

SUMMER 2022



In case of loss, please return to:

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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 6 am	Prime 9 am	Sext 12 pm	None 3 pm	Vespers 6 pm	Compline 9 pm	Matins 12 am	Lauds 3 am
Religious	Divine Office	Divine Office	Divine Office	Divine Office	Divine Office	Divine Office	Divine Office	Divine Office
Lait	<ul style="list-style-type: none"> • Angelus • Morning offering • Prayer to Guardian Angel • Three Hail Marys devotion 		Angelus		Angelus	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Resurrection • The Holy Trinity 	<ul style="list-style-type: none"> • The Holy Ghost • The Souls in Purgatory 	The Holy Angels	<ul style="list-style-type: none"> • St. Joseph • The Most Chaste Heart of St. Joseph 	<ul style="list-style-type: none"> • The Blessed Sacrament • Christ’s Wounds 	<ul style="list-style-type: none"> • Christ’s Passion • The Sacred Heart of Jesus 	<ul style="list-style-type: none"> • The Blessed Virgin • The Immaculate Heart of Mary
Rosary Mysteries Prayed	<ul style="list-style-type: none"> • <u>Traditional</u>: Joyful (Advent–Epiphany); Sorrowful (Septuagesima–Lent); Glorious (Easter–Time after Pentecost) • <u>Modern</u>: Glorious 	Joyful	Sorrowful	Glorious	<ul style="list-style-type: none"> • <u>Traditional</u>: Joyful • <u>Modern</u>: Luminous 	Sorrowful	Glorious
Devotions	<ul style="list-style-type: none"> • Sunday obligation to attend Holy Mass • Day of rest and feasting 		<ul style="list-style-type: none"> • Honor the Holy Face • Novena to St. Anthony • Novena to St. Martha 	Nine First Wednesdays Devotion	<ul style="list-style-type: none"> • Six First Thursdays Devotion • Holy Hour of Adoration 	<ul style="list-style-type: none"> • 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

NAME HOME PHONE CELL PHONE

ADDRESS STATE ZIP

PERSONAL EMAIL ADDRESS TWITTER INSTAGRAM

EMPLOYER POSITION WORK PHONE

ADDRESS STATE ZIP

WORK EMAIL ADDRESS LINKEDIN

EDUCATION

COLLEGE/UNI. MAJOR DEGREE YEARS ATTD.

COLLEGE/UNI. MAJOR DEGREE YEARS ATTD.

COLLEGE/UNI. MAJOR DEGREE YEARS ATTD.

PROF. DESIGNATIONS:

LICENSES/REGISTRATIONS:

SACRAMENTS RECEIVED

SACRAMENT

LOCATION

DATE

Baptism

Confirmation

First Communion

Marriage

Holy Orders

MEASUREMENTS

CHEST/BUST

WAIST

HIPS

THIGH

NECK

SLEEVE

INSEAM

COMMEMORATION

TO BE RECITED BEFORE MASS...

COMMEMORATION OF THE LIVING

REMEMBER, OH LORD, *these Thy servants and handmaids:*

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

“...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

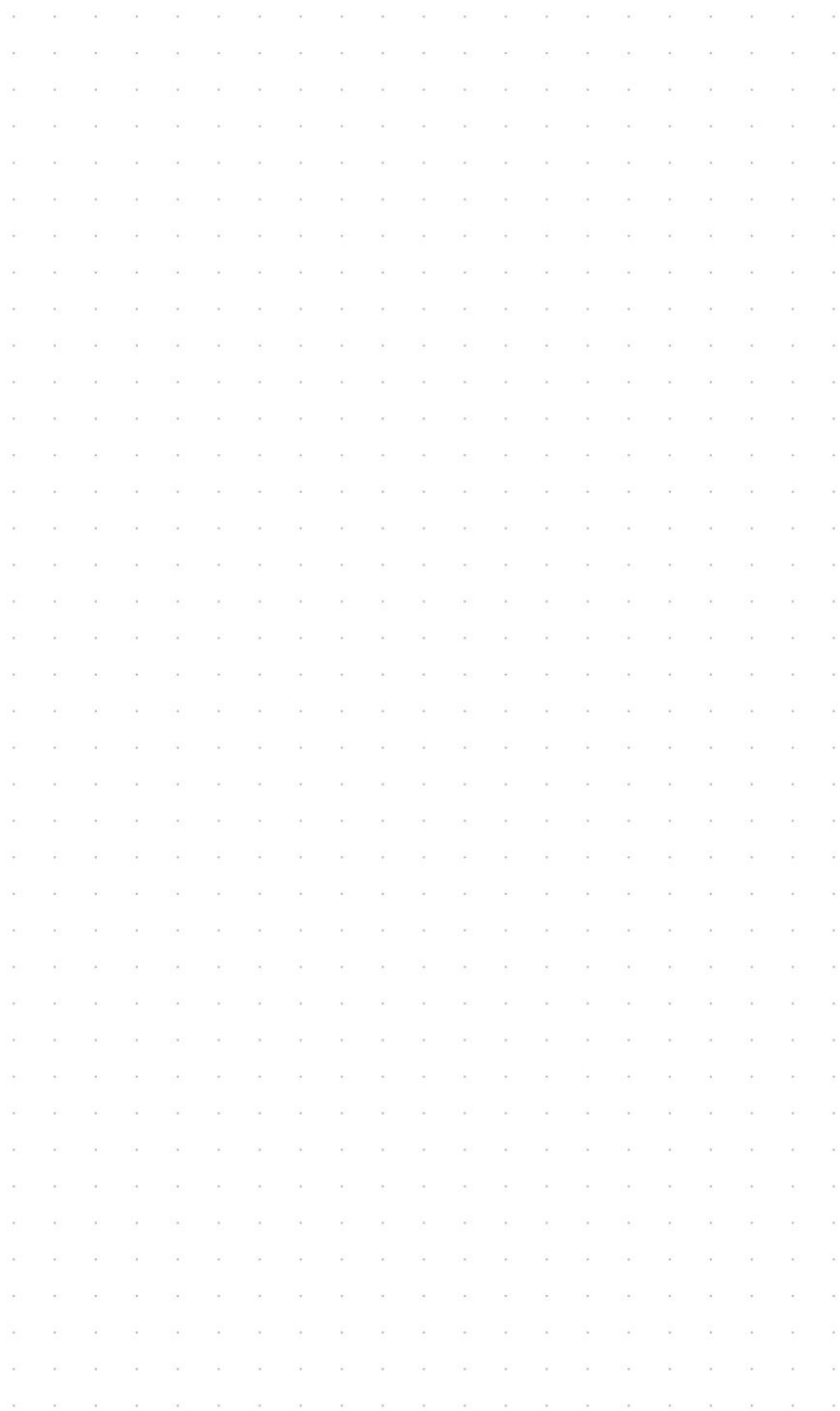
ALSO REMEMBER, OH LORD, *these Thy servants and handmaids:*

