

## **Virtual Eucharistic Adoration**

*Create a prayerful setting for this special time with the Lord and access an on-line chapel.*

Lord Jesus, in the Eucharist You make your dwelling among us  
and become our traveling companion  
so that they may be ever more open to listening and accepting your Word.  
We ask this in Jesus' name. Amen.

## **MAY CONTEMPLATION**

*This month may we listen to God calling us to be **Humble**.*

### **Opening Prayer**

May this time of prayer be a precious opportunity to grow in awareness of the incomparable treasure which Christ has entrusted to his Church. May it encourage a more lively and fervent celebration of the Eucharist, leading to a Christian life transformed by love. May all of us rediscover the gift of the Eucharist as light and strength for our daily lives in the world, in the exercise of our respective professions. We pray in Jesus' name. Amen.

### ***Silent Reflection***

*Let us keep silence before God – silent within ourselves – that our hearts and ears may be open.*

### **Prayer Before Reading Scripture**

Heavenly Father, thank you for the Scriptures that were written for our instruction. They reveal the depth and width of your great love and show us how to walk in a way that is pleasing to you. Amen.

### **Scripture Reading:** *(Philippians 2:5-1)*

*A reading from the letter of Paul to the Philippians*

In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

The Word of the Lord.

**All: Thanks be to God.**

### **Responsorial Psalm:** *(Psalm 62:1-2, 5-6, 7-8, 9, 11-12a)*

***Response: Only in God is my soul at rest.***

I wait quietly before God, for my victory comes from him.

He alone is my rock and my salvation, my fortress where I will never be shaken. **R/.**

Let all that I am wait quietly before God, for my hope is in him.

He alone is my rock and my salvation, my fortress where I will not be shaken. **R/.**

My victory and honor come from God alone.

He is my refuge, a rock where no enemy can reach me. **R/.**

O my people, trust in him at all times.

Pour out your heart to him, for God is our refuge.

Common people are as worthless as a puff of wind,  
and the powerful are not what they appear to be. *R/.*

If you weigh them on the scales, together they are lighter than a breath of air.

God has spoken plainly, and I have heard it many times:

Power, O God, belongs to you; unfailing love, O Lord, is yours. *R/.*

## Glory Be...

### Reflection from the Catechism: Christian Prayer

Mary's prayer is revealed to us at the dawning of the fullness of time. Before the incarnation of the Son of God, and before the outpouring of the Holy Spirit, her prayer cooperates in a unique way with the Father's plan of loving kindness: at the Annunciation, for Christ's conception; at Pentecost, for the formation of the Church, his Body. In the faith of his humble handmaid, the Gift of God found the acceptance he had awaited from the beginning of time. She whom the Almighty made "full of grace" responds by offering her whole being: "Behold I am the handmaid of the Lord; let it be [done] to me according to your word." "Fiat": this is Christian prayer: to be wholly God's, because he is wholly ours. (CCC,2617)

### Seasonal Prayer: Prayer for Mothers (from www.w-f.org)

Most Gracious Heavenly Father, we thank You for our mothers to whom You have entrusted the care of every precious human life from its very beginning in the womb. You have given to woman the capacity of participating with you in the creation of new life. Grant that every woman may come to understand the full meaning of that blessing, which gives her an unlimited capacity for selfless love for every child she may be privileged to bear, and for all your children. To mothers you have given the great privilege and responsibility of being a child's first teacher and spiritual guide. Grant that all mothers may worthily foster the faith of their children, following the example of Mary, Elizabeth, and other holy women who follow Christ. Help mothers to grow daily in knowledge and understanding of your son, our lord Jesus Christ, and grant them the wisdom to impart this knowledge faithfully to their children and to all who depend upon them. We ask your blessing on all those to whom you have entrusted motherhood. May your holy spirit constantly inspire and strengthen them. May they ever follow the example of Mary, Mother of Our Lord, and imitate her fidelity, her humility, and her self-giving love. Amen

### *Silent Reflection*

#### **Meditation:** (*Apostolicam Actuositatem*)

This charity of God, "which is poured forth in our hearts by the Holy Spirit who has been given to us" (Rom. 5:5), enables the laity really to express the spirit of the beatitudes in their lives. Following Jesus in His poverty, they are neither depressed by the lack of temporal goods nor inflated by their abundance; imitating Christ in His humility, they have no obsession for empty honors (cf. Gal. 5:26) but seek to please God rather than men, ever ready to leave all things for Christ's sake (cf. Luke 14:26) and to suffer persecution for justice sake (cf. Matt. 5:10), as they remember the words of the Lord, "If anyone wishes to come after me, let him deny himself and take up his cross and follow me" (Matt. 16:24)...

The perfect example of this type of spiritual and apostolic life is the most Blessed Virgin Mary, Queen of Apostles, who while leading the life common to all here on earth, one filled with family concerns and labors, was always intimately united with her Son and in an entirely unique way cooperated in the work of the Savior. (Chapter I, "The Vocation of the Laity to the Apostolate," *AA*, #4)

This year's Meditations are taken from *Apostolicam Actuositatem*, Pope Paul VI's *Decree on the Apostolate of the Laity*, November 18, 1965.

## **Intentions**

Let us pray together the Daily Offering with the intentions of the Holy Father and our personal intentions:

*R/. Lord, hear our prayer.*

**All:** Eternal Father, we offer you in union with Mary, Mother of the Redeemer of humankind, the Blood Jesus shed with love in his passion and every day is offered on the altar. In union with the Victim offered for the salvation of the world, we offer today's actions in expiation for our sins, for the conversion of sinners, for the souls in purgatory, for the needs of the holy Church, and especially:

For the Holy Father's Intention for The Formation of Men and Women Religious and Seminarians

Let us pray that men and women religious and seminarians, grow in their own vocational journey through human, pastoral, spiritual and community formation, that leads them to be credible witnesses of the Gospel, we pray to the Lord. *R/.*

That all mothers may find in Mary the example and strength to carry out their vocation, we pray to the Lord. *R/.*

For those who've asked the help of our prayers, for those who have no one to pray for them, and for the intentions we hold in the silence of our hearts, we pray to the Lord. *R/.*

### **The Blood of Christ is Life for all Our Needs**

Eternal Father, we offer you the Precious Blood of Jesus Christ, poured out on the cross and offered daily on the altar:

- ✦ For the glory of your name, for the coming of your kingdom and for the salvation of all.
- ✦ For the propagation of faith, for Pope Francis, for bishops, priests, and religious and for the sanctification of all the people of God.
- ✦ For the conversion of sinners, for the loving acceptance of your Word, and for the union of all Christians.
- ✦ For civil authorities, for the strengthening of public morals, and for peace and justice among all nations.
- ✦ For the sanctification of our work and suffering, for the poor, sick and afflicted, and for all who rely on our prayers.
- ✦ For our own spiritual and temporal needs, for those of our relatives, benefactors, and also for those of our enemies.
- ✦ For those who are to die this day, for the souls in purgatory, and for our final union with Christ in Glory.

**Our Father...**

*Silent Reflection*

### **Closing Prayer: Precious Blood Prayer**

**All:** Almighty and Eternal God, you have appointed your only-begotten Son the Redeemer of the world and willed to be appeased by his Blood. Grant we beg of you, that we may worthily adore this price of our salvation, and through its power be safeguarded from the evils of this present life, so that we may rejoice in its fruits forever in heaven. Through the same Christ our Lord. Amen

Our Lady of the Most Precious Blood, pray for us.

St. Gaspar, pray for us, St. Maria De Mattias, pray for us,

St. Francis Xavier, pray for us.