PRAYERS BEFORE & AFTER THE HOLY SACRIFICE OF THE MASS

PRAYER OF SAINT AMBROSE BEFORE HOLY MASS:
I draw near, loving Lord Jesus Christ, to the table of your most delightful banquet in fear and trembling, a sinner, presuming not upon my own merits, but trusting rather in your goodness and mercy. I have a heart and body defiled by many offenses, a mind and tongue over which I have kept no good watch. Therefore, O loving God, O awesome Majesty, I turn in my misery, caught in snares, to you the fountain of mercy, hastening to you for healing, flying to you for protection; and while I do not look forward to having you as Judge, I long to have you as Savior. To you, O Lord, I display my wounds, to you I uncover my shame. I am aware of my many and great sins, for which I fear, but I hope in your mercies, which are without number. Look upon me, then, with eyes of mercy, Lord Jesus Christ, eternal King, God and Man, crucified for mankind. Listen to me, as I place my hope in you, have pity on me, full of miseries and sins, you, who will never cease to let the fountain of compassion flow. Hail, O Saving Victim, offered for me and for the whole human race on the wood of the Cross. Hail, O noble and precious Blood, flowing from the wounds of Jesus Christ, my crucified Lord, and washing away the sins of all the world. Remember, Lord, your creature, whom you redeemed by your Blood. I am repentant of my sins, I desire to put right what I have done. Take from me, therefore, most merciful Father, all my iniquities and sins, so that, in purified mind and body, I may worthily taste the Holy of Holies. And grant to me a foretaste of your Body and Blood which I, though unworthy, intend to receive, may be the remission of my sins, the perfect cleansing of my faults, the banishment of shameful thoughts, and the rebirth of right sentiments; and may it encourage a wholesome and effective performance of deeds pleasing to you and be a most firm defense of body and soul against the snares of my enemies. Amen.

PRAYER OF SAINT BONAVENTURE AFTER HOLY MASS:
Pierce, O most Sweet Lord Jesus, my inmost soul with the most joyous and healthful wound of Thy love, with true, serene, and most holy apostolic charity, that my soul may ever languish and melt with love and longing for Thee, that it may yearn for Thee and faint for Thy courts, and long to be dissolved and to be with Thee. Grant that my soul may hunger after Thee, the bread of angels, the refreshment of holy souls, our daily and supersubstantial bread, having all sweetness and savor and every delight of taste; let my heart ever hunger after and feed upon Thee, upon whom the angels desire to look, and may my inmost soul be filled with the sweetness of Thy savor; may it ever thirst after Thee, the fountain of life, the fountain of wisdom and knowledge, the fountain of eternal light, the torrent of pleasure, the richness of the house of God. May it ever compass Thee, seek Thee, find Thee, run to Thee, attain Thee, meditate upon Thee, speak of Thee, and do all things to the praise and glory of Thy name, with humility and discretion, with love and delight, with ease and affection, and with perseverance unto the end.

May Thou alone be ever my hope, my entire root, my refuge, my help, my wisdom, my portion, my possession and my treasure, in whom may my mind and my heart be fixed and firmly rooted immovably henceforth and forever. Amen.

Musings from your Parish Priest:

St. Charbel Makhlouf was born on 8th May, 1828, in the small village of Biqâ-Kafra in the high mountains of Northern Lebanon. His parents were poor but religious, he was their fifth child, and was attracted at an early age to prayer and solitude. In spite of the opposition of his family, he was ordained a Priest of Jesus Christ in 1859, he spent sixteen years there before receiving permission from his reluctant superiors to retire to the nearby hermitage of Saints Peter and Paul. Only exceptional monks were allowed the privilege of living as a hermit.

For the remaining 23 years of his life on Earth, St. Charbel lived an extremely hard life, one of severe mortification. He wore a hair shirt, slept on a straw mattress with a plank for a pillow, and for his one meal of the day was content to eat the meagre left-overs from the monastery. During his lifetime he was most notable for his remarkable devotion to the Holy Eucharist and his preference for saying daily Mass at 11:00 a.m., so he could spend almost all the morning in preparation for the Mass, and the rest of the day in thanksgiving afterwards. In 1898 he suffered a seizure while saying Holy Mass, and a priest assisting at the Holy Sacrifice was forced to pry the Holy Eucharist from his grasp. The holy monk died eight days later on Christmas Eve at the age of seventy. He was buried very simply in the monastery cemetery and according to monastic custom, the body, which was not embalmed, was dressed in the full habit of the Order and was placed into the ground without a coffin.

