

# St. Patrick Parish

258 Main St. Rutland, Massachusetts - WEBSITE: [stpatricksrutland.org](http://stpatricksrutland.org)

*Serving the People of Rutland, Oakham and Hubbardston*

PARISH CENTER: 9 POMMOGUSSETT RD.  
508-886-4984 FAX 508-886-2897

Rev. James Boland, Pastor

RESIDENCE: 508-886-4309 290 Main St. Rutland

E-MAIL: [FrJim@stpatricksrutland.org](mailto:FrJim@stpatricksrutland.org)

Deacon Pierre Gemme:

E-MAIL: [gemm01@msn.com](mailto:gemm01@msn.com)

Deacon Brian Stidsen:

E-MAIL: [bstidsen51@gmail.com](mailto:bstidsen51@gmail.com)

Denise A. Skrocki, Office Manager

Office Hours 9:00 - 2:00 Monday - Thursday

E-MAIL: [das@stpatricksrutland.org](mailto:das@stpatricksrutland.org)

*Directors of Religious Education:*

Christine Mulry, Grades 1-10 508-886-2010

E-MAIL: [Chris@stpatricksrutland.org](mailto:Chris@stpatricksrutland.org)

Jean Urbanowski, Grade 11 508-886-2010

E-MAIL: [Jean@stpatricksrutland.org](mailto:Jean@stpatricksrutland.org)

Diocese of Worcester

Office of Healing & Prevention

Victim Services Coordinator

Judith Audette, LICSW 508-726-2880

49 Elm Street Worcester, MA 01609

## EUCHARISTIC CELEBRATIONS

Mass Schedule is: **Only 8am Mass Livestreamed\***  
**Saturday (Vigil) 5:00 pm**

**Sunday \*8:00 am and 10:30 am**

**WEEKDAY: Monday, Tuesday, Wednesday  
8:00 am**

**BAPTISM:** Parents please call the Parish Office to arrange for instructions and Baptismal date.

**MARRIAGE:** Couples planning marriage should contact the Pastor at least one year in advance. Participation in a Marriage Preparation Program is expected.

**RECONCILIATION:** Saturday 3:30-4:30 pm in the Church

**HOME & HOSPITAL VISITATION:** Please notify us if you know of someone who is ill or homebound.

**NEW PARISHIONERS:** Welcome! We hope that you will become an active part of our parish family. Please introduce yourselves at your first opportunity, or call the Parish Center to register.

**PRAYER REQUEST LINE:** Call with your requests.

508- 886-2206 Paula Stidsen or [PaulaStidsen@gmail.com](mailto:PaulaStidsen@gmail.com)

508- 886-4724 Jackie O'Brien

March 6, 2022



SUNDAY, MARCH 6, 2022

## 1<sup>ST</sup> SUNDAY OF LENT

The devil said to him, "All this will be yours, if you worship me."  
Jesus said to him in reply, "It is written:  
You shall worship the Lord, your God,  
and him alone shall you serve."  
- Lk 4:6a, 7-8

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

OLPI

Please Pray For the  
Repose of the Soul of ...

✠ *Linda M. (Laliberte) Auen*

## PROTECTING OUR YOUTH AND CHILDREN

If you or someone you know has been sexually abused by a priest, religious or lay person working for the Church, and you want to share feelings of hurt or betrayal, call Judith Audette, Victim Services Coordinator, Office of Healing and Prevention, 508-929-4363 (confidential line).



Handicap accessibility by the elevator entrance on the left driveway side of the Church building.





# Mass Intentions

FAMILIES REQUESTING A MASS ARE WELCOMED TO BRING UP THE GIFTS AT THE OFFERTORY. PLEASE LET THE SACRISTAN KNOW YOU ARE AT MASS.

