



Dear Parish Family,

Welcome to July! After the rich celebrations of Easter, Pentecost, and the many solemnities of late spring, we now enter a quieter stretch of the Church year. But "quieter" doesn't mean less meaningful. Ordinary Time offers us space to breathe, reflect, and let the graces we've received begin to take root in daily life.

This month, we turn our hearts to the Precious Blood of Jesus—a devotion that invites us deeper into the mystery of the Eucharist and the love that was poured out for our salvation. At the same time, we continue to follow the gentle lead of the Holy Spirit, who doesn't disappear after Pentecost, but walks with us in every ordinary moment.

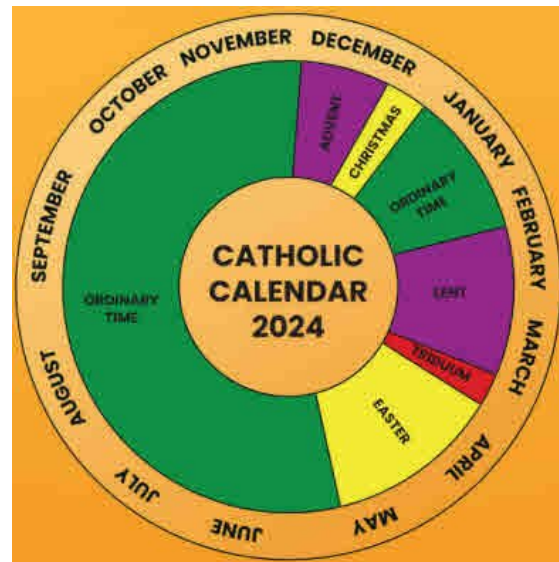
Let's take this time to slow down, to ponder familiar truths from fresh angles, and to grow quietly, steadily, in faith. May something in these reflections speak to your heart and nourish your spirit in the peaceful days of summer.

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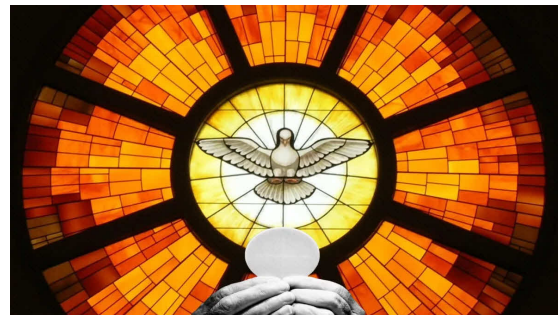
The Liturgical Year in July

From now until Advent we are in ordinary time ... A season focused on the teachings and life of Jesus and the growth of the Church. We have covered so much in the last few months. It's time to put all of that into practice.

The Month of July is dedicated to the Most Precious Blood of Jesus. While it is often overlooked, this devotion emphasizes the saving power of Christ's blood, as the price of human redemption.



The Precious Blood of Jesus: Poured Out in Love, Brought to Life by the Spirit



A Devotion Rooted in Mercy and Power

The month of July is dedicated to the Precious Blood of Jesus—a devotion that beckons us to the foot of the Cross and invites us to meditate on the immense price of our salvation. Though sometimes overlooked, this devotion is deeply embedded in Scripture, Tradition, and the liturgical life of the Church.

From the sacrifices of the Old Covenant to the outpouring of Christ's Blood on Calvary, the theme of redemptive blood runs through salvation history. "The life of the flesh is in the blood," says Leviticus 17:11, "and I have given it to you to make atonement." Jesus, the Lamb of God, fulfilled and surpassed every sacrifice, offering His Blood once for all, securing eternal redemption (Hebrews 9:12).

The Precious Blood is not merely a memory—it is alive and active. It cleanses, heals, protects, strengthens, and unites us with Christ in sacrificial love. As St. Thomas Aquinas wrote, *“There is more merit in one drop of the Blood of Jesus than in all the works of saints and angels.”*

The Eucharist: The Precious Blood Made Present

Every time we celebrate the Holy Sacrifice of the Mass, we encounter the mystery of the Precious Blood anew. At the altar, the wine is not a symbol—it becomes the true Blood of Christ, poured out for us.

