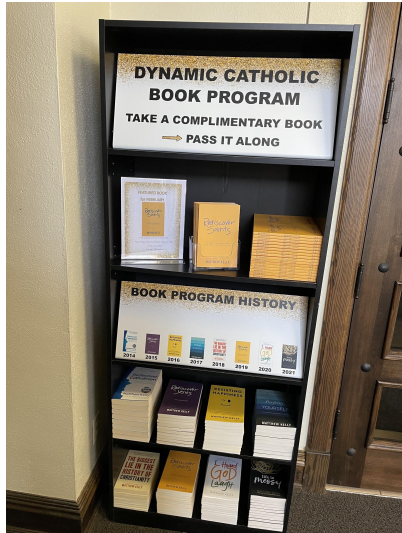


# FAITH FRIDAY 1/21/2022

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## UPCOMING EVENTS:

- January 22nd: Day of Prayer for the Legal Protection of Unborn Children
  - January 26th: Eucharistic Adoration from 2:25-3:00
  - January 31st - February 4h: Catholic Schools Week
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## ANNOUNCEMENTS

As part of our plans for Prayer and Compassion habits, Missional Community, we placed the new bookshelf with a full selection of the Dynamic Catholic Book Program at the east entrance of the Church featuring works by Matthew Kelly. We are featuring the book, "Rediscover the Saints" for February. Check them out! Feel free to take one, read it and then pass it along!

## SAINT AGNES - PRAY FOR US

If you have lived in Omaha for a while, you may remember Saint Agnes' parish and elementary school located at 23rd and O Street. Having celebrated there multiple times, I have often wondered, 'Who was Saint Agnes?' Today, January 21st marks her feast day.

Saint Agnes lived during the 4th century in the Roman Empire and is one of the most celebrated martyrs. Agnes was a beautiful girl, about 12 or 13 years old, who refused marriage, stating that she could have no spouse but Jesus Christ. Her suitors revealed her Christianity, which was then condemned as a cult, and in punishment she was exposed in a brothel. Later, after refusing to renounce her faith, she was murdered during the persecution of the Christians by the Roman emperor Diocletian.



Fun Fact: On her feast day two lambs are blessed in the Church of Sant'Agnese in Rome, and from their wool are made the pallia sent by the pope to archbishops as tokens of jurisdiction.

## WRAP Yourself in Scripture

Karen L. Dwyer, PhD/Lawrence A. Dwyer, JD, The Institute for Priestly Formation  
Journaling with Lectio Divina

First, pause and recollect yourself to God's presence. Become aware that God is right here, right now. Ask him for the light of His Holy Spirit to illuminate this time of prayer. Next, read the verse several times until a word, verse, or verses jump out to you or capture your attention (I personally like to read the scripture three times through) Then begin.

**W=Write:** Write out the verse(s) that speak to you.

**R=Reflect:** Reflect on the principle or truth that the Scripture is teaching. Use your imaginative and analytical faculties. Write down your thoughts, feelings, and desires in relationship to the Scripture and dialogue with Jesus.

**A=Apply:** Consider how Jesus is calling you to apply the truths from Scripture. Write down your response to the Scripture and how you can apply it beginning today.

**P=Pray:** Write a prayer related to the verses that offer praise and thanksgiving to God. Ask God to help you respond in faith to His Word. At the end of your prayer, focus completely on Jesus. Rest in His Heart and presence. Receive His strength, His love, and His grace.

Jeremiah 29: 11 - 14: 11 For I know well the plans I have in mind for you—oracle of the Lord—plans for your welfare and not for woe, so as to give you a future of hope. 12 When you call me, and come and pray to me, I will listen to you. 13 When you look for me, you will find me. Yes, when you seek me with all your heart, 14 I will let you find me

Write:	Reflect:
Apply:	Pray: I like to pray while a song is playing. Here is a link to a song that helps us to remember prepare to seek Jesus in our lives: <a href="https://www.youtube.com/watch?v=xxN2kpY2NiI">https://www.youtube.com/watch?v=xxN2kpY2NiI</a>  At the end of your prayer, focus completely on Jesus. Rest in His Heart and presence. Receive His strength, love, and grace.