

February 2023

Your light must shine before others that they may see your good works and glorify your heavenly Father. (Matthew 5:13-16)

Let your "Yes" means "Yes" and your "No" mean "No". Anything more is from the evil one.
(Matthew 5: 17-37)

Be perfect just as your heavenly Father is perfect. (Matthew 5: 38-46)

Take care not to perform righteous deeds in order that people may see them. (Matthew 6: 1-18)

You shall worship the Lord your God, and Him alone shall you serve. (Matthew 4: 1-11)

Father, in Padre Pio of Pietrelcina You have given us a modern image of the Suffering Savior, our Lord Jesus Christ. Through his intercession and your divine grace, may we turn to you in our need, thank you in our abundance, and share your love with the world around us. Amen.

Before Lent

February before Ash Wednesday (Feb.1 – Feb. 25)

1

You should be very ready to refuse what you need rather than what is in excess of your needs. Let everything be regulated by prudence, which should be the rule in all our actions.

2

My heart feels drawn by a higher force each morning before I am united with Him in the Blessed Sacrament. After I have received Him sacramentally, this hunger and thirst steadily increase.

3

From this battle with vainglory, also called self-righteousness, he does not spare good people, especially those who are striving for perfection.

4

In order to avoid praise by others we prefer secret and hidden fasts ... silence to eloquent speaking, we prefer to be despised ... we prefer contempt to honor.

5

St. Jerome was quite right when he compares vainglory to one's shadow. Our shadow follows us everywhere and even marks our steps.

6

I feel again the love of my God rising up like a giant in my poor heart, and I still have the confidence and strength to cry out with St. Peter: Lord, save me, I am perishing.

7

Tell me, is it possible that Jesus is far away when you are calling and praying and seeking him and, let us even say, when you possess him? Is it possible?!

8

Is it possible that God is not present in that soul, when he has committed himself by his infallible word to be with that soul in the time of tribulations?

9

God is faithful ... How could you persuade yourself of anything else. Isn't our good God above anything we can conceive? Isn't he more interested than we are in our salvation?

10

How many victories have you not gained over your powerful enemies and over yourself, through the divine assistance, without which you would have been inevitably crushed?

11

Let us consider Jesus' love for us and his concern for our well-being, and then let us be at peace.

12

The human spirit without the flame of divine love tends to reach the level of the beast, while, on the other hand, charity, the love of God, raises it up so high that it can reach even to the throne of God.

13

Give thanks without ever growing weary for the liberality of such a good Father, and ask him to increase holy charity more and more in your heart.

14

I ask you now to put aside your pessimistic judgment. May the Lord continue to use mercy toward you all and grant you the grace of holy perseverance.

15

May God be the center of your heart and set it all on fire with his holy love!

16

I never cease to bless the divine mercy for the most holy love he shows toward your soul.

17

I cannot tolerate criticism and speaking ill of our brothers. It is true, sometimes I enjoy teasing them, but speaking ill of them makes me sick.

18

We have so many defects in ourselves to criticize, why pick on our brothers? And lacking in charity we damage the roots of the tree of life, with the risk of killing it.

19

He who begins to love must be willing to suffer.

20

Pray more incessantly to the most compassionate Heart of Jesus, that he may be pleased to put an end to (whatever trials may assail you).

21

Let us always keep before our eyes the fact that here on earth we are on the battlefield and that in paradise we shall receive the crown of victory.

22

We are now in a land of exile, while our true homeland is heaven, to which we must continually aspire.

23

Let us live with a lively faith, a firm hope, and an ardent love, with eyes fixed on heaven and the keenest desire, as long as we are travelers, to dwell one day in heaven whenever this is pleasing to God.

24

(The evil one) is whispering to me continually, and, what is more painful, he insinuates into my mind extremely disturbing thoughts. But praise be to Jesus! I maintain in the depths of my heart a peace such as I have seldom experienced.

25

I'll be certain of your constant progress in the path of holiness to which God, by his goodness alone, has called you, if you take care never to quarrel with anyone, never contend with anyone whomsoever. If you act otherwise, it means good-bye to peace and charity.

