

# Extraordinary Jubilee Year of Mercy



*Pope Francis has called for an extraordinary jubilee, a Holy Year of Mercy for the entire Church. This year of Mercy began on December 8, 2015 and will end on November 20, 2016.*

*During this year, we are asked to pray with, reflect upon, and live out the virtue of mercy as disciples of Christ. One of the ways that you can do this is by learning more about the Corporal and Spiritual Works of Mercy and living them out in your life.*

*Pope Francis writes: "It is absolutely essential for the Church and for the credibility of her message that she herself live and testify to mercy." Mercy, he says, is "the beating heart of the Gospel" (Misericordiae Vultus). To live mercy, we must rediscover both the spiritual works of mercy and the corporal works of mercy.*

As part of this Year of Mercy, each month we will be taking a closer look at the Corporal and Spiritual Works of Mercy and how we can apply them to our lives. The Spiritual Works of Mercy have long been a part of the Christian tradition, appearing in the works of theologians and spiritual writers throughout history. Just as Jesus attended to the spiritual well-being of those he ministered to, these Spiritual Works of Mercy guide us to help our neighbor in their spiritual needs.

## **February 2016 ~ The Spiritual Work of Mercy**

### *Forgive All Injuries*

**for•give**

/fər'gɪv/

*to Love*

- stop feeling angry or resentful toward (someone) for an offense, flaw or mistake.
- cancel (a debt)

### **Forgive.**

Forgiveness transforms hearts and lives.

*"Loving and forgiving are the concrete and visible signs that the faith has transformed our hearts and allows us to express in ourselves the same life of God" -Pope Francis*

**Forgiving others** is difficult at times because we do not have God's limitless mercy and compassion. But Jesus teaches us that we should forgive as God forgives, relying on him to help us show others the mercy of God.

- ♥ Forgive others, even those who do not know or admit they are doing wrong
- ♥ Pray for more love to chase away the bitterness of being hurt
- ♥ Seek the help we need to keep our hearts open to others
- ♥ Let go of grudges
- ♥ Participate in the Sacrament of Penance
- ♥ Pray the Divine Mercy Chaplet

### Pray the Chaplet of Divine Mercy

#### Optional Opening Prayers:

You expired, Jesus, but the source of life gushed forth for souls,  
and the ocean of mercy opened up for the whole world.  
O Fount of Life, unfathomable Divine Mercy,  
envelop the whole world and empty Yourself out upon us.

*(Repeat 3 times)* O Blood and Water, which gushed forth  
from the Heart of Jesus as a fountain of Mercy for us, I trust  
in You!

#### Our Father, Hail Mary and the Apostle's Creed

**For each of the five decades** *(On each "Our Father" bead of the rosary, pray)*

Eternal Father, I offer you the Body and Blood, Soul and  
Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in  
atonement for our sins and those of the whole world.

*(On each of the 10 "Hail Mary" beads, pray)*

For the sake of His sorrowful Passion, have mercy on us and  
on the whole world.

#### Concluding prayer *(Repeat 3 times)*

Holy God, Holy Mighty One, Holy Immortal One, have mercy  
on us and on the whole world.

#### Optional Closing Prayer

Eternal God, in whom mercy is endless and the treasury of  
compassion inexhaustible, look kindly upon us and increase  
Your mercy in us, that in difficult moments we might not  
despair nor become despondent, but with great confidence  
submit ourselves to Your holy will, which is Love and Mercy  
itself.

*The Sacrament of Penance* is an experience of the  
gift of God's boundless mercy. Not only does it  
free us from our sins but it also **challenges us to  
have the same kind of compassion and  
forgiveness for those who sin against us.** We  
are liberated to be forgivers. We obtain new  
insight into the words of the Prayer of St.  
Francis: "It is in pardoning that we are  
pardoned."

*Receive the Sacrament of Reconciliation...*

#### Saturday

Holy Rosary – 3:00-3:30 pm

Ss. Peter & Paul – 3:15 pm or by appointment

#### Sunday

St. Ann – Third Sunday following Mass



### Tri-Parish Lenten Reconciliation Service

March 10, 2016

Ss. Peter & Paul

6:00 pm

#### Resources

Catechism of the Catholic Church  
[www.usccb.org](http://www.usccb.org)  
National Catholic Reporter