

5:30 am – 6:30 am	For all those who suffer from mental illness as well as their families who need understanding and support.
6:30 am – 7:30 am	For all who make up our Catholic Church. The Pope, Cardinals, Bishops, Priests, Seminarians, Religious Life, teachers, the laity. That each work through an experience of prayer, charity, and service, inspired by the Holy Spirit.
7:30 am – 8:30 am	For all of us to make courageous choices to reach a sustainable lifestyle for the protection of our planet.
8:30 am – 9:30 am	For the elderly of our parish that they know God's grace in giving them the sufficiency of His strength to endure the bodily pain or anguish of heart.
9:30 am – 10:30 am	For all those who have left the Church that they may be guided by the Holy Spirit back to the faith.
10:30 am – 11:30 am	For those who are suffering the effects of Covid and for the strength and well being of our healthcare workers.
11:30 am – 12:30 pm	The Rosary of Our Mother of Sorrows For our people of our parish to grow in their faith and live as disciples of Christ.
12:30 pm – 1:30 pm	For the healing and protection of the family. For the strength of marriages in our community to be the foundation for the family to experience love and support to each other.
1:30 pm – 2:30 pm	For the protection of our children. Pray for strength and guidance for our children, so they can know God and live according to His plan and not the current culture's force.
2:30 pm – 3:30 pm	For our upcoming Alpha Course. We invite the Holy Spirit to open hearts allowing people to hear God's word and know they are loved.
3:30 pm – 4:30 pm	For our Country. Amid an imperfect world, we pray for the leaders to make decisions with the well-being of all humankind as their focus. For decisions that improve the world around us.
4:30 pm – 5:30 pm	For the Grace to live like Mary. To accept what is God's plan for us, to pray, to support those around us, and to know Jesus in a personal way.
Mass at 6:00 pm	Mass of the Feast of Our Mother of Sorrows

A Prayer for the Mentally Ill

The righteous cry out, the Lord hears
and he rescues them from all their afflictions.

The Lord is close to the brokenhearted,
saves those whose spirit is crushed.

PSALM 34:18-20

LOVING GOD, YOU ARE ALWAYS NEAR TO US, ESPECIALLY WHEN WE
ARE WEAK, SUFFERING AND VULNERABLE.

Reach out to those who experience mental illness. Lift their burdens, calm their anxiety, and quiet their fears. Surround them with your healing presence that they may know that they are not alone. We ask this through the intercession of Our Lady of Lourdes and in the name of your Son, Jesus and the Holy Spirit, now and forever. AMEN.

People afflicted with mental illness, and their loved ones, are looking for comfort, hope, understanding and peace. They may experience hopelessness, loneliness, and uncontrollable emotions. They may have thoughts of ending their life or a desire to Self-harm as a coping mechanism. "Bipolar" or manic-depressive disorder, is a diagnosis indicating extreme mood swings between severe depression and mania (high energy, giddy, compulsive decision making).

Depression/anxiety may be situational or chronic. Some cases are due to chemical imbalances in the brain. Other situations may be due to feelings of guilt, bitterness, unresolved pain/trauma, or unforgiveness. Psychiatric medication may be required, however some are using chemicals to suppress difficult emotions. Yet, expecting all people with mental illness to overcome it with God alone is similar to expecting a diabetic or heart patient to avoid medication.

REFORM OF THE CHURCH

for August, Pope Francis reminds the faithful that “the vocation of the Church is evangelization,” and even more, “the Church’s identity is evangelization.”

In this month, the Holy Father reflects on the situation of the Church, its vocation and its identity, and calls us to renew it “by discerning God’s will in our daily life,” and “embarking on a transformation guided by the Holy Spirit.”

“Our own reform as persons is that transformation,” the Pope said. This allows the “Holy Spirit, the gift of God in our hearts, to remind us what Jesus taught and helps us to put into practice.”

Evangelization and a more missionary option

Pope Francis begins with the specific vocation of the Church, which is to evangelize. The Holy Father dreams of an even more missionary option: “one that goes out to meet others without proselytism and transforms its structures for the evangelization of today’s world.” He emphasizes that he is not talking about proselytism but rather a reform of the Church through “a reform of ourselves, without prefabricated ideas, without ideological prejudices and rigidity.”

To make progress in this regard, Pope Francis invites all to move forward based on spiritual experience: “an experience of prayer, an experience of charity and an experience of service.”

Reforming the Church

“Let us remember that the Church always has difficulties,” the Pope said, explaining that the Church goes through crises because she is alive; not like the dead who do not go through crises.

In a statement accompanying the Pope’s prayer intention, the Pope’s Worldwide Prayer Network, which prepares “The Pope Video” each month, explains that in the recent letter Pope Francis wrote to Cardinal Reinhard Marx, in which he refused his offer of resignation, the Holy Father acknowledged the crisis in the Church brought about by abuse cases, emphasizing the need for reform.

“A reform... does not consist in words but in attitudes that have the courage to face the crisis, to assume reality whatever the consequences may be. And every reform begins with oneself. The reform in the Church was made by men and women who were not afraid to enter into crisis and let themselves be reformed by the Lord,” the Pope said.

Concluding the video message, the Holy Father invited all to pray for the Church, “that she may receive from the Holy Spirit the grace and strength to reform herself in the light of the Gospel.”

this prayer taken from Pope Francis' encyclical *Laudato Si'*:

All-powerful God, you are present in the whole universe and in the smallest of your creatures.

