

SEPTEMBER 2024

# San Damiano Chapel

NEWSLETTER

## From the Heart of Viterbo September 2024

### THE LENT OF SAINT MICHAEL

Welcome to Lent ...one of five observed by Saint Francis each year.

Early sources indicate Saint Francis embraced 5, 40 day periods each year to fast, remain in solitude and pray so that ... “he may know the LORD better.”

He spent the 40 days before Easter as do all Christians. This is the Lent of renewal and Christian initiation.

Then as a Franciscan novice, I learned there was another Lent in preparation for Christmas – longer than Advent –beginning on November 1 until Christmas Eve....it was at the end of this Lent that he arranged the first creche at Greccio.

After Christmas, we novices were encouraged to follow a “benediction fast” beginning on Epiphany until the Sunday before Ash Wednesday. It was during this time, after the baptism of the LORD – celebrated about a week after Epiphany –when Jesus withdrew into the desert in preparation for his public ministry.

On the feast of Ss Peter and Paul (June 29), there was a summer Lent extending from this day until the feast of the Assumption of Mary whom Francis called ..”the Virgin made Church” – details are vague, but because of Francis’ loyalty to the Holy Father, he felt it necessary to honor Mary and Peter, the prince of the apostles.

Finally, on that same feast of Mary’s Assumption, because of his devotion to Saint Michael, Francis observed a 40 day Lent in honor of this archangel and it concluded with the feast of Saint Michael (September 29).It was during the Lent of Saint Michael, on September 17, 1224, that as he was fasting, praying and in solitude, he received the stigmata on Mount La Verna.

Father Dacian Bluma, our former provincial and scholar in Franciscan spirituality, said St Francis would spend 3 and as many as all 5 of these “lents” in relative seclusion, dedicating himself to prayer and fasting in solitude. He was creating the space and time to step apart and reflect on how God was asking him to deepen his commitment to the ever changing situation of life.

Since 1995, Pope Francis has asked us also to consider observing the Season of Creation (explained in this newsletter) which coincides with the Lent of Saint Michael. Fasting, prayer and works of charity towards creation can be creatively utilized during this particular Franciscan Lent. Also, the feast of Saint Rose of Viterbo is September 4. Plan to attend our evening of reflection which includes a celebration of Saint Rose and her legacy by Sister Lucy Slinger who is well known for her background and respect for the environment.

September spirituality is a time for thanksgiving as we move into the autumn of the year. It is a time not to only to share our surplus, but also our very sustenance.

The LORD give you peace!

Brother Conrad, OFM

### Chapel Schedule and Mass Opportunities:

#### Sunday Mass:

11:00 am

6:00 pm

(San Damiano Chapel)

#### Monday:

Daily Mass at 11am

(St. Rose Convent)

5:30 PM Sacrament of Reconciliation

(San Damiano Chapel)

#### Tuesday:

Daily Mass at 11

(St. Rose Convent)

#### Wednesday

Daily Mass at 11am

(St. Rose Convent)

September 11 - 8:30 pm Mass

September 25 - 8:30 pm Mass

#### Thursday:

Daily Mass at 11am

(St. Rose Convent)

#### Friday:

Daily Mass at 11am

(St. Rose Convent)

Sacrament of Reconciliation  
available by appointment -  
contact Fr. Conrad or Fr. Michael



**VITERBO**  
UNIVERSITY

## Contact Information:

### Fr. Conrad Targonski, OFM

University Chaplain

STBC 3

608.796.3804

catargonski@viterbo.edu

### Fr. Michael Weldon, OFM

Assistant University Chaplain

608.796.3212

cmweldon@viterbo.edu

### Emilio Alvarez

Director, Campus Ministry

STBC 2

608.796.3805

ebalvarez@viterbo.edu

### Polly Pappadopoulos

Assistant Director of Liturgical  
Worship, Ministries, and Chapel  
Programs

STBC 4

608.386.8768

pnpappadopoulos@viterbo.edu

### Kyle Trietley

Graduate Assistant

STBC 6

608.796.3213

kjtrietley@viterbo.edu

**STBC - Sister Thea Bowman  
Center**

## THE SEASON OF CREATION BEGINS

### SEPTEMBER 1

This is the annual Christian celebration that calls us together each year to pray and respond jointly to the cry of creation: the ecumenical family from around the world comes to listen to and care for our common home. Beginning on September 1, it concludes with the feast of Saint Francis on October 4.

