

# SoulSpace

SERIES: GREAT CATHOLIC PRAYERS

Season colour: GREEN

In this new series, Brendan McConvery CSsR looks at great Catholic prayers and their stories and meaning.

It was included in the priest's breviary among private prayers to be said after Holy Communion and it was often taught to children preparing to receive the sacrament. St Ignatius also recommended its use for what he called 'the second method of prayer,' in which a person takes up each word or phrase of a familiar prayer and repeats it for as long as they find nourishment in it. The rhythm and repetitions of Soul of Christ make it ideal for this kind of prayer.

## THE PRAYER



*Soul of Christ, make me holy,  
Body of Christ, save me,  
Blood of Christ, inebriate me,  
Water from the side of Christ, wash me,  
Passion of Christ, strengthen me,*

*Good Jesus, hear me,  
Within your wounds hide me,  
Never let me be separated from you,  
From the evil enemy defend me,  
At the hour of my death call me,  
And tell me to come to You,  
That with your saints I may praise you for all eternity.  
Amen.*

## THE MEANING OF THE PRAYER

The prayer is made up of twelve short sentences, each addressed to Jesus. The general picture is that this is a prayer to the crucified Christ.

① The first five petitions recall aspects of the passion and apply them to the person praying. The soul and the body of Christ represent his inner self as Son of God, and his bodily self as the suffering Son of Man. The blood and the water recall the piercing of the side of Christ during his passion. According to the tradition of the Church, blood and water represent the two great sacraments of baptism and the Eucharist. We pray to be "inebriated" by the blood of Christ. That word can mean 'be made drunk' perhaps a better word might be made happy or joyful.

② The prayer takes a turn when it directly addresses "good Jesus." It now becomes a prayer for intimacy and protection, to be sheltered and hidden within the wounds of Jesus. The person praying fears being separated from the love of Christ by 'the enemy,' that is, the devil. We can of course rest our hope on the words of Paul: "Can anything cut us off from the love of Christ -- can hardships or distress, or persecution, or lack of food and clothing, or threats or violence... No; we come through all these things triumphantly victorious, by the power of him who loved us" (Rom 8:35, 37).

③ The prayer now enters its final stage, as it turns its thoughts to the end of life. It may be that the fear of losing God is at its most intense as death approaches. It might even raise the question of whether there is indeed anything beyond death? Can the promise of eternal life be lost? The final petition is a statement of hope that the soul may find a just judgment and enter into life to sing the praises of God in the company of all the saints forever. ■



## Today's readings

Is 49:3, 5-6  
1 Cor 1:1-3  
John 1:29-34

## GOD'S WORD TODAY

In today's Gospel, John the Baptist adopts the role of witness on behalf of Jesus. He points towards Jesus and offers powerful evidence why he is convinced Jesus is the Messiah. He wants to persuade anyone who will listen that Jesus is indeed the one they have been waiting for.

First, he says that Jesus is the Lamb of God that takes away the sin of the world. The second thing John the Baptist says about Jesus is that it was revealed to him that this young man from Galilee was the one about whom he was preaching even though he did not know him beforehand. The third thing he says about Jesus is that he will baptise, not with water, but with the Holy Spirit. This means that Jesus will plunge us quite literally into the depths of God's life just as surely as John plunged those who came looking for baptism into the waters of the Jordan. Plunging a person into the depths of God is not merely something on the outside. It opens them to a new depth of relationship with God, to receive God's own life.

As Christians we also are called to point to Jesus, to offer evidence on his behalf. We do this not only by what we say but also by the kind of people we are.



## STORY OF THE PRAYER

The prayer is sometimes known by the Latin of its opening words, Anima Christi. It is also known from the version sung as a hymn, Soul of my Saviour. The origins of the prayer are unknown. An indulgence was attached to its recitation by Pope John XXII in 1330, so it is older than that. Copies of it, either in Latin, or in the languages of the people, have been discovered throughout Europe. Its popularity increased when St Ignatius Loyola included it in his Spiritual Exercises and recommended that it be prayed by those making a retreat.

(continued on back page)



**SECOND SUNDAY IN ORDINARY TIME.**

**Today, Sunday, 15<sup>th</sup> January 2017**

**World Day of Migrants and Refugees**

Jesus came as the Servant of God to serve the deepest needs of people. He offered his life to remove the tragedy of sin from human life and so restore us to peace with God, and each other.

**WORDS from POPE FRANCIS on the FAMILY**

*“When we have been offended or let down, forgiveness is possible and desirable, but no one can say that it is easy.” (Amaris Laetitia, Par 106)*

**ESSENTIAL ROOF REPAIRS ON OUR CATHEDRAL – UPDATE**

You can view an updated series of close up images taken of the flanking towers of the main entrance to our Cathedral on our website under the heading [Essential Repair Works Underway](#). The project, which commenced last September, is nearing completion with the work being overseen by conservation building specialists Southgate & Associates of Cork. Chris Southgate, Conservation Engineer has provided a clear and informative explanation of the cause of the deterioration of the roofing structure over the past 140 years and the remedial works required to resolve the issues. This is also available on our website. We express our sincere appreciation of your patience, understanding and in particular your financial support of the expensive repairs. Your help will ensure our wonderful church is preserved for future generations.