But this transformation does not occur by human effort alone. It is the Holy Spirit—the divine breath of God—who makes the mystery real. In the Eucharistic Prayer, the priest invokes the Spirit in the **Epiclesis**, saying:

“Make holy, therefore, these gifts, we pray, by sending down your Spirit upon them like the dewfall...” (Eucharistic Prayer II, Roman Missal)

Just as the Spirit hovered over the waters at creation (Genesis 1:2) and overshadowed Mary at the Incarnation (Luke 1:35), the Spirit now descends at every Mass to bring about a new miracle: the real presence of Jesus—Body, Blood, Soul, and Divinity.

This is the divine choreography of the Trinity at the altar: We offer the **Son** to the **Father**, through the power of the **Holy Spirit**.

Thus, the Precious Blood is not only the sign of Christ’s sacrifice, but the work of the Spirit who animates, sanctifies, and makes communion with God possible.

A Devotion That Transforms Daily Life

This devotion is not confined to the sanctuary—it is a source of strength in daily living. Saints and mystics throughout the ages have invoked the Precious Blood in times of temptation, danger, and despair. It remains for us a wellspring of peace, courage, and grace.

The Blood of Christ:

- **Cleanses us from sin** (See John 1:7)
- **Heals wounds and brokenness**
- **Protects from evil**
- **Strengthens us in trials**
- **Unites us with Christ's sacrificial love**

As we honor the Precious Blood this July, we are invited to make the devotion more than a passing reflection—let it become a living relationship. Consider embracing these practices:

- Pray the [Litany of the Precious Blood](#)
- Attend daily Mass or **offer Fridays** in reparation
- Meditate on the **Agony in the Garden** and the **Crucifixion**
- Offer small sacrifices in union with Christ's Passion
- Call upon the Holy Spirit before receiving the Eucharist

Conclusion: Draw Near the Fountain of Life

In a world aching for mercy, healing, and unity, the Precious Blood of Jesus remains the answer. Every drop was shed in love—for you. And every time you receive the Eucharist, it is the Holy Spirit who brings that same Blood into your hands and heart.

“The Eucharist is the sacrament of love, the sign of unity, the bond of charity... and the sacrament of the

living presence of the Lord through the Spirit.” — St. Augustine

“O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You.”

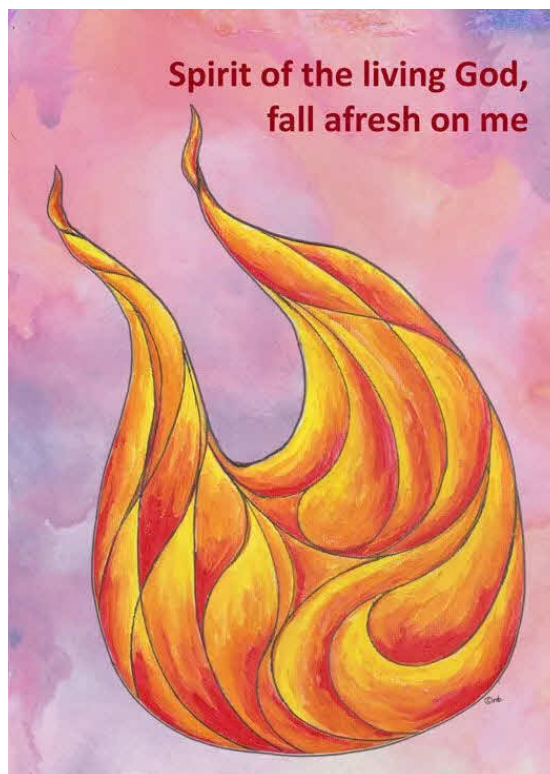
Let this month be not just a devotion, but a transformation—by the Blood of the Lamb and the breath of the Spirit.

Living Pentecost Daily: The Holy Spirit in the Quiet Days of Ordinary Time

“Come, Holy Spirit.”

These three words are not just for Pentecost—they are the rhythm of the Church’s life, in every season.

July may feel like a spiritual “downtime” after the drama of Easter, Pentecost, and the feasts of June. But in reality, **Ordinary Time is when the Holy Spirit does His quietest and most powerful work—within us.** The same Spirit who descended like fire in the Upper Room is still at work today, sanctifying the Church and guiding each believer.



