Blessed Catherine's Star Flowers

Prayer Booklet

A Community of Prayer for the Evangelization Mission of the Diocese of Pembroke

A Message from the Bishop

Dear Beloved One of Christ,

Welcome to Blessed Catherine's Starflowers. You have entered into a new adventure of prayer and being. An adventure that will lead you ever closer to the heart of Jesus and the Father. An adventure that puts you at the very heart of the community of the faithful in the Diocese of Pembroke.

There will be many days when you wonder if what you are doing is enough or if it is having any effect or if it really matters.

Today, I proclaim to you that your offering is of infinite value, and it is touching the hearts of so many people.

Not only does your offering touch the hearts of those who live here and now in the diocese of Pembroke but it is transforming the entire world and building a promise into the future.

Trust in Jesus. He has you and this whole work in His merciful hands.

Thank you for making this offering for the salvation of souls in our Diocese. You made a commitment to us, and we make one to you.

We will carry you in prayer. We will offer a mass every month for your needs and intentions. You are covered by my blessing in this work of love.

Sincerely yours in Christ our redeemer,

+ Guy Desrochers, C.Ss.R.
Bishop of Pembroke

Dear friends in Christ,

When we are struggling with age or illness, we can be tempted to believe that we no longer participate in the work of the Church, but this is precisely the time when our real work can begin. By offering our lives into Jesus' crucified hands, we make a prayer of ourselves for others. And this is precisely what we need if our evangelizing efforts are going to bear fruit: real people, just like you, trusting God with their lives and their diocese. Blessed Catherine of St. Augustine was very similar.

In 1658, Blessed Catherine offered her life and sickness for the salvation of souls in New France, making her a powerful force behind the missionary efforts of the time. She did this even while she couldn't travel far from her convent and was often ill.

Through her intercession, we invite you to offer your life with its joys, sicknesses, and struggles for the conversion of hearts in the Diocese of Pembroke.

This fellowship of prayer will be called *Blessed Catherine's Starflowers* because just as the starflowers cover our forest floors so will these intercessors cover our diocese with the fragrance of prayer. Together, they will form the foundation and the power for all the evangelization efforts in our diocese.

All who wish will make a prayer of offering. They will be given the Blessed Catherine's Starflower Prayer Booklet and a medal of Blessed Catherine of St. Augustine.

Within the booklet, there is space to record your offering, some suggested prayers, and your pastor may include some specific intentions for the parish.

Each month, a Mass will be celebrated for the fellowship of Blessed Catherine's Starflowers.

Is God calling you to serve in this way?

MY OFFERING

Holy Father, through the intercession of the Immaculate Heart of Mary and of Blessed Catherine of St. Augustine, I offer myself, my daily life, my struggles, my sufferings, and my joys through Jesus, with Jesus, and in Jesus for the intention of the conversion of hearts in the Diocese of Pembroke.

Amen.

DATE: _____

SIGNATURE: _____

WITNESS: _____

Plenary Indulgence

Thank you for registering as members of the new fraternity called "*Star Flowers of Blessed Catherine of St. Augustine*". By becoming a member of the *Star Flowers*, we consider you as active members of the great project of evangelization of the diocese.

Since you have committed yourselves to daily prayer through this booklet, and since you have offered your lives and sufferings as a pleasing offering to the Lord for the success of the Evangelization Project, I would now like to propose to those who so desire the possibility of obtaining the grace of a plenary indulgence.

This is a grace that can be obtained several times or even daily during the year, if the conditions required and determined by the Apostolic Penitentiary in Rome are observed.

What exactly does the grace of the Plenary Indulgence consist of, and what spiritual benefits can be expected from it?

Once the indulgenced prayers or works have been completed and the conditions attached to them fulfilled, God delivers us from all temporal punishment due to sins that have already been forgiven, whether through sacramental confession or contrition (for mortal sins, sincere contrition with the intention to go to confession

as soon as possible is required), and which, according to divine justice, require reparation on earth and/or in purgatory.

The plenary indulgence cannot be transferred to a living person. It applies either to ourselves or to a person who has died.

Does the plenary indulgence also eliminate temporal punishment for future sins that we commit?

