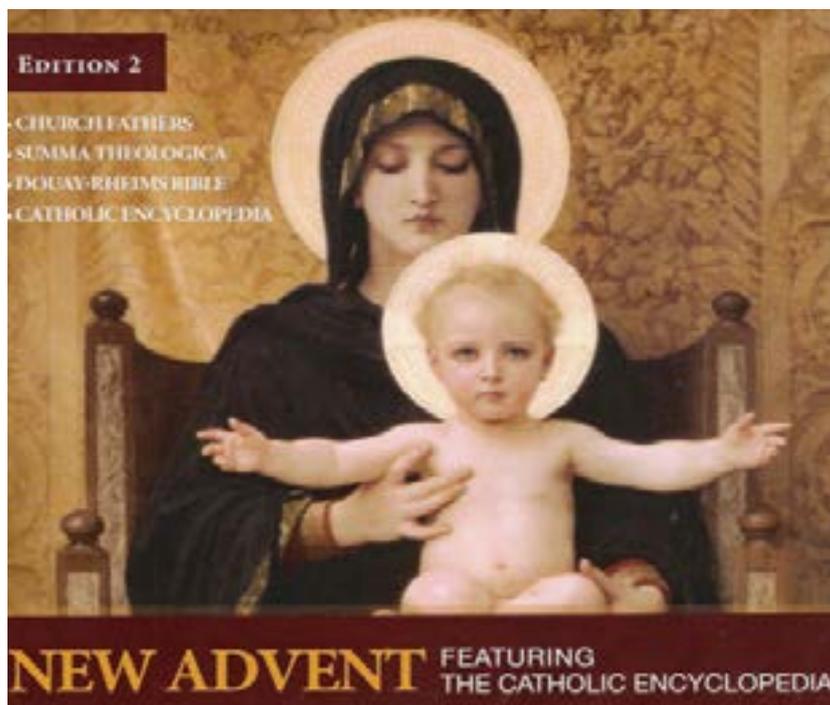
The St. Joseph Foundation

To Defend Catholic Truth and Uphold Catholic Rights

[To] canon law, which ought to be the source of happiness in God's Church.

Do you ever wonder why someone hasn't formed an organization that can assist faithful Catholics in protecting their right to embrace and keep the truth concerning God and His Church? Well, someone did in 1984; and it is called the [Saint Joseph Foundation](#).

Located in beautiful rural Ohio, the St. Joseph Foundation advises and represents individuals and groups around the world to resolve Catholic legal issues. Through the publication of *Christifidelis*, the Foundation educates the faithful on Catholic teaching and their rights within the Church. We provide all services free of charge, relying solely on the generosity of the faithful and the patronage of St. Joseph.



New Advent

Founded in 1995, and with 100,000 visitors daily, New Advent is one of the oldest and largest Catholic websites.

[The Catholic Encyclopedia](#). Originally published in 1914, this incredible reference work contains 11,600 articles on every Catholic topic imaginable.

[The Church Fathers](#). The ancient Christians come alive in this classic 38-volume collection.

[The Summa Theologica](#). St. Thomas Aquinas answers 4,000 questions about God and the universe.

The Holy Bible in Douay-Rheims (English) and Vulgate (Latin) versions.

[And much more](#), including papal encyclicals and other resources

ENCOUNTER - PRAYER AND CONFESSION

Prayer for the Holy Souls in Purgatory



*Our Lord promised
Saint Gertrude
that 1000 souls would be
released from Purgatory,
each time, this prayer
is said devoutly.*

Catholic Church in the World

Eternal Father, I offer Thee
the Most Precious Blood of Thy Divine Son, Jesus,
in union with the Masses said throughout the world,
today, for all the Holy Souls in Purgatory,
for sinners everywhere, for sinners
in the Universal Church, those
in my own home and
within my family.
Amen.

