Evening Examen

4. LOOK TO TOMORROW

Visualize walking through the day with God and ask for His help in growing closer to Him.

5. CLOSE

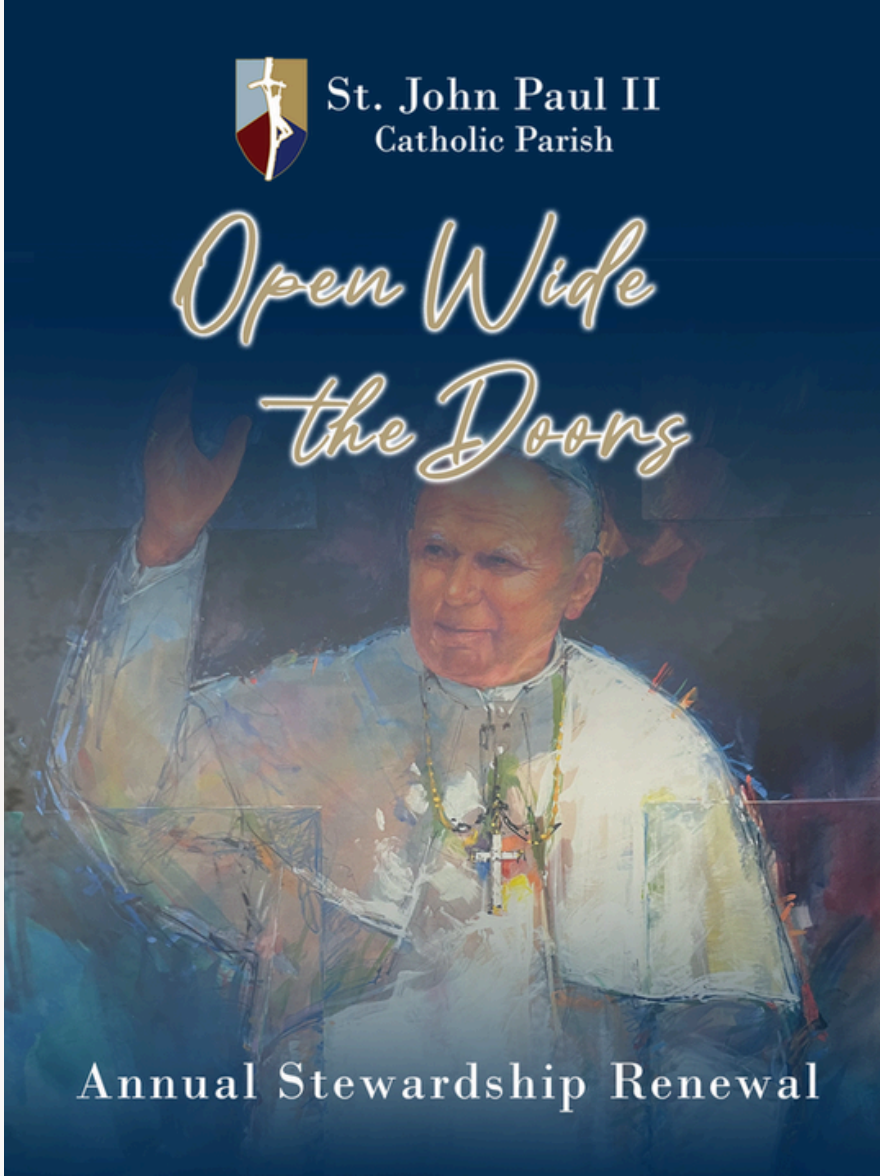
Spend a few more moments with God, listening for Him and finding peace in His presence. Conclude with the Our Father.

BE NOT AFRAID

Open Wide

THE DOORS TO CHRIST

- St. John Paul II



Morning Offering

O Jesus,
through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day for all the intentions of your Sacred Heart in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation of sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

Written in 1844 by Fr. François-Xavier Gautrelet

Parish Prayer

Heavenly Father, we thank You for the abundant gifts You have bestowed upon us, both individually and as the St. John Paul II family. As we embark on our annual stewardship renewal, we humbly ask to do Your will.

Holy Spirit, open our hearts to recognize the many ways we can share our time, talent, and treasure in the building up of the Kingdom and our parish. Inspire us to be generous stewards, always mindful that all we have comes from God.

Evening Examen

Saint Ignatius said if you prayed no other prayer, you should at least pray the Examen once a day. The Examen gives you a chance to reflect on the day with God at your side.

1. THANKSGIVING

Thank God for the gifts of your day and anything you are grateful for.

2. REVIEW

Ask the Holy Spirit to help you see your day clearly. Any particular emotions or moments? Any consolations – you felt or noticed God working? Or desolations – you felt far from God and from who you are called to be?

3. RESPOND

Talk with God about what stood out from your day. What might God be telling you? Ask forgiveness for the times you weren't your best. Offer up more gratitude for the blessings that stood out. Whatever comes to mind, talk with God about it.

Continued on the back