The Holy Spirit Doesn’t Take the Summer Off

The liturgical calendar calls these weeks “Ordinary,” but the work of the Spirit is anything but ordinary. He:

- **Strengthens us** in our daily trials
- **Guides us** in decisions, big and small
- **Inspires prayer**, Scripture reading, and acts of mercy
- **Gives us gifts** to serve others and build up the Church

The Acts of the Apostles doesn't end at Pentecost—it ***begins*** there. The early Church moved forward, step by step, led by the Spirit in daily life. So should we.

How to Stay Open to the Spirit in Ordinary Time

Here are **5 simple, practical ways** to live Pentecost in daily life:

1. Daily Prayer to the Holy Spirit

Start your day with a simple invocation:

“Come, Holy Spirit. Be my guide and my strength today.”

Even 30 seconds of sincere openness can create space for the Spirit to work.

2. Practice Listening Silence

Take 5–10 minutes a day to sit with Scripture or in silence. Ask:

“Holy Spirit, what are You saying to me today?”

This is how discernment grows—a quiet nudge, a gentle conviction, a word of peace.

3. Discern Before Acting

Before decisions, ask:

“Is this coming from peace or anxiety? Self or service? Am I being led or pushed?”

These are questions that help you move with the Spirit instead of reacting from habit.

4. Use Your Gifts to Serve

The Holy Spirit gives each of us **charisms**—spiritual gifts for the good of others. Teaching, listening, encouraging, helping—whatever your gift, look for small ways to use it intentionally this month.

5. Call on the Spirit in Struggles

When you're overwhelmed, tempted, or discouraged, pray:

“Holy Spirit, I can't do this alone. Fill me now.”

Grace is not for the holy moments alone
—it's for the messy, mundane, and
difficult.

The Spirit and the Precious Blood

As July centers on the **Precious Blood of Christ**, we remember: that it was by the **Holy Spirit** that Jesus offered Himself to the Father (Hebrews 9:14), and it is by the Spirit that we can offer ourselves each day in love, sacrifice, and mercy.

Honoring the Martyrs in the Month of the Precious Blood

“The Blood of the martyrs is the seed of the Church.” — Tertullian (2nd-century Church Father)

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-Tertullian

July, the month dedicated to the **Precious Blood of Jesus**, invites us to reflect not only on Christ's sacrifice on the Cross, but also on the **lives and deaths of those who have shed their own blood in union with Him**—the martyrs.

Their witness reminds us that the Church has always grown through love poured out, even to the point of death.



July: A Month Rich in Martyrs

Though Ordinary Time lacks major liturgical seasons, the **calendar of saints in July is filled with powerful martyrs**, including:



St. Maria Goretti (July 6)

A young Italian girl who died at age 11 defending her purity. On her deathbed, she forgave her attacker. Her martyrdom reminds us that **purity, forgiveness,**

and courage are heroic virtues even in the young.

🔥 **Sts. Augustine Zhao Rong & Companions (July 9)**

These Chinese martyrs—priests, laypeople, and catechists—were killed for their Catholic faith during waves of persecution in the 18th and 19th centuries. They remind us that **martyrdom is not just a thing of the past**, but a global and enduring reality.

🔥 **St. Lawrence of Brindisi (July 21)**

While not a martyr by blood, this Doctor of the Church poured himself out in tireless preaching during a time of great tension in the Church, including ministering during military conflict. He reminds us that **“martyrdom” can also mean a life entirely given to God.**

🔥 **St. James the Greater (July 25)**

The first apostle to be martyred, beheaded by Herod. He gave his life in witness to Christ and is honored as the **patron of pilgrims** and of Spain.

💧 **Why Martyrdom Matters Today**

Martyrs are not merely historical heroes—they are a living testimony to:

- **The power of the Precious Blood**, which strengthens the weak
- **The truth of the Gospel**, worth living and dying for
- **The courage of grace**, which does not depend on our own strength

Martyrs show us that **faith is not meant to be comfortable—it is meant to be alive.**

Even today, thousands of Christians across the world—especially in parts of Africa, the Middle East, and Asia—suffer persecution for the name of Jesus. **We are united with them at every Mass**, as we proclaim the mystery of faith:

“We proclaim Your Death, O Lord, and profess Your Resurrection...”

