



THE CATHOLIC DIOCESE OF RALEIGH CHARISMATIC RENEWAL

THE FLAME

December 2020 issue



A Letter from the Director...

Dear Friends,

I wish you all blessings during our 2020 Christmas Season with health and all blessings for the coming New Year. I would like to welcome all new members who have joined us at our virtual prayer meetings, Divine Mercy Conference and 2000 Hail Mary Prayer events. God truly introduces His friends to one another and it's a joy meeting new brothers and sisters of faith. I would also like to thank all of those in ministry on our Diocesan Charismatic Renewal Board, all prayer group leaders, intercessory prayer teams, music ministers, all prayer warriors and all those interceding, sacrificing and quietly doing works of love and mercy representing Jesus here on earth all year long. As charismatics, we believe in all the gifts of the Holy Spirit. As you use these precious gifts, always remember to wrap them in love, patience and kindness. It's not easy sometimes to share our faith and step out in boldness to a worldly society but "with God, all things are possible". It has certainly been a challenging year thus far and I pray for everyone's health during these trying Coronavirus times.

On a positive note, we have all been blessed with an increase in online opportunities to pray and learn together. Many of us have relocated to NC and have not had our homes blessed yet. Although it is preferable to get your home blessed by a priest if possible. Until then, I have included a DIY **Catholic House Blessing** and a brief explanation of usage of some **Sacramentals** for at-home use. This is a great time to participate as a family to bless not only your house but apartments, places of business and dorm rooms. So, dust off that bottle of Holy Water and refer to the prayers I have included in this newsletter.

Also, the **Chaplet of St. Michael** is an amazing spiritual prayer tool in addition to the Rosary for protection and spiritual warfare. Many of you have sent emails to me recently asking for prayers and deliverance after struggling with unexplained adversity. My suggestion is to, first and foremost, avail yourselves of the sacraments of **Reconciliation and Holy Communion**. Get back to in-person **Mass** if possible. For those who have physical ailments, receive the **Anointing of the Sick**. I hope these suggestions are useful to you. We are all so concerned about maintaining our homes, cars and preparing for emergencies in the natural. This is an opportunity to focus on your spiritual maintenance.

God bless you all: Merry Christmas and Happy New Year!

Maria Muratore

Director of Catholic Charismatic Services

Diocese of Raleigh



CHAPLET OF ST. MICHAEL THE ARCHANGEL

One day, Saint Michael the Archangel appeared to Antonia d'Astonac, a most devout Servant of God and told her that he wished to be honored by nine salutations corresponding to the nine Choirs of Angels, which should consist of one Our Father and three Hail Mary's in honor of each of the Angelic Choirs.

Promises of St. Michael

"Whoever would practice this devotion in his honor would have, when approaching the Holy Table, an escort of nine angels chosen from each of the nine Choirs. In addition, for the daily recital of these nine salutations, he promised his continual assistance and that all the holy angels during life, and after death deliverance from Purgatory for themselves and all their relations."

How to pray the Chaplet of Michael The Archangel

The Chaplet is begun by saying the following invocation on the medal:

"O God, come to my assistance! O Lord, make haste to help me!

Glory Be, 1 Our Father, 3Hail Mary...after each of the following nine salutations in honor of the nine Choir of Angels.

1."By the intercession of St. Michael and the Celestial choir of Seraphim, may the Lord make us worthy to burn with the fire of perfect charity. Amen." 1 Our Father...and 3 Hail Mary...in honor of the 1st Choir of Angels.

2."By the intercession of St. Michael and the Celestial choir of Cherubim, may the Lord vouchsafe to grant us grace to leave the ways of wickedness and run in the paths of Christian perfection. Amen."

St. Michael Chaplet cont'd...

3. "By the intercession of *St. Michael and the Celestial choir of Thrones*, may the Lord infuse into our hearts a true and sincere spirit of humility. Amen."

1 Our Father...and 3 Hail Mary...in honor of the 3rd Choir of Angels.

4. "By the intercession of *St. Michael and the Celestial choir of Dominions*, may the Lord give us grace to govern our senses and subdue our unruly passions. Amen."

1 Our Father...and 3 Hail Mary...in honor of the 4th Choir of Angels.

5. "By the intercession of *St. Michael and the Celestial choir of Virtues*, may the Lord preserve us from evil, and suffer us not to fall into temptation. Amen."

