## **SUMMER 2022**



In case of loss, please re	arn to:
Financial reward: \$	

## A CATHOLIC LIFE

#### A CATHOLIC DAY

Priests, religious, and some lay faithful pray from the Breviary (the Divine Office or the Liturgy of the Hours) during each of the eight liturgical hours of the Catholic day. At the hours of Prime, Sext, and Vespers (6 am. 12 noon, and 6 pm), the Angelus is also prayed.

Here is a typical day of devotions for both Western Rite laypeople and religious:

	Prime	Prime	Sext	None	Vespers	Compline	Matins	Lauds
	6 am	9 am	12 pm	3 pm	6 pm	9 pm	12 am	3 am
Religious	Divine	Divine	Divine	Divine	Divine	Divine	Divine	Divine
Laity	Office	Office	Office	Office	Office	Office	Office	Office
Laity	Angelus     Morning offering     Prayer to Guardian Angel     Three Hail Marys devotion		Angelus		Angelus	Rosary with family or alone     Evening Examen     Three Hail Marys devotion		

Throughout the day, Catholics can practice the habit of praying very brief prayers called "ejaculations" (or "aspirations"), which serve to bring attention back to God in the midst of trouble, stress, or moments of success and gratitude.

#### A CATHOLIC WEEK

In broad strokes, a Catholic week looks like this (as with all devotions, personal, familial, parish, and regional devotions will vary):

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Themes	• Resurrection • The Holy Trinity	The Holy Ghost     The Souls in Purgatory	The Holy Angels	<ul> <li>St. Joseph</li> <li>The Most Chaste Heart of St. Joseph</li> </ul>	The Blessed Sacrament     Christ's Wounds	<ul> <li>Christ's         Passion     </li> <li>The Sacred         Heart of         Jesus     </li> </ul>	The Blessed Virgin The Immacu- late Heart of Mary
Rosary Mysteries Prayed	Traditional: Joyful (Advent- Epiphany); Sorrowful (Septuages- ima-Lent); Glorious (Easter- Time after Pentecost) Modern: Glorious	Joyful	Sorrowful	Glorious	Iraditional: Joyful     Modern: Luminous	Sorrowful	Glorious
Devotions	Sunday obligation to attend Holy Mass     Day of rest and feasting		Honor the Holy Face     Novena to St. Anthony     Novena to St. Martha	Nine First Wednesdays Devotion	Six First     Thursdays     Devotion     Holy Hour of     Adoration	Abstinence from meat, or another penance to commemorate Good Friday     Nine First Fridays     Devotion	Five First Saturdays Devotion

#### A CATHOLIC YEAR

Each month of the Catholic year includes a specific spiritual focus. The seasons and feasts of the liturgical year bring us into contact with the lives of Christ. Mary, the angels and the saints.

January	The Holy Name and Childhood of Jesus	July	The Most Precious Blood
February	The Holy Family	August	The Immaculate Heart of Mary
March	St. Joseph	September	The Seven Dolours (Sorrows) of Mary
April	The Blessed Sacrament	October	The Holy Rosary (also, the Holy Angels)
May	Mary	November	The Poor Souls in Purgatory
June	The Sacred Heart of Jesus	December	The Immaculate Conception

# KEY INFORMATION

## PERSONAL AND EMPLOYMENT

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### COMMEMORATION

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#### COMMEMORATION OF THE LIVING

REMEMBER, OH LORD, these Thy servants and handmaids:

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...on whose behalf we offer to Thee this sacrifice of praise for the good of their souls, for their hope of salvation and deliverance from all harm...

#### COMMEMORATION OF THE DEAD

	ALSO REMEMBER, OH LORD, these Thy servants and handmaids:
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...who have gone before us with the sign of faith. Grant them Thy eternal light and peace.

Through Christ our Lord. Amen.

You can also say this prayer before Mass: "Eternal Father, I unite myself with the intentions and affections of our Lady of Sorrows on Calvary, and I offer Thee the sacrifice which Thy beloved Son Jesus made of Himself on the Cross, and now renews on this holy altar: (1) To adore Thee and give Thee the honor which is due to Thee, confessing Thy supreme dominion over all things, and the absolute dependence of everything upon Thee, Who art our one and last end. (2) To thank Thee for innumerable benefits received. (3) To appease Thy justice, irritated against us by so many sins, and to make satisfaction for them. (4) To implore grace and mercy for myself, for . . . , for Thy Church, for all afflicted and sorrowing, for poor sinners, for all the world, and for the holy souls in purgatory. Amen."

## PRAYER INTENTIONS

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# WEEKLY RULE OF LIFE

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# **IULY 2022**

## MONTH OF THE MOST PRECIOUS BLOOD

The Fathers say that the Church was born from the pierced side of Christ, and that the sacraments came through His Blood. July commemorates devotion to the Precious Blood.

#### START OF MONTH

MONTHLY INT	ENTION	State a spiritual intention	on to unite yourself to the Churc
EVOTIONS		Plan your mair	n devotions and make a prayer pl
EVENT	DATE	DEVOTIONS	PRAYER PLAN
			М
			<b>A</b>
			E
OALS	Plan pro	gress on your Seasonal Goal	s. MONTH KICKOFF
GOAL		TO-DOS	Do Monthly Reflection Set Monthly Intention Plan Month Devotions Make a Prayer Plan Plan parish/local feasts Plan Goal progress Use Monthly Calendar to plan your month
		END OF MONTH	
ONTHLY REF	LECTION	Reflect on blessings and C	God-given challenges of this mor

# JULY 2022

	SUN	DAY		MONDA	AY	TUESD	AY	WEDNE	SDAY
3	FA 12am- Mass	宁	₩	4		5		(6)	43
Fourth Su	unday afte	r Penteco	st [III]	Independence Day (USA)	)	Sts. Anthony Mary Zacc	caria (III)	Feria [IV]	
	nth Sunday			Weekday		Weekday / St. Anthony Elizabeth of Portugal (U		Weekday / St. Maria G	oretti [OM]
10	FA 12am- Mass	÷	(B)	11	€	12	(3)	13	4
	day after			Feria [IV] / St. Pius I [C] St. Benedict [M]		St. John Gualbert [III] / S Felix [C] Weekday	Sts. Nabor and	Feria [IV]  Weekday / St. Henry [C	DM1
17	FA 12am- Mass	宁	(A)	18	€	19	₩	20	8
	nday after			St. Camillus de Lellis [III] Symphorosa and her Sev		St. Vincent de Paul [III]		St. Jerome Emiliani [III]	
	h Sunday i			Weekday / St. Camillus d		Weekday		Weekday / St. Apollina	
24	12am- Mass	<b></b>	₩ -	25		26		27	
	Sunday af			St. James [II]		St. Anne, Mother of the Mary [II] Sts. Joachim and Anne, Blessed Virgin Mary [M	Parents of the	Feria [IV] / St. Pantaleo	n[C]
31	FA 12am- Mass	다.	(S)	St. James (F)		Blessed Virgin Mary [M	1	Weekday	
Eight Sun	nday after	Pentecos	t [II]						
Fighteen	th Sunday	in Ordina	ry Time						

THURSDAY	1	FR	IDAY		SATU	RDAY
		<b>1</b> CA		₩	2	*
7	(B)	Canada Day (Car The Most Precion Jesus Christ [1] Weekday / St. Ju	ous Blood of O		The Visitation of th (III) / Sts. Processus Weekday / Blessed	ne Blessed Virgin Mary and Martinian [C] Virgin Mary [OM]
Sts. Cyril and Methodius [III]		St. Elizabeth [III]			Our Lady on Sature	iay[IV]
Weekday		Weekday			Weekday / St. Augu Blessed Virgin Mar	ustine Zhao Rong / y [OM]
14	₩	<b>15</b> CA		₩	16	*
St. Bonaventure [III] St. Kateri Tekakwitha (USA) [N		St. Henry II [III] St. Bonaventure  22 CA		121	Our Lady on Sature Mount Carmel [C] Weekday / Our Lac Blessed Virgin Mar	lay [IV] / Our Lady of ly of Mount Carmel / y [OM]
21		ZZ CA			23	₩
St. Lawrence of Brindisi [III] / Praxedes [C]	St.	St. Mary Magdel	ene [III]		St. Apollinaris [III] /	St. Liborius [C]
Weekday / St. Lawrence of Br					Weekday / St. Brida Mary [OM]	
28	₩	<b>29</b> CA		₩	30	
Sts. Nazarius and Celsus, Victinnocent [[III]] Weekday	or I, and	St. Martha [III]/ Faustinus and Be Sts. Martha, Mar			Our Lady on Saturc and Sennon [C] Weekday / St. Pete Blessed Virgin Mar	lay [IV] / Sts. Abdon r Chrysologus / y [OM]

#### KEY

- Holy day of obligation
- 1<sup>2</sup> Octave day
- FA Fasting (with
- CA Complete or partial abstinence
- FA Fasting or
- FE feasting
- Ember daysRogation days
- First
- Wednesdays
- First Thursdays
- First Fridays
- First Saturdays

Rosary tracker

#### IIIIV FFASTS AND DEVOTIONS

#### 1ST CLASS | IULY 1

#### MOST PRECIOUS BLOOD

The feast of the Precious Blood of our Lord was instituted in 1849 by Pius IX, but the devotion is as old as Christianity.

- ✓ Attend E.F. Mass for the Precious Blood
- ✓ Read The Precious Blood by Fr. Frederick William Faber, D.D.
- Pray the Litany of the Most Precious Blood of Jesus throughout July
- Pray and reflect on the Seven Blood-Sheddings of our Lord
- ✓ Pray Novena to the Precious Blood

#### 2ND CL /FEAST | IULY 2/MAY 31

#### VISITATION OF THE B.V.M.

The feast commemorates the visit of Our Lady to her cousin Elizabeth and the sanctification of John the Baptist.

- ✓ Attend F.F. Mass for the Visitation.
- ✓ Bring flowers to a Marian shrine
- Do something kind and charitable for a neighbor
- Read from Gueranger's The Liturgical Year
- ✓ Pray the Magnificat
- ✓ Pray the Little Crown of the Blessed Virgin, or the Litany of Loreto

#### SUPPRESSED | DEC. 21/IUL. 3

#### ST. THOMAS THE APOSTLE

St. Thomas, the disciple who at first did not believe, has become for the Church one of the first witnesses to her faith.

- Attend O F Mass for St Thomas
- Read a hagiography of Thomas
- ✓ Read from Gueranger's The Liturgical Year

#### COM./OPT. MEM. | JULY 16

#### **OUR LADY OF MT. CARMEL**

Mary is said to have given the Brown Scapular to an early Carmelite named Saint Simon Stock (1165-1265).

- ✓ Attend Mass for Our Lady of Mt. Carmel
- Ask a priest to enroll you in the brown Scapular of Our Lady of Mt. Carmel
- Read The Scapular of Our Lady of Mount Carmel: Catechesis and Ritual
- Read Pope St. John Paul II's Scapular of Carmel. A Treasure for the Church
- ✓ Read from Gueranger's The Liturgical Year

#### 3RD CL./FEAST | IULY 22

#### ST. MARY MAGDALEN

The feast of St. Mary Magdalen is considered one of the most mystical of feasts because her love was so strong.

- ✓ Attend Mass for St. Mary Magdalen
- Bake German Magdalenenstriezeln or the French cookie Madeleines
- ✓ Make essential oils, ointments, bath salts
- Read a hagiography of Mary
- ✓ Read from Gueranger's The Liturgical Year
- Pray the "Prayer to St. Mary Magdalen" by St. Anselm

#### **DEVOTION IDEAS**

- ✓ Pray a Daily Rosary
- ✓ Pray the Little Office or Divine Office
- ✓ Fast on Wednesdays and Fridays
- ✓ Pray novenas leading up to feast days
- ✓ First Friday or First Saturday devotions
- ✓ Adoration and/or daily Mass
- ✓ Attend the T.L.M. four Sundays in a row
- ✓ Consecration to Jesus, Mary, or Joseph
- ✓ Go to frequent confession (~monthly)
- Increase tithing or almsgiving
- Other forms of penance or mortification

#### IIIIV FEASTS AND DEVOTIONS

#### 2ND CL./FEAST | IULY 25

#### ST. IAMES THE GREATER

St. James and his younger brother, St. John, were called as disciples just after Simon Peter and Andrew were called.

- ✓ Attend Mass for St. James
- ✓ Build a seashell grotto to St. James
- ✓ Eat some ovsters to honor St. James
- ✓ Read about the "Pearl of Great Price" (Matt. 13:24–29, 36–50)
- ✓ Read a hagiography of James
- ✓ Read from Gueranger's The Liturgical Year

#### 3RD CL /MEM | IULY 29

#### ST MARTHA

Born of noble and wealthy parents, St. Martha is still more illustrious for the hospitality she gave to Christ our Lord.

- ✓ Attend Mass for St Martha
- Make "fines herbs", which contains tarragon from the region of France where St. Martha lived, or make Tarragon tea
- ✓ Read a hagiography of Martha
- ✓ Read from Gueranger's The Liturgical Year
- ✓ Pray Novena to St. Martha

#### SUPPRESSED | IULY 31

#### ST. IGNATIUS OF LOYOLA

Ignatius centered his spiritual life on the Trinity, Christ, and the Eucharist—and founded the Jesuit order.

