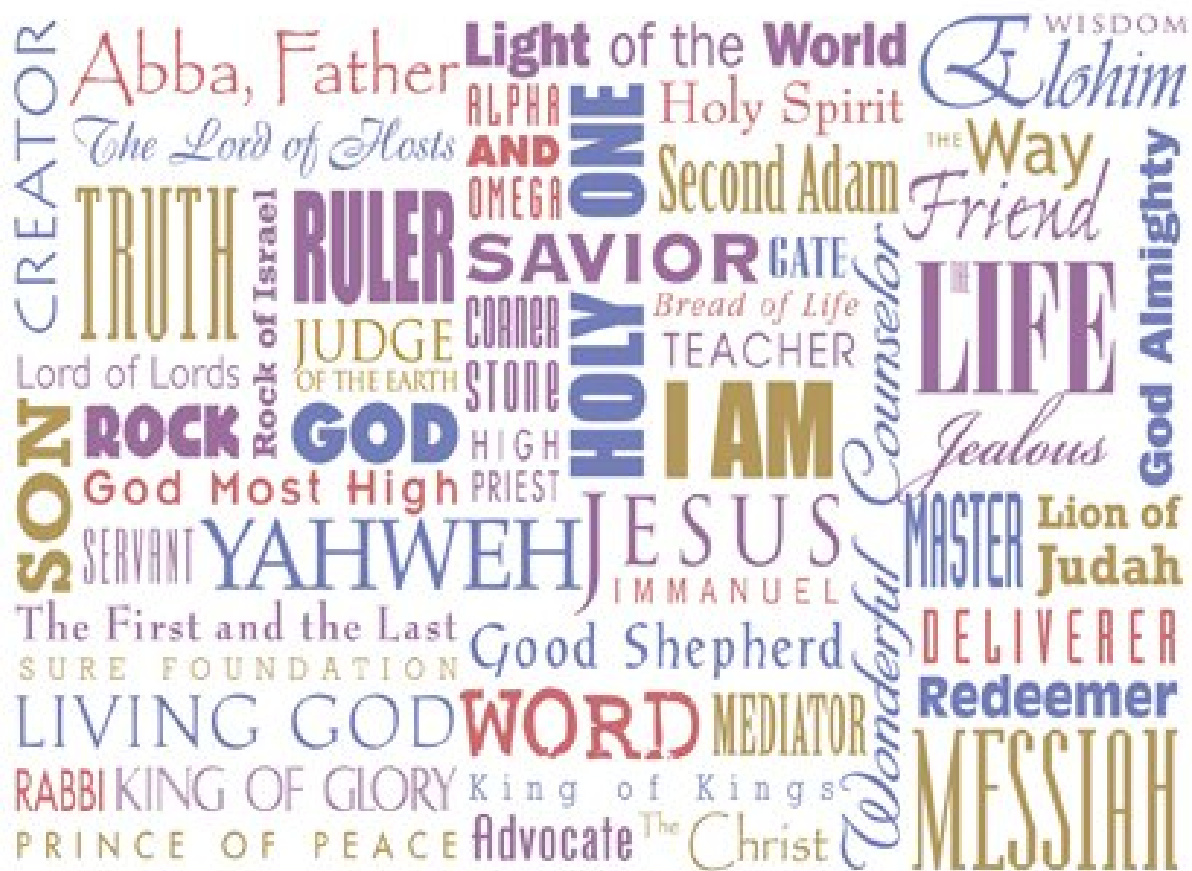


the little servants of Christ The King prayer community Sudbury, Ontario

... proclaiming the power of the Holy Spirit and a personal relationship with Jesus Christ

January 2019



Our Mission Statement: *"If we live by the truth and in love, we shall grow in all ways into Christ, who is the head by whom the whole body is fitted and joined together, every joint adding its own strength, for each separate part to work according to its function. So the body grows until it has built itself up, in love."* - Ephesians 4:15-16

"I Will Call upon the Lord as Long as I Live"

(Psalm 116:2)

We, who call **Jesus our Lord**, have a God above all powers, nature, wisdom, kingdoms...

We, who call **Jesus our Saviour**, have the free gift for an undeserved eternal life.

We, who call **Jesus our King**, have abundant riches of His love, grace, and mercy.

We, who call **Jesus our High Priest**, have the perfect sacrifice to atone for our sins.

We, who call **Jesus our Redeemer**, have been justified by faith: our debt was paid in full.

We, who call **Jesus our God**, have also the gift of His abiding and gracious Spirit.

