



A Newsletter from the Missions Office/Pontifical Mission Societies in the United States
Catholic Diocese of Columbus, Ohio

A Prayer at Dawn

***To monthly mission donors:
“Thank you for your support!”***

On behalf of His Excellency Frederick F. Campbell, the Bishop of Columbus, and Father Andrew Small, OMI, the National Director of the Pontifical Mission Societies in the United States, I would like to thank you for your prayers, sacrifices and financial support for the missions.

Lord, I adore You. Thank you for having created me and for calling me into your Church. I offer You all my actions of this day. May they be done according to your holy will and for the salvation of souls.

Lord, it is still dark outside and the world is still asleep. In a few moments the day will roar like a train and the solitude of dawn will be replaced with the pounding of the human race. I will have to face many decisions during the day. As I begin my day, help me to make a choice.

Help me to choose love. Grant me grace to decide that there should be no situation whatever that would make me hate; that there should be no injustice that would cause any bitterness in my heart. Grant me grace to love You with all my heart and with my entire mind and to love my neighbors as own self.

Help me to choose joy. Grant me grace to see You in every circumstance of my day; not to be cynical; to see that all people are created in your own image and likeness; to be always mindful that problems that come my way are but blessings in disguise; that problems are opportunities to encounter You.

Help me to choose peace. Grant me grace to be mindful of your infinite love and your infinite mercy; that there is no sin that You cannot forgive; to be mindful that even before I could turn my back on you, You already had provided the means for me to come back to You; to always forgive those who hurt me as you have forgiven me for hurting You. Grant me peace – the peace that only you can give.

Help me to choose patience. Grant me grace to embrace all the inconveniences that I encounter today. Instead of cursing those who inconvenience me, to pray for them and remember your words on the cross, “Father, forgive them for they do not know what they are doing”; that I too am capable of inconveniencing others.

Help me to choose kindness. Grant me grace to be kind to the poor for they feel alone; to the rich for they are afraid. Help me to be kind to the unkind. Help me to be always mindful of your kindness to me.

Help me choose goodness. Grant me grace to be always honest even when honesty causes pain in me; not to react when I am overlooked and not to boast; to confess before I accuse others.

Help me to choose faithfulness. Grant me grace to fulfill my commitments to You, to myself and to others; to live my life in such a manner that my family and my coworkers do not question my love and loyalty.

Help me to choose gentleness. Grant me grace to be always mindful that nothing is won by force; that if I raise my voice may it be only to praise You; if I clench my hands may it be only when I pray; if I make demands may it be only of my own self.

Help me to choose self-control. Grant me grace to be always mindful that I am a spiritual being; that when my body dies my soul will soar to You; to put my priorities not on the things that rot, but on the things that are eternal.

Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control – to these I commit my day. If at the end of the day I succeed, I will give you thanks. If I fail I will ask your forgiveness and I will seek your grace. Then I will rest my head on my pillow and I will commit my soul into your loving hands. Amen.

Pope Francis' July

Prayer Intention:

That priests, who experience fatigue and loneliness in their pastoral work, may find help and comfort in their intimacy with the Lord and in their friendship with their brother priests.

Living an anxiety-free life is a choice

We live in an anxious world. The normal hassles of daily living can make us anxious. Anxiety robs us of our ability to enjoy life.

But we do not have to let anxious situations makes anxious. Anxiety does not have a purpose in our lives.

God provides a key to combating anxiety. The word of God says: "Do not be anxious at anything, but in every situation, by prayer and petition, with thanksgiving, present your request to God. And the peace of God, which transcends all understanding, will guard your heart and mind in Christ Jesus" (Phil. 4: 6 - 7).

What produces peace? Prayer with thanksgiving. And this is not just any peace. It is a supernatural peace that surpasses understanding.

Jesus said: "Stop allowing yourself to be anxious and disturbed; and do not permit yourself to be fearful and intimidated and cowardly unsettled" (John 14:27).

You can choose to rise above anxiety; put your trust in God; refuse discouragement and agitation; count your blessings; put your confidence in God for God loves you. God cares for you. God believes in you.

A prayer

Lord, help me not to be anxious. I know that whatever I am facing you are right here with me and you promised to never leave me, or forsake me. Help me to trust you despite the circumstance that surround me. Lord, when I am tempted to be anxious, help me to speak your promises, to overcome the attacks in my mind with answers from your Word. Let me be quick to respond to wrong thoughts and desires, by replacing them with good thoughts.

Thank you Lord that you light the way before me. You gave me clear instruction and keep me firmly on the path of righteousness. I put my complete trust in you. You are my shield and my refuge. You are my rock and my fortress. You are my hiding place and strong tower. In the midst of the storm, you enlighten me with your understanding and give me your peace. I refuse to be anxious at anything. Amen.

"Humble yourself, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on Him because He cares for you. Be self-controlled and alert. Your enemy, the devil, prowls around like a roaring lion looking for someone to devour" (1 Peter 4: 6 - 7).

We shall steer safely through every storm, so long as our heart is right, our intention is fervent, our courage steadfast, and our trust fixed on God.

If at times we are somewhat stunned by the tempest, never fear. Let us take a breath, and go on afresh (St. Francis De Sales).

"Come to me, all of you who are weary and burdened and I will give you rest." (Matt. 11:28)

A joke a priest can tell...

There was a rich man who was not sure what religion was the correct one. So to be sure he went to the Jewish Rabbi, the Catholic Priest and the Protestant Preacher. 

He said I will give you all ten thousand dollars, with one condition, when I die you put it in my casket.

So the rich man dies; the Protestant Preacher does tons of dinners etc. to raise the money.

The Catholic Priest has Bingo every night of the week to raise the money.

The Jewish Rabbi just sits around doing nothing.

So the Preacher walks in with a bag of money all ones, tens, and twenties.

Then the Priest walks in with all bills also.

So they see each other and say where is the Rabbi, they say wait here he comes. So they hide around the corner and watch him come in.'

They discuss how hard they worked etc. and wonder why the Rabbi was not worried.

So the Rabbi walks in, picks up the 2 bags of money, gets out his checkbook, writes a check for \$30,000 and walks out!

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