



November 25, 2007 - The Solemnity of Christ the King

"He is before all things, and in him all things hold together. He is the head of the body, the church." Col 1:17-18

† Servant Leader †

HOW TO PRAY AS A CATHOLIC

What is prayer all about?

Clement of Alexandria, a popular teacher of the early Church, put it simply: "Prayer is conversation with God." Like any conversation, it goes both ways. We talk to God, and He talks to us. God loves us more than we can imagine. He wants us to get to know and love Him as a Father. Like any loving parent, He wants to spend time talking with His children.

What kind of conversation am I supposed to have?

Think of it this way: Imagine that someone saved your life through an act of great personal sacrifice. What kind of conversation would you want to have with that kind of Benefactor?

You would no doubt want to offer an earnest thank you. You would be eager to praise the person's kindness, generosity, and selflessness. You would probably ask, "How can I ever repay you?"

Now think about what God has done for us. He created us and gives us life. Every good gift we have is from Him. When the human race turned away from Him and lost its way because of sin, He made the most precious sacrifice possible to save us and bring us back to Himself: He sent His own Son, Jesus Christ, to die for us.

What kind of conversation should you have with that kind of Benefactor? For starters, you can express to Him sincere praise and thanks.

Doesn't prayer include asking God for something?

Of course! Think of a small child who is hungry. If the child comes to Daddy asking for food, he's delighted to answer that request. And if human fathers, Jesus reminded us, know how to give good gifts to their children when asked, "how much more will your Father who is in heaven give good things to those who ask him!" (Matthew 7:9-11).

In fact, most of the Our Father is devoted to this important aspect of prayer: petition. We ask God to provide for us ("our daily bread"), guide us ("lead us not into temptation"), and protect us ("deliver us from evil"). He cares about us, and He's delighted to answer our prayers. "Have no anxiety about anything," St. Paul insisted, "but in everything by prayer and supplication with thanksgiving let your requests be made known to God" (Philippians 4:6). Just tell God what you need.

What about praying for others?

Another important aspect of praying we can't forget is intercession, which is prayer for others. St. Paul urged that intercessions "be made for all" (1 Timothy 2: 1).

Everyone has some need for God's help. It's your privilege to ask for it on their behalf. Even if you know that they themselves are praying, you can join them in their requests. Our heavenly Father is pleased to see His children helping one another that way.

When you pray for others, you find that your own life changes. Your heart grows warmer toward people in need. You're not as upset by the difficulties in your own life, because you're more aware of the troubles other people have. You find yourself more willing to help people in other ways as well.

It's not easy, but God calls us to pray even for our enemies. Jesus set the example. As He died on the cross, He prayed for His killers: "Father, forgive them" (Luke 23:34). Praying for people who have offended or injured us actually makes it easier to forgive them and to see them more as God sees them. It can also lead us to recognize more clearly the times when we offend or injure others.

Does God always hear our prayers?

We can have the same confidence Jesus had when He prayed: "Father ... I [know] that you always hear me" (John 11:42). And God not only hears our prayers; He answers them as well. Nevertheless, His answer isn't always the one we're hoping to hear.

Sometimes we ask for the wrong things – things we would regret having if He gave them to us. Sometimes what we want doesn't fit into the bigger, wiser plan

He has for us and for those around us. Sometimes He's allowing us to develop patience or to grow in some other way.

In any case, we can always pray to God in faith. That doesn't mean we try to convince ourselves that everything we ever ask for, we'll receive. Instead, it means that we pray with trust in the Father who listens to our prayers, confident that He wants what's best for us; He knows what's best for us; and He's able to give us what's best for us. Our prayers should always ask for God's will.

How do I find the right words to pray?

God listens even when we're not sure what to say. Catholics often pray using composed prayers. It's called formal prayer, because it has a set "form," rather than being spontaneous.