- ✓ Attend Mass for St. Ignatius
- Re-commit to your daily examen (using your Saintmaker's Daily Examen page)
- ✓ Bake the Basque cake called "Ignacio"
- ✓ Read a hagiography of Ignatius
- ✓ Read The Spiritual Exercises of Saint Ignatius
- ✓ Read from Gueranger's The Liturgical Year
- ✓ Pray for the Jesuit Order and Pope Francis

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# WEEKLY EXAMINATION

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														☐ Write a Mass Intention
GC	D'S	WI	LL			Did	l you	do G	od's	will c	r you	ır ov	vn?	☐ Dress and groom well
		×			*	9			*			×		<ul> <li>Start fast at 12 am (or 1-3 hours before Mass)</li> </ul>
	50		127		.0	22		**	10		20		2	☐ Arrive early to pray
CL	LADI	TV				Wone		ala a u	: 4 o lo 1		anda	مداده		☐ Complete Mass Review
CF	IARI	11				WEIG	e you	CHai	Itable	etow	arus	Othe	:15:	
				•										
	¥3		33			-					60			MASS INTENTION
PR	AYE	R				Did	you	say y	our p	oraye	rs wit	h ca	re?	
	20		19	100	×	10		20			21	×		
	*		13											
FE	AR (	OF (	GOD	)	D	id yo	u fea	r Goo	dor	did yo	ou fea	ır ma	an?	
	10		127	535	*	35		8	35		**	8		
				٠										
TH	E FI	ESI	н		Did	vou d	leny l	ust a	nd g	uard	vour	sens	es?	
				027										
	20		19					20				2		
TH	E TO	ONC	SUE			Did y	ou gu	iard y	your	tong	ue ca	reful	lly?	MASS REVIEW
	*:				*	25		*	$\sim$	(*)	*	*	2.0	
*			2		*		1000	*						
TR	UST	IN	GO	D			Did	you	put y	our t	rust i	n Go	od?	
						12								
			13											
GR	ATI	TUE	DE		W	ere yo	ou gra	atefu	l to (	God fo	or Hi	s gif	ts?	
	63	×			**	2		*	×	(*)	*	*	9	
			3		*		1000	*		(2)				

# SECOND WEEK OF JULY 2022

LESS	SON	IS LI	EAR	NEI	0		W	hat 1	majo	r sp	iritı	ıal a	nd li	fe les	sons	did y	you l	earn	last	week?
50 5				100				10	*			5							*	10 1
										2		,			11.					
								412				×								£0
ADJ	UST	ГМЕ	NTS	6			Ва	ised	on tl	his, l	10W	wil	l you	chai	nge y	our a	ppro	oach	this	week?
										1										
				ERS											PR					
to	keep	week you rsona	r bas	ic pe	rsona	al coi	nmit	men	eet its?			ısine	esses	, reci		on, ci	eativ	ve pr	ide oject weel	
										11										
	-	1		1			21			8		70		12				7	-	2
				×			*	*	*	8		×						*		
	20			12			10	*		9		8	*					20	*	
	-	8		9							+									
*	**	$\tilde{x}$					*			9		×	*				1.41	*	*	*
	50	*	*	12			53	25		8		55			13			8	*	*
٠									8	9			٠					8		٠
	10	2		12				10	×	8		¥		12				-	*	*
	**	*	*	11			*0		×	8		8	*					*	×	*
						4							٠	,		*				
		W	ORI	K/V	oc,	ATIC	N							SF	PIRI	TU	AL.			
	omn	What nitme who	nt to	you	r em	ploye	r and	d/or				r thi	s wee	ek? U		is lis	t as y	your	plans sour lls.	
	20						51							(2)						
	27	9		-			21	v	7	0			20	0.1	0	12			20	
	**	*		14			41	×	×					*		19			*	×
	20	*		2		127	41	25		8	•	51	6	25	12	22			10	*
										8										
	¥3	*		12			21		×	2		÷			×	3				
		*		0.5			63			9	٠	*1	*		×	12			*	×
	1	8								8	4	٠	ř	¥	×					
	÷									8				¥.					27	
		*						×		3										
	20						51			3						2		*		

Matins (midnight) / Lauds (3 am)

			DA	ILY	CRC	SS					APPOINTMENTS
	******	D	AILY	/ DE	VOI	101	NS.			6	Prime
F4	/FE:									_	
1	/FE:				CA/	PA:				7	
2										8	
3										0	Terce
·										9	
				TO	DOS					,	
#	АВС				rask				<b>→</b>	10	
									,		
										11	
											Sext
										12	
										1	*********************************
										2	
											None
	*******									3	
								••••			
			ISSU	JE T	RAC	KER	2			4	
						T10		FDF	_		
		SSU	E		AC	110	N NE	EDE	D	5	
											Vespers
										6	
										7	
										8	
				NO	TES						Compline
					٠		1	٠		9	
		27	100				V		*		
	(4)	61		٠			**		*	10	
	*	50	12		0.20		51				
							8			11	

SP	IRIT	UAI	L LE	SSO	NS					spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.	
	¥0	141	0¥		×	9		ė	i.			¥0	100	7.0		¥2			*.1	×
٠	*		i.e		×	*	i e	40	*			87	×	12		*			•	*
*					×			7							÷		*			
	20		4		r			25				20	v			20		127	21	v
	•0		×	100	*		19	40								*:			×:	*
	50		12	676	2.5		2	10	*	10		10	*					250	11	2
				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	How did you do with today's spiritual intention?  BLESSINGS  What blessings did you receive from the Lord today?															1?				
BL																7?				
BLESSINGS What blessings did you receive from the Lord today														٠						
what dessings did you receive from t															11	150	70			
																		*		
SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
				100	¥2		5	20	2	i i		22	×.					120	20	
٠	40		14	(00)	×		12	60	×	×		*1		89		×		100	(1)	
	55	2		100	20		12	21		8	100	55		10		8		650	73	
HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
							A	ст	OF C	оит	RITI	ON								
		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	s of Ho my lov	ell, bu e. I fii	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

Lord, I am Thine, and I must belong to no one but Thee. My soul is Thine, and must live only by Thee. My will is Thine, and must love only for Thee. I must love Thee as my first cause, since I am from Thee. I must love Thee as my end and rest, since I am for Thee. I must love Thee more than my own being, since my being subsists by Thee. I must love Thee more than myself, since I am all Thine and all in Thee. Amen.

Matins (midnight) / Lauds (3 am)

			DA	ILY	CRO	SS					APPOINTMENTS
										6	Prime
		DA	AILY	DE	VOT	ION	15				
FA	/FE:				CA/I	PA:				7	
1											
2										8	
3											Terce
										9	
			150	TOI	DOS						
#	ABC			1	TASK				→ ×	10	
										11	Sext
											Sext
										12	***************************************
									****		
										1	
										2	
											None
										3	
									*****		
		-	SSU	E TI	RAC	KFR				4	
	1	SSU	E		AC	TIOI	N NE	EDE	)	5	
											Vespers
										6	
										7	
										8	
				NO	TES						Compline
						2				9	***************************************
		21				12	v			•	
		60								10	
					0.50					10	
		21					7	,		11	
										TT	

SP	IRIT	UAI	L LE	SSO	NS					spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.	
	¥0	141	0¥		×	9		ė	i.			¥0	100	7.0		¥2			*.1	×
٠	*		i.e		×	*	i e	40	*			87	×	12		*			•	*
*					×			7							÷		*			
	20		4		r			25				20	v			20		127	21	v
	•0		×	100	*		19	40		×						*:			*:	*
	50		12	676	2.5		2	10	*	10		10	*					250	11	2
				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	How did you do with today's spiritual intention?  BLESSINGS  What blessings did you receive from the Lord today?															1?				
BL																7?				
BLESSINGS What blessings did you receive from the Lord today														٠						
what dessings did you receive from t															11	150	70			
																		*		
SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
				100	¥2		5	20	2	i i		22	×.					120	20	
٠	40		14	(00)	×		12	60	*	×		*1		59		×		100	(1)	
	55	2		320	20		12	21		8	100	55		10		8		650	73	
HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
							Δ	ст	OF C	оит	RITI	ON								
		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	s of Ho my lov	ell, bu e. I fii	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

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Matins (midnight) / Lauds (3 am)

			DA	ILY	CRO	SS					APPOINTMENTS
		D	Δ11 V	DE	νоτ	101	ıs			6	Prims
			AIL!			101	15				
FA	/FE:				CA/I	PA:				7	
1											
2										8	
3											Terci
										9	***************************************
				ТО	DOS						
#	ABC			1	ΓASK				→ ) ×	10	
										11	Sex
										12	
									*****	1	***************************************
									*****	2	
											None
										3	
									*****		
			ISSI	IF T	RAC	KFR				4	***************************************
			330		MAC	KEN					
	1	ssu	E		AC	TIO	N NE	EDEI	D	5	
											Vesper
										6	
										7	
										8	
				NO	TES					0	Compline
	į.	-								•	
							9			7	***************************************
		51					-			10	
1000		55		5	12.50		- 51				
	*						1			11	

SP	IRIT	UAI	L LE	SSO	NS					spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.	
	¥0	141	÷.	(4)	×	9		ė	i.			¥0	100	7.0		¥2			*.1	×
٠	•		i.e		×	*	i e	40	*			87	×	12		*			•	*
*					×			7							÷		*			
	20		4		÷			25				20	v			20		127	21	v
	•0		×	100	*		19	40								*:			*:	*
	50		12	676	2.5	15	2	10	*	10		10	*					550	11	2
				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	How did you do with today's spiritual intention?  BLESSINGS  What blessings did you receive from the Lord today?															1?				
BL																7?				
BLESSINGS What blessings did you receive from the Lord today														٠						
what dessings did you receive from t															25	150	70			
																		*		
SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
				100	¥2		5	20	2	i i		22	×.					120	20	
٠	40		14	(00)	×		12	60	×	×		*1		59		×		100	(1)	
	55	2		320	20		12	21		8	100	55		10		0		650	73	
HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
							A	ст	OF C	оит	RITI	ON								
		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	s of Ho my lov	ell, bu e. I fii	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

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Matins (midnight) / Lauds (3 am)

DAILY CROSS										APPOINTMENTS			
DAILY DEVOTIONS										Prime			
		DF	VIL I	DE	VOI	101	13						
FA	/FE:				CA/I	PA:				7			
1													
2										8			
3											Terce		
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								0	×				
										11			
											Sexi		
										12			
										1			
										2			
											None		
										3			
									****				
		13	ssu	ΕТ	RAC	KER	Ł			4			
		SSUI	-		۸۲	TIO	N NE	EDEI					
	- 1	3301	-		AC	110	NINE	EDEL	,	5			
											Vespers		
										6	*******************		
										7			
										0			
NOTES								8	Compline				
*	4				*			٠	8	9			
		21		-			77						
	(*)	41				(4)	*			10			
		11.		*	1.5		51	*					
		2	9	2			9	,		11			

SP	IRIT	UAI	L LE	SSO	NS					spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.	
	¥0	141	0¥		×	9		ė	i.			¥0	100	7.0		¥2			*.1	×
٠	*		i.e		×	*	i e	40	*			87	×	12		*			•	*
*					×			7							÷		*			
	20		4		÷			25				20	v			20		127	21	v
	•0		×	100	*		19	40								*:			*:	*
	50		12	676	2.5		2	10	*	10		10	*					550	11	2
				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL																				
															*1	٠				
*	50	*	12	626	52		17	10	0		50	*			8	11	150	70		
		•	*						8	1										*
SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
				100	20		5	20	2	i i		22	×.					120	20	
٠	10		14	(00)	×		19	60	*	×		*1		59		×		1001	(1)	
	55	2		320	20		12	21		8	100	55		10		0		650	73	
HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
							Δ	ст	OF C	оит	RITI	ON								
		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	s of Ho my lov	ell, bu e. I fii	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

# APPOINTMENTS **DAILY CROSS** DAILY DEVOTIONS FA/FE: CA/PA: 1 2 3 TO DOS V > TASK ABC ① x **ISSUE TRACKER** ISSUE **ACTION NEEDED** NOTES

SP	IRIT	UAI	L LE	SSO	NS					spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.	
	¥0	141	÷.		×	9		ė	i.			¥0	100	7.0		¥2			*.1	×
٠	*	*	i.e		×	*	i e	40	*			87	×	12		*			•	*
*					×			7							÷		*			
	20		4		÷			25				20	v			20		127	21	v
	•0		×	100	*		19	40		×						*:			×:	*
	50		12	676	2.5		2	10	*	10		10	*					550	11	2
				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL																				
															*1	٠				
*	50	*	12	626	52		17	10	0		50	*			8	11	150	70		
		•	*						8	1										*
SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
				100	20		5	20	2	i i		22	×.					120	20	
٠	40		14	(00)	×		12	60	×	×		*1		59		×		100	(1)	
	55	2		100	20		12	21		8		55		10		0		650	73	
HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
							A	ст	OF C	оит	RITI	ON								
		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	s of Ho my lov	ell, bu e. I fii	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

			DA	ILY	CRC	SS					APPOINTMENTS
	******	D	AILY	/ DE	VOI	101	NS.			6	Prime
F4	/FE:									_	
1	/FE:				CA/	PA:				7	
2										8	
3										0	Terce
·										9	
				TO	DOS					,	
#	АВС				rask				<b>→</b>	10	
									,		
										11	
											Sext
										12	
										1	***********************************
										2	
											None
	*******									3	
								••••			
			ISSU	JE T	RAC	KER	2			4	
						T10		FDF	_		
		SSU	E		AC	110	N NE	EDE	D	5	
											Vespers
										6	
										7	
										8	
				NO	TES						Compline
					٠		1	٠		9	
		27	100				V		*		
	(4)	61		٠			**		*	10	
	*	50	12		0.20		51				
							8			11	

SP	IRIT	UAI	L LE	SSO	NS					spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.	
	¥0	141	÷.		×	9		ė	i.			¥0	100	7.0		¥2			*.1	×
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				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
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		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	s of Ho my lov	ell, bu e. I fii	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
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			DA	ILY	CRO	SS					APPOINTMENTS
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SP	IRIT	UAI	L LE	SSO	NS					spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.	
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				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
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DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

### WEEKLY EXAMINATION

FC	LLO	W	IESU	JS		Die	l you	faith	fully	follo	w ou	r Lo	rd?	MASS PREPARATION
	10		127		.00	22	100				20		2	1.11.11.5 1.11.11.11.11.11.11.11.11
					*	ř			8					☐ Finish shopping and work by Saturday night
us	E O	F TI	MF		Dic	VOII	make	the	hest	11SP ()	f voi	r tin	ne?	☐ Eat a nourishing dinner
03			IVIL		Dic	i you	manc	· tiic	Dest	use o	1 you	ii ciii	iic.	☐ Weekly Examination
			14									·		<ul> <li>Read Sunday propers and set missal ribbons</li> </ul>
														☐ Write a Mass Intention
GC	D'S	WI	LL			Did	l you	do G	od's	will c	r you	ır ov	vn?	☐ Dress and groom well
		×			*	9			*			×		<ul> <li>Start fast at 12 am (or 1-3 hours before Mass)</li> </ul>
	50		127		.0	22		**	10		20		2	☐ Arrive early to pray
CL	LADI	TV				Wone		ala a u	: 4 o lo 1		anda	مداده		☐ Complete Mass Review
CF	IARI	11				WEIG	e you	CHai	Itable	etow	arus	Othe	:15:	
				•										
	¥3		33			-					60			MASS INTENTION
PR	AYE	R				Did	you	say y	our p	oraye	rs wit	h ca	re?	
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	*		13											
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				027										
	20		19					20				2		
TH	E TO	ONC	SUE			Did y	ou gu	iard y	your	tong	ue ca	reful	lly?	MASS REVIEW
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t			2		*		1000	*		2				
TR	UST	IN	GO	D			Did	you	put y	our t	rust i	n Go	od?	
						12								
			13									2		
GR	ATI	TUE	DE		W	ere yo	ou gra	atefu	l to (	God fo	or Hi	s gif	ts?	
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## THIRD WEEK OF JULY 2022

