

#### 3 O' Clock Prayer The Hour of Great Mercy Prayers from the diary of Saint Faustina

You died, Jesus, but the source of life gushed forth for souls and the ocean of mercy opened up for the whole world.

O Fountain of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

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

Holy God, Holy Mighty One, Holy Immortal One, Have mercy on us and on the whole world. (3 times)

JESUS, King of mercy, I trust in You!



Prayer for all souls

Prayer of St. Gertrude the great dictated by Our Lady to release 1,000 Souls from Purgatory each time it is said. The prayer was extend to include living sinners which would alleviate the indebtedness accrued to them during their lives.

"Eternal Father, I offer Thee the Most precious Blood of Thy Divine Son, Jesus in union with the Masses said throughout the world today, for all the holy Souls in Purgatory, for sinners everywhere, for sinners in the Universal Church, those in my own home and within my family. Amen."

St. Gertrude the Great was born in Germany in 1263. She was a Benedictine Nun, and meditated on the Passion of Christ, which many times brought floods of tears to her eyes. She did many penances, and Our Lady appeared to her many times. Her holy Soul passed away in 1334. November 16<sup>th</sup> is her Facet Day.



Abortion isn't a lesser evil, it's a crime. Taking one life to save another, that's what the Mafia does. It's a crime. It's an absolute evil. **Pope Francis.** 





Daily Highlights, Mass Readings, Daily Saints, Prayers...

Monday of the Second Week of Ordinary Time, January 15, 2024, Volume 171. Today's Bible Readings

Latin Rite 1<sup>st</sup> Reading:

1 Sm 15:16-23 **Responsorial Psalm:** 50:8-9, 16bc-17, 21 and 23 Syro-Malabar Rite 1<sup>st</sup> Reading: Ephesians 1:15-23

Gospel: John 3:31-36

Jonn 3:31



Luke 2:15-19

Svro-Malankara Rite

Gospel: Mk 2:18-22

# Meditation: To Fast or Not to Fast

"Can the wedding guests fast while the bridegroom is with them? As long as they have the bridegroom with them they cannot fast. But the days will come when the bridegroom is taken away from them, and then they will fast on that day." Mark 2:19-20

The passage above reveals Jesus' response to the disciples of John the Baptist and some Pharisees who question Jesus about fasting. They point out that the disciples of John and the Pharisees each follow the Jewish laws on fasting, but Jesus' disciples do not. Jesus' answer goes to the heart of the new law on fasting.

Fasting is a wonderful spiritual practice. It helps to strengthen the will against disordered fleshly temptations and helps to bring purity to one's soul. But it needs to be pointed out that fasting is not an eternal reality. One day, when we are face-to-face with God in Heaven, there will no longer be any need to fast or do any form of penance. But while on earth, we will struggle and fall and lose our way, and one of the best spiritual practices to help us return to Christ is prayer and fasting combined.

Fasting becomes necessary "when the bridegroom is taken away." In other words, fasting is necessary when we sin and our union with Christ begins to fade. It is then that the personal sacrifice of fasting helps open our hearts once again to our Lord. This is especially true when habits of sin form and become deeply ingrained. Fasting adds much power to our prayer and stretches our souls so as to be able to receive the "new wine" of God's grace where we need it the most.

Reflect, today, upon your approach to fasting and other penitential practices. Do you fast? Do you make regular sacrifices so as to strengthen your will and help you to turn more fully to Christ? Or has this healthy spiritual practice been somewhat neglected in your life? Renew your commitment to this holy endeavor today and God will work powerfully in your life.

Lord, I open my heart to the new wine of grace that You wish to pour forth upon me. Help me to be properly disposed to this grace and to use every means necessary to become more open to You. Help me, especially, to commit to the wonderful spiritual practice of fasting. May this act of mortification in my life bear abundant fruit for Your Kingdom. Jesus, I trust in You.