1 Our Father...and 3 Hail Mary...in honor of the 5th Choir of Angels.

6. "By the intercession of *St. Michael and the Celestial choir of Powers*, may the Lord vouchsafe to protect our souls against the snares and temptations of the devil. Amen."

1 Our Father...and 3 Hail Mary...in honor of the 6th Choir of Angels.

7. "By the intercession of *St. Michael and the Celestial choir of Principalities*, may God fill our souls with a true spirit of obedience. Amen."

1 Our Father...and 3 Hail Mary...in honor of the 7th Choir of Angels.

8. "By the intercession of *St. Michael and the Celestial choir of Archangels*, may the Lord give us perseverance in faith and in

good works, in order that we gain the glory of Paradise. Amen."

1 Our Father...and 3 Hail Mary...in honor of the 8th Choir of Angels.

9. "By the intercession of *St. Michael and the Celestial choir of Angels*, may the Lord grant us to be protected by them in this mortal life and conducted hereafter to eternal glory. Amen."

1 Our Father...and 3 Hail Mary...in honor of the 9th Choir of Angels.

At the end: 4 Our Fathers in honor of each of the following leading Angels: St. Michael, St. Gabriel, St. Raphael, Guardian Angels.

The Chaplet is concluded with the following prayers:

"O glorious Prince St. Michael, chief and commander of the heavenly hosts, guardian of souls, vanquisher of rebel spirits, servant in the house of the Divine King, and our admirable conductor, thou who dost shine with excellence and superhuman virtue, vouchsafe to deliver us from all evil, who turn to thee with confidence, and enable us by thy gracious protection to serve God more and more faithfully every day. Amen."

V. Pray for us, O Glorious St. Michael, Prince of the Church of Jesus Christ.

R. That we may be made worthy of His Promises.

Prayer:

"Almighty and everlasting God, who by a prodigy of Goodness and a merciful desire for the salvation of all men, has appointed the most glorious Archangel St. Michael, Prince of Thy Church, make us worthy, we beseech Thee, to be delivered by his powerful protection from all our enemies, that none of them may harass us at the hour of our death, but that we may be conducted by him into the august presence of Thy Divine Majesty.

This we beg through the merits of Jesus Christ our Lord. Amen."

Catholic House Blessing

Setting: Gather as a family (roommates, friends, relatives) in any room you desire with a blessed crucifix, or icon, holy water, and if possible blessed salt. Yes, you can--and are encouraged to--bless your own home/apartment/condo/dorm room even if a priest is not available!

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen

Leader: Peace be to this house and to all who dwell here, in the name of the Lord.

All: Blessed be God forever.

Leader: When Christ took flesh through the Blessed Virgin Mary, he made his home with us. Let us now pray that he will enter this home and bless it with his presence.

May he always be here among us; may he nurture our love for each other, share in our joys, comfort us in our sorrows. Inspired by his teachings and example, let us seek to make our home before all else a dwelling place of love, diffusing far and wide the goodness of Christ.

Reader: A reading from the letter of Paul to the Colossians

You are God's chosen race, his saints; He loves you, and you should be clothed in sincere compassion, in kindness and humility, gentleness and patience. Bear with one another; forgive each other as soon as a quarrel begins. The Lord has forgiven you; now you must do the same. Over all these clothes, to keep them together and complete them, put on love. And may the peace of Christ reign in your hearts because it is for this that you were called together as parts of one body. Always be thankful. Let the message of Christ, in all its richness, find a home with you.

Teach each other, and advise each other, in all wisdom. With gratitude in your hearts sing psalms and hymns and inspired songs to God; And never say or do anything except in the name of the Lord Jesus, giving thanks to God the Father through him. The word of the Lord.

All: Thanks be to God.

After the scripture reading, all go from room to room, offering prayers of intercession and sprinkling holy water and blessed salt, if desired. Some of the following prayers may be used.

At the entrance:

Leader: O God, protect our going out and our coming in; Let us share the hospitality of this home with all who visit us, that those who enter here may know your love and peace. Grant this through Christ our Lord.

All: Amen

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In the living room:

Leader: O God, give your blessings to all who share this room, that we may be knit together in companionship. Grant this through Christ our Lord.

All: Amen.