No. It applies only to grave or venial sins already forgiven either by sacramental confession or contrition.

Here are some suggestions for spiritual acts approved by the Church that you can undertake to obtain a plenary indulgence:

- Make a devout Way of the Cross going from station to station where the fourteen crosses have been erected. If it is truly not possible for you to do so in such a place, you may instead spend at least fifteen minutes in reading and meditating on the Passion and Death of Our Lord Jesus Christ.

  Visit the Blessed Sacrament for adoration for thirty minutes (you can adore the Lord while He is still in the tabernacle — you need not wait for times of Exposition).

- Recite five mysteries of the Rosary continuously (whether in church, gathered in a family, a religious community, or some other group) while meditating on these mysteries.
- Read the Word of God from an approved translation as spiritual reading with reverence for half an hour. If for a good reason you are unable to read the Scriptures, you may also listen to them being read by someone else, even from a recording.
- Perform any of the many other various corporal acts or spiritual exercises commended by the Church to which is attached a plenary indulgence on special days (e.g.: Day of the Faithful departed; January 1st; the feast of St. Peter and St. Paul; the Feast of Christ the King; the Feast of the Most Sacred Heart of Jesus).

What are the requirements that will allow us to apply it to a deceased person or to ourselves?

First, we must be completely detached from all sin, even venial. Additionally, within 20 days before or after performing the indulgenced action: make a short prayer for the Holy Father for each plenary indulgence (e.g., an *Our Father* and a *Hail Mary*), preferably on the same day as your spiritual exercises.

- Receive Holy Communion once for each plenary indulgence, preferably on the same day as your spiritual exercises.

- Receive the Sacrament of Penance (one Confession suffices for several indulgences).

If it is impossible for you to fulfil the second and third requirements above, then by my authority, I permit you instead to be contrite for your sins and to form the intention of receiving Holy Communion and the Sacrament of Penance as soon as possible.

Finally, it is right to give God thanks, and so you may freely choose to recite the following prayer:

Thanksgiving Prayer for the Plenary Indulgence

I thank you, most Holy Father, for the ineffable grace of the plenary indulgence, by which you deliver me from all the temporal punishments due to the sins I have committed during my life and which, in all justice, required reparation according to your holy will. May your blessing rest upon me and accompany me all the days of my life, in the name of the Father, and of the Son and of the Holy Spirit. Amen.

+ Guy Desrochers, C.Ss.R.
Bishop of Pembroke

A Word from Pope Benedict XVI to the sick at the Shrine of Divine Mercy, Poland May 27, 2006

On this occasion we encounter two mysteries: the mystery of human suffering and the mystery of Divine Mercy.

At first sight these two mysteries seem to be opposed to one another. But when we study them more deeply in the light of faith, we find that they are placed in reciprocal harmony through the mystery of the Cross of Christ.

As Pope John Paul II said in this place: “the Cross is the most profound bowing down of the Divinity towards man ... the Cross is like a touch of eternal love on the most painful wounds of humanity’s earthly existence” (17 August 2002).

Dear friends who are sick, who are marked by suffering in body or soul, you are most closely united to the Cross of Christ, and at the same time, you are the most eloquent witnesses of God’s mercy.

Through you and through your suffering, he bows down towards humanity with love. You who say in silence: “Jesus, I trust in you” teach us that there is no faith more profound, no hope more alive and no love more ardent than the faith, hope and love of a person who, in the midst of suffering, places himself securely in God’s hands.

INTERCESSORY PRAYERS

While you may have some favourite prayers that you would like to use, we also offer you the following to assist you in your task of praying for renewal in the diocese.

Prayer for the Evangelization Project

Almighty God and Father, we give you thanks for the gift of your Son, given to us in Word and Sacrament, and for the many blessings and graces that you have poured out upon the Diocese of Pembroke.

Increase in us a longing for you, form us into your holy image and unite us in one Body. Lord Jesus, support our communities in search of renewal so that we may rediscover the Gospel in all its freshness.

Bless and strengthen our marriages and families and renew our clergy and religious.

Enlighten us with your Holy Spirit, to illuminate any darkness that is around us.

Give us your Heart of Mercy, a heart that seeks the lost, ministers to the suffering, touches the lonely, and calls disciples into deeper relationship with you.

