

The LITTLEMORE FELLOWSHIP

Founded MMXX

Saint John Henry Newman Church
Victoria, BC



In your hearts reverence Christ as Lord. Always be prepared to make a defense to anyone who calls you to account for the hope that is in you, yet do it with gentleness and reverence.

1 Peter 3:15

Littlemore gatherings aim to honour the Eucharistic fellowship that flows from the Mass, the source and summit of the Christian life (CCC 1324).

We are mindful that we have an obligation to think with the Church (*sentire cum Ecclesia*) and to pray with the Church (*orare cum Ecclesia*) as we explore aspects of Christian thought and practice, and examine current issues that impact our lives, so that we may remain united in faith and practice with the Church (*cum Ecclesia concorditer agere*) and improve our Christian witness for the salvation of souls.

We draw upon the many spiritual treasures of the English Patrimony that we celebrate in the Ordinariate to open us to God's grace, to inform our thinking and to configure our attitudes and behaviour to the holiness and charity of God, resources which necessary include Holy Scripture, the Catechism of the Catholic Church, and the works of orthodox witnesses to the Faith, especially those writings of our holy patron Saint John Henry Newman, Doctor of the Church.

We are mindful that the primary mission of the Ordinariate is evangelization, the salvation of souls.

The Littlemore Fellowship Order of Compline
follows the pattern found in the *Saint Gregory Prayer Book* by Dr. Clinton A. Brand, KSG.

An ORDER for MEETINGS

An Officiant is appointed in advance to lead the prayers.

Welcome by the Moderator.

The OPENING PRAYER *Spoken*

Stand

Officiant ✠ In the Name of the Father, and of the Son, and of the Holy Ghost.

Response **Amen.**

Spoken by All

O Holy Spirit, guide us in all things, for where Thou art Guide no ill can come. Let us not be led by selfishness or fear but by Thy power and love, that we may abound in hope; through our Lord Jesus Christ, with Whom and the Father Thou livest and reignest one God, world without end. Amen. Father Andrew, S.D.C.

Presentation	5 to 10 minutes
Reflection, Discussion then Refreshments	90 minutes
Organization & Information	5 minutes
Compline	

An ORDER for COMPLINE

Omnes ergo in unum positi compleant.

All having assembled in one place, let them say compline.

The PREPARATION *Spoken*

Stand

Officiant ✠ The Lord Almighty grant us a quiet night and a perfect end.

Response **Amen.**

Officiant Brethren: be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: whom resist, steadfast in the faith.
1 Peter 5:8-9

Officiant But thou, O Lord, have mercy upon us.

Response **Thanks be to God.**

The CONFESSION *Spoken*

Kneel or sit

Officiant Let us humbly confess our sins unto God.

Silence is kept for a brief examination of conscience.

✠ = strike the breast

Said by All I confess to God, to Blessed Mary, and to all the Saints, that I have sinned exceedingly in thought, word, and deed, through my own ✠ fault; I ask holy Mary, and all the Saints of God, to pray for me. Amen.

Stand

Officiant ✠ O God, make speed to save us.

Response **O Lord, make haste to help us.**

Officiant *All Bow* Glory be to the Father, and to the Son, and to the Holy Ghost. *Upright*
 Response **As it was in the beginning, is now, and ever shall be, world without end. Amen.**
 Officiant Praise ye the Lord.
 Response **The Lord's name be praised.**

The PSALMODY

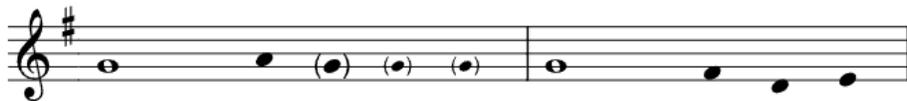
 The following psalms may be spoken or chanted following the customary practice of a medial respiration (:) of two counts. Regardless of which psalm initiates the *Psalmody*, please remain standing for the first verse and be seated thereafter. The Officiant may chant or say the odd verses alone. In group antiphonal practice, two groups alternate: the Officiant leads one group and begins the first verse of each appointed psalm alone, with his group joining at the asterisk (*), followed by the second group speaking or chanting the **bold text**. After the final psalm verse, stand and conclude with the *Glory Be* (p.4).

DAILY CYCLE OF PSALMS

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
91	4	31	91	4	31	134
Additional psalms for individual practice of Compline: 16; 86; 88; 130, 143.						

