



OUR LADY of the Blessed Sacrament

Catholic Church, Agaña Heights, Guam



Fr. Marvin Bearis, O.F.M., Cap.
Pastor

Deacon Louis Agbulos, Jr.

Parish Office Hours
Monday- Wednesday
and Friday

8:00 a.m. - 12:00 p.m.
and

Saturday (By Appt. Only)
Tel: 671-472-6246

Fax: 671-477-1697

CLOSED Thursdays, Sundays,
Religious and Most
Federal & Local Holidays

Email Address:

olbsaganaheights@gmail.com

Website Address:

www.olbsaganaheights.com

OUR LADY OF THE BLESSED SACRAMENT

MISSION STATEMENT

- * To develop and strengthen our spirituality in a vibrant parish community through the celebration of the Eucharist, the devotion to and the adoration of the Blessed Sacrament;
- * To nurture the closeness and unity of our parish families;
- * To promote involvement in various Church ministries and ensure the continuing formation of its ministers; and
- * To serve the need of the local community, island community, and the global community.

JUNE SAT VIGIL: PENTECOST SUNDAY

3 5PM ENBIDA/HEALING for Deacon Louis Agbulos, Jr., Donna Jones, Richard Davis, Jacintha Marsil, Tee Sablan, Frank and Terry Indalecio and Family, Annie Untalan, Lisa Ortiz, Tom Torres, Florence Quitugua, Louisa Van Vickle, Mark Cruz, David P. Aguon, Edward Pangelinan, Viola Pangelinan, Avelin Lujan, Priscilla Mesa; **ENBIDA/HEALING/HOLY SPIRIT** for Shane McDonald, Angelica, Carolina, Julio de la Torre; **ENBIDA & Holy Spirit** Crescencia Meno, Jonathan Sablan, Venecia Chargualaf and Aponik Families; **ENBIDA** and Saint Michael the Archangel for Brian Aflague; **Enbida & Special Intentions** for Francisco & Ester Lizama and Family; **Holy Spirit** for Torres and Duenas Families; **Special Intentions** for Patricia RoseAnn Torres; **For those in the U.S. Armed Forces; In Honor of St. Jude** for Maria "Sunshine" C. Pangelinan; **ANIMAS** †Jose E. Mendiola, †Millie Acfalle, †Juan, †Tony, †Michelle Limtiaco, †Joseph D.M. Bamba, †Rolando Castillo †Connie Iriarte, †Phillip D. Reyes, †Juan Untalan Torres, †Alfred V.G. Quiniones, †Jerry Hauf, †Leonard Baza, †Antonia D. Cruz, †Joseph Tydingco Jr., †Alvin P. Lorenzo, †Juan Benavente Castro, †Antoinette Marie Galavotti †Frank Q. Taitano, †Jose A. Reyes, †Ruth Leon Guerrero, †Frankie M. Lujan, †Reymundo Guinto, †Mollyann Munoz, †Joaquin Munoz (Birthday Memorial); †Aracelli Villareal †**Holy Souls in Purgatory**

4 SUN PENTECOST SUNDAY

7&9 AM ENBIDA to all Graduates from our Parish; **ENBIDA/HEALING** for Deacon Louis Agbulos, Jr., Donna Jones, Richard Davis, Jacintha Marsil, Tee Sablan, Frank & Terry Indalecio & Family, Annie Untalan, Lisa Ortiz, Louisa Van Vickle, Juan Castro, Jr., Tom Torres, Florence Quitugua, David P. Aguon, Edward Pangelinan, Mark Cruz, Viola Pangelinan, Avelin Lujan, Priscilla Mesa; **ENBIDA/HEALING/SPECIAL INTENTIONS** for Shane McDonald, Angelica, Carolina, Julio de la Torre; Francisco & Ester Lizama and Family; **ENBIDA & Holy Spirit** Crescencia Meno, Jonathan Sablan, Venecia Chargualaf and Aponik Families; **Holy Spirit** for Torres and Duenas Families; **Special Intentions** for Patricia RoseAnn Torres; **ENBIDA** and Saint Michael the Archangel for Brian Aflague; **ENBIDA and Special Intention** for all those in need, **ENBIDA and Safe Journey** Charles McDonald, **For those in the U.S. Armed Forces; In Honor of St. Jude** for Maria "Sunshine" C. Pangelinan; **ANIMAS** †Rolando Castillo, †Jose E. Mendiola, †Isabel C. Munoz, †Millie Acfalle, †Juan, †Tony, †Michelle Limtiaco, †Joseph D.M. Bamba, †Rodolfo de la Torre, †Teresa Hernandez, †Juan Garcia, †Juan Untalan Torres, †Phillip D. Reyes, †Alfred V.G. Quiniones, †Jerry Hauf, †Leonard Baza, †Antonia D. Cruz, †Joseph Tydingco Jr., †John B. Castro, †Alvin P. Lorenzo, †Antoinette Marie Galavotti, †Frank Q. Taitano, †Jose A. Reyes, †Ruth Leon Guerrero, †Frankie M. Lujan, †Aracelli Villareal †Reymundo Guinto, †Mollyann Munoz, †Joaquin Munoz (Birthday Memorial), †Ana Leon Guerrero Butler and for the †**Holy Souls in Purgatory**

