

Spiritual Health

This quarter our health ministry education will focus on how we can improve our spiritual health. When we hear the word “health”, we may think of one’s physical or mental health, but our spiritual health is also a vital component of one’s well-being.

Our physical, mental, and spiritual health are interconnected aspects of our well-being. Perhaps our spiritual health could be viewed as the foundation which organizes the values, relationships and meaning and purpose of our lives.

There is no better time than the present to pack our spiritual suitcase for our Lenten Journey! Prayerfully consider how you can make a difference this Lenten Season.

What we think, say and do impacts our spiritual health. The following are a few ways that will help us become spiritually healthier beings:

1. Reconciliation
2. Attending Mass Regularly (if unable to attend daily Mass-see Spiritual Communion prayer)
3. Daily Scriptural Reading-Magnificat Lenten Companion, Word Among Us, Our Daily Bread, Magnificat
4. Stations of the Cross

5. Prayer, (Rosary, Divine Mercy Chaplet, Our Lady of Sorrows, Holy Name of Jesus Litany), Fasting, and Almsgiving (Helping a Needy Organization or someone in need)
6. Our Church Library has many great resources (Books, CD, videos, movies) ie. Handbook for Catholic Families
7. Catholic Radio 103.5FM/WIAH and EWTN (Global Catholic Television Network)
8. Online Resources (Formed, Catholic Online, Ascension Press, USCCB.org, Lighthouse Catholic Media)
9. St John's Youth & Adult Faith Formation classes and Bible studies, and Retreats (Men and Women Cursillo, Teens Encounter Christ, Source and Summit, Marriage, Silent)
10. Get involved-See the St. John Website/Bulletin for opportunities. Prayerfully consider how you're being called to share your time, talents and treasure.

Please see attached PDF for praying for souls. (conversion of loved ones). It is inspiring to know that we spiritually pray for one another!

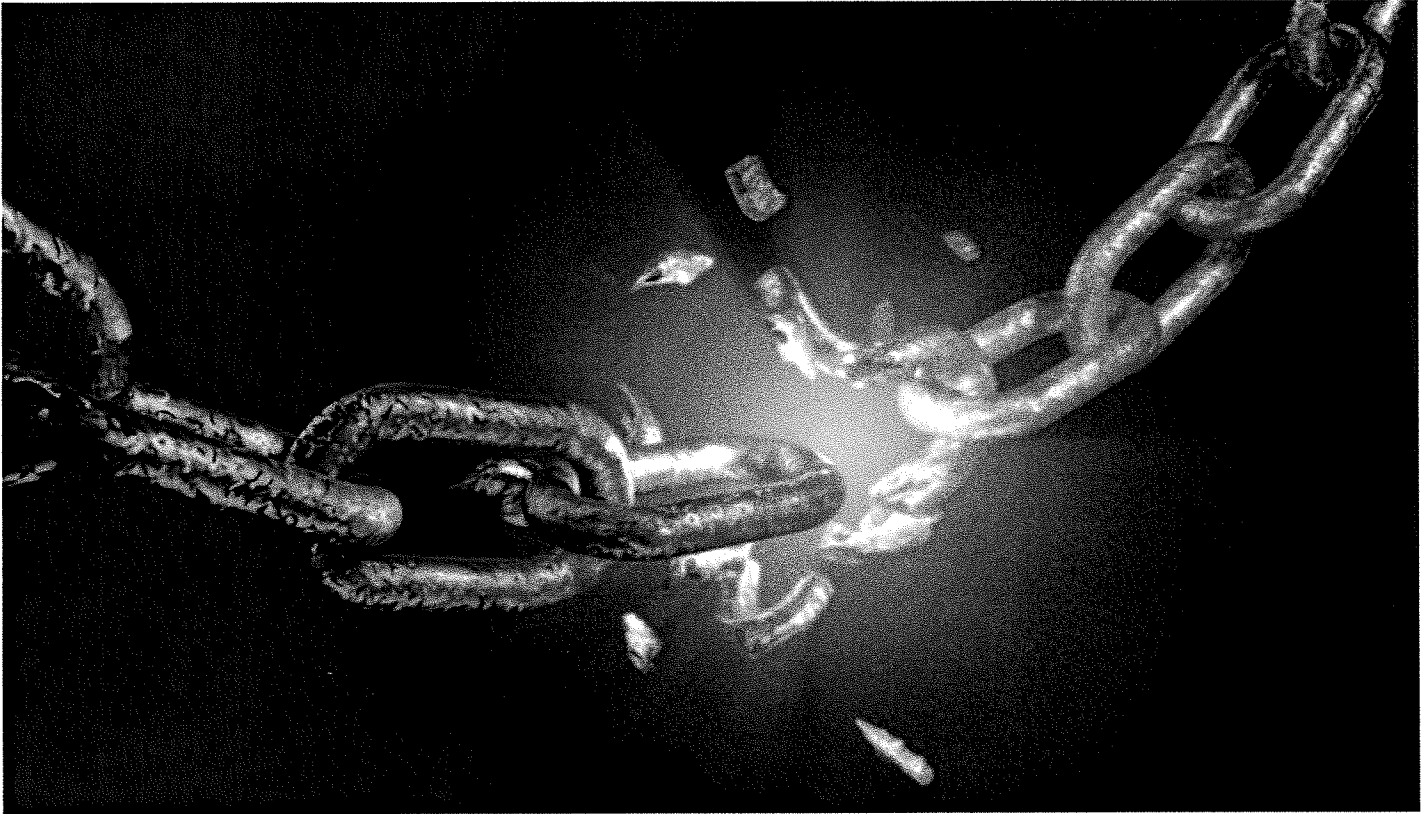
We are truly blessed to have such great resources to help us and one another to grow closer to God this Lenten Season and always.