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SP	IRIT	UAI	L LE	SSO	NS					spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.	
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IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
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DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
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			DA	ILY	CRO	SS					APPOINTMENTS
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				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
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HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
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			DA	ILY	CRO	SS					APPOINTMENTS
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SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
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				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	ESS	ING	S						W	hat b	lessir	ıgs d	id yo	u rec	eive f	rom	the I	ord t	oday	7?
*	What blessings did you receive from the Lord today?																			
*	1     1																			
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SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
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HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
							A	ст	OF C	оит	RITI	ON								
		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	s of Ho my lov	ell, bu e. I fii	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

			DA	ILY	CRO	SS					APPOINTMENTS
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DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
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# APPOINTMENTS **DAILY CROSS** DAILY DEVOTIONS FA/FE: CA/PA: 1 2 3 TO DOS V > TASK ABC (J) X **ISSUE TRACKER** ISSUE **ACTION NEEDED** NOTES

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				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
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BL	ESS	ING	S						W	hat b	lessir	ıgs d	id yo	u rec	eive f	rom	the I	ord t	oday	7?
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### WEEKLY EXAMINATION

FC	LLO	W	IESU	JS		Die	l you	faith	fully	follo	w ou	r Lo	rd?	MASS PREPARATION
	10		127		.00	22	100				20			1.11.11.5 1.11.11.11.11.11.11.11.11
					*	ř			8					☐ Finish shopping and work by Saturday night
us	E O	F TI	MF		Dic	VOII	make	the	hest	11SP ()	f voi	r tin	ne?	☐ Eat a nourishing dinner
03			IVIL		Die	i you	manc	· tiic	Dest	use o	1 you	ii ciii	iic.	☐ Weekly Examination
			14									·		<ul> <li>Read Sunday propers and set missal ribbons</li> </ul>
														☐ Write a Mass Intention
GC	D'S	WI	LL			Did	l you	do G	od's	will c	r you	ır ov	vn?	☐ Dress and groom well
		×			*	9			*			×		<ul> <li>Start fast at 12 am (or 1-3 hours before Mass)</li> </ul>
	50		127		.0	22		20	10		20		2	☐ Arrive early to pray
CL	LADI	TV				Wone		ala a u	: 4 o lo 1		anda	مداده		☐ Complete Mass Review
CF	IARI	11				WEIG	e you	CHal	Itable	etow	arus	Othe	:15:	
				•										
	¥3		33			-					60			MASS INTENTION
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	20		19	100	×	12		20			21	×		
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t			2		*		1000	*		2				
TR	UST	IN	GO	D			Did	you	put y	our t	rust i	n Go	od?	
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## FOURTH WEEK OF JULY 2022

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IN.	NTENTION REVIEW How did you do with today's spiritual intention?																			
BL	BLESSINGS What blessings did you receive from the Lord today?																			
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SII	SINS & SHORTCOMINGS How did you impede God's grace in your life today?																			
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	55	2		320	20		12	21		e.	100	55		10		6)		650	10	
HE	HEART-FOCUS Where was your heart today? Was it with God?																			
	ACT OF CONTRITION																			
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DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	entio	n for	tomo	orrov	V.
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			DA	ILY	CRC	SS					APPOINTMENTS
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DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	entio	n for	tomo	orrov	V.
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# APPOINTMENTS **DAILY CROSS** DAILY DEVOTIONS FA/FE: CA/PA: 1 2 3 TO DOS V > TASK ABC ① x **ISSUE TRACKER** ISSUE **ACTION NEEDED** NOTES

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	ACT OF CONTRITION																			
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## WEEKLY EXAMINATION

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03			IVIL		Dic	i you	manc	· tiic	Dest	use o	1 you	ii ciii	iic.	☐ Weekly Examination
			14									·		<ul> <li>Read Sunday propers and set missal ribbons</li> </ul>
														☐ Write a Mass Intention
GC	D'S	WI	LL			Did	l you	do G	od's	will c	r you	ır ov	vn?	☐ Dress and groom well
		×			*	9			*			×		<ul> <li>Start fast at 12 am (or 1-3 hours before Mass)</li> </ul>
	50		127		.0	22		**	10		20		2	☐ Arrive early to pray
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# FIFTH WEEK OF JULY 2022

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SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
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IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
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SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
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IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
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SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
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## WEEKLY EXAMINATION

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03			IVIL		Die	i you	IIIak	· tiic	Dest	use o	1 you	ii ciii	iic.	☐ Weekly Examination
			14									·		<ul> <li>Read Sunday propers and set missal ribbons</li> </ul>
														☐ Write a Mass Intention
GC	D'S	WI	LL			Did	l you	do G	od's	will c	r you	ır ov	vn?	☐ Dress and groom well
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	50		127		.0	22		**	10		20		2	☐ Arrive early to pray
CL	LADI	TV				Wone		ala a u	: 4 o lo 1		anda	مداده		☐ Complete Mass Review
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### AUGUST 2022

### MONTH OF THE IMMACIII ATE HEART OF MARY

The month of August is dedicated to the Immaculate Heart of Mary. Catholics venerate Mary's heart because it is the seat of her love (especially for Christ), virtue, and inner life.

### START OF MONTH

MONTHLY INT	ENTION	State a spiritual intention	n to unite yourself to the Church
DEVOTIONS		Plan your main	devotions and make a prayer pla
EVENT	DATE	DEVOTIONS	PRAYER PLAN
			М
			<b>A</b>
			E
OALS	Plan pro	ogress on your Seasonal Goals	MONTH KICKOFF
GOAL		TO-DOS	□ Do Monthly Reflection □ Set Monthly Intention □ Plan Month Devotions
			☐ Make a Prayer Plan ☐ Plan parish/local feasts ☐ Plan Goal progress ☐ Use Monthly Calendar
			to plan your month
MONTHLY REF	LECTION	END OF MONTH  Reflect on blessings and G	od-given challenges of this mont

## AUGUST 2022

	SUN	DAY		MON	IDAY	TUES	DAY	WEDNE	SDAY
				1	*	2	€	(3)	8
				Feria [IV] / The Holy St. Alphonsus Liguo		St. Alphonsus Mary Stephen I [C] Weekday / St. Eusel Peter Eymard [OM]	of Liguori [III]/St. bius of Vercelli/St.	Feria[IV] Weekday	
7	FA 12am- Mass	令	(B)	8	*	9	₩	10	<b>E</b>
	ınday aftei nth Sunda			St. John Mary Viant Cyriacus, Largus, ar St. Dominic [M]	ney [III] / Sts. Id Smaragdus [C]	Vigil of St. Laurence [C] Weekday / St. Teres Cross [OM]		St. Laurence [II] St. Lawrence [F]	
14	FA 12am- Mass	宁	49	15 FE	<b>↑</b> ⊗	16	<b>8</b>	17	Æ
	th Sunday  FA  12am- Mass			The Assumption of Mary [1] The Assumption of Mary [5]	the Blessed Virgin		of the Blessed Virgin nen of Hungary [OM]	St. Hyacinth [III] Weekday 24	E. C.
	n Sunday a			Immaculate Heart of Timothy and Comp. The Queenship of the Mary [M]		St. Philip Benzini [II Weekday/St. Rose		St. Bartholomew [II] St. Bartholomew [F]	
28	FA 12am- Mass	骨	(A)	29	(A)	30	49	31	£
	Sunday aft Second Su		0.00405	The Beheading of S [III] / St. Sabina [C] The Passion of Sain	t. John the Baptist t John the Baptist [N	St. Rose of Lima [III] Adauctus [C]	] / Sts. Felix and	St. Raymond Nonnatu Weekday	s [III]

THURSDAY	,	:	FRIDA	v	CATI	IRDAY
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4)	₩	(5)	CA	(A)	6	
St. Dominic [III] St. John Vianney [M]		: Snows [	lication of Our La II] y / The Dedicatio ary Major [OM]		The Transfiguration Felicissimus, and A The Transfiguration	
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Feria [IV] / St. Tiburtius and Sc St. Clare [M]	ısanna	St. Clare	(III) y/St. Jane Franc	es de Chantal	Our Lady on Satur Hippolytus and Ca Weekday / Sts. Po	day [IV] / Sts. issian ntian and Hippolytus / ry [OM]
18	@	[ОМ]	CA	<b>(4)</b>	Blessed Virgin Ma	ry[OM]
Feria [IV] / St. Agapitus [C] Weekday			Eudes [III] y/St. John Eudes	: [OM]	St. Bernard [III] St. Bernard [M]	
25			CA	(B)	27	(A)
St. Louis [III]  Weekday / St. Louis / St. Josep Calasanz [OM]	ab.	Feria [IV Weekda	] / St. Zephyrinus	s[C]	St. Joseph Calasar St. Monica [M]	ictius [III]

### KEY

Holy day of obligation

1<sup>2</sup> Octave day

FA Fasting (with

CA Complete or partial abstinence

FA Fasting or

FE feasting

Ember daysRogation days

First

Wednesdays

First Fridays

First Thursdays

First Saturdays

Rosary tracker

### AUGUST FFASTS AND DEVOTIONS

#### 2ND CL /FEAST | AUGUST 6

#### THE TRANSFIGURATION

This feast commemorates Christ's manifestation of his Divine Glory to the Apostles Peter, James, and John.

- ✓ Attend Mass for the Transfiguration
- Decorate the house with bright white
- ✓ Read Pope St. Leo the Great's Sermon 51
- Read a hagiography of The Transfiguration
- ✓ Read from Gueranger's The Liturgical Year

#### 2ND CL /FEAST | AUGUST 10

#### ST LAWRENCE

This young deacon and heroic martyr is among those saints who were most highly venerated by the ancient Church.

- ✓ Attend Mass for St. Lawrence
- Look for the "Tears of St. Lawrence" meteor shower; if you see a "shooting star", invoke St. Lawrence to make a "wish"
- ✓ Barbecue outside
- ✓ Read a hagiography of Lawrence
- ✓ Read from Gueranger's The Liturgical Year

### 1ST CL./SOLEMN, | AUGUST 15

### ASSUMPTION OF THE B.V.M. (MARYMASS)

On this day, a Holy Day of Obligation, we recall Our Lady's being taken up into Heaven by the power of God.

- Attend Mass for the Assumption
- ✓ Gather fruit, herbs, flowers and receive/ perform a blessing (see *Rituale Romanum*)
- Read St. John Damascene's Sermon II on the Dormition of Mary
- ✓ Fast and abstain on the eve of the feast.
- Pray the Little Crown of the Blessed Virgin, or the Litany of Loreto

### 2ND CL./SOLEMN. | MAY 31/AUG. 15

### QUEENSHIP OF THE B.V.M.

On October 11, 1954, Pius XII granted the desire of the faithful and instituted the feast of the Queenship of Mary.

- ✓ Attend E.F. Mass for Mary's Queenship
- Crown your B.V.M. icons at home, or participate in a May crowning at church
- Observe the constellation Coma Berenices and find the star "Diadem"—the crown of a gueen
- ✓ Sing the Salve Regina with special devotion to Mary Queen of Heaven
- ✓ Read from Gueranger's The Liturgical Year

### 2ND CL./MEM. | AUG. 22/IUN. 20

### IMMACULATE HEART OF MARY

Dedicated to the joys and sorrows of the Mother of God, the feast occurs on the old calendar in August and new in June.

- ✓ Attend Mass for the Immaculate Heart
- ✓ Bring flowers to a Marian shrine
- ✓ Hang a painting of the Immaculate Heart
- Pray the Little Crown of the Blessed Virgin, or the Litany of Loreto
- Pray for the consecration of Russia to Our Lady's Immaculate Heart
- ✓ Pray Novena to the Immaculate Heart

### **DEVOTION IDEAS**

- ✓ Pray a Daily Rosary
- ✓ Pray the Little Office or Divine Office
- ✓ Fast on Wednesdays and Fridays
- ✓ Pray novenas leading up to feast days
- ✓ First Friday or First Saturday devotions
- ✓ Adoration and/or daily Mass
- ✓ Attend the T.L.M. four Sundays in a row
- ✓ Consecration to Jesus, Mary, or Joseph
- ✓ Go to frequent confession (~monthly)
- ✓ Increase tithing or almsgiving
- ✓ Other forms of penance or mortification

### AUGUST FEASTS AND DEVOTIONS

### 2ND CL./FEAST | AUGUST 24

### ST. BARTHOLOMEW

Bartholomew went willingly with Philip to see Christ, and recognized the Savior immediately as the Son of God.

- ✓ Attend Mass for St. Bartholomew
- ✓ Barbecue outside.
- ✓ Read a hagiography of Bartholomew
- ✓ Read from Gueranger's The Liturgical Year

### SUPPRESSED | AUGUST 28

### ST. AUGUSTINE

Augustine of Hippo, was a theologian, philosopher, and the bishop of Hippo Regius in Numidia, Roman North Africa.