5 MON SAINT BONIFACE, BISHOP AND MARTYR

6:00 PM ENBIDA/HEALING for Deacon Louis Agbulos, Jr., Donna Jones, Richard Davis, Ruth Leon Guerrero, Sr. Jacintha Marsil, Frank & Terry Indalecio & Family, Louisa Van Vickle, Tom Torres, Florence Quitugua, David P. Aguon, Edward Pangelinan; Mark Cruz, Viola Pangelinan, Avelin Lujan, Priscilla Mesa; **ENBIDA/HEALING/ST. JUDE** for Shane McDonald, Angelica, Carolina, Julio de la Torre; **Enbida & Special Intentions** for Francisco & Ester Lizama and Family; **ENBIDA** and Saint Michael the Archangel for Brian Aflague; **Special Int** Aponik Family; **Holy Spirit** for Torres and Duenas Families; **Special Int** for Patricia RoseAnn Torres; **In Honor of St. Jude** for Maria "Sunshine" C. Pangelinan; **ANIMAS** †Jose E. Mendiola, †Millie Acfalle, †Juan, †Tony, †Michelle Limtiaco, †Joseph D.M. Bamba, †Connie Iriarte, †Juan Untalan Torres, †Alfred V.G. Quiniones, †Aracelli Villareal, †Leonard Baza, †Antonia D. Cruz, †Joseph Tydingco Jr., †Alvin P. Lorenzo, †Antoinette Marie Galavotti †Juan Benavente Castro, †Frank Q. Taitano, †Ruth Leon Guerrero, †Rolando Castillo, †Reymundo Guinto †**Holy Souls in Purgatory**

PENTECOST SUNDAY

PARISH INFORMATION

SACRAMENT OF BAPTISM: Baptisms are celebrated on 1st and 3rd Saturdays at 4:00 p.m. Please contact the parish secretary at least three (3) weeks in advance to schedule a baptism.

SACRAMENT OF MATRIMONY: Please contact the parish office at least six months before the date of the proposed marriage.

PARISH REGISTRATION: Are you new to our parish or may-be just have not had the chance to register? If so, please stop by the parish office to register. Thank you.

GODPARENTS AND SPONSORS: Permission forms are available at the OLBS Parish Office during office hours. Sponsorship approval should be obtained from the parish where you **currently attend Mass regularly**, not from the parish where you received the Sacrament of Confirmation.

SACRAMENT CERTIFICATES: If you need a copy of your Baptism, First Holy Communion, Confirmation and/or Marriage Certificate, please contact the parish office.

PARISH BULLETIN NOTICES: All announcements for the weekly bulletin must be submitted no later than 12 NOON on Wednesday.