(Pray this paraphrase of the Our Father, composed by our Seraphic Father St. Francis of Assisi, and let the words and reflection you recite each day help you to appreciate and pray more confidently and lovingly this beautiful prayer that Jesus Himself taught us)

Our Father: most holy Our Creator, Redeemer, Consoler, and Savior: Who are in heaven: In the angels and the saints, enlightening them to know, for You, Lord, are light; inflaming them to love, for You, Lord, are love; dwelling in them and filling them with happiness, for You, Lord, are Supreme Good, the eternal Good, from Whom all good comes without Whom there is no good.

Holy be Your Name: May knowledge of You become clearer in us that we may know the breadth of Your blessings, the length of Your promises, the height of Your majesty, the depth of Your judgments.

Your kingdom come: That You may rule in us through Your grace and enable us to come to Your kingdom where there is clearer vision of You, perfect love of You, blessed companionship with You, eternal enjoyment of You.

Your will be done on earth as in heaven: That we may love You with our whole heart by always thinking of You, with our whole soul by always desiring You, with our whole mind by always directing all our intentions to You, and by seeking Your glory in everything, with all our whole strength by exerting all our energies and affections of body and soul in the service of our love and of nothing else; and we may love our neighbor as ourselves by drawing them all to Your love with our whole strength, by rejoicing in the good of others as in our own, by suffering with others at their misfortunes, and by giving offense to no one

Give us this day: in remembrance, understanding, and reverence of that love which our Lord Jesus Christ had for us and of those things that He said and did and suffered for us.

Our daily Bread: Your own beloved Son, our Lord Jesus Christ.

Forgive us our trespasses: through Your ineffable mercy through the power of the passion of Your beloved Son and through the merits and intercession of the ever blessed Virgin and all Your elect.

As we forgive those who trespass against us: And what we do not completely forgive, make us, Lord, forgive completely that we may truly love our enemies because of You and we may fervently intercede for them before You, returning no evil for evil and we may strive to help everyone in You.

And lead us not into temptation: hidden or obvious, sudden or persistent.

But deliver us from evil: past, present, and to come

Prayer to our Heavenly Mother - Hail, O Lady, holy Queen, Mary, holy Mother of God, who are the virgin made Church, chosen by the most Holy Father in heaven whom He consecrated with His most holy beloved Son and with the Holy Spirit the Paraclete, in whom there was and is all fullness of grace and every good. Hail, His Palace! Hail, His Tabernacle! Hail, His Dwelling! Hail, His Robe! Hail, His Handmaid! Hail, His Mother!

Prayer Entrusting Ourselves to God - Blessed are You, Lord, our God! You are God alone. To you, Almighty Father, Creator of the Universe and all Humanity, through Christ, the Living One, Lord of time and history, in the Spirit who makes all things holy, be praise and honor and glory. I place my life in Your hands. Never let me be parted from you; do with me as You please. Your will be done for ever. Amen.

Prayer to St. Pio of Pietrelcina and God's Will - Padre Pio of Pietrelcina, loving spiritual father and guide of souls, pray that we may seek always and only to live the Will of the Father. Like Jesus, may we always say: Father, Your will, not mine, be done. Pray for us that we, your Spiritual Children, like you, may abandon ourselves to the love of the Father, Whose love is everlasting, and in that eternal Love, find the fullness of Life. Present our prayer to the Father, Son, and Holy Spirit, one God, Who lives and reigns forever and ever. Amen.

Ash Wednesday, February 26th, to end of the month

26

To be inordinately attached to your own opinion is invariably a source and beginning to discord. St. Paul exhorts us to be united in the same mind.

27

I beg you, for heaven's sake, to calm your anxiety and apprehension.

28

Remain at peace, continue to go forward, and don't let your swift course be stopped when I assure you in our most tender Lord that you are already halfway to the summit of Calvary.