We, who call **Jesus our Creator and Sustainer of Life**, have hope, joy, and peace.

We, who call **Jesus our Shepherd**, have our names carved in the palm of His hands.

We, who call **Jesus our Guide**, have a roadmap to show the way from here to eternity.

We, who call **Jesus our Healer**, have peace beyond fear, and hope for tomorrow.

We, who call **Jesus our Navigator**, have the unfailing Master on the wheel to eternity.

We, who call **Jesus our Light**, have the life-giving power to walk in His Way.

We, who call **Jesus our Rock**, have the promise of an unfailing spring of living water.

We, who call **Jesus our Anchor**, have the hope of His presence both sure and steadfast.

We, who call **Jesus our Bread of Life**, have heavenly nourishment from His hands.

We, who call **Jesus our Refuge**, have a safe, strong, secure, solid shelter.

We, who call **Jesus our Fortress**, have the depths of eternity as the security of His love.

We, who call **Jesus our Peace**, have been His steadfast love and hope to endure forever.

We, who call **Jesus our Strength**, have the everlasting arms to bear and lift us up.

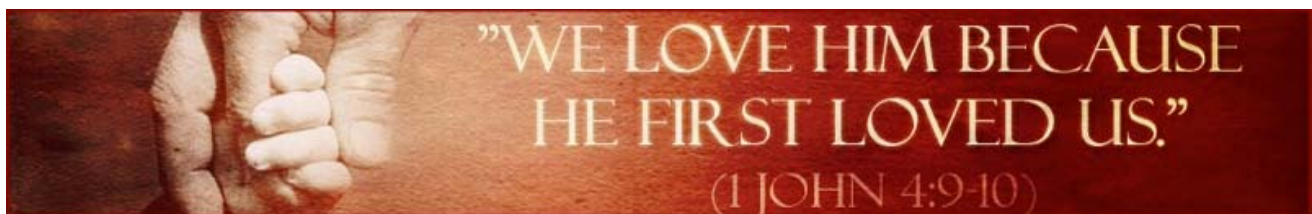
We, who call **Jesus our Portion**, have His lasting and genuine mercies that never fail.

Call upon the Lord today. He will hear you and draw near to you (Ps. 116:2).

Know the width, the length, the depth, the height of God's LOVE. (Eph. 3:16-19).

The Lord's love never ends; His mercies never stop. They are new every morning. Great is

His faithfulness (Lam 3:22-23). **TRUST HIM! Take the jump! Surrender! Believe!**

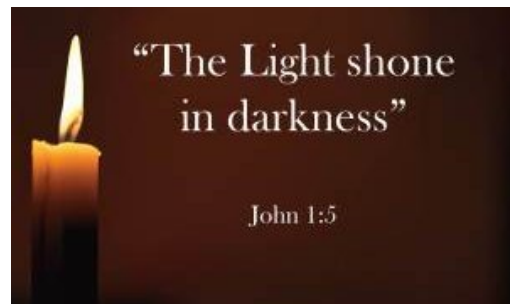


The Great Light that Shone in the Darkness... is still Visible

The Incarnation of Christ, with all its predictions of old, all its right circumstances and conditions can boggle the mind for those who do not have ears to hear and eyes to see. It can simply lead to a time to enjoy the season with its empty celebrations. Yes, the mystery of Emmanuel, God with us is beyond our capacity to understand. But, divine **LOVE** could not allow human beings, created in His image, to remain in the bondage of sin (Heb. 2:15). For all eternity, as God is eternal, before the beginning of time, a redemptive plan was devised: "God so loved the world that He gave His only begotten Son, that whoever believes in HIM, should not perish but have everlasting life" (John 3:16). It is evident that **LOVE** could not impose itself, it had to be believed. The same applies to the human love. It can never be imposed, the heart must be involved. It is clear that the Lord does not want us to know Him merely with intellectual knowledge but with heart knowledge so we can establish lasting relationships. It is granted to all to love, and to believe in this love. A choice is set before us to believe. And so, the mystery kept secret since the world began, has now been revealed. Our salvation has come by the grace of God, His infinite **LOVE** for us. Listen one more time to the benediction of Romans 16:25-26, "Glory to Him who is able to give you strength to live according to the Good News I preach, and in which I proclaim Jesus Christ, the revelation of a mystery kept secret for endless ages, but now so clear that it must be broadcast to pagans everywhere to bring them to the obedience of faith. This is only what scripture has predicted, and it is all part of the way the eternal God wants things to be. He alone is wisdom; give glory therefore to Him through Jesus Christ for ever and ever. Amen". Our readiness to understand is based on our Redeemer's **LOVE**, who, while we were still in sins, He died for us. Our living hope is called Incarnation and was the basis for His Resurrection and our salvation.

