



You shall love the LORD your GOD with all your heart, with all your soul, with all your mind, and with all your strength.

Mk 12:30

# BLESS MY FAMILY BLESS MY CHURCH

St. Michael Center for the Blessed Virgin Mary

P.O. Box 8461, Honolulu, HI 96830-8461  
Phone: USA (808) 943-7088  
GoodNews@SaintMichaelUSA.org  
<https://saintmichaelusa.org/>



St. Michael the Archangel defend us in the day of battle!



JESUS I TRUST IN YOU!

SCAN ME



2<sup>nd</sup> June 2024

## BODY AND BLOOD OF CHRIST



<https://saintmichaelusa.org/body-and-blood/>



[www.facebook.com/StMichaelCenter](https://www.facebook.com/StMichaelCenter)

### Anima Christi - St. Ignatius of Loyola



Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O Good Jesus, hear me.  
Within your Wounds hide me.  
Permit me not to be separated from you.  
From the wicked foe, defend me.

At the hour of my death, call me  
and bid me come to you That with your saints I may praise you  
Forever and ever.  
Amen.

### Novena Honoring the Body and Blood of Christ

I thank You, Jesus, my Divine Redeemer, for coming upon the earth for our sake, and for instituting the adorable Sacrament of the Holy Eucharist in order to remain with us until the end of the world.

I thank You for hiding beneath the Eucharistic species Your infinite majesty and beauty, which Your Angels delight to behold, so that I might have courage to approach the throne of Your Mercy. I thank You, most loving Jesus, for having made Yourself my food, and for uniting me to Yourself with so much love in this wonderful Sacrament that I may live in You.

I thank You, my Jesus, for giving Yourself to me in this Blessed

Sacrament, and so enriching it with the treasures of Your love that You have no greater gift to give me.

I thank You not only for becoming my food but also for offering Yourself as a continual sacrifice to Your Eternal Father for my salvation. I thank You, Divine Priest, for offering Yourself as a Sacrifice daily upon our altars in adoration and homage to the Most Blessed Trinity, and for making amends for our poor and miserable adorations. I thank You for renewing in this daily Sacrifice the actual Sacrifice of the Cross offered on Calvary, in which You satisfy Divine justice for us poor sinners.

I thank You, dear Jesus, for having become the priceless Victim to merit for me the fullness of heavenly favors. Awaken in me such confidence in You that their fullness may descend ever more fruitfully upon my soul. I thank You for offering Yourself in thanksgiving to God for all His benefits, spiritual and temporal, which He has bestowed upon me. In union with Your offering of Yourself to Your Father in the Holy Sacrifice of the Mass, I ask for this special favor:

#### (Mention your request).

If it be Your holy Will, grant my request. Through You I also hope to receive the grace of perseverance in Your love and faithful service, a holy death, and a happy eternity with You in Heaven. Amen.

O Lord, You have given us this Sacred Banquet, in which Christ is received, the memory of His Passion is renewed, the mind is filled with grace, and a pledge of future glory is given to us. You have given them bread from Heaven. Having all sweetness within. Let us pray. God our Father, for Your glory and our salvation You appointed Jesus Christ eternal High Priest. May the people He gained for You by His Blood come to share in the power of His Cross and Resurrection by celebrating His Memorial in this Eucharist, for He lives and reigns with You and the Holy Spirit, one God, forever. Amen.

O Jesus, since You have left us a remembrance of Your Passion beneath the veils of this Sacrament, grant us, we pray, so to venerate the sacred mysteries of Your Body and Blood that we may always enjoy the fruits of Your Redemption, for You live and reign forever.

Amen.

### SEND A PRAYER REQUEST WE PRAY FOR YOU

<https://saintmichaelusa.org/prayer-request/>



Text Your Prayer Request with your name and email

**(808) 943-7088**

**Pray Everyday ! Go to Daily Mass if you can !  
Volunteer for the Church ! God Bless You !**





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## Prayer for Communion



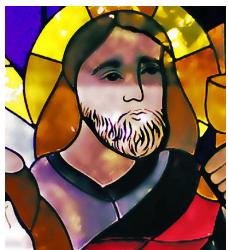
O Lord God, heavenly Father, we praise and thank you for your grace that through your Son Jesus Christ you established this supper in which we eat his body and drink his blood. By your Holy Spirit, help us to use this gift worthily, to confess and forsake our sins, to confidently believe that we are forgiven through Christ, and to grow in faith and love day by day until we come at last to the joy of eternal salvation, through Jesus Christ, your Son, our Lord. Amen.

## Prayer after Communion



Dear Lord Jesus Christ, thanks and praise to you.  
Again you fed me at your holy table with your own body and blood.  
By your Word and Supper, may I be led from this world of sorrow into life eternal.  
Amen.

## Blood of Christ, Inebriate Me!



Blood of Christ, inebriate me! Inebriate me with Your Love, that I may be absorbed in Your interests and Your Will. Absorbed so as to be unmindful of my ills and petty cares. Unmindful of weariness and pain, heartache, and disappointment. Heedless of the lash of cruel words, and patient under wrongs. Amen.

**SPEND MORE TIME IN DAILY PRAYER.  
INVITE FAMILY MEMBERS & FRIENDS  
TO GO TO SUNDAY MASS.**

**Pray Everyday ! Go to Daily Mass if you can !  
Volunteer for the Church ! God Bless You !**



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<https://stmichaelcenter.flocknote.com/>  
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[www.facebook.com/StMichaelCenter](https://www.facebook.com/StMichaelCenter)

## Prayer of St. Thomas Aquinas, Doctor of the Church

Almighty and ever-living God, I approach the sacrament of your only-begotten Son, our Lord Jesus Christ. I come sick to the doctor of life, unclean to the fountain of mercy, blind to the radiance of eternal light, and poor and needy to the Lord of heaven and earth. O my God I am heartily sorry for having offended Thee and I detest all of my sins because of thy just punishments but most of all because they offend Thee, my God, who art all good and worthy of all my love. I firmly resolve with the help of thy grace to sin no more and to avoid the near occasion of sin. Amen.

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## The Catholic Mass

<https://www.youtube.com/watch?v=CJtRXzyWul8>

## Last supper

<https://www.youtube.com/watch?v=9Y9qCslPzNo&t=32s>

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## The Veil Removed – Film

<https://www.youtube.com/watch?v=OOLZDaTglaM>

## Faith Prevails: The Miracle of Bolsena || A Eucharistic Miracle Film

[https://www.youtube.com/watch?v=ei\\_CZp4zyVg](https://www.youtube.com/watch?v=ei_CZp4zyVg)

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## When Does the Bread and Wine Become the Body and Blood of Christ?

<https://www.youtube.com/watch?v=BhsuAaRU7wI>

## The Theology of Christ's Body | The Eucharist Explained | THEOLOGY OF THE BODY

[https://www.youtube.com/watch?v=F\\_LmeE6tWrs](https://www.youtube.com/watch?v=F_LmeE6tWrs)

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