San Damiano Chapel will cooperate with the Franciscan Spirituality Center in planning events to observe this period of time which is also approved by Pope Francis.

A listing of events will be listed in this newsletter but also check out the website “SeasonOfCreation.org” for more resources to use for your family.

The theme this year will be To Hope and Act with Creation. Saint Francis understood this when he referred to the Earth as our sister and mother in the Canticle of the Sun, which 800th anniversary of composition we observe in 2025.

## ONLINE MASS OFFERING



**THANK YOU FOR YOUR  
GENEROUS SUPPORT.**

# Welcome, Kyle!



Hello, friends! My name is Kyle Trietley, and I am excited to be returning to Campus Ministry at Viterbo as the Graduate Assistant. I worked in Viterbo Campus Ministry from August 2019 – February 2021, and it was a great joy to serve our students and the campus community during that time. I am honored to be returning to this staff. I have also attended Masses at and been a part of the San Damiano Chapel community since moving to La Crosse in 2019, and I am excited to be able to serve the Chapel in a more official capacity through this position.

I will be working towards a Master's in Servant Leadership, and most recently, I spent the summer working at Sugar Creek Bible Camp as the LEAD Coordinator. The LEAD (Leaders Engaged As Disciples) program sponsors high-school juniors and seniors for four weeks of camp to focus on leadership development and equipping those campers with hands-on experience and confidence as they consider working on summer staff in the future. I had an amazing time at Sugar Creek and am excited to share what I learned to help our Viterbo students continue to grow personally and in their faith. Outside of work, I enjoy exercising, hiking, playing golf, and spending time with family, friends, and dogs. I look forward to seeing you all at either the Campus Ministry house or the Chapel, and please don't hesitate to say "hi" if we haven't already met!



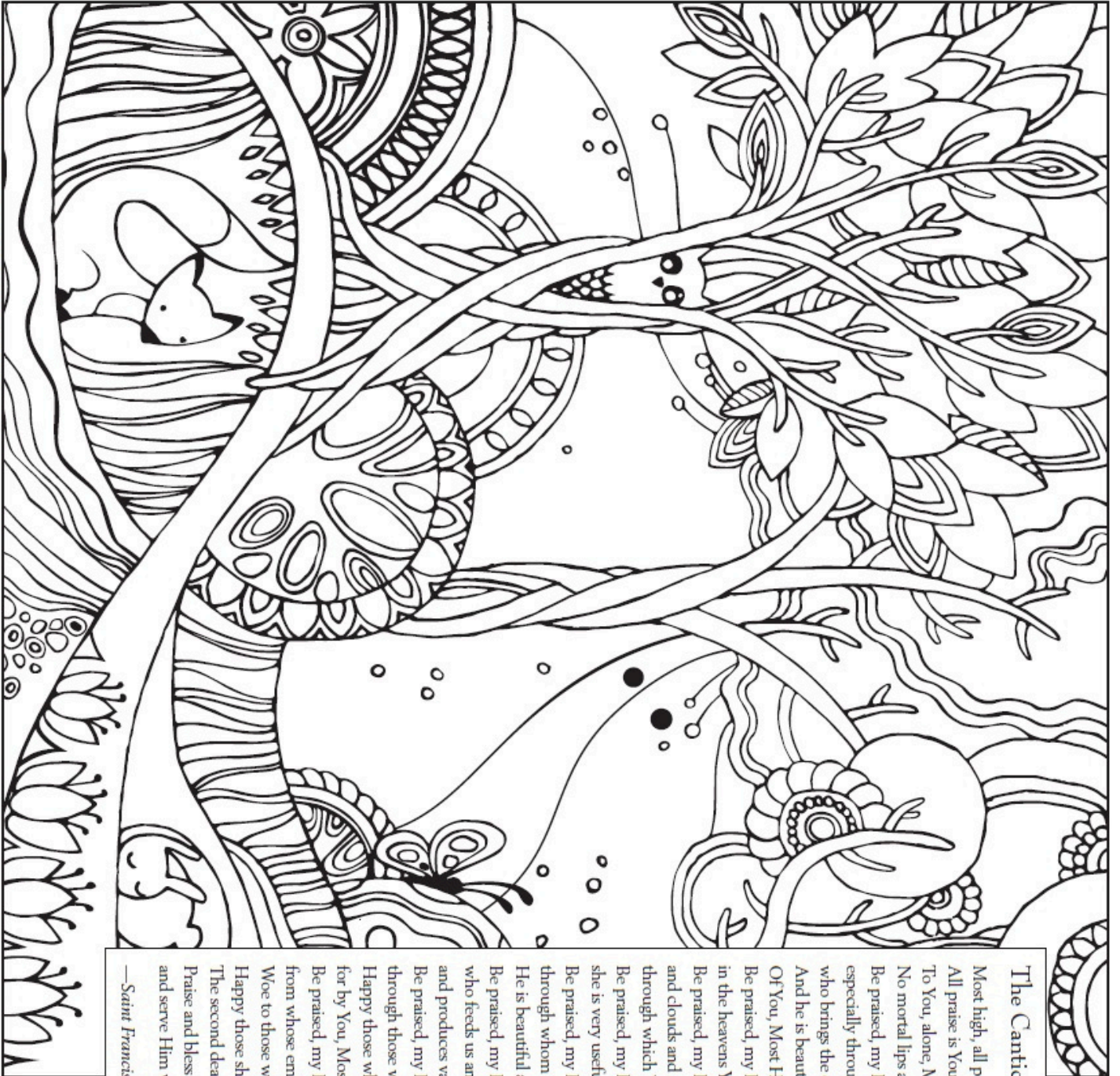
Join us in celebration of the  
Feast of St. Rose of Viterbo.

