

## Useful Resources

Below are QR codes that you can scan with your phone camera and bookmark on your smart phones.



St. Casimir at Canton & Patterson Park Website

<https://stcasimir.org/>



St. Casimir at Canton & Patterson Park Facebook

<https://www.facebook.com/stcasimircantonMD/>



St. Elizabeth of Hungary at Patterson Park

<https://www.facebook.com/StLizBmore/>

## Catholic Prayer Life

Although we place an increased emphasis on prayer during Lent, prayer must be central in the life of the Catholic believer all year round. Jesus was clear about it when he said to his disciples that they *"ought to always pray and not lose heart."* Luke 18:1. Part Four of the Catechism of the Catholic Church is devoted entirely to Christian prayer and says that *"Prayer is the raising of one's mind and heart to God or the requesting of good things from God."* (CCC para. 2559). Scan the QR code above to read what the Catechism has to say about prayer.



**How to Pray.** In the *Pater Noster* ("Our Father,") Jesus gave us a perfect model of prayer.

- First, we should give praise (*"Our Father who art in heaven, hallowed be thy name."*)

- Second, we should align our hearts to what God desires (*"... Thy kingdom come, Thy will be done, on earth as it is in heaven..."*)
- Only then should we ask for what we truly need (*"Give us this day, our daily bread,"* and *"lead us not into temptation, but deliver us from evil."*)
- But, we should not ask from God what we refuse to give to others (*"Forgive us our trespasses, as we forgive others."*)
- Our personal prayers should be directed to God alone. Matthew 6:5-15 (*"But when you pray, go into your room and shut the door and pray to your Father who is in secret."*)
- We must be humble. Luke 18:11-14 (*"The Pharisee stood and prayed, 'God, I thank you that I am not like ... this tax collector.... But the tax collector, standing far off, would not even lift up his eyes to heaven, ... saying, 'God be merciful to me a sinner!' I tell you, this man went down to his house justified, rather than the other; for every one who exalts himself will be humbled, but he who humbles himself will be exalted."*)
- We must pray for our enemies. Matthew 5:44 (*"But I tell you, love your enemies and pray for those who persecute you."*)
- We must have faith that our prayers will be answered. Mark 11:24 (*"Whatever you ask for in prayer, believe that you have received it, and it will be yours."*)
- We must pray with persistence. Luke 18:7 (*"And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off?"*)
- We must understand that God's answers to our prayers may be what we need, and not what we ask for. Matthew 7:7-11 (*"Or which one of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will*

*give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!")*

**Times for Prayer.** Catholics are encouraged to set aside regular time throughout the day for prayer. In Jesus' time, devout Jews prayed three times throughout the day. The first, the 3rd hour or 9 am, coincided with the morning sacrifice at the Temple. The second, the 6th hour or noon, coincided with the chief meal of the day. The third, the 9th hour or 3:00 pm, coincided with the evening sacrifice (Acts 3:1). The Synoptic Gospels all remind us that when Christ was crucified, there was darkness over the whole land from the 6<sup>th</sup> hour to the 9<sup>th</sup> hour. Thus, this 9<sup>th</sup> hour, 3:00 pm, is a particularly good time to take a short break from whatever you are doing and offer a prayer of thanks to the Lord.

**Pro Tip:** Set a recurring reminder in the calendars on your mobile phone and work/school computer to block out time for prayer and remind you when it is time to pray. You can even paste a special prayer or hyperlink to a website with your favorite prayers in the reminder.

**Prayer at Table.** Another great opportunity for prayer is giving thanks before (and after) a meal. **Before:** Bless us, O Lord! and these Thy gifts, which we are about to receive from Thy bounty, through Christ our Lord. Amen. **After:** We give Thee thanks for all Thy benefits, O Almighty God, who lives and reigns world without end. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen. Saying the blessing at a restaurant and make the sign of the cross (without making a show) are important ways of bearing witness to Christ. Mk 8:38 ("For

whoever is ashamed of me and of my words ..., of him will the Son of man also be ashamed...."



### **Pope's Monthly Prayer Intentions.**

You can find the Holy Father's monthly prayer intentions for 2023 and a link to more information about the Pope's Worldwide Prayer Network by scanning the QR code above or going to this website: <https://www.usccb.org/prayers/popes-monthly-intentions-2023>

## **Saints of the Week**

**Scan the QR codes with your phone to read and listen about the lives of the Saints.**



### **March 14 – St. Maximilian.**

Martyred for refusing enlistment in the Roman army.



### **March 15 – Saint Louise de**

**Marillac.** Mentored by Vincent de Paul. Patroness of social workers.



### **March 16 – Saint Clement Mary**

**Hofbauer.** A Redemptorist, he brought Order to Poland/Austria.



**March 17 – St. Patrick.** Humble and Brave. Patron of Ireland.



### **March 18 – St. Cyril of Jerusalem.**

Doctor of the Church and opponent of the Aryan heresy.



### **March 19 – St. Joseph.**

A "Just" man and Patron of fathers and stepfathers.



### **March 20 – Saint Salvator of**

**Horta.** Franciscan brother known for asceticism and humility.