



St. Francis of Assisi
Catholic Church

**HOME AND
TRAVEL
WORSHIP
RESOURCE**



ST. FRANCIS
of ASSISI
CATHOLIC CHURCH



7075 Ashworth Rd

West Des Moines, IA 50266

Office Hours: M-F 8 a.m. - 4:30 p.m.

Website: www.saintfrancischurch.org

Facebook: @SFAWDM

Twitter: @sfawdm

Instagram: sfawdm

Vimeo: SFA Video



MASS TIMES

FIND MASS TIMES WHEN YOU TRAVEL

- Visit www.masstimes.org
- Visit the local Diocesan Website
- Utilize Google Maps

WATCH MASS ONLINE

NATIONAL:

- **EWTN:**
 - 6 p.m. Sat, 7 a.m. Sun, 11 a.m. Sun, 11 p.m. Sun
- **Live Mass from the Basilica of the Sacred Heart - Notre Dame, South Bend, IN**
 - 10 a.m. ET Every Sunday
 - 9:30 a.m. ET Mon-Fri
- **St. Patrick's Cathedral New York**
 - 10:15 a.m. ET Every Sunday

LOCAL

- **Basilica of St. John**
 - Noon CST Daily Mass Mon-Fri
 - 9 a.m. CST Daily Mass Saturday
 - 10:30 a.m. CST Sunday Mass
- **St. Anthony Church**
 - **Facebook Live Stream: @stanthonydsm**
 - 11 a.m. CST Sunday
 - 5 p.m. CST Sunday (in Latin)
- **KCWI Channel 23 Des Moines**
 - 8 a.m. CST Sunday

LISTEN TO MASS ON THE RADIO

- **Iowa Catholic Radio**
 - 7 a.m. CST Saturday and Sunday
- **Spirit Catholic Radio Network**
 - 10:30 a.m. Mon-Fri
 - 7 a.m. & Noon Sat-Sun

"I am the LORD your God,
who brought you out of the
land of Egypt, out of the
house of slavery. You shall
not have other gods beside
me."

EXODUS 20:2-3

"Remember the sabbath
day—keep it holy."

EXODUS 20:8

"God's first call and just
demand is that man accept
him and worship him."

CATECHISM OF THE CATHOLIC
CHURCH 2084

HOME WORSHIP

OPENING PRAYERS

Opening Song - Optional

Make the Sign of the Cross

Opening Prayer

God, our heavenly Father, we come to you this day to honor you. May we offer our worship for your glory so that we may receive the gifts of the Holy Spirit in order to love God and others. We pray this in the name of your son, Jesus Christ. Amen.

Penitential Rite

God, I am sorry for my sins with all my heart. In Choosing to do wrong and failing to do good, I have sinned against you, whom I should love above all things. I firmly intend to do penance, to sin no more, and avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy

LITURGY OF THE WORD

Old Testament Reading

Psalm

New Testament/Epistle Reading

Gospel Reading

Read an excerpt from Spiritual Reading, blog post, or reflection instead of a homily. See resources in the yellow box to the left.

SPIRITUAL COMMUNION

Pray the "Our Father"

Make a Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

CONCLUDING PRAYERS

Conclude with the "Glory Be" (see pg. 8)

Closing Song - Optional

OTHER RESOURCES

- **Daily Readings**

- USCCB: usccb.org

- **Audio Readings**

- USCCB: <http://www.usccb.org/bible/readings-audio.cfm>

- **Daily Video Reflections**

- USCCB: <http://www.usccb.org/bible/reflections/index.cfm>

- **Music**

- [Worship From Home Spotify Playlist:](https://open.spotify.com/playlist/3ny1BQ3JujAvlq0f22ZgJ6)
<https://open.spotify.com/playlist/3ny1BQ3JujAvlq0f22ZgJ6>





WHAT IS LITURGY OF THE HOURS?