The mystery of Incarnation is indeed a joyful mystery. It must be believed and relived, and transferred to all our children, great grands... and this continuing celebration of Christmas, must be lived with open eyes and loving hearts, as we await the moment when He will come again. Throughout the periodical of December, "**Living with Christ**", we have read that He will illumine what is hidden in darkness and reveal himself to the nations. Indeed, a great light has shone upon us, for "a Child is born, unto us a Son is given and the government will be upon His shoulder, and His name will be Wonderful, Counsellor, Mighty God, Everlasting Father, Prince of Peace,... and of the increase of His government, there will be no end" (Isaiah 9:5-6). Over the years, we have been told and retold of the story of nativity. It is "fait accompli" as far as stating the security of our salvation through Jesus Christ our Lord. However, it must be repeated and over-emphasized, we must anxiously await for the time when He will come again. We must work out our salvation. Let the Light so shine in our hearts that it burns through the rubbish of our souls. Our Light living in us will make a difference for those who wonder about what is so special in our smiles. Could our resolutions of the New Year starting 2019, be restated: Be on the alert! Be vigilant! Be real disciples! Put on Christ! Let your light shine.

***Happy Blessed New Year
to all people of good will!!!!***



Music Ministry

The goal and purpose of the Music Ministry is to enhance the experience of praise and worship by heightening the Word of God through music. With strong musical leadership, the Music Ministry is empowered by the Holy Spirit, and strives to enable the dual purpose of music in the liturgy; that being the glorification of God and the sanctification of the faithful.

Our Music Ministry, Salt of the Earth, is comprised of the following musicians who have been called by the Father, surrendered to Jesus Christ, serving in the Holy Spirit, and leading people to glorify God:

Guy Ladouceur – Ministry Leader 1994 to present
 Donna Ladouceur – Vocalist 1995 to present
 Ben Langlois – Drummer/Percussionist/Sound Technician 2010 to present
 Louise Langlois – Vocalist 2010 to present
 Doris Lagrandeur – Guitar/Vocalist 2017 to present
 Patrice Campeau - Computer Operator 2018

Music is the beauty that sets the stage for the encounter with the Incarnate Lord. It sets the stage for the heart, the mind, and the body to be elevated into heavenly worship. Music serves and prepares the table, but it is not the feast. It clears the room of the heart and mind that comes in so busy from the outside world. Sacred music prepares us to be able to receive the fullness of grace in the Holy Sacrifice of the Altar.

Coming together at Mass draws us into a single worshipping community. The entrance song in particular helps transform us into a prayer community with a common purpose. It serves the liturgical assembly by enabling us to express faith through song. We use the various lyrics and melodies to convey what we ourselves often cannot put into words. Music allows the words of the liturgy to speak more fully, and embraces the wonders of God, of the life, death and resurrection of Christ, and of the power of the Holy Spirit among us. Quite often words take on a much deeper meaning when sung. The melody of favourite songs has become as much a part of their message, as the lyrics. The meaning of a Mass response, or hymn, is heightened if the melody reflects what the words express. The joyful Celtic Alleluia, for example, is popular because the joyous lifting melody expresses so well the Good News, which it announces. An effective musical setting conveys a meaning that goes beyond the words themselves. Music allows us to express joy and enthusiasm, and also sadness and despair. In addition, it plays an important part in helping us enter into the spirit of the different liturgical seasons. The sombre tone of Good Friday is so effectively captured in songs such as "At The Cross". The music of Easter enables us to express our joy in the resurrection of Christ; then we have Advent, Christmas, Lent, Ordinary Time, and other Feasts, Solemnities and Festivals.

The Catechism of the Catholic Church, in its section on liturgical music, quotes the famous expression of St. Augustine: "He who sings, prays twice." So, help us raise our hearts and minds to praise and worship our God! Come and share your gift of song with us, and help us make a joyful noise to our Lord.

If anyone feels a calling to the Music Ministry you may speak with Guy, who leads us in prayer and worship every Thursday evening. We welcome everyone who is called to share their musical gifts.

Please...

PRAY WITH US

Oh Lord, please bless this music that it might glorify Your name. May the gifts that You have bestowed upon me be used only to serve You.

Let this music be a witness to Your majesty and love, and remind us that You are always watching, and listening, from Your throne above.