Jesus gave us a formal prayer when He taught His disciples the Lord's Prayer (Matthew 6:9-12). He and His apostles used formal prayers in worship, often from the Psalms, because this was the ancient custom of the Jewish people. The Church

(Continued, inside back cover)

For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy.
- St. Therese of Lisieux

READINGS FOR THE WEEK

Mon: Dn 1:1-6, 8-20; Lk 21:1-4
 Tue: Dn 2:31-45; Lk 21:5-11
 Wed: Dn 5:1-6, 13-14, 16-17, 23-28; Lk 21:12-19
 Thu: Dn 6: 12-28; Lk 21:20-28
 Fri: St. Andrew:
 Rom 10:9-18; Mt 4:18-22
 Sat: Dn 7: 15-27; Lk 21:34-36
 Sun: First Sunday of Advent:
 Is 2:1-5; Rom 13:11-14; Mt 24:37-44



Questions of the Week:

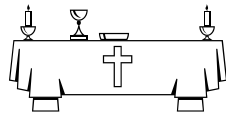
For Adults: As you think about Jesus on the cross, having compassion on the "good thief," what lesson do you draw for your own life?

For Teens: Jesus never seems to stop forgiving. In your young life, what role does forgiveness play? How have you learned to forgive others?

For Children: Jesus is always kind to those who love him. How do you show your love for Jesus?

MASS INTENTIONS

Mon: Jason Murphy –Int.
 Tue: Francis Bradley +
 Wed: James Allen –Int.
 Fri: Wadsworth & Cawley Family +
 Sat: 8:30 am Mass Emma & Kate Johnson +
 Sun: 7:30 am Mass Felomina Loquias +
 Jim Snyder +
 Gloria Pineda +
 9:00 am Mass Pro Populo
 10:30 am Mass Will Sheahon +



ROOMS FOR RENT

A local resident has two bedrooms for rent within the parish – please call Kimberly Morcan at 276-1498 for more information.

PRAYER CORNER

Please remember in your prayers:
 Mary Avila, Richard Blanco, Elisa Bulhoes, Bernard Burke, Bob Cleveland, Marie Crane, Darren Crose, Julie Desrochers, John Dooney, Jennifer Ford, Olivia Garcia, Ralph Gingrich, Bob Gokey, Robert Gonzaga, Jason Hayes, Nancy Hayes, Stanley Hayes, Michele Hock, Kathleen Johnson, Phyllis Johnson, Bill Keenan, Jonnie Kuennen, Karen Lewis, Donald Maguire, Maria Mamaog, Maria Martinez, Earl Mattingly, Luke McCord, Mike McCord, McElvy Family, Dean McGinty, June McMaught, Rigoberto Mendoza, Jenine Michilena, Xochitl Montano, Mariah Morris, Jason Murphy, Elliott Jerome Neal, Andy Ngo, Scott Ngo, Cora Orzol, LeeAnn Parrott, Maryanne Pelzel, Gilbert Perron, Tom Poeschl, Sr. Mary Porter, Christine Regan, Raymond Remick, Suzanne Rose, Nikelle Schafer, Katherine Schottgen, Diane & Mike Smith, Marylyn Smith, Lisa Stamps, Jardee Stanley, Jo Ster, Laura & Paul Studer, Simon Sucharski, Clement Sweeney, Maureena Sutton, Elise Taylor, I. Thompson, Larry Thompson, X. Thompson, Jovita Vargar, Jean Villanueva, Emily Walsh, Marvin Webster, Robert Westbrook, Sharel Wilson

Stewardship
 ~ a way of life ~

FOOD DONATIONS FOR THE NEEDY

Please share the Lord's blessings with our less fortunate brothers and sisters. In keeping with years past we will place baskets around the altar during Thanksgiving Week. (Please do not drop donations off at the Parish Office.) Items needed are as follows: tuna, peanut butter, jam or jelly, rice, pasta, canned fruit, and cereal. The Lord bless you for your kindness, generosity and continuing support in the work of our Society. Thank you from the ladies of CLRS #11.

ADOPT A FAMILY FOR CHRISTMAS

Catholic Charities of Sacramento is seeking individuals or families interested in 'adopting' a local family in need for Christmas. Donors are asked to provide gifts as well as a grocery store gift card. Please call the Catholic Charities office at 733-0253 for more information. Thank you.