- ✓ Attend Mass for St. Augustine
- ✓ Read from St. Augustine's Confessions
- ✓ Read a hagiography of Augustine
- ✓ Read from Gueranger's The Liturgical Year

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*	What blessings did you receive from the Lord today?															٠				
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BL	BLESSINGS What blessings did you receive from the Lord today?																			
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SII	SINS & SHORTCOMINGS  How did you impede God's grace in your life today?															y?				
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# APPOINTMENTS **DAILY CROSS** DAILY DEVOTIONS FA/FE: CA/PA: 1 2 3 TO DOS V > TASK ABC ① x **ISSUE TRACKER** ISSUE **ACTION NEEDED** NOTES

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## WEEKLY EXAMINATION

FC	LLO	W	IESU	JS		Die	l you	faith	fully	follo	w ou	r Lo	rd?	MASS PREPARATION
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					*	ř			8					☐ Finish shopping and work by Saturday night
us	E O	F TI	MF		Dic	VOII	make	the	hest	11SP ()	f voi	r tin	ne?	☐ Eat a nourishing dinner
0.5			IVIL		Dic	i you	manc	· tiic	Dest	use o	1 you	ii ciii	iic.	☐ Weekly Examination
			14									·		<ul> <li>Read Sunday propers and set missal ribbons</li> </ul>
														☐ Write a Mass Intention
GC	D'S	WI	LL			Did	l you	do G	od's	will c	r you	ır ov	vn?	☐ Dress and groom well
		×			*	9			*			×		<ul> <li>Start fast at 12 am (or 1-3 hours before Mass)</li> </ul>
	50		127		.0	22		**	10		20		2	☐ Arrive early to pray
CL	LADI	TV				Wone		ala a u	: 4 o lo 1		anda	مداده		☐ Complete Mass Review
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				•										
	¥3		33			-					60			MASS INTENTION
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TR	UST	IN	GO	D			Did	you	put y	our t	rust i	n Go	od?	
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## SECOND WEEK OF AUGUST 2022

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SII	INS & SHORTCOMINGS How did you impede God's grace in your life today?																			
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	55	2		100	20		12	21		8	100	55		10		0		650	73	
HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
							A	ст	OF C	оит	RITI	ON								
	ACT OF CONTRITION  O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell, but most of all because I love Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to confess my sins, to do penance, and to amend my life. Amen.																			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

			DAI	LY (	CRO	SS					APPOINTMENTS
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SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
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				sist me	ee gift e in red	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
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*	50	*	12	626	52		17	10	0	17		50	*			8	25	150	70	
SII	INS & SHORTCOMINGS How did you impede God's grace in your life today?																			
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							A	ст	OF C	оит	RITI	ON								
	ACT OF CONTRITION  O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell, but most of all because I love Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to confess my sins, to do penance, and to amend my life. Amen.																			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

AST:	RANK.	

			DA	ILY	CRO	SS					APPOINTMENTS
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		* 1		*			*				Matins (midnight) / Lauds (3 am)

SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
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				sist me	ee gift e in red	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	ESS	ING	S						W	hat b	lessir	ıgs d	id yo	u rec	eive f	rom	the I	ord t	oday	7?
*	BLESSINGS What blessings did you receive from the Lord toda														*1	٠				
															25	150	70			
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SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
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٠	40		14	(00)	×		12	60	×	×		*1		59		×		100	(1)	
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HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
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		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	s of Ho my lov	ell, bu e. I fii	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

			DA	ILY	CRO	SS					APPOINTMENTS
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SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
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				sist me	ee gift e in red	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	ESS	ING	S						W	hat b	lessir	ıgs d	id yo	u rec	eive f	rom	the I	ord t	oday	7?
*	BLESSINGS What blessings did you receive from the Lord toda														*1	٠				
															11	150	70			
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SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
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DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

		ı	DAILY	CRC	SS					APPOINTMENTS
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		51 1				51	100			
	*					8			11	Mary Carlotte (Inc.)
	*	40				**				Matins (midnight) / Lauds (3 am)

SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
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				sist me	ee gift e in red	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	ESS	ING	S						W	hat b	lessir	ıgs d	id yo	u rec	eive f	rom	the I	ord t	oday	7?
*	BLESSINGS What blessings did you receive from the Lord toda														*1	٠				
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SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
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HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
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		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	s of Ho my lov	ell, bu e. I fii	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

			DA	ILY	CRC	SS					APPOINTMENTS
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SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
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				sist me	ee gift e in red	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	ESS	ING	S						W	hat b	lessir	ıgs d	id yo	u rec	eive f	rom	the I	ord t	oday	7?
	BLESSINGS What blessings did you receive from the Lord toda														*1	٠				
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SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
				100	¥2		5	20	2	i i		22	×.					120	20	
٠	40		14	(00)	×		12	60	×	×		*1		59		×		100	(1)	
	55	2		100	20		12	21		8	100	55		10		0		650	73	
HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
							A	ст	OF C	оит	RITI	ON								
		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	s of Ho my lov	ell, bu e. I fii	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

			DA	ILY (	CRO	SS					<b>APPOINTMENTS</b>
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	*	8	12	8						11	Matine (midnight) / Laude / 2 am)
		40		*							Matins (midnight) / Lauds (3 am)

SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
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	50		12	676	2.5		2	10	*	10		10	*					550	11	2
				sist me	ee gift e in red	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	ESS	ING	S						W	hat b	lessir	ıgs d	id yo	u rec	eive f	rom	the I	ord t	oday	7?
	BLESSINGS What blessings did you receive from the Lord toda														*1	٠				
															11	150	70			
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SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
				100	¥2		5	20	2	i i		22	×.					120	20	
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	55	2		320	20		12	21		8	100	55		10		8		650	73	
HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
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		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	s of Ho my lov	ell, bu e. I fii	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

## WEEKLY EXAMINATION

FC	LLO	W	IESU	JS		Die	l you	faith	fully	follo	w ou	r Lo	rd?	MASS PREPARATION
	10		127		.00	22	100	20			20			1.11.11.5 1.11.11.11.11.11.11.11.11
					*	ř			8					☐ Finish shopping and work by Saturday night
us	E O	F TI	MF		Dic	VOII	make	the	hest	11SP ()	f voi	r tin	ne?	☐ Eat a nourishing dinner
0.5			IVIL		Die	i you	IIIak	· tiic	Dest	use o	1 you	ii ciii	iic.	☐ Weekly Examination
			14									·		<ul> <li>Read Sunday propers and set missal ribbons</li> </ul>
														☐ Write a Mass Intention
GC	D'S	WI	LL			Did	l you	do G	od's	will c	r you	ır ov	vn?	☐ Dress and groom well
		×			*	9			*			×		<ul> <li>Start fast at 12 am (or 1-3 hours before Mass)</li> </ul>
	50		127		.0	22		**	10		20		2	☐ Arrive early to pray
CL	LADI	TV				Wone		ala a u	: 4 o lo 1		anda	مداده		☐ Complete Mass Review
CF	IARI	11				WEIG	e you	CHai	Itable	etow	arus	Othe	:15:	
				•										
	¥3		33			-					60			MASS INTENTION
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	20		19	100	×	10		20			21	×		
	*		13											
FE	AR	OF (	GOD	)	D	id yo	u fea	r Goo	dor	did yo	ou fea	ır ma	an?	
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TH	E FI	ESI	н		Did	vou d	leny l	ust a	nd g	uard	vour	sens	es?	
				027										
	20		19					20				2		
TH	E TO	ONC	SUE			Did y	ou gu	iard y	your	tong	ue ca	reful	lly?	MASS REVIEW
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t			2		*		1000	*						
TR	UST	IN	GO	D			Did	you	put y	our t	rust i	n Go	od?	
						12								
			13											
GR	ATI	TUE	DE		W	ere yo	ou gra	atefu	l to (	God fo	or Hi	s gif	ts?	
	63	×			**	2		*	×	(*)	*	*	9	
			3		*		1000	*		(2)				

## THIRD WEEK OF AUGUST 2022

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SP	IRI	ΓUΑ	L LI	ESSC	ONS					Lis	st spir	itual	lesso	ons l	earne	d thr	ough	out t	he da	ay.
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BL	BLESSINGS What blessings did you receive from the Lord today?																			
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SP	IRI	ΓUΑ	L LI	ESSC	ONS					Lis	st spir	itual	lesso	ons l	earne	d thr	ough	out t	he da	ay.
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IN	TEN	ITIC	ON F	REVI	IEW					Н	ow di	d yo	u do	with	today	y's sp	iritua	al int	entio	n? 
BL	BLESSINGS What blessings did you receive from the Lord today?																			
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HE	AR'	T-F	ocu	S						6	Wher	e wa	s you	ır he	art to	day?	Was	it wit	h Go	d?
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DA	ILY	IN.	TEN	тю	N		Resc	olve to	o bec	ome	a sair	nt. Se	et a sj	piritu	ıal in	tenti	on fo	r ton	10rro	w.
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	*					8			11	Mary Carlotte (Inc.)
	*	40				**				Matins (midnight) / Lauds (3 am)

SP	IRI	ΓUΑ	L LI	ESSC	ONS					Lis	st spir	itual	lesso	ons l	earne	d thr	ough	out t	he da	ay.
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				ssist n	ree gij 1e in r	ft of tl ecogn	he Fat izing	her an any ol	d Son	, and betw	God H reen me I may g	limsel e and	f, I be Thee :	g The so tha	e to en	Thy				
IN	TEN	ITIC	ON F	REVI	IEW					Н	ow di	d yo	u do	with	today	y's sp	iritua	al int	entio	n? 
BL	BLESSINGS What blessings did you receive from the Lord today?																			
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HE	AR'	T-F	ocu	S						6	Wher	e wa	s you	ır he	art to	day?	Was	it wit	h Go	d?
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		d	read t	he loss	of He	eaven nd des	and ti servinț	he pai g of al	ns of l l my le	Hell, b	ded The out mos firmly nd to a	st of a resolv	ll beco	ause I the h	love T telp of	hee, n	ıy God	d,		
DA	ILY	IN.	TEN	тю	N		Resc	olve to	o bec	ome	a sair	nt. Se	et a sj	piritu	ıal in	tenti	on fo	r ton	10rro	w.
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SP	IRI	ΓUΑ	L LI	ESSC	ONS					Lis	st spir	itual	lesso	ons l	earne	d thr	ough	out t	he da	ay.
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IN	TEN	ITIC	ON F	REVI	IEW					Н	ow di	d yo	u do	with	today	y's sp	iritua	al int	entio	n? 
BL	BLESSINGS What blessings did you receive from the Lord today?																			
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SII	NS 8	k SF	IOR	тсс	МІІ	NGS				How	did y	ou ir	nped	e Go	d's gr	ace i	n you	ır life	toda	y?
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HE	AR'	T-F	ocu	S						6	Wher	e wa	s you	ır he	art to	day?	Was	it wit	h Go	d?
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		d	read t	he loss	of He	eaven nd des	and ti servinț	he pai g of al	ns of l l my le	Hell, b	ded The out mos firmly nd to a	st of a resolv	ll beco	ause I the h	love T telp of	hee, n	ıy God	d,		
DA	ILY	IN.	TEN	тю	N		Resc	olve to	o bec	ome	a sair	nt. Se	et a sj	piritu	ıal in	tenti	on fo	r ton	10rro	w.
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		ı	DAILY	CRC	SS					APPOINTMENTS
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	(*)	61			(*)	*		*	10	
		51 1				51	100			
	*					8			11	Mary Carlotte (Inc.)
	*	40				**				Matins (midnight) / Lauds (3 am)

SP	IRI	ΓUΑ	L LI	ESSC	ONS					Lis	st spir	itual	lesso	ons l	earne	d thr	ough	out t	he da	ay.
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				ssist n	ree gij 1e in r	ft of tl ecogn	he Fat izing	her an any ol	d Son	, and betw	God H reen me I may g	limsel e and	f, I be Thee :	g The so tha	e to en	Thy				
IN	TEN	ITIC	ON F	REVI	IEW					Н	ow di	d yo	u do	with	today	y's sp	iritua	al int	entio	n? 
BL	BLESSINGS What blessings did you receive from the Lord today?																			
	What blessings did you receive from the Lord today?																			
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SII	NS 8	k SF	IOR	тсс	МІІ	NGS				How	did y	ou ir	nped	e Go	d's gr	ace i	n you	ır life	toda	y?
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HE	AR'	T-F	ocu	S						6	Wher	e wa	s you	ır he	art to	day?	Was	it wit	h Go	d?
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		d	read t	he loss	of He	eaven nd des	and ti servinț	he pai g of al	ns of l l my le	Hell, b	ded The out mos firmly nd to a	st of a resolv	ll beco	ause I the h	love T telp of	hee, n	ıy God	d,		
DA	ILY	IN.	TEN	тю	N		Resc	olve to	o bec	ome	a sair	nt. Se	et a sj	piritu	ıal in	tenti	on fo	r ton	10rro	w.
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SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
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				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	LESSINGS What blessings did you receive from the Lord today?															7?				
	ESSINGS What blessings did you receive from the Lord today?																			
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SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
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HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
							Δ	ст	OF C	оит	RITI	ON								
		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	s of Ho my lov	ell, bu e. I fii	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

# WEEKLY EXAMINATION

FC	LLO	W	IESU	JS		Die	l you	faith	fully	follo	w ou	r Lo	rd?	MASS PREPARATION
	10		127		.00	22	100	20			20		2	1.11.11.5 1.11.11.11.11.11.11.11.11
					*	ř			8					☐ Finish shopping and work by Saturday night
us	E O	F TI	MF		Dic	VOII	make	the	hest	11SP ()	f voi	r tin	ne?	☐ Eat a nourishing dinner
03			IVIL		Dic	i you	manc	· tiic	Dest	use o	1 you	ii ciii	iic.	☐ Weekly Examination
			14									·		<ul> <li>Read Sunday propers and set missal ribbons</li> </ul>
														☐ Write a Mass Intention
GC	D'S	WI	LL			Did	l you	do G	od's	will c	r you	ır ov	vn?	☐ Dress and groom well
		×			*	9			*			×		<ul> <li>Start fast at 12 am (or 1-3 hours before Mass)</li> </ul>
	50		127		.0	22		**	10		20		2	☐ Arrive early to pray
CL	LADI	TV				Wone		ala a u	: 4 o lo 1		anda	مداده		☐ Complete Mass Review
CF	IARI	11				WEIG	e you	CHai	Itable	etow	arus	Othe	:15:	
				•										
	¥3		33			-					60			MASS INTENTION
PR	AYE	R				Did	you	say y	our p	oraye	rs wit	h ca	re?	
	21		19	100	×	10		20			21	×		
	*		13											
FE	AR	OF (	GOD	)	D	id yo	u fea	r Goo	dor	did yo	ou fea	ır ma	an?	
	10		127	535	*	35		8	35		**	8		
				٠										
TH	E FI	ESI	н		Did	vou d	leny l	ust a	nd g	uard	vour	sens	es?	
				027										
	20		19					20				2		
TH	E TO	ONC	SUE			Did y	ou gu	iard y	your	tong	ue ca	reful	lly?	MASS REVIEW
	*:				*	25		*	$\sim$	(*)	*	*	2.0	
t			2		*		1000	*		2				
TR	UST	IN	GO	D			Did	you	put y	our t	rust i	n Go	od?	
						12								
			13									2		
GR	ATI	TUE	DE		W	ere yo	ou gra	atefu	l to (	God fo	or Hi	s gif	ts?	
	63	×	11		**	2		*	×	(*)	*	*	9	
			3		*		1000	*		(2)				