Psalm 4

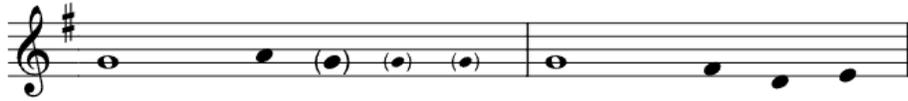
Cum invocarem



HEAR me when I call, O God of my *right-eous-ness* : * thou hast set me at liberty when I was in trouble; have mercy upon me, and hearken un-to my prayer.

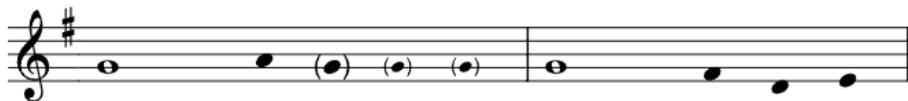
Sit

2. **O ye sons of men, how long will ye blaspheme mine *hon-our* : and have such pleasure in vanity, and seek af-ter leas-ing?**
3. Know this also, that the Lord hath chosen to himself the man that is *god-ly* : when I call upon the Lord, he *will* hear me.
4. **Stand in awe, and sin *not* : commune with your own heart, and in your chamber, and be still.**
5. Offer the sacrifice of *right-eous-ness* : and put your trust *in* the Lord.
6. **There be many that say : Who will show us a-ny good?**
7. Lord, lift thou *up* : the light of thy countenance *up-on* us.
8. **Thou hast put gladness in my *heart* : yea, more than when their corn, and wine and oil *in-creas-ed*.**
9. I will lay me down in peace, and take my *rest* : for it is thou, Lord, only that makest me dwell *in safe-ty*.



IN THEE, O Lord, have I put my trust; let me never be put to con-*fu*-sion : * deliver me in thy *right*-eous-ness.

2. **Bow down thine ear to *me* : make haste to de-*liv*-er me.**
3. And be thou my strong rock, and house of *de*-fence : that thou may-*est* save me.
4. **For thou art my strong rock, and my *cas*-tle : be thou also my guide and lead me for *thy* Name's sake.**
5. Draw me out of the net that they have laid privily for *me* : for thou *art* my strength.
6. **Into thy hands I commend my *spir*-it : for thou hast redeemed me, O Lord, thou *God* of truth.**



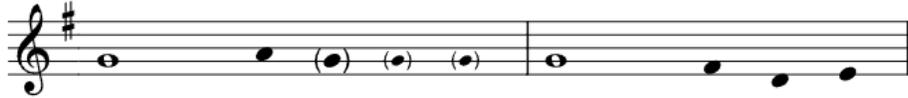
WHOSO dwelleth under the defence of the *Most* High : * shall abide under the shadow of the *Al*-might-y.

2. **I will say unto the Lord, thou art my hope, and my *strong*-hold : my God, in him *will* I trust.**
3. For he shall deliver thee from the snare of the *hunt*-er : and from the noisome *pes*-ti-lence.
4. **He shall defend thee under his wings, and thou shalt be safe under his *feath*-ers : faithfulness and truth shall be thy shield *and* buck-ler.**
5. Thou shalt not be afraid for any terror by *nigh*t : nor for the arrow that *fli*-eth by day;
6. **For the pestilence that walketh in *dark*-ness : nor for the sickness that destroyeth in *the* noon-day.**
7. A thousand shall fall beside thee, and ten thousand at thy right *hand* : but it shall not *come* nigh thee.
8. **Yea, with thine eyes shalt thou *be*-hold: and see the reward of the *un*-god-ly.**
9. For thou, Lord, art my *hope* : thou hast set thine house of defence *ve*-ry high.
10. **There shall no evil happen unto *thee* : neither shall any plague come nigh *thy* dwell-ing.**
11. For he shall give his angels charge over *thee* : to keep thee in *all* thy ways.
12. **They shall bear thee in their *hands* : that thou hurt not thy foot a-*gain*st a stone.**
13. Thou shalt go upon the lion and *ad*-der : the young lion and the dragon shalt thou tread un-*der* thy feet.

14. **Because he hath set his love upon me, therefore will I deliver *him* : I will set him up, because he hath *known* my Name.**
15. He shall call upon me, and I will *hear* him : yea, I am with him in trouble; I will deliver him, and bring him *to* hon-our.
16. **With long life will I satisfy *him* : and show him my *sal-va-tion*.**

Psalm 134

Ecce nunc



BEHOLD now, praise the *Lord* : * all ye servants of the Lord.

