

Our Lady Queen of Peace

4696 Notre Dame Lane, House Springs, Mo 63051 636-671-3062

www.olqpparish.org



PASTOR

REVEREND MICHAEL MURPHY

ASSOCIATES

REVEREND JAMES BEIGHLIE, C.M.

REVEREND DONALD MOLITOR, RETIRED

DEACONS

REVEREND DR. THOMAS GERLING

REVEREND MR. PAUL TUREK

MUSIC DIRECTOR

MR. BOB ELLISON

GRADE SCHOOL PRINCIPAL

MS. RENEE CHAUVIN

PSR COORDINATOR

MRS. DEBRA O'DONNELL

PRESCHOOL COORDINATOR

MRS. NANCY LORENZ

YOUTH MINISTER

MRS. TERRY OSTLUND

PARISH COUNCIL

DOUG BJORNSTAD

CLIFF BRANDT

JOANNE DAVID

VICKI DE LONG

CLAY GREGORC

TOM LAKIN

ARNIE LOHBECK

PAUL MCDONNELL

DENISE ORTMANN

RICH ORTMANN

PHONES

Parish Office

671-3062

School

671-0247

Cafeteria

375-5335

SCHEDULE OF HOLY MASSES

Saturday Evening

5:00pm

(Rosary before Mass - Fatima Prayers included on 1st Sat.)

Sunday

7:30, 9:30, 11:30am

Holy Days

as announced

Weekdays

8:00am

PERPETUAL HELP DEVOTIONS

Tuesday after 8:00am Mass

ROSARY FOR VOCATIONS

2nd Monday of each month after 8:00am Mass

ROSARY FOR PEACE

Every Monday evening at 7:30pm

SACRAMENT OF BAPTISM

First and third Sunday of the month after 11:30am Mass

Make arrangements by calling Parish Office

SACRAMENT OF PENANCE

Saturday

4:00 - 4:45pm or by appointment

SACRAMENT OF MATRIMONY

As soon as marriage is contemplated, contact one of the parish priests.

STEPHEN MINISTRY

314-223-8751

YOUTH MINISTRY

314-566-8363

SUNDAY OFFERING

Our Gifts to God and Parish Last Week

229 Envelopes Used

New Building Fund

Lavender Envelopes	\$	1,514.59
Total Received to date	\$	656,200.86

Offertory

Sunday Envelopes	\$	9,908.50
Sunday Loose	\$	524.29
Total Offertory	\$	10,432.79
Offertory Goal	\$	13,699.00

Thank you for your generosity.

As of July 12, 2010

Contributions Year To Date	\$	23,498.84
Projected Year to Date Budget	\$	27,398.00

Together We're Better Certificates

Sales	\$	1,025.00
Profits/tuition reduction	\$	30.00

TWB Certificates are available in the Parish Office from 8am to 4:30pm Monday through Friday and every weekend after Mass.



From Our Pastor's Pen

Plant Thieves

Over the past couple of months some flowers and plants have disappeared from church. We have put notices in the bulletin asking for their return. Some of these plants have been donated by families in commemoration of loved ones. I'm not sure why someone would think that it is alright to take something that does not belong to them. There is a special word for this kind of behavior, it is called STEALING! And to think that these plants were stolen from church with God observing. Stealing flowers and plants might not seem like a big deal, but it is still stealing and it is wrong.

If anyone has any information about who might be doing this, please contact Fr. Mike.

Parish Dance

On Saturday evening, August 21, we will have a Parish Dance at the Knights of Columbus Hall from 7:00 - 11:00 pm. The band "Sh-Boom" will rock the night away with songs from the 50's, 60's & 70's. Tickets will be on sale in church after all the Masses this weekend and they can also be purchased in the Parish Office during normal business hours. Tickets are \$10 in advance and \$15 at the door. Price includes admission, beer and soft drinks. Close to a third of the tickets have already been sold, so if you plan on attending, don't wait too long. There is more information elsewhere in the bulletin.

Fr. Mike



"Mary has chosen the better part and it will not be taken from her." LUKE 10:42

The story of Martha and Mary reminds us that God wants each of us to serve Him, just as Martha so graciously served. However, we will never know what God wants us to do unless we spend some time like Mary did, just sitting quietly at God's feet and listening to His words.

Seedbearers will have Mass at 5:30pm Monday, July 19, through Friday, July 23. All are welcome to join them.

Grade School News

I have officially moved into my office and am working on things to make next school year a great success. I want to say thanks to those who have welcomed me so warmly! I feel like we are going to have a terrific school year!

