# **PRAYERS BEFORE & AFTER** THE HOLY SACRIFICE OF THE MASS

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### **PRAYER OF SAINT AMBROSE BEFORE HOLY MASS:**

I draw near, loving Lord Jesus Christ, to the table of your most delightful banquet in fear and trembling, a sinner, presuming not upon my own merits, but trusting rather in your goodness and mercy. I have a heart and body defiled by my many offenses, a mind and tongue over which I have kept no good watch. Therefore, O loving God, O awesome Majesty, I turn in my misery, caught in snares, to you the fountain of mercy, hastening to you for healing, flying to you for protection; and while I do not look forward to having you as Judge, I long to have you as Savior. To you, O Lord, I display my wounds, to you I uncover my shame. I am aware of my many and great sins, for which I fear, but I hope in your mercies, which are without number. Look upon me, then, with eyes of mercy, Lord Jesus Christ, eternal King, God and Man, crucified for mankind. Listen to me, as I place my hope in you, have pity on me, full of miseries and sins, you, who will never cease to let the fountain of compassion flow. Hail, O Saving Victim, offered for me and for the whole human race on the wood of the Cross. Hail, O noble and precious Blood, flowing from the wounds of Jesus Christ, my crucified Lord, and washing away the sins of all the world. Remember, Lord, your creature, whom you redeemed by your Blood. I am repentant of my sins, I desire to

put right what I have done. Take from me, therefore, most merciful Father, all my iniquities and sins, so that, in purified mind and body, I may worthily taste the Holy of Holies. And grant that this sacred foretaste of your Body and Blood which I, though unworthy, intend to receive, may be the remission of EIS ET ERAT my sins, the perfect cleansing of my faults, the banishment of shameful thoughts, and the rebirth of right sentiments; and may it encourage a wholesome and effective performance of deeds pleasing to you and be a most firm defense of body and soul against the snares of my enemies. Amen.

# **PRAYER OF SAINT BONAVENTURE AFTER HOLY MASS:**

Pierce, O most Sweet Lord Jesus, my inmost soul with the most joyous and healthful wound of Thy love, with true, serene, and most holy apostolic charity, that my soul may ever languish and melt with love and longing for Thee, that it may yearn for Thee and faint for Thy courts, and long to be dissolved and to be with Thee. Grant that my soul may hunger after

Thee, the bread of angels, the refreshment of holy souls, our daily and supersubstantial bread, having all sweetness and savor and every delight of taste; let my heart ever hunger after and feed

upon Thee, upon whom the angels desire to look, and may my inmost soul be filled with the sweetness of Thy savor; may it ever thirst after

Thee, the fountain of life, the fountain of wisdom and knowledge, the fountain of eternal light, the torrent of pleasure, the richness of the house of God. May it ever compass Thee, seek Thee, find Thee, run to Thee, attain Thee, meditate upon Thee, speak of Thee, and do all things to the praise and glory of Thy name, with humility and discretion, with love and delight, with ease and affection, and with perseverance unto the end.

May Thou alone be ever my hope, my entire assurance, my riches, my delight, my pleasure, my joy, my rest and tranquility, my peace, my sweetness, my fragrance, my sweet savor, my food. my refreshment, my refuge, my help, my wisdom, my portion, my possession and SUBDITUSIL ny treasure, in whom may my mind and my heart be fixed and firmly rooted immovably

henceforth and forever. Amen.



# CORPUS CHRISTI - JUNE 23RD, 2019

# Musings from your Parish Priest:

Jesus, meek and humble of heart, make my heart like unto Thine! As we continue to learn more about the Sacred Heart Devotions I thought it would be good to examine the promises Christ gives us. Our Lord made these twelve promises for those who honor His Sacred Heart to St. Margaret Mary Alacoque, a French nun, whom he called "the Beloved Disciple of the Sacred Heart", in the 1670's. Considering that the blood that redeemed us at Calvary came from His Sacred Heart and that so much love and light still exude from it, we see the importance of the commitments that Christ makes to us! Our Lord promised the

following:

- 1. I will give them all the graces necessary for their state in life.
- 2. I will establish peace in their families.
- 3. I will comfort them in their trials.
- 4. I will be their secure refuge during life, and, above all, in death.
- 5. I will shed abundant blessings on all their undertakings 6. Sinners will find in My Heart an infinite ocean of mercy.
- 7. Lukewarm souls will become fervent.
- 8. Fervent souls will rapidly grow in holiness and perfection.
- 9. I will bless every place where an image of My Heart shall be exposed and honored.
- 10. I will give to priests the gift of touching the most hardened hearts.



moment.

Keep in mind in the 12th Promise that our Lord asks us to receive Him in Holy Communion in a state of grace on the First Friday of each of nine consecutive months, a First Friday devotion.

I don't know about you, but I think these promises are AMAZING! What a great commitment that Our Lord makes to us if we commit our hearts to Him through this devotion. I encourage you, either as an individual or with your family to start or to expand this devotion in your life!