6 TUES WEEKDAY
6:00 PM ENBIDA/HEALING for Deacon Louis Agbulos, Jr., Donna Jones, Richard Davis, Sr. Jacintha Marsil, Frank & Terry Indalecio & Family, Tom Torres, Florence Quitugua, Louisa Van Vickle, David P. Aguon, Edward Pangelinan, Mark Cruz, Viola Pangelinan, Avelin Lujan, Priscilla Mesa; **ENBIDA/HEALING/ST. ANTHONY** for Shane McDonald, Angelica, Carolina, Julio de la Torre; **For the Sick and Recovering** for Francisco Lizama and Bernadette Lizama; **For the Homebound**—Esther Lizama, **Special Intentions** Aponik Family; **ENBIDA and SAFE JOURNEY** for Elizabeth Aflague and Edward Sanchez; **ENBIDA** and Saint Michael the Archangel for Brian Aflague; **Holy Spirit** for Torres and Duenas Families; **In Honor of St. Jude** for Maria “Sunshine” C. Pangelinan **ANIMAS Jose E. Mendiola** †Millie Acfalle, †Juan, †Tony, †Michelle Limtiaco, †Joseph D.M. Bamba, †Connie Iriarte, †Juan Untalan Torres, †Alfred V.G. Quiniones, †Leonard Baza, †Antonia D. Cruz, †Joseph Tydingco Jr., †Alvin P. Lorenzo, †Rolando Castillo, †Juan Benavente Castro, †Antoinette Marie Galavotti, † Frank Q. Taitano, †Ruth Leon Guerrero, †Aracelli Villareal, †Reymundo Guinto and for †**Holy Souls in Purgatory**

7 WED WEEKDAY
6:00 PM ENBIDA/HEALING for Deacon Louis Agbulos, Jr., Donna Jones, Richard Davis, Sr. Jacintha Marsil, Frank & Terry Indalecio & Family, Tom Torres, Florence Quitugua, Louisa Van Vickle, David P. Aguon, Edward Pangelinan, Mark Cruz, Viola Pangelinan, Avelin Lujan, Priscilla Mesa; **ENBIDA/HEALING/OUR LADY OF PERPETUAL HELP** for Shane McDonald, Angelica, Carolina, Julio de la Torre; **Enbida & Special Intentions** for Francisco & Ester Lizama and Family; **ENBIDA** and Saint Michael the Archangel for Brian Aflague; **Special Intentions** Aponik Family; **Holy Spirit** for Torres and Duenas Families; **Special Intentions** for Patricia RoseAnn Torres; **In Honor of St. Jude** for Maria “Sunshine” C. Pangelinan **ANIMAS** †Jose E. Mendiola, †Millie Acfalle, †Juan, †Tony, †Michelle Limtiaco, †Joseph D.M. Bamba, †Connie Iriarte, †Juan Untalan Torres, †Alfred V.G. Quiniones, †Leonard Baza, †Antonia D. Cruz, †Joseph Tydingco Jr., †Rolando Castillo, †John Benavente Castro, †Alvin P. Lorenzo, †Juan Benavente Castro, †Antoinette Marie Galavotti, †Frank Q. Taitano, †Ruth Leon Guerrero, †Reymundo Guinto, †Aracelli Villareal †**Holy Souls in Purgatory**

8 THURS WEEKDAY
NO MASS: CAPUCHIN FRATERNITY DAY

9 FRI WEEKDAY
6:00 PM ENBIDA/HEALING for Deacon Louis Agbulos, Jr., Donna Jones, Richard Davis, Sr. Jacintha Marsil, Frank & Terry Indalecio & Family, Tom Torres, Florence Quitugua, Louisa Van Vickle, David P. Aguon, Mark Cruz, Viola Pangelinan, Avelin Lujan, Priscilla Mesa; **ENBIDA/HEALING/SACRED HEART** for Shane McDonald, Angelica, Carolina, Julio de la Torre; **For the Special Intentions** Aponik Family; **Enbida & Special Intentions** for Francisco & Ester Lizama and Family; **Holy Spirit** for Torres and Duenas Families; **Special Intentions** for Patricia RoseAnn Torres; **ENBIDA and BIRTHDAY BLESSINGS** for LeAnna Acfalle and Danielle Hall; **ENBIDA** and Saint Michael the Archangel for Brian Aflague; **In Honor of St. Jude** for Maria “Sunshine” C. Pangelinan **ANIMAS** †Jose E. Mendiola, †Rolando Castillo, †Catherine C. Blas, †Millie Acfalle, †Juan, †Tony, †Michelle Limtiaco, †Joseph D.M. Bamba, †Connie Iriarte, †Juan Untalan Torres, †James and †David Grantham, †Alfred V.G. Quiniones, †Leonard Baza, †Antonia D. Cruz, †Joseph Tydingco Jr., †Alvin P. Lorenzo, †Juan Benavente Castro, †Antoinette Marie Galavotti, † Frank Q. Taitano, †Ruth Leon Guerrero, †Reymundo Guinto, †Aracelli Villareal and for the †**Holy Souls in Purgatory**