WINTER IS ON ITS WAY - HELP IS NEEDED

As we approach winter, we recognize an increased need for warm jackets and sweatshirts, socks, gloves, hats, blankets and other protection from the cold for the homeless. Since the cold weather will be upon us soon we would like to appeal to you for any gently used items (in adult sizes only) that will help. Collection will continue throughout the winter. Please leave any items you can contribute at any of the church doors for pick-up.

THANKSGIVING THANK YOU!

Feed the Needy Ministry would like to thank the parish for their overwhelming response of turkeys, pies, and monetary donations. As a result we were able to provide a traditional Thanksgiving dinner for all those in need.

STEWARDSHIP – TREASURE	
GENERAL COLLECTION	
Weekly Goal	\$ 11,000.00
Oct 28.....	\$ 10,789.00
Nov 4.....	\$ 11,388.00
Nov 11.....	\$ 9,958.00
Nov 18.....	\$ 9,267.00
YEAR-TO-DATE	\$ 217,100.00
Goal-to-Date (21 Weeks)	\$ 231,000.00
% of Goal Collected	93.98 %
Annual Goal	\$ 572,000.00
SPECIAL COLLECTIONS	
Campaign for Human Development	\$ 1,407.50
<i>Today we celebrate Christ the King and are reminded that all was created through Him and for Him. Does my stewardship of the blessings entrusted to me give evidence that Christ is Lord of my life?</i>	



Holy Family School students will return to another exciting week this Monday, November 26! All junior high students will travel to Nevada City on Wednesday for a live performance of the Christmas classic, It's a Wonderful Life. When they return, they, like you, have the option of joining their families and all other students at the Student Council's Pizza Night at Round Table fundraiser! Thursday is the day of the opening of the B-Ball Season on the Holy Family campus. The Varsity Boys' Tournament begins and will continue until noon on December 8. Of course, December, the most exhilarating month of the year in an elementary school, brings another stocking full of events which you'll read about here each week!

ADVENT DAY OF RECOLLECTION

Dear Parishioners, Dominican Laity would like to invite you to join us for an Advent Day of Recollection on December 8, 2007, from 10:00 am to 3:00 pm. Mass will be celebrated. Fr. Brendan McAnerny will be the retreat master. The retreat will be held in St. Mary Hall of the Community Center. If you have any questions, please call Phyllis Sale at 725-5358.

GET THE WORD!

It is a truly wonderful experience to hear the Word of God proclaimed at Mass, and the experience can be so richly enhanced when we read the scriptures ahead of time, take a little time to reflect on what we've read and come to Mass with a personal interest in the gift of the Word we are about to receive. The new church year is just two weeks away, and the Holy Family Liturgy Council encourages all parishioners to utilize one of the many great resources for upcoming lectionary readings. See next weeks bulletin for more information and some specific recommendations.

ORIGINAL ARTWORK BY JOSYP TERELYA

This weekend, November 24-25 after all Masses, Holy Family will welcome Josyp Terelya's display of Original Artwork. Many of Josyp's works are displayed in the Vatican and across the world. Josyp Terelya was arrested and detained in Soviet prisons because of his activity in organizing the Catholic Church of the underground, and he suffered many atrocities. He was deported from the Soviet Union in September of 1987 and forbidden to return together with his family because he led the Catholic Church in Ukraine out of the catacombs. He currently lives in Toronto Canada. He has published his autobiography, Witness, co-authored by Michael Brown. He is an author and has mastered the art of painting, a gift from GOD. Please welcome our guest and view his original artwork which is available for purchase.

ATTENTION CURSILLISTAS FOURTH DAY:

Fourth Day will be held on Monday, November 26, 2007 at 7:30 p.m. in the Youth Room in the Community Center. Prior to the meeting, if you desire, we will meet in the Chapel for Adoration at 7:00 p.m. For more information, please call Young Stewart at (916) 332-8732.