Catholics Come Home

Catholics Come Home “Movie”

This reflective “Movie of Your Life” commercial from Catholics Come Home brings about sorrowful reflection of the bad times in our lives, as well as the joyful reliving of the good. Thankfully, we are reminded that Jesus came not to condemn the world but to save it! This commercial teaches us that it is never too late to ask for God’s forgiveness and to accept His mercy. The Catholic Church waits with open arms to welcome back those who have drifted away, those whom God is calling home.

[Watch here.](#)

“Confession heals, confession justifies, confession grants pardon of sin, all hope consists in confession; in confession there is a chance for mercy.”

-St. Isidore of Seville

The Beauty of God's Creation



God of Wonders:
Scientists prove Almighty God's existence
through Science

Louie Giglio Mashup
of Stars and Whales Singing God's Praise

[Amazing Sounds of Music
from Stars and Whales](#)

*“The Wonder of
our physical sophistication pales
in comparison to
our spiritual nature”*

*“God's Law is written on our hearts.....
I am accountable to God and
I know I have not lived up
to His standards”*

This documentary shows the works of GOD Almighty through science and nature. No longer can non believers declare the non existence of God in Science. The scientists in this documentary are some of the highest regarded in the scientific community. This wonderful documentary is great for families and friends. [Watch here.](#)

“FOR GOD IS NOT
THE AUTHOR OF
CONFUSION
BUT OF PEACE.”

1 CORINTHIANS 14:33

@karijobe

MILITIAE SPIRITUALI - Culture of Life



Pope Francis: Killing Babies in Response to Zika Virus is Wrong, Abortion an “Absolute Evil”

The Vatican issued a strong statement this week against a growing push to legalize abortion in South American countries because of the Zika virus. Meanwhile, Pope Francis said abortion is not a solution to the Zika virus.

“Abortion is not a lesser evil — it’s a crime,” Pope Francis said. He added that it is the deliberate taking of an innocent human life, calling abortion “an absolute evil.”

Source: LifeNews - Read morere [here](#).



Online for Life

Online for Life, helps rescue unborn children and their families from abortion. And we try to do it in such a way that infuses more compassion and love into the movement. Through our advanced online and offline marketing techniques, Online for Life helps women in crisis pregnancies find a life-affirming pregnancy center in their communities. Once there, these women are shown grace and love as they make a fully informed decision regarding their pregnancy. [Read more here](#).



Wisconsin Gov. Scott Walker Signs Bills to De-Fund Planned Parenthood, Takes Away \$8 Million

Wisconsin Governor Scott Walker signed two pro-life bills that will help further de-fund the Planned Parenthood abortion business in the Badger State after it was caught across the country selling the body parts of aborted babies for profit.

Source: LifeNews - [Read here](#).



In 2015, Iraqi Christian Relief Council helped over 150,000 displaced Iraqi Christians throughout the Middle East



With the recent ISIS attacks, this is one of the most common questions people ask us. We need your prayers, resources, and voice to help spread awareness about the perilous crisis in Iraq and raise funds to help fight the battle.

MILITIAE SPIRITUALI

the Vortex

with Michael Voris, S.T.B.

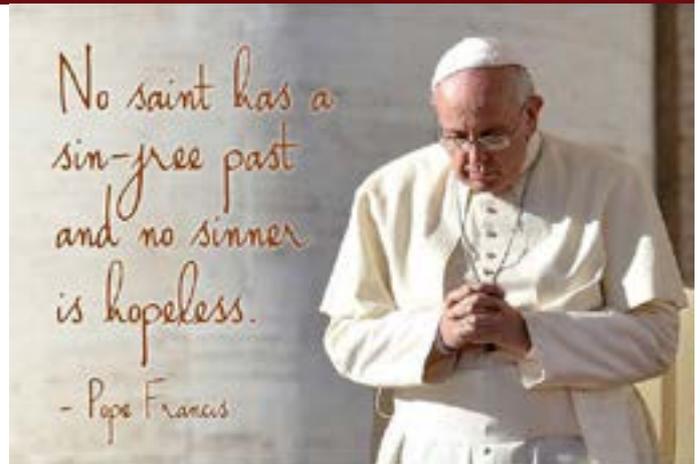
Being Lead Astray

Mother Miriam: Crisis in the Church

“Being reasonably hopeful that all men are saved..... is not Catholic.” - Source [Church Militant](#)

