



**VIRTUE=STRENGTH.™**



**SILENCE**

**“MAKING AN EFFORT TO LISTEN.”**

**VIRTUE=STRENGTH.™**

SILENCE

## OPENING PRAYER

O Lord, I offer you this moment of silence.

Help me to slow down my thoughts and my  
imagination,

Help me to calm down my fears and my  
emotions,

Help me to exercise patience and humility  
And I offer you these feeble efforts...

I lift up my soul to You, Lord.  
I love You and I need You. Amen.

***Pause for a few moments in silence.***

**VIRTUE=STRENGTH.**



**SILENCE**

## BENEFITS

The fruit of silence is  
**PRAYER.**

The fruit of prayer is  
**FAITH**

The fruit of faith is  
**LOVE**

The fruit of love is  
**SERVICE**

The fruit of service is  
**PEACE.**

**VIRTUE=STRENGTH.**

## RESOLUTION

Turn off your devices and spend some time in silent prayer for at least a few minutes every day this week and over Christmas break.

## FAMILY RESOLUTION

Read the first few chapters of the Gospel of Luke together as a family.

SILENCE



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SILENCE

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## STORY

## SILENCE

### OUR LADY OF GUADALUPE

December 12

The feast in honor of Our Lady of Guadalupe goes back to the 16th century. Chronicles of that period tell us the story.

A poor Indian named Cuauhtlatohuac was baptized and given the name Juan Diego. He was a 57-year-old widower, and lived in a small village near Mexico City. On Saturday morning December 9, 1531, he was on his way to a nearby barrio to attend Mass in honor of Our Lady.

Juan was walking by a hill called Tepeyac when he heard beautiful music like the warbling of birds. A radiant cloud appeared, and within it stood an Indian maiden dressed like an Aztec princess. The lady spoke to him in his own language and sent him to the bishop of Mexico, a Franciscan named Juan de Zumarraga. The bishop was to build a chapel in the place where the lady appeared.

Eventually the bishop told Juan to have the lady give him a sign. About this same time Juan's uncle became seriously ill. This led poor Juan to try to avoid the lady. Nevertheless the lady found Juan, assured him that his uncle would recover, and provided roses for Juan to carry to the bishop in his cape or tilma.

On December 12, when Juan Diego opened his tilma in the bishop's presence, the roses fell to the ground, and the bishop sank to his knees. On the tilma where the roses had been appeared an image of Mary exactly as she had appeared at the hill of Tepeyac.

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SILENCE

## SMALL GROUP DIFFICULT SITUATION DISCUSSION

You really need some quiet time to pray but you always wind up listening to music.

What can you do to make sure you get some silence and real prayer time?



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**SILENCE**

*“Patience, prayer and silence  
- these are what give strength to the soul.”*

*- St. Faustina*





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# NOISE

The weakness that disrupts the soul  
causing difficulties to converse with God.