~ HOLIDAY CRAB FEED ~
5TH ANNUAL



HOLY FAMILY CATHOLIC SCHOOL

Date: Saturday, December 8, 2007

Time: 6:00 pm – 11:30 pm (doors open at 5:30 pm)

Place: Holy Family Community Center
7817 Old Auburn Road, Citrus Heights

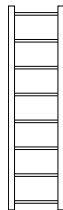
Now \$40.00 per person

• Dinner/Dance • No Host Bar • Crab, Fettuccini Alfredo, Salad, Salami & Cheese, Bread, Coffee & Tea

Door Prizes, Silent Auction, & Raffle Prizes – Must be 21
"Complete Music" by Greg Suggs until 11:30 p.m.

Contact Chairpersons: Kathryn Peterson (916) 725-0990 or
Charlotte Johnson (916) 632-1068 for tickets.

For your convenience, there are HFS Crab Feed ticket forms with attached addressed envelopes in the chapel side entrances to the church. Drop off the crab feed ticket form with your check(s) or mail it to the school. Your tickets will be mailed to you or held at the crab feed. It's your choice – just indicate your preference on the form.



MISSING EXTENSION LADDER

The Parish is missing an extension ladder –it would be greatly appreciated if whoever borrowed the ladder could return it to the church — no questions asked! If you happen to know where it might be, please STEP up!

Dear Parishioners,

Bishop Weigand has provided copies of the new brochure entitled "Cremation and the Catholic Church." The brochure was published by the Department of Cemeteries and it reflects the Church's position regarding cremation and the proper order of events as stated in the Order of Christian Funerals.

The Diocese has enlisted the support of mortuaries within the Diocese, and it is not surprising that most of them support the Church's position regarding cremation in the Liturgical Services and the accepted disposition of cremated remains.

Please find these brochures at the various exits of the church. There was an advertisement in the November 17th issue of The Catholic Herald which you may have seen.

After the first of the year, several meetings will be held with mortuaries throughout the Diocese in order to reinforce and confirm their understanding of the Church's desired course of actions and events. Your support and understanding of this important part of the church life, death and resurrection is much appreciated. God bless.

Fr. Kiernan

YOUTH MINISTRY

YOUTH WELCOME BISHOP JAIME SOTO TO THE DIOCESE OF SACRAMENTO

Join young people from across the diocese in welcoming our new coadjutor bishop, Bishop Jaime Soto, to the Diocese of Sacramento.

Saturday, December 1, 2007

4:00-7:00 PM

St. Francis High School

(5900 Elvas Avenue, Sacramento)

The evening welcome will include a vibrant Sunday Liturgy, light dinner, and a chance to meet our new Bishop! For more information, contact (916) 733-0123 or 733-0177.

DECEMBER RUMMAGE SALE

The Rummage Sale will be held in December this year---why not consider donating some of your gently used items to support the youth ministry and faith formation! Call 721-8329 for more info!

CELEBRATING NEW YEAR'S EVE AT HOLY FAMILY

On New Year's Eve, we are getting together for a Thanksgiving Liturgy in the Church (Te Deum) at 8:30 p.m., followed by a Gala Dinner and Dance in Holy Family Community Center. The contribution is \$25.00 per person and includes dinner. Reservations are encouraged. To get tickets, please get in touch with Dina or Ruben Moreno 916- 481-2963,

DECEMBER 12TH:

LET'S CELEBRATE "OUR LADY OF GUADALUPE"

Everyone is invited to the traditional celebration of "Our Lady of Guadalupe" on Wednesday December 12th. At 5:30 am (early morning) we'll have "Las Mañanitas" - songs to salute the Virgin, also known as "The Empress of the Americas". In the evening, a Bilingual Mass will be offered at 6:00 pm. If you are interested in helping or volunteering for this celebration, please contact Angelita Carrillo 285-6715, or Lupita Wandry 489-3673.



