



1899 McCoy Road Columbus, Ohio 43220 Parish Office (614) 451-4290 www.standrewparish.cc



LENT

pray fast give

OFFICE AND CHURCH HOURS

The Parish Office is open Monday-Friday, 9:00 AM-4:00 PM. The Church is open daily 6:00 AM-8:30 PM. For more information, visit www.standrewparish.cc.

MASS SCHEDULE

Saturday Vigil Mass - 4:30 PM Sunday - 7:30 AM, 9:15 AM, 11:00 AM Weekdays - 6:30 AM & 8:30 AM Saturday Morning - 9:00 AM

RECONCILIATION

Saturdays from 3:15-4:15 PM or by appointment at 614-451-4290

To learn more about **SACRAMENTS**, call the Parish Office or visit our website, www.standrewparish.cc and select "Sacraments and Prayer."

For **ANOINTING OF THE SICK**, please contact a priest at the Parish Office.

We welcome **NEW MEMBERS!** To register or learn more about St. Andrew Parish, please contact our office by phone, or email Jen Wenzke at jwenzke@standrewparish.cc.

OUR MISSION

St. Andrew Church is a community of Catholics committed to serving God by living our faith. We exist to fulfill the mission of the Roman Catholic Church at the local level by continuing the saving work of Christ. We accomplish this through the celebration of the sacraments, proclaiming and living the Gospel, reaching out to others in justice and charity, and providing all parishioners abundant spiritual, educational, and social opportunities to be known as a faith-filled, engaged, and generous parish.



- facebook.com/standrewparishua
 - standrewparishua
- StAndrewUA

STAFF DIRECTORY

STAFF DIRECTORT	
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MASS INTENTIONS

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Saturday:	Feb. 17, Vigil, First Sunday of Lent
4:30 p.m.	Billy Hein
Sunday:	Feb. 18, First Sunday of Lent
7:30 a.m.	Beth Pandora
9:15 a.m.	For the People of St. Andrew Parish
11:00 a.m.	Les Hess
Monday:	Feb. 19, Weekday Mass
6:30 a.m.	Fenton Moore
8:30 a.m.	Fatima Bettencourt
Tuesday:	Feb. 20, Weekday Mass
6:30 a.m.	Zamana Family
8:30 a.m.	Special Intention
Wednesday	: Feb. 21, St. Peter Damian
6:30 a.m.	Helen Grywalski
8:30 a.m.	Robert and Anna Mae Jones
Thursday:Fe	eb. 22, The Chair of St. Peter the Apostle
6:30 a.m.	Harold Simmons
8:30 a.m.	Robert Sotak
Friday:	Feb. 23, St. Polycarp
6:30 a.m.	Diane Nester
8:30 a.m.	Teresa Johnson
Saturday:	Feb. 24, Weekday Mass
9:00 a.m.	Jim Shough
4:30 p.m.	Vigil, Second Sunday of Lent Martha O'Brien
Sunday:	Feb. 25, Second Sunday of Lent
7:30 a.m.	Shirley V. Meyers
9:15 a.m.	For the People of St. Andrew Parish
11:00 a.m.	William and Margaret DelTosto

BAPTISMS

Ext. 141

Franco Joseph D'Andrea, son of Joseph and Jamie

FACILITIES AND ROOM RESERVATIONS AT ST. ANDREW PARISH: If you would like to reserve one of the meeting spaces or halls at St. Andrew Parish, please contact Jen Wenzke, **jwenzke@standrewparish. cc**, or Greg Price, **gprice@standrewparish.cc**. The event calendar can be viewed at **standrewparish.cc/calendar**.

FORMED FORMED is a free digital streaming service – available to St. Andrew parishioners – that provides amazing content 24/7 for you to grow in your faith. To register, visit www.FORMED.org, click on Sign Up (top right of page), enter NWWM42 (this is our parish access code). There is something for everyone: award-winning studies and parish programs, inspiring audio content, movies, e-books, and family-friendly kid's programming. Give it a try!