TO SCHEDULE A MASS INTENTION OR REQUEST A TABERNACLE LAMP, PLEASE CALL THE PARISH OFFICE: 508-886-4984 (\*Living Intention)

**Saturday, March 5:**

**5:00 pm** Gregory Stidsen, 4th Anniversary  
Requested by the Stidsen Family

**Sunday, March 6: 8 am Livestreamed Mass** †

**8:00 am** Richard and Valerie Katinas  
Requested by Cindy Katinas

**10:30 am** Anna Marie Nelson, Months Mind  
Requested by Virginia Gagnon  
*Rosary following Mass*

**Monday, March 7:**

**8:00 am** Arthur D. McNutt, Jr.  
Requested by the Parish

**Tuesday, March 8:**

**8:00 am** Anna Marie Nelson  
Requested by the Nelson Family  
*Divine Mercy Chaplet following Mass*

**Wednesday, March 9:**

**8:00 am** Ted Tarasiak  
Requested by the Parish

**Saturday, March 12:**

**5:00 pm** Rose, Mathew and Matthew Jr. Dolan  
Requested by Mary Galli

**Sunday, March 13: 8 am Livestreamed Mass** †

**8:00 am**  
**10:30 am** Anna Marie Nelson  
Requested by the Nelson Family

## EVENTS SCHEDULE

**March 6:** *Rosary* following the 10:30 am Mass

**March 7:** *Holy Hour, 6:15 - 7:15*, NOTE: time change - every Monday in Lent

**March 7:** *Confessions, 6:15 - 7:15*, NOTE: time change - (or later as needed), every Monday during Holy Hour, Lent

**March 8:** *Scripture Study & Faith Sharing*, around 9am, in the Church Hall (Every Tuesday) following the Divine Mercy Chaplet

**March 10:** *Bereavement Ministry Meeting*, 6-8pm, Parish Center Hall, Interested in learning more? Join us!

**March 11:** *Stations of the Cross*, 7 pm and every Friday in Lent

**March 30:** *Rosary* with the Knights of Columbus, 7:00 pm, in the Church & Livestreamed

**April 1-4:** *Light of the World Parish Retreat*, Come join us! Sign up at the Church entrances.

4/1 6:30 pm - 9:30 pm, 4/2 8:00 am - 6:30 pm

4/3 8:30 am - 7:30 pm, 4/4 6:30 pm - 9:00 pm

**April 8:** *Lenten Fish Take-out Dinner*, 5-6:30

**April 14:** *Holy Week / Triduum Begins*

**April 14:** *Holy Thursday*, 7:00 pm, Church

**April 15:** *Good Friday*, 7:00 pm, Church

**April 16:** *Easter Vigil Mass*, 7:30 pm, Church

**April 17:** *Easter Sunday*, Masses at 8 am and 10:30 am

### February 27, 2022

Weekly Offering	\$ 4,248.00
Electronic Giving	\$ 1,216.00
Higher Utilities	\$ 290.00
Extra Donation/Gen Budget	\$ 10.00
	<hr/>
	\$ 5,764.00

**Special Collections:**

*Catholic Home Missions* \$ 65.00

*Church in Latin America* \$ 177.00

*We are grateful to all who have been able to make their weekly offering or make use of on-line giving during this time.*

*It is a great help to us. Thank you!*



### TABERNACLE LAMP

**Joanne Dillon**

*From a Friend*

March 6 - March 12, 2022



### 2021 Contribution Tax Statements



If you would like a statement of your contributions, please call the Parish Center at **508-886-4984** or email us at [DAS@stpatricksrutland.org](mailto:DAS@stpatricksrutland.org).

## A Message from our Pastor...

Dear Friends,

As we begin this season of Lent, you have often heard me encouraging you to the Sacrament of Confession. I share with you this week a story of soon-to-be Saint who was very devoted to the Sacrament and illustrates its power. May God draw us all to His Mercy this Lent:

*“Some saints really leave an impression on you. Maybe it’s their incredible sacrifices, devotion, or bravery; or maybe there’s just something relatable about them that you would love to emulate.*

*For me, Blessed Pier Giorgio Frassati, is that saint. He models everything I would want my own children to have: An excitement for life, a desire to help others, a devotion to family — both on earth and in heaven — all while being a bit of a prankster.*

**Yet there’s something about the charismatic Italian that not many people might know: He loved to go to confession. In fact, he had a need to confess. And in the wonderful book Finding Frassati and Following His Path to Holiness by Christine M. Wohar, we hear a little more about his confessional habits.**

*According to Wohar, Frassati would often go to confession on a daily basis. But on one occasion he didn’t quite make it to the confessional.*