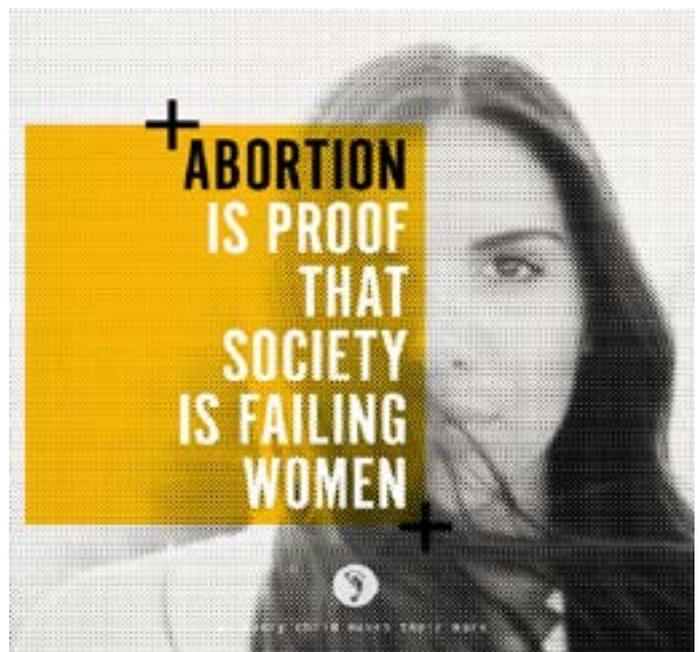
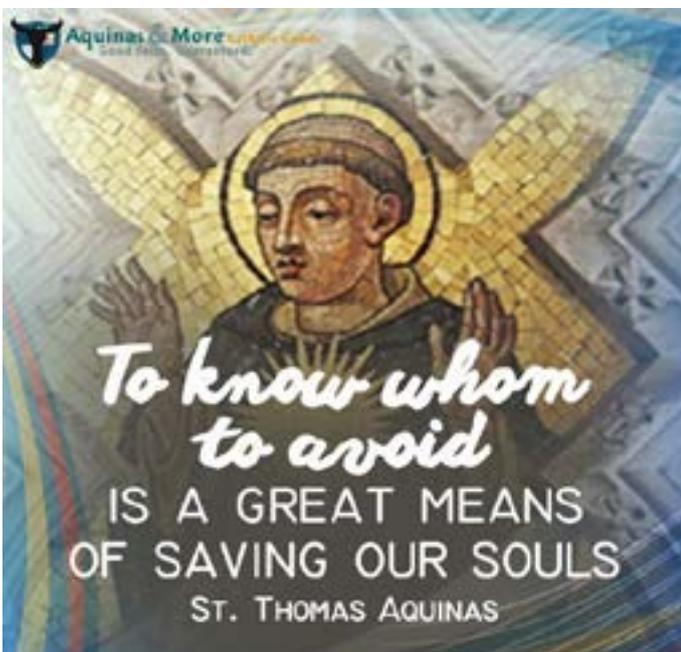
Does Jesus suffer each time we sin?

Since our sins made the Lord Christ suffer the torment of the cross, those who plunge themselves into disorders and crimes crucify the Son of God anew in their hearts (for he is in them) and hold him up to contempt. And it can be seen that our crime in this case is greater in us than in the Jews. As for them, according to the witness of the apostle, “None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory.” We, however, profess to know him. And when we deny him by our deeds, we in some way seem to lay violent hands on him. Nor did demons crucify him; it is you who have crucified him and crucify him still, when you delight in your vices and sins. (CCC 598, quoting St. Francis of Assisi, Admonitio 5.3) Source: [CatholicSay](#)



Courageous Priest

Because Souls Perish For the Lack of Knowledge!