MESSAGE FROM THE PASTOR

Dear Parishioners,

The holy season of Lent has begun! This is a season of repentance and renewal in preparation for the celebration of our Lord's Passion, Death and Resurrection during the Holy Week and Easter. This year, Easter falls on Sunday, March 31.

On Ash Wednesday, the opening prayer of the Mass described the season of Lent as a "campaign of Christian service." I like that description, because it reminds us of the purpose of our penitential practices of fasting, prayer and almsgiving – to serve the needs of others, to love our neighbor as we ought, to raise up the downtrodden, to feed the poor and shelter the homeless.

I thank you for your contributions to the collection on Ash Wednesday that benefitted J.O.I.N. Please be aware of the many other opportunities for almsgiving during this season that deserve special mention. The St. Vincent de Paul Society is again asking your support for the "Purple Bag" project to provide personal hygiene products for needy people in our community. And please don't forget that on February 24-25, there will be an extraordinary special collection to support formation for our Diocese of Columbus seminarians. This is truly a "great and growing need" and I hope all of you will be generous. Seminarian Shane Gerrity will be present at Mass next weekend to speak about the need and to invite your support. Looking further ahead, the collection on Good Friday will support the Christians in the Holy Land who are suffering more than ever because of the war in Gaza. So please do your part to support all of these causes.

I also want to remind you that, as part of the Diocese of Columbus "40 Days of Adoration," St. Andrew is having Eucharistic Adoration on Tuesday, February 20, and again on Tuesday, February 27, from 9 a.m. to 9 p.m. in the church. I am hoping that St. Andrew parishioners will commit to an hour of Adoration on these days so that there is always a parishioner present in Adoration before our Eucharistic Lord throughout the day. Please volunteer for a specific hour of Adoration.

I hope these suggestions will help you to have a good and productive season of Lent, and that your "campaign of Christian service" will be successful and produce much fruit.

Your Pastor,

Msgr. Stephan Moloney



DIOCESE OF COLUMBUS 40 DAYS OF ADORATION: On Tuesday, February 20, and Tuesday, February 27, St. Andrew Parish will offer Eucharistic Adoration from 9:00 a.m. to 9:00 p.m. as part of the diocesan effort

"40 Days of Adoration." Please consider signing up to Adore for an hour so that we can have a parishioner present at all times throughout these days. To sign up, use the QR code or visit http://tinyurl. com/SAP-Adore2024.



ST. ANDREW PARISH



FRIDAY, FEBRUARY 23 4:30-7:00 PM NUGENT PARISH HALL

DINNER INCLUDES

Guinness beer-battered cod • The O on Lane Wood-fired Pizza • Hand-cut festival french fries • Homemade tartar sauce • Dessert

VOLUNTEERS/DONATIONS NEEDED:

There are volunteer opportunities available and we are accepting dessert and beverage donations. To learn more, use the QR or visit our signUp Genius at tinyurl.com/Fish-



Next Fish Dinners: March 8 and March 22

SUNDAY OFFERING

	FEB. 4	YTD
ACTUAL	\$ 37,826	\$ 1,098,038
BUDGET	\$ 32,212	\$ 1,030,770
LAST YEAR	\$ 41,742	\$ 1,138,357

Thank you to all who are responding generously to our financial need. Your generosity is greatly appreciated!

We encourage you to consider Online Giving, which is safe, secure and convenient. To sign up, visit <u>osvhub.</u> <u>com/st-andrew-parish/funds</u> or contact Business Manager Thomas Conigy at **tconigy@standrewparish. cc** or 614-451-4290, ext. 6.



FRIENDLY REMINDER: The Parish Office will be closed on Presidents' Day, Monday, February 19. We will return to normal office hours on Tuesday.



