

PRAYERS IN THE PEW™ MONTHLY

FAITH IN ACTION CALENDAR / HIGHLIGHTS

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| WED JANUARY 4 | St. Elizabeth Ann Seton |
| TUE JANUARY 24 | St. Francis de Sales, Bishop & Doctor of the Church |
| TUE JANUARY 31 | St. John Bosco, Priest and Founder |

Faith Formation Companion to Prayers in the Pew™

→ MONTHLY SYNOPSIS ←

January 2023 – As we begin our new year, we cannot help but focus on the gift of new life and our commitment to defend the innocent from the moment of conception to the moment of natural death. The right to life will never be ignored in the Catholic mindset no matter how radical the abortion culture becomes. Above all, in the turbulent times we live in, we must always turn to Our Lady, who is present to us in a special way on the Solemnity of the Mother of God to begin our calendar year.

THE MEMORARE

Catholics are sometimes accused of worshipping Mary, but nothing could be further from the truth – we worship God alone! But there is hardly a deeper sentiment in the heart of a Catholic than love and devotion to the Blessed Virgin Mary, who was defined by the early Church council of Nicea (325 AD) as the “Mother of God”, a privilege given to no other woman on earth. The Church’s history of prayer and devotion to Mary conforms perfectly to Our Lady’s own prediction that “all generations would call [her] blessed” (Lk 1:48).

Catholics throughout the centuries have constantly turned to Our Lady for help in times of need with heartfelt devotion and confidence. The Catholic tradition contains many wonderful prayers to Our Lady but – except for the Rosary itself – there is none more beloved than the *Memorare*.

The *Memorare* (Latin: “Remember”) is a prayer that has been attributed to St. Bernard of Clairvaux in the 12th century but almost certainly comes from a later period. It models a longer 15th century Latin prayer, *Ad sanctitatis tuae pedes*, where it is said that the faithful present their prayers to God “at the feet of Our Lady’s holiness.”

“Catholics are sometimes accused of worshipping Mary, but nothing could be further from the truth – we worship God alone!”

Christians are confident in Mary’s loving care and in her attentiveness to everything they ask. Here are the words of this beautiful Catholic prayer:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

The first word of this prayer is actually a command or a deep-seated plea: “Remember Never forget!” It is almost as if we are small children reminding our mothers of promises they made to us, which we won’t let them forget! The key phrase and the most evocative sentiment of the prayer, however, is “never was it known”.



Our Lady will not turn away or be deaf to the needs of any petitioner because all who come to her are her children. She is the very Mother of God. No one is better positioned to answer our prayers!

SPIRITUAL CHALLENGE

The month of January gives us a tremendous faith opportunity to deepen our devotion to Mary. Our challenge this month is to make sure Our Lady is well-represented in our homes, not only through pious religious images but more importantly through tangible prayer.

- CA State Chaplain, Father John P. Grace, OSA



Wisdom 8:7 Or if one loves righteousness, whose works are virtues, she teaches moderation and prudence, righteousness and fortitude, and nothing in life is more useful than these.

Luke 1:46-48 "My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior. For he has looked upon his handmaid's lowliness; behold, from now on will all ages call me blessed."

Revelation 12:1-2 A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. She was with child and wailed aloud in pain as she labored to give birth.

FAITH FUNDAMENTALS

**The Four Cardinal Virtues**

The four Cardinal Virtues are distinct from the Theological Virtues (Faith, Hope, and Charity), which are a direct participation in the life of God. The Cardinal Virtues (Prudence, Justice, Fortitude, and Temperance) help us manage the complexities of the world. Cardinal in Latin means "hinge", so the Cardinal Virtues are the four "hinge" virtues that determine how we act in the world. We acquire them by education and by deliberate acts (CCC, 1810). All other human virtues hang on them like a door hangs on its hinges.

Prudence is a virtue of the mind. It trains us think about the world and its qualities, benefits and pitfalls. It helps us assess the possible consequences of our own actions before we take them and makes us evaluate situations ahead of time so that we can "do the right thing" in all circumstances. Justice simply means that we "give to each person what is due to him." It is the virtue that regulates our interactions with others. Justice assures that *rights* go together with *responsibilities*. The essence of Justice is the Golden Rule: "Do unto others as you would have them do unto you" (Matthew 7:12).

Fortitude means perseverance through difficult things in order to reap the rewards of long-term sacrifice. It not only means pushing ourselves to achieve something we want but can also mean standing strong in the face of adversity or fighting for the things and people dear to us. In a spiritual sense, it means resisting temptation and making efforts to overcome our own personal faults that are obstacles to God's grace.