*Wohar shares a particular incident that Father Righini had told her while working on her book. Apparently while the priest was on his way to Mass at the basilica, La Consolata (in Turin), Pier Giorgio bumped into him at around 11 a.m.*

*The devout young man asked the priest if he “could have the pleasure of going to confession,” Fr. Righini shared. Caught off-guard but wanting to help Pier Giorgio, the priest looked to see if there was a church in the vicinity. **In the true practical style of the young Frassati, he said “That’s not necessary, I’ll confess here on the street.”***

*The priest then shared how Frassati took off his hat, made the Sign of the Cross and began to confess. While Fr. Righini was distracted by the busy street, Frassati was oblivious to what was going on around him as he confessed, and “afterward, went on his way satisfied and happy.”*

**How beautiful it is to see that confessing his sins led to such satisfaction and happiness. His sister, Luciana Frassati, can give us some insight as to why her brother felt such peace after going to confession. In her book, Mio Fratello Pier Giorgio, she states:**

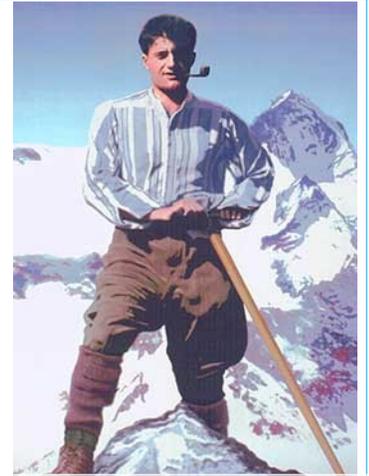
*“[Pier Giorgio] wanted to approach God more frequently to purify his soul, and he sought help from his confessor’s advice so that he could live the Christian life more deeply. Possessing the Lord’s peace, it was easier for him to suffer, to make sacrifices, to deal with the daily silence in our house and the harsh tests of charity outside the home.”*

*It is that very notion of “possessing the Lord’s peace” during this upcoming Lenten period that we should strive to achieve. To feel God by our side, lending support, as we make sacrifices in His name.*

*From a practical point of view, we aren’t likely to experience a spontaneous sidewalk confession. But there’s nothing stopping us from visiting our local parish to seek forgiveness and divine assistance with the same fervor as Pier Giorgio — it will also help us step out into the world lighter in spirit.”*

God Bless, Fr. Jim

\*- <https://aleteia.org/2022/02/28/this-lent-seek-out-confession-the-way-blessed-pier-giorgio-frassati-did/>



Blessed Pier Giorgio Frassati





**Diocese of Worcester**  
Office of the Bishop  
49 Elm Street  
Worcester, Massachusetts 01609

Lent 2022

Dear brothers and sisters in Christ,

With ashes on our foreheads, we have begun Lent's forty days of deeper prayer, more frequent penance and greater almsgiving. We do so because we are sinners in need of repentance. Those practices are an external manifestation of contrition - a sorrow for sin, a rejection of it and a resolution not to sin again. Contrition, along with confession of our sins and the performance of the penance we receive in the sacrament of confession, brings us forgiveness and reconciliation with God. That reconciliation should give us a deep sense of peace, relief and joy.

Lent is not only about the forgiveness of our sins. It is also about our preparation for Easter. On Good Friday, all seemed lost and beyond hope. On Easter, Christ's Resurrection transformed death and defeat into life and victory. That victory is not only for God's Son who was perfectly obedient to the Father but for all the baptized who, though sinners, believe in Christ, repent of sin and live in His love.

During Lent's six-week journey to Easter we strive not only to turn from sin but to turn to Christ. We do this by growing in faith, holiness and virtue. The practices of prayer, penance and almsgiving help order our lives by detaching us from earthly things that, even if not sinful, can dull our love for Christ and diminish our awareness of His love for us. Please consider weekday Masses, praying the Rosary, attending the Stations of the Cross and reading the Scriptures. Sacrificing some legitimate temporal pleasures can sharpen our spiritual appetites. Giving to those in need is giving to Christ. Going to Confession is receiving God's mercy.

On Easter Sunday Saint Paul's Epistle will exhort us to "seek that which is above" (Colossians 3:1). May our Lenten preparation free us from sins of the past and attachments to the world, that with joy in our hearts, we may not only celebrate Christ's victory at Easter but live that victory in peace and joy throughout life and for all eternity.

