



PRAYER AND FASTING IN RESPONSE TO THE ABUSE CRISIS: In response to the church's ongoing sexual abuse crisis, the parish staff has committed to pray and sacrifice in the following ways. All are invited to join us in prayer for all those touched by this crisis and for our church. We offer our actions for the abused, church leaders, and even for the abusers, who also need God's grace.

Eucharistic Adoration: [First and Second Wednesdays/12:15 to 1:15] – The Blessed Sacrament will be exposed for silent prayer and adoration in the Daily Mass Chapel. Adoration will conclude with simple reposition, not Benediction.

Fasting [Each Friday] Besides the strict fasts of Ash Wednesday and Good Friday, the Church calls us to fast or sacrifice every Friday of the year in memory of the Lord's death on Good Friday. This sacrifice can take the form of a full, day-long fast, or some other form of abstaining from certain food or drink, but also abstaining from social media, video games, TV or radio; taking only cold showers; sleeping on the floor; etc. We make these sacrifices in memory of the crucified Christ and solidarity with all who suffer, especially the young victims of sexual abuse.

Angelus [noon daily] Latin for Angel, the Angelus is a traditional Catholic devotion to our Blessed Mother, remembering the Incarnation and Mary's role in salvation history. Normally we are called to prayer by the "Angelus Bells" at 6:00 am, 12:00 Noon, and 6:00 pm. You can set your watch or phone to remind you, and we can all pray the Angelus together, no matter where we are.

✂ - Cut here --

The Angelus

The Angel of the Lord declared unto Mary. / And she conceived of the Holy Spirit.
(Pray the Hail Mary.)

Behold the handmaid of the Lord. / Be it done unto me according to Your Word.
(Pray the Hail Mary.)

And the Word was made flesh. / And dwelt among us.
(Pray the Hail Mary.)

Pray for us, O holy Mother of God. / That we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech you, O Lord, your grace into our hearts; that we, to whom the incarnation of Christ, your Son was made known by the message of an angel, may by his passion and cross may be brought to the glory of his Resurrection. Through the same Christ, our Lord. Amen.