

A PERSONAL NOTE

Dear Parishioners,

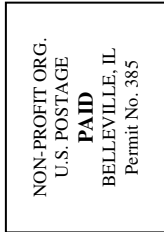
We live in the Age of Communication utilizing e-mail, cell phones, telephones, letters, text messages, Facebook, voicemail, and so on. Prayer is a unique form of communication; it is our individualized communication with our loving God. Just as there are many different forms of communication we can use to communicate with others, there are numerous forms of prayer.

This brochure lists a few of the countless examples for prayer, both communal and individual. Each of us is more comfortable with certain means of communication; likewise, each of us finds certain types of prayer to be more our style. Yet, as I have learned to use many of the newer forms of communication and find them easier now, this may be a good opportunity to "branch out" and try a new form of prayer that may, in turn, become your new favorite way of communicating with the Lord.

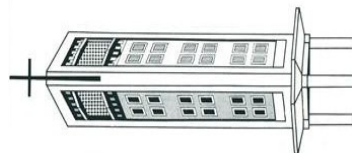
As we begin our parish stewardship education with prayer, the most important of our gifts that we return to God and the one that everyone can participate in regardless of our age, financial situation, education or status in life. It is one that we can also at times either take for granted or neglect.

Again, we know from life experience when we neglect communication with our loved ones, at work, or school, relationships quickly break down. Please take time to renew your prayer commitment, your communication with our loving God who always wants us near.

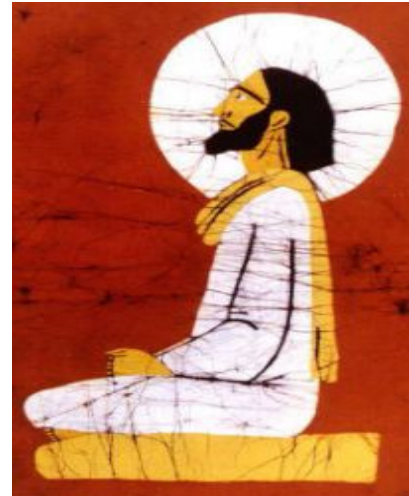
~ Fr. David



ST TERESA CHURCH
1201 LEBANON AVENUE
BELLEVILLE, IL 62221-4095



YOUR PRAYER COMMITMENT



PRAYER

*"Now then we are
ambassadors for Christ, as
though God did beseech you
by us: we pray you in Christ's
stead, be ye reconciled
to God."*

2 Corinthians 5:20

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PRAYER FOR GRACE

Generous God,
I give thanks to you for the gifts you
have given me---
my life, my family, my friends,
my faith---
time, talents and material possessions,
all that I have comes from you.
Help me to remember this and rejoice
in your goodness.

Walk with me God,
help me on my spiritual journey, so
that I may constantly renew my
relationship with you and all
the good people in
our parish and diocese.

Renew in me your Spirit,
give me the strength and courage to
become a better follower of Jesus,
to be a true disciple.

Help me hear the call to
"Come, Follow Me."
I give glory to you my God, as I
make Stewardship a way of life.

Amen.

*The fruit of silence is Prayer.
The fruit of prayer is Faith.
The fruit of faith is Service.
The fruit of service is Peace.*

*(From Mother Teresa -
a simple plan)*

ANSWERING THE CALL

“Our desire to praise you is itself your gift.”

-Eucharistic Preface, Roman Rite

Everyday we have the opportunity to review our way of life and recommit ourselves to prayer and other traditional spiritual practices. Your commitment to growth in the life of prayer is part of your life of discipleship and a steward’s response to the immense love that God has shown for us.

A principle of stewardship is that everyone can give something and most of us can give more than we are giving now. Prayer can be individual, as a family, or as part of a community.

The possibilities are endless. Some suggestions are included herein.

“You will receive all that you pray for, provided you have faith.”

-Matthew 21:22

PRAYER OPPORTUNITIES

Have each individual family member initial the prayer commitment they will make this year. Keep this portion as a reminder of your pledge. *Through your prayer commitment, you become a minister of prayer in our parish.*

Parish/Community Prayer Opportunities:

- _____ Participate in Saturday Vigil or Sunday Mass
- _____ Participate in one or more additional Masses during the week
- _____ Participate in celebrating Mass on Holy Days
- _____ Participate in reconciliation services during Advent and Lent
- _____ Participate in Perpetual Adoration in St. Joseph Chapel at St. Teresa
- _____ Participate in the Stations of the Cross
- _____ Pray the Novena to St. Teresa after Mass on the 1st Monday of the month
- _____ Pray the Rosary before morning Mass Monday through Friday
- _____ Attend Bible Study or other spiritual programs
- _____ Participate in special prayer programs scheduled at various times during the liturgical year

PRAYER OPPORTUNITIES

Individual/Family Prayer Ideas:

- _____ Reflect on readings before Sunday Eucharist
- _____ Offer Morning/Evening Prayer
- _____ Pray the Rosary
- _____ Make a list of things to pray for and post it on the refrigerator
- _____ Keep a prayer journal
- _____ Read the Bible
- _____ Practice centering prayer
- _____ Pray before/after meals
- _____ Pray while waiting at traffic lights
- _____ Light votive candles in church
- _____ Fasting/meditation
- _____ Personal prayer at least five to ten minutes a day
- _____ Pray with children at bedtime
- _____ Offer daily prayer of thanksgiving
- _____ Light Advent wreath
- _____ Pray the Angelus (traditionally prayed at 6:00 a.m., noon, 6:00 p.m.)

Prayers for Parish/Church:

Our prayers for the well-being of the Church and its leaders are an important part of our Stewardship to the Church.

- _____ Prayers for our St. Teresa Family
- _____ Prayers for the Catholic Church, Our Holy Father Pope Benedict XVI, Bishop Braxton, and other Church leaders
- _____ Prayers for Religious Vocations

COMMITMENT CARD

Thank you for reflecting on your prayer life. Please detach this commitment card and place it in the collection basket at Mass, as a sign of your prayer pledge.



Please return this portion at Mass the weekend of June 13-14.

In answering Jesus’ call to prayer, I/we renew the commitment to make prayer a central part of my/our life(s). By returning this commitment card, I/we (name optional)

promise to do my/our best to honor the prayer commitments we are making today.