With every prayerful best wish, I remain

Sincerely yours in Christ,

Most Reverend Robert J. McManus  
Bishop of Worcester



**Diocese of Worcester**  
Office of the Bishop  
49 Elm Street  
Worcester, Massachusetts 01609

March 1, 2022

My dear friends in Christ,

As the Bishop of Worcester, I thank God for the great generosity of our parishioners when asked to offer a compassionate response to people in crisis.

Along with praying for peace in the Ukraine this Lent, I join with the bishops throughout the United States to ask you to consider making a donation in response to the humanitarian crisis which is unfolding in the Ukraine and in the surrounding countries of Eastern Europe which are providing a haven to Ukrainian refugees.

The U.S. Conference of Catholic Bishops (USCCB) is uniquely positioned to provide aid to the region, having built strong relationships with our brother bishops there over these last 30 years. Thanks to our annual collection for Central and Eastern Europe, the Catholic Church in the US has channels to assist with pastoral and social needs in the area.

I recognize that there are many requests for financial assistance being made at this time, including our response to local people in need through Partners in Charity. If you are willing to make a contribution in any amount, an online donation can be made at our diocesan website, [worcesterdiocese.org](http://worcesterdiocese.org) and information is also there to make a donation with a check by mail. We will forward your contributions through the USCCB to offer direct humanitarian aid to the people in Ukraine.

Whether you choose to use this donation vehicle, or have already identified another humanitarian aid vehicle, please accept my gratitude for responding to this terrible tragedy unfolding before our eyes in the lives of our brothers and sisters in the Ukraine.

With every prayerful best wish, I remain

Sincerely yours in Christ,

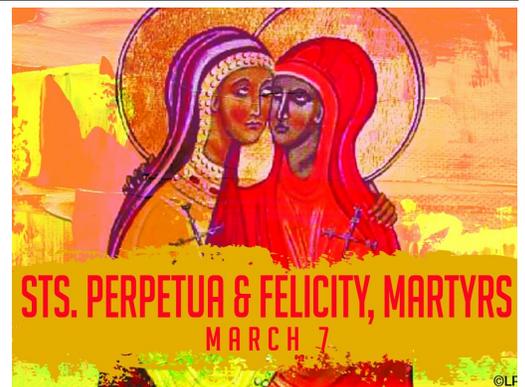
Most Reverend Robert J. McManus  
Bishop of Worcester



**1st Sunday of Lent**

*"I have now brought you the first fruits of the products of the soil which you, O Lord, have given to me." DEUT 26:10*

This line from the Old Testament offers two challenges. First, do you give to God from your "first fruits" - the first and best that you have to offer, or do you give from what you have leftover? Second, do you realize that everything you have and that everything you are has been given to you by God? Ask God for a grateful and generous heart, every day, in all circumstances.



# LENT

— journey with us —



## Fasting days

include Ash Wednesday, March 2 and Good Friday, April 15 (one full meatless meal is permitted), and meatless Fridays during Lent (fish and shellfish are permitted).



## The three pillars

of Lent are prayer, fasting and almsgiving. In addition to fasting, many also choose to abstain from other comforts during Lent.



## Holy Week

begins with Palm Sunday, April 10, a celebration of Christ's triumphant return to Jerusalem.



## Easter Triduum

begins with Holy Thursday, April 14, at sunset, signaling the end of the Lenten season.

This year for Lent,  
don't just change your habits.

DO SOMETHING THAT WILL  
**CHANGE  
YOUR LIFE**



Light of the World  
PARISH RETREAT

### COME JOIN US!

Our own parish retreat

**Light of the World (LOTW)**

**April 1 - 4, 2022**

This is a wonderful opportunity for our parishioners to grow in their personal relationship with Jesus Christ.

All retreat activities will be held on parish grounds.

If you are interested in learning more about LOTW,

please **contact Chris Hayes**

at [Hayes.Christine.M@gmail.com](mailto:Hayes.Christine.M@gmail.com)

or 508-735-2429

### An Invitation From Friends at St. Columba Parish



The St Columba Rosary Group will pray across from Planned Parenthood (to end abortion) on Thursday, March 31st from 2-3PM during the 40 Days for Life Vigil

We would be pleased to have St. Patrick Parishioners join us.