September 4 – 4:30 Program  
in the San Damiano Chapel

Required for First year VUSM 100 students.



# Children's Corner - Season of Creation



## The Canticle of Creation

Most high, all powerful, all good Lord!  
All praise is Yours, all glory, all honor, and all blessing.  
To You, alone, Most High, do they belong.  
No mortal lips are worthy to pronounce Your name.  
Be praised, my Lord, through all Your creatures,  
especially through my lord Brother Sun,  
who brings the day; and You give light through him.  
And he is beautiful and radiant in all his splendor!  
Of You, Most High, he bears the likeness.  
Be praised, my Lord, through Sister Moon and the stars;  
in the heavens You have made them bright, precious and beautiful.  
Be praised, my Lord, through Brothers Wind and Air,  
and clouds and storms, and all the weather,  
through which You give Your creatures sustenance.  
Be praised, my Lord, through Sister Water;  
she is very useful, and humble, and precious, and pure.  
Be praised, my Lord, through Brother Fire,  
through whom You brighten the night.  
He is beautiful and cheerful, and powerful and strong.  
Be praised, my Lord, through our sister Mother Earth,  
who feeds us and rules us,  
and produces various fruits with colored flowers and herbs.  
Be praised, my Lord, through those who forgive for love of You;  
through those who endure sickness and trial.  
Happy those who endure in peace,  
for by You, Most High, they will be crowned.  
Be praised, my Lord, through our sister Bodily Death,  
from whose embrace no living person can escape.  
Woe to those who die in mortal sin!  
Happy those she finds doing Your most holy will.  
The second death can do no harm to them.  
Praise and bless my Lord, and give thanks,  
and serve Him with great humility.

—*Saint Francis of Assisi*



# Fall Family Activities

THAT CELEBRATE GOD'S CREATION

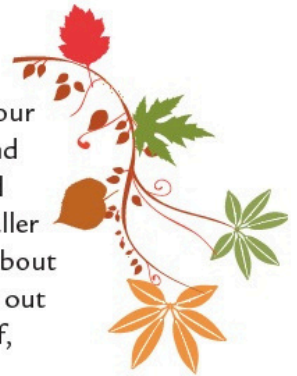


## 1 Appreciate the Autumn

Consider the beauty of autumn: the cooler air, the foliage, the wonderful fruits and vegetables of the season. With your family, design a wreath or similar decoration that you can hang on your door, place in your family prayer space, or display at your parish church. Share the beauty of God's season by designing something beautiful for your community to enjoy, to honor God's creation and remind others to appreciate the wonder of God's natural world.

## 2 Leaf Sort

Take a walk through your yard, visit a community hiking trail, or simply walk through your neighborhood instead of driving to complete a local errand. Bring a small bag along and collect leaves of different varieties with your child. Ask you collect leaves, ask your child "Why do you think this one is red instead of green?" or "Can you find a leaf that is smaller than this one?" Encourage conversation and questioning. If your child asks questions about leaves that you cannot answer, look up the answers together. Finally, spread the leaves out and sort them. You might want to group them by color, size, shape, texture, type of leaf, number of points, or orientation of the veins. Even though all the leaves you collected together are leaves, each one is so unique. Wonder together about the beauty and diversity of God's creation.



