

OLA90 Resources and Calendar Email – August 15th

We hope everyone is having a blessed Feast of the Assumption.

This email is both the schedule/readings and the Holy Hour guide. (Last email today, we promise!)

This information (there is a lot of it!) will also be posted on olachurch.com/ola90 for reference.

The schedule is below as well.

Monday, Wednesday and Friday: Holy hour, with Wednesday and Friday as a "Lent Like" Fast (in addition to our 90 days of social media fasting).

Tuesday, Thursday, Saturday: Reading the Book of Exodus. We will go slowly, chapter by chapter. Each day you will receive a link to the reading, but read from your own Bible if you choose. If you need recommendations on a Bible, feel free to ask us. The link we provide will be to the USCCB website, so it will be very similar to the translation you hear in mass.

Sunday: Mass

HOLY HOUR:

A Holy Hour is most often associated with Adoration. OLA will return to Adoration on Wednesdays in early September, and we will make announcements so that you are all aware.

However, without Adoration, you can still make a Holy Hour. It's all about talking to God through prayer.

The Catechism on Prayer:

Prayer is fundamentally described as the raising of one's mind and heart to God, encompassing a personal and living relationship with Him. It is a mutual activity where individuals express their desires, needs, and gratitude, while also receiving God's grace and presence. This relationship is characterized by various forms of communication, including adoration, thanksgiving, and supplication

The Catholic Church encourages the faithful to engage in prayer regularly, fostering a deeper relationship with God and a greater understanding of His will.

To begin making a Holy Hour, one can incorporate different forms of prayer, including the following suggestions:

1. **Liturgy of the Hours**: This is the public and common prayer of the Church, which sanctifies the day through the recitation of psalms, biblical texts, and prayers. It is a way to join in the prayer of Christ and the Church, allowing the faithful to participate in the divine office throughout the day. The Liturgy of the Hours is structured to make the entire day holy through praise and prayer, and it can be prayed individually or in community.
2. **Rosary**: The Rosary is a form of contemplative prayer that involves the repetition of prayers and meditation on the mysteries of Christ's life. It serves as a powerful tool for reflection and intercession, helping to deepen one's relationship with Jesus and Mary. The Rosary can be prayed alone or in a group, making it a versatile option for personal devotion.
3. **Lectio Divina**: This is a traditional practice of scriptural reading, meditation, and prayer. It involves reading a passage from the Bible, reflecting on its meaning, responding in prayer, and contemplating its application in daily life. This method encourages a personal encounter with God's Word and can be integrated into the holy hour.
4. **Silent Prayer**: Taking time for silence allows for personal reflection and listening to God. This can be a moment to rest in God's presence, offering a space for contemplation and openness to His guidance.
5. **Spontaneous Prayer**: Engaging in spontaneous prayer allows individuals to express their thoughts, feelings, and needs directly to God. This form of prayer can be particularly meaningful as it reflects personal experiences and intentions.
6. **Intercessory Prayer**: This involves praying for the needs of others, which can foster a sense of community and compassion. It can

include specific intentions for family, friends, our OLA parish family, and the wider world, aligning one's heart with the needs of the Church and society.

7. **Hymns and Spiritual Songs**: Singing or reciting hymns can enhance the prayer experience, providing a way to express joy and gratitude to God. The Liturgy of the Hours includes hymns that reflect the liturgical season and the themes of the day.

By incorporating these various forms of prayer, we can create a rich and fulfilling holy hour that nurtures our spiritual life and deepens our connection with God. Each element serves to enhance the overall experience of prayer, allowing for a comprehensive approach to engaging with the divine.

RESOURCES FOR A HOLY HOUR:

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Resource	Category	Use For	Link
USCCB Bible Online	Bible/Exodus	Bible readings/ Exodus / Mass Readings	https://bible.usccb.org/bible
Word on Fire Rosary	Rosary	Rosary	https://www.wordonfire.org/videos/rosary/
Word on Fire Rosary	Rosary	Rosary	https://www.youtube.com/watch?v=vE247jOt4AA&list=PLg6k5UmSDlcigRZ52ETLRoo
iBreviary App	Catholic App - Liturgy Focused	Liturgy of the Hours, Rosary and other Prayers	Check your phone's app store
Laudate App	Catholic App - Prayer and Daily Devotion Focus	Rosary, Daily Mass Readings, Misc. Prayers, Confession	Check your phone's app store