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- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

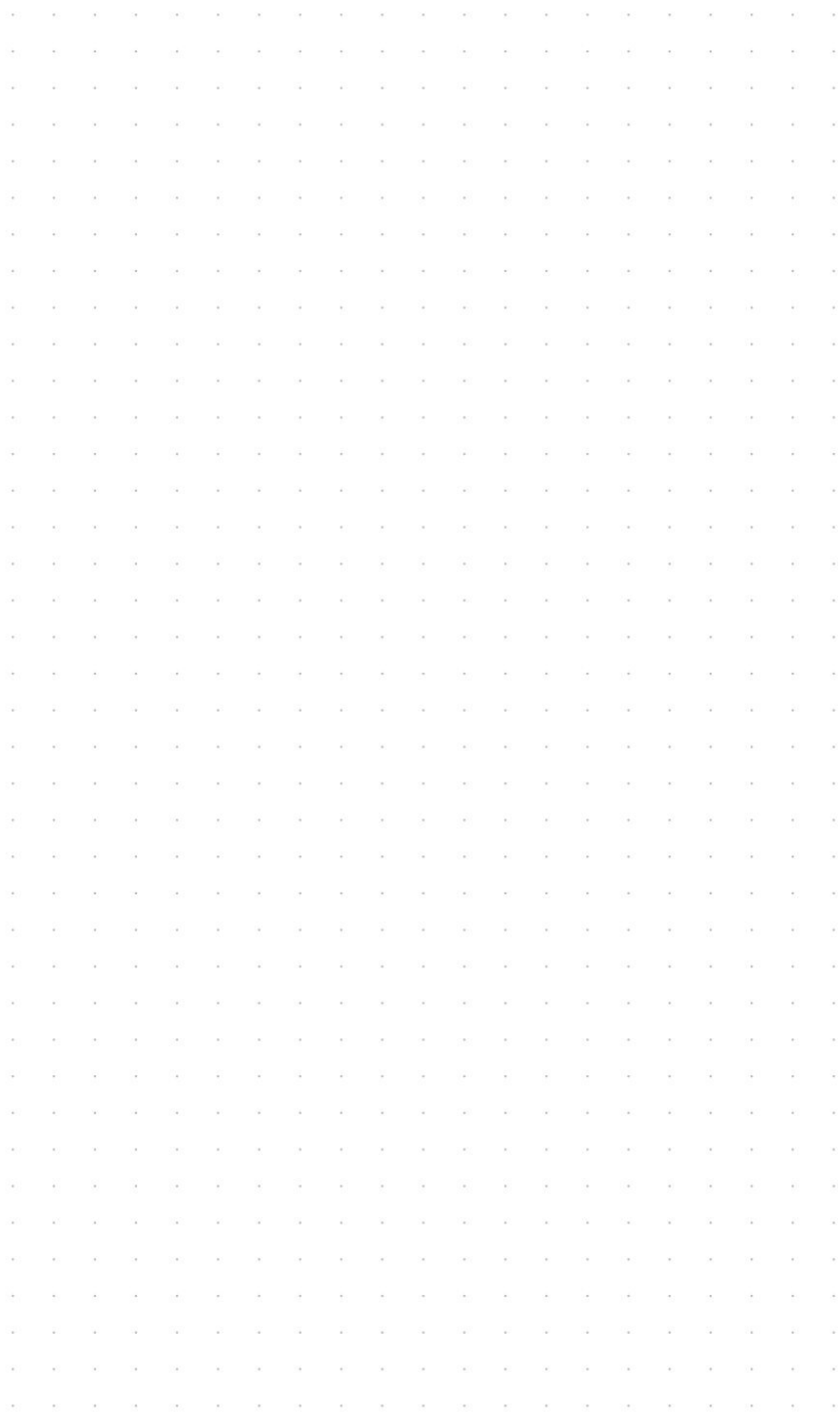
“...who have gone before us with the sign of faith. Grant them Thy eternal light and peace. Through Christ our Lord. Amen.”

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.”

NOTES



NOTES



WEEKLY RULE OF LIFE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6							Prime
7							
8							
9							Terce
10							
11							
12							Sext
1							
2							
3							None
4							
5							
6							Vespers
7							
8							
9							Compline
10							
11							
12							Matins
1							
2							
3							Lauds
4							
5							

GOAL PLAN | GOAL: _____

GOAL SUMMARY

Write your S.M.A.R.T. goal.

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DOMAIN

- SPIRITUAL FAMILY VOCATION MARRIAGE PHYSICAL
 PARENTS SOCIAL HOBBIES FINANCES MINDSET

MOTIVATIONS

Write down what motivates you about this goal.

✓

✓

✓

FIRST STEPS

Write down and schedule the first few actions you'll need to take.

1 DUE: ___/___/___

2 DUE: ___/___/___

3 DUE: ___/___/___

S.W.O.T.

Make a plan for what could hinder and help your progress.

STRENGTHS

OPPORTUNITIES

WEAKNESSES

THREATS

YOUR REWARD

Make a plan to celebrate when you accomplish your goal.

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SETTING

PLANNING

WORKING

CHECKING

.....
ACCOMPLISHED
.....
CANCELLED

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JULY 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 INTENTION

State a spiritual intention to unite yourself to the Church's.

DEVOTIONS

Plan your main devotions and make a prayer plan.

EVENT	DATE	DEVOTIONS	PRAYER PLAN
			M
			A
			E

GOALS

Plan progress on your Seasonal Goals.

GOAL	TO-DOS

MONTH KICKOFF

- 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

MONTHLY REFLECTION

Reflect on blessings and God-given challenges of this month.

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JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
3	4	5	6
FA 12am-Mass ✝️ 🌿			
Independence Day (USA)			
Fourth Sunday after Pentecost [III]	Feria [IV]	Sts. Anthony Mary Zaccaria [III]	Feria [IV]
Fourteenth Sunday in Ordinary Time	Weekday	Weekday / St. Anthony Zaccaria / St. Elizabeth of Portugal (USA) [OM]	Weekday / St. Maria Goretti [OM]
10	11	12	13
FA 12am-Mass ✝️ 🌿			
Fifth Sunday after Pentecost [III]	Feria [IV] / St. Pius I [C]	St. John Gualbert [III] / Sts. Nabor and Felix [C]	Feria [IV]
Fifteenth Sunday in Ordinary Time	St. Benedict [M]	Weekday	Weekday / St. Henry [OM]
17	18	19	20
FA 12am-Mass ✝️ 🌿			
Sixth Sunday after Pentecost [III]	St. Camillus de Lellis [III] / St. Symphorosa and her Seven Sons [C]	St. Vincent de Paul [III]	St. Jerome Emiliani [III] / St. Margaret [C]
Sixteenth Sunday in Ordinary Time	Weekday / St. Camillus de Lellis [OM]	Weekday	Weekday / St. Apollinaris [OM]
24	25	26	27
FA 12am-Mass ✝️ 🌿			
Seventh Sunday after Pentecost [III]	St. James [II]	St. Anne, Mother of the Blessed Virgin Mary [II]	Feria [IV] / St. Pantaleon [C]
Seventeenth Sunday in Ordinary Time	St. James [F]	Sts. Joachim and Anne, Parents of the Blessed Virgin Mary [M]	Weekday
31			
FA 12am-Mass ✝️ 🌿			
Eight Sunday after Pentecost [III]			
Eighteenth Sunday in Ordinary Time			

