

OCTOBER  
*calendar*

*Liturgical  
Living*



# OCTOBER DEVOTION - THE HOLY ROSARY

## Mysteries of the Rosary:

- Joyful Mysteries: Monday & Saturday
- Sorrowful Mysteries: Tuesday & Friday
- Glorious Mysteries: Wednesday & Sunday
- Luminous Mysteries: Thursday

You are welcome to join Thursdays at 8AM in the Chapel for Rosary for School Families

### Daily

#### Morning Prayer

O Lord, open my lips. And my mouth will proclaim your praise.

#### Say Grace before meals

#### Bedtime Prayer

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

✠ Before I lay me down to rest,  
I raise my heart, O God, to Thee,  
For gifts with which I have been blest,  
I give Thee thanks most frequently.  
If Thee I have displeased today,  
Forgive me, Father, ere I sleep!  
Mary, dearest Mother mine,  
Let my heart find rest in Thine.  
O Guardian Angel, stay with me!  
That all this night I safe may be.

\*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  
Oct 4th\*

**\*NO MASS at the Cathedral**

First Saturday  
Oct. 5th  
Mass @ 8:00am

XLT Adoration  
Oct 2nd 6-7pm

Fellowship Saturday  
Oct 12th 5-7pm

Celebrate a Feast Day  
(\*see next page)

**Novena of the Month**  
**Novena for the**  
**Holy Souls in Purgatory**  
**Oct. 24th-Nov. 2nd**

### October Challenges:

- Read the Daily Readings at USCCB, on Hallow, or Amen App.
- Join a rosary group or invite a few friends to do a weekly rosary together.
- Prayerfully discern your civic responsibility to vote. "if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."  
*2 Chronicles 7:14*
- Fast. Whether it is for a particular concern or struggle. This can be a food fast, technology fast or any fast that will aid in
- **October Month Awarenesses :**
  - Breast Cancer Awareness
  - Mental Health Awareness
  - Down Syndrome Awareness
  - Pregnancy & Infant Loss Awareness

### ADDITIONAL RESOURCES

*Catholic Apps:*



HAVE QUESTIONS?  
julie.g@cathedraljc.org

LIKE/FOLLOW ON:



# FORMED



For Daily Readings and more:

[www.usccb.com](http://www.usccb.com)

@CATHEDRALOFSTJOSEPH

@JCCATHEDRAL

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

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## **Ideas for Celebrating Feasts/Memorials in October:**

**10/1 - St. Therese of the Child Jesus** - Virgin and Doctor of the Church, nicknamed the "little flower" and known for "the little way." She practiced making little sacrifices each day and is said to have a string of 10 beads to keep track of her sacrifices throughout the day. Pick some roses for her feast day. Read her autobiography "The Story of a Soul".

**10/2 - The Holy Guardian Angels** - Consider teaching your littles, that, while there are many fairy tales and fantasies, angels are biblical and indeed are *REAL*. Biblical passages can help remind us of this such as Lk 2:13 and Mt 18:10. Pray the Guardian Angel prayer and start a practice to say "Good Morning" and "Good Night" to your Guardian Angels! They are the voice of our subconscious and we should listen to their little nudges. Important Fact: when we die, we do not become angels, angels are spirit only, humans are spirit and body. When we die we hope to become saints!

**10/4 - St. Francis of Assisi** - Known by people and birds alike, he is said to have practiced his preaching by giving talks to the birds. Last year, St. Peter's parish offered a blessing of pets in honor of this feast day, you can also bless your pets at home yourself. It is also a great day to make a bird feed or tend to the birds, visit a zoo, or walk through nature. Animal themed snacks are a fun way to remember this day: ants on a log, animal crackers, bear claws, use your creativity!

**10/7 - Our Lady of the Rosary** - October is the month of the rosary, this is an opportune day to be sure to say the rosary as a family. You can find a podcast and put it on in the car (where everyone is strapped in!) or sit down as a family, rosaries in hand. Or to make it even more interactive, make an edible rosary!

**10/18 - St. Luke, the Evangelist** - Credited with being the first painter of icons, specifically of Our Lady. Visit an art museum or create your own icon of your favorite saint. Also, the patron of physicians so you can pray for a doctor today.

**10/22 - St. John Paul II** - He attended secret underground seminary in Krakow, Poland as Catholics were being persecuted during his formation. Dinner of kielbasa, pierogies and sauerkraut would be fitting.

**10/31 - All Hallows' Eve** - Should we even celebrate Halloween?? Since Catholics invented it, why not!?! Instituted by Pope Gregory III in the eighth century, it is the vigil of All Saints day. All Saints' and All Souls' days we commemorate the dead, in heaven and in purgatory respectively. Pray for those souls, avoid any blatantly pagan takes on this day and have fun!



# PRAYER REQUESTS

NAME

REASON

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# THANK GOD EVERY DAY

WHAT I'M THANKFUL FOR:

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