May Your presence and beauty be found in every note, and may the words that are sung reach the hearts of Your people so they will draw closer to You.

May Your Spirit guide us through every measure so that we might be the instruments of Your peace, and proclaim Your glory with glad voices.

Amen.

"Your music and song is truly an instrument of evangelization to the extent that you bear witness to the depth of the Word of God, which touches people's hearts to the extent that you assist in the celebration of the Sacraments, in particular the Holy Eucharist allowing to perceive the beauty of Paradise. You are the musical animators of the whole congregation..."

(Pope Francis)

Please, on behalf of all of us, accept our gratitude: you DO help immensely by creating an atmosphere of worship. We find that your music is anointed by the Holy Spirit and you truly deserve to be called ministers of Music. May God bless you abundantly.

THE POPE'S MONTHLY INTENTIONS FOR 2019 JANUARY

Young People and the Example of Mary

That young people, especially in Latin America, follow the example of Mary and respond to the call of the Lord to communicate the joy of the Gospel to the world.

WORDS FROM THE LORD – OCTOBER 2018

Editor's note: As you read, pray about, and reflect on the words spoken to us through the Prophetic Ministry, what is the Lord saying to you personally? Space for your response follows each prophecy.

December 13, 2018

The Lord gave me a vision. There was a boat filled with people in the midst of a storm, all crying, all yelling, all searching, but searching for the wrong one. A light appeared and the people yelled, 'Hosanna!' and yet, no one came. A hand with a nail driven through it appeared and I heard the word, "Come" yet no one went forth.

My little ones, this vision is to let you know that there are many who are searching in the wrong places, who are searching for the wrong light, who idolize the light of the world, who want peace in the world, peace the world cannot give. My little ones, I reached out My hand to you, My crucified hand, My bloodied hand, My hand, My hand of love. Will you not take hold? Will you not surrender all? Will you not come and stay awhile? My little ones, I desire not only your voices in praise but I desire your heart, your soul in praise. My little ones, I love you so much. Do not look to the world, the world that is filled with anguish and pain, the world that will not sooth you, but look to the cross. Look to the cross, the cross of love. In these days before Christmas, My birth, behold, behold Me in a manger, in a dark cold manger, the light of God shining down upon Me. Look towards Me and remember I came so that you will be saved. My little ones, rejoice, rejoice and believe and know that I am the only way, the only truth. I beg of you, My children, do not look to the light of the world but search for My light that is always lit waiting, yes, My little ones, waiting. I love you with an everlasting light. I love you with all of that I am. I love you for who you are. I love you where you are. I love you, will you not love Me? My little ones, will you not surrender all for Me? My little ones, I love you.

December 20, 2018

My beloved ones, I am in your midst, I am within you. This is My mountain. This is My place where I wait for you. This is the place I call you to, to come to Me to unburden yourself. This is the place where I desire to bless you, to comfort you, to strengthen you. This is My place where I want to listen to you, to caress you, yes, to hold you, but you're not willing to come to see Me. You're too busy. You have time for football games, you have time for hockey, you have time for shopping, you have time for TV, I'm sorry, you do not have time for Me. You can't come and spend an hour with Me so that I can bless you, to guard you and protect you, where you would have My total attention, just you and I. I look at you and you look at Me. Oh My beloved, how I long for you, I thirst for you, but many of you have one foot in the world and the other with Me. Come, My beloved ones, spend time with Me. I look for you, I watch for you, I thirst, I thirst for souls, but you will not come, you will not spend time with Me. My beloved ones, My mother always pondered everything in her heart, and the shepherds came to see Me in a cold stable, a cold trough wrapped in swaddling clothes. They recognized Me because the angels were singing, Glory to God in the highest and peace, yes, peace amongst My people. I desire to give you peace, to comfort you, but you must come to Me and ask for it. I know your needs, but I desire that you commune with Me so that I can tell you how much I love you. This is My mountain, this is My mountain of mercy, of healing, of comfort. Come and spend time with Me so that I can heal you, so that I can ease your burdens, and to love you, to caress you. I love you so so much. Come, spend time with Me. I thirst for your love.

We Are So Grateful



Left to right: Fr. Celestine Agwu, SMMM; Msgr. André Tremblay; Fr. Gérard Lajeunesse; Fr. Raymond Akor; Fr. John Obaje; Fr. Patrick Okenyi, sma

We, as God's people, have an abundance to be grateful for. Every Thursday evening when we gather, we are embraced by the presence of our loving Lord's Shepherds. They are God's precious gift of Divine Mercy and the living sign of the love of the heart of Jesus.

