



Our Lady of Lourdes Catholic Church

As we strive to become a parish of intentional disciples who make time for personal and communal prayer, we will be praying with as special devotion each month.

The month of July is dedicated to The Precious Blood of Jesus.

The Precious Blood of Jesus, which he lovingly poured out for us on the cross, purchased our salvation and gave birth to the Church which continues his work of salvation. When we receive the Eucharist, we are nourished by the Body and Blood of Jesus so that we can share his saving love with others.

This month, as we meditate on the what the Precious Blood of Jesus means in each of our lives, we will be praying the *Anima Christi*, a beautiful prayer that's been a part of the rich tradition of the Church for a long time. It helps us to focus on the deepest expression of God's love that we have—Christ crucified.

Many Catholics pray the *Anima Christi* after receiving Jesus—body, blood, soul, and divinity—in the Eucharist, and we would encourage you and your domestic church to take up that habit, asking God to strengthen you as you work to grow in holiness.

We would also ask you to pray for the Holy Father's Intention for the month of July 2020: Our Families.

We pray that today's families may be accompanied with love, respect and guidance.



Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within Thy wounds hide me.

Suffer me not to be separated from Thee.

From the malicious enemy defend me.

In the hour of death call me,

And bid me come unto Thee.

That with Thy saints I may praise Thee.

For ever and ever.

Amen.