NEWS FROM THE KNIGHTS



KEEP CHRIST IN CHRISTMAS

The time is rapidly approaching. The Council will post, in front of the church, the standard 4' x 11' sign "KEEP CHRIST IN CHRISTMAS". Please plan your Christmas activities - Greeting Cards, Decorations, family activities and at work with a "CHRIST"-MASTHEME. Let's all do our part as Catholic Gentleman. It is "CHRIST'S" Birthday.

CORPORATE COMMUNION NEWS: The next fifth Sunday is December 30, 2007. Since this is the Christmas/New Year Season, Corporate Communion will not be scheduled - NO CORPORATE COMMUNION IN DECEMBER.



Holy Family Conference Society of St. Vincent de Paul

Summary of Annual Report (Oct 2006 to Sept 2007)

The Holy Family Conference of St. Vincent de Paul completed another year of service to those in need in our Parish on the 30th of September of this year. We reported the yearly results of our service to the National Council of St. Vincent de Paul. Highlights of our report are summarized below:

We spent 1657 hours in service, an increase of 200 hours from last year. We made a total of 142 home visits, an increase of almost 30 from last year. We helped 459 people during our visits, an increase of almost 100 over last year. We spent \$17,062 helping people in our parish, over \$1500 more than last year. The type of help we provided varies from family to family. Sometimes we provide items like furniture, appliances, household items, or clothing. Sometimes we help with rent or utilities. Occasionally, we provide temporary shelter and food.

We could not perform this mission of charity without the contributions from our parishioners. Of the \$18,678 we received last year, over \$10,000 was donated by you. The remainder of our funds came from our members, fund raising, and other nearby parishes. (We receive no monetary help from the St. Vincent de Paul Thrift Store. The Thrift Store is run for the benefit of all parishes in the Sacramento Diocese.) In addition, the help we were able to give last year was increased by \$2240 of items, like used furniture or appliances, donated by our parishioners, which we were able to pass on to needy families.

We would like to thank the parishioners of Holy Family for their continuing support of our ministry. We would also like you to prayerfully consider becoming a member of our conference. The need for our services continues to grow, but the membership in our conference has not. Your help would be a blessing to us, to those in need, and we sincerely believe, to you as well. If you would like more information about how you could be of service to others, call 722-0264, and one of us will be in touch.

WOMEN'S COUNCIL NEWS

Our next event is our Christmas Boutique. It will be Sunday, December 2, 2007, from 8:00 am to 4:00 pm in the Fine Arts Building. If you are interested in being a vendor, please contact Anita Marsolais for information at 723-1775. It is first come first served, so if you have hand-crafted items or a small home business and you want to join us, we would love to have you there. Please see the insert for more details!

Prayer Opportunities

WORLD APOSTOLATE OF FATIMA:

Pope Benedict XVI has elevated the World Apostolate of Fatima (The Blue Army.) It is now officially associated with the Pontifical Council for the Laity in Rome. We are happy to offer these prayers here at Holy Family. All are welcome to join us Mondays after the 8:30 am Mass in St. Mary Hall. For information, please call Phyllis, 725-0218 or Phyllis, 725-5358.

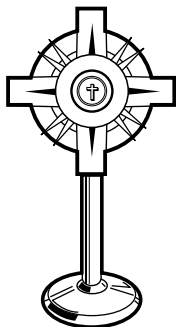
VOCATIONS CROSS



Each week a parish family is presented with the Vocations Cross to take home for the week and asked to pray daily for an increase in vocations to the priesthood and religious life. The next Sunday, the family returns the cross and another family is presented the cross to pray for vocations. If you are interested in taking the Vocation Cross home, please contact Young Stewart at 332-8732.

EUCCHARISTIC ADORATION:

Jesus stays with us day and night in the Blessed Sacrament, blessing us with the grace that encourages us, consoles us, strengthens us, guides us and inspires us to place our trust in Him. We stay with the Real Presence of Jesus in Eucharistic Adoration to be more personally involved with Him and to keep the Eucharist central in our lives. Spending time with Jesus in the Eucharist enables us to build a truly personal relationship with Him. Come into His presence in our beautiful chapel - He is looking forward to your visit!