THURSDAY	FRIDAY	SATURDAY
	1 CA 	2 
	Canada Day (Can.) The Most Precious Blood of Our Lord Jesus Christ [I] Weekday / St. Junipero Serra [OM]	The Visitation of the Blessed Virgin Mary [II] / Sts. Processus and Martinian [C] Weekday / Blessed Virgin Mary [OM]
7 	8 CA 	9 
Sts. Cyril and Methodius [III] Weekday	St. Elizabeth [III] Weekday	Our Lady on Saturday [IV] Weekday / St. Augustine Zhao Rong / Blessed Virgin Mary [OM]
14 	15 CA 	16 
St. Bonaventure [III] St. Kateri Tekakwitha (USA) [M]	St. Henry II [III] St. Bonaventure [M]	Our Lady on Saturday [IV] / Our Lady of Mount Carmel [C] Weekday / Our Lady of Mount Carmel / Blessed Virgin Mary [OM]
21 	22 CA 	23 
St. Lawrence of Brindisi [III] / St. Praxedes [C] Weekday / St. Lawrence of Brindisi [OM]	St. Mary Magdalene [III] St. Mary Magdalene [F]	St. Apollinaris [III] / St. Liborius [C] Weekday / St. Bridget / Blessed Virgin Mary [OM]
28 	29 CA 	30 
Sts. Nazarius and Celsus, Victor I, and Innocent I [III] Weekday	St. Martha [III] / Sts. Felix, Simplicius, Faustinus and Beatrice [C] Sts. Martha, Mary and Lazarus [M]	Our Lady on Saturday [IV] / Sts. Abdon and Sennen [C] Weekday / St. Peter Chrysologus / Blessed Virgin Mary [OM]

KEY

-  Holy day of obligation
- 1²** Octave day
- FA**
2am-6am Fasting (with times)
- CA** or **PA** Complete or partial abstinence
- FA** or **FE** Fasting or feasting
-  Ember days
-  Rogation days
-  First Wednesdays
-  First Thursdays
-  First Fridays
-  First Saturdays
-  Rosary tracker

JULY FEASTS AND DEVOTIONS

1ST CLASS | JULY 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 | JULY 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 E.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/JUL. 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 | JULY 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 Magdalenenstriezel 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

JULY FEASTS AND DEVOTIONS

2ND CL./FEAST | JULY 25

ST. JAMES 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 oysters 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. | JULY 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

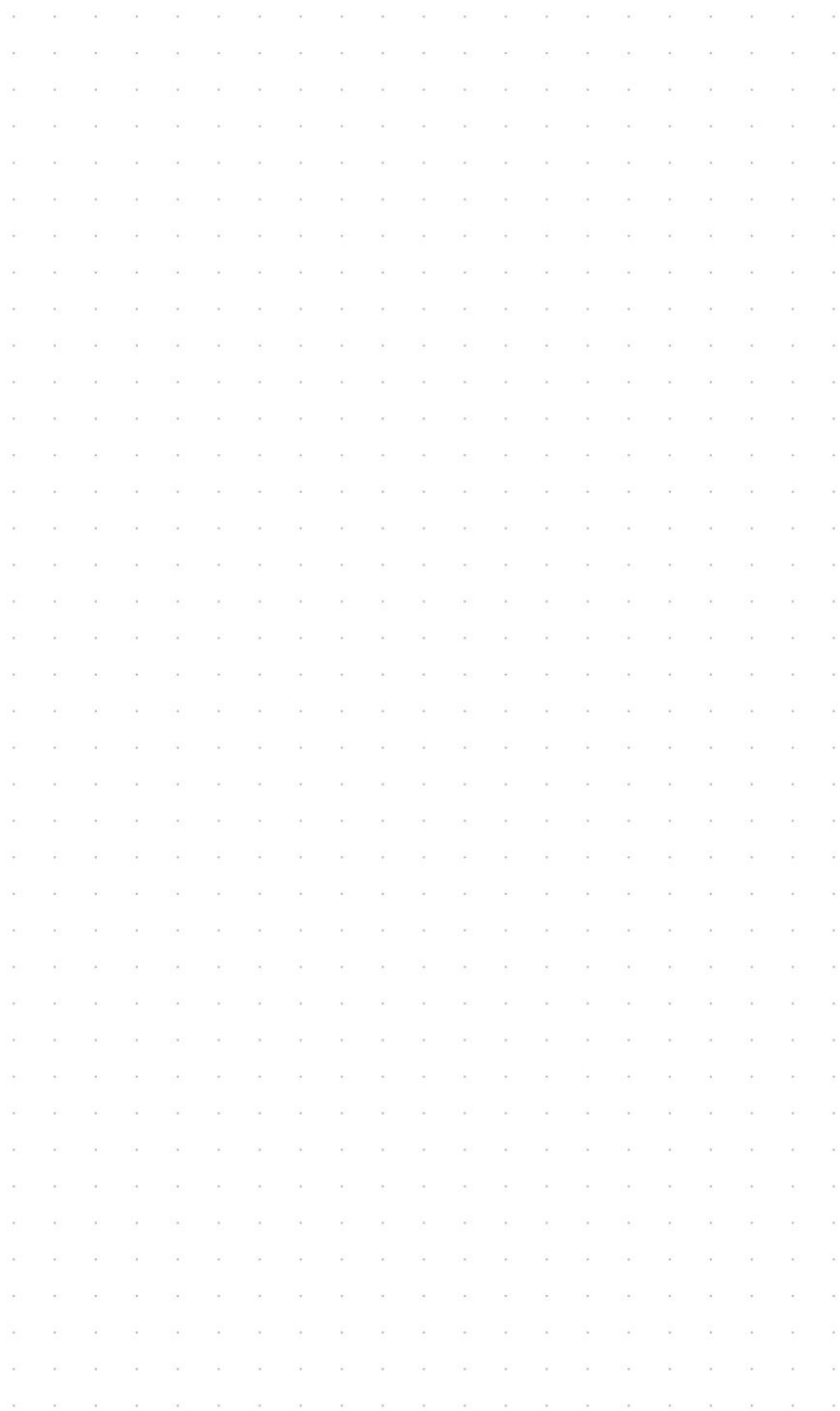
SUPPRESSED | JULY 31

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

NOTES



SPIRITUAL LESSONS

List spiritual lessons learned throughout the day.