**THANK YOU FROM THE REDEMPTORISTS** to our parishioners for your support and generosity to their recent appeal in our Cathedral. The amount raised was **€3,245**.

**AD LIMINA** Bishop Kevin will join his fellow Irish Bishops on pilgrimage to Rome from this weekend for their *Ad Limina* visit to the Holy See. The bishops’ pilgrimage will include an audience with Pope Francis, meetings with senior members of the Roman Curia and visits to a number of holy sites. The bishops’ pilgrimage is historically known as the *Ad limina Apostolorum* visit (to the threshold of the Apostles) a pilgrimage to the tombs of Saints Peter and Paul that all bishops are required to make, normally every five years. The last *Ad Limina* visit by the Irish bishops was in 2006. Please remember this pilgrimage in your prayers.

**THE PRIORY INSTITUTE** Bringing theology home! Join our supportive student community and study theology by distance learning this Spring. Application deadline 28<sup>th</sup> February. Email: [enquiries@prioryinstitute.com](mailto:enquiries@prioryinstitute.com), Website: <http://www.prioryinstitute.com>, Tel: 01 4048124.

**THE U.S. EMBASSY DUBLIN AMERICAN CITIZEN SERVICES** unit will be in Sligo on January 25<sup>th</sup>, 2017 for U.S. passport renewals, U.S. consular report of birth abroad applications and notary services. Applications are accepted by appointment only, U.S. citizens wishing to schedule an appointment should send an email to [DublinOutreach@state.gov](mailto:DublinOutreach@state.gov). For more information please visit: <https://ie.usembassy.gov/u-s-citizen-services/local-resources-of-u-s-citizens/consular-outreach-nationwide/>

**READINGS FOR SUNDAY NEXT, 22<sup>nd</sup> January** 1<sup>st</sup> Reading: Is. 8:23-9:3; 2<sup>nd</sup> Reading: 1 Cor. 1:10-13. 17; Gospel: Matt. 4: 12-23

**PRAYER FOR THE WEEK** Holy Spirit help me to be alert for the unfolding of the day’s gifts of wonder, surprise and mystery. Amen.

SLIGO CATHEDRAL PARISH – 2200 FAMILIES  
SUNDAY 8<sup>th</sup> JANUARY PARISH ENV: €2,521 PL/STAND. ORD: €1,910  
THANK YOU for your contribution.  
ST MARY’S PRESBYTERY ☎ 071 9162670 SACRISTY ☎ 071 9161261

**WEDNESDAY 25<sup>th</sup> JANUARY 2017**

**CHURCH UNITY WEEK**

**Theme “ CROSSING BARRIERS”**

Dean Arfon Williams invites us to join his community in St John’s Church of Ireland Cathedral, John St., Sligo on Wednesday, 25<sup>th</sup> January at 8pm.

The Preacher will be Pastor Steffan Arras of the Lutheran Church in Ireland. **All are Welcome.**

*God, spring of living water,*

*make us witnesses to unity by how we live our lives.*

*Transform our hearts that we might be*

*bearers of the Good News*

*Lead us to encounter the other as an encounter with you.*

*In the name of Jesus we pray. Amen*

**SLIGO LEADER PARTNERSHIP** is currently delivering a programme for people who would like to learn to use the internet but have no previous skills or experience with computers. The course is being delivered in community centres in Dromore West, Gurteen, Tubbercurry, Collooney, Enniscrone, Easkey, Grange, Ballintrillick and Sligo Town. The course comprises of four two hour classes at a total cost of €20. Computers and training manuals will be provided. The aim of the programme is to increase people’s confidence in using the internet for a variety of everyday tasks, i.e., skype, sending emails, taxing your car, viewing missed TV programmes etc. Please ring David/ Paula at 071 9141138 for further details.

**DIOCESAN VOCATIONS** “They shall beat their swords into ploughshares and their spears into pruning hooks...” If you think that God is calling you to serve the Lord of the harvest as a priest, Contact: Fr. Jim Murray at 071 9162136 , or email [vocations@elphindiocese.ie](mailto:vocations@elphindiocese.ie)

**CITIZENS ASSEMBLY** - Copies of the Irish Catholic Bishops submission to the Citizens Assembly on the 8<sup>th</sup> Amendment are available at the entrance to our cathedral. Please take a copy.

**BINGO - GILLOOLY HALL - tonight Sunday, 15<sup>th</sup> January at 9.00 p.m.**

With a jackpot of €3,000.