SECOND COLLECTION NEXT WEEKEND

On February 24 and 25, we will have a second collection to support the Diocese of Columbus effort entitled "A Good and Growing Need." We have been blessed with growth in the number of vocations to the priesthood in the Diocese of Columbus but the cost of formation for these seminarians is \$55,000 per year per seminarian. With this influx of seminarians, there is an immediate need to raise additional resources to support their formation and education. Please prayerfully consider supporting this effort.

THANK YOU, BULLETIN SPONSORS! Thanks to our sponsors & Dee Printing, the bulletin is published weekly at no cost to the parish.

ADVERTISE IN OUR BULLETIN! Please help support our parish by advertising in our bulletin. Contact Kati at Dee Printing 614.777.8700 or kati@deeprinting.com.



EUCHARISTIC ADORATION

Please join us for Eucharistic Adoration on Tuesdays from 6 to 9 p.m. Eucharistic Adoration is simply the act of being in Christ's real presence while the Eucharist is on the altar. Adorers may stay as briefly or as long as they would like.

At 8:45 p.m., Adoration concludes with Compline (end of day prayers) followed by Benediction. Make time to be in Christ's presence and open yourself to the graces that flow from the Eucharist!

Weekly Adoration Hosts: Parish Council (first Tuesday); St. Vincent de Paul (second Tuesday); Women of St. Andrew (third Tuesday); Men of the Parish (fourth Tuesday); First Called Youth Ministry (fifth Tuesday).

THE ST. VINCENT DE PAUL SOCIETY OF ST. ANDREW encourages all parishioners to participate in the **Lenten "Purple Bag" project**. Beginning Ash Wednesday, you will find empty purple bags at the church entrances with a list of suggested women's and men's hygiene items attached to each bag. Grab a bag, put some items in (you do not need to include all items on the list) and return

it to the church parlor anytime during Lent. Donated items will be delivered to J.O.I.N. (Joint Organization for Inner-city Needs) to distribute to our less fortunate neighbors. Take this opportunity to put your faith into action during the Lenten season.



EUCHARISTIC MINISTER TRAINING FOR THE HOMEBOUND is scheduled for Wednesday, February 21, from 6:30-7:30 p.m. in the Multipurpose Room (the room off the parlor). Ministers must be 18 or older to serve. Please consider volunteering for this vital ministry that serves those who cannot attend Mass in person. For more information, contact Dcn. Dowler at **ddowler@columbuscatholic.com**.

CALLING ALL KNITTERS AND CROCHETERS!

All are welcome to our next meeting on **Monday**, Feb. 19, from 6:30-8:00 p.m., in Nugent

Parish Hall. We have needle workers of all levels, so bring your knitting needles (size 7 or 8) and crochet hooks (size G or H) and join the fun of socializing and being productive as we make things for those in need. We will provide easy patterns. For more information, call Marilyn Dougherty at 614-315-7320.



SAINT MONICA CLUB MONDAY, FEB. 26 6:00-7:00 PM // PARISH HALL Give up worry and turn to prayer with the Saint Monica Book Club! All

are welcome! St. Monica represents persistent, unfailing prayer for fallen-

away family members. The Saint Monica Club includes all devoted parents who have experienced the pain of a child leaving the Faith and have prayed ceaselessly for their return. For more info and to RSVP, contact Amy Tague, at amyliss14@gmail.com.

WELCOME OUR BLESSED MOTHER INTO YOUR

HOME! There are many sign-up opportunities to have the Blessed Mother statue in your home for prayer and devotion. Each week begins on Saturday at 5:30 p.m. and ends the following Saturday at 4:30 p.m. The statue is dropped off and picked up each week in the

St. Andrew Chapel. Use the QR code or visit our SignUp Genius page to view upcoming available dates and learn more: tinyuri. com/ourlady2024. For more information, contact Deb McEllistrem, 614-309-4645 or dmcellistrem@yahoo.com.



SCOUT FLAG COLLECTION

If you have a flag (or more) that you would like to appropriately retire, the St. Andrew Parish Scouts are collecting flags for their Flag Retirement Ceremony in May. The purpose of this annual project is to



show appreciation for our chartered organization and parishioners. Please place flags in or near the marked box in the church Parlor, or you can arrange to have your flag(s) picked up by contacting Jim Galvin at powelloh@tutoringclub.com or 614-397-8930.



