

PRAYERS IN THE PEW™ MONTHLY

FAITH IN ACTION CALENDAR / HIGHLIGHTS

SUN JUN 8	PENTECOST SUNDAY
MON JUN 9	Blessed Virgin Mary, Mother of the Church
SUN JUN 29	STS. PETER AND PAUL, APOSTLES

Faith Formation Companion to Prayers in the Pew™

→ MONTHLY SYNOPSIS ←

June 2025 – If you glance at the calendar on the second page of this newsletter you will see that June is literally packed with wonderful feast days this year! The celebrations this month highlight the richness of our Catholic Faith and the way in which the Church continues to focus us on the unfathomable mystery of Christ.

THE DIVINE PRAISES

Blasphemy is prohibited by the Second Commandment: "You shall not take the name of the Lord your God in vain". In response to the increase in blasphemy at end of the 1700s, an Italian Jesuit named Luigi Felici wrote the litany we now know as "The Divine Praises."

His original version consisted only of eight short phrases in praise of the Holy Trinity and the saints and angels, but subsequent popes added phrases to fill out the list. Now, fourteen praises comprise this magnificent devotional prayer of the Church. The number fourteen has a biblical character to it – twice the perfect number seven. The Divine Praises have become a standard element of the Eucharistic Adoration and Benediction service.

The Church always counters the devil's blasphemies with blessings, which is why each of the divine praises begins with the words, "Blessed be...." Here are the fourteen Divine Praises that we may pray at any time: ↗



Luke 22:19 Then he took the bread, said the blessing, broke it, and gave it to them, saying, "This is my body, which will be given for you; do this in memory of me."

Romans 8:11 If the Spirit of the one who raised Jesus from the dead dwells in you, the one who raised Christ from the dead will give life to your mortal bodies also, through his Spirit that dwells in you.

Blessed be God.

Blessed be his Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be his Most Sacred Heart.

Blessed be his Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary Most Holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St Joseph, her most chaste spouse.

Blessed be God in his Angels and in his Saints. Amen.

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"No Son, the Holy Spirit is not like WiFi."

SPIRITUAL CHALLENGE

This month's challenge is to call on the Holy Spirit to help us and our families in all our needs. When we invoke the Holy Spirit, particularly in times of trouble, the Spirit helps and renews us in many tangible ways. This is no ordinary prayer: we are asking God, the Third Person of the Blessed Trinity, to come into our lives. He always comes to those who ask.



Rules for the Eucharistic Fast

The Church's rules for worthy reception of the Eucharist are commonly known as the "Eucharistic fast". There are two primary rules, which come directly from canon law:

1. One who is to receive the Most Holy Eucharist is to abstain from any food or drink, with the exception of water and medicine, for at least the period of one hour before Holy Communion. (Canon 919.1)
2. A person who is conscious of grave sin is not to celebrate Mass or receive the body of the Lord without previous sacramental confession unless there is a grave reason and there is no opportunity to confess; in this case the person is [obliged to]... make an act of perfect contrition which includes the resolution of confessing as soon as possible. (Canon 916)

Other rules related to receiving Holy Communion apply in unusual circumstances in order to protect the Eucharist from abuse or help to accommodate unavoidable human situations:

- A person who has already received the Eucharist may receive a second time on the same day, but it must be within a Mass (Canon 917);
- Anyone excommunicated must not receive Communion until the penalty is lifted and until there is a definite reform of life (Canon 915);
- The elderly, the sick, and those who care for them may receive Communion if they have eaten something within the preceding hour (Canon 919.3). In such a case, the fasting obligation is reduced to one quarter of an hour (*Immense Caritatis*, 1973).

— THE SCHOOL OF SAINTS —



"O Holy Spirit, descend plentifully into my heart. Enlighten the dark corners of this neglected dwelling and scatter there Thy cheerful beams." ~ **St. Augustine**

— CATECHISM CONNECTION —



1325 – The Eucharist is the efficacious sign and sublime cause of that communion in the divine life and that unity of the People of God by which the Church is kept in being. It is the culmination both of God's action sanctifying the world in Christ and of the worship men offer to Christ and through him to the Father in the Holy Spirit.

CALENDAR OF FAITH | JUNE

JUN 1	SOLEMNITY OF THE ASCENSION
JUN 2	Sts. Marcellinus and Peter, Martyrs
JUN 3	St. Charles Lwanga and Companions, Martyrs
JUN 5	St. Boniface, Bishop and Martyr
JUN 6	St. Norbert, Bishop
JUN 7	VIGIL OF PENTECOST
JUN 8	PENTECOST SUNDAY
JUN 9	Blessed Virgin Mary, Mother of the Church
JUN 11	St. Barnabas, Apostle
JUN 13	St. Anthony of Padua, Priest and Doctor of the Church
JUN 15	SOLEMNITY OF THE MOST HOLY TRINITY
JUN 21	St. Aloysius Gonzaga, Religious
JUN 22	SOLEMNITY OF CORPUS CHRISTI
JUN 24	BIRTH OF ST. JOHN THE BAPTIST
JUN 27	Feast of the Sacred Heart of Jesus
JUN 28	St. Irenaeus, Bishop and Martyr
JUN 29	STS. PETER AND PAUL, APOSTLES
JUN 30	First Martyrs of Rome

Featured Prayer for June

Prayer of the Elderly

Grant, O Lord of life, that we may savor every season of our lives as a gift filled with promise for the future. Grant that we may lovingly accept your will, and place ourselves each day in your merciful hands. And when the moment of our definitive "passage" comes, grant that we may face it with serenity, without regret for what we shall leave behind.

For in meeting You, after having sought You for so long, we shall find once more every authentic good which we have known here on earth, in the company of all who have gone before us marked with the sign of faith and hope. Mary, Mother of pilgrim humanity, pray for us "now and at the hour of our death." Keep us ever close to Jesus, your beloved Son and our Brother, the Lord of life and glory. Amen!

[Source: Pope John Paul II, *Letter to the Elderly*, 1999.]

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