

Sacred Heart

CATHOLIC CHURCH

Corner of E. First Avenue
& Hamlet Street

Church Mailing Address:
168 E. Lincoln Street
Columbus, Ohio 43215

Parish Office
(614) 294-5319

Msgr. Frank Lane, Administrator

(Territorial Parish ~ Est. 1875)

MASSES:

Saturday: 4:00 p.m.; **Sunday:** 11:00 a.m.

WEEKDAYS & HOLY DAYS:

See Mass Schedule inside the Bulletin.

PARISH OFFICE/STAFF:

Administration is done through the office of Saint John the Baptist, 168 Lincoln Street. Requests for copies of sacramental records, scheduling of Masses and other sacramental celebrations, and non-emergency needs should be made during regular office hours or email info@sjbitaliana.org.

Please notify the Parish Office of any changes such as address or telephone number, etc., by calling during regular office hours.

MUSIC MINISTRY:

Gina M. Bishop, Music Director
John C. Huffman, Organist

PARISH MEMBERSHIP:

We welcome you into our Parish Families.
Membership in the parish consists of two parts:

Registration: Please complete the parish registration and return to Parish Office.

OFFICE STAFF

Aggie Howard, Executive Assistant, ahoward@sjbitaliana.org
Victoria Scruggs, Secretary & Bulletin Editor, vgammell@sjbitaliana.org
Office Hours: Monday-Friday, 9:00 a.m.-2:00 p.m.

RECONCILIATION:

Saturday: 3:30 p.m.; **Sunday:** 10:30 a.m.

BAPTISM:

Preparation is required for the reception of the sacrament.
Parents are encouraged to call the office
and set up an appointment before the birth of their child.

MATRIMONY:

Arrangements should be made at least six or more months in advance.
A marriage preparation program is required.

SACRAMENT OF THE SICK:

In cases of emergencies, please call anytime.
Please notify the Parish Office for Communion calls to the sick, shut-ins.

Due to privacy laws, if parishioners wish to be visited in the hospital,
they should contact the Parish Office directly
and give the information regarding the hospitalization.

If you are scheduled for surgeries or other medical procedures,
please contact the Parish Office in advance so that a priest can administer
Anointing of the Sick prior to the procedure.

BULLETIN DEADLINE:

Announcements must be submitted in writing by Tuesday at noon.

www.sacredheartchurchcolumbus.org

SACRED HEART

Dear Friends in Christ,

Happy Feast of Pentecost! Today is a celebration of the coming of the **Holy Spirit** upon the **Apostles** and, hence, the beginning of the active **Mission** of the **Church** in the world and through the ages.

It's fitting that we reflect today on a very important way for us to participate in that mission. Namely, this year's **Bishop's Appeal**. The **Appeal** gives us an active role in addressing the needs of the larger **Church** in **Central Ohio**. It gives us the opportunity to help with the education and training of new priests, with securing greater opportunities for **Catholic Education**, with reaching out to the poor, the financially distressed, women, and children who are in great need, with providing greater opportunities for spreading the **Faith** in this very unsettled world of ours.

We are close to halfway to our goal of **\$13,000**. Remember because of the importance of the **Mission**, our parish will have to pay the difference between what we collect and what we owe to the **Diocese**. On the other hand, if we go over the goal, we get the keep the overage for our own parish needs.

So please pray over this obligation and do our best to meet our real obligations to the **Church**.

Many Blessings!
Msgr. Frank Lane

Please contact Sacred Heart or St. John the Baptist Church if you are interested in becoming Catholic, receiving the Sacrament of Confirmation or Baptism. For more information, contact the Parish Office at 614-294-5319.

For Weddings and Funerals, please contact Aggie Howard at ahoward@sjbitaliana.org or call the office at 614-294-5319.

THE PARISH OFFICE will be closed in Observance of Memorial Day, Monday, May 27, 2024, and will resume on Tuesday, May 28th, 2024, from 9:00 a.m.-2:00 p.m.