2. **Ye that by night, stand in the house of the *Lord* : even in the courts of the house of our God.**
3. Lift up your hands in the *sanc-tu-a-ry* : and *praise* the Lord.
4. **The Lord that made heaven and *earth* : give thee blessing out of *Si-on*.**

The CONCLUSION OF THE PSALMODY

Stand

Officiant *All Bow* Glory be to the Father, and to the *Son* : and to the *Ho-ly* Ghost. *Upright*

Response **As it was in the beginning, is now, and ever shall be : world without end. A-men.**

The CHAPTER *Read by the appointed Lector.*

Sit

Now the God of peace, that brought again from the dead our Lord Jesus, that great shepherd of the sheep, through the blood of the everlasting covenant, make you perfect in every good work to do his will, working in you that which is well-pleasing in his sight, through Jesus Christ; to whom be glory for ever and ever. Amen. Hebrews 13:20-21

- or -

Thou, Lord, art in the midst of us, and we are called by thy Name; leave us not, O Lord our God. Jeremiah 14:9

Response **Thanks be to God.**

The RESPONSORY *Spoken*

Seated

Officiant Into thy hands, O Lord, I commend my spirit;

Response **Into thy hands, O Lord, I commend my spirit.**

Officiant For thou hast redeemed me, O Lord, thou God of truth;

Response **I commend my spirit.**

Officiant *Bow* Glory be to the Father, and to the Son, and to the Holy Ghost. *Upright*

Response **Into thy hands, O Lord, I commend my spirit.**

The HYMN *Sung*

Te lucis ante terminum c. 7th cent.

 *Bow at the third verse* O Father, that we ask.

Translation by J. M. Neale

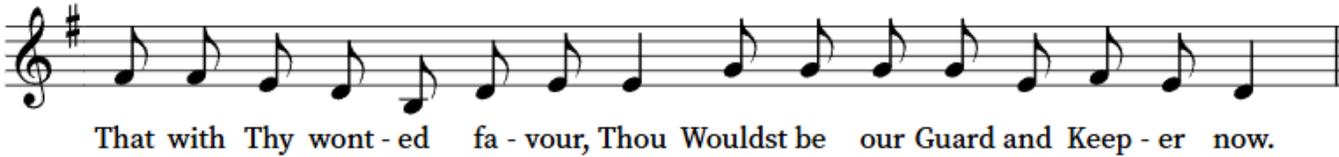
Officiant or cantor begins.

Stand

1



BE-FORE the end-ing of the day, Cre - a - tor of the world, we pray



That with Thy wont-ed fa-vour, Thou Wouldst be our Guard and Keep-er now.

2

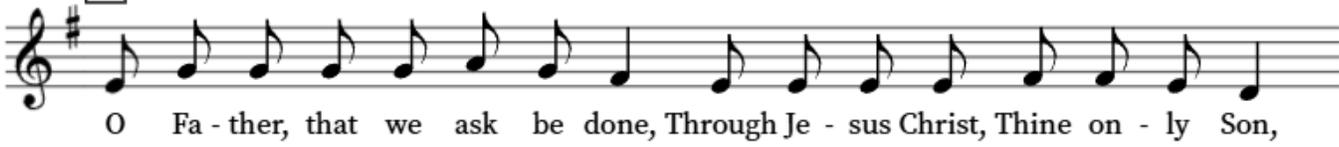


From all ill dreams de-fend our eyes, From night-ly fears and fan-ta-sies:

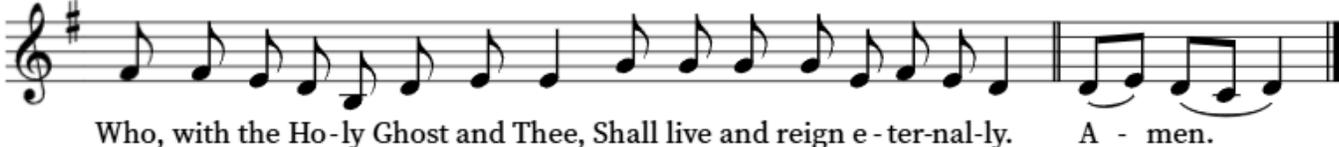


Tread un-der foot our ghost-ly foe, That no pol-lu-tion we may know.

3 (Bow)



O Fa-ther, that we ask be done, Through Je-sus Christ, Thine on-ly Son,



Who, with the Ho-ly Ghost and Thee, Shall live and reign e-ter-nal-ly. A - men.