### FOURTH WEEK OF AUGUST 2022

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			DA	ILY	CRO	SS					APPOINTMENTS
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SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
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	50		12	676	2.5		2	10	*	10		10	*					550	11	2
				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	LESSINGS What blessings did you receive from the Lord today?															7?				
	ESSINGS What blessings did you receive from the Lord today?																			
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SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
				100	V.		5	20	2	i i		22	×.					120	20	
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	55	2		320	20		12	21		8	100	55		10		8		650	70	
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		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	s of Ho my lov	ell, bu e. I fii	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

			DA	ILY	CRC	SS					APPOINTMENTS
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SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
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				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	LESSINGS What blessings did you receive from the Lord today?															7?				
	ESSINGS What blessings did you receive from the Lord today?																			
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SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
				100	V.		5	20	2	i i		22	×.					120	20	
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	55	2		320	20		12	21		8	100	55		10		8		650	73	
HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
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DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
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			DA	ILY	CRO	SS					APPOINTMENTS
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		DA	AILY	DE	VOT	ION	15				
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SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
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IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	LESSINGS What blessings did you receive from the Lord today?															7?				
	ESSINGS What blessings did you receive from the Lord today?																			
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SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
				100	V.		5	20	2	i i		22	×.					120	20	
٠	10		14	(00)	×		12	60	×	×		*1		59		×		100	(1)	
	55	2		320	20		12	21		8	100	55		10		8		650	73	
HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
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		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	s of Ho my lov	ell, bu e. I fii	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

			DAI	LY	CRO	SS					APPOINTMENTS
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DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
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# WEEKLY EXAMINATION

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					*	ř			8					☐ Finish shopping and work by Saturday night
us	E O	F TI	MF		Dic	VOII	make	the	hest	11SP ()	f voi	r tin	ne?	☐ Eat a nourishing dinner
03			IVIL		Dic	i you	manc	· tiic	Dest	use o	1 you	ii ciii	iic.	☐ Weekly Examination
			14									·		<ul> <li>Read Sunday propers and set missal ribbons</li> </ul>
														☐ Write a Mass Intention
GC	D'S	WI	LL			Did	l you	do G	od's	will c	r you	ır ov	vn?	☐ Dress and groom well
		×			*	9			*			×		<ul> <li>Start fast at 12 am (or 1-3 hours before Mass)</li> </ul>
	50		127		.0	22		**	10		20		2	☐ Arrive early to pray
CL	LADI	TV				Wone		ala a u	: 4 o lo 1		anda	مداده		☐ Complete Mass Review
CF	IARI	11				WEIG	e you	CHai	Itable	etow	arus	Othe	:15:	
				•										
	¥3		33			-					60			MASS INTENTION
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# FIFTH WEEK OF AUGUST 2022

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DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
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			DA	ILY	CRC	SS					<b>APPOINTMENTS</b>
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BL	ESS	ING	S						W	hat b	lessir	ıgs d	id yo	u rec	eive f	rom	the I	ord t	oday	7?
	LESSINGS What blessings did you receive from the Lord today?																			
*	.ESSINGS What blessings did you receive from the Lord today?																			
SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
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	ACT OF CONTRITION  O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell, but most of all because I love Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to confess my sins, to do penance, and to amend my life. Amen.																			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

			DA	ILY	CRC	SS					APPOINTMENTS
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SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	ie da	у.
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IN.	TEN	тю	N R	EVI	EW					Ho	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
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DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	entio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	), I A	MT	HINI	E"	and!	. TL		1	12			

# APPOINTMENTS **DAILY CROSS** DAILY DEVOTIONS FA/FE: CA/PA: 1 2 3 TO DOS V > TASK ARC (J) X **ISSUE TRACKER** ISSUE **ACTION NEEDED** NOTES

SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	ie da	у.
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				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	Son, e tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Ho	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	ESS	ING	S						W	hat b	lessin	ıgs d	id yo	u rec	eive f	rom	the I	ord t	oday	7?
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		•	*						*	*										
SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	ow d	lid yo	u im	pede	God	l's gra	ce in	youi	life t	today	7?
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		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	of He ny lov	ell, bu e. I fir	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	entio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	), I A	MT	HINI	E"	and!	. TL		1	12			

			DA	ILY	CRO	SS					<b>APPOINTMENTS</b>
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		40		*			*				Matins (midnight) / Lauds (3 am)

SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	ie da	у.
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IN.	TEN	тю	N R	EVI	EW					Ho	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	ESS	ING	S						W	hat b	lessin	ıgs d	id yo	u rec	eive f	rom	the I	ord t	oday	7?
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DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	entio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	), I A	MT	HINI	E"	and!	. TL		1	12			

			DA	ILY (	CRO	SS					<b>APPOINTMENTS</b>
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		40		*							Matins (midnight) / Lauds (3 am)

SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	ie da	у.
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				sist m	ee gift e in rec	of the	e Fath zing a	er and ny obs	Son, e tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Ho	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	ESS	ING	S						W	hat b	lessin	ıgs d	id yo	u rec	eive f	rom	the I	ord t	oday	7?
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SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	ow d	lid yo	u im	pede	God	l's gra	ce in	youi	life t	today	7?
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		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	of He ny lov	ell, bu e. I fir	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	entio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	), I A	MT	HINI	E"	and!	. TL		1	12			

		ı	DAILY	CRC	SS					APPOINTMENTS
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	*	£0				**				Matins (midnight) / Lauds (3 am)

SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	ie da	у.
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IN.	TEN	тю	N R	EVI	EW					Ho	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	ESS	ING	S						W	hat b	lessin	ıgs d	id yo	u rec	eive f	rom	the I	ord t	oday	7?
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*	50	*	2	626	52		17	10	10	25	120	50	*			81	25	150	20	•
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SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	ow d	lid yo	u im	pede	God	l's gra	ce in	youi	life t	today	7?
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HE	ARI	r-FO	CU	S						V\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	l?
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		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	of He ny lov	ell, bu e. I fir	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	entio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	), I A	MT	HINI	E"	and!	. TL		1	12			

# WEEKLY EXAMINATION

FC	LLC	W	ESU	JS		Die	l you	faith	fully	follo	w ou	r Lo	rd?	MASS PREPARATION
	10		127		.00	22	100	2			20			1.11.11.8.8.1.11.8.1.1.11.11.11.11.11.11
			•		*	ř			8				•	☐ Finish shopping and work by Saturday night
us	EO	F TI	MF		Dic	VOII	make	the	hest	11SP 0	f voi	r tin	ne?	☐ Eat a nourishing dinner
-					Die	. you	munc	· tire	Desc	uoc o	1 ,00			☐ Weekly Examination
			14									·		<ul> <li>Read Sunday propers and set missal ribbons</li> </ul>
														☐ Write a Mass Intention
GC	D'S	WI	LL			Did	l you	do G	od's	will o	r you	ır ov	vn?	☐ Dress and groom well
	*0				*	9			*			×		<ul> <li>Start fast at 12 am (or 1-3 hours before Mass)</li> </ul>
	10		127		.0	22		20	10	*	20		12	☐ Arrive early to pray
CL	LAD	TV				Wone		ala a m	: 4 o lo 1		anda	مداده		☐ Complete Mass Review
CF	IAR					WEIG	e you	CHai	Itable	etow	arus	Othe	15:	
				•										
	¥3	×		100		-					60			MASS INTENTION
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	20	7	19	100	×	12					21	×	- 54	
	**													
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#### SEPTEMBER 2022

#### MONTH OF THE SEVEN DOLOURS (SORROWS) OF MARY

The month of September is dedicated to Our Lady of Sorrows. This title of the Blessed Mother focuses on her intense suffering and grief during the passion and death of our Lord.

#### START OF MONTH

MONTHLY IN	IENTION	State a spiritual intentio	on to unite yourself to the Church
DEVOTIONS		Plan your mai	n devotions and make a prayer pla
EVENT	DATE	DEVOTIONS	PRAYER PLAN
			М
			<b>A</b>
			E
GOALS	Plan pro	ogress on your Seasonal Goa	ls. MONTH KICKOFF
GOAL		TO-DOS	Do Monthly Reflection Set Monthly Intention Plan Month Devotions Make a Prayer Plan Plan parish/local feasts Plan Goal progress Use Monthly Calendar to plan your month
		END OF MONTH	
	FLECTION	Reflect on blessings and (	God-given challenges of this mon

### SEPTEMBER 2022

	SUN	DAY		MOND	AY	TUESE	DAY	WEDN	IESDAY
4	FA 12am- Mass	令	<b>®</b>	5	€	6	₩	<b>(</b> )	E
				Labor Day (USA)					
	th Sunday Third Sund			St. Laurence Justinian [ Weekday	III]	Feria [IV] Weekday		Feria [IV] Weekday	
11	FA 12am- Mass	<b>宁</b>	(A)	12	(A)	13	<b>&amp;</b>	14	E
			tecost [II]	The Most Holy Name of		Feria[IV]		The Exaltation of t	the Holy Cross [II]
Twenty- Time	Fourth Sur	day in Or	dinary	Weekday / The Most Hi Mary [OM]	oly Name of	St. John Chrysostom [	M]	The Exaltation of t	the Holy Cross [F]
18	FA 12am- Mass	令	(B)	19	€}	20	₩.	21 FA+ PA	<b>(4)</b>
Fifteent	h Sunday a	fter Pente	cost [II]	St. Januarius & Compar	nions [III]	Feria [IV] / St. Eustace	& Companions [C]	St. Matthew [II] / E September [C]	Ember Wednesday
Twenty-	Fifth Sund	ay in Ordi	nary Time	Weekday / St. Januarius	s [OM]	Sts. Andrew Kim Tae-g Ha-song and Compani	gon and Paul Chong ions [M]	St. Matthew [F]	
25	FA 12am- Mass	宁	(B)	26	(3)	27	&	28	G
	th Sunday a Sixth Sund			Feria [IV] / Sts. Cyprian Isaac Jogues & Compan Weekday / Sts. Cosmas [OM]	& Justina / Sts. ions (USA) [C] and Damian	Sts. Cosmas and Dami		St. Wenceslaus [III Weekday / St. Wer Ruiz [OM]	

THURSDA	AY	:	FRIE	DAY			SATU	RDA	1
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Feria [IV] / The Holy Twelv St. Giles (C)	e Brothers,		nen of Hung	ary [III]		St. Pius			
Weekday 8	(3)	Weekda	CA		斜	St. Greg	ory the Gre	eat [M]	
The Nativity of the Blessec [II] / St. Hadrian [C]		Feria (IV	Ŋ∕St. Peter onius [C]	Claver (U:			olas of Tole	antino (IIII)	
[II] / St. Hadrian [C] The Nativity of the Blessed Mary [F]	l Virgin		onius [C] r Claver (US/					Virgin Ma	ry[OM]
15	@	16	CA	91-1	(2)	17	y / Bicasco	* II BITTING	@
Seven Sorrows of the Bless Mary [II] / St. Nicomedes [C Our Lady of Sorrows [M]	sed Virgin		elius and St. ia, Lucy and nelius and C			Our Lad of the S Weekda Hildega	y on Sature ecred Stign y / St. Roberd of Binge	day [IV] / In nata of St. F ert Bellarm n / B.V.M. [4	npression rancis [C] ine / St. OM]
22		23	FA+ CA	<b>(+)</b>	**	24	FA+ PA	$\oplus$	
St. Thomas of Villanova [III Maurice and Companions [	] / Sts. [C]	Ember F Linus [C	riday of Sep ]	tember [II	]/St.	Ember S Lady of	aturday of Ransom [C	September ]	r[II]/Our
Weekday		St. Pius	of Pietrelcin	a [M]		Weekda	y/B.V.M.		
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The Dedication of St. Mich Archangel [1] Sts. Michael, Gabriel and R		St. Jeror							
Archangels [F]		St. Jeroi	ne [rei]						

## KEY

Holy day of obligation

1<sup>2</sup> Octave day

FA Fasting (with

CA Complete or partial abstinence

FA Fasting or

feasting

Ember days

... Rogation days

First

Wednesdays

First Thursdays

First Fridays

First Saturdays

Rosary tracker

#### SEPTEMBER FEASTS AND DEVOTIONS

#### 2ND CL /FEAST | SEPTEMBER 8

#### NATIVITY OF THE R V M

Nine months ago, Mary was immaculately conceived in the womb of her mother. St. Anne. by St. Joachim.

- ✓ Attend Mass for the Nativity of Mary
- ✓ Bake a cake for Mary's birthday
- Read St. John Damascene's Sermon I on the Dormition of Mary
- Read from Gueranger's The Liturgical Year
- Pray the Little Crown of the Blessed Virgin, or the Litany of Loreto
- ✓ Pray the Prayer to Maria Bambina

#### 2ND CL /FEAST | SEPTEMBER 14

# EXALTATION OF THE HOLY CROSS

Also called "Roodmas", this day recalls the dedication of the Basilica of the Resurrection and also the true Cross.

- ✓ Attend Mass for the Holy Cross
- ✓ Place a cross in your garden and bless it.
- ✓ Sing "Vexilla Regis" before your garden cross
- Cook with basil and tell the story of St. Helena's finding of the true cross on a hill covered in sweet basil
- ✓ Read from Gueranger's The Liturgical Year

#### 2ND CL./MEM. | SEPTEMBER 15

### SEVEN SORROWS OF THE B.V.M.

Dedicated to the spiritual martyrdom of the Mother of God, and her compassion with the sufferings of her Divine Son.

- ✓ Attend Mass for the Seven Sorrows
- ✓ Bring flowers to a Marian shrine
- ✓ Read St. Alphonsus Liguori's Discourse IX of The Dolours of Mary
- ✓ Read from Gueranger's The Liturgical Year
- Pray the Little Crown of the Blessed Virgin, or the Litany of Loreto
- Pray the Chaplet of the Seven Sorrows

#### 2ND CL./FEAST | SEPTEMBER 21

#### ST. MATTHEW

St. Matthew the Apostle was the first to put down in writing our Lord's teaching and the account of His life.