PLEASE SIGN UP FOR ADORATION: In celebration of the Jubilee 350th year of the apparition of the Sacred Heart to St. Margaret Mary Alacoque, Sacred Heart Church will be open from 10:00 a.m. to 7:30 p.m. every Thursday until the Feast of the Sacred Heart on June 27, 2025. During that time, the Blessed Sacrament will be exposed for Adoration, there will be Mass 6:30 p.m. followed by Confessions and Benediction until 7:30 p.m. There must be someone present throughout the entire day and help is needed! Please, sign up for an hour or half hour of Adoration on Thursday. There are sign-up sheets at both church entrances. **Your help is needed for this especially important mission! In these troubled times in the country, the Church, and the world, this is a wonderful opportunity for us to seek our own personal freedom from all darkness and to help to heal all in our world that is so broken.**

MASSES FOR THE WEEK

- Sunday: May 19** St. John the Baptist – 9:30 a.m. + Vincent Catalogna by Friends of St. John's Sacred Heart – 11:00 a.m. + Ralph L.
 - Monday: May 20** St. John's – 9:00 a.m. Living & Deceased Members of St. John's
 - Tuesday: May 21** St. John's – 9:00 a.m. + Rudy Biscuso by Kathleen Gillespie Padre Pio St. John the Baptist – 1:00 p.m. + Bruce Metzger by OLV Padre Pio Group
 - Wednesday: May 22** St. John's – 6:00 p.m. + Rose Farmer by Michael & Crystal Cockerell
 - Thursday: May 23** Sacred Heart – 6:30 p.m. Living & Deceased Members of Sacred Heart
 - Friday: May 24** No Mass
 - Saturday: May 25** Sacred Heart – 4:00 p.m. Family of Mrs. Adanley Arango Magno by the McCallum Family
 - Sunday: May 26** St. John's – 9:30 a.m. + John C. Ross III by David & Michelle Ross Sacred Heart – 11:00 a.m. + Fred L.
- Confession and Adoration**
Confessions: St. John's – Sunday – 8:30 a.m. Sacred Heart – Saturday – 3:00 p.m. Sacred Heart – Sunday – 10:30 a.m. Sacred Heart – Thursday – 7:00 p.m.
- Adoration of the Blessed Sacrament:** Sacred Heart Thursdays, 10:00 a.m.-7:30 p.m.

LECTORS

Saturday, May 18, 2024, 4:00 p.m.	Joe Stefanov
Sunday, May 19, 2024, 11:00 a.m.	Bob Longstreth
Saturday, May 25, 2024, 4:00 p.m.	Neil Sika
Sunday, May 26, 2024, 11:00 a.m.	Sean Nixon

If you are unable to attend Mass, please contact Bob Longstreth. Thank you!

“Step by step, stair by stair, Jesus shows us the way, as we seek to give life, bring hope, stay away from all evil and pettiness, respond to evil with good, and draw close to those who suffer.” @Pontifex

2024 THE APPEAL – “RESPOND TO HIS LOVE”: The theme of **The Appeal**, inspires us, as people of faith, to share joyfully the **Good News of Christ** to those who most need to feel **His** love. Works of kindness and assistance, sometimes in the smallest way, can bring about a profound change in a person’s life. Through **The Appeal**, we have an opportunity to bring about a positive change in the lives of many of **God’s** people. Through your generosity, you are supporting the various ministries, and programs that are vital in spreading **His** love. Next week is **Commitment Weekend** for **The Appeal**, at which time you can make your gift or pledge. Our parish has been asked to raise **\$13,338.74**. We can accomplish this if, after prayerful consideration, everyone gives what they can. Any amount raised over and above our goal will be returned to our parish to be used for our needs. Thank you in advance for your prayerful generosity.

**WEEKLY STEWARDSHIP AT SACRED HEART
May 12, 2024**

Number of Envelopes used Sunday – 5

In Env:	\$	235.00
Loose:	\$	559.00
Holy Day:	\$	560.00
Total:	\$	1,354.00
Less Diocesan 8% Assessment	\$	-(108.32)
	\$	1,245.68

	Budgeted	Actual	Difference (\$)
This Week:	\$2,800.00	\$1,354.00	-\$1,446.00

DONATION QR CODE AND WEBSITE INFORMATION



Please help Sacred Heart maintain this beautiful 100-year-old building with a donation by using the QR code. Thank you!



SH Collection Counters - Monday, May 20, 2024
Rita Ward and Mike Padovan

SH Collection Counters – Tuesday, May 28, 2024
Donna Bowers and Rita Ward

AROUND US

LITURGICAL CALENDAR: The **Easter Season** ends on **Pentecost, May 20**, which is represented by the liturgical color white. The remainder of the month is in **Ordinary Time** which is represented by the liturgical color green. This symbol of hope is the color of the sprouting seed and arouses in the faithful the hope of reaping the eternal harvest of heaven, especially the hope of a glorious Resurrection. The month of **May** is dedicated to **The Blessed Virgin Mary**.