11. The names of those who promote this devotion will be written in My Heart, never to be blotted out.

12. I promise thee, in the excessive mercy of My Heart, that My allpowerful love will grant to all those who receive Holy Communion on the First Friday of nine consecutive months, the grace of final penitence; they shall not die in My disgrace nor without receiving their Sacraments; My Divine Heart shall be their safe refuge in this last

In Mary's Immaculate Heart,





#### St. Patrick our Patron Pray for us and our families!

Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me. Christ above me, Christ on my right, Christ on my left, Christ lying down, Christ in sitting, Christ in rising up, Christ in the heart of every person who may think of me, Christ in the mouth of every person who may speak of me, Christ in every eve that sees me, Christ in every ear that hears mel- St Patrick's Breastplate



5025 N. Nelson St., Spokane, WA 99217 Phone: (509) 466-7738 E-mail: stpatspokanebulletin@gmail.com Office Hours: On-site office is now closed. Please note: All correspondence/payments should be mailed to: St. Patrick's, c/o St. Thomas More Parish, 505 W. St. Thomas More Way, Spokane, WA 99208 www.stpatrickspokane.org

#### Holy Sacrifice of the Mass St. Patrick's **1**

Sundays	9:00 AM (Church)
Weekdays	7:00 AM (Convent)
Saturdays	8:00 AM (Church)
Holy Days	<b>Consult Bulletin</b>
Holy Sacrifice of the Mass St. Francis Xavier	
Saturday	4:00 PM
Sundays	7:30 AM
-	11:00 AM (Latin)
Weekdays (M,T,W)	8:00 AM
Holy Days	Consult Bulletin

**Sacramental Celebrations** 

Holv Baptism: Parental preparation is required. Please contact a priest to set up an appointment. Penance: Saturdays, 8:30-9:00 AM or by appointment. Also at St. Francis Xavier: Tuesdays, 4:00 -5:00 PM; Saturdays, 3:00-3:30 PM, & Sundays 10:30-11:00 AM Holy Matrimony: Please contact a Parish Priest at least 6 months in advance of your wedding. Care of the Sick & Homebound: Communion is taken to the sick and elderly on a regular basis. We ask families to please notify the Parish office when illness or infirmity impedes a person from coming to church for an extended period of time. The Sacrament of Anointing of the Sick is offered on request. Call 487-1325, ext. 200.

## ANY NEWS FOR THE BULLETIN? PLEASE CONTACT TRACI @ 466-3811, ext. 200 OR EMAIL: stpatspokanebulletin@gmail.com

BULLETIN ITEMS ARE DUE NO LATER THAN MONDAY @ :00 PM. Also, if you know of any homebound who would like to have the bulletin mailed to them, please send us their address.

**<u>Clause for a Christian Will:</u>** I give, devise, and bequeath to St. Patrick Catholic Parish — Spokane for the benefit of (*insert St. Patrick Catholic Church*), a Washington nonprofit corporation, (*description of gift*).

The diocese is committed to helping victims/survivors of sexual abuse and to protecting children and vulnerable adults. Volunteers who supervise other volunteers who work with minors and vulnerable adults **are required to report** any suspected abuse by others they supervise. Contact: Roberta Smith, Victims Assistance Coordinator (509) 353-0442 Office Phone or (509) 998 -18340 Cell. You may also go to the Diocesan website: wwwdioceseofspokane.org

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For spiritual emergencies, scheduling sacraments or funerals please contact Fr Gaines at 487-6363

To request a certificate, bulletin ad or to speak to someone about your charitable contributions please contact the office and say you are calling for St. Patrick Parish. 509-466-7738





at the home of Millie Hynes. Watch the bulletin for date and time. This is essential for every Catholic woman to see as we strive to change the climate of abortion in our country.

Income

Stewardship: \$75,004.64

Budget-YTD Received-YTD \$71,340.55

Envelope & Plate: Needed Weekly: Received 06/016:

> Charity Maintenance Fund

\$1,796.87 \$952.00

\$0.00

\$85.00

Please note: Mail your contributions to St. Thomas More Parish, 505 W. St. Thomas More Way, Spokane, 99208

#### Parishioner Needs a Ride

One of our long-time parishioners, Cathy Swam, needs a ride to the 9:00 AM Mass on Sundays. She lives near Cooper School. If you can help, please call 487-2974.

Looking for some great videos, books, or articles? Check out Formed!

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### Other Events:

#### Diocese of Spokane Prayer Pilgrimage On the Solemnity of the Most Sacred Heart of Jesus, June 28

Now is the time to gather in prayer—for the fountain of blessing to flow forth from the Heart of Jesus, Journey on a charter bus with other prayer pilgrims, from sunrise to sunset, to locations dedicated to the Most Sacred Heart of Jesus throughout Eastern Washington, Stops include Mass, Adoration, the Rosary, and a chaplet of Divine Mercy, \$50, register at: www.dioceseofspokane.org/prayerpilgrimage-1

#### **Cornerstone Catholic Conference** October 18-19, 2019, Tacoma

Keynote Speakers: Cardinal Daniel DiNardo, Archbishop of Galveston-Houston and President of the USCCB Bishop Frank Caggiano, Diocese of Bridgeport, CT In addition to these speakers, there will be a variety of break-out sessions from which participants will be able to select from. Registration will open in early May at www.wacatholics.org/cornerstone

# Coffee and Donuts



Join your fellow parishioners for coffee and donuts following Mass today.