To all of our Priests who have answered God's sacrificial call; we pray for continuing Mercy, and that Christ give you continuing Grace to Teach, Sanctify, and Guide your people.

Amen.



Left to right: Msgr. André Tremblay; Fr. Patrick Okenyi, sma; Fr. Coovi Thierry Alphonse Aimade, sma; Fr. Patrick Adikwu; Fr. John Obaje; Fr. Joseph Ogah; Fr. Raymond Akor

The Joyous of All Mysteries: The Incarnation

As we continue to celebrate the most sacred mystery of the Incarnation, we are once made aware of the great love that our merciful Father had for the world, and for each one of us who individually accepted the great gift of His only begotten Son. As we have read from many of the Eucharistic prayers offered at mass to our most Holy Father during the December Liturgy of the Word, we have humbly praised Him. Yes, we have proclaimed His greatness in fashioning all His work in wisdom and in love, in forming man in His image, in entrusting men and women the care of the whole world so that we might have dominion over all creatures. But a reminder of great importance was impressed upon our minds: we who through disobedience, had lost His friendship, were **not abandoned** to the domain of death. In mercy, a Redemptive plan was devised from all eternity. Emmanuel, God with us, in the fullness of time, was made incarnate by the Holy Spirit and born of the Virgin Mary. **HE SHARED OUR HUMAN NATURE** in all things but sin. And, to accomplish the plan set from eternity, He became the Suffering Servant, giving Himself up to death, rising from the dead so that He destroyed death and restored life. (paraphrased somewhat from the Eucharist prayer IV, in December's Sunday Missal, page 52-53). What better way the Church of Christ, the embodiment of Christ, has been guided to follow, in order to encourage us to live no longer for ourselves but for Him who came to be one of us, accepting the whole plan of His Father until He cried from the Cross, "It is finished". Let us throughout the New Year given to us, by the grace of God, continue to proclaim the mystery of the Incarnation, which is the basis of the greatest of all miracles: His Resurrection. This will guide us for the rest of this New Year to embrace the whole plan that includes **ALL** the Mysteries set upon our hearts to reflect and continue to give God His deserved praise and glory!

To bring us to better understanding of the Father's great gift, let us recall particularly the Joyous Mysteries pertaining to Jesus' infancy. The Liturgy of January as well as those of

December recalls them all. Suffice it to recall them briefly to our heart's understanding. They were all the mysteries fulfilled as proclaimed by the prophets of old: The birth of His forerunner, John the Baptist; the angelic announcement of the only begotten Son to be our Saviour, made incarnate by the Holy Spirit, and born of the Virgin Mary; the mandate from on high that He should be called Jesus, Emmanuel: God with us; the earthly father Joseph, of the house and lineage of King David, told of the veracity of the supernatural birth in a dream; His birthplace: the result a decree of the emperor; His coming on earth as a dependent, firstborn baby, from poor parents: a King identifying with the poorest of the poor; the guiding star; the choir of angels heralding their message of peace; the shepherds whose duties were to care for the lambs destined for Temple sacrifices, and their heartfelt joy so intense and unusual when meeting the baby boy in a manger, announced to them by the choir of angels; the Magi's risky, long, and weary journey to find the child whose star illuminated the sky, and their presentation of gifts fit for a King; the jealousy of Herod and the recorded slaughter of the holy innocent male children; the account of the flight in Egypt; the God-fearing persons, Simeon and Anna recognizing the promised Messiah. These are all part of the accounts surrounding the unique episodes in his infancy, Him being so fragile and vulnerable yet the sign of the Son of God amidst His creation. Wonders of wonders! It is St. Therese that said: "A God who became so small could only be Mercy and Love."



Though long and arduous, the journey is joyous, for Mary bears with her the Incarnate Word.

The Purification

(From the visions of Ste Anne Catherine Emmerich, pp. 282-294)