Just a few things to look forward to for this upcoming year:

- Technology: Fr. Beighlie has been working extremely hard this whole summer! The computer lab is set up in one of the modulars, the wiring is in place, and things should be up and running for students to be able to use the computer lab on a regular basis. Teachers will bring their classes to the lab to learn computer skills or to work on projects for their other subjects.
- Bullying: I am in touch with Lynne Lang, director of BJC HealthCare School Outreach and Youth Development. BJC offers bullying prevention programs to schools. There are a variety of different programs offered to whole schools, certain grade levels, and to parents. After I meet with her, I will let you know what direction we are heading with this important program.
- Discipline: Some of the faculty is meeting with me over the summer to discuss a possible change in discipline. In keeping with our school's mission of providing a nurturing environment which enables all students to attain their full potential as faith filled members of society, we feel it is important to have a consistent discipline policy throughout the whole school. Again, more information will be given to you as this develops.
- Calendar: We are in the process of updating our school website. We have the school calendar under the school information tab. As events are added during the school year, please check here! Please be patient as we work to add more features to the drop down menus for your convenience.
- School Theme: We will be having a school theme for the 2010-2011 school year. It is: "Be a piece of God's peace." Throughout the year, we will be reminded that we are to share God's peace with everyone we meet whether it be classmates, peers, parents, faculty, staff members, parishioners, family members, or even visitors to our school...God wants us to bring His peace into every situation we encounter, and that will be our focus for this school year in our journey to bring Christ to others.

So, these are just some of the things being worked on for next school year and I wanted you all to know. As the summer and the year progresses, I will keep you updated as to what else is going on.

God Bless,
Renée Chauvin

YOUTH MINISTRY

Slow Down, Don't Move So Fast

In today's gospel we are called to slow down and take time to sit at the feet of Jesus. "Busyness" can be an addiction and is often a distraction to what is really important in life. When our faith and our family are top priorities life becomes an amazing adventure filled with peace and joy. We still have challenges, hardships and grief but we have God and family to help us through. When our busyness takes priority we receive stress, exhaustion, and live in confusion when we experience the difficult times in life.

How often do we take time to be truly present to God and the people in our family or are we "too busy" to notice they are there? The amount of time we, as parents, have the privilege of having our children live in our homes is about a fourth of our life and theirs. Take time to build strong relationships with your teen children by taking time to listen to them with both ears and your heart, eating dinner as a family, and celebrating the simple things in life. Jesus was trying to teach Martha that she had lost her focus, that she was caught in the current of busyness. He was inviting her to slow down and truly be present to her family and to God. We can accept this same invitation to slow down and don't move so fast so we can soak up the gift of God and family. Enjoy the gift of being present!

WOW

What a wonderful weekend! WOW! Last weekend we had the awesome opportunity of basking in the love of God with 3000 teens from the mid-west at the Catholic Steubenville conference. Thanks to everyone who supported us in any way with prayers, donations, and participating in our fund raisers. Thanks to the parents of the 41 youth who encouraged your teens to attend and to the 12 adults who were chaperones for this event. We have the most amazing youth in the entire world here at OLQP because we have an amazing parish family.

NO Wednesday YOUTH NIGHT this week!

Due to our Seedbearer service week we will not have our regularly schedule Youth Night this week but hope to see you on Wednesday, July 28th and on Aug. 4th from 6-9pm in the Bear's Den. Our Youth Mass is on Sunday, August 8th, at 6pm followed by a Youth Night until 8pm. Then we will return to our Sunday evening schedule for the upcoming school year. All high school youth are invited to attend our Youth Nights, no reservations required. Find out how much fun hanging out with amazing teens can be.

Terry Ostlund, Youth Minister
636-671-0302 or 314-566-8363

EUCCHARISTIC ADORATION

Our next Eucharistic Adoration is
Wednesday, July 28
From 1:00pm – 8:00pm.
Please sign up for a Holy Hour.
A sign up sheet is located
in the Church vestibule.



Parish Corner

Every week a different organization is featured in the bulletin. The following week they may have representatives speaking and/or in the vestibule to talk about their organization and sign up potential members.

Rest in Peace

*Absent from the body present with our Lord.
In your kindness pray for the repose of the soul
Sylvester Bordewick, grandfather of Krista Poulsen
Jeanette Ellison, wife of Bob
May God welcome them home, fill them with peace,
and bless those who will miss them.*

Adult Faith Formation

The Adult Faith Formation committee is a group of parishioners who plan and host events designed to foster the continuing faith growth of Our Lady Queen of Peace Parish. The committee has been instrumental in planning the Lenten Retreats and is currently working on a special Mass of Parish Unity to be celebrated on Saturday, August 21, a celebration of the Feast of St. Vincent de Paul on September 27, celebrated by our Vincentian associate pastor, that will recognize the efforts of our St. Vincent de Paul Society and the role of our whole parish in serving the poor, an Advent Retreat, a Parish Mission in February, 2011 and an evening of recollection for parents of our school and PSR children. If you would like to be involved with this committee or if you have suggestions for faith formation activities for the committee to consider, please contact Bev Gregory, Bev.Gregory@lcef.org or 314-952-2167.

Pre School

Our Lady Queen of Peace Parish Preschool is an Early Childhood Educational program that provides a learning environment for children between the ages of three to five. Our program encourages children to: explore, experiment, investigate, enjoy the excitement of learning and experience Jesus' love on a daily basis. A variety of successful methods and key elements are used including activities and curriculum that develops their skills, prepares them for kindergarten and nurtures their spirituality. Believing that every child is a gift from God, we are proud to proclaim that LOVE is the foundation that our program is built upon. For further information regarding our program please contact Nancy Lorenz, 636-671-3062.

