**Monthly Newsletter Content August 2024**

Themes: Anima Christi / The Golden Rule

**Faith in Action Calendar**

Tuesday, August 6th – Feast of the Transfiguration

Wednesday, August 14th – St. Maximilian Mary Kolbe, Priest and Martyr

Saturday, August 24th – St. Bartholomew, Apostle

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**Monthly Synopsis:**

**August 2024** –In August the Church remembers and celebrates the great mystery of the Assumption of Mary into heaven. She was sinless from the first moment of her conception and after her death was taken by Christ – body and soul – to reign with Him in paradise. Let us live this month in prayer and devotion to the Blessed Virgin Mary, our Queen.

**Backgrounder:**

**The Anima Christi**

Among the many prayers that priests have composed throughout the centuries, one of these prayers stand out. The Spanish priest, **St. Ignatius Loyola** (1491-1556), was founder of the Jesuit order and a man who spent his life teaching people the value of their souls. His *Spiritual Exercises* is a retreat manual and privileged spiritual direction resource even to this day.

St. Ignatius’ most famous prayer, the *Anima Christi*, is a marvelous spiritual reflection on the Passion of Christ. The title is Latin (translated “Soul of Christ”) and is the first line of the prayer.

ANIMA CHRISTI

*Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from Christ's side, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Thy wounds hide me.
Suffer me not to be separated from Thee.
From the malicious enemy defend me.
In the hour of my death call me.
And bid me come unto Thee.
That I may praise Thee with Thy saints
and with Thine angels.
Forever and ever.* ***Amen****.*

Notice that the prayer touches on the entire sacred humanity of Jesus: His Body and Soul, as well as the Blood and water that flowed from His Heart. These elements are images of the Eucharist and symbolize the whole sacramental life of the Church.

The *Anima Christi* is also a very personal prayer to Jesus that anyone can pray with heartfelt devotion. It is also short enough for the average person to memorize! Together with St. Ignatius, we must ask Christ to save us from the power the evil one and to lead us through the problems of life to the Kingdom of God, where we hope to share eternity with Him.

**Spiritual Challenge:**

This month, let us challenge ourselves to arrive at Mass early and spend some time recollecting our souls in preparation for the liturgy. Secondly, instead of rushing out of the church after Mass, make sure to spend five extra minutes giving thanks to the Lord so that we may reap the interior fruits of the divine Gift we have just received.

**Bible Basics:**

**Matthew 7:12**

“Do to others whatever you would have them do to you.This is the law and the prophets.”

**Galatians 5:14**

“For the whole lawis fulfilled in one statement, namely, ‘You shall love your neighbor as yourself.’”

**Faith Fundamentals:**

**The Golden Rule**

We’re accustomed to thinking about “rules” as limitations on what we want to do. But when we talk about *the Golden Rule* we must think of a “ruler” instead of a rule. It is like a yardstick that measures our own behavior.

In the Old Testament, behavior towards a neighbor was stated in the negative way: “Do not do to others what you yourself dislike” (Tobit 4:15). The teaching outlined a minimum requirement of justice: that is, don’t hurt others.

The Lord’s words in the New Testament, however, raise the standard much higher. We are to evaluate and do what is positively good for our neighbor, the way we would want them to do good to us.

*“Do to others whatever you would have them do to you.This is the law and the prophets.”* ~Matthew 7:12

In other words, we are to measure “good” and “bad” in our relationships by our own basic human need to be treated fairly. If it’s good for me…it’s probably also good for thee.

**Catechism Connection:**

**1776** Deep within his conscience man discovers a law which he has not laid upon himself but which he must obey. Its voice, ever calling him to love and to do what is good and to avoid evil, sounds in his heart at the right moment.

**1970** The Law of the Gospel requires us to … put into practice the words of the Lord. It is summed up in the Golden Rule, "Whatever you wish that men would do to you, do so to them; this is the law and the prophets." The entire Law of the Gospel is contained in the "new commandment" of Jesus, to love one another as he has loved us.

**School of the Saints:**

What does love look like? It has the hands to help others. It has the feet to hasten to the poor and needy. It has eyes to see misery and want. It has the ears to hear the sighs and sorrows of men. That is what love looks like.

**~St. Augustine of Hippo**

**Becoming Missionaries of the Eucharist:**

Last month, the Bishops of the United States held the National Eucharistic Congress in Indianapolis, and it was attended by more than 50,000 people! The Eucharistic Renewal now demands that we become missionaries of faith, particularly in our belief that Jesus Christ is present Body, Blood, Soul, and Divinity in the Eucharist. There is no more tangible experience of God on this earth.

To encourage the Eucharistic fervor of all Catholics, we will continue to conclude our monthly newsletter focusing on our Eucharistic Lord. Here is a devotional phrase that we can say each time we are in His Presence:

*“O Sacrament most holy, O Sacrament divine, all praise and all thanksgiving be every moment Thine!”*

**Calendar of Faith for August:**

8/1 – St. Alphonsus Liguori, Priest and Doctor

8/4 – St. John Marie Vianney, Priest

8/5 – Dedication of the Basilica of St. Mary Major in Rome

8/6 – Feast of the Transfiguration

8/8– St. Dominic, Priest

8/10 – St. Lawrence, Deacon and Martyr

8/11 – St. Clare, Virgin

8/12 – St. Jane Frances de Chantal, Religious

8/13 – Bl. Michael J. McGivney, Priest and Founder, Knights of Columbus

8/13 – Sts. Pontian, Pope and Martyr, and Hippolytus, Priest and Martyr

8/14 – St. Maximilian Mary Kolbe, Priest and Martyr

8/15– The Assumption of Mary

8/19– St. John Eudes, Priest

8/20 – St. Bernard of Clairvaux, Abbot and Doctor

8/21 – St. Pius X, Pope

8/22 – The Queenship of Mary

8/24 – St. Bartholomew, Apostle

8/25 – King St. Louis IX, Confessor

8/27 – St. Monica, Widow

8/28 – St. Augustine, Bishop and Doctor

8/29 – The Beheading of St. John the Baptist