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PREPARATION FOR EVENING EXAMEN

Holy Spirit, free gift of the Father and Son, and God Himself, I beg Thee to enter my heart and assist me in recognizing any obstacle between me and Thee so that, with Thy grace, that obstacle may be removed and I may grow in Thy love. Amen.



INTENTION REVIEW

How did you do with today's spiritual intention?

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BLESSINGS

What blessings did you receive from the Lord today?

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SINS & SHORTCOMINGS

How did you impede God's grace in your life today?

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HEART-FOCUS

Where was your heart today? Was it with God?

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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.



DAILY INTENTION

Resolve to become a saint. Set a spiritual intention for tomorrow.

.....



"LORD, I AM THINE..."

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.



DAILY CROSS

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DAILY DEVOTIONS

FA/FE: _____ CA/PA: _____

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TO DOS

#	ABC	TASK	✓ → ⓪ ×
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ISSUE TRACKER

ISSUE	ACTION NEEDED
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APPOINTMENTS

Prime

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Sext

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None

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Vespers

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Compline

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11

Matins (midnight) / Lauds (3 am)

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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.



DAILY INTENTION

Resolve to become a saint. Set a spiritual intention for tomorrow.

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"LORD, I AM THINE..."

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.



SPIRITUAL LESSONS

List spiritual lessons learned throughout the day.

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BLESSINGS

What blessings did you receive from the Lord today?

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SINS & SHORTCOMINGS

How did you impede God's grace in your life today?

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HEART-FOCUS

Where was your heart today? Was it with God?

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WEEKLY EXAMINATION

FOLLOW JESUS

Did you faithfully follow our Lord?

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USE OF TIME

Did you make the best use of your time?

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GOD'S WILL

Did you do God's will or your own?

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CHARITY

Were you charitable towards others?

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PRAYER

Did you say your prayers with care?

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FEAR OF GOD

Did you fear God or did you fear man?

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THE FLESH

Did you deny lust and guard your senses?

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THE TONGUE

Did you guard your tongue carefully?

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TRUST IN GOD

Did you put your trust in God?

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GRATITUDE

Were you grateful to God for His gifts ?

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MASS PREPARATION

- Finish shopping and work by Saturday night
- Eat a nourishing dinner
- Weekly Examination
- Read Sunday propers and set missal ribbons
- Write a Mass Intention
- Dress and groom well
- Start fast at 12 am (or 1-3 hours before Mass)
- Arrive early to pray
- Complete Mass Review

MASS INTENTION

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MASS REVIEW

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AUGUST 2022

MONTH OF THE IMMACULATE 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 INTENTION

State a spiritual intention to unite yourself to the Church's.

DEVOTIONS

Plan your main devotions and make a prayer plan.

EVENT	DATE	DEVOTIONS	PRAYER PLAN
			M
			A
			E

GOALS

Plan progress on your Seasonal Goals.

GOAL	TO-DOS

MONTH KICKOFF

- 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

MONTHLY REFLECTION

Reflect on blessings and God-given challenges of this month.





























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AUGUST 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1 	2 	3 
	Feria [IV] / The Holy Machabees [C] St. Alphonsus Liguori [M]	St. Alphonsus Mary of Liguori [III] / St. Stephen I [C] Weekday / St. Eusebius of Vercelli / St. Peter Eymard [OM]	Feria [IV] Weekday
7   	8 	9 	10 
Ninth Sunday after Pentecost [III] Nineteenth Sunday in Ordinary Time	St. John Mary Vianney [III] / Sts. Cyriacus, Largus, and Smaragdus [C] St. Dominic [M]	Vigil of St. Laurence [III] / St. Romanus [C] Weekday / St. Teresa Benedicta of the Cross [OM]	St. Laurence [II] St. Lawrence [F]
14   	15 FE  	16 	17 
Tenth Sunday after Pentecost [III] Twentieth Sunday in Ordinary Time	The Assumption of the Blessed Virgin Mary [I] The Assumption of the Blessed Virgin Mary [S]	St. Joachim, Father of the Blessed Virgin Mary [II] Weekday / St. Stephen of Hungary [OM]	St. Hyacinth [III] Weekday
21   	22 	23 	24 
Eleventh Sunday after Pentecost [III] Twenty-First Sunday in Ordinary Time	Immaculate Heart of the B.V.M. [II] / Sts. Timothy and Companions [C] The Queenship of the Blessed Virgin Mary [M]	St. Philip Benizini [III] Weekday / St. Rose of Lima [OM]	St. Bartholomew [II] St. Bartholomew [F]
28   	29 	30 	31 
Twelfth Sunday after Pentecost [III] Twenty-Second Sunday in Ordinary Time	The Beheading of St. John the Baptist [III] / St. Sabina [C] The Passion of Saint John the Baptist [M]	St. Rose of Lima [III] / Sts. Felix and Adaeuctus [C] Weekday	St. Raymond Nonnatus [III] Weekday

THURSDAY	FRIDAY	SATURDAY
<p>4</p> <p>St. Dominic [III] St. John Vianney [M]</p>	<p>5 CA</p> <p>The Dedication of Our Lady of the Snows [III] Weekday / The Dedication of the Basilica of St. Mary Major [OM]</p>	<p>6</p> <p>The Transfiguration [II] / Sts. Xystus, Felicissimus, and Agapitus [C] The Transfiguration of the Lord [F]</p>
<p>11</p> <p>Feria [IV] / St. Tiburtius and Susanna St. Clare [M]</p>	<p>12 CA</p> <p>St. Clare [III] Weekday / St. Jane Frances de Chantal [OM]</p>	<p>13</p> <p>Our Lady on Saturday [IV] / Sts. Hippolytus and Cassian Weekday / Sts. Pontian and Hippolytus / Blessed Virgin Mary [OM]</p>
<p>18</p> <p>Feria [IV] / St. Agapitus [C] Weekday</p>	<p>19 CA</p> <p>St. John Eudes [III] Weekday / St. John Eudes [OM]</p>	<p>20</p> <p>St. Bernard [III] St. Bernard [M]</p>
<p>25</p> <p>St. Louis [III] Weekday / St. Louis / St. Joseph Calasanz [OM]</p>	<p>26 CA</p> <p>Feria [IV] / St. Zephyrinus [C] Weekday</p>	<p>27</p> <p>St. Joseph Calasanctius [III] St. Monica [M]</p>

KEY

-  Holy day of obligation
- 1²** Octave day
- FA**
2am-
Mass Fasting (with times)
- CA**
or
PA Complete or partial abstinence
- FA**
or
FE Fasting or feasting
-  Ember days
-  Rogation days
-  First Wednesdays
-  First Thursdays
-  First Fridays
-  First Saturdays
-  Rosary tracker

