

Act of Spiritual Communion

(To be used at the time of communion when not receiving the sacrament or anytime we wish to be united with our Lord)

Most loving Jesus, I adore You in the Most Blessed Sacrament, in Which You are truly present. I love You above all things and I long for You in my soul. Since I cannot receive You sacramentally, I ask You to come spiritually into my heart and heal my soul. I embrace You and unite myself with You; may I never be separated from You. In-flame my heart with the fire of Your love, my Lord and Savior. Amen.

Prayer of St. Michael

Holy Michael, the Archangel, defend us in battle. Be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do you, O Prince of the heavenly host, by the power of God cast in-to hell Satan and all the evil spirits who wander through the world seeking the ruin of souls. Amen.

Prayer of St. Francis

Lord, make me an instrument of Your peace;
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy.
O Divine Master,
Grant that I may not so much seek
To be consoled as to console;
To be understood, as to understand;
To be loved, as to love;

For it is in giving that we receive,
It is in pardoning that we are pardoned,
And it is in dying that we are born to Eter-nal Life.
Amen.

Our Savior

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Also visit us on Facebook

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Mass Schedule

Sunday Mass at 10:30 AM

Daily Mass: Tuesday-Friday at Noon

Nineteenth Sunday in Ordinary Time
Contemporary Rite p. 63
Penitential Rite p. 66

V. Save me, God, for the waters have reached my neck. I have gone down to the watery depths; the flood overwhelms me.

R. Here deep calls to deep in the roar of Your torrents. All Your waves and breakers sweep over me.

V. Glory be...

R. As it was...

A Reading from the First Book of Kings.

1 Kings 19:9a, 11-13a

At the mountain of God, Horeb, Elijah came to a cave where he took shelter. Then the LORD said to him, "Go outside and stand on the mountain before the LORD; the LORD will be passing by." A strong and heavy wind was rending the mountains and crushing rocks before the LORD—but the LORD was not in the wind. After the wind there was an earthquake—but the LORD was not in the earthquake. After the earthquake there was fire—but the LORD was not in the fire. After the fire there was a tiny whispering sound. When he heard this, Elijah hid his face in his cloak and went and stood at the entrance of the cave.

This is the Word of the Lord.

Thanks be to God.

Psalm

Lord, let us see your kindness, and grant us your salvation. (Psalm 85)

A reading from the letter of St. Paul to the Romans.

Romans 9:1-5

Brothers and sisters: I speak the truth in Christ, I do not lie; my conscience joins with the Holy Spirit in bearing me witness that I have great sorrow and constant anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites; theirs

the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; theirs the patriarchs, and from them, according to the flesh, is the Christ, who is over all, God blessed forever. Amen.

This is the Word of the Lord

Thanks be to God

Alleluia

V. Alleluia, Alleluia, Alleluia, Alleluia

R. Alleluia, Alleluia, Alleluia, Alleluia

V. I wait for the Lord; my soul waits for his word.

R. Alleluia, Alleluia, Alleluia, Alleluia

A Reading from the Holy Gospel According to St. Matthew

Matthew 14:22-33

After he had fed the people, Jesus made the disciples get into a boat and precede him to the other side, while he dismissed the crowds. After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone. Meanwhile the boat, already a few miles offshore, was being tossed about by the waves, for the wind was against it. During the fourth watch of the night, he came toward them walking on the sea. When the disciples saw him walking on the sea they were terrified. "It is a ghost," they said, and they cried out in fear. At once Jesus spoke to them, "Take courage, it is I; do not be afraid." Peter said to him in reply, "Lord, if it is you, command me to come to you on the water." He said, "Come." Peter got out of the boat and began to walk on the water toward Jesus. But when he saw how strong the wind was he became frightened; and, beginning to sink, he cried out, "Lord, save me!" Immediately Jesus stretched out his hand and caught Peter, and said to him, "O you of little faith, why did you doubt?" After they got into the boat, the wind died down. Those who were in the boat did him homage, saying, "Truly, you are the Son of God."

This is the Gospel of the Lord.

Praise be to You, Jesus Christ.