Show us today those who, along our path, need you, and bestow upon us the courage of faithful witness in our words and actions.

All praise and glory be to You, Father, Son and Holy Spirit, God forever and ever. Amen.

Holy Mary, Mother of God, pray for us.
St. Joseph, pray for us.
St. Columbkille, pray for us.

Prayer Intentions For Each Day Of The Week

The Starflower found in the woods of our diocese has seven petals. Every petal represents an intention for each of the seven days of our week.

- **Sunday:** For the clergy and Religious in the diocese
  to remain faithful to the call of Jesus in their lives and to be a radical witness to the love of God.
- **Monday:** For the protection and strengthening of married couples and their families. For our schools and catechetical programs to form Christian minds and hearts.
- **Tuesday:** For young adults to encounter and receive Jesus and that they commit themselves to serving Him in every area of their lives.

- **Wednesday:** For the lay faithful to be given a deeper faith, a prayer-filled hope and a fiery love that serves. May they have the courage to witness to others.
- **Thursday:** For those who have left the Church that the way be made open for their return. For unbelievers to receive the gift of faith in Jesus Christ.
- **Friday:** For the forgiveness of and blessing upon those who are enemies of the Church and persecute Her. May we be open to dialogue with them.
- **Saturday:** For those who are discouraged and despairing. For the poor, the unemployed, the addicted, the mentally ill. May they find the freedom and hope they long for in the heart of Jesus.

Prayer to our Lady of Combermere

O Mary, you desire so much to see Jesus loved. Since you love me, this is the favour which I ask of you: to obtain for me a great personal love of Jesus Christ. You obtain from your Son whatever you please:pray then for me, that I may never lose the grace of God, that I may increase in holiness and perfection from day to day, and that I may faithfully and nobly fulfill the great calling in life which your Divine Son has given me. By that grief which you suffered on Calvary when you beheld Jesus die on the Cross obtain for me a happy death, that by loving Jesus and you,my Mother on earth, I may share your joy in loving and blessing the Father, the Son, and Holy Spirit forever in heaven. Amen.

Our Lady of Combermere, pray for us.

Imprimatur: Joseph R. Windle, Bishop of Pembroke

A Prayer to Blessed Catherine

O glorious Blessed Catherine, virgin and missionary, I invoke your intercession from your place in Heaven. Pray that we may have the strength to trust in God when our bodies are weak, and we feel spiritual dryness. Shower prayers upon us that we may have the patience and love to bear all for the Lord. May we always listen closely to the direction of our Lord and have the grace to discern His Will for us.

Please pray for us, Blessed Catherine, that we may have the strength in body and spirit to follow God's direction and the courage to follow it through as you did here on earth.

Please carry our petitions before the Lord. We ask this through Christ Our Lord.

Amen.

ROSARY INTENTIONS

The Joyful Mysteries

1. *Annunciation*
   That we may have joy in God's plan
2. *Visitation*
   That we may actively love our neighbours
3. *Nativity*
   That we may adore Jesus daily in our lives
4. *Presentation*
   That we may encounter Jesus daily
5. *Finding in the Temple*
   That those who seek to find Jesus do so

The Luminous Mysteries

1. *Baptism of Jesus*
   That we may be open to the Holy Spirit
2. *Wedding at Cana*
   That we may have holy marriages
3. *Proclaiming the Kingdom*
   That we may repent and forgive always
4. *Transfiguration*
   That we may desire to be holy
5. *Institution of the Eucharist*
   That we may trust in the Church formed by Christ

Sorrowful Mysteries

1. *Agony in the Garden*
   That we may all feel genuine sorrow for sin
2. *Scourging at the Pillar*
   That we may all desire purity
3. *Crowning with Thorns*
   That we may all grow in moral courage
4. *Carrying of the Cross*
   That we may all grow in patience
5. *Crucifixion*
   That we may all grow in perseverance

Glorious Mysteries

1. *Resurrection*
   That we may grow in faith and grace
2. *Ascension*
   That we may grow in hope and confidence in God
3. *Pentecost*
   That we may grow in love and unity with the Church
4. *Assumption*
   That we may better protect the dignity of life from conception to natural death
5. *Coronation of Mary*
   That we may trust in Mary's intercession

Novena Given by Jesus to St. Margaret Mary Alacoque

(Saint Padre Pio prayed this novena every day for all who asked him for prayer.)