“The days being nearly fulfilled when the Blessed Virgin must, according to the Law, present and redeem her first-born in the Temple, all was prepared for the Holy Family's journey, first to the Temple and then, to their

home in Nazareth. The shepherds had been given everything left behind... I saw the Blessed Virgin mount the donkey, which the old shepherds had brought to them all equipped for the journey... They did not take the way by which they had come, but went round the east side of Bethlehem. Nobody noticed them. The Blessed Virgin's sacrifice for the Temple hung in a basket at the side of the donkey... a couple of doves could be seen in it... About seven o'clock in the evening I had a vision of the aged Simeon kneeling rapt in prayers... an angel warned him to take heed of the little child who should be first presented early next morning”. The prophetess Anna also received similar warnings. “This morning, while still dark, I saw the Holy family... They went into a walled courtyard in the Temple. The Blessed Virgin and her Child were kindly received by an aged woman and led into the Temple. The blessed Virgin was led by her guide to the outer courts of the Temple where the ceremony took place. Simeon, who was now once more came out of the Temple, met them and led her and the Child to the customary place for the redemption of the first-born. A table had been set for the offering was surrounded with railing. Simeon approached Mary in whose arms the Infant Jesus lay and led her to lay the Child in the cradle. From this moment I saw indescribable light filling the Temple. I saw the heavens opening to disclose the Throne of the Holy Trinity. Then,

Simeon led the Blessed Virgin back to the women' place. Simeon then went to the permanent altar on which the vestments had been laid out, and he and three other priests vested each other for the ceremony. Anna now came up to Mary and handed her the basket of offerings, which contained fruit and doves in two separate compartments. She led her to the railing in front of the table, and there, both remained standing. Simeon, opened the railing and led Mary up to the table, and placed her offering on it. Simeon remained standing with Mary before the table of offering, and priest who stood behind it lifted the Infant Jesus from the cradle and held Him up towards the different sides of the Temple, making a long prayer the while. He then gave the Child to Simeon, who laid Him once more in Mary's arms and prayed over her and the Child from a scroll hanging on a stand beside him. Simeon then led the Blessed Virgin back to where Anna was waiting for her in front of the railing, after which Anna took her back to the railed-off women's enclosure. The priests at the altar now began a service with incense and prayers.... At the close of this ceremony, Simeon came up to where Mary was standing, took the Infant Jesus from her into his arms, speaking long and loudly over Him in raptures of joy and thanking God that He had fulfilled His Promise. He ended with his Nunc Dimitis (Luke 2.29-32). After the Presentation Joseph came up, and he and Mary listened with great reverence to Simeon's inspired words to Our Lady (Luke 2-34). When Simeon had finished speaking, the prophetess Anna was also led with inspiration, and spoke long and loudly about the Infant Jesus, hailing His Mother as blessed... I saw the Blessed Virgin and her Child being accompanied by Anna and Noemi back to the outer court, whence they had fetched her, and there they took leave of each other. Joseph... had brought the donkey which carried Mary and the Child, and they started at once on their journey from the Temple through Jerusalem to Nazareth.”

January Birthdays



- 1 - Doreen Tremblay
- 2 - Jack MacDonald
- 4 - Father Jean Gobeil
Father Larry Rymes
- 5 - Sylvia Folz
- 6 - Elsa Anzil
- 7 - Marlynn McBain
- 9 - Leona Michel
- 10 - Dora Gagnon
- 11 - Carol D'Angelo
- 12 - Luciano Giusto
Liz Mantler
- 15 - Brian MacLeod
- 22 - Dora Favaro
- 23 - Claudia Bédard
- 24 - Ursula Wittmer
- 25 - Angelica Suorineni
- 28 - Agnes Suorineni

*Happy Birthday
and
God's Blessings*



- Ella Tait – January 11, 1985
- Catherine Griffin – January 1, 1986
- Gertrude Thomas – January 16, 1986
- John Delorey – January 2, 1989
- Gordon Boivin – January 4, 1991
- Gary Gainer – January 20, 1991
- Lillian Moyle – January 2, 1991
- Gerard Blanchard – January 20, 1993
- Margaret Simoncini – January 28, 1998
- Anton Roesli – January 16, 2000
- Yolande Nadon – January 13, 2000
- John Beauchamp – January 11, 2004
- Henry Gash – January 31, 2004
- Des McGowan – January 27, 2006
- Findlay MacLeod – January 22, 2007
- Mary Eileen Gallagher – January 1, 2008
- Mike Van Empel – January 23, 2009
- Vina Marie Sunday – January 1, 2010
- Wayne Harvey Spencer – January 5, 2010
- Lawrence (Larry) Arsenault
– January 11, 2011
- John Lackmanec – January 22, 2011
- Ronald Byrnes – January 5, 2012
- Fr. Francis Reed – January 21, 2012
- Tony (Antoine) Sonier – January 12, 2013
- Jeanne Rivard – January 16, 2013
- Ron Richardson – January 29, 2013
- Angele Crepeau – January 16, 2014
- Peter Samborski – January 12, 2018