### We Need You!

Volunteers are needed for our Bereavement Ministry. This ministry serves the spiritual and temporal needs of our parishioners when they face a death in their family.

We strive to provide both spiritual comfort as well as the much appreciated service of a mercy meal after the funeral.



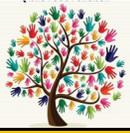
Join us at an organizational **meeting** on **Thursday, March 10, at 6:30 in the Parish Center basement.**

Babysitting will be provided.

Sign-up sheets at the entrances to the Church.

We have need for all types of volunteers – cooking, baking, setting up, cleaning up, serving during the event, etc.

Please prayerfully consider if God is calling you to be part of this very rewarding ministry!



## Rutland Food Pantry

### Upcoming Distribution Dates In-Person Shopping

Date	Time
<i>March</i>	
Thursday, March 10, 2022	6:00 - 7:30 PM
Saturday, March 26, 2022	9:00 - 10:30 AM
<i>April</i>	
<b>NOTE: Wednesday, April 13, 2022</b>	6:00 - 7:30 PM
Saturday, April 30, 2022	9:00 - 10:30 AM

Our immediate Wish List:

### CEREAL – We need CEREAL – LOTS OF CEREAL!

- Hamburger Helper, Pasta Sides
- Coffee & Tea (Decaf and Regular) – Cocoa
- Baked Beans
- Rice: Rice Pilaf, Chicken & Beef Flavored
- Snacks for Kids
- Jelly

All of us at the Rutland Food Pantry thank you for your continued support.



*“The word is near you, on your lips and in your heart.”*

Jesus the Eternal Word continues to call many to lives of holiness as priests, deacons and in the consecrated life. Could you be one of them?

Contact the Vocation Office at (508) 630-4473 or email: [donato.infante@gmail.com](mailto:donato.infante@gmail.com)



Light of the World  
PARISH RETREAT

Come join us for the  
**Light of the World Retreat**  
at St. Patrick's  
April 1 - 4, 2022

To register:

- Sign up at the doors of the Church or
- See brochure for registration form or
- Sign up on our parish website or Facebook or
- Call the Parish Center, 508-886-4984

# FORMED®

PICK OF THE WEEK

March 6, 2022

## EVERYDAY HEROES

WATCH

Heroism isn't restricted to decorated soldiers or persecuted saints. It's something achievable for all of us even in our ordinary lives. In this documentary, see how the Knights of Columbus have embodied this everyday heroism!

<https://watch.formed.org/everyday-heroes/videos/everyday-heroes>



## LECTIO: THE CASE FOR JESUS

In nine sessions, Dr. Brant Pitre answers the key question of faith: Who is Jesus? Dr. Pitre presents evidence from early Christian and non-Christian writings that attest to the authenticity of the Gospels. Timed to lead up to the Triduum, Dr. Pitre looks in-depth at the accounts of Jesus's Crucifixion and Resurrection and his proclamation of divinity.

LEARN

<https://watch.formed.org/lectio-the-case-for-jesus>



## 12 STORIES ABOUT AQUINAS WITH PETER KREEFT

LISTEN

St. Thomas Aquinas wrote the equivalent of 500 books, all with a quill pen! Join Dr. Peter Kreeft, an influential teacher of Catholic thought, as he shares some entertaining anecdotes from the life of this genius saint!

<https://watch.formed.org/videos/12-stories-about-aquinas-with-peter-kreeft>



St. Patrick's has a FORMED subscription.  
To set up your free FORMED account  
visit [formed.org/signup](https://formed.org/signup) and select our parish.



Join us in Praying  
**THE CHAPLET OF DIVINE MERCY**  
Every Tuesday  
After the 8:00 am Mass  
In the Church  
All are Welcome!