Catholic Lenten Challenge: Listen to a Catholic radio station each day during the Lenten Season and see how it impacts your spiritual health.

BONUS: Spend a few minutes in the St John's Adoration Chapel gazing at Jesus: It is an amazing and peaceful spiritual experience!

The Very BEST Spiritual Warfare Prayer for Conversions of Loved Ones

Fr Richard Heilman



“As we enter heaven we will see them, so many of them coming towards us and thanking us. We will ask who they are, and they will say a poor soul you prayed for in purgatory.” -Venerable Fulton Sheen

How many of us had grandparents who had their stack of holy cards in their prayer book? These favorite saints were their friends, their prayer warriors! How many of our ancestors knew to pray for the holy souls in purgatory, especially the souls of family and friends? The holy souls would then, in deep gratitude, return many prayers for those who cared to pray for them. This is why our ancestors never faced evil alone or prayed for anything or anybody alone — they had their comrades in the heavenly realm, their Holy Alliance of saints and holy souls, with them at all times. The devil never stood a chance against this united force!

What's stopping us from building upon the great example of our ancestors who called upon the saints to pray with them for the poor souls in purgatory? If they invoked (recruited) their handful of favorite saints, what's stopping us from building an enormous personal Holy Alliance of saints (as we learn about each one) by recruiting a new saint each day to pray with us?

“Never Leave A Fallen Comrade.” After completing this indulgenced prayer, ask today's grateful holy soul, today's saint, and all those in your Holy Alliance to join you as you all pray together a Divine Mercy Chaplet for a living loved one you believe needs to receive God's grace to grow in faith, hope, and love — who, in some ways, is caught in the clutches of worldliness, or a loved one you desire to receive more grace.

Here's how it works ...

Requirements for obtaining a plenary indulgence:

1. Do the work while in a state of grace
2. Receive sacramental confession within 20 days of the work (several plenary indulgences may be earned per reception)
3. Receive Eucharistic communion (one plenary indulgence may be earned per reception of Eucharist)
4. Pray for the pope's intentions (an Our Father and Hail Mary, or other appropriate prayer, is sufficient)
5. Have no attachment to sin (even venial) — i.e., the Christian makes an act of the will to love God and despise sin.

Four ways (Big Four) to gain a plenary indulgence on any given day:

1. Adoring the Blessed Sacrament for at least one half hour
2. Devoutly reading Sacred Scripture for at least one half hour
3. Devoutly performing the Stations of the Cross (only at approved Stations)

4. Reciting the Rosary with members of the family, or in a church, oratory, religious community, or pious association

So, Here's the Spiritual Warfare Prayer:

1. Choose a deceased loved one for whom you wish to pray into heaven.
2. Choose a saint to pray with you for your deceased loved one.
3. Pray with your saint for your holy soul in purgatory by choosing one of the "Big Four" (Rosary, Stations, Scripture, or Adoration) that allow for a plenary indulgence.
4. Ask today's grateful holy soul, today's saint, and all those in your Holy Alliance, to join you as you all pray together a Divine Mercy Chaplet for a living loved one you believe needs to receive God's grace to grow in faith, hope, and love — who, in some ways, is caught in the clutches of worldliness, or a loved one you desire to receive more grace.

Secret Weapon Prayer

In her diary, *Divine Mercy in My Soul*, Saint Faustina Kowalska recorded that she received a private revelation regarding intercessory prayer from Jesus who told her to "Call upon My mercy on behalf of sinners; I desire their salvation. When you say this prayer, with a contrite heart and with faith on behalf of some sinner, I will give them the grace of conversion. This is the prayer (Pray it silently when you are with the loved one for whom you seek a conversion):

"O Blood and Water, which gushed forth from the Heart of Jesus as a fount of Mercy for us, I trust in You" (Diary, 186-187).