## 3 Put it to Rest

In fall, the Earth prepares for the slumber of winter. Genesis 8:22 reminds us that all of God's creation experiences the cycles of life. Use the fall as an opportunity to talk about cycles; you might want to discuss the change of seasons, the growth of seedlings into harvested fruits, or the life and death of Jesus. Pick an old habit or behavior that you would like to put to rest. Maybe television has encroached upon family dinners and baseball practice has displaced family prayer time. Make a family pledge to end a habit and replace it with something new, to renew your faith and celebrate the beautiful life that God has given you.

## 4 Enjoy the Harvest

The fall is a time of harvest, of gathering the fruits of labor, of reaping the benefits of hard work. Take a trip to your local market, farm, or orchard. Discuss the different types of fruits and vegetables that you see and remark on the beauty of Gods creation. Together, thank God for the beauty and abundance of the harvest.

### Harvest Prayer

Lord, thank you for this plenty,  
For the harvest great and small,  
For the beauty of this season,  
For the wonder  
that is fall.





# Saint Rose of Viterbo

## September 4

ROSE WAS BORN TO A POOR FAMILY IN VITERBO, ITALY, IN 1233. SHE WAS TAUGHT THE FAITH AND LOVED GOD FROM A VERY YOUNG AGE.

See Jesus dying on the cross for us!

WHEN SHE WAS THREE HER AUNT DIED, BUT SHE CAME BACK TO LIFE WITH ROSE'S PRAYERS!

Dear Jesus, please have mercy on my poor aunt!

AT THE AGE OF TEN SHE BECAME A THIRD-ORDER FRANCISCAN.

What a joy to be able to live a life of poverty like St. Clare and St. Francis!

Sir, when did your family last go to Mass?

ROSE PREACHED TO THE LOCAL PEOPLE WHO DIDN'T CARE ABOUT THEIR FAITH.

BECAUSE SHE STOOD UP FOR THE POPE HER FAMILY WAS KICKED OUT OF TOWN BY THE GOVERNOR.

IN ONE OF THE TOWNS SHE CAME TO, AN EVIL WOMAN HAD TURNED EVERYONE AWAY FROM THE FAITH, SO ROSE BROUGHT THEM ALL BACK.

How can you all turn away from God, who has been so good?

ROSE TRIED TO BECOME A NUN BUT WASN'T ALLOWED IN BECAUSE SHE HAD NO DOWRY. SHE ENDED UP LIVING THE REST OF HER SHORT LIFE IN A CELL AT HER PARENTS' HOME.

I will serve God happily in here, then!

ROSE DIED WHEN SHE WAS ONLY 18. SHE HAD SPENT HER LIFE PRAYING, SACRIFICING AND PREACHING TO BRING SINNERS BACK TO GOD. ONCE THE SUFFERING JESUS HAD APPEARED TO HER, AND SHE RESOLVED TO TRY TO MAKE UP FOR THE SINS THAT HURT HIM. WHAT WILL YOU DO FOR JESUS TODAY?

# “September Crosses”

September is a month of Franciscan feasts. For Catholics, a very beautiful and ancient solemnity arrives September 14th – the Exaltation of the Cross. The origin of the Feast is linked to the discovery of the true cross by St. Helena, the mother of the emperor Constantine on September 14, 320. His edict made Christianity a legitimate religion in the Roman empire. It marked the end of three hundred years of persecution. Yet it aligned the followers of Jesus with the “powers that be,” the ones who crucified the master. Five years later the emperor’s mother helped to find a major relic of the true cross and build the Basilica of the Holy Sepulcher in Jerusalem. It became customary in those churches that have a major relic of the cross to show it to the gathered community on this date in a ceremony called the Exaltation, “The Lifting Up.” It is officially part of the liturgy of the Passion of Good Friday. I was the principal celebrant last Holy Week here at San Damiano. I had the privilege of lifting up a heavy red veiled cross and chanting, “Behold, behold the wood of the cross on which is hung our salvation.” And the people responded, “O, come let us adore.” All our people revered the cross in some of the most tender ways.

St. Francis had “the” spiritual experience of his life, (the Stigmata) in conjunction to the Exaltation of the Cross (the 14th) and the Feast of the Archangels (St. Michael -September 29th) In a dream-vision of a fiery crucified angel, Francis’s body was marked with the wounds of the crucified Christ. They bled for the final year of his life. His love for the Crucified Christ marked him like the wax for the seal of royalty. It marked who he was, and whose he was in a mysterious and dramatic way. It placed him in the company of all those who bear a stigma among us. There are many who do it overtly. And others quietly and privately.