"MILLIONS OF MONICAS" EVERY MONDAY DURING LENT 6:00-7:00 PM // CHURCH

Join other Catholic women who are called by the Holy Spirit to imitate St. Monica by attending prayer ministry. Like this

St. Monica, we pray for our children to return to the practice of their Catholic faith, and for our children to always stay close to their faith. We are a group of women, young and old, who believe in the power of prayer.

If you would like more information about this new prayer ministry at St. Andrew Parish, contact Amy Tague, at amyliss14@gmail.com.

MIDDLE & HIGH SCHOOL FIRST CALLED YOUTH MINISTRY

Activities held Sunday evenings, 6:30-8 p.m. at the Bryce Eck Center unless otherwise noted.

> PRESIDENTS' DAY WEEKEND: No FCYM

MOVIE NIGHT: CHOSEN February 25

Lent service: Collect money for Rice Bowl, toiletries for SVdP Purple Bag Project, and help at Fish Fries.

For more information about FCYM, visit standrewparish.cc/youth-ministry/ or contact Maria Moore at 614-439-3571 (cell), 614-459-1402 (office), or mmoore@standrewparish.cc.



MARK YOUR CALENDAR!

St. Andrew Vacation **Bible School** June 24-27 **Registration begins March 1**

Youth and adult volunteers are needed. To learn more and become a volunteer, visit tinyurl.com/VBS-VOLUNTEER-2024

ST. ANDREW RELIGIOUS EDUCATION

CLOW IS BACK at the 11 a.m. Masses. For more information about Children's Liturgy of the Word, or to become a volunteer, contact Liz Meyers, **emeyers@** standrewparish.cc.

MARK YOUR CALENDARS FOR THESE **UPCOMING EVENTS:**

Monday, February 26: Confirmation Rehearsal, 6:00 p.m.

Sunday, March 3: Confirmation Mass, 3:00 p.m.

For more information about Religious Ed activities and upcomging events, contact DRE Tina White at twhite@cdeducation.org or 614-451-2855.

ST. ANDREW PARISH WOMEN'S RETREAT

MARCH 2, 2024 (9 A.M. - 4 P.M.)

LIVING AS A HOLY FAMILY



Fr. Lawrence Tabi

MORNING SPEAKER

TOPIC: BARNABAS INITIATIVE: AN INSPIRATION FOR CHRISTIAN LIVING

Fr. Tabi was born and raised in Ghana in West Africa as the eighth child in a family of 10. Fr. Tabi was first exposed to the Catholic Faith while attending mission school as a young child. After completing his Seminary formation, he was ordained a priest on July 13, 1991. Since his ordination, he has served parishes in Ghana and the United States and he is currently the Parochial Vicar assigned to St. Andrew. In addition, he is the Parochial Administrator of St. Aloysius Church and Chaplain for the Columbus Ghanaian Community.

Please Join Us ...

All women of the parish and friends are welcome to attend. There is a \$25 registration fee. Breakfast and Lunch provided.

To register online, visit <u>https://tiny.cc/wosa-retreat-2024</u>. If you prefer, you may complete the registration form below. If paying by check, please make checks payable to 'WoSA' and drop in the collection basket or return payment and registration form to the rectory office. **Registration deadline February 28.** Any questions may be directed to womenofstandrew@gmail.com.

Name, (First and Last)

Email

Phone

Dietary Restrictions:

Maria Elliott, LPCC

AFTERNOON SPEAKER

TOPIC: HOLY and WHOLE in Body, Mind and Spirit



Maria is owner of Virus Wellness and Counseling in Worthington and is passionate about helping individuals be uniquely who

they were made to be and helping them connect spirit, mind, and body. Maria has a BA from Georgetown University and an MA from OSU. She has worked for over 25 years with children, adults and families as a youth minister, group facilitator and licensed counselor. Maria lives with her husband and 4 children in Worthington and is an active member of St. Michael Church. Maria can be reached at <u>maria@viribuswellness.com</u>.

