



February 23, 2025

Seventh Sunday in Ordinary Time

Pastor 主任司鐸
Fr. Bruce-John Hamilton

Assistant 助理司鐸
Fr. Raffaele Salvino

Chinese Mass 中文彌撒司鐸
Fr. Paul Chu

Office Manager 辦公室經理
Winnie Shiao
Email: winnie@ccparish.ca

Parish Office Hours 堂區辦事處時間
Mon—Fri 9:00am - 12:00pm

Sunday Mass 主日彌撒
Saturday Vigil 週六:
5:00 pm (English 英)
Sunday 週日:
9:00 am (English 英)
11:00 am (English 英)
3:00 pm (Cantonese 廣東話)

Weekday Mass 平日彌撒
Monday to Saturday - 8:00 am
Wednesday - 9:00 am (*School Mass when school is in session*)
Holy Hour every Friday - 6:00 pm
First Friday Evening Mass - 7:00 pm
Holidays - 9:00 am

Confession 修和聖事
Monday to Friday - 7:45 – 7:55 am
Friday - 6:00 – 6:45 pm (during Holy Hour)
Saturday - 8:30 am after Mass
Saturday - 3:45 – 4:45 pm
Sunday - 2:30 – 2:55 pm (Cantonese)

Liturgy of the Hours/Devotions
Lauds - 7:30 am on weekdays
Holy Rosary - Monday to Saturday
After morning Mass

Emmaus Adoration Chapel
The Chapel is now open 24/7 and accessible by a code. Please contact the Parish Office for the code.

Corpus Christi Elementary School
2360 Waverley Avenue
Vancouver, BC V5S 0J1
Phone: 604-321-1117
Email: office@cchristi.ca
Website: www.cchristi.ca
Principal: Ms. Rosa Natola

Corpus Christi Childcare Centre
2362 Waverley Avenue
Vancouver, BC V5S 0J1
Phone: 604-416-4117
Manager: Mrs. Ivana Ciccone
Email: iciccone@cchristi.ca



4 Core Values of Corpus Christi Parish
Engaged Disciples: Corpus Christi parishioners strive to be fully committed to holiness, mission, community and service. (cf. *Mission of the Redeemer 90, JP11*)



Rooted in Tradition: Corpus Christi parishioners are firmly rooted in the living Tradition of the Church, faithful to the fullness of the teachings of Christ in every aspect of parish life. (cf. *2 Thessalonians 2:15*)



Multiplying Leaders: Corpus Christi parishioners follow Jesus' example of ministry by identifying, recruiting and investing in others to become leaders, and equipping them to do the same. (cf. *2 Timothy 2:2*)



Evangelical Hospitality: Corpus Christi parishioners aim to be generous and evangelical in service and hospitality, providing everyone with opportunities to belong to the parish family. (cf. *Acts 2:44-47*)

PARISH MINISTRIES/GROUPS

- | | |
|---|--|
| Adoration Chapel | Araceli Hinz |
| Alpha | Michelle Wong |
| Altar Servers | Fr. Hamilton, Fr. Salvino, Margie Lacson |
| After Mass Socials | Mary Vendencia, Mellysa Lim (9am/11am), Tina Chan (3pm) |
| Baptism Preparation | Adelia Yiu |
| Bible Study | Joyce Fung (Tues Morning) Joseph Chiu (Chinese) |
| Catholic Women's League | Camille Macapanpan |
| Chinese Community | Frank Chan |
| Choir | Kevin Garcia (5pm) Dominica Chan (9am) Scholastica Au (11am) Vincent Lau (3pm) |
| Church Care | Joyce Fung |
| Altar Linens | Agnes Lo |
| Church Flowers | Monica Lau |
| Emergency Management | Serafina Chau |
| Extraordinary Ministers of Holy Communion | Bill Lam |
| Hospitality Ministry | Annie Dee, Mary Vendencia, Mellysa Lim (Greeters) |
| Intercessory Prayer Ministry | Lina Glass, Winnie Koch |
| Knights of Columbus | David Robinson |
| Legion of Mary | Margie Goebel |
| Marriage Mentorship | David & Connie Robinson |
| Men's Group | Seamus O'Brien |
| PREP | Veronica Yam |
| RCIA | Neila Tong Joseph Chiu (Chinese) |
| Faith Studies | Thomas Robinson |
| Readers | Irene Goh (Weekend Mass) Joyce Fung (Weekday Mass) |
| Safe Environment | Karen Tully |
| Seniors' Ministry | Theresa Stewart, Remedios Yeung |
| Senior Leadership Team | Fr. Hamilton, Fr. Salvino, Schola Au, Prisca Cheung, Annie Dee, Peter Lee, Winnie Shiao, Deborah Welsh |
| Ushers | Rick Lam |
| Youth Ministry | Miguel Lacson, Isabelle Liu |

BAPTISM

The Baptism Preparation Classes for parents are held via Zoom every 1st (Part 1) and 3rd (Part 2) Saturdays of the month, 10:30 am to 12 noon, except during the months of July and August. Parents must attend both sessions. Call the Parish Office to pre-register for the class. **Baptism celebrations are held on the 2nd and 4th Saturdays of each month @ 11:00 am.**

HOLY MATRIMONY

We welcome your wedding celebration at Corpus Christi Church. To arrange the date and begin your preparations, please contact the Parish Office or either one of our priests at least 9 months prior to the proposed wedding date.

ANOINTING OF THE SICK

If your loved one, relative or friend would like to arrange for a priest for the administration of the Sacrament of the Anointing of the Sick or to visit the sick in a hospital, please phone the Parish Office. Or you may contact the hospital chaplain:

VGH:
604-875-4111
Fr. Gilbert Nunez & Fr. Luis Martin Brian Delgado (Mon., Tue., Fri., Sat. and Sun.)
Fr. Aresene Dutunge (Wed. and Thurs.)

MOUNT ST. JOSEPH HOSPITAL:
Fr. Joseph Ha Vinh Tran, OP (Chaplain)
604-876-7826

BURNABY HOSPITAL:
St. Theresa's Parish
604-434-4211 (Chaplain)
604-298-6800 (Parish)

ST. PAUL'S HOSPITAL:
Fr. Victor Fernandes, OCD
604-682-2344/604-445-9323
(cell)/604-252-4224 (pager)

February 23, 2025

Seventh Sunday In Ordinary Time



Saturday, Feb 22

Vigil Mass

5:00 PM Sandor Alex Csori, RIP

Sunday, Feb 23

9:00 AM All Parishioners, Living and Deceased

11:00 AM The deceased members of the Chan & Lau Families, RIP

3:00 PM Carla V., Health

Monday, Feb 24

8:00 AM Francisco Perez, RIP

Tuesday, Feb 25

8:00 AM Reynaldo Calaguas, RIP

Wednesday, Feb 26

8:00 AM Shirley Strain, RIP

9:00 AM School Mass

Thursday, Feb 27

8:00 AM Jackie Tran, Intentions

Friday, Feb 28

8:00 AM Yale Rosner, RIP

6:00 PM Holy Hour

Saturday, Mar 01

8:00 AM Sheelah Pomerleau, RIP



Parish Support / Receptionist

Corpus Christi Parish is looking for a full time Parish Support / Receptionist person.

This position performs a variety of functions to ensure the smooth running of the Parish Office.

Please see the parish website for further details.

PARISH ANNOUNCEMENTS

SENIORS MINISTRY

Scam Prevention for Seniors

Date: Thurs, Mar 6, 2025

Time: 10:00 am - 12:00 pm

Come learn about phone scams, bail money scams, distraction scams, and cyber crime. Meet us at the Parish Centre. All Seniors Welcome.

Please sign up at the entrance to the Church.

RELIGIOUS ARTICLES BOOTH

The Religious Articles Booth will be opened on Feb 23 from 8:45 am—11:15 am (closed during mass).

CWL MARCH MEETING

Corpus Christi Catholic Women’s League (CWL)



Next meeting:

Sat, Mar 01, 2025 (First Sat of March)

9:00am - 10:30 am

Parish Hall Conference Room

WORLD DAY OF PRAYER

This year THE WORLD DAY OF PRAYER is being held at Corpus Christi on Fri, Mar 07 @ 1:00 pm, hosted by the CWL. We invite all parishioners to this service, which was written by the women of the Cook Islands. The women tell their stories through prayer and music.



All parishioners are invited. Please join us. Refreshments will be served after the service.

SAT 5:00 PM CHOIR



The Voice of Faith Youth choir (Sat, 5:00 pm Mass) is looking for youth to join their choir. If interested, please use this QR code or email Kevin Garcia, choir director at garciakevz@gmail.com

SUN 9:00 AM CHOIR

If you attend the 9:00 am Sunday Mass regularly and are willing to sing, please come and join our family choir. This is a great way to prepare for Lent and Easter. No audition, just come up to the choir loft before Mass and our members will help you. Thank you.



Last Weekend's Collection

| | |
|-----------------------------|-------------------|
| Sunday Offertory Collection | \$8,234.55 |
| BC Catholic | \$55.00 |
| Building Fund | \$195.00 |
| Initial Offering | \$45.00 |
| Solemnity of Mary | \$5.00 |
| St. Joseph's Society | \$5.00 |
| TOTAL | \$8,539.55 |

Thank you for your continued generosity.



Prayer for the Holy Father

Almighty ever-living God, eternal health of believers,
 Who willed that our infirmities
 Be borne by your Only-Begotten Son for our salvation,
 Listen in kindness to our prayers
 For your servant Francis, our Pope and Shepherd:
 Grant him, we implore you, your merciful help,
 So that he may be restored to your Church in good health,
 Ever ready to serve the flock you have entrusted to his care.
 Through our Lord Jesus Christ, your Son,
 Who lives and reigns with you
 In the unity of the Holy Spirit,
 God, for ever and ever.

Remembering the Sick

In Prayers

| | | |
|----------------------|-------------------|-------------------|
| Sr. Florchita | Honesto Estabillo | Yen Ting Lin |
| Bautista | Juan Garzon | Grace Macapinlac |
| Naty Bonus | Flor Gatchallan | Maria C. Martinez |
| Isabelita Carpentero | Gerda Heilemann | Ben Ng |
| Anthony Centeno | Paul David | Toma Nitta |
| Helen Cervo | Matilde Fernandez | Maria Pinto |
| Mavis Chow | Norena Gonzales | Sebastian Pinto |
| Francis Claire | Peter Hinz | Margaret Tai |
| Joseph Chiu | Sanae Hogan | Fred Vendencia |
| Anna S. B. David | Peter In | Digno Vibat |
| Christianne Depre | Winnie Lam | David M. Williams |
| Heloisa Schuch Durao | Enrico Liamzon | Julia Williams |

Prayers for the sick can be requested. To add the name of your loved one, please drop by or call the Parish Office.

The names listed in the bulletin will remain here unless the office is notified.

Inviting our auxiliary, new members & all to celebrate

Legion of Mary 38th Anniversary

Our Lady of the Roses Praesidium

Corpus Christi Parish - Vancouver



MASS & ROSARY CELEBRATION

Feb 22
Saturday
8 am



Legion of Mary:
 An Army at the
 Service of the Church!
**YOU ARE CORDIALLY
 INVITED TO
 JOIN US!**



**"To Jesus
 through
 Mary"**

The Commander of this Army is Mother Mary herself who wishes to see all her children closer to her Son.

For more information to join Legion of Mary, please contact:
 Margie: margoes5678@gmail.com or Lina: linaglass@icloud.com



pastor's Corner



7th Sunday in Ordinary Time

Chapter 4 - DIES HOMINIS: Sunday: Day of Joy, Rest and Solidarity (55-73)

A reminder – this is a summary of the chapter
(from Scott Hahn)

4. Until quite recently, it was easier in traditionally Christian countries to keep Sunday holy because it was an almost universal practice and because, even in the organization of civil society, Sunday rest was considered a fixed part of the work schedule. Today, however, even in those countries which give legal sanction to the festive character of Sunday, changes in socioeconomic conditions have often led to profound modifications of social behavior and hence of the character of Sunday. **The custom of the "weekend" has become more widespread** (my emphasis).

Unfortunately, when Sunday loses its fundamental meaning and becomes merely part of a "weekend", it can happen that people stay locked within a horizon so limited that they can no longer see the heavens. Hence, though ready to celebrate, they are really incapable of doing so. The disciples of Christ, however, are asked to avoid any confusion between the celebration of Sunday, which should truly be a way of keeping the Lord's Day holy, and the "weekend", understood as a time of simple rest and relaxation. This will require a genuine spiritual maturity...

Take away: Try to break free of the "weekend mentality" and think more in accord with the truth: think and live "the Lord's Day." Build around it with Mass in the Centre!

[On Keeping the Lord's Day Holy](#)

Ordinary Time is quickly coming to a stop. Lent is approaching. Spend some time in these coming weeks to prepare what you will do for Lent. What sacrifice will you make? Will there be any extra Masses you will try to attend? Will you make the extra effort to go to Confession? What about trying to make the Station of the Cross? Whatever you are going to do it is very helpful that you write things out, a few points, and put them somewhere that you will see every day. This way you will be much more likely to start Lent well and finish well.

Our 10 Year Vision continues to bear a lot of fruit: Youth Ministry, AMS (After Mass Socials) and Alpha, a great blessing for this parish! Here are two photos of the CC Youth Ministry gathering last Saturday evening. How can you become a part of this Vision?



Fr. Hamilton



常年期第七主日
本堂神父的話



第四章 - DIES HOMINIS : 星期天: 喜樂、
休息與團結的日子 (55-73)

(摘要自 Scott Hahn)

4. 直到最近，在傳統基督徒國家中，保持主日為神聖的日子較為容易，因為這是幾乎普遍的做法，而且即使在民間社會的組織中，星期天的休息也被視為工作安排的固定部分。然而，今天，即使在那些給予星期天慶祝性質合法認可的國家，社會經濟條件的變化常常導致社會行為的深刻變化，進而改變了星期天的性質。所謂「週末」的習俗已經變得**更為普遍**（這是我的重點）。

不幸的是，當星期天失去其根本意義，僅僅成為「週末」的一部分時，會發生人們被困在如此狹隘的視野中，以至於他們無法再看到天國。因此，雖然他們準備慶祝，但實際上無法做到。然而，基督徒們被要求避免混淆「主日的慶祝」，這應該真心成為使主的日子成聖的方式，與被理解為單純休息和放鬆的「週末星期天」之間的區別。這將需要真正的靈性成熟...

反思：試突破「週末心態」，更應該與真理相符地思考與生活：思考並過「主的日子」。以彌撒為中心來建立一切！

保持主日聖潔

常年期很快就要結束，四旬期即將來臨。在接下來的幾個星期中，花些時間準備你將為四旬期做些什麼。你會做出什麼樣的犧牲？是否努力參加額外的彌撒？你會額外努力去告解嗎？是否參加拜苦路？無論你打算做什麼，寫下幾個要點並把它放在每天都能看到的地方，這樣對於開始四旬期並順利完成會非常有幫助。

我們的十年願景繼續結出許多果實：青少年善會、彌撒後聚會（AMS）和 Alpha 課程，對這個堂區是一大祝福！這是上週六晚間青少年善會聚會的兩張照片。你如何成為這個願景的一部分？



本堂神父
Fr. Hamilton

[Catholic Books For Lent](#)

[Wilderness Within | Sr. Josephine Garrett CSFN](#)

This Lent, allow Sr. Josephine Garrett to be your guide as you explore the interior wilderness of your heart and invite Jesus in to heal you with his love. Have you ever wondered why Jesus went into the wilderness? Some believe it was to reveal his divinity or to restore humanity's relationship with God. In *Wilderness Within*, Sr. Josephine Garrett, a mental health counselor and popular speaker, reflects on the belief that Jesus went into the wilderness to rescue us—to *rescue us!* The Lord does not want us to view the wilderness as something that causes worry, anxiety, or fear.

[Offer It Up | Megan Hjelmstad](#)

What if the way to endure suffering is not to run from it, but to find deep healing *through* it? In *Offer It Up: Discovering the Power and Purpose of Redemptive Suffering*, learn how God can repurpose your pain to become redemptive—benefitting not only your own soul, but others' too. Author Megan Hjelmstad draws from her experience with chronic illness to address the fear, grief, limitation, and needs that accompany suffering. Along the way, readers will be given practical tools to face any cross with purpose and peace.

[My Burden Is Light | St. John of Ávila](#)

Saint John of Avila, the 34th Doctor of the Church, gave numerous sermons on this subject, in which he offers the consolation of Christ's own example and that of saints, like St. Francis of Assisi. St. John never failed to instruct, edify, and challenge those who listened attentively to his sermons. Within these sermons, we too can find renewed strength as we embrace the redemptive suffering of this life and hope for the beatific vision in the next. Published for the first time in English, this carefully translated work of St. John's selected sermons will be a great spiritual aid to any soul along his path to holiness.

[The Road to Calvary | St. Alphonsus Liguori](#)

With St. Alphonsus Liguori as your spiritual guide, *The Road to Calvary: Daily Meditations for Lent and Easter* will take you on the long difficult path Our Lord took to His death and crucifixion. Drawing on the insights of the saints who have gone before him, Liguori adds his own insights into the events of the passion, death, and resurrection of the Lord so that you may truly enter the details of Christ's suffering and ultimate victory over death.

[The School of Christian Perfection | St. Alphonsus Liguori](#)

In this seminal work, St. Alphonsus Liguori, Doctor of the Church, presents a comprehensive guide to achieving Christian perfection through the pursuit of virtue. Drawing from his extensive theological writings, Alphonsus provides a month-by-month exploration of essential virtues such as faith, hope, charity, poverty, chastity, obedience, meekness, and humility. Each chapter offers insightful meditations, scriptural reflections, and practical counsel for cultivating and integrating these virtues into everyday life.

[Holiness of Life | St. Bonaventure](#)

In *Holiness of Life*, Saint Bonaventure offers a rich and challenging reflection on the virtues that lead the soul to union with God. Exploring themes of humility, prayer, poverty, and the remembrance of Christ's Passion, this spiritual classic guides readers to conform their hearts to Christ and embrace the life of holiness.

[Simply Scripture for Lent and Easter | Colleen Reiss Vermeulen](#)

Have you ever wished to recite scripture quotes off the top of your head? Or do you long to build a habit of daily scripture reading? Having a doable plan to regularly and prayerfully engage scripture can make this practice sustainable for people with busy lives. *Simply Scripture for Lent and Easter* is the perfect place to begin. This daily prayer guide, keyed to

the Lenten and Easter seasons, provides a simple framework for reading and reflection upon Mark's Gospel and the Acts of the Apostles.

"The exodus from slavery to freedom is no abstract journey. If our celebration of Lent is to be concrete, the first step is to desire to *open our eyes to reality*. When the Lord calls out to Moses from the burning bush, he immediately shows that he is a God who sees and, above all, hears: "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey" (*Ex 3:7-8*). Today too, the cry of so many of our oppressed brothers and sisters rises to heaven. Let us ask ourselves: Do we hear that cry? Does it trouble us? Does it move us? All too many things keep us apart from each other, denying the fraternity that, from the beginning, binds us to one another."

— Pope Francis

[Lord, Show Me the Way | Josh Noem](#)

Let the music and lyrics of Christian tradition guide you through the forty days of Lent toward the joy of Easter. Inspired by hymns and songs that span generations and cultures, *Lord Show Me the Way* invites you to grasp the spirit of repentance and conversion this Lent. Learn anew how to set your eyes and heart on reaching the life-saving waters of Baptismal renewal that we will embrace when Easter comes.

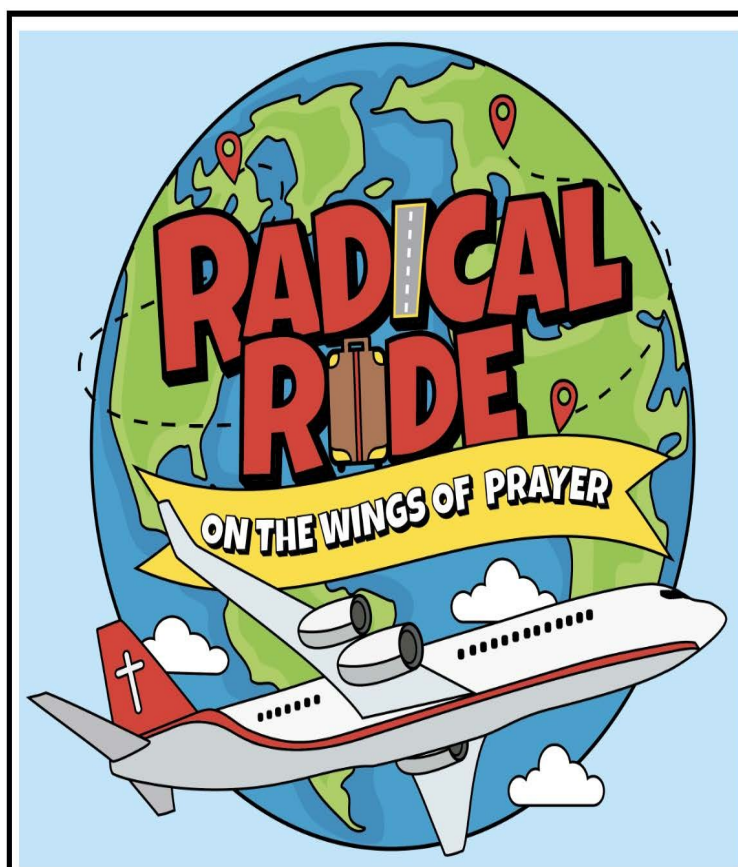
[Praying with the Psalms | Shannon Wimp Schmidt](#)

Lent is more than just a time for sacrifice; it's a vibrant season for deep spiritual renewal to strengthen your relationship with the Lord. Tired of the same old habits and practices that leave you feeling unchanged? This year, embark on a transformative journey that will invigorate your soul and draw you closer to God. In *Praying with the Psalms*, Catholic writer and podcaster Shannon Wimp Schmidt will

lead you in contemplative devotions based on verses from the season's Responsorial Psalms.

[Jesus and the Jubilee: The Biblical Roots of the Year of God's Favor | John Bergsma](#)

Jubilee means joy—a joy that's not fleeting, a joy that lasts. In biblical times, a jubilee was a time to rejoice. And this is still the case when the Church announces a jubilee. In *Jesus and the Jubilee*, biblical scholar John Bergsma gets to the roots of the jubilee, showing how this practice was established in order to preserve freedom, family, and the fullness of God's blessing for the ancient Israelites.



AGES: Children in Gr. K-5 in September 2025

WHERE: Corpus Christi School - Gym

WHEN: July 28 - August 1, 2025 9:15am - 12:30pm

COST: \$140/child Early Bird or \$350/family (3 or more)

CONTACT: Prisca Cheung [778-994-6829] or Mirna Lewis [778-987-6998]

REGISTER BEFORE: May 15, 2025 for Early Bird; June 20 deadline

HOW TO PRAY A HOLY HOUR

By Tom Hoopes

To pray a holy hour, all you need is a tabernacle with a lit sanctuary lamp, a Bible, and perhaps a Compendium of the Catechism of the Catholic Church (available online).

Three Rules

- 1. Be Silent.** Don't rattle prayers or silently review stresses. Be still exteriorly and interiorly.
- 2. Be Attentive.** It's not simply a reading hour — reading should be an entry-point to prayer.
- 3. Be Alert.** Sit, stand, or kneel respectfully. Quick tip: If you get sleepy, stand up!