Many of the friars from my west coast Franciscan Order made our professions of vows during those days as did I pushing fifty years ago. Crosses since the time of St. Helena become the official seal of Christianity and a religious icon. We take for granted the weird custom of wearing an instrument of torture and capital punishment. But Jesus’s passion transfigured that moment of horror to one of immense self-giving and selflessness.

It appears church steeples, etched on foundation stones, grave markers, and carried in religious processions. And hanging on our rear-view mirrors. But the cross as a symbol was not always so popular. In fact, the symbol of the cross was used sparingly if at all during the first four centuries of the Church’s existence, says my dear mentor and friend Fr. Mark Francis.

The cross was not a very attractive symbol. Fr. Mark said. For that reason, it rarely appeared in early Christian art. The “very unattractiveness” of the cross as a symbol of torture and death, though, is the point. The Apostle Paul focuses on the cross repeatedly in his letters. He gives witness to how it changed for him. To the Corinthians he highlights the problem: "We preach Christ crucified, a stumbling block for Jews and folly for Gentiles" (1 Cor. 1:23). In his Letter to the Philippian Church, he expressed his belief in Jesus’s obedience to the worst possible death imaginable, the cross - a means of torture and complete obliteration! But, transformed by Christ’s suffering and death, the cross became the instrument of God’s outpouring of love for humanity. A sign of immense love.

In probably the most famous words of St. John’s Gospel, this same vision is highlighted for another church community. "God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life" (John 3:16). By means of the Son dying on the cross humanity is reconciled to God. All those crosses we wear sign an amazing way of life in a violent world. “It sums up the heart of Christianity. As it is raised up before our eyes - on bedroom walls, steeples and above our altars, may it remind us of the power of God’s love to make a way where there is no way - to bring forth life from death.”<sup>1</sup>

This September “Cross” celebration occurs just as we are starting school. It lifts up the crosses we carry into the passion of Jesus who healed and redeemed so many of the details of human history. What might they be this year? Here at Viterbo, nationally or internationally? How about in leadership or our politics. Our health or the scars of loved ones. Much to lift up and commend to our amazing God.

A gentle month.  
Fr. Michael



# Meet our Musicians

## Sister Malinda Gerke, FSPA Harp



Sister Malinda Gerke is a member of the Franciscan Sisters of Perpetual Adoration. She is a native of La Crosse, WI and currently resides there at the St. Rose Convent. Sister Malinda earned her bachelor's degree in Music Education from Viterbo University, a Master's degree in Music Education from the University of Wisconsin-Milwaukee, and a Master's certificate in Liturgy from Notre Dame University in Indiana.

Most of Sister Malinda's professional career was spent as a teacher of private instrumental music, and elementary and high school choral music. In 1990, she was appointed as liturgy co-coordinator of St. Rose Convent.

During Sister Malinda's term as liturgy coordinator at St. Rose, she located the antique classic harp which was among the community's treasures for a long time. It was in need of major repair. At Sister Malinda's request, the decision was made to rebuild the harp in 1997.

That was when Sister Malinda began to learn to play the harp. Her goal was to give voice to this beautiful instrument. She retired in 2001, and has since developed her passion for playing the harp. She works as a volunteer in the local hospitals and in some of the nursing homes and assisted living residences in the area. She also plays for religious functions at St. Rose and at local churches. Funerals and weddings are part of her schedule. Sister Malinda has produced five CDs and a book, *Instrument of Peace*. Although she has had no formal training as a harp therapist, or as a music therapy practitioner, her work has brought comfort and peace to all who have heard her play.



## Tom Walter, Guitar

I started learning to play guitar in seventh grade, and started playing in a church choir soon after high school. Outside a few small breaks, usually work related, I have participated in church choir regularly. Besides San Damiano (minus the winter months), I play in the local band Prairie Smoke and at some of our local nursing and care centers. I also play a little mandolin and I am involved with a local songwriters group. As for why I have chosen San Damiano as my spiritual home, it's a combination of Fr. Conrad's willingness to lead by example, Polly's positive and encouraging energy with the choir, and the musical skill and optimism the students add to the choir mix.





# The Legend of Saint Michael the Archangel

There is a legend in many cultures about Saint Michael and the harvesting of blackberries that we'd like to share on this feast day:

When Satan was cast down from Heaven, he bounced onto the floor of hell and landed in a blackberry bush. Upon falling into the thorny brambles, he became so angry that he scorched them with his fiery breath. He cursed and spat on the blackberries, making them bitter and unsuitable for eating. According to lore, from this point on, blackberries that are not harvested on or before Michaelmas, September 29th, become too sour to eat!