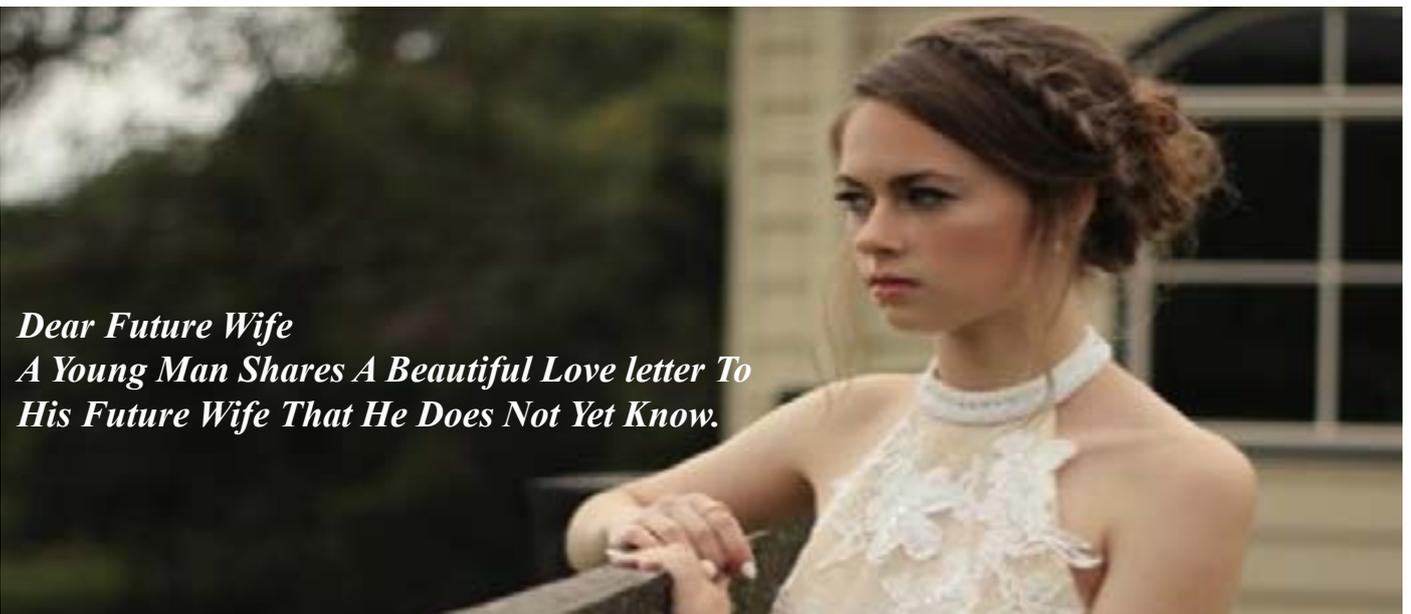


MILITIAE SPIRITUALI - Church Teachings



*“To Defend the Traditional Teaching of the Church.....
To Defend Life, Defend the Traditional Family”*
*“Everyone is saved, all you need is a personal Jesus.....
this is not Catholic.....it is a Protestant idea”*

Church Militant interviews His Excellency Bp. Anthony Borwah from the diocese of Gbarnga, Liberia. [Watch the full interview here.](#)



*Dear Future Wife
A Young Man Shares A Beautiful Love letter To
His Future Wife That He Does Not Yet Know.*

“And so, I will continue to keep a watchful guard over my soul, that one day you will trust me and allow me to guard and protect yours too. By the grace of God I will lead you to heaven.

