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A Prayer to your Guardian Angel for when you can't get to Mass

O holy Angel at my side go to Church for me. Kneel in my place at Holy Mass where I desire to be.

At Offertory in my stead take all I am and own and place it as a sacrifice upon the altar throne.

At holy Consecration's bell adore with Seraph's love, my Jesus hidden in the Host come down from heaven above.

Then pray for those I dearly love, and those who cause me grief, that Jesus' Blood may cleanse all hearts, and suffering souls relieve.

And when the priest communion takes, O bring my Lord to me, that His sweet Heart may rest on mine and I His temple be.

Pray that this Sacrifice Divine, may mankind's sins efface; then bring me Jesus' blessing home, the pledge of every grace. Amen.

Bending the Knee



Over the years, as I have entered into the prayers from the Liturgy of the Hours, I am refreshed every day by a deepening of meaning, broadening of scope, lifting of heart. God continues to groom me with these prayers, combing my unruly spirit. One of the verses I love and which truly grounds me is from the Invitatory:

Come, then, let us bow down and worship, bending the knee before the Lord, our maker.

For he is our God and we are his people, the flock he shepherds."

Each morning, as I stand reciting this, I bow and then I make sure my creaky knees bend as well. In this position of free submission, the enormous power of my Maker, the soar of Love, the reality of His Presence washes over me. I am daily humbled, really to tears, to simply know that God IS. I am comforted beyond words. And, being part of a flock, I'm never lonely in this pasture.

Peace be with you, dear brothers and sisters. God grooms our unruly spirits in a myriad of ways. Thank you, Lord, Abba.

Sarah Anderson, ofs

Board Member

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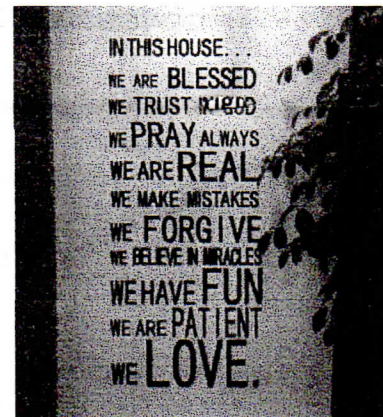
**Our Lady of the Adirondacks
House of Prayer
7270 Star Road
Ellenburg, NY 12934**

Dear Friend in Christ:

Please share this with anyone you think might be interested. The Board of Directors of the House of Prayer, located in Ellenburg Center, NY is actively searching for live-in lay or religious volunteers to form a Catholic community of prayer and good works in the North Country on the premises of the House of Prayer. Thank you for spreading the word. Peace and all good.

President of the Board of Directors

518-534-9976 cell
518-846-3060 home



Have you ever wished you could live in community with others who love God...Father, Son, and Holy Spirit? Are you someone who loves Mary, are excited by the lives of the Saints, who knows that building the Kingdom means now? Are you someone who is gentle, wise, trustworthy, not given to addictions or vice, healthy, hard-working, still active, and someone who trusts God in all things? Perhaps you or someone you know would be a good Lay/Religious resident at Our Lady of the Adirondacks House of Prayer, located in Ellenburg Center, NY. Perhaps you are part of a community looking for a home and a mission. Come and visit us....and see...if the contemplative-active prayerful life is for you. A word of caution: The House of Prayer is very rural and isolated especially in the winter. As of the present moment, there is no community living there, but the Board of Directors is actively looking for 3-5 men or women to live on its premises and keep open, for all, this spiritual treasure of the North Country. Please call 518-534-9976 (Sarah) or 518-236-6832 (Jeanette) for more information.