The Women's Retreat is hosted by Women of St. Andrew (WoSA)



THAT MAN IS YOU! THE VISION OF MAN FULLY

ALIVE: Please join other men of the parish who have been coming to this interactive, video-based

program to become better fathers, husbands, and Catholics. And their feedback is overwhelmingly positive that the program is making a difference in their lives! The format is simple: free breakfast and coffee followed by a video from various Catholic and family experts followed by small group discussions to share thoughts and reflections and experiences to benefit others in your group. If you want to improve your relationship with God and your family, please consider attending.

The program continues throughout the spring on **Saturday mornings at the Bryce Eck Center**. Doors open at 6:30 a.m. for fellowship and breakfast, followed by a presentation and group discussion at 7 a.m. Each session ends by 8 a.m. For more information and to register, contact Colin Bellantis at 440-728-4166 or **colinbellantis@gmail.com** or visit **www.TMIY.org**.

WEEKLY MEN'S BIBLE STUDY SERIES: THE GOSPEL OF MARK

All men are invited for fellowship, coffee and scripture study **every Friday morning from 7:00-8:00 a.m. in the Parish Office Lower Level Meeting Room**. Our current study series delves into the Gospel of Mark with



time-tested interpretations from the Fathers of he Church delivered by popular theologian Scott Hahn. No reading or study is required between sessions. For more information, contact John Schechter at 614-565-0824 or **jschechter@sbcglobal.net**.

GENESIS TO JESUS

Tuesdays // 7:15-8:30 p.m. // Nugent Parish Hall

All are welcome to join us for our current Adult Faith Formation series: Genesis to Jesus. This study surveys the principal covenants that God made with his people through figures such as Adam, Noah, Abraham, Moses, and David. It also shows how each of these covenants points forward to, and is fulfilled by, Jesus Christ and His Church. Learn the basic Catholic principles for reading Scripture and learn the broad outlines of the books of the Bible and their place in the story of salvation. Each week begins with a short video, followed by small group discussion. The discussion will wrap up in time to attend Adoration/Benediction. For additional information, contact Kathy Miller at **Kathy. Miller725@gmail.com**.

LITURGICAL VOLUNTEERS

SAT, FEB. 24: Vigil, Second Sunday of Lent

4:30 PM Mass	
Karen Huey	EMHC - B1
Rita Medaglia	EMHC - B2
Pamela Sprigler	Lector - A
Cathy Covarrubias	Lector - B
Drew Busch	Altar Server
Molly McNair	Altar Server

SUN, FEB. 25: Second Sunday of Lent

7:30 AM Mass	
Kathy Cowen	EMHC - B1
Linda Daley	EMHC - B2
David Varda	Lector - A
John Schechter	Lector - B
Jerry Kaltenbach	Altar Server
Elle Hatch	Altar Server

9:15 AM Mass

MaryAnn Sylvester	EMHC - B1
Iris Freisner	EMHC - B2
Mike Luckett	EMHC - B CHOIR
Carson Reider	Lector - A
Tom Levenick	Lector - B
Natalie Moffo	Altar Server
Grant Davis	Altar Server

11:00 AM Mass

Liz Meyers Jennie Statczar Damion Faulkner Mary Frecker Mariella Ortlieb Mithran Fernandes EMHC - B1 EMHC - B2 Lector - A Lector - B Altar Server Altar Server

To volunteer, visit **www.rotundasoftware. com/ministry/standrewcolumbus**, or use the QR code here. If you need help with your username or password, contact the Parish Office, 614-451-4290.



BULLETIN ANNOUNCEMENTS: Send requests no later than Monday at 10:00 a.m. for the following weekend. Include a brief description, date, time, location and contact name and send to **bulletin@standrewparish.cc**. Bulletin requests may be edited for clarity or space.