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VICE

## TYPICAL EXCUSES TO AVOID SILENCE & PRAYER

Too tired

Too busy

My mind wanders right away

Just don't feel anything

I get bored

I fall asleep

It feels absurd

It just doesn't come naturally

I just don't feel like I need to

I'm good

Feels like a waste of time

**Silence and prayer are not the preparation  
for the battle.**

**They are the battle!**



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## CLOSING PRAYER

**STRIVE TO MEMORIZE THIS PRAYER**

Jesus, I offer up this day

And all my life to Thee -

My thoughts, words, prayers, and all that may

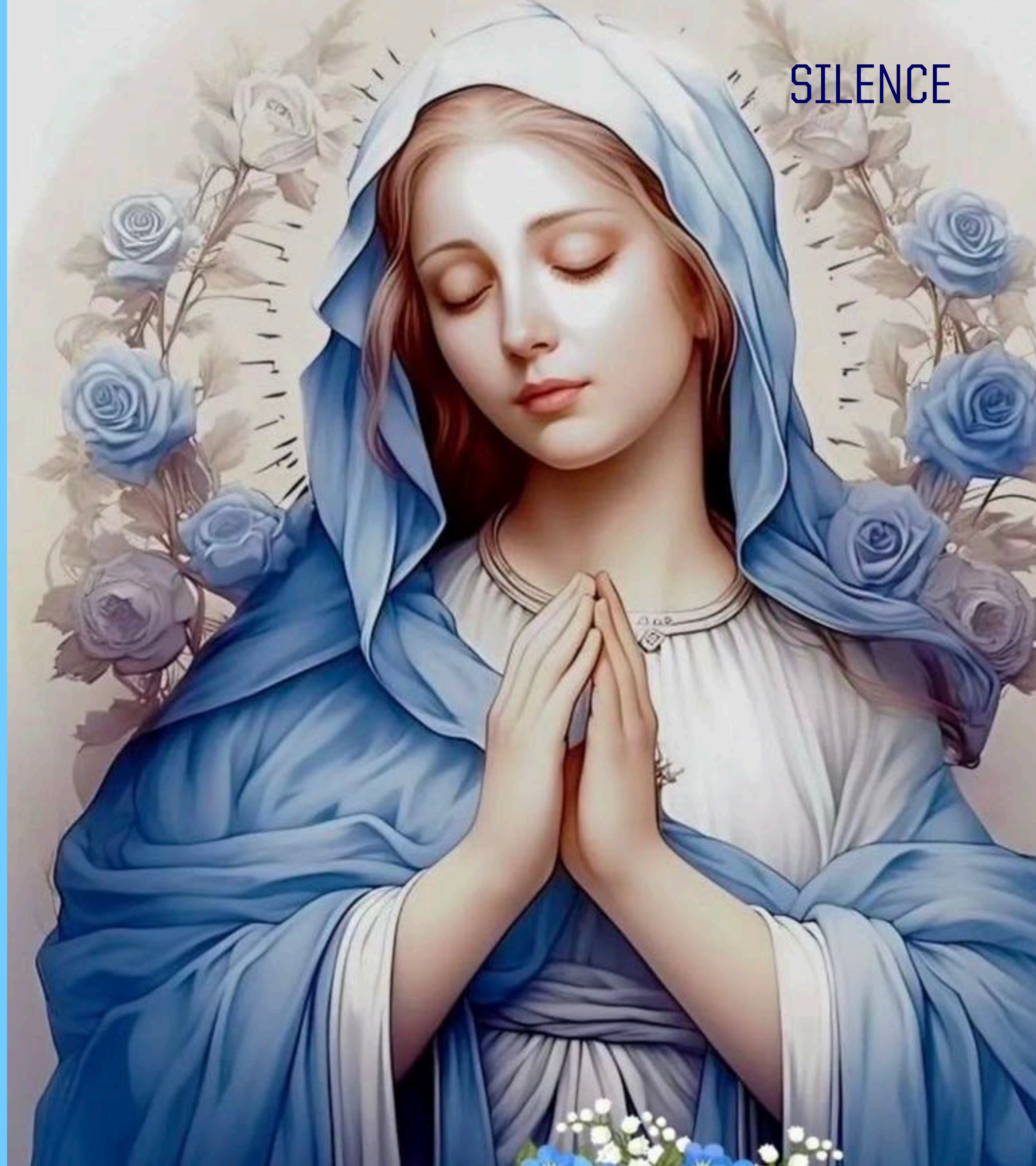
Be done or borne by me.

All, all, to gain Thy Heart's desire:

O light in mine Its heavenly fires.

***Pause for a few moments in silence.***

SILENCE





FOR US

BOYS BASKETBALL I.E.S.A.	BOYS VOLLEYBALL I.E.S.A.	GIRLS VOLLEYBALL I.E.S.A.	GIRLS SOFTBALL I.E.S.A.	BOYS BASEBALL I.E.S.A.
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ST. PATRICK SCHOOL  
A 2012 NATIONAL SCHOOL OF EXCELLENCE  
REFERENCE: RESPECT RESPONSIBILITY  
EXCELLENCE IN ACADEMICS  
AND IN PARTICIPATION.



I.E.S.A. GIRLS BASKETBALL  
2006 STATE RUNNER-UP

I.E.S.A. GIRLS BASKETBALL  
2013 ELITE EIGHT

I.E.S.A. GIRLS BASKETBALL  
ELITE EIGHT

I.E.S.A. GIRLS BASKETBALL  
2016 STATE 4TH PLACE

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