AUGUST FEASTS 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 queen
- ✓ Sing the *Salve Regina* with special devotion to Mary Queen of Heaven
- ✓ Read from Gueranger's *The Liturgical Year*

2ND CL./MEM. | AUG. 22/JUN. 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*

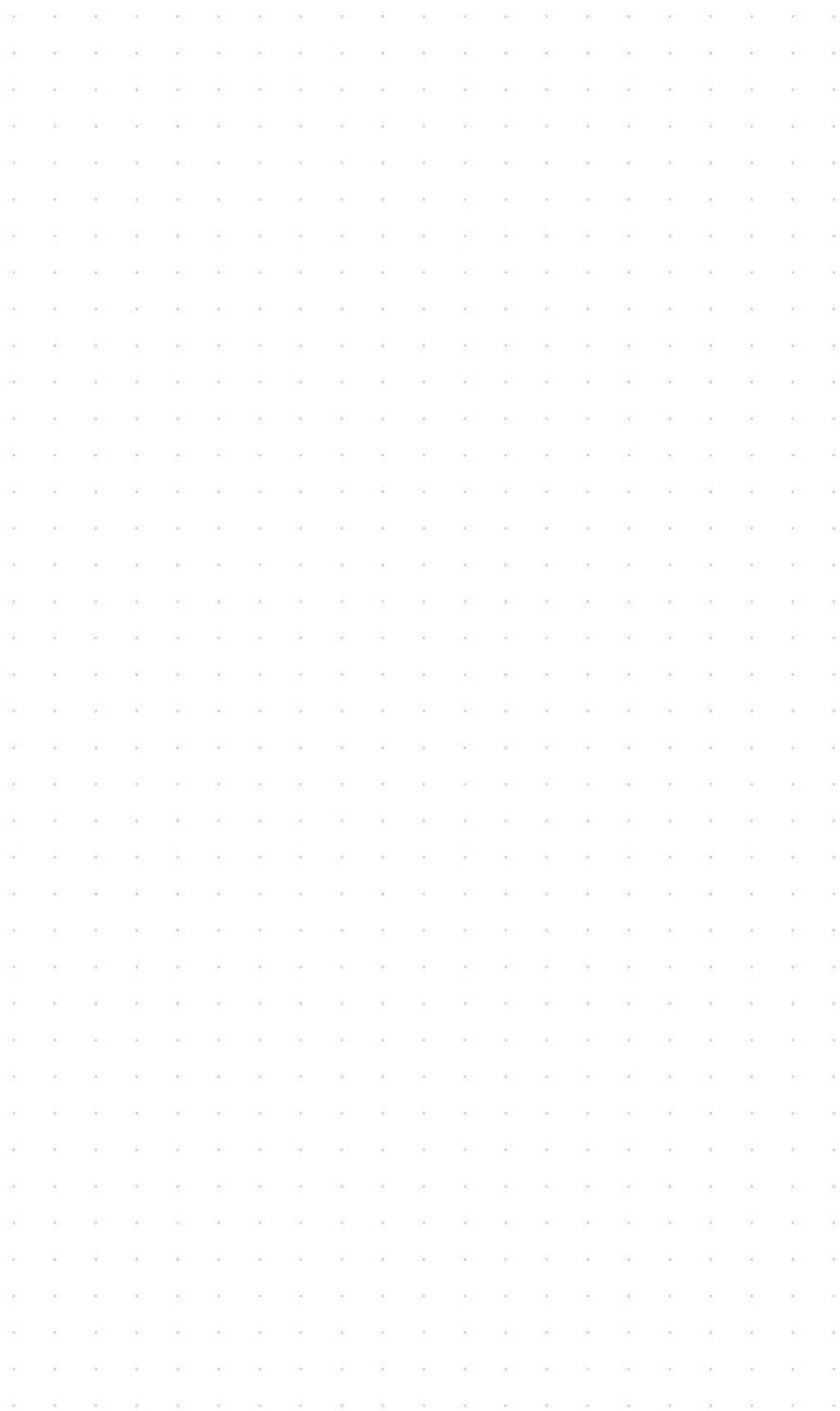
SUPPRESSED | AUGUST 28

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*

NOTES



SPIRITUAL LESSONS

List spiritual lessons learned throughout the day.

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PREPARATION FOR EVENING EXAMEN

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INTENTION REVIEW

How did you do with today's spiritual intention?

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BLESSINGS

What blessings did you receive from the Lord today?

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SINS & SHORTCOMINGS

How did you impede God's grace in your life today?

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HEART-FOCUS

Where was your heart today? Was it with God?

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ACT OF CONTRITION

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DAILY INTENTION

Resolve to become a saint. Set a spiritual intention for tomorrow.

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"LORD, I AM THINE..."

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.



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DAILY CROSS

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DAILY DEVOTIONS

FA/FE: _____ CA/PA: _____

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TO DOS

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ISSUE TRACKER

ISSUE	ACTION NEEDED
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APPOINTMENTS

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Vespers

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Compline

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Matins (midnight) / Lauds (3 am)

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WEEKLY EXAMINATION

FOLLOW JESUS

Did you faithfully follow our Lord?

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USE OF TIME

Did you make the best use of your time?

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GOD'S WILL

Did you do God's will or your own?

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CHARITY

Were you charitable towards others?

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PRAYER

Did you say your prayers with care?

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FEAR OF GOD

Did you fear God or did you fear man?

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THE FLESH

Did you deny lust and guard your senses?

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THE TONGUE

Did you guard your tongue carefully?

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TRUST IN GOD

Did you put your trust in God?

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GRATITUDE

Were you grateful to God for His gifts ?

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MASS PREPARATION

- Finish shopping and work by Saturday night
- Eat a nourishing dinner
- Weekly Examination
- Read Sunday proper and set missal ribbons
- Write a Mass Intention
- Dress and groom well
- Start fast at 12 am (or 1-3 hours before Mass)
- Arrive early to pray
- Complete Mass Review

MASS INTENTION

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MASS REVIEW

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How did you impede God's grace in your life today?

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HEART-FOCUS

Where was your heart today? Was it with God?

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ACT OF CONTRITION

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DAILY INTENTION

Resolve to become a saint. Set a spiritual intention for tomorrow.

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SPIRITUAL LESSONS

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WEEKLY EXAMINATION

FOLLOW JESUS

Did you faithfully follow our Lord?

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USE OF TIME

Did you make the best use of your time?

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GOD'S WILL

Did you do God's will or your own?

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CHARITY

Were you charitable towards others?

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PRAYER

Did you say your prayers with care?

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FEAR OF GOD

Did you fear God or did you fear man?

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THE FLESH

Did you deny lust and guard your senses?

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THE TONGUE

Did you guard your tongue carefully?

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TRUST IN GOD

Did you put your trust in God?

