



Prayer nourishes the soul.

Through prayer we nurture our personal relationship with God. Prayer is the avenue to help us become “intentional disciples” of the Lord. In all stages of our spiritual growth, prayer takes root with practice. Seek to practice the fruits of the Holy Spirit: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self-control. Ask the Lord in prayer for help with these towards one another. Pray for yourself and one another. Our faith gives us our Church as a means of togetherness. Pray for our church and parish. Here are some opportunities that our parishes & parishioners can consider to help strengthen their prayer life.

Ministries at Mass

The Rosary (before/after Mass)

Choir Member

Votive candles (back of church)

Divine Mercy Chaplet (St. Isidore 1st Sun of month 7:45am)

Eucharistic Adoration (St Mary’s chapel, St Isidore (1st Sun of month 7:00 am), OLHS (Wed at 4:15))

Sisters in Christ – Intercessory Prayer (Wed 1PM– Pat Mulvany 521-9196)

Stations of the Cross (St Isidore – Wed evening, OLHS – Thursday evening) during Lent.

Prayer Chain (Sandy Nickelson)

Rosary Group (OLHS 1st Thurs of month 10am)

Prayer Group (St. Isidore Tues 9am)

Mass intentions (see Parish Office 864-3467)

Reflections:

- God, give me a thirst for more of you in my life. Cleanse me with your word, and set me apart for your use.
- There are 1,440 minutes in a day, how many will I spend with God ?
- Do I give thanks to the Lord in all things ? Do I have a heart of gratitude?
- God of all creation, remind me that my wealth isn’t in things, but in YOU. Thank You for all you give.

Prayer in Action:

- Today, find some extra time to spend in prayer with God. Pray in traffic, in the elevator, at the market.
- Pray before meals (even in public), morning offering prayers, light votive candles in church for requests.
- Take Vocation Chalice home and pray for the religious vocations.
- Purchase Mass intentions (\$10) for living or deceased family, friends, and other.