## Blackberry Smoothie

- 1 cup of fresh or frozen blackberries
- ½ of a frozen banana
- ½ cup plain Greek yogurt (or Dairy-Free yogurt)
- 4 cubes of ice
- ½-¾ cup unsweetened almond milk
- a few drops of liquid stevia or other natural sweetener, to taste

### Instructions

- Place blackberries, banana, yogurt, ice cubes and 1/4 cup milk in blender and blend until fruit is pureed and ingredients are well combined.
- Taste and add stevia to sweeten as well as more milk to get the desired thickness (if necessary).
- Pour into a glass and enjoy!



# Blackberry Wine Cake

1 box yellow cake mix

1 cup blackberry wine

4 eggs

1/2 Cup oil

1 pkg (3 oz) berry gelatin of your choice

(blackberry, black cherry or black raspberry work well)



Preheat oven to 350 degrees. Grease and flour a tube or Bundt cake pan. Mix all ingredients together on medium speed for 2 minutes. Pour mixture into prepared pan and bake for 45 Thuntil wooden pick inserted in center comes out clean. When done, leave cake in the pan until cool. Remove from pan onto platter. Garnish with fresh blackberries and mint leaves. Serve with a dollop of freshly whipped cream and a cup of blackberry tea!



## *A Prayer for Michaelmas*

*Saint Michael the Archangel,*

*defend us in battle;*

*be our protection against the wickedness and snares of the devil.*

*May God rebuke him, we humbly pray:*

*and do thou, O Prince of the heavenly host,*

*by the divine power of God, cast into hell Satan and all evil spirits*

*who prowl about the world seeking the ruin of souls.*

*Amen.*



# Volunteer Opportunities

**Lectoring:** Individuals trained to read the first and second readings and the intercessions during the weekend Liturgies.

**Cantoring:** Individuals assist with singing as a cantor or playing an instrument during chapel Liturgies.

**Eucharistic Minister of Holy Communion:** Individuals trained to distribute the Body of Christ to the community.

**Presentation of the Gifts:** Families will pick up the bread and the wine from the table in the back by the sacristy. Then, they will bring the gifts forward to present to the priest to be brought to the altar.

## **Saint Francis Choir:**

Students and Community Members  
of all ages are welcome!

(Singers and Instrumentalists)