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GRATITUDE

Were you grateful to God for His gifts ?

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MASS PREPARATION

- Finish shopping and work by Saturday night
- Eat a nourishing dinner
- Weekly Examination
- Read Sunday propers and set missal ribbons
- Write a Mass Intention
- Dress and groom well
- Start fast at 12 am (or 1-3 hours before Mass)
- Arrive early to pray
- Complete Mass Review

MASS INTENTION

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MASS REVIEW

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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 INTENTION

State a spiritual intention to unite yourself to the Church's.

DEVOTIONS

Plan your main devotions and make a prayer plan.

EVENT	DATE	DEVOTIONS	PRAYER PLAN
			M
			A
			E

GOALS

Plan progress on your Seasonal Goals.

GOAL	TO-DOS

MONTH KICKOFF

- 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

MONTHLY REFLECTION

Reflect on blessings and God-given challenges of this month.

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SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
4 FA 12am-Mass ✝️ 🌸	5 🌸	6 🌸	7 🌸
	Labor Day (USA)		
Thirteenth Sunday after Pentecost [II]	St. Laurence Justinian [III]	Feria [IV]	Feria [IV]
Twenty-Third Sunday in Ordinary Time	Weekday	Weekday	Weekday
11 FA 12am-Mass ✝️ 🌸	12 🌸	13 🌸	14 🌸
Fourteenth Sunday after Pentecost [II]	The Most Holy Name of Mary [III]	Feria [IV]	The Exaltation of the Holy Cross [II]
Twenty-Fourth Sunday in Ordinary Time	Weekday / The Most Holy Name of Mary [OM]	St. John Chrysostom [M]	The Exaltation of the Holy Cross [F]
18 FA 12am-Mass ✝️ 🌸	19 🌸	20 🌸	21 FA+ PA ⊕ 🌸
Fifteenth Sunday after Pentecost [II]	St. Januarius & Companions [III]	Feria [IV] / St. Eustace & Companions [C]	St. Matthew [II] / Ember Wednesday of September [C]
Twenty-Fifth Sunday in Ordinary Time	Weekday / St. Januarius [OM]	Sts. Andrew Kim Tae-gon and Paul Chong Ha-song and Companions [M]	St. Matthew [F]
25 FA 12am-Mass ✝️ 🌸	26 🌸	27 🌸	28 🌸
Sixteenth Sunday after Pentecost [II]	Feria [IV] / Sts. Cyprian & Justina / Sts. Isaac Jogues & Companions (USA) [C]	Sts. Cosmas and Damian [III]	St. Wenceslaus [III]
Twenty-Sixth Sunday in Ordinary Time	Weekday / Sts. Cosmas and Damian [OM]	St. Vincent de Paul [M]	Weekday / St. Wenceslaus / St. Lawrence Ruiz [OM]

THURSDAY	FRIDAY	SATURDAY
1	2 CA	3
Feria [IV] / The Holy Twelve Brothers, St. Giles [C]	St. Stephen of Hungary [III]	St. Pius X [III]
Weekday	Weekday	St. Gregory the Great [M]
8	9 CA	10
The Nativity of the Blessed Virgin Mary [II] / St. Hadrian [C]	Feria [IV] / St. Peter Claver (USA) [III] / St. Gorgonius [C]	St. Nicholas of Tolentino [III]
The Nativity of the Blessed Virgin Mary [F]	St. Peter Claver (USA) [M]	Weekday / Blessed Virgin Mary [OM]
15	16 CA	17
Seven Sorrows of the Blessed Virgin Mary [II] / St. Nicomedes [C]	St. Cornelius and St. Cyprian [III] / Sts. Euphemia, Lucy and Geminianus [C]	Our Lady on Saturday [IV] / Impression of the Sacred Stigmata of St. Francis [C]
Our Lady of Sorrows [M]	Sts. Cornelius and Cyprian [M]	Weekday / St. Robert Bellarmine / St. Hildegard of Bingen / B.V.M. [OM]
22	23 FA+ CA +	24 FA+ PA +
St. Thomas of Villanova [III] / Sts. Maurice and Companions [C]	Ember Friday of September [II] / St. Linus [C]	Ember Saturday of September [II] / Our Lady of Ransom [C]
Weekday	St. Pius of Pietrelcina [M]	Weekday / B.V.M.
29	30 CA	
The Dedication of St. Michael the Archangel [I]	St. Jerome [III]	
Sts. Michael, Gabriel and Raphael, Archangels [F]	St. Jerome [M]	

KEY

-  Holy day of obligation
- 1²** Octave day
- FA**
22min
Mass Fasting (with times)
- CA**
or
PA Complete or partial abstinence
- FA**
or
FE 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 B.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 (ROODMAS)

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 E.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