"The Liturgy of the Hours, also known as the Divine Office or the Work of God (Opus Dei), is the daily prayer of the Church, marking the hours of each day and sanctifying the day with prayer."

-USCCB Website-

Liturgy of the Hours is a series of prayers prayed throughout the day. This prayer is most commonly prayed by Priests, Deacons, and religious but lay people are welcome to pray as well.

LITURGY OF THE HOURS

Liturgy of the hours prayer books can be purchased off Amazon or at Catholic book stores. You can also pray Liturgy of the Hours online at the websites below.

ONLINE RESOURCES

- Divine Office
 - <https://divineoffice.org/welcome/>
- iBreviary
 - <http://www.ibreviary.org/en/tools/ibreviary-web.html>
- Universalis
 - <https://universalis.com/>
- USCCB
 - <http://www.usccb.org/prayer-and-worship/liturgy-of-the-hours/index.cfm>

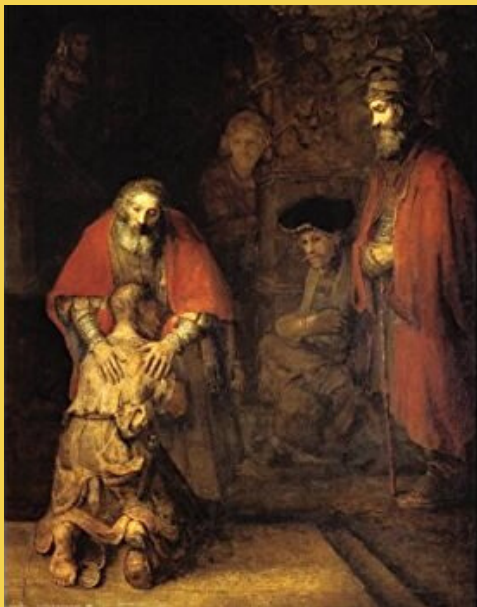
IPHONE AND TABLET APPS

- Magnificat - iPhone and Google Play Store
- Formed.org
- Hallow
- Pray As You Go
- iBreviary
- Laudate
- Reimagining the Exam
- Catholic Prayer App
- Lectio Divina Journal

**all apps are accessible for both iOS and Android*



Last Supper by John August Swanson



Return of the Prodigal Son by Rembrandt

How to Pray

- **Lectio (Reading):** Take your time and read the passage. Listen for any words or phrases that stick out to you. Notice those words by writing them down or repeating them quietly to yourself.
- **Mediatio (Reflecting):** Read the passage again slowly. Pause on the words or phrases that stick out to you and take time to consider what the word, phrase, or passage means, particularly in your life.
- **Oratio (Responding):** Read the passage again, slowly. This time, consider how God is speaking to you and respond back to Him. Respond to God either through writing or a quiet response.
- **Contemplatio (Remaining):** Take some time to simply remain in the presence of God.

Resources

- www.lectio-divina.org
- Lectio Divina Journal App

VISIO DIVINA

1. Pick out an image from a website, a photograph, painting, or icon.
2. Look at the image and let your eyes stay with the very first thing that you see. Keep your attention on that one part of the image that first catches your eye. Try to keep your eyes from wandering to other parts of the picture. Breathe deeply and let yourself gaze at that part of the image for a minute or so.
3. Now, let your eyes gaze at the whole image. Take your time and look at every part of the photograph. See it all. Reflect on the image for a minute or so.
4. Consider the following questions:
 - a. What emotions does this image evoke in you?
 - b. What does the image stir up in you, bring forth in you?
 - c. Does this image lead you into an attitude of prayer? If so, let these prayers take form in you.
5. Now write them down if you desire.
6. Offer your prayers to God in a final time of silence.

