

SEPTEMBER

calendar

*Liturgical
Living*

ST. TERESA of CALCUTTA





SEPTEMBER

Devotion: The Seven Sorrows of Mary

1. The prophecy of Simeon (Luke 2:25-35)
2. The flight into Egypt (Matthew 2:13-15)
3. Loss of the Child Jesus for three days (Luke 2:41-50)
4. Mary meets Jesus on his way to Calvary (Luke 23:27-31; John 19:17)
5. Crucifixion and Death of Jesus (John 19:25-30)
6. The body of Jesus being taken from the Cross (Psalm 130; Luke 23:50-54; John 19:31-37)
7. The burial of Jesus (Isaiah 53:8; Luke 23:50-56; John 19:38-42; Mark 15:40-47)

Virtue: Piety and spirit of prayer

Prayer of the Month:

TO OUR LADY OF SORROWS O most holy Virgin, Mother of our Lord Jesus Christ: by the overwhelming grief you experienced when you witnessed the martyrdom, the crucifixion, and the death of your divine Son, look upon me with eyes of compassion, and awaken in my heart a tender commiseration for those sufferings, as well as a sincere detestation of my sins, in order that, being disengaged from all undue affection for the passing joys of this earth, I may sigh after the eternal Jerusalem, and that henceforward all my thoughts and all my actions may be directed towards this one most desirable object. Honor, glory, and love to our divine Lord Jesus, and to the holy and immaculate Mother of God. Amen. --Saint Bonaventure

Daily Morning Prayer

Hail Mary

Say Grace before meals

Bedtime Prayer

(Examen - - reflect on the day, the highs & lows,

“A Night Prayer”- Visit, we beseech Thee, o Lord, this dwelling, and drive far from it all the snares of the enemy. Let Thy holy Angels dwell herein, to preserve us in peace; and let Thy blessings be always upon us, Through Christ our Lord. Amen.

*optional daily devotions:

- Divine Mercy Chaplet at 3pm
- Rosary

Weekly Weekend Mass Obligation Family Rosary

Monthly

Confession:

Wed. 5-5:45pm

Sat. 8:40-10am

First Friday

Sept. 6th

Mass at 8am

First Saturday

Sept. 7th

Mass at 8am

XLT Adoration

Sept 4th 6-7pm

Fellowship Saturday

Sept 28th 5-7pm

Celebrate a Feast Day

(*see next page)

Novena of the Month

St. Padre Prio Novena

Sept. 14-23

September Challenges:

- Read the Daily Readings at USCCB, on Hallow, or Amen App.
- Get involved in (or start) a group at church, whether a rosary group, book club or committee such as Pro-Life Committee or Signum Crucis. Email julie.g@cathedraljc.org to get connected.
- Pray that followers of Jesus in leadership positions would lead with integrity. *Titus 2:7,8*
- Learn why we OPPOSE Amendment 3 - Regarding Pro-Abort measures to change our Missouri Constitution. Attend Fellowship Saturday to learn more!
- Open your mouth for the mute, for the rights of all who are destitute. Open your mouth, judge righteously, defend the rights of the poor and needy. *Proverbs 31:8-9*

ADDITIONAL RESOURCES

Catholic Apps:

For Daily Readings and more:
www.usccb.com



FORMED



HAVE QUESTIONS?
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LIKE/FOLLOW ON:



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@JCCATHEDRAL

<https://watch.formed.org/catholic-all-year-with-kendra-tierney>

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Liturgical Living

Ideas for Celebrating Feasts/Memorials in September:

9/5 - Feast of St. Teresa of Calcutta - "Wash the plate, not because it's dirty, nor because you're told to wash it, but because you love the person who will use it next." Take today to perform your small acts of service not out of obligation but instead out of love. You will be surprised at the joy that can come from some of the most mundane tasks when you approach them in this way.

9/8 - Feast of the Nativity of Mary - Throw a birthday party for Mary! Decorate, bake a cake, the more blue the better! The best birthday blessing to any mother is a call, say the rosary and talk to your mother!

9/14 - The Exaltation of the Holy Cross - this feast commemorates the finding of the True Cross by St. Helena in 326. An ancient tradition of Veneration of the cross can be a powerful moment as a family. Place a large cross so that the head is higher than the foot (ex. propped on a few books). Line up behind the Head of the Household, that person turns to the next person in line and says "Behold the wood of the cross." That person kneels, places his/her forehead on the wood then kisses the cross and says "I adore you, O Christ, and I praise you, because by your Holy Cross, you have redeemed the world. That person then turns to the next person and repeats the process until the last person has turned to the head of the household.

9/15 - Feast of our Lady of Sorrows - This is a great opportunity to let your children search for each of the 7 sorrows (listed above) and if able, read them aloud. Serve sweet-and-sour dishes to recall the bitter sweetness of these sorrows. Drink 7-UP in memory of the 7 sorrows. Take a day pilgrimage to Starckenburg, MO to visit the Shrine of Our Lady of Sorrows, a truly beautiful and awe-inspiring setting.

9/21 - St. Matthew - the tax collector - consider making silver dollar pancakes to remember his counting table, celebrate with a Payday candy bar, play Monopoly and remember the Tax Collector!

9/29 - Feast of the Archangels - Also known as Michaelmas. This is the day we celebrate the victory of the archangel Michael over Satan in the war of heaven. The day Satan was cast into hell. Celebrate this victory with friends (ALL Christians!!). Throw a party with themed foods such as, deviled eggs, angel food cake, devil's food cake, flamin' hot cheetos, the list goes on! Take turns at conquering the devil with a devil (or other evil) pinata. Recite the St. Michael Prayer before dinner and enjoy the victory of heaven!



PRAYER REQUESTS

NAME

REASON

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THANK GOD EVERY DAY

WHAT I'M THANKFUL FOR:

