

SACRAMENTALS

To help us at Home and work with our daily prayer, our devotional life and everyday Spiritual Warfare.

HOLY WATER

is available in Church.

Please bring in your own bottles to fill from the 7.6 Litre Glass Bottle near the Baptismal Font and statue of St Anthony of Padua.



Sprinkle the Holy Water around your Home, and work place, to remind yourself that you are Baptised / Christened, and as a formally adopted child of God, put your trust in our Heavenly Father, and in Jesus Christ, our Brother, Saviour and Redeemer, and in the Holy Spirit Who dwells within you, unless you have driven Him away by serious, deliberate sin: if have committed mortal sin which destroys your relationship with the Most Holy Trinity: God, then confess your sins as soon as possible through the Sacrament of Mercy, Pardon, Peace and Penance - Confession, and be reconciled with God. **Holy Water** is very successful at driving the devil away too. Use it frequently in faith and bless yourself, and your families with it.

**Under God, and with God on our side:
we are not helpless or powerless!**

A help "to know, love and serve Almighty God in this life, and to be forever happy with God in the next."

THE ONE YEAR CHALLENGE TO READ THE CATECHISM OF THE CATHOLIC CHURCH

A priest friend of mine wrote:

"Recently, a priest friend and I agreed to read the whole of

THE CATECHISM OF THE CATHOLIC CHURCH

over the course of one year, in order **to refresh and increase our knowledge of our Catholic Faith.** I started this on Tuesday 1st September and have found it enjoyable. Since I have enjoyed it so far, and have not found it onerous, I was wondering if anyone else in the Parish would be interested in joining me and my friend. He has already managed to get 50 people he knows to join him! If you would like to join us, please email my friend at:

frjohnmccarthy@hotmail.com

He will give you the paragraphs you have to read each day, and occasional extra information.

IF YOU DON'T HAVE A COPY OF THE CATECHISM, YOU CAN ACCESS IT ON LINE at:

https://www.vatican.va/archive/ENG0015/_INDEX.HTM Fr Peter.

A great idea? Let's try it and see.

BLESSED ROSARIES

are also **SACRAMENTALS: carry one with you always. Rather than wear it as a necklace or bracelet: use it and pray with it frequently, at least daily. Pray with others, and in Church, and it may gain you, or your loved ones in Purgatory, a Plenary or Partial Indulgence.**

ST MARY OF THE CRAYS NEWSLETTER SUPPLEMENT 19th / 20th September 2020

Notes on The Most Holy Eucharist (The Divine Mercy Chaplet) and the Most Holy Rosary as powerful remedies against the Coronavirus, the viruses in the Church and in the political world at this time.

THE MOST HOLY ROSARY:

- Is a Biblical Mediation upon the Life, Ministry, Passion, Death and Resurrection of Our Lord Jesus Christ.
- We could read the relevant Gospel Passage before having a Picture in our imagination/minds and hearts, upon which we reflect and meditate. For the ten Hail Mary's. We could "Watch with Mother" - look through her eyes.
- Or, we could look at a Picture and do the same.
- "Through the eyes of Mary" we can enter the heart of the Gospel/Bible event.
- It is very helpful to join with others to pray the Rosary - also,
- use the Internet: I often follow the Rosary on YouTube: live from Walsingham or Lourdes,
- or a recording - GOOGLE: "THE MOST HOLY ROSARY on YouTube" and it will give you so much choice.
- This might be a good way to learn the Rosary if never been taught, and a way to LISTEN TO IT while doing something else like washing, cooking, eating, gardening or driving.
- The Rosary can be, not a replacement for, but like the "Liturgy of the Word" at the Holy Sacrifice of the Mass! TRY IT AND SEE!! Fr David.

THE DIVINE MERCY CHAPLET AND THE THREE O' CLOCK PRAYER

- The Holy Rosary was given to St Dominic in Southern France by Our Lady while he was preaching against the Albigensian Heresy in the 12th Century.
- The Divine Mercy Devotion, with its Feast, Image/Icon, Novena, Chaplet and Three o'clock Hour, were given to St Faustina Kowalska in Poland in the 1930's. Together with the Crusade of Mary Immaculate of St Maximilian Kolbe, it seemed to prepare Poland for the devastation of life in World War II.
- The Devotion was promoted by St Pope John Paul II it (1978 - 2005).
- One of the Prayers Our Lord gave to St Faustina is as follows:

**"Eternal Father, I offer You
the Body and Blood,
Soul and Divinity of
Your dearly beloved Son,
Our Lord Jesus Christ,
in atonement for our sins
and those of the whole world."**

This is clearly a Prayer of Sacrificial Offering. By virtue of our Baptism as "priests, prophets and kings" we can all "Offer" the Body, Blood Soul and Divinity of Jesus Christ to God our Father - as we should at every Holy Mass!

THE DIVINE MERCY CHAPLET AND THE THREE O' CLOCK PRAYER

Continued ...

- The Divine Mercy Chaplet can take as little as **7 minutes** to recite from start to finish.

- You can find it on an APP, and on YOUTUBE to pray, and also sing along with others.

- **Google: The Divine Mercy App.**

- In fact contact the Marian Fathers of the Immaculate Conception, at the **Divine Mercy Shrine in Stockbridge, Massachusetts**, U. S. A., they have produced an amazing number of priests and communicators:

- ◆ **FR MICHAEL GAITLEY**, who gave us "33 Days to Morning Glory" in preparation for the Re-Consecration of England as "Mary's Dowry";
- ◆ **FR DONALD CALLOWAY**, who speaks and writes so much about The Most Holy Rosary and has now produced a book all about St Joseph;
- ◆ **FR CHRIS ALAR**, who, during the "Lockdown", has produced a series of video talks on YouTube "Explaining the Faith".

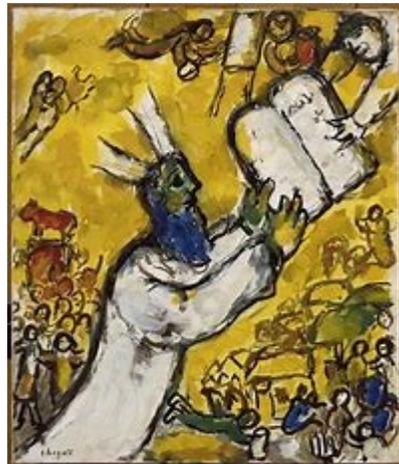
THE TEN COMMANDMENTS:

About our love, knowledge and service of Almighty God, given by God to Moses

1. I am the Lord your God:
You shall not have strange gods before me.
2. You shall not take the Name of God in vain.
3. Remember to keep the Sabbath day holy.

About our loving care, compassion and service for those around us:

4. Honour your father and your mother.
 5. You shall not kill.
 6. You shall not commit adultery.
 7. You shall not steal.
 8. You shall not bear false witness.
 9. You shall not covet your neighbour's wife.
 10. You shall not covet your neighbour's goods.
- See Exodus 20: 1-17, or, Deuteronomy 5:6-21*



THE EIGHT BEATITUDES

3. **Blessed** are the poor in spirit:
for theirs is the kingdom of heaven.
4. **Blessed** are the meek:
for they shall possess the land.
5. **Blessed** are they that mourn:
for they shall be comforted.
6. **Blessed** are they that hunger and thirst after justice:
for they shall have their fill.
7. **Blessed** are the merciful:
for they shall obtain mercy.
8. **Blessed** are the clean of heart:
for they shall see **God**.
9. **Blessed** are the peacemakers:
for they shall be called the children of **God**.
10. **Blessed** are they that suffer persecution for justice' sake,
for theirs is the kingdom of heaven. *Matthew 5: 1-8*

THE FIVE CHIEF PRECEPTS / COMMANDMENTS OF THE CHURCH:

- 1) to take part in the celebration of Mass on Sundays and other specified feasts;
 - 2) to confess one's grave sins at least once a Year
(*cf. Code of Canon Law, canon 989*);
(*Ash Wednesday to Holy Trinity Sunday*).
 - 3) to receive Holy Communion at least during the Easter season;
(*Ash Wednesday to Holy Trinity Sunday*).
 - 4) to sanctify the Holy Days as laid down by the Church;
 - 5) to contribute to the material needs of the Church.
- (There used to be a 6th Precept: to observe the marriage laws of the Church - which is still necessary!)*

SACRAMENTALS:

most things can be Blessed and set aside for Holy Use, and for consumption:

Always remember to **Bless your Food** and give thanks for what you have eaten with "Grace before meals" and "Grace after Meals".

Your priest can bless your **Salt and Olive Oil**.

Blessed Holy Medals and Scapulars may be worn as sign and reminder of **our Total Consecration through the Blessed Virgin Mary to Jesus**.

Our Homes - we should bless them every year, and even consecrate them to, and enthrone images of, **the Most Sacred**

Heart of Jesus, or Image of the Divine

Mercy, with a **Blessed Crucifix** in every room to remind us of the Gift of Redemption and Salvation in the Loving Sacrifice of Our Lord Jesus on Calvary.

Statues and Pictures of our "Name" or Patron Saints.

And what about **Bibles: Catholic Bibles?**

- they contain more Old Testament Books than those of the Reformed / Protestant Bibles: the daily reading of Sacred Scripture may also gain you a **Partial Indulgence**, or **Plenary** if reading with veneration and spiritual reading for at least one half hour.

With God-with-us: we are not helpless!