1. **O my Jesus,** you have said: "Truly I say to you, ask and you will receive, seek and you will find, knock and it will be opened to you." (Matthew 7:7). Behold we knock, we seek, and we ask for this grace.

Our Father... Hail Mary... Glory Be…

Sacred Heart of Jesus,
I place all my trust in you.

2. **O my Jesus,** you have said: "Truly I say to you, if you ask anything of the Father in my name, he will give it to you." (John 16:23) Behold, in your name, we ask the Father for this grace.

Our Father... Hail Mary... Glory Be…

Sacred Heart of Jesus,
I place all my trust in you.

3. **O my Jesus,** you have said: "Truly I say to you, heaven and earth will pass away but my words will not pass away." (Matthew 24:35) Encouraged by your infallible words we now ask for this grace.

Our Father... Hail Mary... Glory Be…

Sacred Heart of Jesus,
I place all my trust in you.

O Sacred Heart of Jesus, for whom it is impossible not to have compassion on the afflicted, have pity on us miserable sinners and grant us the grace which we ask of you, through the Sorrowful and Immaculate Heart of Mary, your tender Mother and ours. Amen.

St. Joseph, foster father of Jesus, pray for us.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

The Litany of the Patrons of the Parishes in the Diocese of Pembroke 2021

Lord, have mercy.
Lord, have mercy.
Christ, have mercy.
Christ, have mercy.
Lord, have mercy.
Lord, have mercy.
God the Father of heaven,
Have mercy on us.
God the Son, Redeemer of the world,
Have mercy on us.
God the Holy Spirit,
Have mercy on us.
Holy Trinity, one God,
Have mercy on us.

Sacred Heart of Jesus,
patient and full of mercy,
(Cobden 1870)
Have mercy on us.

Sacred Heart of Jesus,
our life and resurrection,
(Corbeil 1920)
Have mercy on us.

Most Precious Blood of Jesus.
(Calabogie 1913)
Have mercy on us.

Most Holy Name of Jesus.
(Pembroke 1921)
Have mercy on us.

Holy Mary. (Wilno 1875)
Pray for us.

Holy Mother of God. *Pray for us.*
Holy Virgin Mary. *Pray for us.*

Immaculate Conception. (Bryson 1947)
Pray for us.

Our Lady at her Blessed Nativity.
(Pikwakanagan/Golden Lake 1875/1954)
Pray for us.

Holy Name of Mary. (Quyon 1848)
Pray for us.

Our Lady of the Angels. (Brudenell 1858)
Pray for us.

Our Lady of Sorrows. (Petawawa 1940)
Pray for us.

Our Lady of Mercy. (Bancroft 1934)
Pray for us.

Our Lady of Grace. (Westmeath 1851)
Pray for us.

Our Lady of Perpetual Help, increase our love.
(Braeside 1938)
Pray for us.

Our Lady of Perpetual Help,
inspire our confidence. (Waltham 1910)
Pray for us.

Our Lady of Good Counsel. (Deep River 1898)
Pray for us.

Our Lady of Mount Carmel. (La Passe 1858)
Pray for us.

Our Lady of Fatima. (Renfrew 1949)
Pray for us.

Our Lady of Lourdes. (Pembroke 1962)
Pray for us.

Our Lady of the Lake. (Kipawa 1920)
Pray for us.

Our Lady of Guadalupe,
Patroness of the Americas.
Pray for us.

St. Joseph, protector of the Church.
(St. Joseph 1913)
Pray for us.

St. Anne, Mother of constancy. (Cormac 1919)
Pray for us.

St Anne, Mother of prayer.
(Ile-du-Grand- Calumet 1846)
Pray for us.

St. Anne, Mother of blessing. (Mattawa 1863)
Pray for us.

St. John the Baptist. (Pembroke 1941)
Pray for us.

St. Michael. (Douglas 1859)
Pray for us.

All the Holy Angels. *Pray for us.*

St. Peter. (Fort-Coulonge 1903)
Pray for us.