**Sunday Masses :** 11am and 6pm

**Rehearsal:** 1 hour before each mass

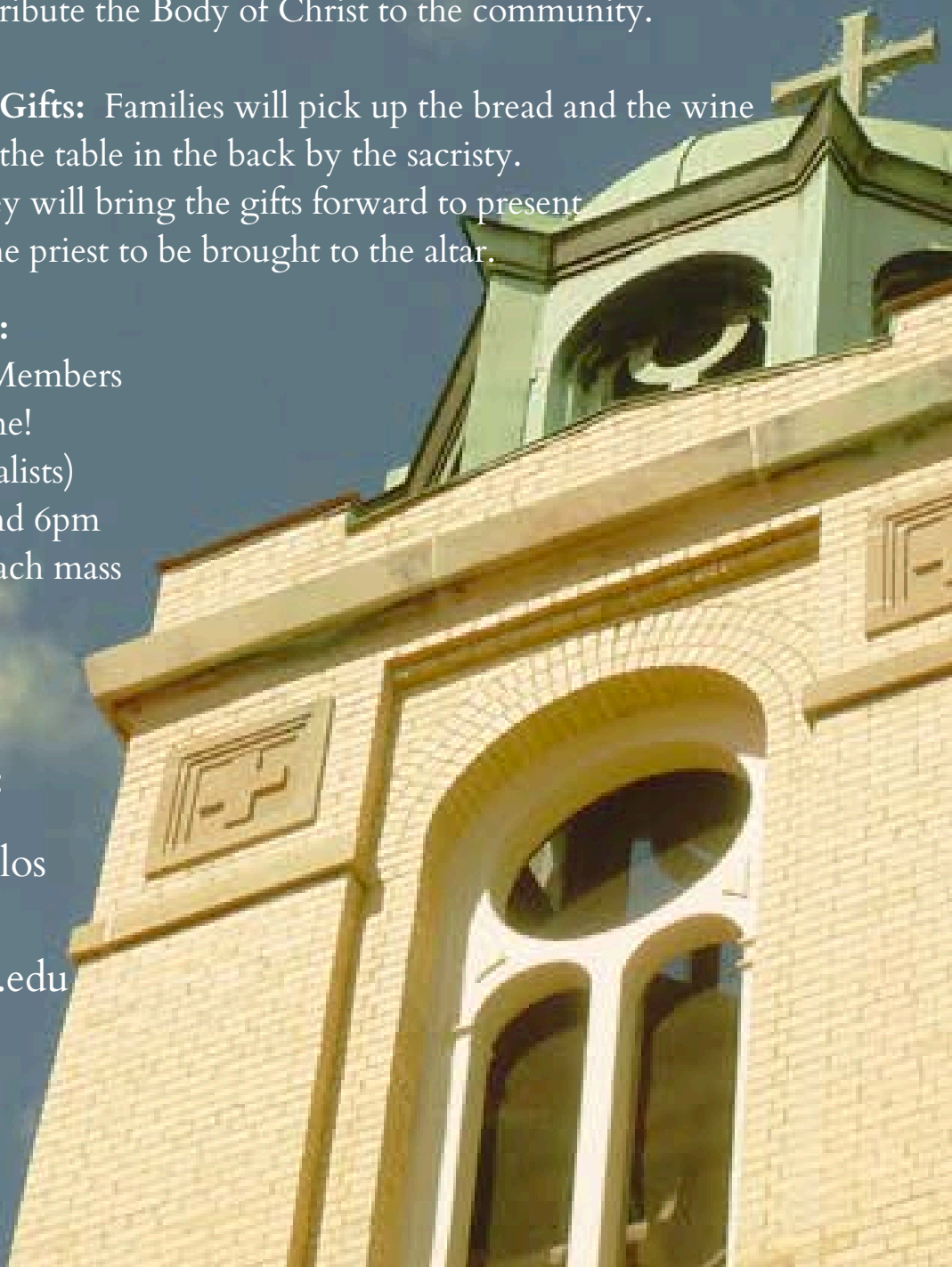
## **Sign-up to participate:**

Contact Polly Pappadopoulos  
608.386.8768

PNPappadopoulos@viterbo.edu

or sign-up at

[vucm.flocknote.com](http://vucm.flocknote.com)





# Campus Ministry

## The Latest News, Updates, and Faith-Filled Stories

Welcome Students to a New Academic Year!

As the fall semester begins, we're thrilled to welcome both new and returning students to our vibrant campus community! 🌟 Whether you're stepping onto campus for the first time or reuniting with familiar faces, we're excited to journey alongside you during this transformative season of college life.

### Discover Our Campus Ministry Offerings

At Viterbo University, we believe that college is more than just classes and exams—it's an opportunity for growth, connection, and purpose. Our campus ministry offers a variety of ways for you to get involved, connect with others, and deepen your faith:

1. **Weekly Gatherings:** Join us for our weekly liturgy and prayer opportunities (Such as Sunday Mass, Table of Plenty, MUG, Praise & Worship, etc). Our weekly gatherings provide a space to recharge, reflect, and build lasting friendships.
2. **Discipleship Small Groups:** Dive deeper into Scripture, discuss life's big questions, and share your journey with fellow students. Discipleship small groups are where faith comes alive in everyday conversations.
3. **Service Opportunities:** Make a difference on campus and beyond! Whether it's volunteering at local shelters, participating in Service Saturdays, Campus Ministry events, or organizing outreach events, there's a place for you to serve.
4. **Fellowship and Prayer!** Let's cover our campus in a community of prayer! Join us in the Sr. Thea Bowman Center for conversations, friendship, and walking with each other on the journey of faith. Prayer changes hearts and transforms lives.

### Connect with Us

Ready to take the next step? Here's how you can connect with us:

1. **Fill Out the Campus Ministry Info Sign-up Form** (on the next page): Let us know your interests, and we'll reach out to you with more information.
2. **Join the FLOCK:** Sign up for our Flocknote system and get regularly updated notes and reminders for specific groups and events.
3. **Attend Welcome Week Events:** Look out for our Welcome Week events, especially the Welcome Back Bash, during the first week of classes. It's a fantastic opportunity to meet our team, ask questions, and find your place in our ministry family.

### Be Part of Something Bigger

Remember, you're not alone on this journey. Our campus ministry is here to support you, encourage you, and help you grow in your faith. Together, we can impact our campus, our city, and even the world.