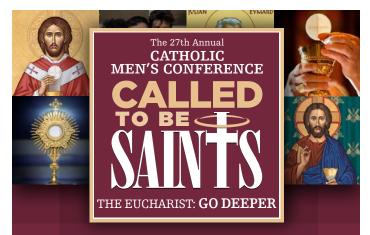
ePOST WEEKLY EMAIL: To subscribe, contact Mary Beasecker, **mbeasecker@standrewparish.cc**. The ePost includes information about upcoming events and activities within the parish. To submit information, please email to Mary before Noon on Mondays. ePOST submissions may be edited for clarity or space.



COLUMBUS CATHOLIC VOCATIONS

It costs \$55,000 per year to educate and form a seminarian. The Diocese of Columbus has a GOOD AND GROWING NEED by virtue of 16 ADDITIONAL young men interested in the priesthood. A contribution from you today will support this immediate need to fund future priests throughout our Diocese.

AROUND THE DIOCESE



Saturday + February 24, 2024 Kasich Hall + Ohio Expo Center, Columbus

FEATURING:







John Edwards

Fr. Burke Masters

REGISTRATION IS OPEN!

REGISTER AT: www.CatholicMensMinistry.com

MOTHERS' CLUB EVENING OF REFLECTION: Bishop Watterson Mothers' Club will hold its annual Evening of Reflection at 7:00 p.m. on Thursday, March 7, in Dominican Hall. "Embracing the Holy Habits of Jesus: A Path to Peace, Love and Joy" will be the topic with author, podcaster and speaker Emily Jaminet. Bishop Watterson is located at 99 East Cooke Road, Columbus. All are welcome!

BWHS MEN'S NIGHT 2024 will be held on Saturday, April 6, at 6:00 p.m. in Marian Hall at Immaculate Conception, 414 E. Broadway, Columbus. Our speaker is MSG (Ret.) Sean Clifton, a special operations training consultant who served as a U.S. Army Green Beret and was wounded in combat. Tickets are \$100 per person, with proceeds benefiting the Msgr. Grimes Scholarship Fund for tuition assistance. Ticketing and sponsorship opportunities can be found at bishopwatterson.com. All are welcome!

PREGNANT? NEED A FRIEND?

Contact Birthright of Columbus. We provide emotional support, pregnancy tests, pregnancy information and referrals. All Services are FREE! 614-221-0844 columbusohmain@birthright.org **ST. CHARLES TO HOST THE ANNUAL FATHER/SON MASS AND BREAKFAST ON SATURDAY, MARCH 2**. This event is for all alumni (and fathers), current and incoming students and their fathers, and any young man in grade school (and his father) who is interested in learning more about the school. We will start with Mass at 9:30 a.m. followed by a buffet breakfast in the Robert C. Walter Student Commons. Our guest presenter is SC father, Mr. Adam Johnson, the Chairman and CEO of NetJets Inc. The breakfast is free, but you are still asked to RSVP to the school's Alumni Affairs and Communications Director, Louis J. Fabro '83 by Monday, February 26, at **Ifabro@ scprep.org**.

THE ST. CHARLES PREPARATORY SCHOOL DRAMA DEPARTMENT is proud to announce its winter musical, *The Lightning Thief: The Percy Jackson Musical*. The Lightning Thief will be presented February 29, March 1, and March 2, at 8:00 p.m. and Sunday, March 3 at 3:00 p.m. in the St. Charles Campus Theatre, 2010 E. Broad St. Reservations may be placed by visiting the St. Charles website homepage at **scprep.org** - Buy Tickets button.





NO PRIEST, NO EUCHARIST!

BECOME A SERRAN!

Serrans ensure the future of the Catholic Church by creating a culture of vocations in our Columbus Diocese.

Serrans affirm and encourage our priests and supporting vocations to the priesthood and religious life.

Serrans assist and encourage one another to respond to God's call to holiness.

Check out our website SERRACOLUMBUS.ORG for more information and scheduled events.