# 1st Reading: 1 Sm 15:16-23

Samuel said to Saul: "Stop! Let me tell you what the LORD said to me last night." Saul replied, "Speak!" Samuel then said: "Though little in your own esteem, are you not leader of the tribes of Israel? The LORD anointed you king of Israel and sent you on a mission, saying, 'Go and put the sinful Amalekites under a ban of destruction. Fight against them until you have exterminated them.' Why then have you disobeyed the LORD? You have pounced on the spoil, thus displeasing the LORD." Saul answered Samuel: "I did indeed obey the LORD and fulfill the mission on which the LORD sent me. I have brought back Agag, and I have destroyed Amalek under the ban. But from the spoil the men took sheep and oxen, the best of what had been banned, to sacrifice to the LORD their God in Gilgal." But Samuel said: "Does the LORD so delight in burnt offerings and sacrifices as in obedience to the command of the LORD? Obedience is better than sacrifice, and presumption is the crime of idolatry. Because you have rejected the command of the LORD, he, too, has rejected you as ruler."

# Responsorial Psalm: 50:8-9, 16bc-17, 21 and 23 R. (23b) To the upright I will show the saving power of God.

"Not for your sacrifices do I rebuke you, for your burnt offerings are before wil, it's me always. I take from your house no bullock, no goats out of your fold." o save **R. To the upright I will show the saving power of God.** 

"Why do you recite my statutes, and profess my covenant with your mouth, Though you hate discipline and cast my words behind you?" **R. To the upright I will show the saving power of God.** 

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The Bible in one year: January

January 01 Gen 1-2, Isa 1:1-20, Matt 1, Ps 1 02 Gen 3-4, Isa 1:21-31, Matt 2, Ps 2:1-8 03 Gen 5, Isa 2, Matt 3, Ps 2:9–12 04 Gen 6–7, Isa 3, Matt 4, Ps 3 05 Gen 8–9, Isa 4:1-5:16, Matt 5:1-19, Ps 4 06 Gen 10-11, Isa 5:17-30, Matt 5:20-48, Ps 5:title-5 07 Gen 12-13, Isa 6:1-7:13, Matt 6:1–15, Ps 5:6– 12 08 Gen 14–15, Isa 7:14– 25, Matt 6:16-34, Ps 6:title-6 09 Gen 16-17, 2 8, Matt 7, Ps 6:7-7:3 10 Gen 18-19, Isa 9, Matt 8:1-17, Ps 7:4-10 11 Gen 20-21, Isa 10, Matt 8:18-34, Ps 7:11–17 12 Gen 22, Isa 11, Matt 9:1-27, Ps 8 13 Gen 23:1-24:38, Isa 12, Matt 9:28–38, Ps 9:title–3 14 Gen 24:39–25:34, Isa 13, Matt 10, Ps 9:4-10 15 Gen 26, Isa 14, Matt 11:1-12, Ps 9:11-20 16 Gen 27, Isa 15, Matt 11:13–30, Ps 10:1–4 17 Gen 28–29, Isa 16–17, Matt 12:1–26, Ps 10:5–11 18 Gen 30, Isa 18:1–19:13, Matt 12:27–50, Ps 10:12–18 19 Gen 31, Isa 19:14-20:6, Matt 13:1-19, Ps 11 20 Gen 32, Isa 21, Matt 13:20-41, Ps 12 21 Gen 33-34, Isa 22, Matt 13:42-58, Ps 13 22 Gen 35–36, Isa 23, Matt 14, Ps 14:title–3 23 Gen 37, Isa 24, Matt 15:1–12, Ps 14:4– 7 24 Gen 38–39, Isa 25, Matt 15:13–39, Ps 15:title– 16:3 25 Gen 40, Isa 26–27, Matt 16:1–17, Ps 16:4–11 26 Gen 41, Isa 28:1–14, Matt 16:18-17:11, Ps 17:title-6 27 Gen 42-43, Isa 28:15–29, Matt 17:12– 27, Ps 17:7–15 28 Gen 44, Isa 29, Matt 18, Ps 18:title-4 29 Gen 45-46, Isa 30:1-21, Matt 19:1-14, Ps 18:5-11 30 Gen 47, Isa 30:22-31:9, Matt 19:15-30, Ps 18:12-18 31 Gen 48-49, Isa 32, Matt 20, Ps 18:19-25

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When you do these things, shall I be deaf to it? Or do you think that I am like yourself? I will correct you by drawing them up before your eyes. He that offers praise as a sacrifice glorifies me; and to him that goes the right way I will show the salvation of God. R. To the upright I will show the saving power of God.

