

St. Athanasius Parish Welcomes You to the Holy Sacrifice of the Mass

A PRAYER to PREPARE ONESELF BEFORE MASS

By St. Thomas Aquinas

Almighty and ever-living God,
I approach the sacrament
of Your only-begotten Son
Our Lord Jesus Christ;
I come sick to the doctor of life,
unclean to the fountain of mercy,
blind to the radiance of eternal light,
and poor and needy to the Lord
of heaven and earth.
Lord, in your great generosity,
heal my sickness,
wash away my defilement,
enlighten my blindness, enrich my poverty,
and clothe my nakedness.
May I receive the Bread of angels,
the King of kings and Lord of lords,
with humble reverence,
with the purity and faith,
with repentance and love,
and the determined purpose
that will help to bring me to salvation.
May I receive the sacrament
of the Lord's Body and Blood,
and its reality and power.
Kind God,
may I receive the Body
of Your only-begotten Son,
our Lord Jesus Christ,
born from the womb of the Virgin Mary,
and so be received into His mystical body
and numbered among His members.
Loving Father,
while during my earthly pilgrimage
I now receive Your beloved Son
under the veil of bread and wine,
may I one day see Him face to face in glory,
who lives and reigns with You forever.
Amen.

**AN ACT of SPIRITUAL COMMUNION for THOSE
UNABLE to RECEIVE HOLY COMMUNION**

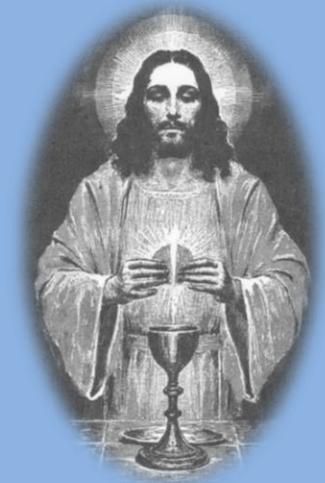
Please see *Guidelines for Reception of Communion*
on the inside front cover of the missalette.

My Jesus,
I believe that You
are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment
receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there and
unite myself wholly to You. Never permit me
to be separated from You.
Amen.
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A PRAYER of THANKSGIVING AFTER MASS

The *Anima Christi* by St. Thomas Aquinas

Soul of Christ, be
my sanctification.
Body of Christ, be
my salvation.
Blood of Christ, fill
all my veins.
Water from Christ's
side, fill all my
veins.
Passion of Christ, my
comfort be;
O good Jesus,
listen to me.
In Thy wounds I dare to hide; never to be parted
from Thy side.
Guard me should the foe assail me; call me
when my life shall fail me.
Bid me come to Thee above, with Thy saints to
sing Thy love, world without end. Amen.



Additional Devotions and Prayers

A PRAYER for ST. ATHANASIUS PARISH

St. Athanasius Parish is composed of intentional disciples like me.
I help make it what it is.
It will be welcoming if I open the door for others.
It will be holy if I strive for sainthood.
It will do great works if I volunteer.
It will defend the defenseless if I do.
It will be prayerful if I pray every day.
It will be knowledgeable of the Faith if I study it.
It will help the poor if I am generous.
It will share the Catholic Faith if I am fearless.
It will bring others into worship if I invite them.
Its pews will be filled if I attend Mass faithfully.
It will be a parish filled with faith, hope, and love if I, who make it what it is, am an intentional disciple.
Therefore, with the help of God, I now dedicate myself to the task of being all the things that I want St. Athanasius Parish to be.
Amen.

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PRAYER to ST. MICHAEL the ARCHANGEL

By Pope Leo XIII and affirmed by St. John Paul II

St. Michael the Archangel, defend us in battle.
Be our defense against the wickedness and snares of the Devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls.
Amen.

A LITANY for VOCATIONS

Through your mercy, *send workers into Your harvest, O Lord.*
Through the fervent prayers and sacrifices of Your people, *send workers....*
Through the power of the Holy Sacrifice of the Mass, *send workers....*
Through the intercession of all the Angels and Saints, *send workers....*
Through the sanctification of the family, *send workers....*
Through parents who see each child as a great gift, *send workers....*
Through the example of priests and religious striving for holiness, *send workers....*
Through a renewed sense of fidelity to our Catholic Faith, *send workers....*
That young people might seek to live the truth of Christ, O Lord of the harvest, *graciously hear us.*
That young people might seek God's will for them in their lives, O Lord of the harvest, *graciously hear us.*
That young people might hear the call to give their lives as priests and consecrated religious, O Lord of the harvest, *graciously hear us.*
That all priests and religious might be renewed in the spirit of the new evangelization, O Lord of the harvest, *graciously hear us.*
That bishops might be strengthened to be courageous shepherds, O Lord of the harvest, *graciously hear us.*
That we may always zealously pray for and promote vocations, O Lord of the harvest, *graciously hear us.*
That those who are being called to be priests and religious might overcome all adversities, O Lord of the harvest, *graciously hear us.*
Amen.