

# PRAYING TO CHANGE THE CULTURE

Archbishop Cordileone is asking local Catholics to pray and sacrifice in 4 ways to protect freedom, marriage and life

STORIES AND PHOTOS BY VALERIE SCHMALZ  
CATHOLIC SAN FRANCISCO

## 1 Eucharistic adoration

Holy Hour 'is something you have to experience'



A woman prays in a tiny chapel adjacent to the church during eucharistic adoration at St. Finn Barr parish in San Francisco. The ancient devotion is enjoying a quiet renewal in the archdiocese.

A Holy Hour or eucharistic adoration is time spent in prayer before the Blessed Sacrament, exposed in a monstrance on the altar.

This ancient devotion is enjoying a quiet renewal with about 60 parishes scheduling regular adoration in the Archdiocese of San Francisco.

During the Year of Faith, Archbishop Salvatore J. Cordileone is asking each parish to schedule at least one Holy Hour a month to pray for protection of religious freedom, marriage and life.

St. Mary's Cathedral held its first Holy Hour for religious freedom in the Blessed Sacrament Chapel Dec. 30, led by Archbishop Cordileone. The next Holy Hour is scheduled for 5 p.m. Jan. 27 and will also be led by the archbishop. In general, the cathedral Holy Hour will be the last Sunday of the month at 2:30 p.m. throughout the Year of Faith, said interim director of worship Laura Bertone.

"Jesus loves our company and he passes on many favors," said Mary Ellen Peloso, who with her husband Dominick organizes perpetual adoration at the Church of the Nativity in Menlo Park.

St. Bruno Parish in San Bruno also offers 24/7 or perpetual adoration. Many parishes have a Holy Hour on first Friday while others schedule weekly or more frequent times. Holy Name of Jesus Parish has adoration all day on Wednesdays, while St. Finn Barr Parish has adoration at various times including 9 a.m.-4 p.m. Mon-

day to Thursday. An informal listing of parish adoration can be found at [www.straphaelministries.org/eucharist/srm\\_eucharist.html](http://www.straphaelministries.org/eucharist/srm_eucharist.html).

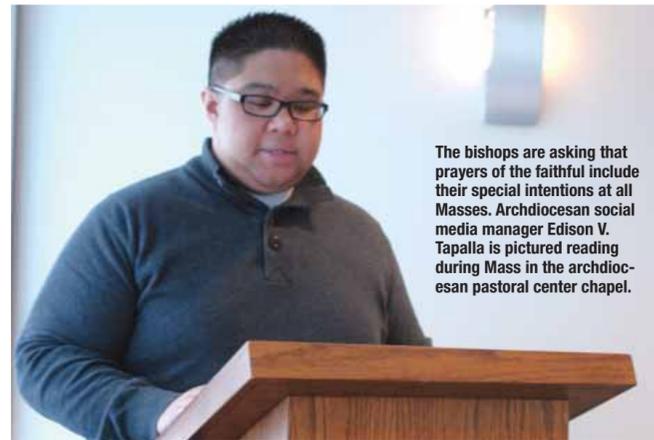
### Quiet prayer in the real presence of Jesus

Praying during eucharistic adoration is different than attending Mass, because it is a time of quiet prayer focused on the real presence of Jesus, said Mother Rosealba, superior of the Monastery of Perpetual Adoration, a cloistered order of religious women located at 771 Ashbury St. in San Francisco. Parking is at 70 Downing St. The chapel is open to the public 6:15 a.m.-6 p.m. daily.

"You come to the face of the Lord, he's there present; he's looking at you. When you leave, you go with that very inner peace within you," said Mother Rosealba. "To be in the presence of the Lord is the best time you can spend."

The Blessed Sacrament is exposed 24 hours a day and the sisters each spend at least one hour a day praying individually as well as praying the Liturgy of the Hours seven times a day in the chapel, she said. The monastery, founded in 1928 by sisters fleeing the Mexican Revolution's persecution of the Catholic Church, is devoted to constant prayer before the Eucharist.

"You can talk to him as a friend, as a father, and he is all-powerful. It is something that you have to experience, to be in front of the Blessed Sacrament," Mother Rosealba said. "You get so many graces."