BLESSED SACRAMENT CHAPEL VISITING HOURS:

Monday – Friday	9:00 am – 9:00 pm
Saturday	9:00 am – 3:30 pm
Sunday	1:30 pm – 5:00 pm

Also in the chapel: Each day at 9:00 am a community Rosary and Chaplet of Mercy are prayed, and at 3:00 pm the Chaplet of Mercy is prayed.

DOMINICAN LAITY AT HOLY FAMILY

The Dominican Laity meets here at Holy Family on the first Sunday of every month in St. Mary Hall from 1–3 pm. Come and join us in a way of life of prayer, both private and liturgical, the study of the sacred truth, the sharing of our spiritual life with others in the community, and in our apostolic outreach. For further information call Phyllis Sale at 725-5358.



NEWS FROM AROUND THE DIOCESE AND BEYOND

ALL NIGHT VIGIL FOR LIFE-NOV. 30th - DEC. 1st

All Night Vigil for Life at St. Rose Catholic Church, 5961 Franklin Blvd, Sacramento on Friday, November 30 beginning with 7:30 PM Mass and ending on Saturday, December 1st with 8:00 AM Mass. Msgr. Kavanagh leads a Holy Hour of Reparation to the Sacred Heart immediately following the Friday 7:30 PM Mass. Please join us for Mass and spend an hour or more or spend the night. Following the Vigil we will pray the Sorrowful Mysteries of the Rosary and the Divine Mercy at the Abortion Clinic on Wright Street and Alta Arden. Come and pray for an end to abortion, for the sanctity of marriage, and for the family. Any questions, call June Schott at 967-9158.

WELLSPRING CHRISTMAS STORE

Wellspring Women's Center will once again host its 2007 Christmas Store at a new location (St. Paul's Missionary Baptist Church at 4020 12th Ave.-original church). We have increased to over 550 families and anticipate serving more this year. Needed are new unwrapped gifts so our mothers can choose for their family. Suggestions, but not limited, are: sleeping bags, blankets, hats/gloves, hand held games, and gift certificates to Safeway, Target, McDonalds, etc. Please drop off gifts before Dec. 10th to Wellspring Women's Center at 3414 4th Ave. Drop off gifts at St. Paul's Church from Dec. 10th-18th. Also needed: Volunteers to help set up the store/shop with guests. If you can give a morning/afternoon between Dec. 10-21st, call 454-9688 Ex. 205 to help or to arrange a pick up of gifts if needed.

ENCOUNTERING LIFE ALONE

The "Beginning Experience of Sacramento" support group is offering its "Encountering Life Alone" program of healing, hope and encouragement for divorced, separated or widowed persons of all faiths. This 10 week program starts on December 6th at St. Michael's Episcopal Church, 2140 Mission Ave., Carmichael. The meetings are held from 7:00-9:00 P.M. There is a onetime registration fee of \$10.00 and a \$5.00 weekly fee. For more information please call 835-2282 or visit our website at: www.sacramentobe.org.

NEW MUSIC PROGRAM AT CRISTO REY

Cristo Rey High School, in its second year, is beginning a music program for its students. We are seeking donations of guitars, stands, or any musical instruments. Call for more info or pick-up and TAX ID information. Contact Elsa or Jade @ Cristo Rey High School, 733-2660.

IMAGINE THE DIFFERENCE YOU CAN MAKE!!

Immaculate Heart Radio's Fall Pledge Drive will be on the air Wednesday, November 28th through Friday, November 30th - from 6 am to 6 pm each day. Please join us if you can to help answer phone calls, run errands, or help with hospitality. If you can help for an hour or two for one day or a couple of hours each day, please call Debora Heinrichs at 535-0500 Ext. 221 or email her at dheinrichs@lhradio.org.

HOW TO PRAY AS A CATHOLIC

(Servant Leader, continued)

has followed their example in the Mass and in other settings. When Catholics pray using the words given us in Scripture and Tradition, we are guided by these formal prayers as we search for words to express ourselves to God.