THE HOLY FATHER’S INTENTIONS: for the Month of **May 2024: We pray that religious women and men, and seminarians, grow in their own vocations through their human, pastoral, spiritual and community formation, leading them to be credible witnesses to the Gospel.**

QUO VADIS: Please consider attending this vocations discernment camp led by priests and seminarians of the **Diocese of Columbus** and is supported by the diocesan **Office of Vocations**. **When:** July 28-31, 2024, **Who:** Young men entering grades 9-12 **Where:** The Pontifical College Josephinum, 7625 N. High Street, Columbus **Cost:** \$50.00 – **Scholarships available – Registration Deadline:** July 19. To register or for more information: <https://www.vocationscolumbus.org/quovadis> or email columbusquovadis@gmail.com.

NATIONAL EUCHARISTIC PROCESSION: Our **Eucharistic Lord** will be traveling coast to coast, and you can be a part of it! Thousands followed **Jesus** throughout His earthly ministry. What would it have been like to walk with Him? As part of the **NER (National Eucharistic Revival)**, there will be a Massive expedition/pilgrimage across our nation. **The Diocese of Columbus** is part of the **Elizabeth Ann Seton Route**. Processions will take place from **June 24-June 30, 2024**, at churches throughout the diocese. There will be an opportunity for **Adoration, Mass, Eucharistic Procession** of one mile or less and in some cases a community activity. You will not want to miss this once in a lifetime pilgrimage! **For more information and to register, go to www.columbuscatholic.org/revival.**



Please join us as we gather to remember and honor our veterans.

CATHOLIC CEMETERIES
of Columbus
A Sacred Trust

ST. JOSEPH CEMETERY (614) 491-2751
11:00 a.m. Mass | 12:00 p.m. Flag Ceremony

RESURRECTION CEMETERY (614) 888-1805
12:00 p.m. Flag Ceremony | 1:00 p.m. Mass

HOLY CROSS CEMETERY (740) 927-4442
10:30 a.m. Flag Ceremony | 11:00 a.m. Mass

MONDAY, MAY 27, 2024



Prayer: O God, who by the mystery of today’s great feast sanctify your whole Church in every people and nation, pour out, we pray, the gifts of

the Holy Spirit across the face of the earth and, with the divine grace that was at work when the Gospel was first proclaimed, fill now once more the hearts of believers. Through our Lord Jesus Christ, Your Son, who lives and reigns with You in the unity of the Holy Spirit, God, for ever and ever. Amen

Lectio Divina

SCRIPTURE READING + MEDITATION + PRAYER + CONTEMPLATION

“What page, what passage of the inspired books of the Old and New Testaments is not the truest of guides for human life?” ~Saint Benedict, from the *Rule of Saint Benedict* (73:3)

The month of May is dedicated to the Blessed Virgin Mary.

"Mary, who was empty of all egotism, free from all sin, was as pure as the glass of a very clean window that has no other function than to admit the light of the sun. If we rejoice in that light, we implicitly praise the cleanness of the window. And of course it might be argued that in such case we might well forget the window altogether. This is true. And yet the Son of God, in emptying Himself of His majestic power, having become a child, abandoning Himself in complete dependence to the loving care of a human Mother, in a certain sense draws our attention once again to her." ~FATHER THOMAS MERTON, OCSO

**Monday, May 20 ~ Seventh Week in Ordinary Time
Blessed Virgin Mary, Mother of the Church**

Holy Gospel: John 19:25-34 Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home. After this, aware that everything was now finished, in order that the Scripture might be fulfilled, Jesus said, "I thirst." There was a vessel filled with common wine. So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth. When Jesus had taken the wine, he said, "It is finished." And bowing his head, he handed over the spirit. Now since it was preparation day, in order that the bodies might not remain on the cross on the Sabbath, for the Sabbath day of that week was a solemn one, the Jews asked Pilate that their legs be broken and they be taken down. So the soldiers came and broke the legs of the first and then of the other one who was crucified with Jesus. But when they came to Jesus and saw that he was already dead, they did not break his legs, but one soldier thrust his lance into his side, and immediately Blood and water flowed out. (From the Decree on the Celebration of the Blessed Virgin Mary, Mother of the Church.)