- Attend Mass for St. Matthew
- Read from St. Matthew's Gospel with friends and family
- ✓ Read a hagiography of Matthew
- ✓ Read from Gueranger's The Liturgical Year

#### 2ND CLASS | SEPTEMBER 21, 23, 24

#### MICHAELMAS EMBER DAYS

Every season, during Ember Days, the Church thanks God for the fruits of the earth and for human labor

- ✓ Attend E.F. Mass on Ember Days
- Spend time in nature and consider our role as stewards
- ✓ Give thanks for the grape harvest
- ✓ Spend time reflecting/planning for season
- ✓ Fast on Ember Days
- Pray for priestly vocations, children, and safe deliveries of newborns

### **DEVOTION IDEAS**

- Pray a Daily Rosary
- ✓ Pray the Little Office or Divine Office
- ✓ Fast on Wednesdays and Fridays
- ✓ Pray novenas leading up to feast days
- ✓ First Friday or First Saturday devotions
- ✓ Adoration and/or daily Mass
- ✓ Attend the T.L.M. four Sundays in a row
- ✓ Consecration to Jesus, Mary, or Joseph
- ✓ Go to frequent confession (~monthly)
- ✓ Increase tithing or almsgiving
- ✓ Other forms of penance or mortification

### SEPTEMBER FEASTS AND DEVOTIONS

1ST CLASS | SEPTEMBER 29

# ST. MICHAEL THE ARCHANGEL (MICHAELMAS)

Also called "Michaelmas", the day honors St. Michael the Archangel, whose name in Hebrew means, "Who is Like God?"

- ✓ Attend F F Mass for St Michael
- Decorate the house with Asters/daisies ("Michaelmas Daisies")
- ✓ Cook roast Goose, St. Michael's Bannock, and Blackberry Crumble; Apple Dolls!
- ✓ Buy a St. Michael statue and receive a blessing
- ✓ Pray Novena to St. Michael

FEAST | SEPTEMBER 29

#### FEAST OF THE HOLY ARCHANGELS

Today, the new calendar celebrates the feast of the three archangels who are venerated in the tradition of the Church

- ✓ Attend O.F. Mass for the Holy Archangels
- Read passages in the Bible and Catechism about angels and archangels
- ✓ Decorate the house with Asters/daisies ("Michaelmas Daisies")
- ✓ Cook roast Goose, St. Michael's Bannock, and Blackberry Crumble; Apple Dolls!
- Memorize the prayer to St. Michael the Archangel

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*	*0	*	SK.		8.		19	41			*	e	*				٠		*1	٠
*	50	*	2	626	52		17	10	0	17		50	*			8	11	150	70	
		•	*						8	1										*
SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
				100	¥2		5	20	2	i i		22	×.					120	20	
٠	40		14	(00)	×		12	60	×	×		*1		59		×		100	(1)	
	55	2		320	20		12	21		8		55		10		8		650	73	
HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
							A	ст	OF C	оит	RITI	ON								
		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	s of Ho my lov	ell, bu e. I fii	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

			DA	LY	CRO	SS					<b>APPOINTMENTS</b>
											Prime
		DA	ILY	DE	VOT	ION	IS			6	
EA	/FE:				CA/F	٥٨.				_	
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		18	330		RAC	KEK					
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				NO.	TES					8	Compline
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1.80	(8)	57				(0)			*	10	
		51					-	100			
	*		9	*			8	*		11	
		F1		*			*				Matins (midnight) / Lauds (3 am)

SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
	¥0	141	÷.		×	9		ė	i.			¥0	100	7.0		¥2			*.	×
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*					×			7							÷		*			
	20		4		r			25				20	v			20		127	21	v
	•0		×	100	*		19	40								*:	*		*:	*
	50		12	676	2.5		2	10	*	10		10	*					550	11	2
				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	ESS	ING	S						W	hat b	lessir	ıgs d	id yo	u rec	eive f	rom	the I	ord t	oday	7?
*	*0	*	SK.		8.		19	41			*	e	*				٠		*1	٠
*	50	*	2	626	52		17	10	0	17		50	*			8	11	150	70	
		•	*						8	1										*
SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
				100	¥2		5	20	2	i i		22	×.					120	20	
٠	40		14	(00)	×		12	60	×	×		*1		59		×		100	(1)	
	55	2		100	20		12	21		8		55		10		8		650	73	
HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
							A	ст	OF C	оит	RITI	ON								
		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	s of Ho my lov	ell, bu e. I fii	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

		ı	DAILY	CRC	SS					APPOINTMENTS
										Prime
		DA	IV D	EVOT		16			6	*******************
		DA	LY D	EVOI	ION	15				
FA	/FE:			CA/	PA:				7	
1										
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			ТО	DOS						
#	ABC			TASK				→ ×	10	
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									2	None
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		IS	SUE 1	RAC	KER	Ł			4	
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77	15	330L			110		LDLL		5	Vaccours
										Vespers
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			NC	) I E 3						Compline
*	8			٠					9	******************
						-				
	(*)	61			(*)	*		*	10	
		51 1				51	100			
	*					8	,		11	Mary Carlotte (Inc.)
	*	40				**				Matins (midnight) / Lauds (3 am)

SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
	¥0	141	÷.		×	9		ė	i.			¥0	100	7.0		¥2			*.1	×
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*					×			7							÷		*			
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	•0		×	100	*		19	40								*:	*		*:	*
	50		12	676	2.5		2	10	*	10		10	*					550	11	2
				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	ESS	ING	S						W	hat b	lessir	ıgs d	id yo	u rec	eive f	rom	the I	ord t	oday	7?
*	LESSINGS What blessings did you receive from the Lord today?																			
*	virial diessings did you receive from the Lord today?																			
		•	*						8	1										*
SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
				100	¥2		5	20	2	i i		22	×.					120	20	
٠	40		14	(00)	×		12	60	×	×		*1		59		×		100	(1)	
	55	2		100	20		12	21		8		55		10		8		650	73	
HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
							A	ст	OF C	оит	RITI	ON								
		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	s of Ho my lov	ell, bu e. I fii	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

Matins (midnight) / Lauds (3 am)

			DA	ILY	CRO	SS					APPOINTMENTS
		D	AILY	DE	νоτ	ION	ıs			6	Prime
100	*****										
	/FE:				CA/F	PA:				7	
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				101	oos						
#	ABC			1	ASK				×	10	
										- 20020	
										11	Sexi
										12	
										1	
										2	None
											None
										3	
			ISSU	E T	RAC	KER				4	
		ssu	E		۸۲	TIO	N NE	EDEL			
		330	_		AC	1101	N INE	EDEL		5	
											Vespers
										6	
										7	
										8	
				NO.	IES						Compline
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		ii.		2			V				
180	(*)	*		*					*	10	
	*	*		*			5				
	*	2					1		*	11	

SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
	¥0	141	÷.		×	9		ė	i.			¥0	100	7.0		¥2			*.1	×
٠	•	*	i.e		×	*	i e	40	*			87	×	12	٠	*			•	*
*					×			7							÷		*			
	20		4		r			25				20	v			20		127	21	v
	•0		×	100	*		19	40								*:	*		*:	*
	50		12	676	2.5		2	10	*	10		10	*					250	11	2
				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Но	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	ESS	ING	S						W	hat b	lessir	ıgs d	id yo	u rec	eive f	rom	the I	ord t	oday	7?
	LESSINGS What blessings did you receive from the Lord today?																			
*	virial diessings did you receive from the Lord today?																			
		•							8	1										*
SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
				100	¥2		5	20	2	i i		22	×.					120	20	
٠	10		14	(00)	×		12	60	×	×		*1		59		×		100	(1)	
	55	2		100	20		12	21		8		55		10		0		650	73	
HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
							A	ст	OF C	оит	RITI	ON								
		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	s of Ho my lov	ell, bu e. I fii	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

			DA	ILY	CRO	SS					<b>APPOINTMENTS</b>
										6	Prime
		D	AILY	DE	VOT	ION	S			U	
FA	/FE:				CA/P	A:				7	
1										,	
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#	ABC			Т	ASK				→ ×	10	
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			1330	E 11	ACI	LEK					
	1	ISSU	E		AC1	LION	1 NE	EDE	)	5	
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1.50	8	55	15	20	(10)	15	5.	100		9	***************************************
		**							*		
	٠	*1		٠						10	
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							1	,		11	
		(0)	19	*			*3				Matins (midnight) / Lauds (3 am)

SP	IRI	ΓUΑ	L LI	ESSC	ONS					Lis	st spir	itual	lesso	ons l	earne	d thr	ough	out t	he da	ay.
	40	141	÷.			-	10	41				20		1.0		**			*1	×
٠	•		2.8		*		07	10	*	9		87	*	176	٠	*			•3	*
*																	٠			4
	20	v	10		27		15	20			100	70	v			20	10		20	*
	0						10	41	*	×			×				*		*1	*
	57		12		2.0		12	2.0		10	10.70	51	4		0.00	81	12	1.5	211	*
							) A D /	\TIO	N F	\D F	VEN	INC	EV A	MEI	ı.					
				ssist n	ree gij 1e in r	ft of tl ecogn	he Fat izing	her an any ol	d Son	, and betw	God H reen me I may g	limsel e and	f, I be Thee :	g The so tha	e to en	Thy				
IN	TEN	ITIC	ON F	REVI	IEW					Н	ow di	d yo	u do	with	today	y's sp	iritua	al int	entio	n? 
BL	ESS	ING	S						V	Vhat	blessi	ings	did y	ou re	eceive	fron	n the	Lord	l toda	ıy?
		٠	100		*		19	41	*				×						*1	*
*	5		2	1000	8	*		27.	8		100	5		17	(*)	2	12	10.00	20	
٠		٠	17				9	P	8				•				3	٠		
SII	NS 8	k SH	IOR	тсс	МІІ	NGS				How	did y	ou ir	nped	e Go	d's gr	ace i	n you	ır life	toda	y?
	2		12		10	×	S	23	¥	S		20	¥		7.0	T)	12		20	9
٠	6	*	1.0		*		10	*0	*		(4)	*	*			*	98		*0	*
	57	21	12	350			12	11		8	1050	51	2	15	1.50	50	65	950	511	
HE	AR'	T-F	ocu	S						6	Wher	e wa	s you	ır he	art to	day?	Was	it wit	h Go	d?
											TRIT									
		d	read t	he loss	of He	eaven nd des	and ti servinț	he pai g of al	ns of l l my le	Hell, b	ded The out mos firmly nd to a	st of a resolv	ll beco	ause I the h	love T telp of	hee, n	ıy God	d,		
DA	ILY	IN.	TEN	тю	N		Resc	olve to	o bec	ome	a sair	nt. Se	et a sj	piritu	ıal in	tenti	on fo	r ton	10rro	w.
			, ,		rd .	1.		'LOR	D, I	АМ	THIN	۱E'	,	l to opt		1	. 1:			

# WEEKLY EXAMINATION

FC	LLO	W	IESU	JS		Die	l you	faith	fully	follo	w ou	r Lo	rd?	MASS PREPARATION
	10		127		.00	22	100				20		2	1.11.11.5 1.11.11.11.11.11.11.11.11
					*	ř			8					☐ Finish shopping and work by Saturday night
us	E O	F TI	MF		Dic	VOII	make	the	hest	11SP ()	f voi	r tin	ne?	☐ Eat a nourishing dinner
0.5			IVIL		Dic	i you	manc	· tiic	Dest	use o	1 you	ii ciii	iic.	☐ Weekly Examination
			14									·		<ul> <li>Read Sunday propers and set missal ribbons</li> </ul>
														☐ Write a Mass Intention
GC	D'S	WI	LL			Did	l you	do G	od's	will c	r you	ır ov	vn?	☐ Dress and groom well
		×			*	9			*			×		<ul> <li>Start fast at 12 am (or 1-3 hours before Mass)</li> </ul>
	50		127		.0	22		**	10		20		2	☐ Arrive early to pray
CL	LADI	TV				Wone		ala a u	: 4 o lo 1		anda	مداده		☐ Complete Mass Review
CF	IARI	11				WEIG	e you	CHai	Itable	etow	arus	Othe	:15:	
				•										
	¥3		33			-					60			MASS INTENTION
PR	AYE	R				Did	you	say y	our p	oraye	rs wit	h ca	re?	
	21		19	100	×	10		20			21	×		
	*		13											
FE	AR (	OF (	GOD	)	D	id yo	u fea	r Goo	dor	did yo	ou fea	ır ma	an?	
	10		127	535	*	35		8	35		**	8		
				٠										
TH	E FI	ESI	н		Did	vou d	leny l	ust a	nd g	uard	vour	sens	es?	
				027										
	20		19					20				2		
TH	E TO	ONC	SUE			Did y	ou gu	iard y	your	tong	ue ca	reful	lly?	MASS REVIEW
	*:				*	25		*	$\sim$	(*)	*	*	2.0	
t			2		*		1000	*						
TR	UST	IN	GO	D			Did	you	put y	our t	rust i	n Go	od?	
						12								
			13									2		
GR	ATI	TUE	DE		W	ere yo	ou gra	atefu	l to (	God fo	or Hi	s gif	ts?	
	63	×	10		**	2		*	×	(*)	*	*	9	
			2		*		1000	*		(2)				

## SECOND WEEK OF SEPTEMBER 2022

LES	SON	IS L	EAR	NEI	D		W	hat i	majo	or spi	ritu	al a	nd lif	fe les	sons	did y	ou l	earn	last	week?
*				10				9	0	22										
								ė.	ř	8		,								
*()				•		*		6	×			×	*							
AD.	JUST	ГМЕ	NTS	<b>5</b>			Ва	ised	on t	his, h	low	will	you	char	nge y	our a	ppro	ach	this	week?
			P	ERS	ON	ΑL							S	IDE	PR	OJE	ст	S		
	What keep Per		r bas	ic pe	rsona	al coi	nmit	men				sine	esses.	, reci	eatio	be hon, cr up a	eativ	e pr	oject	
										125		8				٠				
	-		1	1			10			11.		v						-		¥
	*	*	×	×			*:		*		6	×:			14			**		
	50	*		12			53	*			10	0		12	12			20		
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		$\tilde{x}$					*	*	*		e	×			14			×	*	*
*	*	*		12			53			125	6	57		125				5	*	*
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	27	2		100			27					V		14				40	*	
	**	*	*	100			*:	*	2		0			191	19		. *	**	×	×
										1.5				,		(4)	1		٠	
		14/	00	///	oc/									cr		TUA				
C	comm	What nitme	will ent to	you you	do to	kee <sub>l</sub>	you er and	d/or	to n?			thi	s wee	youi k? U	spir	itual iis lis y spii	goal: t as y	our	sour	
	20	6		12	*		5):					11	8	70		32			89	
	27	9	¥	-			21	¥		0.0		211	2	v	0	12			2	
	*	*	*	19			41		7	100		£1	×		(4)	19			10	×
*	50	25		22		0.70	6	*		13.5		53	61	*		12		*	10	*
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620	20	6		12			21			125		57	*		(2)	**			88	