Let's make this semester unforgettable! ✨

Peace and All Good,  
Emilio Alvarez, Director of Campus Ministry











# Table of Plenty

MONDAYS AT 6 P.M.  
SR. THEA BOWMAN CENTER



## *“Come Have Breakfast” - John 21:12*

Viterbo Community! (Students and All!) You are invited to join us for Campus Ministry Morning MUG **every Thursday from 9-11 a.m. at the Sr. Thea Bowman Center**. Enjoy a delightful breakfast bar, savor freshly roasted coffee, and connect with fellow community members. It's the perfect way to start your day with great food, warm beverages, and even warmer company. Don't miss out on this opportunity to build friendships and nourish your spirit. We look forward to seeing you there!



## Catholic 101

Order of Christian Initiation  
for Adults (OCIA)



Interested in the Catholic Church and learning more about it? Are you Catholic, but have not been confirmed? Are you interested in becoming Catholic? OCIA is a yearlong process for individuals looking to receive the sacraments of the Catholic Church. Participants meet regularly for sessions, attend retreat opportunities, and meet in large group and one-on-one meetings as they prepare themselves for the next steps in their faith journey.

Catholic 101 meetings will begin mid September. If you are interested or have questions, please email Emilio at [ebalvarez@viterbo.edu](mailto:ebalvarez@viterbo.edu).



# Season of Creation

## Pledge of Commitment To Protect and Heal God's Creation

We have come to renew our covenant with God  
and with one another in Christ Jesus, our Lord.  
We have come to help protect God's creation.

We have come as followers of Jesus to commit ourselves anew  
to one another and to heal injustice and poverty.

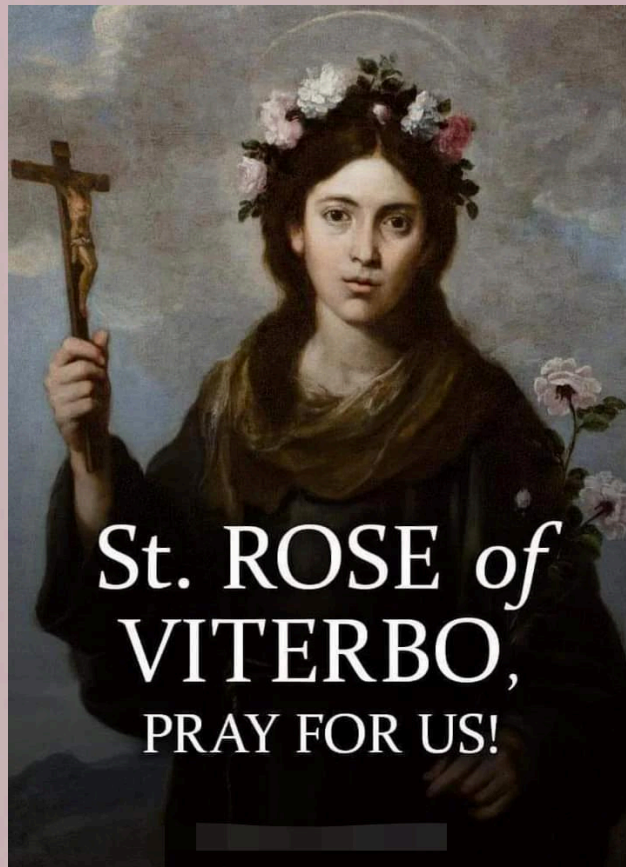
We have come to stand together against all threats to life.

We have come to discover some new beauty every day in God's creation:  
the sunrise and sunset, birds, flowers and trees, rainbows in the sky,  
the stars, the many forms of life in the forest.

We have come to listen to the "music of the universe"-  
water flowing over rocks, the wind, trees  
bending in the wind, raindrops pattering the roof.

We will remember always that God speaks to us through  
the beauty of his creation, and we will  
try our best to answer God's call to reverence all that he has created.





St. ROSE of  
VITERBO,  
PRAY FOR US!

Heavenly Father,  
Saint Rose gave up everything to devote herself  
to a life of penance and combined wonderful courage of  
soul and unsullied innocence.

May we imitate the example of her virtues,  
while celebrating her merits.

Through her intercessory prayers,  
may we emulate her selfless life on earth and enjoy the  
fullness of your blessings in heaven.

Grant this through our Lord Jesus Christ, your Son,  
who lives and reigns with you  
and the Holy Spirit, one God,  
for ever and ever. Amen.