

Prayer: Hail Holy Queen

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears! Turn, then, most gracious Advocate, thine eyes of mercy toward us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

Next time...

Rosary: The Second Sorrowful Mystery: The Scourging

John 18:29-19:1

So Pilate went outside to them and said, “What accusation do you bring against this man?” They answered him, “If this man were not doing evil, we would not have delivered him over to you.” Pilate said to them, “Take him yourselves and judge him by your own law.” The Jews said to him, “It is not lawful for us to put anyone to death.” This was to fulfill the word that Jesus had spoken to show by what kind of death he was going to die. So Pilate entered his headquarters again and called Jesus and said to him, “Are you the King of the Jews?” Jesus answered, “Do you say this of your own accord, or did others say it to you about me?” Pilate answered, “Am I a Jew? Your own nation and the chief priests have delivered you over to me. What have you done?” Jesus answered, “My kingdom is not of this world. If my kingdom were of this world, my servants would have been fighting, that I might not be delivered over to the Jews. But my kingdom is not from the world.” Then Pilate said to him, “So you are a king?” Jesus answered, “You say that I am a king. For this purpose I was born and for this purpose I have come into the world—to bear witness to the truth. Everyone who is of the truth listens to my voice.” Pilate said to him, “What is truth?” After he had said this, he went back outside to the Jews and told them, “I find no guilt in him. But you have a custom that I should release one man for you at the Passover. So do you want me to release to you the King of the Jews?” They cried out again, “Not this man, but Barabbas!” Now Barabbas was a robber. Then Pilate took Jesus and flogged him.

Morals 2-7

Sacred Heart Yokosuka Religious Education



Rosary: The First Sorrowful Mystery:

The Agony in the Garden

Jesus said, “Abba, Father, all things are possible for you. Remove this cup from me. Yet not what I will, but what you will.”

Gospel: Matthew 5:1-12a

*Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Blessed are they who mourn, for they will be comforted.*

Main Topic: The Ten Commandments

#1:114-123 #2:141-153, Appendix A #3:117-119 #4:112-114,140-143

1. I am the Lord your God: you shall not have strange gods before me
2. You shall not take the name of the Lord your God in vain
3. Remember to keep holy the Lord's Day
4. Honor your father and your mother, that your days may be long in the land which the Lord your God gives you
5. You shall not kill
6. You shall not commit adultery
7. You shall not steal
8. You shall not bear false witness against your neighbor
9. You shall not covet your neighbor's wife
10. You shall not covet your neighbor's goods
11. God revealed the Ten Commandments on the holy mountain. They were written with the finger of God.

Faith Focus: The 5Ws of Freedom

Who freed us?

If the Son sets you free, you will be free indeed

What is freedom?

Freedom is the ability to love and not be selfish

Where is freedom?

Where the Spirit of the Lord is, there is freedom

When is freedom?

When we died in baptism with Christ, for one who has died has been set free from sin

Why did Christ free us?

For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery

Saint: St. Anthony of Egypt

January 17

St. Anthony was born around 251 in a small village in Egypt. His parents were wealthy, but when he was 18 years old both of his parents died, leaving him and his sister alone. Anthony wanted to follow Jesus with all his heart. One day, while he was at church, he heard the Gospel reading: "If you want to be perfect, go, sell what you have, and give to the poor, and you will have treasure in heaven. Then come, follow me." Anthony sold his family's land, gave money to the poor, and made sure his sister was cared for. Then he began a new life devoted to God. Anthony first lived near his village, praying and fasting. He visited holy men to learn from them. He wanted to grow strong in spirit, so he practiced self-denial, eating little food and spending hours in prayer. Later, he moved into an old cemetery outside the village. There, he faced many temptations. Demons tried to scare him, appearing as wild animals or whispers of doubt, but Anthony prayed and trusted God and grew stronger.

After many years of solitude, people were amazed. Anthony was peaceful, wise, and full of joy. Many wanted to follow his example. They gathered nearby, forming small communities of monks. Anthony became their guide, teaching them how to live holy lives. He told them to pray often, fast, work hard, and help the poor. He also taught them to be humble and to trust God in everything. Anthony later moved even farther into the desert, near the Red Sea. He built a small monastery, which still exists today as the Monastery of St. Anthony.

He was not educated in school, but Anthony's wisdom impressed everyone. He spoke with courage, showing that holiness comes from God, not from books or riches. Anthony lived to be 105 years old. St. Athanasius, the bishop of Alexandria, wrote a book called *The Life of Anthony*. It spread across the Christian world and inspired others to become saints too. St. Augustine read the book, and it helped him become a saint.

Keyword: Concupiscence – selfishness

Human desires are disordered by the consequences of original sin, which remain even after Baptism, and incline us toward sin. There are three types of concupiscence: lust of the flesh, lust of the eyes, and pride of life.