			DA	ILY	CRO	SS					APPOINTMENTS
									****	6	Prime
		DA	AILY	DE	VOT	101	15				
FA	/FE:				CA/I	PA:				7	
1											
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										12	
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				NO.	TES						Compline
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		27		2			v		*		
	٠	40				(4)	81		*	10	
	8	11	12				52				
		8		3			1	,		11	

Matins (midnight) / Lauds (3 am)

SP	IRI	ΓUΑ	L LI	ESSC	ONS					Lis	st spir	itual	lesso	ons l	earne	d thr	ough	out t	he da	ay.
	40	141	÷.			-	10	41				20		1.0		**			*1	×
٠	•		2.8		*		07	10	*	9		87	*	176	٠	*			•3	*
*																	٠			4
	20	v	10		27		15	20			100	72	v			25	10		20	*
	0						10	41	*	×			×				*		*1	*
	57		12		2.0		12	2.0		10	10.70	51	4		6.25	81	12	1.5	211	*
							) A D /	\TIO	N F	\D F	VEN	INC	EV A	MEI	ı.					
				ssist n	ree gij 1e in r	ft of tl ecogn	he Fat izing	her an any ol	d Son	, and betw	God H reen me I may g	limsel e and	f, I be Thee :	g The so tha	e to en	Thy				
IN	TEN	ITIC	ON F	REVI	IEW					Н	ow di	d yo	u do	with	today	y's sp	iritua	al int	entio	n? 
BL	ESS	ING	S						V	Vhat	blessi	ings	did y	ou re	eceive	fron	n the	Lord	l toda	ıy?
			100		*		19	41	*				×						*1	*
*	5		2	1000	8	*		27.	8		100	5		17	(*)	2	12	10.00	20	
٠		٠	17				9	P	8				•				3	٠		
SII	NS 8	k SH	IOR	тсс	МІІ	NGS				How	did y	ou ir	nped	e Go	d's gr	ace i	n you	ır life	toda	y?
	2		12		10	×	S	23	¥	S		20	¥		7.0	T)	12		20	9
٠	6	*	1.0		*		10	*0	*		(4)	*	*			*	98		*0	*
	57	21	12	350			12	11		8	1050	51	2	15	1.50	50	65	950	511	
HE	AR'	T-F	ocu	S						6	Wher	e wa	s you	ır he	art to	day?	Was	it wit	h Go	d?
											TRIT									
		d	read t	he loss	of He	eaven nd des	and ti servinț	he pai g of al	ns of l l my le	Hell, b	ded The out mos firmly nd to a	st of a resolv	ll beco	ause I the h	love T telp of	hee, n	ıy God	d,		
DA	ILY	IN.	TEN	тю	N		Resc	olve to	o bec	ome	a sair	nt. Se	et a sj	piritu	ıal in	tenti	on fo	r ton	10rro	w.
			, ,		rd .	1.		'LOR	D, I	АМ	THIN	۱E'	,	l to opt		1	. 1:			

			DA	ILY (	CRO	SS					<b>APPOINTMENTS</b>
		<b>D</b>	ΔΙΙΝ	/ DE	VOT	ION	· · · · · · · · · · · · · · · · · · ·			6	Prime
			AIL	DL	VOII		3				
FA	/FE:				CA/P	A: 				7	
1											
2										8	
3											Terce
										9	
				TO E	oos						
#	АВ	С		т	ASK				<b>→</b>	10	(
	5,000				2,2,2,2,2				×		
										11	
	0000										Sext
										12	
										1	
										2	
											None
										3	
										4	
			1550	JE TE	RACE	(ER					
		ISSU	JE		AC1	101	N NE	EDE	)	5	
											Vespers
										6	
										7	
										,	
				NOT	ΓES					8	Compline
		21	10	- A1			- 1	1000	- 0	9	
					The C	100					
5.812	(*)	- 57		*		(	-			10	
1.50		55	12	5	0.00						
	*	8	12	8			8			11	Matine (midnight) / Laude / 2 am)
		40		*							Matins (midnight) / Lauds (3 am)

SP	IRI	ΓUΑ	L LI	ESSC	ONS					Lis	st spir	itual	lesso	ons l	earne	d thr	ough	out t	he da	ay.
	40	101	÷.			-	10	41				20		1.0		**			*1	×
٠	•		2.8		*		07	10	*	9		87	*	176	٠	*			•3	*
*																	٠			4
	20	v	10		27		15	20			100	70	v			20	10		20	*
	0						10	41	*	×			×				*		*1	*
	57		12		2.0		12	2.0		10	10.70	51	4		0.00	81	12	1.5	211	*
							) A D /	\TIO	N F	\D F	VEN	INC	EV A	MEI	.ı					
				ssist n	ree gij 1e in r	ft of tl ecogn	he Fat izing	her an any ol	d Son	, and betw	God H reen me I may g	limsel e and	f, I be Thee :	g The so tha	e to en	Thy				
IN	TEN	ITIC	ON F	REVI	IEW					Н	ow di	d yo	u do	with	today	y's sp	iritua	al int	entio	n? 
BL	ESS	ING	S						V	Vhat	blessi	ings	did y	ou re	eceive	fron	n the	Lord	l toda	ıy?
		٠	100		*		19	41	*				×						*1	*
*	5		2	1000	8	*		27.	8		100	5		17	(*)	2	12	10.00	20	
٠		٠	17				9	P	8				•				3	٠		
SII	NS 8	k SF	IOR	тсс	МІІ	NGS				How	did y	ou ir	nped	e Go	d's gr	ace i	n you	ır life	toda	y?
	2		12		10	×	S	23	¥	S		20	¥		7.0	T)	12		20	9
٠	6	*	1.0		*		10	*0	*		(4)	*	*			*	98		*0	*
	57	21	12	350			12	11		8	1050	51	2	15	1.50	50	65	950	511	
HE	AR'	T-F	ocu	S						6	Wher	e wa	s you	ır he	art to	day?	Was	it wit	h Go	d?
											TRIT									
		d	read t	he loss	of He	eaven nd des	and ti servinț	he pai g of al	ns of l l my le	Hell, b	ded The out mos firmly nd to a	st of a resolv	ll beco	ause I the h	love T telp of	hee, n	ıy God	d,		
DA	ILY	IN.	TEN	тю	N		Resc	olve to	o bec	ome	a sair	nt. Se	et a sj	piritu	ıal in	tenti	on fo	r ton	10rro	w.
			, ,		rd .	1.		'LOR	D, I	АМ	THIN	۱E'	,	l to opt		1	. 1:			

			DA	ILY (	CRO	SS					<b>APPOINTMENTS</b>
		<b>D</b>	ΔΙΙΝ	/ DE	VOT	ION	· · · · · · · · · · · · · · · · · · ·			6	Prime
			AIL	DL	VOII		3				
FA	/FE:				CA/P	A: 				7	
1											
2										8	
3											Terce
										9	
				TO E	oos						
#	АВ	С		т	ASK				<b>→</b>	10	(
	5,000				2,2,2,2,2				×		
										11	
	0000										Sext
										12	
										1	
										2	
											None
										3	
										4	
			1550	JE TE	RACE	(ER					
		ISSU	JE		AC1	101	N NE	EDE	)	5	
											Vespers
										6	
										7	
										,	
				NOT	ΓES					8	Compline
		21	10	- A1			- 1	1000	- 0	9	
					The C	100					
5.812	(*)	- 57		*		(	-			10	
1.50		55	12	5	0.00						
	*	8	12	8						11	Matine (midnight) / Laude / 2 am)
		40		*							Matins (midnight) / Lauds (3 am)

SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	ie da	у.
	¥0	141	÷.		×	9		ė		1	3.43	¥0	100	7.0		×			*1	×
٠	•	*	i.e		×	*	i e	40		3		87	×	12	٠				*3	*
*					×			7							÷		*		÷	
	20		4		÷			25				20	v			21		127	27	÷
	•0		×	100	*		19	40		×						*	*		×	٠
	50		12	676	2.5		2	10		in.	10.70	10	*			21		550	NI.	
				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	Son, e tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Ho	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	ESS	ING	S						W	hat b	lessin	ıgs d	id yo	u rec	eive f	rom	the I	ord t	oday	7?
*	*0	*	SK.		8.		19	41				e	*			*	٠		*:	٠
*	50	*	12	626	52		17	10	10	25	120	50	*			81	25	150	20	•
		•	*						*	*										
SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	ow d	lid yo	u im	pede	God	l's gra	ce in	youi	life t	today	7?
				100	¥2		5	20		Si .		22	×.			20		120	20	
٠	10		14	(00)	×		12	60	×	×		*1		89		*:		100	40	
	55	2		100	20		12	21		e.	100	55		10		6)		650	10	
HE	ARI	r-FO	CU	S						V\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	l?
							A	ст	OF C	онт	RITI	ON								
		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	of He ny lov	ell, bu e. I fir	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	entio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	), I A	MT	HINI	E"	and!	. TL		1	12			

			DA	ILY	CRO	SS					APPOINTMENTS
											Prime
		_								6	
		D	AIL	Y DE	VOT	ION	15				
FA	/FE:				CA/I	PA:				7	
1											
2										8	
3											Terce
										9	
				ТО	DOS						
#	АВС	2		1	ΓASK				<b>→</b>	10	(
										11	
											Sext
										12	
									*****		
	3 10000								*****	1	
										2	
											None
	* ******								*****	3	
								•••••			
			ISSU	JE T	RAC	KER				4	
		1661	15		۸۵	TIO	N NE	EDEI			
		ISSU	) E		AC	110	NNE	EDEI	,	5	
											Vespers
										6	
										7	
				NO	TEC					8	
				NO	TES						Compline
*					*			٠		9	
		21	12								
100	*	40							٠	10	
	8	11.	12					100			
	9	6		8			8	,		11	
		80		*			*				Matins (midnight) / Lauds (3 am)

SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	ie da	у.
	¥0	141	0¥		×	9		ė		1	3.43	¥0	100	7.0		×			*1	×
٠	•	*	i.e		×	*	i e	40		3		87	×	12	٠				*3	*
*					×			7							÷		*		÷	
	20		4		÷			25				20	v			21		127	27	÷
	•0		×	100	*		19	**		×						*			×	٠
	50		12	676	2.5		2	10		10	10.70	10	*			*		250	NI.	
				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	Son, e tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Ho	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	ESS	ING	S						W	hat b	lessin	ıgs d	id yo	u rec	eive f	rom	the I	ord t	oday	7?
*	*0	*	SK.		8.		19	41				e	*			*	٠		*:	٠
*	50		2	626	52		17	10	10	25	120	50	*			81	25	150	20	•
		•							*	*										
SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	ow d	lid yo	u im	pede	God	l's gra	ce in	youi	life t	today	7?
				100	¥2		5	20		Si .		22	×.			20		120	20	
٠	10		14	(00)	×		19	60	×	×		*1		89		*:		100	40	
	55	2		100	20		12	21		e.	100	55		10		6)		650	10	
HE	ARI	r-FO	CU	S						V\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	l?
							Δ	ст	OF C	онт	RITI	ON								
		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	of He ny lov	ell, bu e. I fir	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	entio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	), I A	MT	HINI	E"	and!	. TL		1	12			

			DA	ILY	CRO	SS					APPOINTMENTS
											Prime
		-	A 113	, DE	VOT	101	16			6	*******************
		D	AILY	DE	VOT	ION	15				
FA	/FE:				CA/I	PA:				7	
1											
2										8	
3											Terce
										9	***************************************
				ТО	DOS						
#	ABC			1	ΓASK				→ )×	10	
										11	
											Sext
										12	
										1	*****************
										2	None
											None
	********									3	
			ISSU	ET	RAC	KER	1			4	
		ssu	F		ΔC	TIO	N NF	EDE	D		
	- 15	-	_		,,,				_	5	Vocase
											Vespers
										6	***************************************
										7	
				NO	TES					8	Constitution
				NO	IES						Compline
	8		19	*	٠			٠		9	******************
		27	12	2			77				
	(*)	61				(0)	*			10	
		51.	12	*	0.20	*	51	3.50			
*	*			*				,		11	Mary Carlotte (Inc.)
	*	¥0		*			*				Matins (midnight) / Lauds (3 am)

SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	ie da	у.
	¥0	141	0¥	(4)	×	9		ė		1	3.43	¥0	100	7.0		×			*1	×
٠	*		i.e		×	*	i e	40		3		87	×	12					10	*
*					×			7							÷		*		÷	
	20		4		÷			25				20	v			21		127	27	÷
	•0		×	100	*		19	40		×						*			×	٠
	50		12	676	2.5		2	10		in.	10.70	10	*			21		250	NI.	
				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	Son, e tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Ho	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	ESS	ING	S						W	hat b	lessin	ıgs d	id yo	u rec	eive f	rom	the I	ord t	oday	7?
*	*0	*	SK.		8.		19	41				e	*			*	٠		*:	٠
*	50		2	626	52		17	10	10	25	120	50	*			81	25	150	20	•
		•							*	*										
SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	ow d	lid yo	u im	pede	God	l's gra	ce in	youi	life t	today	7?
				100	¥2		5	20		Si .		22	×.			20		120	20	
٠	10		14	(00)	×		12	60	×	×		*1		89		*:		100	40	
	55	2		100	20		12	21		e.	100	55		10		6)		650	10	
HE	ARI	r-FO	CU	S						V\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	l?
							A	ст	OF C	онт	RITI	ON								
		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	of He ny lov	ell, bu e. I fir	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	entio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	), I A	MT	HINI	E"	and!	. TL		1	12			

			DA	ILY	CRO	SS					<b>APPOINTMENTS</b>
										121	Prime
		DA	ILY	DE	vот	ION	IS			6	
EA	/FE:				CA/F	٥٨٠				_	
	/FE:				CA/F	- А.				7	
1										•	
2										8	Terce
3											
										9	
				101	oos						
#	ABC			Т	ASK			√ ①		10	
										11	Cont
											Sext
										12	
										1	
										2	
*****									****		None
										3	
		- 10	cell	F T1	0.4.6	VED				4	
		- 1	330	E 11	RAC	KEK					
7	1	SSUE			AC	TIOI	N NE	EDEC	)	5	
											Vespers
										6	*******************
										7	
										,	
										•	
				NO.	TES					8	Compline
										123	
1250 1250		50		8	1000	di w	1). (c)	020	6	9	
100		411			37401			-			
	(*)	40					*1		*	10	
	8	55					51	150			
	*			*	*		1		8	11	
		40		*			*				Matins (midnight) / Lauds (3 am)

SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	ie da	у.
	¥0	141	÷.		×	9		ė		1	3.43	¥0	100	7.0		×			*1	×
٠	•	*	i.e		×	*	i e	40		3		87	×	12					10	*
*					×			7							÷		*		÷	
	20		4		÷			25				20	v			21		127	27	÷
	•0		×	100	*		19	40		×						*	*		×	٠
	50		12	676	2.5		2	10		in.	10.70	10	*			21		250	NI.	
				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	Son, e tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Ho	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	ESS	ING	S						W	hat b	lessin	ıgs d	id yo	u rec	eive f	rom	the I	ord t	oday	7?
	*0	*	SK.		8.		19	41				e	*			*	٠		*:	٠
*	50		12	626	52		17	10	10	25	120	50	*			81	11	150	20	•
		•								*										
SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	ow d	lid yo	u im	pede	God	l's gra	ce in	youi	life t	today	7?
				100	V.		5	20		Si .		22	×.			20		120	20	
٠	40		14	(00)	×		12	60	×	×		*1		59		*:		100	40	
	55	2		320	20		12	21		e.	100	55		10		6)		650	11	
HE	ARI	r-FO	CU	S						V\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	l?
							A	ст	OF C	онт	RITI	ON								
		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	of He ny lov	ell, bu e. I fir	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	entio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	), I A	MT	HINI	E"	and!	. TL		1	12			

			PAILY	CRO	SS					APPOINTMENTS
		DΔ	LY DE	VOT	ION	ıs		****	6	Prime
		DAI	LIDE		101	13				
FA	/FE:			CA/F	PA: 				7	
1										
2									8	
3										Terce
									9	
			TO	DOS						
#	ABC			TASK			<b>~</b>	<b>→</b>	10	(
-	ADC			IASK			0	) ×		
									11	
										Sext
									12	
									1	
									-	
									2	None
									200.000	
									3	
		IS	SUE T	RAC	KER				4	
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				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	Son, e tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	TEN	тю	N R	EVI	EW					Ho	w did	you	do w	ith t	oday'	s spii	ritual	inte	ntion	1?
BL	ESS	ING	S						W	hat b	lessin	ıgs d	id yo	u rec	eive f	rom	the I	ord t	oday	7?
	*0	*	SK.		8.		19	41				e	*			*	٠		*:	٠
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DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	entio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	), I A	MT	HINI	E"	and!	. TL		1	12			

# WEEKLY EXAMINATION

FC	LLC	W	ESU	JS		Die	l you	faith	fully	follo	w ou	r Lo	rd?	MASS PREPARATION
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			•		*	ř			8					☐ Finish shopping and work by Saturday night
us	EO	F TI	MF		Dic	VOII	make	the	hest	11SP ()	f voi	r tin	ne?	☐ Eat a nourishing dinner
-					Die	. you	munc	· tire	Desc	uoc o	1 ,00			☐ Weekly Examination
			14									·		<ul> <li>Read Sunday propers and set missal ribbons</li> </ul>
														☐ Write a Mass Intention
GC	D'S	WI	LL			Did	l you	do G	od's	will o	r you	ır ov	vn?	☐ Dress and groom well
	*0				*	9			*			×		<ul> <li>Start fast at 12 am (or 1-3 hours before Mass)</li> </ul>
	10		127		.0	22		20	10	*	20		12	☐ Arrive early to pray
CL	LAD	TV				Wone		ala a m	: 4 o lo 1		anda	مداده		☐ Complete Mass Review
CF	IAR					WEIG	e you	CHai	Itable	etow	arus	Othe	15:	
				•										
	¥3	×				-					60			MASS INTENTION
PR	AYE	R				Did	you	say y	our p	orayeı	rs wit	h ca	re?	
	20	7	19	100	×	10					21	×	- 54	
	**													
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TH	E T	ONC	UE			Did y	ou gu	ard y	your	tong	ue ca	reful	lly?	MASS REVIEW
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t					*			*					18	
TR	UST	IN	GO	D			Did	you j	put y	our t	rust i	n Go	od?	
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			19											
GR	ATI	TUE	DE		W	ere yo	ou gra	itefu	l to (	God fo	or Hi	s gif	ts?	
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### THIRD WEEK OF SEPTEMBER 2022

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Matins (midnight) / Lauds (3 am)

SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
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				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	How did you do with today's spiritual intention?  BLESSINGS  What blessings did you receive from the Lord today?															1?				
BL																7?				
BLESSINGS What blessings did you receive from the Lord tod														*1	٠					
*	50		12	626	52	17.	17	10	0	17		50	*			8	25	150	70	
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SII	<b>45 &amp;</b>	SH	ORI	гсо	MIN	IGS			Н	low c	lid yo	u im	pede	God	l's gra	ce in	youi	life t	oday	7?
				100	¥2		5	20	2	i i		22	×.					120	20	
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	55	2		320	20		12	21		8		55		10		0		650	73	
HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
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DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

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SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
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				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	How did you do with today's spiritual intention?  BLESSINGS  What blessings did you receive from the Lord today?															1?				
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BLESSINGS What blessings did you receive from the Lord tod														*1	٠					
*	50	*	12	626	52		17	10	0	17		50	*			8	25	150	70	
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	55	2		320	20		12	21		8		55		10		0		650	73	
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		dre	ead th	e loss (	of Hea od and	iven a d dese	nd the	e pains of all 1	s of Ho my lov	ell, bu e. I fii	t most	of all solve	becau with t	ise I lo he he	my sin ove The lp of T en.	ee, my	God,			
DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
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# APPOINTMENTS **DAILY CROSS** DAILY DEVOTIONS FA/FE: CA/PA: 1 2 3 TO DOS V > TASK ARC (J) X **ISSUE TRACKER** ISSUE **ACTION NEEDED** NOTES

SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
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IN.	How did you do with today's spiritual intention?  BLESSINGS  What blessings did you receive from the Lord today?															1?				
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				100	V.		5	20	2	i i		22	×.					120	20	
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	55	2		320	20		12	21		8		55		10		8		650	73	
HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
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DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
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SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
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				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	How did you do with today's spiritual intention?  BLESSINGS  What blessings did you receive from the Lord today?															1?				
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BLESSINGS What blessings did you receive from the Lord tod														*1	٠					
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DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
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		40		*			*				Matins (midnight) / Lauds (3 am)

SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
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				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
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SP	IRIT	UAI	L LE	SSO	NS					List	spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.
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				sist me	ee gift e in rec	of the	e Fath zing a	er and ny obs	l Son, tacle l	and G		nself, and T	I beg hee so	Thee that,	to ente with ' men.					
IN.	How did you do with today's spiritual intention?  BLESSINGS  What blessings did you receive from the Lord today?															1?				
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		80		*			*				Matins (midnight) / Lauds (3 am)

SP	IRIT	UAI	L LE	SSO	NS					spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.	
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DA	ILY	INT	ENT	гю	<b>N</b>	1	Resol	ve to	beco	me a	saint	. Set	a spi	iritua	ıl inte	ntio	n for	tomo	orrov	V.
		6	and I	ane T	la i sa -		"	LORE	D, I A	M T	HIN	E"	and!	. TL		I	12			

# WEEKLY EXAMINATION

FC	LLO	W	IESU	JS		Die	l you	faith	fully	follo	w ou	r Lo	rd?	MASS PREPARATION
	10		127		.00	22	100	20			20			1.11.11.5 1.11.11.11.11.11.11.11.11
					*	ř			8					☐ Finish shopping and work by Saturday night
us	E O	F TI	MF		Dic	VOII	make	the	hest	11SP ()	f voi	r tin	ne?	☐ Eat a nourishing dinner
0.5			IVIL		Dic	i you	manc	· tiic	Dest	use o	1 you	ii ciii	iic.	☐ Weekly Examination
			14									·		<ul> <li>Read Sunday propers and set missal ribbons</li> </ul>
														☐ Write a Mass Intention
GC	D'S	WI	LL			Did	l you	do G	od's	will c	r you	ır ov	vn?	☐ Dress and groom well
		×			*	9			*			×		<ul> <li>Start fast at 12 am (or 1-3 hours before Mass)</li> </ul>
	50		127		.0	22		**	10		20		2	☐ Arrive early to pray
CL	LADI	TV				Wone		ala a u	: 4 o lo 1		anda	مداده		☐ Complete Mass Review
CF	IARI	11				WEIG	e you	CHai	Itable	etow	arus	Othe	:15:	
				•										
	¥3		33			-					60			MASS INTENTION
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	*		13											
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				027										
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TH	E TO	ONC	SUE			Did y	ou gu	iard y	your	tong	ue ca	reful	lly?	MASS REVIEW
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t			2		*		1000	*		2				
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GR	ATI	TUE	DE		W	ere yo	ou gra	atefu	l to (	God fo	or Hi	s gif	ts?	
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			3		*		1000	*		(2)				

# FOURTH WEEK OF SEPTEMBER 2022

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	*					8	,		11	Mary Carlotte (Inc.)
	*	40				**				Matins (midnight) / Lauds (3 am)

SP	IRIT	UAI	L LE	SSO	NS					spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.	
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HE	ARI	r-FO	CU	S						\\ 	/here	was	your	hear	rt tod	ay? V	Vas it	with	God	1?
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Matins (midnight) / Lauds (3 am)

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Matins (midnight) / Lauds (3 am)

SP	IRIT	UAI	L LE	SSO	NS					spirit	tual l	essoi	ns lea	arned	thro	ugho	out th	e da	у.	
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# WEEKLY EXAMINATION

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-					Die	. you	munc	· tire	Desc	uoc o	1 ,00			☐ Weekly Examination
			14									·		<ul> <li>Read Sunday propers and set missal ribbons</li> </ul>
														☐ Write a Mass Intention
GC	D'S	WI	LL			Did	l you	do G	od's	will o	r you	ır ov	vn?	☐ Dress and groom well
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#### **EXAMINATION OF CONSCIENCE**

Recall that this confession may be the last of your life. Pray for the grace to prepare yourself as if you were lying sick upon your deathbed, on the edge of the grave.

#### PRAYER BEFORE EXAMINATION

Most merciful God, Father in heaven, relying on Thy goodness and mercy, I come to Thee with filial confidence to confess my sins and to implore Thy forgiveness. Thou wilt not despise a contrite and humble heart. Bless me and receive me again into Thy favor. I acknowledge that I have been most ungrateful, but I sincerely repent and detest the wrong I have done, and I desire to walk in the way of perfection in accord with Thy holy will.

O Jesus, my Savior, my good Shepherd, I have strayed far from the path that Thou hast marked out for me; I did not follow in Thy footsteps; I wandered into forbidden places. Repentant and sorrowful, I beg to be admitted into the fold of Thy faithful followers. I want to confess my sins with the same sincerity as I should wish to do at the moment of my death. My Jesus, I look to Thee with confidence for the arace to examine my conscience well.

O Holy Ghost, come; enlighten my mind and strengthen my will that 1 may know my sins, humbly confess, and amend my life. Holy Mother, immaculate Spouse of the Holy Ghost, refuge of sinners, intercede for me. Angels and saints of God, pray for me. Amen.

Begin by examining yourself on your last confession. Have you forgotten a sin due to a poor examination, or concealed a sin out of shame? Did you confess without true sorrow or without the intention to change your behavior? Have you repaired evils done to your neighbor? Did you say your penance without voluntary distraction? Have you neglected your confessor's counsel?

				SII	NS A	ND	SH	ORT	COL	MIN	GS			
EXAMINATION CHECKLIST		8												
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☐ Commandments of the Church		38	100	*	(4		*	100		*		1900	*	
Seven Deadly Sins	*			*			61			8	17	(2)	53	
☐ Four Sins which Cry to Heaven for Vengeance		9								2				
<ul> <li>Nine Ways of Being Accessory to Another Person's Sin</li> </ul>					8	•								
<ul> <li>Seven Spiritual Works of Mercy</li> </ul>	75.00	After				nmai	ize a	ny pi	iestly	/ dire	ection	ı or		
<ul> <li>Seven Corporal Works of Mercy</li> </ul>														

As you approach the confessional, do so with the same heartfelt recollection and reverence that you would if Christ our Lord were there Himself ready to hear your confession. **Be assured: a Catholic priest really** <u>is </u>the representative of Christ.

#### **ACT OF CONTRITION**

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell, but most of all because I love Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to confess my sins, to do penance, and to amend my life. Amen.

#### TEN COMMANDMENTS

- I. I am the Lord, thy God ... Thou shalt have no strange Gods before me
- II. Thou shalt not take the name of the Lord thy God in vain
- III. Remember to keep Holy the Sabbath day
- IV. Honor thy father and mother
- V. Though shalt not kill
- VI. Thou shalt not commit adultery
- VII. Thou shalt not steal
- vIII. Thou shalt not bear false witness against thy neighbor
- IX. Thou shalt not covet thy neighbor's wife
- X. Thou shalt not covet thy neighbor's goods

#### CHURCH COMMANDMENTS

- To assist at Mass on Sundays and holy days of obligation
- 2. To fast and abstain on the days appointed
- 3. To confess at least once a year
- To receive Holy Eucharist during Easter Time (i.e. the time after Lent before Pentecost)
- 5. To contribute to the support of the Church
- To observe the laws of the Church concerning marriage

#### SEVEN DEADLY SINS AND THEIR OPPOSITE VIRTUES

1. Pride	Humility
2. Avarice	Liberality
3. Lust	Chastity
4. Anger	Meekness
5. Gluttony	Temperance
6. Envy	Brotherly love
7. Sloth	Diligence

# FOUR SINS WHICH CRY TO HEAVEN

- 1. Willful murder
- 2. Non-procreative sexual acts
- 3. Oppression of the poor
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- By counsel
- 2. By command
- 6. By concealment7. By partaking
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- By silence
- By provocation
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#### SEVEN CORPORAL

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- 2. To give drink to the thirsty
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☐ Ten Commandments		9			12					×	-	563	V	v
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☐ Four Sins which Cry to Heaven for Vengeance		2								2				
<ul> <li>Nine Ways of Being Accessory to Another Person's Sin</li> </ul>				*	8		*	*	•	•		•		
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## PERSONAL JOURNAL INDEX

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# SEASONAL PREVIEW | FALL 2022

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## SEASONAL PREVIEW | SPRING 2023

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## SEASONAL PREVIEW | SUMMER 2023

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