The final Cardinal Virtue – Temperance – regulates our fleshly and human desires. It helps us develop some valuable human habits like self-control, boundary-setting, moderation, and modesty.

CALENDAR OF FAITH | JANUARY

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| JAN 1 Sun | SOLEMNITY OF MARY, MOTHER OF GOD |
| JAN 2 Mon | Saints Basil the Great & Gregory Nazianzen, Bishops and Doctors of the Church |
| JAN 3 Tue | Feast of the Most Holy Name of Jesus |
| JAN 4 Wed | St. Elizabeth Ann Seton, first American saint and Founder of Sisters of Charity |
| JAN 5 Thu | St. John Neumann, Bishop |
| JAN 7 Sat | St. Raymond of Peñafort, Priest |
| JAN 8 Sun | (EPIPHANY (Feast of the Three Kings) |
| JAN 9 Mon | BAPTISM OF THE LORD (NOTE: The Season of Christmas ends; Ordinary Time begins on 1/10) |
| JAN 13 Fri | St. Hilary, Bishop and Doctor of the Church |
| JAN 17 Tue | St. Anthony, Abbot |
| JAN 21 Sat | St. Agnes, Virgin and Martyr |
| JAN 22 Sun | Day of Prayer for the Legal Protection of Unborn Children |
| JAN 23 Mon | St. Vincent, Deacon and Martyr |
| JAN 24 Tue | St. Francis de Sales, Bishop and Doctor of the Church |
| JAN 25 Wed | Conversion of St. Paul, Apostle |
| JAN 28 Sat | St. Thomas Aquinas, Priest and Doctor of the Church |
| JAN 31 Tue | St. John Bosco, Priest and Founder of the Salesian Order |

– FAITH IN ACTION –

FEATURED PROGRAM

"NOVENA FOR LIFE"

sitstandkneel.com/product/pro-life-edition

More than ever in our nation's history, the Church needs leadership in the cause of life. This must come from both the laity and the clergy if we are to remain united in our common commitment to the sanctity of all human life, from the moment of conception to the moment of natural death.

The Knights of Columbus is sponsoring a new Novena for Life that is available to all who wish to join in the prayer. Whether you are actually participating in a local Walk for Life or national March for Life, all can unite themselves in prayer and in working to re-establish a culture of life for our society.

Please also get copies of the new Prayers in the Pew "Pro-Life Edition" Card which has received the church's imprimatur and is now available for order. Let us all do something meaningful to come together in both public and private acts of prayer to promote the protection of life.



1810 – Human virtues acquired by education, by deliberate acts and by a perseverance ever-renewed in repeated efforts are purified and elevated by divine grace. With God's help, they forge character and give facility in the practice of the good. The virtuous man is happy to practice them.

1811 – It is not easy for man, wounded by sin, to maintain moral balance. Christ's gift of salvation offers us the grace necessary to persevere in the pursuit of the virtues. Everyone should always ask for this grace of light and strength, frequent the sacraments, cooperate with the Holy Spirit, and follow his calls to love what is good and shun evil.

975 – We believe that the Holy Mother of God, the new Eve, Mother of the Church, continues in heaven to exercise her maternal role on behalf of the members of Christ. (Paul VI, *CPG* § 15) What the Catholic faith believes about Mary is based on what it believes about Christ, and what it teaches about Mary illumines in turn its faith in Christ. (CCC, 487)



“Holiness does not consist in not making mistakes or never sinning. Holiness grows with capacity for conversion, repentance, willingness to begin again, and above all with the capacity for reconciliation and forgiveness.”

~ Cardinal Ratzinger (future Pope Benedict XVI)

“You will not see anyone who is really striving after his advancement who is not given to spiritual reading. And as to him who neglects it, the fact will soon be observed by his progress.” ~ St. Athanasius

“All of us can attain to Christian virtue and holiness, no matter in what condition of life we live and no matter what our life work may be.” ~ St. Francis de Sales

“Virtues are formed by prayer. Prayer preserves temperance. Prayer suppresses anger. Prayer prevents emotions of pride and envy. Prayer draws into the soul the Holy Spirit, and raises man to Heaven.” ~ St. Ephrem the Syrian



NOVENA for LIFE 2023

January
12th to 20th

Faith Moves Mountains!

The 80,000 Knights of Columbus in the State of California are teaming up with the California Catholic Conference to prayerfully address the radicalized abortion culture in our state – and the ground is set to shake like never before!

We invite you to join us in our Novena for Life from January 12th to January 20th, 2023. The faith of millions, expressing itself through prayer, will have a profound effect on this land.

Join us! And get more information and resources at 9daysofprayer.com.

9DAYS OF PRAYER.COM



For more info on Prayers in the Pew™ please visit SitStandKneel.com
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