10 SAT WEEKDAY
7:00AM ENBIDA/HEALING for Deacon Louis Agbulos, Jr., Donna Jones, Richard Davis, Sr. Jacintha Marsil, Frank & Terry Indalecio & Family, Tom Torres, Florence Quitugua, Louisa Van Vickle, David P. Aguon, Mark Cruz, Viola Pangelinan, Avelin Lujan, Priscilla Mesa; **ENBIDA/HEALING/BLESSED VIRGIN MARY** for Shane McDonald, Angelica, Carolina, Julio de la Torre; **ENBIDA** and Saint Michael the Archangel for Brian Aflague; **Enbida & Special Intentions** for Francisco & Ester Lizama and Family; **Special Intentions** Aponik Family; **Holy Spirit** for Torres and Duenas Families; **Special Intentions** for Patricia RoseAnn Torres; **In Honor of St. Jude** for Maria “Sunshine” C. Pangelinan **ANIMAS** †Jose E. Mendiola, †Millie Acfalle, †Juan, †Tony, †Rolando Castillo, †Michelle Limtiaco, †Joseph D.M. Bamba, †Connie Iriarte, †Juan Untalan Torres, †James and †David Grantham, †Alfred V.G. Quiniones, †Leonard Baza, †Antonia D. Cruz, †Joseph Tydingco Jr., †Alvin P. Lorenzo, †Juan Benavente Castro, †Antoinette Marie Galavotti, †Frank Q. Taitano, †Ruth Leon Guerrero, †Reymundo Guinto, †Mollyann Munoz, †Aracelli Villareal †Joaquin Munoz (Birthday Memorial); and for the †**Holy Souls in Purgatory**

PENTECOST SUNDAY



THE MEANING OF PENTECOST

Right after the death of Jesus, the apostles go in hiding for fear of their lives. The authorities seek them out because they are following Jesus, who is considered subversive. While they are locked up in a room, however, the risen Jesus appears to them. He greets them, "Peace be with you," to dispel their fears. They rejoice at his sight, Jesus shows them the wounds of his hands and his side, reminders of his crucifixion, Jesus repeats his greeting of peace and then sends them out for the forgiveness of sins. As he sends them, he breathes on them the Holy Spirit. The Holy Spirit, says the Gospel, comes upon the disciples on Resurrection Sunday itself.

The First Reading tells us another story on the coming of the Holy Spirit, It says that the Holy Spirit descends upon the Apostles fifty days after the Resurrection. Hence, the name Pentecost. Luke, the author of the Acts of the Apostles, describes the Holy Spirit descending upon them in tongues as of fire. The Holy Spirit also manifests itself in the form of sound bites. The Apostles are filled with the Holy Spirit and begin to speak in different tongues. We call speaking in tongues glosolalia.

People outside the house hear a strange sound from a strong wind. These people must be Jewish pilgrims, who have come from different places in the Mediterranean world to attend the Jewish feast of Pentecost. Mosaic Law requires all male Jews to attend this harvest feast, 50 days after the Passover.

These people must wonder why these simple Galileans could speak different languages about the mighty acts of God and could Well be understood by them. At this point, the Apostles already start doing their mission.

Both the First Reading and the Gospel talk of the coming of the Holy Spirit in connection with the disciples' mission. This marks the start of the Church. Hence, Pentecost means the birth of the Church. Praise the Lord, hallelujah! Today we celebrate her birthday and greet the Church, "Happy Birthday!"

The original word for Church in Greek is *ecclesia*, from which the more familiar word *iglesia* in Spanish comes. *Ecclesia* is a combination of *ek* (out of) and *kaleo* (I call). Its etymology tells us that the Church is a community of believers called by God for a mission with the gifts and power of the Holy Spirit. The Spirit-filled Church is missionary. To be called Church, it must possess the Holy Spirit and do its mission, which is Christ's mission.

FELLOWSHIP SUNDAY

We will have our Fellowship gathering after the 5:00 p.m. Mass on Saturday and after the 7 and 9 a.m. Masses on Sunday.

"Thank you" to everyone who donated refreshments to share with one another. God Bless You all for your generous support to our parish.

CAPUCHIN YOUTH AND FAMILY MINISTRY

The Capuchin Youth and Family Ministry (C.Y.F.M.) would like to kick off summer with the youth and their families.