Ascension App	Catholic App - Fr. Mike Schmitz Bible readings and more	Bible and readings. Read the bible; also has the audio of Fr. Mike	https://ascensionpress.com/pages/ascension-app
Catholic Answers	Misc. General Catholic Info	Questions about Bible readings, how to pray the Rosary, any other general questions	catholic.com
Divine Office (Liturgy of the Hours)	Liturgy of the Hours	Liturgy of the Hours	https://divineoffice.org/

SCHEDULE:

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Day	Date	Activity	Reading & Resources	Fasting
1	Thursday, August 15, 2024	Assumption Mass	Mass During the Day	
2	Friday, August 16, 2024	Holy Hour		Fast & Abstain
3	Saturday, August 17, 2024	Exodus Chapter 1	https://bible.usccb.org/bible/exodus/1	
4	Sunday, August 18, 2024	Sunday Mass	Twentieth Sunday	
5	Monday, August 19, 2024	Holy Hour		
6	Tuesday, August 20, 2024	Exodus Chapter 2	https://bible.usccb.org/bible/exodus/2	

7	Wednesday, August 21, 2024	Holy Hour		Fast & Abstain
8	Thursday, August 22, 2024	Exodus Chapter 3	https://bible.usccb.org/bible/exodus/3	
9	Friday, August 23, 2024	Holy Hour		Fast & Abstain
10	Saturday, August 24, 2024	Exodus Chapter 4	https://bible.usccb.org/bible/exodus/4	
11	Sunday, August 25, 2024	Sunday Mass		
12	Monday, August 26, 2024	Holy Hour		
13	Tuesday, August 27, 2024	Exodus Chapter 5	https://bible.usccb.org/bible/exodus/5	
14	Wednesday, August 28, 2024	Holy Hour		Fast & Abstain
15	Thursday, August 29, 2024	Exodus Chapter 6	https://bible.usccb.org/bible/exodus/6	
16	Friday, August 30, 2024	Holy Hour		Fast & Abstain
17	Saturday, August 31, 2024	Exodus Chapter 7	https://bible.usccb.org/bible/exodus/7	
18	Sunday, September 1, 2024	Sunday Mass		
19	Monday, September 2, 2024	Holy Hour		
20	Tuesday, September 3, 2024	Exodus Chapter 8	https://bible.usccb.org/bible/exodus/8	
21	Wednesday, September 4, 2024	Holy Hour		Fast & Abstain
22	Thursday, September 5, 2024	Exodus Chapter 9	https://bible.usccb.org/bible/exodus/9	

23	Friday, September 6, 2024	Holy Hour		Fast & Abstain
24	Saturday, September 7, 2024	Exodus Chapter 10	https://bible.usccb.org/bible/exodus/10	
25	Sunday, September 8, 2024	Sunday Mass		
26	Monday, September 9, 2024	Holy Hour		
27	Tuesday, September 10, 2024	Exodus Chapter 11	https://bible.usccb.org/bible/exodus/11	
28	Wednesday, September 11, 2024	Holy Hour		Fast & Abstain
29	Thursday, September 12, 2024	Exodus Chapter 12	https://bible.usccb.org/bible/exodus/12	
30	Friday, September 13, 2024	Holy Hour		Fast & Abstain
31	Saturday, September 14, 2024	Exodus Chapter 13	https://bible.usccb.org/bible/exodus/13	
32	Sunday, September 15, 2024	Sunday Mass		
33	Monday, September 16, 2024	Holy Hour		
34	Tuesday, September 17, 2024	Exodus Chapter 14	https://bible.usccb.org/bible/exodus/14	
35	Wednesday, September 18, 2024	Holy Hour		Fast & Abstain
36	Thursday, September 19, 2024	Exodus Chapter 15	https://bible.usccb.org/bible/exodus/15	
37	Friday, September 20, 2024	Holy Hour		Fast & Abstain
38	Saturday, September 21, 2024	Exodus Chapter 16	https://bible.usccb.org/bible/exodus/16	