But that time is not yet. And I don't want you to worry about how long it may be until we meet. I need you now to be running towards God, to run with Him. One day I will run with you, but please don't wait to meet me before you start, for it will only be as we are both running towards God, with our gazes fixed upon Him, that our paths will cross. Know that I am running towards Him; however, know that it is often more of a 3000 meter hurdle race for me, than a 100 meter sprint, and that although I may come out of this a bit battered and bruised, in Him I will be made strong and ready for you.” Source: Catholic Link - [Read the letter here.](#)

FIRES ENCOUNTER

Families, Intercommunication, Relationships, Experiences, Services

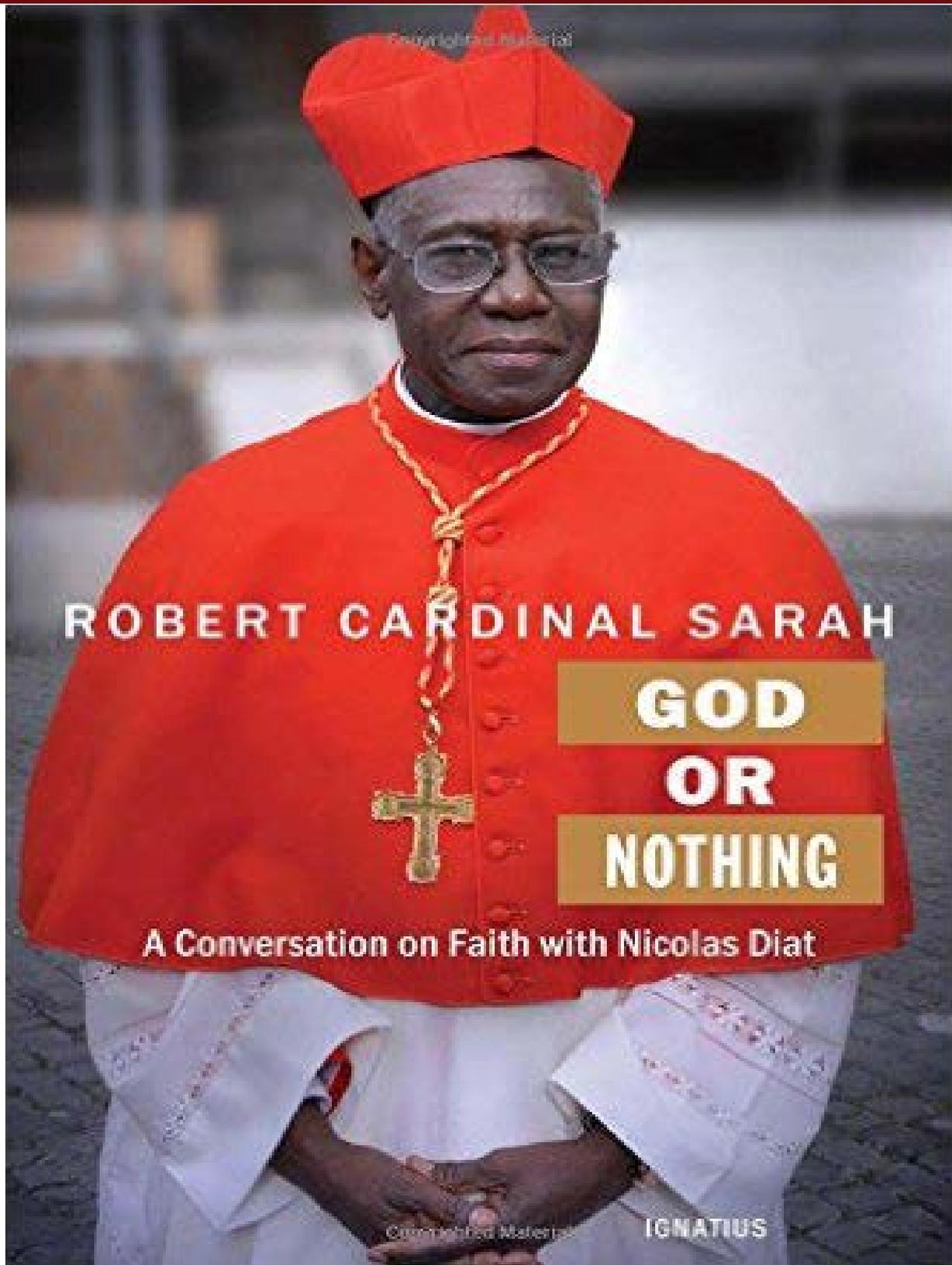
A series of programs originated by Fr Gabriel Calvo, for Married Couples, Sons and Daughters, Families, Engaged Couples, Individuals, Priests and Men and Women Religious, to build more honest and loving relationships with oneself, with ones' family, with others and with GOD. Engaged