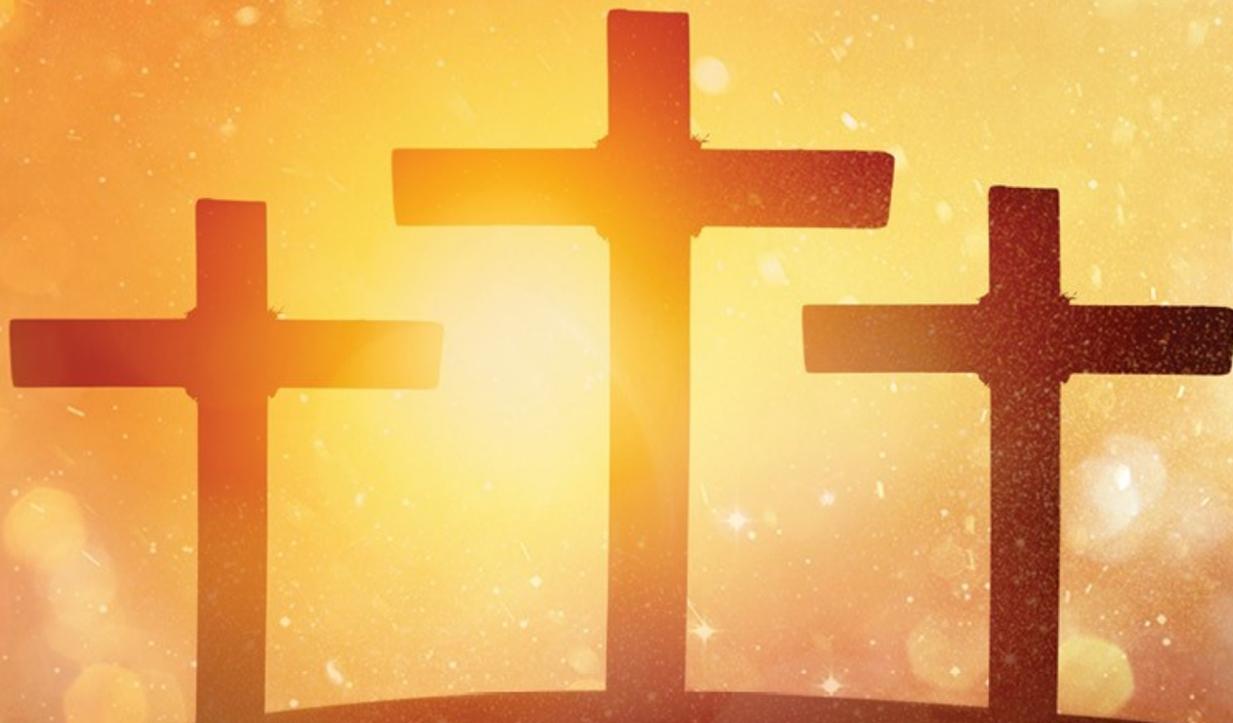
# STATIONS OF THE CROSS

AT ST. PATRICK CHURCH

Please join us all Fridays in Lent | 7pm

MARCH 4 | MARCH 11  
MARCH 18 | MARCH 25  
APRIL 1 | APRIL 8 | APRIL 15

[www.stpatricksrutland.org](http://www.stpatricksrutland.org) | 508-886-4984



ST. PATRICK CHURCH | 258 MAIN STREET | RUTLAND, MA



March 6, 2022

**Reading 1: Dt 26:4-10**

Moses spoke to the people, saying: “The priest shall receive the basket from you and shall set it in front of the altar of the LORD, your God. Then you shall declare before the Lord, your God, ‘My father was a wandering Aramean who went down to Egypt with a small household and lived there as an alien. But there he became a nation great, strong, and numerous. When the Egyptians maltreated and oppressed us, imposing hard labor upon us, we cried to the LORD, the God of our fathers, and he heard our cry and saw our affliction, our toil, and our oppression. He brought us out of Egypt with his strong hand and outstretched arm, with terrifying power, with signs and wonders; and bringing us into this country, he gave us this land flowing with milk and honey. Therefore, I have now brought you the firstfruits of the products of the soil which you, O LORD, have given me.’ And having set them before the LORD, your God, you shall bow down in his presence.”