St. Andrew. (Killaloe 1901)
Pray for us.

St. John the Evangelist. (Campbell's Bay 1919)
Pray for us.

St. James the Greater. (Portage-du-fort 1854)
Pray for us.

St. James the Lesser. (Eganville 1852)
Pray for us.

St. Matthew. (Madawaska 1931)
Pray for us.

All you Holy Apostles. *Pray for us.*

St. Alphonsus. (Chapeau 1846)
Pray for us.

St. Anthony of Padua, Doctor of the Church.
(Chalk River 1957)
Pray for us.

St. Anthony of Padua, preacher of grace.
(Haliburton 1934/1982)
Pray for us.

St. Bernadette. (Bonfield 1886)
Pray for us.

St. Casimir. (Round Lake Centre 1928)
Pray for us.

St. Charles Borromeo. (Otter Lake 1913)
Pray for us.

St. Columbkille. (Pembroke Cathedral 1856)
Pray for us.

St. Edward the Confessor. (Bristol 1928)
Pray for us.

St. Elizabeth of Hungary. (Vinton 1875)
Pray for us.

St. Francis of Assisi. (Lac-des-Loup 1888)
Pray for us.

St. Francis de Sales. (Latchford Bridge 1903)
Pray for us.

St. Francis Xavier. (Renfrew 1852)
Pray for us.

St. Hedwig. (Barry's Bay 1915)
Pray for us.

Holy Canadian Martyrs. (Combermere 1931)
Pray for us.

St. Ignatius. (Maynooth 1882)
Pray for us.

St. John Chrysostom. (Arnprior 1867)
Pray for us.

St. Lawrence O'Toole. (Barry's Bay 1934)
Pray for us.

St. Martin of Tours. (Whitney 1903)
Pray for us.

St. Patrick. (Mount St. Patrick 1843)
Pray for us.

St. Paul the Hermit. (Sheenboro 1872)
Pray for us.

St. Pius V. (Osceola 1876)
Pray for us.

St. Roch. (Cayamant 1918)
Pray for us.

St. Therese. (Témiscaming 1919)
Pray for us.

St. Thomas Aquinas. (Astorville 1902)
Pray for us.

All you Holy Saints of God.

Pray for us.

Lamb of God, you take away the sins of the world.

Spare us, O Lord.

Lamb of God, you take away the sins of the world.

Hear us, O Lord.

Lamb of God, you take away the sins of the world.

Have mercy on us.

Let us pray.

We ask you, Master, be our helper and defender. Rescue those of our number in distress; raise up the fallen; assist the needy; heal the sick; turn back those of your people who stray; feed the hungry; release our captives; revive the weak; encourage those who lose heart. Let all the nations realize that you are the only God, that Jesus Christ is your Son, and that we are your people and the sheep of your pasture.
Amen.

(Prayer from Clement of Rome, c. 96)

The Prayer "O Blessed St Joseph, Guardian of the Holy Family"

(Composed by Pope Leo XIII (1810-1903) and published in his encyclical "Quamquam pluries" on August 15, 1889 to implore the patronage of the Blessed Virgin Mary and St. Joseph.)

To you, O blessed Joseph, do we come in our tribulation, and having implored the help of your most holy Spouse, we confidently invoke your patronage also.

Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by his Blood, and with your power and strength to aid us in our necessities.

O most watchful guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be kind to us and from heaven assist us in our struggle with the power of darkness.

As once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live piously, to die in holiness, and to obtain eternal happiness in heaven.

Amen.

Prayers From the Heart of Blessed Catherine

(As she turned to Our Lady as her guide)

When going to communion she would say, "O Mother, full of love, when you received the Body of Jesus Christ, your divine Son, what was your heart saying?"

•

When serving others she would say, "With what humility, O Holy Virgin, with what gentleness, what joy did you fulfill this same work?"

•

While doing ordinary domestic jobs of sweeping, cooking, cleaning she would say, "What were our Lady's interior dispositions while performing the same chores?"

•

In suffering she would say, "In similar encounters the heart of Our Lady was gentle, humble, and patient. May mine be like unto yours, O Holy Virgin."

Diocese of Pembroke