Engaged Encounter Next Session

March 5th/6th at [Franciscan Chapel Center, Tokyo](#)

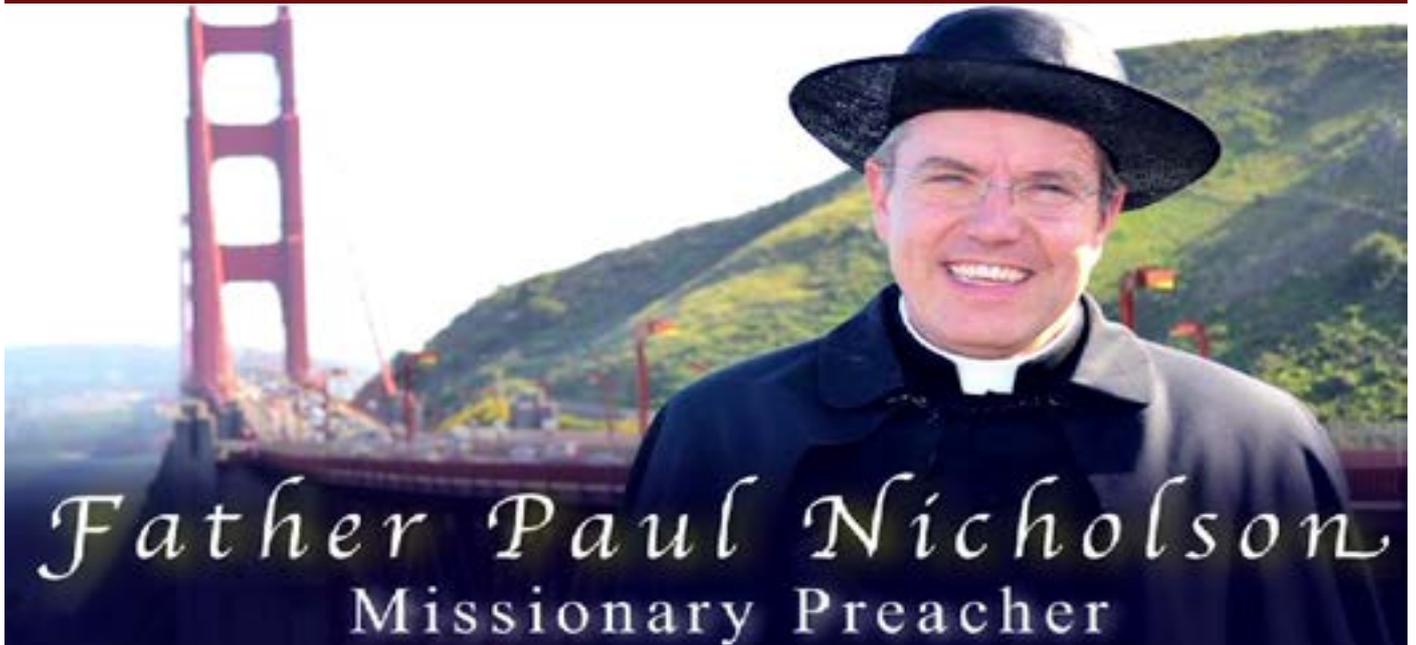
Please contact Fr. Donnon (donnon.murray@holistic-family.org). [Website is here.](#)





“The idea of putting Magisterial teaching in a beautiful display case while separating it from pastoral practice, which then could evolve along with circumstances, fashions, and passions, is a sort of heresy, a dangerous schizophrenic pathology. I therefore solemnly state that the Church in Africa is staunchly opposed to any rebellion against the teaching of Jesus and of the Magisterium. . . . The Church of Africa is committed in the name of the Lord Jesus to keeping unchanged the teaching of God and of the Church.”