The bishops are asking that prayers of the faithful include their special intentions at all Masses. Archdiocesan social media manager Edison V. Tapalla is pictured reading during Mass in the archdiocesan pastoral center chapel.

## 2 Prayers at Mass

Prayers to highlight life, marriage, conscience

Catholics across the archdiocese will begin praying for the protection of religious freedom, marriage and life every Sunday as part of a national Catholic campaign of prayer and sacrifice.

The prayers of the faithful will specifically mention such life issues as abortion, said St. Raphael pastor Father John Balleza.

"A lot of this is going to be focused," the pastor said. "We can't use mixed language." For instance, those who support legalized abortion, "they're not pro-choice, they're pro-abortion," Father Balleza said. The prayers of the faithful will be anti-violence, pro-marriage, and state "what we stand for as Catholics," he said. He said the intentions are going to be more focused on what is happening, including an emphasis on conscience rights — "our freedom to speak in the public square, to exercise our faith in the public square."

### Prayers follow Creed at Sunday Mass

The prayers of the faithful are prayed after the Nicene or Apostles' Creed in the Sunday order of the Mass, and usually read by the lector although the celebrant often adds additional prayers. During daily Mass the intentions are read after the homily or after the Gospel if there is no homily. Each parish has its own approach to writing the prayers of the faithful. In some parishes, a liturgy committee writes the Mass intentions, in others, various organizations take

turns while in others a director of worship crafts the intentions.

The new approach will bring more unity to the prayers of the faithful at parishes in the archdiocese and also within the American church, Father Balleza said. The U.S. Conference of Catholic Bishops website includes suggested prayers for the intentions of religious freedom, marriage and life as part of the five-point campaign approved by the U.S. bishops at their November meeting.

At St. Raphael in San Rafael there will be some more challenges, because Masses are said in four languages, so it will be important to make sure the translations are accurate, he noted.

San Francisco Archbishop Salvatore J. Cordileone met this month with all the priests of the archdiocese to discuss ways to implement the five points and to get their ideas, said Father Balleza.

The entire national campaign is a return to traditional devotions and practices and requires increased education of the faithful by priests, with the Sunday homily a good tool, said Father Balleza. It will also be important to work with influential and active groups in the parishes so they can be involved in encouraging fellow Catholics to join the campaign, he said. The homily will also be a good format for informing the faithful of the issues surrounding marriage, life and religious freedom to encourage them to join in the U.S. bishops' campaign of prayer and sacrifice, he said.

date by the U.S. Department of Health and Human Services that the bishops and others say coerces employers, including heads of religious agencies, to pay for sterilizations, abortion-inducing drugs and contraceptives, as well as increased efforts to redefine marriage, the bishops said. The Supreme Court is expected to rule on marriage, including California's Proposition 8 preserving marriage between one man and one woman and the U.S. Defense of Mar-

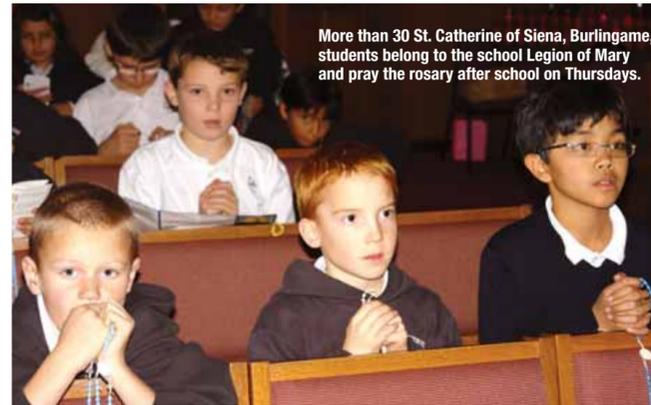
riage Act in June. Religious organizations face an Aug. 1, 2013, deadline to comply with the HHS mandate.

Catholics are urged to pray and sacrifice through the following means: Holy Hour; daily rosary; prayers of the faithful at Mass; abstinence from meat and fasting on Fridays.

A second Fortnight for Freedom will be at the end of June and the beginning of July. For more information visit [www.usccb.org/life-marriage-liberty](http://www.usccb.org/life-marriage-liberty).

