

# PRAYERS IN THE PEW™ MONTHLY

## FAITH IN ACTION CALENDAR / HIGHLIGHTS

SUN APR 20	EASTER SUNDAY
SUN APR 27	DIVINE MERCY SUNDAY
TUES APR 29	St. Catherine of Siena, Virgin, Dr. of the Church

*Faith Formation Companion to Prayers in the Pew™*

### → MONTHLY SYNOPSIS ←

*April 2025 – We enter the month of April in the penitential garb of Lent, and we will exit April in the glory of Easter. Let us make sure to adore Christ with our reverent participation at Mass this month and to thank the Lord for the gifts of family and faith He has given us so generously.*

## ACT OF SPIRITUAL COMMUNION

The Church has long believed that the Eucharist has an infinite capacity to touch our lives, not just during Mass, but at every moment of every single day. The Eucharist is like the life-giving oxygen we breathe—His grace sustains our lives without us even thinking about it. But it strengthens us even more when we deliberately turn our minds and hearts to Him in an Act of Spiritual Communion.

We should make an Act of Spiritual Communion regularly. It is a devotional prayer to Jesus, not the same as receiving Holy Communion in the Mass. Yet, a prayer such as this opens up a channel in our hearts and minds to receive graces that come from adoring Him in the Eucharist. Here is the beautiful prayer of St. Alphonsus Liguori:

### ACT OF SPIRITUAL COMMUNION

*My Jesus,  
I believe that You are truly present  
in the Most Blessed Sacrament.  
I love You above all things  
and I desire to possess You within my soul.  
Since I am unable now to receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as being already there,  
and unite myself wholly to You.  
Never, never permit me to be separated from You.  
Amen.*

We may use any words we wish to make an Act of Spiritual Communion, but there is none better than this prayer because it highlights the four elements needed for a true Spiritual Communion: Faith, Love, Desire, and Invitation.

The Eucharist requires our firm belief in His Real Presence. When we profess Faith in Him, we are like St. Thomas the Apostle, who cried out, "My Lord and my God" (Jn 20:28) in His Presence.

The prayer also professes an ardent Love for Him who has so generously given everything for us. Furthermore, we tell Him of our Desire to receive Him in the Eucharist, a desire which touches our very souls.

Finally, since we cannot receive Him sacramentally at that moment, we invite Him into our hearts so that our lives may be constantly imbued by His loving Presence at all times.

### — THE SCHOOL OF SAINTS —



"Fasting is the soul of prayer, mercy is the lifeblood of fasting. So if you pray, fast; if you fast, show mercy; if you want your petition to be heard, hear the petition of others. If you do not close your ear to others, you open God's ear to yourself."  
~ St. Peter Chrysologus

"Do you wish your prayer to fly toward God? Make for it two wings: fasting and almsgiving." ~ St. Augustine

## SPIRITUAL CHALLENGE

During the Lenten Season let us challenge ourselves both to live the Church's Lenten discipline in its basic rules and to communicate those guidelines to those under our spiritual authority. We must live by example, but we must also teach others the truth of the Catholic Faith so that nothing of the Church's wisdom falls through the cracks.



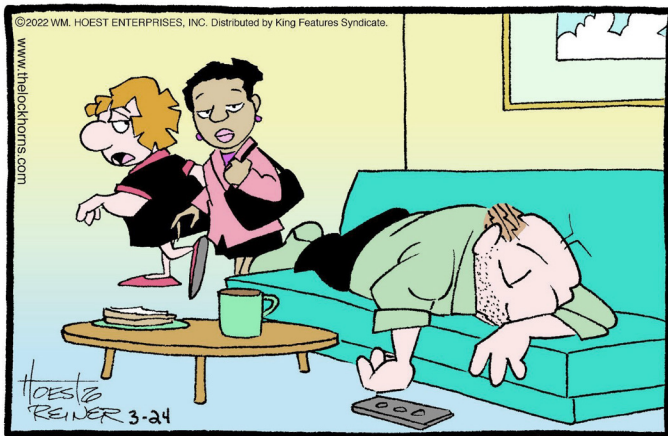
**1438** – The seasons and days of penance in the course of the liturgical year (Lent, and each Friday in memory of the death of the Lord) are intense moments of the Church's penitential practice. These times are particularly appropriate for spiritual exercises, penitential liturgies, and pilgrimages as signs of penance, voluntary self-denial such as fasting and almsgiving, and fraternal sharing (charitable and missionary works).

BIBLE BASICS



**Matthew 6:17-18** But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

**Acts 14:23** Paul and Barnabas also appointed elders in every church. With prayer and fasting, they turned the elders over to the care of the Lord, in whom they had put their trust. The sick, their diseases left them and the evil spirits came out of them."



"THIS YEAR FOR LENT, LEROY JUST GAVE UP."

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Featured Prayer for April

Prayer of St John Henry Cardinal Newman

*O Lord support us all the day long of this troublous life, until the shadows lengthen, and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done. Then, Lord, in thy mercy, grant us a safe lodging, a holy rest, and peace at the last. Amen.*

(This prayer is taken from the Prayers in the Pew Family Edition Prayer Card. Please refer to our website SitStandKneel.com for the online version of this newsletter and all our prayer cards.)



Guidelines for Fasting and Abstinence During Lent

On Ash Wednesday and Good Friday every year, Catholics are obliged to fast from food and abstain from meat. The US Catholic Bishops' Guidelines for Lent tell us: "For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59.

When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards."

These practices are a way of keeping the memory of the death of the Lord Jesus on Good Friday alive in our spiritual life.

CALENDAR OF FAITH | April

- APR 1 St. Francis of Paola, Hermit
- APR 4 St. Isidore of Seville, Bishop and Doctor of the Church
- APR 5 St. Vincent Ferrer, Priest
- APR 7 St. John Baptist de la Salle, Priest
- APR 11 St. Stanislaus, Bishop and Martyr
- APR 13 PALM SUNDAY
- APR 17 HOLY THURSDAY (Mass of the Lord's Supper)
- APR 18 GOOD FRIDAY (Liturgy of the Passion)
- APR 19 HOLY SATURDAY (a.m.) and THE EASTER VIGIL (p.m.)
- APR 20 EASTER SUNDAY
- APR 21 St. Anselm, Bishop and Doctor of the Church
- APR 25 St. Mark, Evangelist
- APR 27 DIVINE MERCY SUNDAY
- APR 28 St. Louis Marie de Montfort, Priest and St. Peter Chanel, Priest and Martyr
- APR 29 St. Catherine of Siena, Virgin and Doctor of the Church
- APR 30 St. Pius V, Pope

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Helping Catholics to Learn, Live, and Love their Faith.