



F.I.R.E. Committee Newsletter

February 2015

Dear Mr. Martino,

The members of the FIRE Committee (Faith, Inspiration, Reason and Evangelization) would like to humbly present prayer suggestions, spiritual reflections and resources to help with ongoing spiritual formation for ourselves and our colleagues.

We recognize that we are each on a unique and personal journey with the Lord and in various 'stages' in our spiritual lives. Our hope is to encourage, sustain and promote one another's growth in sanctity as we strive to be 'Jesus' to our patients, family and community.

Please feel free to send suggestions and input to info@cathmed.org, as we begin to share 'Embers' from the FIRE Committee on a monthly basis.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, the reparation for sin, and the reunion of all Christians. I offer them for the intentions of our bishops and of all the members of the Catholic Medical Association, and in particular for those recommended by our Holy Father this month.

Amen.

The Angelus

Prayer at Noon

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V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

Hail Mary, full of grace,

The Lord is with Thee;

Blessed art thou among women,

And blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,

Pray for us sinners,

Now and at the hour of our death. Amen

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word.

Hail Mary, etc.

V. And the Word was made Flesh. (genuflect)

R. And dwelt among us.

Hail Mary, etc.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

LET US PRAY

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ Our Lord. Amen.

(This wonderful prayer evolved from a recitation of three Hail Mary's following an evening bell around the 12th century to its present form with morning and midday recitation in the 16th century.)

Act of Contrition

Prayer at the End of the Day

Oh my God, I am heartily sorry for having offended You, and I detest all my sins, because of Your just punishments, but most of all because they offend You, my God, who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin.

Amen.

OR

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy.

Amen.

OR

O my God, I am heartily sorry for having offended Thee; and I detest all my sins because I dread the loss of Heaven and the pains of Hell. But most of all because it offends Thee, my God, Who art good and deserving of all my love. And I firmly resolve with the help of Thy grace to confess my sins, to do penance, and to amend my life.
Amen.

February recommendation from the F.I.R.E. committee:

Subscribe to *Magnificat*, a monthly treasure of the daily readings, lives of the saints and martyrs, an abbreviated liturgy of the hours and beautiful religious art.

<p>Catholic Medical Association's 84th ANNUAL EDUCATIONAL CONFERENCE OCTOBER 1-3, 2015 <i>Join us in Philadelphia, PA!</i></p>	<p>Healing the WOUNDED CULTURE Bringing the Wholeness of Christ to Humanity</p> 
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