*Eternal rest grant unto them, O Lord
and let perpetual light shine upon them.
May their souls and the souls of all the faithful
departed, through the mercy of God, rest in peace.
Amen*

The Flight of the Wise Kings

(From the visions of Ste Anne Catherine Emmerich)



“At midnight I suddenly saw a vision. I saw the kings lying asleep in their tent on rugs, and I saw the appearance of shining youth among them. It was an angel. Their lamp was burning, and I saw them sitting up, half asleep. The angel woke them and told them to leave immediately, and not to go by Jerusalem but through the desert round the Dead Sea. They sprang in haste from their couches; some hurried to rouse their followers, one went to the cave and woke Joseph, who hastened to Bethlehem to summon those who were in the inn. These, however, met him on his way there, for they had had the same vision. The tent was taken

down, packed, and the rest of the encampment removed, all with wonderful speed. While the kings were taking once more a touching farewell of Joseph before the Crib, their followers were already hurrying southwards through the desert of Engaddi along the shores of the Dead Sea. They travelled in separate parties so as to progress more quickly. The kings begged that the Holy Family should fly with them, for danger most certainly threatened them, or at least that Mary should hide herself with the Child so as not to be molested because of them. They cried like children, embracing Joseph and speaking in the most moving manner. They mounted the dromedaries and hastened away across the desert.”

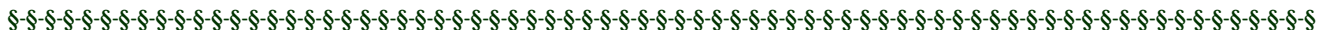
(Extracted from “The Life of the Blessed Virgin Mary” p. 268)

Anne Catherine Emmerich was born to poor parents at Westphalia, Germany in 1774. When she was twenty-eight years old she became an Augustinian nun, and began to experience ecstasies as a result of spiritual favours. She received the Stigmata in 1813, confined to her bed, and reportedly convinced a vicar-general, Overberg, and three physicians of her sanctity. She later reported that she had seen visions of Christ and the souls in purgatory as a child, as well as a circular core with three sections representing the Trinity. She is the author of *The Dolorous Passion of Our Lord Jesus Christ*, *The Life of the Blessed Virgin Mary*, *Life of Jesus Christ and Biblical Revelations*, and *The Bitter Passion and the Life of Mary*. She was beatified by Pope Paul VI.



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THE LIFE OF PRAYER

Sometimes we know that prayer is not easy. We must learn how to pray and we must also confront the obstacles to prayer as they arise in our lives. The Church invites the faithful to regular prayer: daily prayer, the Liturgy of the Hours. Sunday Eucharist and the feasts of the liturgical year. These regular prayers help us by providing a cadence of prayer in our lives. The Christian tradition comprises three major expressions of the life of prayer: vocal prayer, meditation, and contemplative prayer. They have in common the recollection of the heart. It is always possible to pray: it is even a vital necessity. Prayer and Christian life are inseparable.

Sometimes we forget to pray at all; we forget to place ourselves in God's presence, and instead, we fill our lives with chatter and activity. In order to make prayer a habit of the heart, we must have specific times of prayer in each day.

Traditionally these specific times of prayer have included morning and evening prayer, prayer before and after meals, the Liturgy of the House, and Sundays animated by the Eucharist, following the feasts of the liturgical cycle. Likewise, tradition has suggested three forms of major expression of prayer: vocal, meditative, and contemplative. They have one basic thing in common: the readiness and vigilance of the heart.

Vocal prayer

We often say or think words toward God, but our prayer is not so much the quantity, timing, or format of our words. It is the condition of our hearts that matters in vocal prayer. Jesus taught us a wonderful vocal prayer known today as "The Our Father" or "The Lord's Prayer." He himself surely prayed aloud the liturgical prayers of the Jewish synagogue but also raised his voice at other key moments from joyous blessings to the agony in the garden.

We are human beings with bodies, and we need our senses if we are to pray. In this way, with our hearts engaged, we pray with our whole being. Vocal prayer is often the common prayer of groups of Christians, but even private, internal prayer uses words.

Meditation

Meditative prayer is the prayer of searching, the mind seeking to understand, the heart seeking to be reconciled. It is difficult to sustain meditation for long, because our minds wander with busy-ness. Sacred books, sacred music, the Scriptures, icons,

liturgical texts, spiritual writings, poetry, and even nature can all assist us in meditation.