Minute-by-Minute

There is no one way to pray a holy hour. The following might help if you get lost in the hour, but feel free to reconfigure it to suit your needs.

:00-:05 – Begin

First 5 Minutes: Ask the Holy Spirit to help you, then make acts of faith, hope and charity. Tell God how you believe, trust and love him. Ask for more faith, hope and love.

Quick tip: There are great prayers to the Holy Spirit and Acts of Faith, Hope and Love in the Compendium.

:05-:15 – Adoration

Next 10 Minutes: Adore God. He holds the universe like a seed in the palm of his hand. He is all powerful, all good, more beautiful than we can imagine, and more real than the small things that we grasp so easily. Imagine Christ sitting with you.

Tell him: "Oh my God, I adore your divine greatness from the depths of my littleness; you are so great, and I am so small." or "Glory be ..." *Repeat as long as necessary.*

Quick Tip: Try the Te Deum in the Compendium.

Scriptural helps for adoration—Exodus 33:18-23; Song of Songs 2:8-17; Matthew 2:1-11; John 1:1-18; Colossians 1:15-20; Philippians, 2:6-11.

:15-:25 – Contrition

Next 10 Minutes: Offer reparation. It's not your love for God, but his for you that saves. Examine your conscience. Offer reparation for the sins of the world. Pray: "Oh my Jesus, I am so sorry. Forgive me." (Imagine Jesus on the cross; kiss each wound.)

Quick tip: Scriptures for contrition—1Corinthians 13:4-7; Colossians 3:5-10; 1 Timothy 1:12-17; James 3:2-12; 1 John 1:5-2:6; Penitential Psalms: 6, 32, 38, 51, 102, 130, 142.

:25-:40 – Meditation

Next 15 Minutes: Contemplate God's action. You may wish to meditatively pray the Stations of the Cross or a

Rosary. Or:

Scriptural meditation. Read a brief Gospel passage. Imagine the scene. Notice Christ's reactions. Think of three ways the passage applies to your own life. Meditate on each line.

Doctrinal meditation. Read Scripture or Catechism passages that apply to a doctrine of the Church. Appreciate God's plan and find ways it applies to you. (Perhaps: Sun, Resurrection; Mon, Incarnation; Tues, Mercy/con-fession; Wed, Holy Spirit; Thurs, Eucharist; Fri, Passion; Sat., Mary).

Life meditation. Or, deepening your examination of conscience, look at your own life. Which kind of pride do you most fall into? Selfishness (valuing yourself most), Vanity (valuing others opinions most), Sensuality (valuing comforts most). Pray for the opposite virtues: Charity (serving others first), Fidelity (putting Christ's opinion first), Discipline (accepting your crosses).

:40-:50 – Thanksgiving

Next 10 Minutes: Express gratitude for all God's gifts. He didn't just create you, he sustains your existence out of love in every moment.

Thank him for literally everything, and be specific: food, shelter, clothing, health, family, friends, teachers, coworkers, home, and most of all spiritual gifts — faith, hope, love, this time of prayer, the Catholic faith, the disciples who reached you.

Thank God for answers to prayer. Thank him for crosses. Thank him for creating you and caring so much for you that he died for you.

Quick tip: Scriptures for thanksgiving – Genesis 1; Genesis 8:15-22; Job 1:13-22; Daniel 3:46 ff.; Matthew 6:25-34; Luke 17:11-19; Psalms: 8, 65, 66, 100, 111.

:50-:55 – Petition God

Next 5 Minutes: Ask God for what you and others need. He is the king of the universe. He's in control, even when it isn't obvious.

Pray for: The Church, the pope's intentions, for those who are suffering, for priests and bishops, for religious, for vocations, for your country, your family, for what you need most in the spiritual life. Pray for peace and the protection of the institution of the family. Pray for those who have asked for prayers.

:55-1:00

Final 5 Minutes: Make a resolution to act on a light of the Holy Spirit you received: something doable and checkable.

Ask the Blessed Mother to help you, perhaps with Marian prayers from the Compendium.