Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.

-Philippians 4:6-7
As parishioners, we are Committed to Christ all year. Just as the liturgical seasons help us see things anew, we as the communities of St. Eugene and St. Monica take six weeks of the year to focus on the fundamentals of our faith that help us to grow closer to Jesus and become more mature disciples. This time of reflection helps us as individuals and parish communities to get a better sense of God’s direction and vision for us.

Discipleship is a journey that needs a destination, guidance, and encouragement. The six traits outlined in the Committed to Christ ministry—Prayer, Mass Attendance, Formation, Financial Giving, Service and Evangelization—serve as our guide. Use each of these weeks to reflect on where you are starting from and where you can go from here.

Make a commitment to follow along at the Masses and establish a plan to engage in parish life, and check back in throughout the year.

PRAYER
Prayer is our way of communicating with God—where we praise Him for who He is, ask for what we or others need, say we are sorry for times where we have failed, or offer thanksgiving for the gifts God has given us. The ways we pray can take many different forms. The important thing is that we are keeping the communication lines open, always reaching out to God, who always hears us.

MASS ATTENDANCE
Mass is our public act of worship, where we come together as a community to participate in the highest form of prayer. The Mass is divided into two main parts—the Liturgy of the Word, where we hear the voice of the Lord through the Bible, and the Liturgy of the Eucharist, where we receive the body, blood, soul, and divinity of our Lord, Jesus Christ under the appearance of mere bread and wine.

FORMATION
Formation is the process of learning and continuing to grow in holiness and virtue as we mature and have new life experiences. God is infinite, so we can never learn everything there is to know about Him. He gave us what we need for salvation in the Church, so we need to continue to fill in the gaps in our knowledge and form our consciences in order to make moral decisions in our daily lives.

FINANCIAL GIVING
While we do not share everything in common like the early Christians, we do share of the gifts God has given us with our financial giving. When we give, it makes a tangible difference in our parish and our community. People come to the Church for assistance with both their physical and spiritual needs, so everything we give helps support the greater mission of the Church. We can also give of our time and talents!

SERVICE
While some of us may be called to great acts of service that may take us across oceans, many of us are called to small acts that may go virtually unnoticed by our families, friends, and community. We all have different gifts and responsibilities, but we are all called to serve out of love, just as Jesus demonstrated to His disciples at the Last Supper.

EVANGELIZATION
To put it simply, evangelization is sharing your experience of Jesus with others. People who have never read a Bible or been in a church may see a glimpse of God’s love through the actions of others. Every person has a longing for God in his/her heart, but if that desire is never recognized, people will try to find fulfillment in other things.
In Genesis 2:18, we read that “man wasn’t meant to be alone”. We were created to be in relationship with one another and to be in relationship with God. Our faith journey begins with and strengthens itself through prayer. Prayer in its simplest of terms is a conversation with God, drawing us deeper into a relationship with Him. The deeper we are drawn into this relationship, the more deliberate we become with our prayer, the more reverent we become at Mass, the more generous we become with our offerings, the more charitable we become toward others, and the more eager we become to understand and share the Truth. Prayer is the essential foundation upon which everything else builds.

Throughout the Gospels, Christ calls us to action - come, pray, listen, give, love, go. We are called to be active participants in our faith. We are called to seek God, to know God, to love God. We are called to welcome God’s presence through prayer. Prayer ignites our participation in our faith.

To foster your prayer life, start simply and build slowly. Strive to commit to five to ten minutes of daily prayer. Begin to recognize the presence of God throughout your day. Do not be discouraged as you work to build your prayer life. For as we are drawn closer to God, we recognize that, “prayer is the place of refuge for every worry, a foundation for cheerfulness, a source of constant happiness, a protection against sadness.” -St John Chrysostom.

Reflection/Discussion Questions
Am I taking time each day to pray in the morning, evening, and/or before meals?
Do I seek the Lord’s guidance regarding decisions in my life?
How can I invite the Lord into my life more completely?

New to Prayer? Helpful Tips from your PAL
Begin in the name of the Father, the Son, and the Holy Spirit.

P: Praise the Lord. Praise and thank God for who He is and what He has done in your life.

A: Ask God for what you need to hear from Him most, or for what you or others around you need.

L: Listen to what God has to say to you about where He is calling you. Spend as much time as you need and close with either a memorized prayer or a prayer from the heart. End in the name of the Father, the Son, and the Holy Spirit.

“For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy.” -St. Therese of Lisieux
Prayer Opportunities at St. Eugene and St. Monica

**Eucharistic Adoration**
- Tuesdays 8am-4pm
  - SE Holy Innocents Chapel
- Thursdays 8am-8pm
  - SM Fr. Schneider Gathering Room
- Wednesdays 7-8pm
  - St. Robert in Shorewood

**Not sure how to pray a Rosary? Check out one of our many Rosary Groups!**

**Young Adult Rosary Playgroup**
- Wednesdays at 9am—contact milwaukeecatholicmoms@gmail.com for location

**Morning Rosaries**
- Monday and Friday after 8am Mass at St. Monica
- Wednesday after 7:30am Mass at St. Eugene

**Afternoon Rosaries**
- Mondays at St. Monica at 2:30pm for Personal Intentions and 3pm for Religious Freedom—meet in the front pews by the Mary statue

**Evening Rosary**
- Mondays at 6pm at St. Eugene in the Holy Innocents Chapel

**Receive the Sacrament of Reconciliation**

**Saturdays**
- 8:30am at St. Monica
- 3:30-4:15pm at St. Eugene

By Appointment anytime—call your parish office

**Wednesdays**
- 7-8pm at St. Robert in Shorewood

**Thursdays**
- 4-5pm at Lumen Christi in Mequon

Check out www.archmil.org for other local times

**Vino et Veritas**

Vino et Veritas is a ministry for ALL adults over age 21. This year will focus on the different kinds of spiritualities and styles of prayer in the Church!

Meetings are Thursdays from 7-8:30pm.

**November 14**—SE Narthex
**January 9**—SM Donovan Hall
**February 13**—SM Donovan Hall
**March 12**—SE Narthex
**April 16**—SE Narthex
**May 14**—SM Donovan Hall

Our parishes have a subscription to Formed.org, which gives you access to videos on prayer, Bible studies, formation videos, movies, books, audiobooks, and talks from Catholic speakers. It’s a great tool whether you are new to prayer or seasoned!

*Go to Formed.org
*Search for St. Monica in Whitefish Bay (even if you attend SE)
*Enter your name and email to create an account

**FORMED**

**THE CATHOLIC FAITH. ON DEMAND.**