

PRAY A MINUTE: ONE MILLION HOURS OF PRAYER FOR PEACE, JUSTICE AND GOODWILL -

The world feels heavy these days. News headlines are filled with injustices and unrest.

It seems as though everywhere we turn we find division and disharmony in our country. The world desperately needs Christians united in prayer.

Do you believe in the power of prayer? What might happen if every Catholic would pray just one minute more than they already do, every day, for the specific intention of peace, justice and goodwill?

A million hours of prayer may sound impossible, but if you divide that prayer time among all of the Catholics in the Archdiocese of Cincinnati, it is just one minute of prayer a day. Just one minute.

From now until January 1, the World Day of Prayer for Peace, you are invited to pray one minute more than you already do, every day, specifically for the intention of peace, justice and goodwill in our country. One more minute might not sound like much, but together with our brothers and sisters in faith, that minute can help change the world. Commit to praying at www.PrayAMinute.com.

DAY OF PRAYER FOR THE CHURCH AND THE VICTIMS OF ABUSE

The archdiocese will observe the third annual Day of Prayer for the Church and the Victims of Abuse on Friday, September 11. In addition to a Votive Mass of the Mystery of the Holy Cross celebrated by Archbishop Schnurr at 11:30 a.m. at the Cathedral of St. Peter-in-Chains, all are encouraged to observe this day in parishes, schools, and other institutions. Sample liturgical texts and suggestions, can be found on the website of the Office for Divine Worship & Sacraments.

NOVENA FOR THE ASSUMPTION OF OUR LADY - A novena for the Assumption of our Lady will begin on August 7, leading up to the Feast of the Assumption, August 15. The novena consists of a daily Assumption Novena prayer and a separate prayer which will be emailed to you daily. If you are interested in participating, please send an email to Deacon John O'Maley at johnjoy1@aol.com.

PRAYER FOR STRESS AND ANXIETY

Dear Lord, you know the difficult thing I am dealing with. You know how my mind won't let me stop thinking about everything. I feel stressed and so unsettled. I'm worried about what is going to happen. Please take my burdens and the "what ifs" from me. Help me to focus my thoughts on you and not worry about what could happen. Please help me to take one day at a time. Please lead and guide me and take control of this situation. Please give me your wisdom and fill me with your peace. In the name of Jesus I ask these things. Amen.

(Hope for the broken hearted.com)

ST FRANCIS PRAYER

Lord, make me an instrument of your peace: Where there is hatred, let me sow love;
Where there is injury, pardon; Where there is doubt, faith; Where there is despair, hope;
Where there is darkness, light; And where there is sadness, joy.
O Divine Master, grant that I may not so much seek to be consoled as to console,
To be understood as to understand, To be loved as to love.
For it is in giving that we receive, And it's in pardoning that we are pardoned,
And it's in dying that we are born to Eternal Life. Amen

At the end of the day its not about what you have or even what you've accomplished...its about who you've made better. Its about what you've given back!

Denzel Washington