Meditation: The joyous veneration given to the Mother of God by the contemporary Church, in light of reflection on the mystery of Christ and on his nature, cannot ignore the figure of a woman (cf. Gal 4:4), the Virgin Mary, who is both the Mother of Christ and Mother of the Church. In some ways this was already present in the mind of the Church from the premonitory words of Saint Augustine and Saint Leo the Great. In fact the former says that Mary is the mother of the members of Christ, because with charity she cooperated in the rebirth of the faithful in to the Church, while the latter says that the birth of the Head is also the birth of the body, thus indicating that Mary is at once Mother of Christ, the Son of God, and mother of the members of his Mystical Body, which is the Church. These considerations derive from the divine motherhood of Mary and from her intimate union in the work of the Redeemer, which culminated at the hour of the cross. Indeed, the Mother standing beneath the cross (cf. Jn 19:25), accepted her Son's testament of love and welcomed all people in the person of the beloved disciple as sons and daughters to be reborn unto life eternal. She thus became the tender Mother of the Church which Christ begot on the cross handing on the Spirit. Christ, in turn, in the beloved disciple, chose all disciples as ministers of his love towards his Mother, entrusting her to them so that they might welcome her with filial affection.

Prayer: O God, Father of mercies, whose Only Begotten Son, as he hung upon the Cross, chose the Blessed Virgin Mary, his Mother, to be our Mother also, grant, we pray, that with her loving help your Church may be more fruitful day by day and, exulting in the holiness of her children, may draw to her embrace all the families of the peoples. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

Contemplation: Have you ever contemplated the role of Mary in God's plan for our salvation? In Mary is perfectly realized God's whole creative and redemptive plan. That is why she is said to be for us a light of truth and a pattern of life for the Church and her people. That is why her spiritual beauty includes in itself all the beauty which we see here and there, in partial and incomplete form in the universe. In her is all the beauty of the world, transfigured and elevated to a level beyond our comprehension. And yet since that perfection was reached by the fulfillment of her obedience to God and God's plan for our salvation – of which we, too, are called to adhere to – we cannot help but see that she is, like ourselves, a human creature whose littleness has been glorified in the light of Christ and who has been saved from the power of darkness and evil by the grace of the Cross of Christ.

Tuesday, May 21 ~ Seventh Week in Ordinary Time

Optional Memorial, Saint Christopher Magallanes, Priest and Martyr, and Companions, Martyrs

Holy Gospel: Mark 9:30-37 Jesus and his disciples left from there and began a journey through Galilee, but he did not wish anyone to know about it. He was teaching his disciples and telling them, "The Son of Man is to be handed over to men and they will kill him, and three days after his death the Son of Man will rise." But they did not understand the saying, and they were afraid to question him. They came to Capernaum and, once inside the house, he began to ask them, "What were you arguing about on the way?" But they remained silent. For they had been discussing among themselves on the way who was the greatest. Then he sat down, called the Twelve, and said to them, "If anyone wishes to be first, he shall be the last of all and the servant of all." Taking a child, he placed it in their midst, and putting his arms around it, he said to them, "Whoever receives one child such as this in my name, receives me; and whoever receives me, receives not me but the One who sent me."

Meditation: Jesus made a dramatic gesture by embracing a child to show his disciples who really is the greatest in the kingdom of God. What can a little child possibly teach us about greatness? Children in the ancient world had no rights, position, or privileges of their own. They were socially at the "bottom of the rung" and at the service of their parents, much like the household staff and domestic servants. What is the significance of Jesus' gesture? Jesus elevated a little child in the presence of his disciples by placing the child in a privileged position of honor. It is customary, even today, to seat the guest of honor at the right side of the host. Who is the greatest in God's kingdom? The one who is humble and lowly of heart – who instead of asserting their rights willingly empty themselves of pride and self-seeking glory by taking the lowly position of a servant or child.