## 3 Praying the rosary

'A powerful intercessory prayer to Mary'



More than 30 St. Catherine of Siena, Burlingame, students belong to the school Legion of Mary and pray the rosary after school on Thursdays.

Del France is a convert and Colleen France is a cradle Catholic. They met when both were teachers at Marin Catholic High School. Now, with their small children, they try to say a family rosary once a week.

The older boys, 5 and 3½, do pretty well, Colleen said. The youngest is 1½.

"My husband just sort of discovered the rosary, and by his lead, the boys are totally into it," Colleen France said. "He made rosaries with the boys out of Fimo dough," a kind of clay that bakes in the oven, and then the three of them strung the rosaries they use.

"It's a powerful intercessory prayer to Mary," Colleen said. "In this day and age you need to utilize all the beautiful prayers we have in our faith and hand them down to our children."

In the U.S. bishops' call to prayer and sacrifice to protect religious liberty, marriage and life during the Year of Faith which ends Nov. 24, the bishops ask Catholics to pray the rosary, particularly the daily family rosary.

### School kids pray rosary together

St. Catherine of Siena School principal Sister Antonella Manca said she prayed the rosary with her family growing up, and encourages the rosary and also visits to the Blessed Sacrament among her students at the K-8 Burlingame Catholic school. More than 30 students belong to the school Legion of Mary and pray the rosary together after school on Thursdays. As children, "My brother and I were the youngest. We always complained, 'It is so long,'" said Sacro Costato Missionary Sister Antonella. "But guess what? My brother became a priest and I became a nun, so you never know what will happen."

The current bishops' appeal is part of a long church tradition of asking Mary for help to preserve the family and in time of trouble, particularly when Christianity is under attack.

"It has always been the habit of

Catholics in danger and in troublous times to fly for refuge to Mary." Pope Leo XIII wrote in his 1883 encyclical "On Devotion to the Rosary."

"This devotion, so great and so confident, to the august Queen of Heaven, has never shone forth with such brilliancy as when the militant Church of God has seemed to be endangered by the violence of heresy spread abroad, or by an intolerable moral corruption, or by the attacks of powerful enemies," Pope Leo XIII wrote.

At both Lourdes and Fatima, apparitions judged valid by the Catholic Church, Mary urged praying the rosary, Pope John Paul II noted in his 2002 encyclical "On the Most Holy Rosary."

### Groups pray at nearly every parish

At virtually every parish in the Archdiocese of San Francisco, a group gathers to pray the rosary before or after daily Mass. St. Thomas More parishioners Victoria Medina, her husband and two children, 18 and 21, try to pray a family rosary when they can, she said. "When we travel, when we do things together, we pray the rosary," she said.

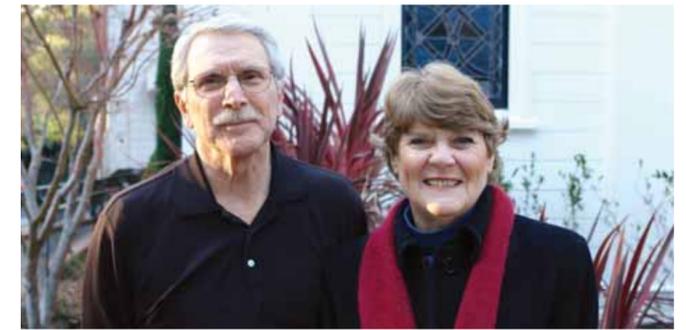
The rosary, while it is a prayer for Mary's intercession, is really a contemplative prayer centered on the life of Christ: "... It has all the depth of the Gospel message in its entirety," Blessed John Paul wrote. The 20 mysteries of the rosary (joyful, sorrowful, luminous, glorious) cover the span of the Gospels.

The rosary is also a potent prayer for peace, and for the family, Blessed John Paul wrote: "The revival of the rosary in Christian families, within the context of a broader pastoral ministry to the family, will be an effective aid in countering the devastating effects of this crisis typical of our age."

The U.S. bishops' website includes a guide to saying the rosary at [www.usccb.org/prayer-and-worship/devotionals/rosaries/how-to-pray-the-rosary.cfm](http://www.usccb.org/prayer-and-worship/devotionals/rosaries/how-to-pray-the-rosary.cfm).