The first C.Y.F.M. event will be held today, **Sunday, June 4, 2017 from 3:00 p.m. to 5:00 p.m. at the Social Hall.** Throughout the summer, different events will be hosted for incoming freshmen to recent graduates of the Class of 2017. All the upcoming activities will be posted in the parish bulletins.

PENTECOST SUNDAY



Graduates' Mass Class of 2017

On behalf of our parish community, we would like to CONGRATULATE all graduates from our parish. (Names listed below are those names that were submitted to the rectory, emailed or called in).

GUAM COMMUNITY COLLEGE

Anthony V.B. Reyes

ASHFORD UNIVERSITY

Charles McDonald

ACADEMY OF OUR LADY OF GUAM

Christiana Carbullido *Jordon-Rae Cepeda*
Renee Finona *Rhea Jose*

FATHER DUENAS MEMORIAL SCHOOL

Christopher Cawili *Isaiah Q. Martir*

GEORGE WASHINGTON HIGH SCHOOL

Samyra Duenas *Matthew D. Ortiz*
Daniel John Quitugua *Xyachary Torres*

JOHN F. KENNEDY HIGH SCHOOL

Audriana Reyes *Thomas Sablan III*

SOUTHERN HIGH SCHOOL

Alyssa Taitano

NOTRE DAME HIGH SCHOOL

Dylan Camacho *Skye Fujikawa*

JP TORRES SUCCESS ACADEMY

Micole Palacios

TIYAN HIGH SCHOOL

Shane Malalis *Jalani Farnum*

JOSE RIOS MIDDLE SCHOOL

Brandon J. Chargualaf *Kimberly San Nicolas*

SANTA MARGARITA ELEMENTARY

Andrea McDonald Diaz

BUFFLOU CREEK ELEMENTARY

Destiny McDonald

BISHOP BAUMGARTNER MEMORIAL

(Kindergarten)

Kaiven Cruz *Kallie Cruz*

MERCY HEIGHTS CATHOLIC SCHOOL

(Kindergarten)

Alnessa "Allie" Manipol



Christian Life Program

YOU ARE INVITED TO THE CHRISTIAN LIFE PROGRAM GATHERING

DATE: Friday, June 9, 2017
TIME: 7:00 P.M.
PLACE: Our Lady of the Blessed
Sacrament Fatima Social Hall

FREE ADMISSION

Presented By: **COUPLES FOR CHRIST**
Program Offered To: **COUPLES, MARRIED OR NOT,
CIVIL MARRIAGE, SINGLE MEN or
WOMEN, and NON CATHOLIC**
No Age Limit and Kids are welcome!

For more information, please contact
Roland Manglona at 685-6552 or
Jolene Manglona at 685-6551.

SACRAMENT OF MARRIAGE

I would love to have a conversation with any couple in our parish who are civilly married or in a common law marriage and are interested in receiving the Sacrament of Marriage. I want to help you move forward in this process so you can experience the power of God's grace in the Sacrament. Please contact me at the parish office or email me at olbsaganaheights@gmail.com to make an appointment. Thank you.

PENTECOST SUNDAY

ARCHDIOCESAN ANNUAL APPEAL

Please support the Archdiocesan Annual Appeal which began on Sunday, March 5, 2017. **Our parish was allocated a goal of \$5,000.00. To date we have collected \$3,000.00.**

Archbishop Byrnes declared the purpose of the Annual Appeal is needed to help fund the various ministries, operations and archdiocesan services of our Chancery.

Archbishop Byrnes also acknowledged the "great skepticism, distrust, question and lack of confidence" many Catholics have toward the leadership of the Archdiocese, the Curia and the Chancery during these difficult times which have seen our Church rocked by controversy, division and a growing sea of clergy sexual abuse allegations and lawsuits.

He pledged to win back the trust of the faithful and our community with "earnest hearts, greater transparency and accountability."

The Annual Appeal supports six ministries and services:

1. Safe Environment,
2. Evangelization and Faith Formation
3. Chaplaincy
4. Vocation Ministry
5. Office of Communication/Umatuna Si Yu'os
6. Parish Administrative Support.

Please pick up and fill out an Archdiocesan Annual Appeal Pledge card along with your donation. Pledge cards can be picked up at the parish office.