[Buy the Book and One for your Parish Priest on Amazon here.](#)



Father Paul Nicholson
Missionary Preacher

Pope Francis And The Anniversary Of Protestant Revolt

**The incorrupt body of
St. Bernadette**



Our Lady of Lourdes
Feast Day: Feb 11

Bernadette Soubirous
in death in 1879
(left picture)

**On December 8th 1933,
Pope Pius XI declared
Bernadette Soubirous a
Saint of the Catholic
Church.**



CATHOLIC INSPIRATION



The Ambulance Confessional

One priest is taking Confession on the road – [hear more](#) about the “ambulance confessional” from Fr. Michael Champagne. Source: [EWTN](#)



Seoul Archdiocese Priest Ordination 2016

[Watch this very moving ceremony here](#)



ENCOUNTER - Prayer & Meditation



A Method of Mental Prayer by St. Alphonsus Liguori

“We must observe that Saint Alphonsus makes the practice of mental prayer simple, clear, easy, and not less fruitful. Owing to the method which he teaches, this exercise, indispensable to him who wishes to sanctify himself, is really put within the reach of all. He wishes that every one should learn how to meditate. He earnestly recommends that for this purpose special instructions should be given to the people.” Rev. E. Grimm.

“Mental prayer consists of three parts; the preparation, the meditation, and the conclusion. The preparation consists of three acts: one of faith in the presence of God; of humility, with a short act of contrition; and of prayer to be enlightened. saying as follows, for the first: My God; I believe that you art present with me, and I adore you with all the affection of my soul. For the second: O Lord by my sins I deserve to be now in hell. I repent, O Infinite Goodness! with my whole heart, of having offended you. [Jesus, I trust in you.] For the third: My God for the love of Jesus and Mary, give me light in this prayer, that I may profit by it. Then say a Hail Mary to the Most Blessed Virgin, that she may obtain light for us; and a Glory be to the Father, to St. Joseph, to your guardian angel, and to your patron saint, for the same end. These acts should be made with attention, but briefly; and then you go on directly to the meditation.

In the meditation you can always make use of some book, at least at the beginning, and stop where you find yourself mostly touched. St. Francis de Sales says that in this we should do as the bees, which settle on a flower as long they find any honey in it, and then pass on to another. It should also be observed, that the fruits to be gained by meditation are three in number: to make affections, to pray, and to make resolutions; and in these consists the profit to be derived from mental prayer. After you have meditated on some eternal truth, and God has spoken to your heart, you must also speak to God; and

first, by forming affections, be they acts of faith, of thanksgiving, of humility, or of hope; but above all, repeat the acts of love and contrition. St. Thomas says, that every act of love merits for us the grace of God and paradise:

“Every act of love merits eternal life.” Each act of contrition obtains the same thing. Acts of love are such as these: My God; I love you above all things! I love you with all my heart! I desire to do your will in all things. I rejoice that you are infinitely happy! and the like. For an act of contrition it is enough to say: O Infinite Goodness, I repent of having offended you!

In the second place, you must pray; ask God to enlighten you, to give you humility or other virtues, to grant you a good death and eternal salvation; but above all, his love and holy perseverance. And when the soul is in great aridity, it is sufficient to repeat:

My God, help me! Lord, have mercy on me! My Jesus, have mercy! and if you do nothing but this, your prayer will succeed exceedingly well.

In the third place, before finishing your prayer, you must form a particular resolution; as, for instance, to avoid some occasion of sin, to bear with an annoyance from some person, to correct some fault, and the like.

Finally, in the conclusion, three acts are to be made: in the 1st, we must thank God for the inspirations we have received; in the 2d, we must make a determination to observe the resolutions we have made; in the 3d, we must ask God, for the love of Jesus and Mary, to help us to keep our resolution. The prayer concludes by the recommendation of the souls in purgatory, the prelates of the Church, sinners, and all our relatives and friends, for which we may say an Our Father and a Hail Mary. St. Francis of Sales exhorts us to choose some thought which may have struck us more especially in our prayer, that we may remember it during the rest of the day.”