*This guide was taken from:

<https://www.upperroom.com/resource/visio-divina>



SPIRITUAL READING LIST

Family Friendly (for all ages)

1. **The Story of a Soul: The Autobiography of St. Therese of Lisieux** by St. Therese of Lisieux
2. **Loved as I Am** by Sr. Miriam James Heidland
3. **Chronicles of Narnia** by C.S. Lewis
4. **Pray, Decide, and Don't Worry** by Jacki Angel, Bobby Angel, and Fr. Mike Schmitz

Intermediate

1. **Treasure in Clay**, autobiography of Fulton J. Sheen
2. **Rome Sweet Home** by Scott Hahn
3. **Mere Christianity** by C.S. Lewis
4. **I Believe in Love** by Jean C.J. d'Elbee
5. **Jesus of Nazareth Series** by Pope Emeritus Benedict XVI

Advanced

1. **The Return of the Prodigal Son** by Henri J. M. Nouwen
2. **You Are Beloved** by Henri J. M. Nouwen
3. **Seven Storey Mountain** by Thomas Merton
4. **Confessions** by St. Augustine

Prayer Devotions by Fr. Michael Gaitley MIC

1. **33 Days to Morning Glory** by Fr. Michael Gaitley, MIC
2. **33 Days to Merciful Love** by Fr. Michael Gaitley, MIC
3. **Consecration to St. Joseph** by Fr. Donald Calloway

THE JOYFUL MYSTERIES

1. THE ANNUNCIATION
2. THE VISITATION
3. THE NATIVITY
4. THE PRESENTATION
5. THE FINDING OF JESUS IN THE TEMPLE

THE LUMINOUS MYSTERIES

1. THE BAPTISM OF THE LORD IN THE JORDAN
2. THE WEDDING FEAST OF CANA
3. THE PROCLAMATION OF THE KINGDOM OF GOD
4. THE TRANSFIGURATION
5. THE INSTITUTION OF THE EUCHARIST

THE SORROWFUL MYSTERIES

1. THE AGONY IN THE GARDEN
2. THE SCOURGING AT THE PILLAR
3. THE CROWING WITH THORNS
4. THE CARRYING OF THE CROSS
5. THE CRUCIFIXION

THE GLORIOUS MYSTERIES

1. THE RESURRECTION
2. THE ASCENSION
3. THE COMING OF THE HOLY SPIRIT
4. THE ASSUMPTION OF MARY
5. THE CORONATION OF MARY

HOW TO PRAY THE ROSARY

All prayers can be found on pg. 8 of this guide.

1. Begin with the Sign of the Cross. Pray the Apostles' Creed while holding the crucifix.
2. Pray an Our Father.
3. Pray 3 Hail Marys.
4. Pray the Glory Be, announce the first mystery, then an Our Father.
5. Pray 10 Hail Marys (called a decade)
6. Pray the Glory Be and the Fatima Prayer.
7. Announce the next mystery, followed by an Our Father. For each set of 10 beads, pray 10 Hail Marys while meditating on the mystery.
8. After the five decades are completed, pray the Hail, Holy Queen and the concluding Rosary Prayer.

Concluding Rosary Prayer

O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

HOW TO PRAY THE DIVINE MERCY CHAPLET

Using a Rosary, on the first three beads pray:
Our Father...Hail Mary...The Apostles' Creed

On the Our Father Beads (the larger beads in the middle of groups of 10) 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 the Hail Mary Beads (smaller beads in the groups of 10) pray:
For the sake of His sorrowful Passion, have mercy on us and on the whole world.

In conclusion, three times you will recite:
Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

PRAYERS TO KNOW

APOSTLE'S CREED

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, Our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

OUR FATHER

Our Father, who art in heaven, hallowed by Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

HAIL MARY

Hail Mary, full of grace. The Lord is with thee. Blessed are thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

GLORY BE

Glory be to the father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.

FATIMA PRAYER

O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially those who have most need of your mercy.

HAIL, HOLY QUEEN

Hail, holy Queen, Mother of Mercy. Our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, your eyes of mercy toward us; and after this, our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O Loving, O sweet Virgin Mary.

V. Pray for us, O Holy Mother of God

R. That we may be made worthy of the promises of Christ.