*Te lucis ante terminum, Rerum Creator poscimus,
Ut solita clementia Sis præsul ad custodiam.
Procul recedant somnia, Et noctium phantasmata;
Hostemque nostrum comprime, Ne polluantur corpora.
Præsta, Pater omnipotens, Per Iesum Christum Dominum,
Qui tecum in perpetuum Regnat cum Sancto Spiritu. Amen.*

The BRIEF RESPOND *Spoken*

Officiant Keep me as the apple of an eye;

Response **Hide me under the shadow of thy wings.**

The GOSPEL CANTICLE *Spoken by All*
St. Luke 2:29-32 *Nunc Dimittis*

Standing
The Song of Simeon

Officiant begins. Preserve us, O Lord, while waking, * **and guard us while sleeping, that awake we may watch with Christ, and asleep we may rest in peace.**

LORD, ✠ now lettest thou thy servant depart in peace, according to thy word. For mine eyes have seen thy salvation, which thou hast prepared before the face of all people; to be a light to lighten the Gentiles, and to be the glory of thy people Israel.

Bow Glory be to the Father, and to the Son, and to the Holy Ghost; **Upright** As it was in the beginning, is now, and ever shall be world without end. Amen.

Preserve us, O Lord, while waking, and guard us while sleeping, that awake we may watch with Christ, and asleep we may rest in peace.

The PRECES *Spoken*

Kneel

Officiant Lord, have mercy upon us.

Response **Christ, have mercy upon us.**

Officiant Lord, have mercy upon us.

OUR FATHER, Who art in heaven, hallowed be Thy Name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Officiant O Lord, hear our prayer;

Response **And let our cry come unto thee.**

The Officiant rises to offer the following prayer(s).

VISIT, we beseech Thee, O Lord, this habitation: drive far from it all snares of the enemy; let Thy holy Angels dwell herein to preserve us in peace, and let Thy blessing be ever upon us; through Jesus Christ our Lord. **Amen.**

- and/or -

KEEP watch, dear Lord, with those who work, or watch, or weep this night, and give thine angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for Thy love's sake. **Amen.**

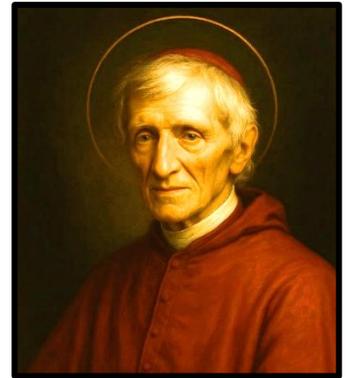
The following may be added:

O LORD, support us all the day long, until the shadows lengthen, and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done; then in Thy mercy, grant us a safe lodging, and a holy rest, and peace at the last; through Jesus Christ our Lord. **Amen.**

- on Saturdays -

WE give Thee thanks, O God, for revealing Thy Son Jesus Christ to us by the light of his resurrection: Grant that as we sing Thy glory at the close of this day, our joy may abound in the morning as we celebrate the Paschal mystery; through Jesus Christ our Lord. **Amen.**

DEAR JESUS, stay with me, and then I shall begin to shine as Thou shinest: so to shine as to be a light to others. The light, O Jesus, will be all from Thee. None of it will be mine. No merit to me. It will be Thou who shinest through me upon others. O let me thus praise Thee, in the way which Thou dost love best, by shining on all those around me. Give light to them as well as to me; light them with me, through me. Teach me to show forth Thy praise, Thy truth, Thy will. Make me preach Thee without preaching—not by words, but by my example and by the catching force, the sympathetic influence, of what I do—by my visible resemblance to Thy saints, and the evident fullness of the love which my heart bears to Thee. Amen.



Officiant Let us bless the Lord.

Response **Thanks be to God.**

Officiant May the almighty and merciful Lord, ✠ Father, Son and Holy Ghost, bless us and keep us.

Response **Amen.**

The PATRIMONIAL LITANY *optional*

- Our Lady of Walsingham,..... pray for us.
- Holy Michael, Archangel, pray for us.
- Saint Joseph, pray for us.
- Saints Peter and Paul, pray for us.
- Saint Alban, pray for us.
- Saint Aidan, pray for us.
- Saint Etheldreda, pray for us.
- Saint Gregory the Great, pray for us.
- Saint Augustine of Canterbury, pray for us.
- Saints Dunstan, Ethelwold and Oswald,.... pray for us.
- Saint Gilbert of Sempringham, pray for us.
- Saint Cuthbert, pray for us.
- Saint Edmund, pray for us.
- Saint Bede, pray for us.
- Saint Osmund, pray for us.
- Saint Anselm, pray for us.
- Saint Edward the Confessor, pray for us.
- Saint Thomas Becket, pray for us.
- Saint Richard, pray for us.
- Saints John Fisher and Thomas More, pray for us.
- Saint John Henry Newman, pray for us.
- Blessed Dominic Barberi, pray for us.
- All holy men and women, pray for us.