Part 16: The Responsorial Psalm

Sing a joyful song unto the Lord! As the General Instruction of the Roman Missal states, "After the First Reading follows the **Responsorial** Psalm, which is an integral part of the Liturgy of the Word and which has great liturgical and pastoral importance, since it fosters meditation on the Word of God" (General Instruction of the Roman Missal, no. 61). (The "P" in the word "Psalms" is silent, so it sounds like "Salms.")

According to the Glossary in the Catechism of the Catholic Church, a Psalm is "A prayer in the Book of Psalms of the Old Testament, assembled over several centuries; a collection of prayers in the form of hymns or poetry. The Psalms have been used since Jesus' time as the public prayer of the Church." There are 150 Psalms altogether, varying in length from very short (Psalm 117 has only two verses) to incredibly long (Psalm 119 has 176 verses!).

For Every Condition and Time

The General Instruction of the Roman Missal indicates that the Responsorial Psalm should be sung, and that if "the Psalm cannot be sung, then it should be recited in a way that is particularly suited to fostering meditation on the Word of God" (GIRM, no. 61). We typically repeat a refrain in between the verses. The refrain gives a brief line for meditation, summarizing a theme of a particular Psalm. Speaking of the Psalms, the Catechism states, "Prayed and fulfilled in Christ, the Psalms are an essential and permanent

element of the prayer of the Church. They are suitable for men of every condition and time" (CCC, no. 2597).

Speaking of the use of Psalms in earlier times, the Catechism notes, "The Psalms both nourished and expressed the prayer of the People of God gathered during the great feasts at Jerusalem and each Sabbath in the synagogues. Their prayer is inseparably personal and communal; it concerns both those who are praying and all men" (CCC, no. 2586). The Psalms still have great value for us as well. "Whether hymns or prayers of lamentation or thanksgiving, whether individual or communal, whether royal chants, songs of pilgrimage or wisdom-meditations, the Psalms are a mirror of God's marvelous deeds in the history of his people, as well as reflections of the human experience of the Psalmist [the person writing the Psalm]. Though a given psalm may reflect an event of the past, it still possesses such direct simplicity that it can be prayed in truth by men of all times and conditions" (CCC, no. 2588).

Jesus Prayed the Same Words

Charles Belmonte reminds us to sing the Psalms with faith and joy, recalling the exhortation of St. Paul: "St. Paul recommends that the faithful gathered waiting for the coming of the Lord sing together psalms, hymns, and spiritual canticles (see Col 3:16). The heart shows its joy by singing. Thus St. Augustine says rightly, 'to sing belongs to lovers.' There is also the ancient proverb: 'One who sings well prays twice' " (Understanding the Mass, p. 88).

I appreciate thinking of how our Lord Jesus would have also sung and prayed these same words in the Psalms. Since we know from the Gospels that he regularly went to the Jewish prayer gatherings, we can conclude that he would also have sung the Psalms regularly. There were times he referred directly to the Psalms, such as when he started praying Psalm 22 from the Cross: "My God, My God, why have you abandoned me?"

It doesn't get much better than spending a little time with the Lord using the exact words he used to pray. The next time you have 20 seconds to spare, try praying Psalm 117. If you have 20 minutes, check out a longer passage, like Psalm 119. If you are really feeling bold, try to sing one, whether at Church, working outside, or in the shower. It is always "good to praise the Lord!" (Psalm 92:1)

For Reflection:

- 1. As Father Luke recommends, take time to pray with either Psalm 117 or with Psalm 119. If you choose the latter, perhaps select a shorter portion of the Psalm for deeper reflection after you pray with its full length!
- 2. Open your Bible to the Book of Psalms and allow yourself to "wander" through the pages. Find and pray with a Psalm that speaks to you at this moment in your life. For an additional challenge, find and pray with a Psalm that does not seem relevant to you at this time, bringing to this prayer the needs and intentions of those in other situations.

Source: www.eucharisticrevival.org/blog







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