**Responsorial Psalm: Ps 91:1-2, 10-11, 12-13, 14-15.**

**R Be with me, Lord, when I am in trouble.**

You who dwell in the shelter of the Most High,  
who abide in the shadow of the Almighty,  
say to the LORD, “My refuge and fortress,  
my God in whom I trust.” **R**

No evil shall befall you,  
nor shall affliction come near your tent,  
For to his angels he has given command about you,  
that they guard you in all your ways. **R**

Upon their hands they shall bear you up,  
lest you dash your foot against a stone.  
You shall tread upon the asp and the viper;  
you shall trample down the lion and the dragon. **R**

Because he clings to me, I will deliver him;  
I will set him on high because he acknowledges  
my name.

He shall call upon me, and I will answer him;  
I will be with him in distress;  
I will deliver him and glorify him. **R**

**Reading 2: Rom 10:8-13**

Brothers and sisters: What does Scripture say?  
*the word is near you,  
in your mouth and in your heart*  
—that is, the word of faith that we preach—, for, if

you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.

For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. For the Scripture says, *No one who believes in him will be put to shame.*

For there is no distinction between Jew and Greek; the same Lord is Lord of all, enriching all who call upon him. For “everyone who calls on the name of the Lord will be saved.”

**Gospel Acclamation:**

**Praise to you Lord Jesus Christ,  
King of endless glory**

One does not live on bread alone, but on every word that comes forth from the mouth of God.

**Praise to you Lord Jesus Christ,  
King of endless glory**

**Gospel: Lk 4:1-13**

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. He ate nothing during those days, and when they were over he was hungry. The devil said to him, “If you are the Son of God, command this stone to become bread.” Jesus answered him, “It is written, *One does not live on bread alone.*” Then he took him up and showed him all the kingdoms of the world in a single instant. The devil said to him, “I shall give to you all this power and glory; for it has been handed over to me, and I may give it to whomever I wish. All this will be yours, if you worship me.” Jesus said to him in reply, “It is written

*You shall worship the Lord, your God,  
and him alone shall you serve.*”

Then he led him to Jerusalem, made him stand on the parapet of the temple, and said to him, “If you are the Son of God, throw yourself down from here, for it is written:

*He will command his angels concerning you,  
to guard you,*

and: *With their hands they will support you,  
lest you dash your foot against a stone.*”

Jesus said to him in reply, “It also says,

*You shall not put the Lord, your God, to the test.*”

When the devil had finished every temptation, he departed from him for a time.

# Select Mass Prayers

## Penitential Act Form A (Confiteor)

I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have failed to do,  
through my fault,  
through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints, and you, my brothers and sisters,  
to pray for me to the Lord our God.

## Gloria (Omitted during Lent)

Glory to God in the highest,  
and on earth peace to people of good will.  
We praise you, we bless you, we adore you, we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father.  
Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world, have mercy on us;  
you take away the sins of the world, receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit, in the glory of God the Father. Amen

## Profession of Faith (Nicene Creed)

I believe in one God, the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.  
I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,

born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.  
For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.  
I believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son  
is adored and glorified,  
who has spoken through the prophets.  
I believe in one, holy,  
catholic and apostolic Church.  
I confess one Baptism  
for the forgiveness of sins  
and I look forward  
to the resurrection of the dead  
and the life of the world to come. Amen.

## Preface Acclamation

Holy, Holy, Holy Lord God of hosts.  
Heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.



## Act of Spiritual Communion

My Jesus, I believe that You are present  
in the Most Holy Sacrament.  
I love You above all things,  
and I desire to receive You into my soul.  
Since I cannot at this moment  
receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as if You were already there  
and unite myself wholly to You.  
Never permit me to be separated from You.  
Amen

## Prayer to St. Michael

St. Michael the Archangel,  
defend us in battle.  
Be our protection  
against the wickedness  
and snares of the devil.  
May God rebuke him,  
we humbly pray; and do Thou,  
O Prince of the Heavenly Host,  
by the Power of God, cast into hell  
Satan and all the evil spirits  
who prowl about the world  
seeking the ruin of souls. Amen



## The Memorare

REMEMBER, O most gracious  
Virgin Mary, that never was it known  
that anyone who fled to thy protection,  
implored thy help,  
or sought thy intercession  
was left unaided.

Inspired by this confidence,  
I fly unto thee, O Virgin of virgins,  
my Mother; to thee do I come;  
before thee I stand, sinful and sorrowful.  
O Mother of the Word Incarnate,  
despise not my petitions, but in thy mercy  
hear and answer me. Amen.



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