Reflecting on the Passion of Christ

Lord Jesus Christ, You call us to repent and believe the Gospel. Remove the barriers that keep us from you so that we might live fully the life we received at Baptism. You have given us Padre Pio of Pietrelcina as the living image of the Suffering servant for our times. He bore the wounds of Your Passion, Lord Jesus Christ, and thus became a support and encouragement for us as we are called to carry our daily crosses. Through his intercession and your divine grace, may we turn to you in our need, thank you in our abundance, and share your love with the world around us. We ask this of You who live with the Father and Holy Spirit, God, forever. Amen.

Lord Jesus, may I walk this way with you, in the spirit of Padre Pio of Pietrelcina. May each step heighten within me a realization and love for all You endured for me. In the words of St. Alphonsus Liguori: *Grant that I may love You always, then do with me as you will.*

Litany of the Stations of the Cross

Where the (*) is, add: *through Your life-giving Sacrifice, and the intercession of Padre Pio, grant me this grace*

I

Lord Jesus, that I may see the people in my life through your eyes, and not the eyes of a Pontius Pilate, who washed his hands of responsibility, (*)

II

Lord Jesus, that I may embrace the crosses of my life, so that in recognizing my weaknesses I may discover Your strengths, (*)

III

Lord Jesus, that I may always trust in Your loving care for me, even when I fall, (*)

IV

Lord Jesus, that I may see how often You love me through the people in my life, as Mary loved you, and that I may always keep our Blessed Mother Mary, who accompanies me in life's journey, in my heart, (*)

V

Lord Jesus, that I may see that loving others and assisting them in their need is the surest way to find and recognize You in my life, as Simon did, (*)

VI

Lord Jesus, that I may have a deeper and more courageous faith to be unafraid to reach out to others, as Veronica did to You, (*)

VII

Lord Jesus, that I may never hide behind pride, and that I may be ready and willing to begin again after my repeated falls, (*)

VIII

Lord Jesus, that I may show compassion to others in their sorrow or need, and place my sorrow or need second to theirs for a while, (*)

IX

Lord Jesus, that I may recognize how much I need You, and rely on Your strength in the many difficulties and pit-falls of life, (*)

X

Lord Jesus, that I may let go of those things that prevent me from growing closer to You, (*)

XI

Lord Jesus, that I may see Your cross as the great sign of Your love for me, as did our Spiritual Father, Padre P of Pietrelcina, (*)

XII

Lord Jesus, that I may see my crosses as ways of loving You and dying to myself, (*)

XIII

Lord Jesus, that I may learn to place my life in Your hands, and not fear seeming unimportant, useless, helpless...as You allowed Your lifeless body to be placed in the hands of Mary, (*)

XIV

Lord Jesus, that I may always believe in Your closeness and loving presence, especially when You seem distant from me, (*)

Concluding Prayers

Lord Jesus, help me to walk with You each day of my life, even to Calvary. The sorrow and joy, the pain and healing, the failures and triumphs of my life are truly small deaths and resurrections that lead me closer to You. Give me the faith and trust I need to walk with You always.

Mary, Mother of our Redeemer and our most Blessed Mother, be with us through life's journey. As you comforted Jesus on the road to Calvary by your silent and loving presence, as you held his lifeless body close to your Immaculate Heart, as you offered the sadness and suffering that only a mother can feel when she sees the suffering of her child, look upon me as you looked at Jesus. See His marred image in my frail nature; hold me close to your mother's heart in my moments of temptation and sin; and pray for me that I may be for God what I was created to be a - LIVING IMAGE OF JESUS. Amen.

Padre Pio of Pietrelcina, loving Father and Spiritual Guide, by a singular grace you were blessed to participate in the mystery of the Cross of our Lord Jesus Christ. Through your ministry, God revealed the marvels of His mercy to numberless souls. Pray for us, that like you, and through your loving intercession we may remain one with Christ in his Passion so as to joyfully come with you to the glory of the Resurrection. Intercede for us with the Father, Son and Holy Spirit, who is God for ever and ever. Amen.