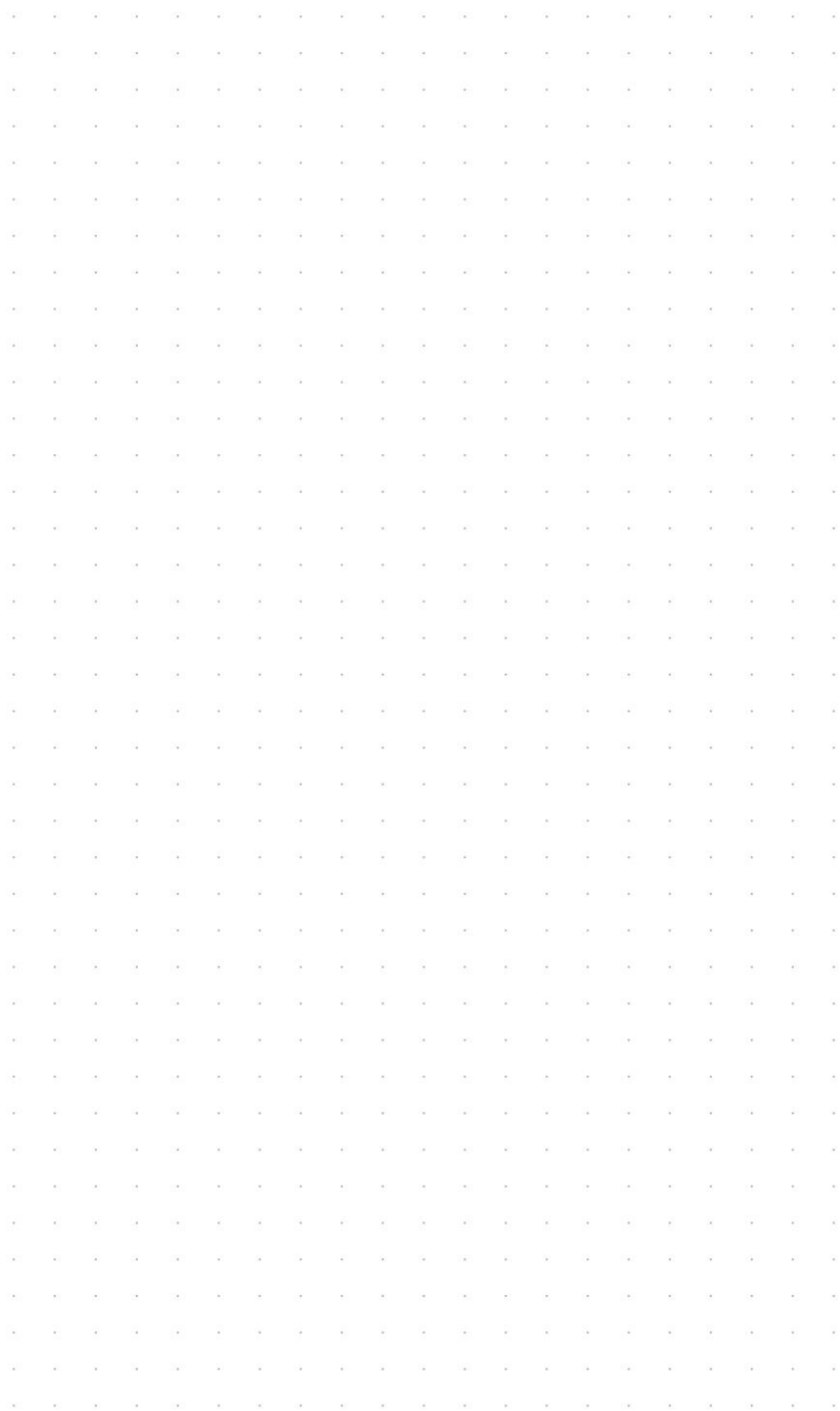
FEAST | SEPTEMBER 29

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

NOTES



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List spiritual lessons learned throughout the day.

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USE OF TIME

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GOD'S WILL

Did you do God's will or your own?

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CHARITY

Were you charitable towards others?

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PRAYER

Did you say your prayers with care?

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FEAR OF GOD

Did you fear God or did you fear man?

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THE FLESH

Did you deny lust and guard your senses?

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THE TONGUE

Did you guard your tongue carefully?

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.....

TRUST IN GOD

Did you put your trust in God?

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.....

GRATITUDE

Were you grateful to God for His gifts ?

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.....

MASS PREPARATION

- Finish shopping and work by Saturday night
- Eat a nourishing dinner
- Weekly Examination
- Read Sunday proper and set missal ribbons
- Write a Mass Intention
- Dress and groom well
- Start fast at 12 am (or 1-3 hours before Mass)
- Arrive early to pray
- Complete Mass Review

MASS INTENTION

MASS REVIEW

SPIRITUAL LESSONS

List spiritual lessons learned throughout the day.

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PREPARATION FOR EVENING EXAMEN

Holy Spirit, free gift of the Father and Son, and God Himself, I beg Thee to enter my heart and assist me in recognizing any obstacle between me and Thee so that, with Thy grace, that obstacle may be removed and I may grow in Thy love. Amen.



INTENTION REVIEW

How did you do with today's spiritual intention?

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BLESSINGS

What blessings did you receive from the Lord today?

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SINS & SHORTCOMINGS

How did you impede God's grace in your life today?

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HEART-FOCUS

Where was your heart today? Was it with God?

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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.



DAILY INTENTION

Resolve to become a saint. Set a spiritual intention for tomorrow.

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"LORD, I AM THINE..."

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.



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DAILY CROSS

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DAILY DEVOTIONS

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ISSUE TRACKER

ISSUE	ACTION NEEDED
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APPOINTMENTS

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Vespers

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Compline

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Matins (midnight) / Lauds (3 am)

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WEEKLY EXAMINATION

FOLLOW JESUS

Did you faithfully follow our Lord?

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USE OF TIME

Did you make the best use of your time?

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GOD'S WILL

Did you do God's will or your own?

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CHARITY

Were you charitable towards others?

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PRAYER

Did you say your prayers with care?

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MASS REVIEW

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TEN COMMANDMENTS

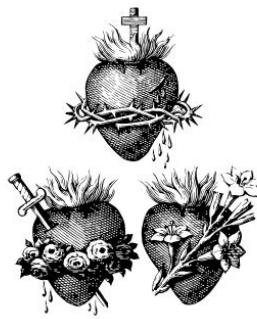
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- II. Thou shalt not take the name of the Lord thy God in vain
- III. Remember to keep Holy the Sabbath day
- IV. Honor thy father and mother
- V. Though shalt not kill
- VI. Thou shalt not commit adultery
- vii. Thou shalt not steal
- viii. Thou shalt 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

1. 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
4. To receive Holy Eucharist during Easter Time (i.e. the time after Lent before Pentecost)
5. To contribute to the support of the Church
6. To observe the laws of the Church concerning marriage

SEVEN DEADLY SINS AND THEIR OPPOSITE VIRTUES

1. Pride
2. Avarice
3. Lust
4. Anger
5. Gluttony
6. Envy
7. Sloth



- Humility
- Liberty
- Chastity
- Meekness
- Temperance
- Brotherly love
- Diligence

FOUR SINS WHICH CRY TO HEAVEN

1. Willful murder
2. Non-procreative sexual acts
3. Oppression of the poor
4. Defrauding the laborer of his wages

NINE WAYS TO BE ACCESSORY TO SIN

1. By counsel
2. By command
3. By consent
4. By provocation
5. By praise/flattery
6. By concealment
7. By partaking
8. By silence
9. By defense

WORKS OF MERCY

SEVEN CORPORAL

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. To visit and ransom the captives
5. To harbor the harborless
6. To visit the sick
7. To bury the dead

SEVEN SPIRITUAL

1. To admonish sinners
2. To instruct the ignorant
3. To counsel the doubtful
4. To comfort the sorrowful
5. To bear wrongs patiently
6. To forgive all injuries
7. To pray for the living and the dead

TEN COMMANDMENTS

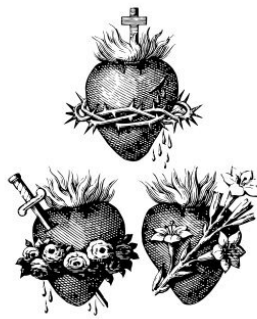
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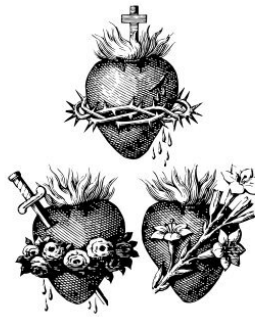
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| 1. By counsel | 6. By concealment |
| 2. By command | 7. By partaking |
| 3. By consent | 8. By silence |
| 4. By provocation | 9. By defense |
| 5. By praise/flattery | |

WORKS OF MERCY

SEVEN CORPORAL

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. To visit and ransom the captives
5. To harbor the harborless
6. To visit the sick
7. To bury the dead