Prayer: Grant, we pray, almighty God, that, always pondering spiritual things, we may carry out in both word and deed that which is pleasing to you. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

Prayer ~ Saint Christopher Magallanes and Companions: Almighty and eternal God, who made the Priest Saint Christopher Magallanes and his companions faithful to Christ the King even to the point of martyrdom, grant us, through their intercession, that, persevering in confession of the true faith, we may always hold fast to the commandments of your love. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

Contemplation: Have you ever given any thought as to whose glory do you seek? There can be no share in God's glory without the cross. When Jesus prophesied his own betrayal and crucifixion, it did not make any sense to his disciples because it did not fit their understanding of what the Messiah came to do. And they were afraid to ask further questions! Like a person who might receive a bad verdict from the doctor and then refuse to ask further questions, they, too, didn't want to know any more. How often do we reject what we do not wish to see? We have heard the good news of God's word and we know the consequences of accepting it or rejecting it. But do we give it our full allegiance and mold our lives according to it? Ask the Lord to fill you with his Holy Spirit and to inspire within you a reverence for his word and a readiness to obey it.

Wednesday, May 22 ~ Seventh Week in Ordinary Time

Optional Memorial, Saint Rita of Cascia, Religious

Holy Gospel: Mark 9:38-40 John said to Jesus, "Teacher, we saw someone driving out demons in your name, and we tried to prevent him because he does not follow us." Jesus replied, "Do not prevent him. There is no one who performs a mighty deed in my name who can at the same time speak ill of me. For whoever is not against us is for us."

Meditation: Are we not like the disciples when we get upset and jealous because someone else has taken our place or taken the spotlight away from us? Envy and jealousy, its counterpart, are sinful because they lead us to sorrow over what should make us rejoice – namely, our neighbor's good. The reason we may be sad or feel discontent over one another's good fortune or excellence is the fear of losing our own value and excellence or being replaced by a rival. Envy is contrary to love. Both the object of love and the object of envy is our neighbor's good, but by contrary movements, since love rejoices in our neighbor's good, while envy grieves over it. How can we overcome envy and jealousy? With the love that God puts into our hearts through the Holy Spirit (Romans 5:5). This love seeks the highest good of our neighbor.

Prayer: Grant, we pray, almighty God, that, always pondering spiritual things, we may carry out in both word and deed that which is pleasing to you. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Prayer ~ Saint Rita of Cascia: Bestow on us, we pray, O Lord, the wisdom and strength of the Cross, with which you were pleased to endow Saint Rita, so that, suffering in every tribulation with Christ, we may participate ever more deeply in his Paschal Mystery. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: Do you rejoice in the good that others do, especially when they seem to outshine you? Jesus reprimands his disciples for their jealousy and intolerance towards others. Jesus had given his disciples power and authority to heal the sick and to cast out evil spirits from tormented individuals. But the disciples became upset when they met someone who was not associated with them doing a good deed and acting with Jesus' authority and power. The apostles even tried to prevent the man to stop speaking in the name of Jesus "because he does not follow us." Jesus' reply is filled with wisdom: "There is no one who performs a mighty deed in my name who can at the same time speak ill of me." Whenever someone chooses to act for good in order to overcome evil that person brings glory to God.

Thursday, May 23 ~ Seventh Week in Ordinary Time

Holy Gospel: Mark 9:41-50 Jesus said to his disciples: "Anyone who gives you a cup of water to drink because you belong to Christ, amen, I say to you, will surely not lose his reward. "Whoever causes one of these little ones who believe in me to sin, it would be better for him if a great millstone were put around his neck and he were thrown into the sea. If your hand causes you to sin, cut it off. It is better for you to enter into life maimed than with two hands to go into Gehenna, into the unquenchable fire. And if your foot causes you to sin, cut it off. It is better for you to enter into life crippled than with two feet to be thrown into Gehenna. And if your eye causes you to sin, pluck it out. Better for you to enter into the Kingdom of God with one eye than with two eyes to be thrown into Gehenna, where their worm does not die, and the fire is not quenched. "Everyone will be salted with fire. Salt is good, but if salt becomes insipid, with what will you restore its flavor? Keep salt in yourselves and you will have peace with one another."

Meditation: Jesus set before his disciples the one supreme goal in life that is worth any sacrifice, and that goal is God himself and his will for our lives which leads to everlasting peace and happiness. Just as a doctor might remove a limb or some part of the body in order to preserve the life of the whole body, so we must be ready to part with anything that causes us to sin and which leads to spiritual death. Jesus warns his disciples of the terrible responsibility that they must set no stumbling block in the way of another, that is, not give offense or bad example that might lead another to sin. The Greek word for temptation (*scandalon*) is exactly the same as the English word *scandal*. The original meaning of scandal is a trap or a stumbling block which causes one to trip and fall. The Jews held that it was an unforgivable sin to teach another to sin. If we teach another to sin, he in turn may teach still another, until a train of sin is set in motion with no foreseeable end. The young in faith are especially vulnerable to the bad example of those who should be passing on the faith. In this permissive, "politically correct" society in which we live, are you setting a good example – a Christ-like example – for others to follow, especially the young?