**'It has always been the habit of Catholics in danger and in troublous times to fly for refuge to Mary.'**

POPE LEO XIII



Church of the Nativity parishioners Deacon Dominick Peloso and Mary Ellen Peloso are pictured in front of the church. "We need to pray and fast for our country," Deacon Peloso said.

## 4 Fasting and abstinence

'Fasting gives wings to your prayers'

Church of the Nativity parishioners Dominick and Mary Ellen Peloso believe in prayer and fasting.

"Fasting gives wings to your prayer. Our Lady has called for not only prayer but fasting also," said Mary Ellen Peloso, a registered nurse, who with her husband Dominick, has begun fasting for the intentions of the U.S. bishops — protection of life, marriage and religious liberty.

Dominick Peloso, retired Menlo Park assistant police chief, is a deacon at Nativity. The couple coordinates perpetual eucharistic adoration at Church of the Nativity where a couple hundred people commit to pray for an hour or more before the Blessed Sacrament each month, she said.

The U.S. bishops and Archbishop Salvatore J. Cordileone have asked the faithful to abstain from meat and to fast on Fridays all year — not just during Lent. The request recognizes the importance of spiritual and bodily sacrifice for the life of the church, the bishops said in the five part call to prayer approved at the national meeting of bishops in November.

### Fasting 'for our country in general'

"I think the bishops are right on to call for prayer and fasting because we need fasting," said Dominick Peloso. "The country seems to just steep itself in this secular humanism. We need to pray and fast for our country in general."

For most Catholics, fasting outside of Lent is not a regular thing, noted St. Anne of the Sunset pastor Father Raymond Reyes, who said that will be one of the challenges for pastors in educating and encouraging parishioners to join in the prayer and sacrifice campaign.

The church rule for fasting which applies to Ash Wednesday and Good Friday, and applies to those ages 18 to 59, allows only one full meal a day and two small meals not to equal a full meal. Drinking liquids is permitted.

Fasting is hard, the Pelosos said. But God appreciates the effort, even when we fail, they said.

"Just giving up something you really love: giving up eating between meals, giving up chocolate, giving up TV, giving up soda, abstaining from TV and electronic gadgets — doing something that is really hard and a sacrifice to do is kind of the aim," Mary Ellen Peloso said.

**Fasting is different for each person**  
Each person's approach to fasting will be different because not

**'It just makes your prayer more powerful.'**

MARY ELLEN PELOSO

everyone has the same strength, and age, illness and different spirituality "all create differences in what can and cannot be done," noted Father Vito Perrone, founder of the Contemplatives of St. Joseph and administrator

of the Byzantine Catholic parish Our Lady of Fatima.

"We are aiming at not being slaves to the passion, impulse, desires of the flesh, but instead, becoming slaves of Christ," Father Perrone said in a recent essay on fasting for parishioners at Our Lady of Fatima who follow the more rigorous fasting schedule of the Byzantine Catholic church. "To eat during the fasting season moderately and reasonably is to keep the body in health, and this gives it the opportunity to strive for holiness."

The other component of fasting is reparation for sins, both personal and communal, said St. Raphael pastor Father John Balleza. Money saved by fasting and abstaining should be accompanied by almsgiving, Father Balleza said. "If you give something up, that money should go to some work of charity, something you deem worthy of charity."

Fasting for religious liberty, marriage and life, makes sense, Mary Ellen Peloso said.

"It just makes your prayer more powerful. Because you are putting more of yourself into it," Mary Ellen Peloso said. "If we really want to have religious liberty, we have to sacrifice for it. Nothing comes easy in life, which is why we have prayer and sacrifice."

**US bishops launch Catholic movement for marriage, life, religious freedom**

The U.S. bishops are asking Catholics to join a national movement of prayer and sacrifice to rebuild society to protect religious liberty, marriage and life. "Life, marriage, and religious liberty are not only foundational to Catholic social teaching but also fundamental to the good of society," said San Francisco Archbishop Salvatore J. Cordileone.

The movement is prompted by policy changes under way, such as the man-