Source:
[Catholic Spiritual Direction](#)

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A Few Thoughts

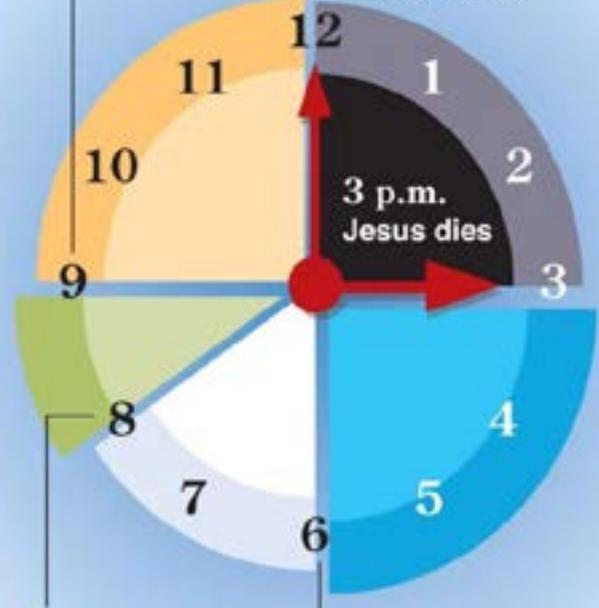
It is by battles against Hell and by resistance to temptations that we give God proofs of our love.

- St. John Vianney -

Good Friday

9 a.m.
Jesus crucified
Mark 15:25

12 p.m.
Darkness covers the land
Matt. 27:45



8 a.m.
Pilate condemns Jesus to death
Matt. 27:1-2

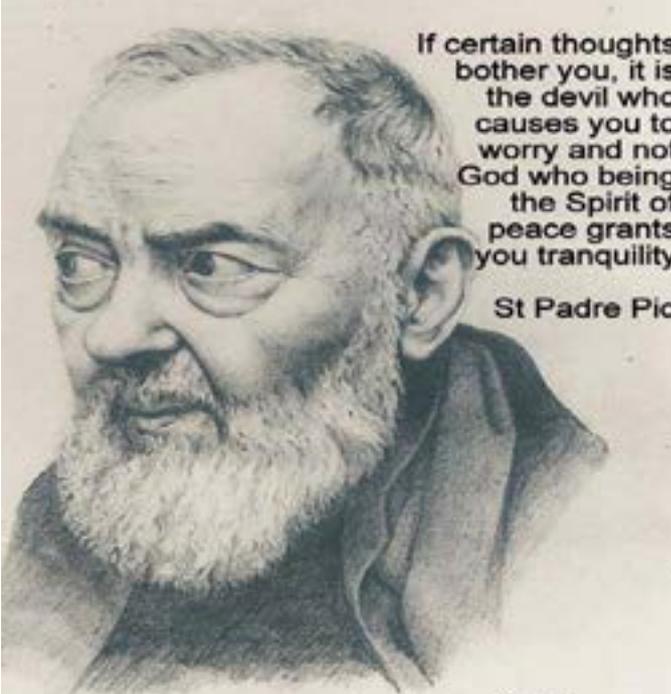
6 p.m.
Jesus' body laid in a tomb
Matt. 27:57-60

OLDEST PRAYER TO THE MOST BLESSED MOTHER



SUB TUUM PRAESIDIUM
*Beneath thy protection,
We take refuge,
& Mother of God:
Do not despise our petitions in time of trouble,
But rescue us from dangers,
Only pure one, only blessed one.*

... from a papyrus fragment dating back to 250 AD



If certain thoughts bother you, it is the devil who causes you to worry and not God who being the Spirit of peace grants you tranquility

St Padre Pio

- Padre Pio da Pietrelcina -
Lettere, 1918

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