SEVEN SPIRITUAL

1. To admonish sinners
2. To instruct the ignorant
3. To counsel the doubtful
4. To comfort the sorrowful
5. To bear wrongs patiently
6. To forgive all injuries
7. To pray for the living and the dead

TEN COMMANDMENTS

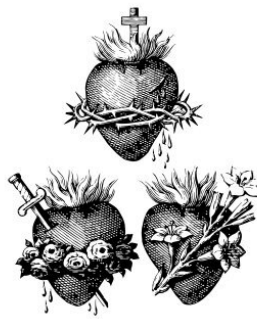
- I. I am the Lord, thy God ... Thou shalt have no strange Gods before me
- II. Thou shalt not take the name of the Lord thy God in vain
- III. Remember to keep Holy the Sabbath day
- IV. Honor thy father and mother
- V. Though shalt not kill
- VI. Thou shalt not commit adultery
- vii. Thou shalt not 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

1. 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
4. To receive Holy Eucharist during Easter Time (i.e. the time after Lent before Pentecost)
5. To contribute to the support of the Church
6. To observe the laws of the Church concerning marriage

SEVEN DEADLY SINS AND THEIR OPPOSITE VIRTUES

1. Pride
2. Avarice
3. Lust
4. Anger
5. Gluttony
6. Envy
7. Sloth



- Humility
- Liberty
- Chastity
- Meekness
- Temperance
- Brotherly love
- Diligence

FOUR SINS WHICH CRY TO HEAVEN

1. Willful murder
2. Non-procreative sexual acts
3. Oppression of the poor
4. Defrauding the laborer of his wages

NINE WAYS TO BE ACCESSORY TO SIN

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2. By command
3. By consent
4. By provocation
5. By praise/flattery
6. By concealment
7. By partaking
8. By silence
9. By defense

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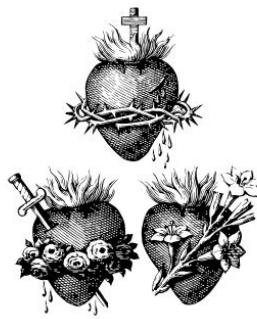
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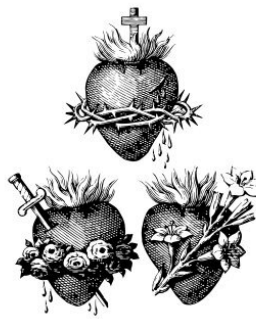
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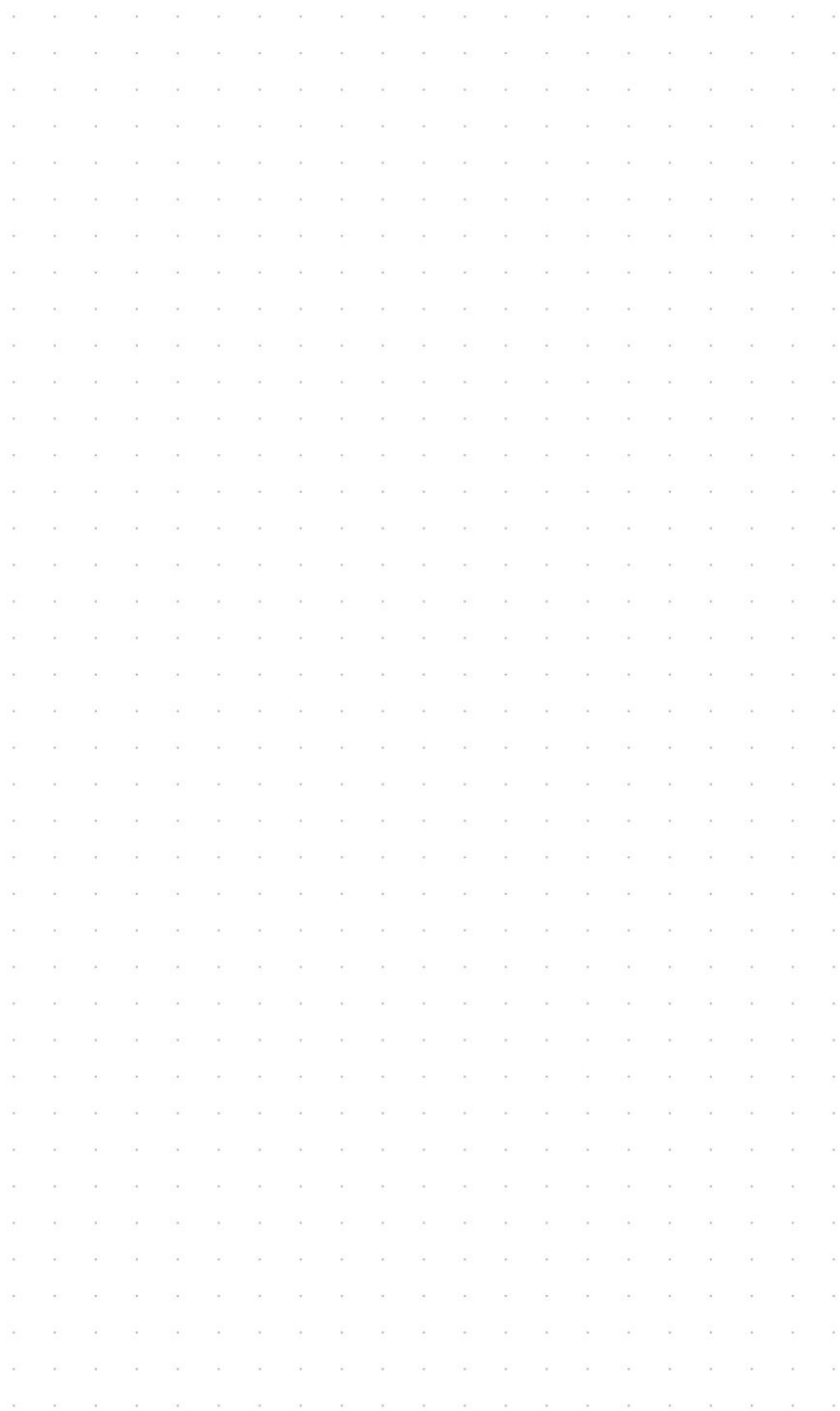
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NOTES



Grid of dots for writing.

Grid of dots for writing.

A large grid of small dots arranged in approximately 30 columns and 40 rows, covering most of the page. This grid is intended for students to write their answers to the questions on the page.

DATE(S): ___/___/___ - ___/___/___ TOPICS: _____

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DATE(S): ___/___/___ - ___/___/___ TOPICS: _____

SEASONAL PREVIEW | FALL 2022

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SEASONAL PREVIEW | WINTER 2023

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SEASONAL PREVIEW | SPRING 2023

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SEASONAL PREVIEW | SUMMER 2023

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