*Host or designated reader/leader begins the Upper Room prayer hour by reading this message from Fr. David:*

**Message for February 2019**

Dear Friends in Christ;

The fifth title of Christ we will explore from John’s Gospel is *“I am the True Vine”.*

In Christ

Fr. David

*Open with Sign of Cross and then this prayer:*

**Prayer to the Holy Spirit**

L: **Come, O Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love. Send forth Your Spirit, O Lord, and they shall be created.**

R: And You shall renew the face of the earth

L: **Let us pray – God our Father, pour out the gifts of your Holy Spirit on the world. You sent the Spirit on Your Church to begin the teaching of the Gospel; now let the Spirit continue to work in the world through the hearts of all who believe. Through Christ our Lord.**

R: Amen

L: **You, O lord, will open my lips.**

R: And my tongue shall announce Your praise.

L: **Incline unto my aid, O God.**

R: O Lord, make haste to help me.

L: **Glory be to the Father and to the Son and to the Holy Spirit**.

R: As it was in the beginning is now and ever shall be world without end. Amen

**Please Read John 15:1-17**

Discuss at length the reality of “burn-out” in light of this Gospel Passage.

What causes burnout? In your relationships? At your job? With your spiritual life?

Attachment to the Vine means **what,** practically speaking (how do you stay attached)?

What is the life that flows through the vine to you - is it “love” or is it “grace”?

Come up with a different way to speak of an understanding of “remaining in my (Jesus’) love?” Not just through your prayer life or though the sacraments (something else, something intimate or personal or more grounded in realism).

How do you know if your life is bearing fruit (here on earth)?

Do you have a sense for how God has Chosen You?

**Please read CCC 1396 (the following)**

*The unity of the Mystical Body: the Eucharist makes the Church*. Those who receive the Eucharist are united more closely to Christ. Through it Christ unites them to all the faithful in one body - the Church. Communion renews, strengthens, and deepens this incorporation into the Church, already achieved by Baptism. In Baptism we have been called to form but one body. The Eucharist fulfills this call: "The cup of blessing which we bless, is it not a participation in the blood of Christ? The bread which we break, is it not a participation in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread:"

If you are the body and members of Christ, then it is your sacrament that is placed on the table of the Lord; it is your sacrament that you receive. To that which you are you respond "Amen" ("yes, it is true!") and by responding to it you assent to it. For you hear the words, "the Body of Christ" and respond "Amen." Be then a member of the Body of Christ that your *Amen* may be true.

1. Baptism is the living water provided for the Vine and the Eucharist is the soil that feeds and sustains the Vine to bear fruit. We are the fruit. How can we become food for the world around us?

1. Holy Communion is what it represents: Unity. Discuss what is the will of God and His Church to be one. Why we are not one and how we can become one body in Christ (the Vine). Is this something that we can achieve or is this God’s work alone?
2. Give examples from your lives about when a family or Church or Community or work-force came together and was a positive force or energy for good. How was this achieved? What or who was at the source of this accomplishment? How does this relate to Jesus as the Vine?

*Now please pray the Litany of the Holy Name of Jesus*

### Litany of the Holy Name of Jesus

V. Lord, have mercy on us.  
R. Christ, have mercy on us.  
V. Lord, have mercy on us. Jesus, hear us.  
R. Jesus, graciously hear us.  
V. God the Father of Heaven  
R. Have mercy on us.   
V. God the Son, Redeemer of the world,  
R. Have mercy on us.  
V. God the Holy Spirit,  
R. Have mercy on us.  
V. Holy Trinity, one God,  
R. Have mercy on us.  
V. Jesus, Son of the living God, R. Have mercy on us.

Jesus, splendor of the Father, [etc.]   
Jesus, brightness of eternal light.  
Jesus, King of glory.  
Jesus, sun of justice.  
Jesus, Son of the Virgin Mary.  
Jesus, most amiable.  
Jesus, most admirable.  
Jesus, the mighty God.  
Jesus, Father of the world to come.  
Jesus, angel of great counsel.  
Jesus, most powerful.  
Jesus, most patient.  
Jesus, most obedient.  
Jesus, meek and humble of heart.  
Jesus, lover of chastity.  
Jesus, lover of us.  
Jesus, God of peace.  
Jesus, author of life.  
Jesus, example of virtues.  
Jesus, zealous lover of souls.  
Jesus, our God.  
Jesus, our refuge.  
Jesus, father of the poor.  
Jesus, treasure of the faithful.  
Jesus, good Shepherd.  
Jesus, true light.  
Jesus, eternal wisdom.  
Jesus, infinite goodness.  
Jesus, our way and our life.  
Jesus, joy of Angels.  
Jesus, King of the Patriarchs.  
Jesus, Master of the Apostles.  
Jesus, teacher of the Evangelists.  
Jesus, strength of Martyrs.  
Jesus, light of Confessors.  
Jesus, purity of Virgins.  
Jesus, crown of Saints.

V. Be merciful, R. spare us, O Jesus.  
V. Be merciful, R. graciously hear us, O Jesus.

V. From all evil, R. deliver us, O Jesus.

From all sin, deliver us, O Jesus.  
From Your wrath, [etc.]  
From the snares of the devil.  
From the spirit of fornication.  
From everlasting death.  
From the neglect of Your inspirations.  
By the mystery of Your holy Incarnation.  
By Your Nativity.  
By Your Infancy.  
By Your most divine Life.  
By Your labors.  
By Your agony and passion.  
By Your cross and dereliction.  
By Your sufferings.  
By Your death and burial.  
By Your Resurrection.  
By Your Ascension.  
By Your institution of the most Holy Eucharist.  
By Your joys.  
By Your glory.

V. Lamb of God, who takest away the sins of the world,  
R. spare us, O Jesus.  
V. Lamb of God, who takest away the sins of the world,  
R. graciously hear us, O Jesus.  
V. Lamb of God, who takest away the sins of the world,  
R. have mercy on us, O Jesus.

V. Jesus, hear us.  
R. Jesus, graciously hear us.

**Let us pray. O Lord Jesus Christ, You have said, "Ask and you shall receive, seek, and you shall find, knock, and it shall be opened to you." Grant, we beg of You, to us who ask it, the gift of Your most divine love, that we may ever love You with our whole heart, in word and deed, and never cease praising You. Give us, O Lord, as much a lasting fear as a lasting love of Your Holy Name, for You, who live and are King for ever and ever, never fail to govern those whom You have solidly established in Your love. R. Amen.**

*Next month’s UPPER ROOM is on the 6th of Jesus’ Titles in the Gospel of John*