39	Sunday, September 22, 2024	Sunday Mass	
40	Monday, September 23, 2024	Holy Hour	
41	Tuesday, September 24, 2024	Exodus Chapter 17	https://bible.usccb.org/bible/exodus/17
42	Wednesday, September 25, 2024	Holy Hour	Fast & Abstain
43	Thursday, September 26, 2024	Exodus Chapter 18	https://bible.usccb.org/bible/exodus/18
44	Friday, September 27, 2024	Holy Hour	Fast & Abstain
45	Saturday, September 28, 2024	Exodus Chapter 19	https://bible.usccb.org/bible/exodus/19
46	Sunday, September 29, 2024	Sunday Mass	
47	Monday, September 30, 2024	Holy Hour	
48	Tuesday, October 1, 2024	Exodus Chapter 20	https://bible.usccb.org/bible/exodus/20
49	Wednesday, October 2, 2024	Holy Hour	Fast & Abstain
50	Thursday, October 3, 2024	Exodus Chapter 21	https://bible.usccb.org/bible/exodus/21
51	Friday, October 4, 2024	Holy Hour	Fast & Abstain
52	Saturday, October 5, 2024	Exodus Chapter 22	https://bible.usccb.org/bible/exodus/22
53	Sunday, October 6, 2024	Sunday Mass	
54	Monday, October 7, 2024	Holy Hour	
55	Tuesday, October 8, 2024	Exodus Chapter 23	https://bible.usccb.org/bible/exodus/23

56	Wednesday, October 9, 2024	Holy Hour		Fast & Abstain
57	Thursday, October 10, 2024	Exodus Chapter 24	https://bible.usccb.org/bible/exodus/24	
58	Friday, October 11, 2024	Holy Hour		Fast & Abstain
59	Saturday, October 12, 2024	Exodus Chapter 25	https://bible.usccb.org/bible/exodus/25	
60	Sunday, October 13, 2024	Sunday Mass		
61	Monday, October 14, 2024	Holy Hour		
62	Tuesday, October 15, 2024	Exodus Chapter 26	https://bible.usccb.org/bible/exodus/26	
63	Wednesday, October 16, 2024	Holy Hour		Fast & Abstain
64	Thursday, October 17, 2024	Exodus Chapter 27	https://bible.usccb.org/bible/exodus/27	
65	Friday, October 18, 2024	Holy Hour		Fast & Abstain
66	Saturday, October 19, 2024	Exodus Chapter 28	https://bible.usccb.org/bible/exodus/28	
67	Sunday, October 20, 2024	Sunday Mass		
68	Monday, October 21, 2024	Holy Hour		
69	Tuesday, October 22, 2024	Exodus Chapter 29	https://bible.usccb.org/bible/exodus/29	
70	Wednesday, October 23, 2024	Holy Hour		Fast & Abstain
71	Thursday, October 24, 2024	Exodus Chapter 30	https://bible.usccb.org/bible/exodus/30	

72	Friday, October 25, 2024	Holy Hour		Fast & Abstain
73	Saturday, October 26, 2024	Exodus Chapter 31	https://bible.usccb.org/bible/exodus/31	
74	Sunday, October 27, 2024	Sunday Mass		
75	Monday, October 28, 2024	Holy Hour		
76	Tuesday, October 29, 2024	Exodus Chapter 32	https://bible.usccb.org/bible/exodus/32	
77	Wednesday, October 30, 2024	Holy Hour		Fast & Abstain
78	Thursday, October 31, 2024	Exodus Chapter 33 & 34	https://bible.usccb.org/bible/exodus/33	
79	Friday, November 1, 2024	All Saints	Solemnity of All Saints	Fast & Abstain
80	Saturday, November 2, 2024	All Souls	All Souls	7PM Mass
81	Sunday, November 3, 2024	Sunday Mass		
82	Monday, November 4, 2024	Holy Hour		
83	Tuesday, November 5, 2024	Exodus Chapter 35	https://bible.usccb.org/bible/exodus/35	
84	Wednesday, November 6, 2024	Holy Hour		Fast & Abstain
85	Thursday, November 7, 2024	Exodus Chapter 36	https://bible.usccb.org/bible/exodus/36	
86	Friday, November 8, 2024	Holy Hour		Fast & Abstain
87	Saturday, November 9, 2024	Exodus Chapter 37	https://bible.usccb.org/bible/exodus/37	

88	Sunday, November 10, 2024	Sunday Mass		
89	Monday, November 11, 2024	Holy Hour		
90	Tuesday, November 12, 2024	Exodus Chapter 38	https://bible.usccb.org/bible/exodus/38	
91	Wednesday, November 13, 2024	Holy Hour		Fast & Abstain
92	Thursday, November 14, 2024	Exodus Chapter 39 & 40	https://bible.usccb.org/bible/exodus/39	
93	Friday, November 15, 2024	Memorial of Jean Claude Colin	Daily Mass at OLA	Celebrate!