During his lifetime he said something very relevant to our times: "The war of the Evil One against the Lord is his war against the family, and the war of the Evil One against the family is the core of his war against the Lord. Because the family is the image of God, from the beginning of the creation of this universe, The Evil One is focusing on destroying the family, the foundation of God’s plan. Guard your families and keep them from the schemes of the evil one through the presence of God in them. Protect and keep them through prayer and dialog, through mutual understanding and forgiveness, through honesty and faithfulness, and most importantly, through listening. Listen to one another with your ears, eyes, hearts, mouths and the palms of your hands, and keep the roaring of the noise of the world away from your homes because it is like raging storms and violent waves; once it enters the home, it will swamp away everything and disperse everyone. Preserve the warmth of the family, because the warmth of the whole world cannot make up for it." St. Charbel’s body for 67 remained incorrupt and upon his canonization by Pope St. Paul VI he began to finally take nature’s course.

In Mary’s Immaculate Heart,
Matsiko World Orphan Choir performing at Our Lady of the Rosary Church during the 22nd Annual Inland Northwest Men’s Retreat: Silent Day of Prayer on Following Jesus Discipleship in Silent Weekend: Everyone’s Call to Holiness. The Life of Vietnamese Catholics Before, during, and after the Vietnam War, Fr. Jo Hien, IHRC, 8/8, 8:00 AM-9:30 AM, breakfast will be served, no lunch, IHRC. Silent Day of Prayer: Everyone’s Call to Holiness, 8/16-18, $204 per person, Fr. Ciorra, IHRC. Catholic Charities Diocese of Spokane is in commemoration of the apparition of Our Lady of Fatima. The Novena will begin with Mass at 6:00 PM and a rosary procession in the neighborhood will follow and conclude with the Exposition and Benediction of the Blessed Sacrament. The DVD for the movie “Unplanned” will be out after August 13. Msgr. Hynek will put a notice in the bulletin about the viewing of this DVD.

Parishioner Needs a Ride: Parishioner Needs a Ride: One of our long-time parishioners, Cathy Swam, needs a ride to the 9:00 AM Mass on Sundays. She lives near Cooper School. If you can help, please call 487-2974.

Mass Intentions

Memorial Candle for June
Billie Cour, Anita Frederick

St. Patrick’s Prayer Line
Have a certain need that prayer can help? St. Patrick’s Prayer Line is available. Call Jackie Silvey (483-3108).

Other Events of Interest
- Matsiko World Orphan Choir performing at Our Lady of the Rosary, 7/30, 5:30 PM, hear the joy, see the face, feed the love, help break the cycle of poverty.
- The Life of Vietnamese Catholics Before, during, and after the Vietnam War, Fr. Jo Hien, IHRC, 8/8, 8:00 AM-9:30 AM, breakfast will be served, no lunch, IHRC.
- Silent Day of Prayer: Everyone’s Call to Holiness, 8/16-18, $204 per person, Fr. Ciorra, IHRC.
- Silent Day of Prayer: Following Jesus Discipleship in the Bible and in Life, 8/20, 9:00 AM, Fr. Hightower, $50, IHRC.
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Office Hours for Fr. Gaines: Tuesday and Wednesday Mornings after Mass about 8:30 AM at St. Francis Xavier or call 487-6363 to schedule an appointment.

Coffee and Donuts
Join your fellow parishioners for coffee and donuts following Mass today.

For spiritual emergencies, scheduling sacraments or funerals please contact Fr Gaines at 487-6363.

To request a certificate, bulletin ad or to speak to someone about your charitable contributions please contact the office and say you are calling for St. Patrick Parish. 509-466-7738

St. Patrick our Patron Pray for us and our families!

Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me. Christ above me, Christ on my right, Christ on my left, Christ lying down, Christ in sitting, Christ in rising up, Christ in the heart of every person who may think of me, Christ in the mouth of every person who may speak of me, Christ in every eye that sees me, Christ in every ear that hears me! St. Patrick’s Breasplate

5025 N. Nelson St., Spokane, WA 99217 Phone: (509) 466-7738 E-mail: spanskpalconline@gmail.com

Office Hours: On-site office is now closed.

St. Patrick’s, c/o St. Thomas More Parish, 505 W. St. Thomas More Way, Spokane, WA 99208

www.spatricks Spokane.org

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Finance Council: Mark Kelly, Chair - Members: Ed Sinclair, Dorothy Moore, Kathy Sharp, Julie Carpenter

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