You embrace with your tenderness all that exists.

*Pour out upon us the power of your love,
that we may protect life and beauty.*

*Fill us with peace, that we may live
as brothers and sisters, harming no one.*

*O God of the poor,
help us to rescue the abandoned and forgotten of this earth, so precious in your eyes.*

*Bring healing to our lives,
that we may protect the world and not prey on it,
that we may sow beauty, not pollution and destruction.*

*Touch the hearts
of those who look only for gain
at the expense of the poor and the earth.
Teach us to discover the worth of each thing,
to be filled with awe and contemplation,
to recognize that we are profoundly united
with every creature as we journey towards your infinite light.*

We thank you for being with us each day.

*Encourage us, we pray, in our struggle
for justice, love and peace.*

Prayer for Seniors (Psalm 70/71)

In you, LORD, I take refuge; let me never be put to shame. In your justice rescue and deliver me; listen to me and save me! Be my rock and refuge, my secure stronghold; for you are my rock and fortress. My God, rescue me from the power of the wicked, from the clutches of the violent. You are my hope, Lord; my trust, GOD, from my youth. On you I depend since birth; from my mother's womb you are my strength; my hope in you never wavers. I have become a portent to many, but you are my strong refuge! My mouth shall be filled with your praise, shall sing your glory every day. Do not cast me aside in my old age; as my strength fails, do not forsake me. For my enemies speak against me; they watch and plot against me. They say, "God has abandoned that one. Pursue, seize the wretch! No one will come to the rescue!" God, do not stand far from me; my God, hasten to help me. Bring to a shameful end those who attack me; Cover with contempt and scorn those who seek my ruin. I will always hope in you and add to all your praise. My mouth shall proclaim your just deeds, day after day your acts of deliverance, though I cannot number them all. I will speak of the mighty works of the Lord; O GOD, I will tell of your singular justice. God, you have taught me from my youth; to this day I proclaim your wondrous deeds. Now that I am old and gray, do not forsake me, God, That I may proclaim your might to all generations yet to come, Your power and justice, God, to the highest heaven. You have done great things; O God, who is your equal? You have sent me many bitter afflictions, but once more revive me. From the watery depths of the earth once more raise me up. Restore my honor; turn and comfort me, That I may praise you with the lyre for your faithfulness, my God, And sing to you with the harp, O Holy One of Israel! My lips will shout for joy as I sing your praise; my soul, too, which you have redeemed. Yes, my tongue shall recount your justice day by day. For those who sought my ruin will have been shamed and disgraced.

Prayer for the

Return of

Non-practicing

Catholics

O Good Shepherd, you never cease to seek out the lost, to call home the stray, to comfort the frightened, and to bind up the wounded. I ask you to bring (names) back to the practice of the Faith, and to remove all obstacles that prevent them from receiving your abundant mercy, which flows sacramentally through the heart of your holy Church. Through the intercession of Mary, the Mother of God, their Guardian Angels, their Patron Saints and the ever-prayerful St. Monica, may you pardon their sins and unshackle them from whatever hinders their freedom to come Home. For you, O Good Shepherd, have loved us to the end and offered yourself to the Father for the salvat

God's healing hand Covid

To our brothers and sisters who have contracted
and are suffering due to the Coronavirus Disease,
we pray that God's healing hand may rest upon you.

To medical doctors, nurses and the supporting staff
who are in the frontline of the fight against COVID-19,
may the Good Lord sustain you and inspire you
to render your life-saving services with due care, love and compassion.

To all those who have lost their loved ones due to the Coronavirus outbreak,
we convey our deepest sympathies.

We pray that their souls, through God's mercy, may rest in eternal peace.

We pray that God may grant all bereaved families his consolation and strengthen their
faith and hope in Jesus Christ, the Risen Lord.

Amen.

*Prayer adapted from the 2020 Easter Message of the Catholic Bishops of Malawi,
Zambia and Zimbabwe*

Prayer for Family Strength

Heavenly Father, You are our ultimate source of [strength](#). When we are weak, You are strong. You lift us up when we are down. You renew our strength, and we soar on wings like eagles. Thank You, God, for always raising us up with Your mighty hands.

How strong our bonds are with our families depends on You, Lord. Which is why we ask You to always be the center of our family relationships. Enable our families to be as a triple-braided cord that cannot easily be broken. Let Your Spirit fill our hearts so we can [love](#) each other just as Christ loves us.

In our times of trials and troubles, God, we look to You. Life can hand us many different challenges that we know we cannot face on our own. But with You, Father God, we believe that nothing is impossible. We believe that You will always grant us the endurance to overcome any obstacle that may come our way.

You are our strength when we are weak, God, and we are always grateful when You manifest Your power through our lives. All these we pray in Your Name, Amen.

Train up a child in the way he should go; even when he is old he will not depart from it. ~ [Proverbs 22:6](#)

Prayer for Protection and Care Over Our Children

Heavenly Father, we praise you for Your love and faithfulness in all things. We thank You for your protection and [care over our families](#). Thanks be to You for giving us wisdom and righteousness for raising our children. We confess that some days, parenting is very tough. Many days we can feel anxious, stressed or overwhelmed. We ask that You would make us more like You, more aware of your constant Presence in our lives. Help us to release our children to You, so that You are free to fully accomplish all that You desire within the hearts of our child(ren). Please fill our day to day life with Your truth, and cover us with Your favor in all things. Amen.