Stand for the Marian Anthem

ANTHEMS of *the* BLESSED VIRGIN MARY

Alma Redemptoris Mater
From Advent Sunday to Candlemas

Loving Mother of the Redeemer
Hermannus Contractus 1013–1054

V
A



L-ma * Redemptó-ris Ma-ter, quæ pérvia cæ-li
porta manes, Et stella ma-ris, succúrre cadénti súrge-
re qui cu-rat pópu-lo: Tu quæ genu-ísti, na-túra mi-
ránte, tu-um sanctum Ge-ni-tó-rem: Virgo pri-us ac po-
sté-ri-us, Gabri-é-lis ab o-re sumens illud Ave, pecca-
tó-rum mi-se-ré-re.

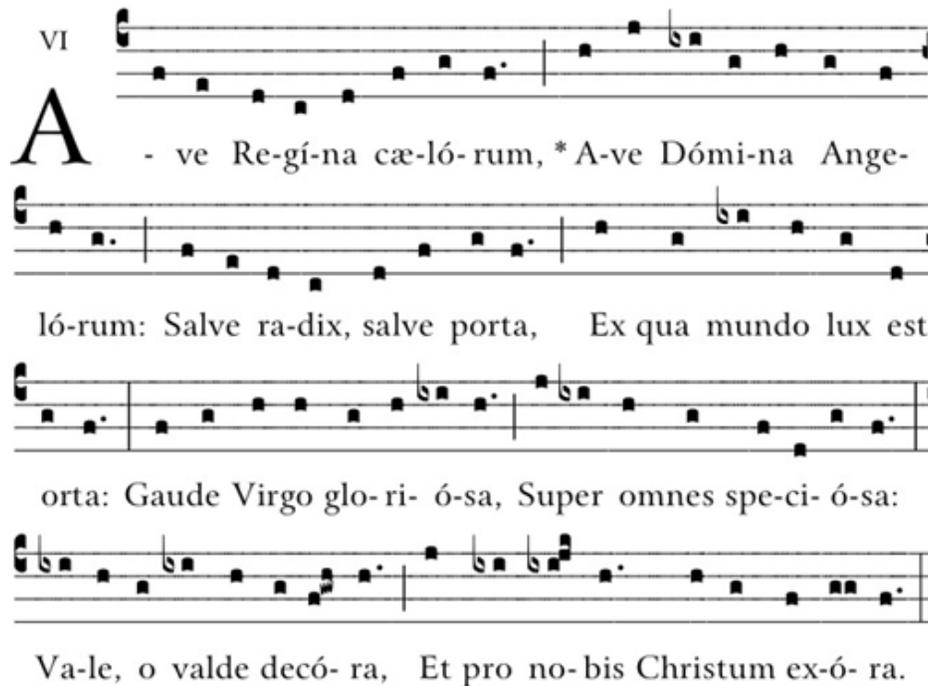
*Mother of Christ! hear thou thy people's cry.
Star of the deep, and Portal of the sky.
Mother of Him who thee from nothing made!
Sinking we strive, and call to thee for aid:
Oh, by that joy that Gabriel brought to thee,
Thou Virgin first and last, let us thy mercy see.*

Translation of Edward Caswall (1814-1878)

Officiant ✠ May the divine assistance remain with us always.

Response **And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.**

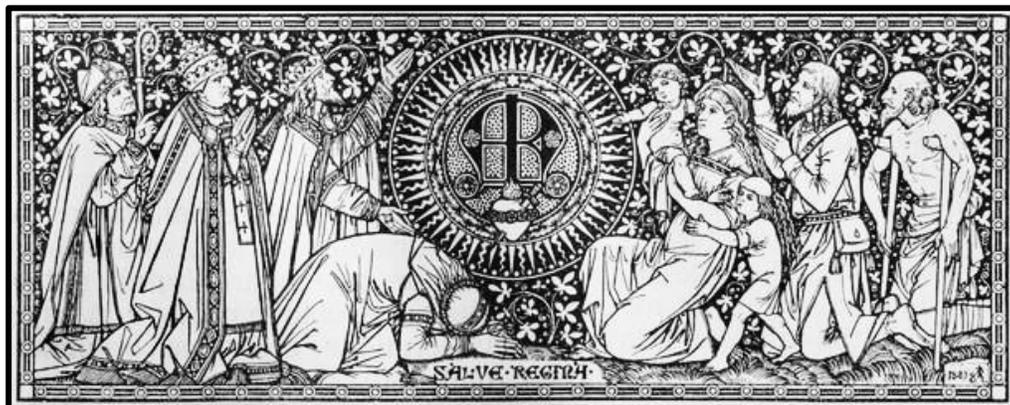
VI



A - ve Re-gí-na cæ-ló-rum, *A-ve Dómi-na Ange-
ló-rum: Salve ra-dix, salve porta, Ex qua mundo lux est
orta: Gaude Virgo glo-ri-ó-sa, Super omnes spe-ci-ó-sa:
Va-le, o valde decó-ra, Et pro no-bis Christum ex-ó-ra.