In the kitchen:

Leader: O God, you fill the hungry with good things. Send your blessing on us, as we work in this kitchen, and make us ever thankful for our daily bread. Grant this through Christ our Lord.

All: Amen.

In the dining room:

Leader: Blessed are you, Lord of heaven and earth, for you give us food and drink to sustain our lives and make our hearts glad. Help us to be grateful for all your mercies, and mindful of the needs of others. Grant this through Christ our Lord.

All: Amen.

In the bedrooms:

Leader: Protect us, Lord, as we stay awake; watch over us as we sleep, that awake we may keep watch with Christ, and asleep, we may rest in his peace. Grant this through Christ our Lord.

All: Amen.

In the bathroom:

Leader: Blessed are you, Lord of heaven and earth. You formed us in wisdom and love. Refresh us in body and in spirit and keep us in good health that we might serve you. Grant this through Christ our Lord.

All: Amen.

All return to the starting place. A cross or icon is kissed by each person, and then put in a permanent place of honor. A candle may be lighted before it.

Leader: Let us pray the prayer that our savior taught us.

All: 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.

Leader: Be our shelter, Lord, when we are at home, our companion when we are away, and our welcome guest when we return and at last receive us into the dwelling place you have prepared for us in your Father's house, where you live forever and ever.

All: Amen.

Leader: May the peace of Christ rule in our hearts +, and may the word of Christ in all its richness dwell in us, so that whatever we do in word and in work, we will do in the name of the Lord.

All: Amen



USE OF SACRAMENTALS:

Vatican II urges us to participate “intelligently and actively” in the use of sacramentals, just as in the use of Sacraments.

As the Vatican II document on the Liturgy states (art. 61), both Sacraments and sacramentals sanctify us, not of themselves, but by power flowing from the redemptive act of Jesus, elicited by the Church’s intercession to be directed through those external signs and elements. Hence sacramentals like blessed salt, holy water, blessed oil, medals, etc. are not to be used superstitiously as having self-contained power, but as “focus-points” funneling one’s faith toward Jesus, just as a flag is used as a “focus-point” of patriotism, or as handkerchiefs were used to focus faith for healing and deliverance by Paul (Acts 19:12).

Blessed Oil:

The usage of Blessed Oil by lay people is an ancient custom of the Catholic Church. It can be used when praying for the sick if a clear distinction is being made between the Sacrament of the sick and Sacramental use of the blessed oil. In this usage, the Blessed Oil as a Sacramental is no different than the usage of blessed salt, palms, ashes, etc. Blessed Oil, a Sacramental like holy water, helps the faithful to grow in his spiritual life and increases his devotion to the Catholic faith. Blessed Oil can be used in the same way as Holy Water. It can be used to bless oneself, to make the sign of the cross from oil above doorposts and windows. Blessed Oil is a symbol of God's grace at work through the faith of the believer. Such faith must be Jesus-centered, as was the faith of the blind man in John 9; he had faith in Jesus, not in the mud and spittle used by Jesus to heal him.

Anointing oil is commonly used when blessing a new home and for spiritual protection. Anoint your home by putting a small dab of oil on your finger and then touching the frame of every door in every room with it. You do not need to get a lot of oil on your door frames and you can touch them anywhere you like. Just a tiny bit from your finger will do. As you anoint each frame, pray that God fills your house with the Holy Spirit, and that everything that happens in the house will be done in accordance with God's will. The idea behind anointing your home is that you are turning it into holy ground for God.

Blessed Salt:

As a Catholic sacramental, salt blessed by the liturgical prayer of a priest may be used by itself, unmixed, as in exorcisms, or it may be mixed with water to make holy water, as the Ritual prescribes (reminiscent of Elisha’s miracle). In whichever form, it is intended to be an instrument of grace to preserve one from the corruption of evil occurring as sin, sickness, demonic influence, etc.

Used non-superstitiously, modest amounts of salt may be sprinkled in one’s bedroom, or across thresholds to prevent burglary, in cars for safety, etc. A few grains in drinking water or used in cooking or as food seasoning often bring astonishing spiritual and physical benefits. As with the use of Sacraments, much depends on the faith and devotion of the person using salt or any sacramental. This faith must be Jesus-centered, as was the faith of the blind man in John 9; he had faith in Jesus, not in the mud and spittle used by Jesus to heal him.