**THANK YOU IN ADVANCE FOR
YOUR GENEROUS SUPPORT**

TECHA SCHEDULE

June 4-10	Millie Artero/Natty Calvo
June 11-17	Glorina Perez/Lucia McDonald
June 18-24	Emily Cruz/Letty Bartels

LAST WEEK'S COLLECTIONS

Sunday Collection: \$2,359.22

ARCHDIOCESAN APPEAL

Parish Goal:	\$5,000.00
Amount Received to Date:	<u>3,000.00</u>
Amount Needed to Reach Goal:	\$2,000.00

*Thank you to all who so generously
and faithfully support our parish.*

PLEASE PRAY....

For our Sick and/or Recovering:

Deacon Louis Agbulos, Jr., Rose Borja, Pedro C. Cruz, Doris Garrido, Mercedes Grantham, Donna Jones, Bernadette Lizama, Francisco Lizama, Sr. Jacinta Marsil, Maria P. Masnayan, Ricardo Masnayan, James McDonald, Mark Pangilinan, Viola Pangelinan, Lisa Ortiz, Tee Sablan, Irene Sobrevilla, Bill Suzuki, Clarissa Taitano, Dorothy Tydingco, Annie Untalan.

For our Homebound:

Maria Aguon, Anne Galvo, Dolores F. Chargualaf, Nancy Duenas, Serafina Fejeran, Agueda (Ida) Fujikawa, Olivia Guinto, Isabel Gumataotao, Rita Gumataotao, Bernadita Hamamoto, Ester Lizama, Dolores Luzano, Terry McDonald, Virginia Portusach, Florence Sablan, Francisco San Nicolas, John and Winnie Suzuki, Rosa M. Torres and Annie Untalan.

*Please keep our sick, recovering and
Homebound parishioners in your daily prayers*

PENTECOST SUNDAY

ADORATION CHAPEL

Just one hour with the Lord can change your life. Our parish is blessed with a beautiful Adoration Chapel opened 24 hours a day. If you have not already signed up to be a guardian, I encourage you to visit our Lord in the Chapel and experience his love and presence. Below is the list of days and hours that are still available and in need of another guardian. **The days that are in BOLD capital letters and underlined are the hours that urgently need a guardian.** Please contact the parish office at 472-6246, stop by the office to sign up or get more information, or email olbs.adoration@gmail.com. Si Yu'os Ma'ase for your endless prayers, support and involvement for our parish.

AM

12am –1 am (Wed)
1am—2 am (Tues. Sat.)
2am-3am (Tues)
3am-4am (**SUN**, Mon., **TUES.**)
4am.-5am. (Sun., Mon., Wed., Thurs.)
5am.-6am. (Wed.)
6am.-7am. (Mon, Tues.,)
7am.-8am. (Sun., Mon., Tues., Wed., Thurs., Fri., Sat.)
8am.-9am. (Mon., Tues., Wed., Thurs., Fri)
9am.-10am (Sun., Mon.,)
10am.-11am. (Mon., Wed., Thurs., Fri.,)
11am.-12pm. (Wed., Fri.)

PM

12pm.-1pm. (Sun., Mon., Wed., Thurs., Fri., Sat.)
1pm.-2pm. (Mon., Thurs.)
2pm.-3pm. (Tues., Sat.)
3pm.-4pm. (Mon., Tues., **THURS.**, Sat.)
4pm.-5pm. (Fri., Sat.)
6pm.-7pm. (Friday and Saturday)
7pm.-8pm. (Mon, Wed.)
8pm.-9pm. (Saturday)
9pm.-10pm. (Saturday)
10pm 11pm (Sunday)
11pm—12am (Sun., Tues., **THURS**, Sat.)

CHAMORRO AND ENGLISH MASS BOOKLETS

For those of you who would like to purchase our **Parish Prayers and Hymns Booklet** and our **Parish Chamorro and English Mass Booklet**, you may purchase these booklets at the Parish Office.

The cost for the **Parish Prayers and Hymns booklet** is **\$5.00** and the **Parish Chamorro and English Mass Booklet** is **\$3.00**. All proceeds will go to the Parish Youth Group.



Pentecost Prayer

Breathe in me O Holy Spirit
that my thoughts may all be holy;
*Act in me O Holy Spirit
that my works, too, may be holy;*
Dray my heart O Holy Spirit
that I love but what is holy;
*Strengthen me O Holy Spirit
To defend that is holy;*
Guard me then O Holy Spirit
that I always may be holy.

St. Augustine of Hippo (AD 354-430)