Prayer: Grant, we pray, almighty God, that, always pondering spiritual things, we may carry out in both word and deed that which is pleasing to you. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: Saint Gregory of Nyssa, a Father of the Church, once wrote: "God never asks his servants to do what is impossible. The love and goodness of his Godhead is revealed as richly available. It is poured out like water upon all. God furnished to each person according to his will the ability to do something good. None of those seeking to be saved will be lacking in this ability, given by the one who

said: 'whoever gives you a cup of water to drink because you bear the name of Christ, will by no means lose his reward.'" Ask the Holy Spirit to transform your heart by the fire of his love that you may wholly desire what is good for your neighbor.

Friday, May 24 ~ Seventh Week in Ordinary Time
Optional Memorial: Most Holy Virgin Mary, Help of Christians

Holy Gospel: Mark 10:1-12 Jesus came into the district of Judea and across the Jordan. Again crowds gathered around him and, as was his custom, he again taught them. The Pharisees approached him and asked, "Is it lawful for a husband to divorce his wife?" They were testing him. He said to them in reply, "What did Moses command you?" They replied, "Moses permitted a husband to write a bill of divorce and dismiss her." But Jesus told them, "Because of the hardness of your hearts he wrote you this commandment. But from the beginning of creation, God made them male and female. For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh. So they are no longer two but one flesh. Therefore what God has joined together, no human being must separate." In the house the disciples again questioned Jesus about this. He said to them, "Whoever divorces his wife and marries another commits adultery against her; and if she divorces her husband and marries another, she commits adultery."

Meditation: Jesus explains that Moses permitted divorce as a concession in view of a lost ideal. Jesus sets the high ideal of the married state before those who are willing to accept his commands. Jesus, likewise sets the high ideal for those who freely renounce marriage for the sake of the kingdom of heaven (Matthew 19:11-12). Both marriage and celibacy are calls from God to live a consecrated life, that is to live as married couples or as singles who belong not to themselves but to God. Despite what we may think, our lives are not our own – they belong to God. He gives the grace and power to those who seek to follow his way of holiness in their state of life. Do you seek the Lord and his grace in your state of life?

Prayer: O God, You chose the glorious Virgin Mary to be our mother and the help of all Christians; grant that through her prayers, strengthen your Church, so that she would accept all trials patiently, and overcome all obstacles through steadfast love, and in so doing, she would could manifest the truth of Jesus Christ to the world. We ask this through Christ our Lord, Your Son who lives and reigns with you in the unity of the Holy Spirit, God forever and ever. Amen.

Prayer to Most Holy Virgin Mary, Help of Christians: Most Holy Virgin Mary, Help of Christians, how sweet it is to come to your feet imploring your perpetual help. If earthly mothers cease not to remember their children, how can you, the most loving of all mothers forget me? Grant then to me, I implore you, your perpetual help in all my necessities, in every sorrow, and especially in all my temptations. I ask for your unceasing help for all who are now suffering. Help the weak, cure the sick, convert sinners. Grant through your intercessions many vocations to the religious life. Obtain for us, O Mary, Help of Christians, that having invoked you on earth we may love and eternally thank you in heaven.

Contemplation: What is God's intention for your state in life, whether married or single? Are you open to God's plan being paramount in your life versus your own thoughts and desires for what you want in this earthly life? Put yourself in the back seat, and let God take you where he wants you to go. By letting God's plan for us be our course in life, our lives become less complex, more simple, and more joyous because God takes us where he wants us to go, instead of the other way around. Turn also in prayer to the Blessed Virgin Mary, our Mother, and Help of Christians, asking her to help guide you in your earthly journey, for purpose and direction, and for help in time of need.

Scripture passages (NAB translation) courtesy of the U.S. Conference of Catholic Bishops;
prayers are from *The Roman Missal*, Catholic Book Publishing, 2011;
information about saints, solemnities, feasts and memorials courtesy of the Catholic Culture web site.

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