Living the Martyr’s Witness

You may never be asked to give your blood for Christ—but you are called to give your life. Daily martyrdom can take the form of:

- Forgiving someone who wounded you
- Standing up for truth in a hostile culture
- Quietly enduring ridicule or misunderstanding for your faith
- Choosing sacrifice over comfort in daily life

These are **white martyrdoms**—real acts of self-giving that unite us to Jesus and His saints.

The Precious Blood of Jesus: Eucharistic Miracles That Speak to the Heart

In this month dedicated to the **Most Precious Blood of Jesus**—a time to reflect on the incredible love poured out for us in the Passion and made present every time we receive the Eucharist, it’s easy to forget just how profound that reality is. When we go to Mass, we’re not just attending a ritual—we’re standing at the foot of the Cross, receiving Jesus Himself—Body, Blood, Soul, and Divinity.

And from time to time, God gives us visible reminders of this mystery. All around the world, there have been Eucharistic miracles—moments when the consecrated Host or wine has visibly transformed into human flesh or blood. These are signs not just for the curious, but for all of us who sometimes need to

be reawakened to the awe of the Eucharist.

Here are a few Eucharistic miracles that especially resonate with this month's devotion to the Precious Blood:

Lanciano, Italy (8th Century)

This may be the most famous Eucharistic miracle. A monk was struggling with doubt while saying Mass, and at the moment of consecration, the Host turned into visible human flesh and the wine into blood. Both have been preserved for over 1,200 years. Modern scientific studies confirm: the flesh is heart tissue, and the blood is human, type AB. It's as if Jesus is saying, "This is truly Me—alive and loving you."



Lanciano



Buenos Aires

Buenos Aires, Argentina (1996)

In a quiet parish in Buenos Aires—while then-Archbishop Jorge Bergoglio (now Pope Francis) was overseeing the diocese—a consecrated Host was found bleeding and later turned into heart tissue. Scientists were stunned: it showed signs of trauma and inflammation, as if from a man suffering greatly... and again, the blood type was AB. It reminds us that the Eucharist is not a symbol—it's the crucified and risen Lord with us, even now.



Tixtla

Tixtla, Mexico (2006)

During a retreat in Mexico, a Host began to bleed during Mass. Tests again confirmed human heart tissue, with active white blood cells—meaning the heart was *alive* at the time the sample was taken.

Why do these miracles matter?

They don't add anything new to what we already believe—but they do jolt us awake. In a world where distractions are endless and reverence is rare, these signs invite us to return to the heart of our faith: the altar, where Christ gives us His whole self. His Precious Blood is not just something from the past—it flows into our lives today, healing, sanctifying, and strengthening us.

The Jubilee Year: A Time of Grace

We hope that you are taking advantage of the great graces offered this Jubilee Year and continue to encourage you to visit any of the 9 pilgrimage sites around St. Louis.

[2025 Jubilee Year of Hope Brochure](#)

[2025 Jubilee Pilgrimage Sites](#)



July Feast Days

- 3. Thomas, Apostle, *Feast*
- 6. Maria Goretti, *Opt. Mem.*
- 9. Augustine Zhao Rong & companions, *Opt. Mem.*
- 14. Kateri Tekakwitha (USA), *Memorial*
- 15. Bonaventure, *Memorial*
- 16. Our Lady of Mount Carmel, *Opt. Mem.*
- 21. Lawrence of Brindisi, *Opt. Mem.*
- 22. Mary Magdalene, *Feast*
- 23. Bridget, *Opt. Mem.*
- 26. Joachim and Anne, *Memorial*
- 29. Martha, Mary and Lazarus, *Memorial*
- 30. Peter Chrysologus; Solanus Casey, *Opt. Mem.*
- 31. Ignatius of Loyola, *Memorial*

Learn More

On FORMED.org

- **GOOD MOVIE!** [Solanus Casey: Priest, Porter, Prophet](#)
- Documentary (30min) [The Violinist: Stories of Solanus Casey | Based on a True Saint](#)
- 8-Part Study - [Presence: The Mystery of the Eucharist](#)
- AudioTalk - [The Holy Spirit: Third Person of the Trinity](#) by Fr. Shannon Collins

On HALLOW prayer and meditation app/website regularly has "**Challenges**" where they dig deep into the monthly devotion as well as other good topics.

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