When we make these common prayers our own, we find ourselves praying in unity with the whole Church. We become part of a timeless, global community of prayer, a sign that we all belong to "the household of God" (Ephesians 2:19).

The Lord's Prayer is the most perfect of prayers ... In it we ask, not only for all the things we can rightly desire, but also in the sequence that they should be desired. This prayer not only teaches us to ask for things, but also in what order we should desire them.

- St. Thomas Aquinas

How do I know when God is talking?

First, it's important to give Him time to talk, a few quiet moments when you're listening for Him. On those occasions you may have thoughts or impressions come into your mind from God: a word of comfort, a solution to a problem, a prompting to take a particular action.

There are other ways to listen to God as well. Reading Scripture or helpful spiritual books may allow Him to speak to you through the printed word. God may speak through others who say that you came to mind during their own prayer time. Sometimes God simply answers you through situations, opening one door and closing another. If you think God is saying something that puzzles or disturbs you, it's a good idea to talk it over with a priest or another trusted friend.

Confession

Another important part of prayer is confession. We ask God to forgive us and to heal us. Just tell God, as specifically as you can, how you've failed. Ask His forgiveness and resolve to do better with His aid. You should do this regularly in the Sacrament of Reconciliation, but you should make confession part of your private prayer as well.

When should I pray?

We can pray anytime, of course, since God is always listening. Many Catholics even say little "miniprayers" throughout the day as they go about their business, such as "Thank you, Lord," or "Jesus, help me." But over the centuries believers have also developed habits of praying at certain hours because they found it helped them to recognize God and seek His will at important junctures of the day.

Many people, for example, dedicate the day to God as soon as they wake up. Asking God's blessing is an important way to begin meals and recognize our dependence on His provision. At bedtime, many Catholics review the day as it closes, examine their consciences, and say a prayer of confession and contrition.

An easy way to remember the different kinds of prayer is

ACTS:

A = Adoration

C = Contrition

T = Thanksgiving

S = Supplication



What are some Catholic prayer traditions?

Mass and Eucharistic Adoration - "The Eucharist contains and expresses all forms of prayer: it is 'the pure offering' of the whole Body of Christ to the glory of God's name and according to the traditions of East and West, it is the 'sacrifice of praise.'" (Catechism of the Catholic Church [CCC], 2643).

Liturgy of the Hours - The public prayer of the Church for praising God and sanctifying the day. It is required of priests and Religious and highly recommended for the laity. The Psalms, biblical and non-biblical readings are reflected upon during morning, daytime, evening and night prayer.

Stations of the Cross - A form of devotion commemorating the passion and death of Christ, consisting of meditations, also called the Way of the Cross. There are 14 traditional Stations that begin with "Jesus is condemned to death" and end with "Jesus is buried."

Mary and the Saints - "Mary is the perfect Orans (pray-er) ... We can pray with and to her. The prayer of the church is sustained by the prayer of Mary and united with it in hope" (CCC 2679). Those who have gone before us, particularly the saints, share in the tradition of prayer by their example, "their writings, and their prayer today ... We can and should ask them to intercede for us and for the whole world" (CCC 2683).

Rosary - A form of mental and vocal prayer centered on mysteries or events in the lives of Jesus and Mary, most often prayed with beads. Prayers include the Apostles' Creed, Our Father, Hail Mary, Glory Be, Fatima Prayer, and Hail Holy Queen.

Scripture - Vatican II advised that Scripture can serve "the children of the Church as strength for their faith, food for the soul, and a pure and lasting font of spiritual life." The Psalms, particularly, are timeless and appropriate for everyone, no matter their circumstances.

Prayers for all Times and Occasions - We pray to celebrate good times and to ask for strength and perseverance in bad times. We pray for the living and the dead. "Prayer is the life of the new heart. It ought to animate us at every moment" (CCC 2697).

The best way to learn more about prayer is just to do it. God is eager to talk with you. Weave prayer throughout every day. To spend time talking with God consistently, it's probably best to set aside a regular time—and even a particular place—to pray each day. That way you'll build a daily habit of prayer, which will enrich your life abundantly.