*Hail, O Queen of Heaven.
Hail, O Lady of Angels
Hail! thou root, hail! thou gate
From whom unto the world a light has arisen:
Rejoice, O glorious Virgin,
Lovely beyond all others,
Farewell, most beautiful maiden,
And pray for us to Christ.*

Officiant ✠ May the divine assistance remain with us always.
Response **And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.**



VI

R E-gína cæ-li * lætá-re, alle-lú-ia: Qui- a quem me-
 ru- ísti portá-re, alle-lú-ia: Re-surré-xit, sic-ut di-xit,
 alle-lú-ia: O-ra pro no-bis De- um, alle-lú- ia.

*Queen of heaven, rejoice, alleluia.
 The Son you merited to bear, alleluia,
 Has risen as he said, alleluia.
 Pray to God for us, alleluia.*

Officiant ✠ May the divine assistance remain with us always.

Response **And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.**



V
S Alve Re-gí-na, * ma-ter mi-se-ri-córdi-æ, Vi-ta, dul-
 cé- do, et spes nostra, salve. Ad te clamámus, éxsu-
 les, fí-li- i Hevæ. Ad te suspi-rámus, geméntes et flen-
 tes in hac lacrimá-rum valle. E-ia ergo, Advo-cá-ta
 nostra, illos tu- os mi-se-ri-córdes ó-cu-los ad nos con-
 vér-te. Et Je-sum, be-ne-díctum fructum ventris tu- i,
 no-bis post hoc exsí- li- um osténde. O cle- mens:
 O pi- a: O dulcis Virgo Ma-rí- a.

Hail, holy Queen, Mother of mercy, hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary! Amen.

Officiant ✠ May the divine assistance remain with us always.

Response **And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.**

Patrimonial Prayers

A Prayer for God's Assistance

1789 BCP

DIRECT US, O Lord, in all our doings with Thy most gracious favour, and further us with Thy continual help; that in all our works begun, continued, and ended in Thee, we may glorify Thy holy Name. And finally, by Thy mercy, obtain everlasting life; through Jesus Christ our Lord. Amen.

A Prayer for the Working Life

William Bright

WE OFFER to Thee, O Lord our God, the work which Thou hast appointed for us. Help us to do it heartily and faithfully, as in Thy sight and for Thy glory, that so we may be drawn nearer to Thee and confirmed in Thy service, which alone is true freedom; in the name of our Master and Saviour, Jesus Christ. Amen.

A Prayer for the Family

Ordinariate of the Chair of St Peter

ALMIGHTY FATHER, who didst entrust thy Holy One, the Child of Blessed Mary to the care and guardianship of Saint Joseph: Hallow our homes, we beseech thee, by thy Holy Spirit, that parents and children may dwell together in the unity of thy love; through the same Jesus Christ our Lord. Amen.

A Prayer to Our Lady of Walsingham

OBLESSED VIRGIN MARY, Our Lady of Walsingham, Mother of God and our most gentle Queen and Mother, look down in mercy upon us, our parish, our country, our homes, and our families, and upon all who greatly hope and trust in thy prayers. By thee it was that Jesus, our Saviour and hope, was given to the world; and He has given thee to us that we may hope still more. Plead for us thy children, whom thou didst receive and accept at the foot of the Cross, O sorrowful Mother. Intercede for our separated brethren, that with us in the one true fold they may be united to the Chief Shepherd, the Vicar of thy Son. Pray for us all, dear Mother, that by faith, fruitful in good works, we all may be made worthy to see and praise God, together with thee in our heavenly home. Amen.

A Prayer for Tranquility of Spirit

Jeremy Taylor

GUIDE US, LORD, in all the changes and varieties of the world; that we may have evenness and tranquility of spirit: that we may not murmur in adversity nor in prosperity wax proud, but in serene faith resign our souls to Thy divinest will; through Jesus Christ our Lord. Amen.

A Prayer for the Ordinariate

ALMIGHTY AND EVERLASTING GOD, Who dost govern all things in heaven and earth, mercifully hear our prayers, and grant to this Ordinariate all things needful for its spiritual welfare: priests and deacons to labour in this portion of Thy vineyard; holy, learned, and zealous religious; churches complete in the beauty of holiness. Strengthen and confirm the faithful; protect and guide the children. Visit and relieve the sick; turn and soften the wicked. Arouse the careless; recover the fallen. Restore the penitent. Remove all hindrances to the advancement of Thy truth; and bring us all to be of one heart and mind within the fold of Thy holy Church, to the honour and glory of Thy blessed Name. Through Jesus Christ our Lord. Amen.