#### Alleluia

R. Alleluia, alleluia. The word of God is living and effective, able to discern reflections and thoughts of the heart. R. Alleluia, alleluia.

#### Gospel: Mk 2:18-22

The disciples of John and of the Pharisees were accustomed to fast. People came to Jesus and objected, "Why do the disciples of John and the disciples of the Pharisees fast, but your disciples do not fast?" Jesus answered them, "Can the wedding guests fast while the bridegroom is with them? As long as they have the bridegroom with them they cannot fast. But the days will come when the bridegroom is taken away from them, and then they will fast on that day. No one sews a piece of unshrunken cloth on an old cloak. If he does, its fullness pulls away, the new from the old, and the tear gets worse. Likewise, no one pours new wine into old wineskins. Otherwise, the wine will burst the skins, and both the wine and the skins are ruined. Rather, new wine is poured into fresh wineskins."



## Also known as Mauro

Saint Maurus

Born to the nobility, the son of Equitius, a senator, and Giulia. Disciple of Saint Benedict of Nursia at age 12. Studied with Saint Placid. Deacon. Benedictine monk. Assisted Saint Benedict at Subiaco, Italy, and at Monte Cassino in 528. Founder and abbot of the abbey at Glanfeuil, France in 543; it was later renamed for him. Could heal by prayer, and there are multiple stories of him bringing the dead back to life. At the moment of the death of Saint Benedict, Maurus received a vision of his old teacher travelling a street that led to heaven. Born: 512 in Rome, Italy

Died: 15 January 584 of natural causes, relics re-discovered in 845, relics transferred to St-Pierre-des-Fosses in 868 to avoid Norman invaders, relics interred in the church of St-Germain-des-Prés, Paris, France, relics destroyed in 1793 during the anti-Catholic excesses of the French Revolution

Patronage: against cold, against colds, against goiter, against gout, against hoarseness, against rheumatism, candle makers, charcoal burners, cobblers, shoemakers, coppersmiths, lantern makers, porters, tailors, tinkers, Azores, Badajoz, Spain, Casoria, Italy, Saint-Bonnet-de-Vieille-Vigne, France.

#### Saint Macarius of Egypt

Also known as Macarius the Elder, Macarius the Great, Macarius the Thébaïde, Makarios

Shepherd in the desert region of Skete. Falsley accused of assaulting a woman, but was acquitted. Hermit. Spiritual student of Saint Anthony the Abbot. Founder of a monastic community in Skete. Ordained at age 40. His sanctity drew followers, and his desert community numbered thousands at his death. Fought Arianism, and was exiled for it. Several Libyan desert monasteries still bear the name Macarius. Born: c.300 at Upper Egypt



Died: 390 of natural causes.

## Saint Arnold Janssen

Arnold felt an early call to the priesthood, and was ordained in August 1861. Well educated, he taught science and catechism for twelve years. Chaplain and director of the Ursuline convent at Kempen in 1873. Director of the diocesan Apostleship of Prayer in 1874. Editor of a journal about missionary work in 1873. He established the religious congregation Society of the Divine Word in Steyl, Netherlands in 1875; it received papal approval in 1901. The Society, which soon had houses in the Netherlands, Austria, and Germany, was composed of missionary priests who worked in Tonga, New Guinea, Japan, Paraguay, and throughout North America. In 1889, Arnold founded the Missionary Sisters, Servants of the Holy Ghost to assist the priests in their mission. The Sisters serve as teachers in mission lands, especially of young girls. With the help of Blessed Maria Virgo, Arnold formed the sisters a contemplative branch named Sister Servants of the Holy Spirit of Perpetual Adoration who devote themselves to adoration of the Blessed Sacrament, and prayer for the success of missionary efforts. These sisters are nicknamed Pink Sisters because of the color of their habit.

Born: 5 November 1837 at Goch, North Rhein-Westphalia, Germany Died: 15 January 1909 in Steyl, Netherlands of natural causes

Canonized: 5 October 2003 by Pope John Paul II.