**TRANSITION TOWN SLIGO** In solidarity with the women of the USA we, members of Transition Town Sligo, will meet for 30 minutes of silence, prayer and reflection in the Famine Graveyard at 3.00pm on 21st January. The purpose of our meeting is to send blessings of love and peace to the people of the United States, and to send blessings of healing and wholeness to our planet. All are welcome to join us. The Famine Graveyard is near St. Joseph’s Church, Ballytvnan - off the Clarion Road.

**WEDDINGS** Congratulations and best wishes to JONATHAN LYNCH and REBECCA MARSHALL, CONOR DUNCAN and LISA FEENEY, & EDWIN KOENEK and AISLING CASEY who were married recently in our Cathedral.

**BAPTISMS** We welcome into God’s family SOPHIA MARKIENCZ, AIDAN LAMB, PADRAIG CAWLEY, FINN O’KANE AND MARIELLA WALSH recently baptised in our Cathedral.

**CATHEDRAL of the IMMACULATE CONCEPTION**

**Upcoming EVENTS THE WEEK AHEAD**

Wed. 18<sup>th</sup> “Wednesday Tea” after 10.30am Mass

Saturday 21<sup>st</sup> Confessions 2.00p.m. - 4.00p.m.

**DATES TO REMEMBER**

**ANAM CARA**, the national organisation that supports bereaved parents, is holding a Bereavement Information Evening on Thursday 19<sup>th</sup> of January from 7.30pm to 9.30pm in the Family Centre, Chapel Street, Castlebar, Co. Mayo. As Anam Cara will need to confirm numbers for event, please RSVP to [info@anamcara.ie](mailto:info@anamcara.ie) before Wednesday 18<sup>th</sup> January or call the Information Line on 085 2888 888.

**WEEKEND RETREAT ON ST JOHN PAUL’S TEACHINGS ON THE FAMILY**

A weekend retreat will take place in Star of the Sea Retreat Centre, Mullaghmore, Sligo on February 3rd – 5th to expound on St. John Paul’s teachings on Family and Pro-life issues. It will be a weekend of formation, prayer, intercession and fellowship. The retreat will be directed by Fr Maurice Colgan O.P. Full board €140 with own private room. Please contact Angela 086-3342289/Lisa 087-6284621 for more information.

**FAMILY CARERS IRELAND** are proving the QQI Level 5 Healthcare Support Award in your area based on demand in February 2017. One Day workshops also available For more info contact 0579322920.

**ELPHIN DIOCESAN PILGRIMAGE TO LOURDES** Monday 28<sup>th</sup> August to Saturday 2<sup>nd</sup> September. For further information and to book contact JWT on 01 2410800.




**SAFETALK—TRAINING PROGRAMME** Prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources. These specific skills are called suicide first aid resources and suicide alertness and are taught with the expectation that the person learning them will use them to help reduce suicide risk in their communities. The training is suitable for everyone over 18 who wants to help prevent suicide and is prepared to become suicide alert. Forthcoming training date for Sligo in 2017 is Monday 22<sup>nd</sup> May, 2pm-5.00pm.

**A.S.I.S.T 2 DAY WORKSHOP (APPLIED SUICIDE INTERVENTION SKILLS TRAINING)** The following ASIST Workshops are delivered free of charge to both professionals and members of the public by the Health Service. The aim of these workshops is to increase awareness, develop skills and promote the prevention of suicide in our communities. Forthcoming Training Dates for Sligo in 2017 9am - 5pm: 14th & 15th February ASIST and 24th & 25th October ASIST.

Please note that **SafeTalk** or **ASIST** is not recommended for any participant that has been personally bereaved or affected by suicide in the previous 12 months.

**Advance booking essential for both SAFETALK or ASIST. Please contact Belinda Taylor, to book or for further information, on 071 9135061 or [Belinda.Taylor@hse.ie](mailto:Belinda.Taylor@hse.ie)**

**Anniversary & remembrances**

DAY	8.00am	10.30am
MON 16 <sup>th</sup>	MICHAEL MCMORROW	<b>Month’s Mind</b> JOHN FOX 
TUES 17 <sup>th</sup>	NELLIE MCLYNN	VINCENT BIRD
WED 18 <sup>th</sup>	—	PADDY BRANLEY
THURS 19 <sup>th</sup>	MICHAEL POWER	TOM & EMILY MURREN
FRI 20 <sup>th</sup>	AARON CHRISTOPHER MCGOLDRICK	<b>Month’s Mind</b> ANNE MULLAGHAN 
SAT 21 <sup>st</sup>	KATHLEEN DIVERS MARY HARDIGAN (Rec. Deceased)	<b>Month’s Mind</b> PAUL MICHAEL HARTEL 

**Rest in peace** Your prayers are asked for the repose of the souls of: TERESA KENT, Ballydoogan; RITA MC DONAGH, John St.; TONY MCLOUGHLIN, Mail Coach Road; NORA BYRNE, Thornhill and WILLIAM WARD, Summerhill Village & Summerville Nursing Home. *May God grant them eternal rest and comfort and console their bereaved families and friends.*