Counsels

On One's Calling in Life

Saint John Henry Newman

God has created me to do Him some definite service. He has committed some work to me which He has not committed to another. I have my mission. I may never know it in this life, but I shall be told it in the next. I am a link in a chain, a bond of connection between persons. He has not created me for naught. I shall do good; I shall do His work. I shall be an angel of peace, a preacher of truth in my own place, while not intending it if I do but keep His commandments. Therefore, I will trust Him, whatever I am, I can never be thrown away. If I am in sickness, my sickness may serve Him, in perplexity, my perplexity may serve Him. If I am in sorrow, my sorrow may serve Him. He does nothing in vain. He knows what He is about. He may take away my friends. He may throw me among strangers. He may make me feel desolate, make my spirits sink, hide my future from me. Still, He knows what He is about.

On Thanksgiving

John Wesley

Thanksgiving is inseparable from true prayer; it is almost essentially connected with it. One who always prays is ever giving praise, whether in ease or pain, both for prosperity and for the greatest adversity. He blesses God for all things, looks on them as coming from Him, and receives them for His sake - not choosing nor refusing, liking or disliking, anything, but only as it is agreeable or disagreeable to His perfect will.

Five Helps for the New Year

Michael Ramsey

1. *Thank God – often and always.* Thank Him carefully and wonderingly for your continuing privileges and for every experience of His goodness. Thankfulness is a soil in which pride does not easily grow.
2. *Take care about confession of your sins.* As time passes the habit of being critical about people and things grows more than each of us realise.
3. *Be ready to accept humiliations.* They can hurt terribly but they can help to keep you humble. (Whether trivial or big, accept them). All these can be so many chances to be a little nearer to our Lord. There is nothing to fear if you are near to the Lord and in His Hands.
4. *Do not worry about status.* There is only one status that our Lord bids us be concerned with, and that is our proximity to Him. "If a man serves me, let him follow me, and where I am there also shall my servant be." (John 12:26). That is our status: to be near our Lord wherever He may ask us to go with Him.
5. *Use your sense of humour.* Laugh at things, laugh at the absurdities of life, laugh at yourself. Through the year people will thank God for you. And let the reason for their thankfulness be not just that you were a person whom they liked or loved, but because you made God real to them.

On Virtue

Saint Thomas More

If we lived in a state where virtue was profitable, common sense would make us saintly. But since we see that avarice, anger, pride and stupidity commonly profit far beyond charity, modesty, justice and thought, perhaps we must stand fast a little, even at the risk of being heroes.

Identity & Discipleship

The Making of the Christian Man

Charles J. Chaput, O.F.M. Cap.

“The new knighthood” St. Bernard once praised has never really disappeared. It’s new and renewed in every generation of faithful Catholic men. And the rules of a genuinely new knighthood—all 22 of them—were written down 500 years ago by the great Catholic humanist, Erasmus of Rotterdam, in his book, *The Manual of a Christian Knight*.

- Rule 1 Deepen and increase your faith.
- Rule 2 Act on your faith; make it a living witness to others.
- Rule 3 Analyze and understand your fears; don’t be ruled by them.
- Rule 4 Make Jesus Christ the only guide and the only goal of your life.
- Rule 5 Turn away from material things; don’t be owned by them.
- Rule 6 Train your mind to distinguish the true nature of good and evil.
- Rule 7 Never let any failure or setback turn you away from God.
- Rule 8 Face temptation guided by God, not by worry or excuses.
- Rule 9 Always be ready for attacks from those who fear the Gospel and resent the good.
- Rule 10 Always be prepared for temptation. And do what you can to avoid it.
- Rule 11 Be alert to two special dangers: moral cowardice and personal pride.
- Rule 12 Face your weaknesses and turn them into strengths.
- Rule 13 Treat each battle as if it were your last.
- Rule 14 A life of virtue has no room for vice; the little vices we tolerate become the deadliest.
- Rule 15 Every important decision has alternatives; think them through clearly and honestly in the light of what’s right.
- Rule 16 Never, ever give up or give in on any matter of moral substance.
- Rule 17 Always have a plan of action. Battles are often won or lost before they begin.
- Rule 18 Always think through, in advance, the consequences of your choices and actions.
- Rule 19 Do nothing—in public or private—that the people you love would not hold in esteem.
- Rule 20 Virtue is its own reward; it needs no applause.
- Rule 21 Life is demanding and brief; make it count.
- Rule 22 Admit and repent your wrongs, never lose hope, encourage your brothers, and then begin again.