When we meditate on the mysteries of our faith, they become our own, mingled as they are with our very lives. If we are attentive, we sense that our hearts stir, and we experience enlightenment. There are many forms of meditation, and each person finds the one right for him or her. In meditation we think deeply, imagine the story unfolding around us, and employ our emotions and desires. But meditation's purpose is not to "figure things out" as much as to unite ourselves completely with Jesus.

Contemplative prayer

Contemplative prayer is nothing more than allowing God to dwell within us silently. There is a wonderful story told of St. John Vianney, the Cure of Ars. He noticed a fellow in his parish church, coming in a little way each day, sitting in a back pew, simply sitting. One day the Cure asked him. "What are you doing here, sitting silently each day?" The gentle-man answered simply, "I gaze upon God. God gazes back at me." Contemplation.

Contemplative prayer is the simplest expression of the mystery of prayer. It is a gift, a grace; if we choose to accept it, we do so in humility and gratitude. It is a focus on Jesus, a silent, loving moment between friends. In such prayer, the Word echoes loudly in life, even though we pray in silence. It renders us speechless, unable to find words.

So we pause, setting aside time for Christ; we allow ourselves to be wrapped up in a moment, intense, silent, intimate, and loving. Slowly, little by little, we sense the movement of Spirit, the light in the darkness, the power of love. We are in communion with God who loves us so much! We are keeping watch with Christ.

Bill Huebsch, *Our Catholic Life: Praying Our Way through Life* (Toronto: Novalis, 2016), pp.59-62.



AN INVITATION TO “GROWTH IN THE SPIRIT” RETREAT – Part 2

Dear Friends in Christ:

You are invited to the second part of the special retreat weekend called “Growth in the Spirit – Part 2. We have found that most people finish Part One with a basic understanding of the renewal, but there is still much more for us to learn and in many areas where we can grow.

The Growth Retreat – part 2 is divided into two units. The first four talks are a positive statement of the fundamentals of our Catholic faith. **Talk One** is the importance of Loving God and to motivate us to put God first in our lives. **Talk Two** communicates to us the importance of Christian love – the true and false conceptions. **Talk Three**, the importance of FAITH is discussed and to help us grow. **Talk Four** is on GUIDANCE – the way God reveals His will and to help us grow in seeking His guidance.

The second unit focuses on the problems and difficulties which hinder us from living out the ideals presented in unit one. We have found that discernment is needed of God's particular solution for each particular problem. This course is the foundation for future teachings as we grow in our faith. The course will be of the same format as Part 1. It consists of a series of seven talks, followed by group discussions about the talk. Again, it is a willingness to receive the Holy Spirit and whatever gifts He chooses to give. Part 2 is growing in maturity about our faith.

All who have made Part 1 should make Part 2. This retreat is also open to others who have made previous retreats with us. We invite you to attend the Friday evening of **January 18th at 6:00 p.m. until 9:15 p.m.** and on **Saturday January 19th at 9:00 a.m. until 2:30 p.m.** Brown bag your lunch. The final date for registration is **January 5th 2019.** The cost of this retreat is \$10.00 per person. This retreat will be held at **OUR LADY OF HOPE CHURCH.** You can mail your application to: C.K.P. Group, 1935 Paris St., Box 21056, Sudbury, Ont. P3E 6G6 or give it to Janet Lalonde, Adele Donnelly, or Marinella Leblanc.



Blessing In the New Year

May your New Year be a time of peace, joy, and serenity!
May each day bring you closer to Christ and more loving
to those in your family!

May each week see you advancing in the practice of faith, hope, and charity!
May each month give to you the aid, comfort, and strength you need from God!

May the march of the seasons make you appreciate and be grateful
for all the good things you enjoy!

May the end of the New Year find you happier, healthier,
and holier than you have ever been!

Amen.

the little servants of Christ The King prayer community **Follow us on one or more of the following:**



We still provide Mail Outs to those who prefer this method only.

Our official address is:

the little servants of Christ The King prayer community
1935 Paris Street
Box 21056
SUDBURY ON P3E 6G6



Official E-Mail Address Is:

ckprayergroup@bell.net



Visit us on Facebook

<https://www.facebook.com/LSCKPG/>



the little servants of Christ The King prayer community
now has a website!!

Please visit us at www.lsckpg.wordpress.com to find information
about our prayer group, our meeting times and our upcoming events.



Using an Internet Browser,
Type the following in the Search line:

You Tube the little servants of Christ the King Prayer Group

(You will see approximately 18 videos of Father Patrick's Homilies)

<<< STAY CONNECTED WITH US. WE WOULD LIKE TO HEAR FROM YOU. >>>