The Practices of a Committed Catholic Man

Bishop Thomas J. Olmsted

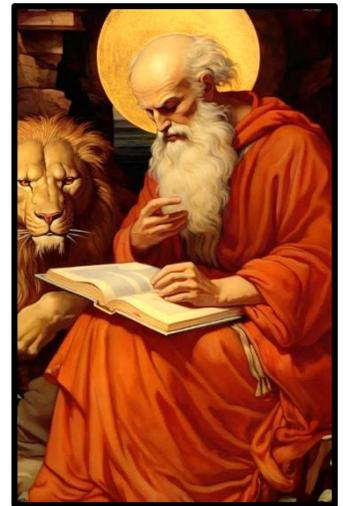
While there are many habits and devotions that a Catholic man can form, I charge you with keeping these seven basic practices on a daily, weekly, and monthly basis. If these practices are not (yet) part of your life, start now!

Daily

1. *Pray every day.* Each Catholic man must start his day with prayer. It is said, “Until you realize that prayer is the most important thing in life, you will never have time for prayer.” Without prayer, a man is like a soldier who lacks food, water, and ammunition. Set aside some time to speak with God first thing each morning. Pray the three prayers essential to the Catholic faith: the Our Father, the Hail Mary, and the Glory Be. Pray also at every meal. Before food or drink touches your lips, make the Sign of the Cross, say the “Bless us, O Lord” prayer, and end with the Sign of the Cross. Do this no matter where you are, with whom or how much you are eating. Never be shy or ashamed about praying over meals. Never deny Christ the gratitude

that is due to Him. Praying as a Catholic man before every meal is a simple but powerful way to keep strong and fill the breach.

2. *Examine your conscience before going to sleep.* Take a few moments to review the day, including both your blessings and sins. Give God thanks for blessings and ask forgiveness for sins. Say an Act of Contrition.
3. *Go to Mass.* Despite the fact that attending weekly Mass is a Precept of the Church, only about one in three Catholic men attend Sunday Mass. For large numbers of Catholic men, their neglect to attend Mass is a grave sin, a sin that puts them in mortal danger. The Mass is a refuge in the Spiritual Battle, where Catholic men meet their King, hear His commands, and become strengthened with the Bread of Life. Every Mass is a miracle where Jesus Christ is fully present, a miracle that is the high point not only of the week, but of our entire lives on Earth. In the Mass, a man gives thanks to God for his many blessings and hears Christ send him again into the world to build the Kingdom of God. Fathers who lead their children to Mass are helping in a very real way to ensure their eternal salvation.
4. *Read the Bible.* As St. Jerome so clearly tells us, "Ignorance of the Sacred Scriptures is ignorance of Christ." When we read God's word, Jesus is present. Married men, read with your wife and your children. If a man's children see him read the Scriptures, they are more likely to remain in the Faith. My brothers in Christ, this I can assure you: men who read the Bible grow in grace, wisdom, and peace.
5. *Keep the Sabbath.* From the creation of Adam and Eve, God the Father established a weekly cycle ending with the Sabbath. He gave us the Sabbath to ensure that one day out of seven we will give thanks to God, rest, and be refreshed. In the Ten Commandments, God asserts anew the importance of keeping the Sabbath. With today's constant barrage of buying and selling and the cacophony of noisy media, the Sabbath is God's respite from the storm. As Catholic men, you must begin, or deepen, keeping the holiness of the Sabbath. If you are married, you must lead your wives and children to do the same. Dedicate the day to rest and true recreation and avoid work that is not necessary. Spend time with family, attend Mass, and enjoy the gift of the day.



Monthly

1. *Go to Confession.* At the very start of Christ's public ministry, Jesus calls on all men to repent. Without repentance from sin, there can be no healing or forgiveness, and there will be no Heaven. My brothers, get to Confession now! Our Lord Jesus Christ is a merciful King who will forgive those who humbly confess their sins. He will not forgive those who refuse. Open your soul to the gift of our Lord's mercy!
2. *Build fraternity with other Catholic men.* Catholic friendship among men has a dramatic impact on their faith lives. Men who have bonds of brotherhood with other Catholic men pray more, go to Mass and Confession more frequently, read the Scriptures more often, and are more active in the Faith. The Book of Proverbs tells us: "As iron sharpens iron, so one man sharpens another" (27:17). I call on each of our priests and deacons to draw men together in their parishes and to begin to rebuild a vibrant and transforming Catholic fraternity. I call on laymen to form small fellowship groups for mutual support and growth in the faith. There is no friendship like having a friend in Christ.