Calendar Scheduling

If you have not submitted the times and dates you plan to use our facilities please send a list (in writing) or email (parishoffice@olqpparish.org) to the Parish Office. Sometimes we have experienced conflicts with organizations wanting to use the same facilities. By scheduling early we can avoid most of these disappointments. Just a reminder, even if you always had the same time and place for your meeting we will not know that you intend to continue to meet. Typically we redo the calendar at the beginning of our fiscal year, July 1st.

Thank you so much for your help in keeping our parish calendar up to date and running smoothly.



St. Vincent De Paul

On behalf of the needy in our area, we wish to THANK YOU for your generous donations to SVDP. This is how the funds were disbursed in June.

Rent-\$150.00 Water-\$108.51,
Propane-\$100.00 Electricity-\$621.71.

Also a special THANKS to the youth group residence of BOX CITY for their contribution of \$500.00. God Bless all of you!

SVDP Volunteers



HELP!!!!!!

We have been making some changes to our Web Presence. School, Preschool, PSR and Youth Ministry have been established as sub-webs of the parent, parish web. We need help in keeping these - and the parent web - updated. We're working on a plan for regular updates and providing information to those who would then be responsible for making the changes. If you would be interested in helping with this, please contact Fr. Beighlie. He will provide you with the necessary software to edit pages for which you would take responsibility and train you on using the programs - if you can use Word Processing, you can edit the web pages!

In conjunction with the new computer lab in the school, the Library will be moved from the Church basement to the other classroom in the modular where the computer labs has been installed. We are converting the building into a full Library/ Media Center. As an essential part of this project, we are going to be automating the Library. This will allow for computerized circulation control, library user management and online search capabilities - anyone can search the library from any computer with internet access. We need help in cataloging the Library's collection. Any parents - or other parishioners - who would like to help in this process should contact Fr. Beighlie. During the school year, we will also be looking for volunteers to manage the library - checking books in and out, helping students find what they need, etc. Volunteers would be asked to be present in the Library for limited, designated and recurring time slots.

Stephen Ministry



Going through a tough time emotionally or spiritually? A Stephen Minister is trained to listen, care, encourage, pray and walk alongside you during difficult times. To learn how you can receive care please call Margaret, 314-223-8751. All calls and sessions are confidential and free. God bless you!

**Paper Recycle News
Please Take Time To Recycle
We receive Money for This!!**



Paper recycle not only makes sense from an environmental standpoint, but also from a financial one. Our parish receives money from paper that is usually thrown away in the trash. Recycling decreases emissions of greenhouse gases that contribute to global climate change and also helps sustain the environment for future generations.

Statistics:

- 20.40 tons recycled YTD
- 23.42 tons recycled this time last year
- 61.20 cubic yards of landfill saved YTD
- 70.26 cubic yards saved this time last year
- 83,680.80 KWH energy saved YTD
- 96,068.84 KWH energy saved this time last year

Our Lady Queen of Peace PARISH DANCE

Featuring



Music From the 50's, 60's & 70's

www.sh-boom.com

Saturday, August 21, 2010

Knights Of Columbus Hall

7 pm - 11:00 pm

Doors open at 6:00 pm

\$10/person in advance

\$15/person at the door

Price includes Beer & Soda
(Burgers, Hot Dogs, Fries & Nachos
can be purchased)

For Tickets call: 636-671-3062
M-F 8 am - 4 pm
or email: dance@olqpparish.org
or purchase in the parish office

Seven Days of Inspiration

Take one a day...
and feel great all week!

God made just one
of you. That makes
you precious!

You don't need an
excuse to relax.

Help someone shine.
You'll glow, too!

Miracles Can happen
on the most ordinary
of days!

Hope makes
anything possible.

Your smile has more
power than you realize.

Grab your fair
share of happiness!

**Friends of Bud Waeltermann
Come and Wish Him a
Happy 80th Birthday
Sunday, July 18, 1 to 9pm
Larry and Sylvia Yount's home
Open House with Pot Luck**

From Highway MM - take Highway 21 south, make
right on Highway H (De Soto area), go 1.5 miles to
home on the right (look for field of sunflowers).

Bud requests no gifts please

Any questions or more information please call his
daughter at 314-422-2150 in the evening.

Catholic Radio

Are you interested in learning more about your faith? Would you like to strengthen your relationship with Jesus Christ and His Church? Tune in to Catholic Radio on AM 1460 KHOJ. Programming includes daily Holy Mass, Devotions, Catechetical, live call-in shows, and much more. For a program schedule and a free CD call (314) 752-7000 or toll-free (877) 305-1234.

IMMACULATE CONCEPTION (ARNOLD) PARISH PICNIC

Sunday, July 18, 12:30 - 9:00pm
GAMES- RIDES - LIVE MUSIC - FOOD
INDOOR FLEA MARKET AND CRAFT BOOTHS
Serving Famous Fried Chicken Dinners
Saturday evening, July 17, 6:00-11:00pm
Sunday 12:30-6:00pm

**Nazareth Living Center
Caring for the Caregiver
Making Caregiving Easier
Sunday, July 25, 2010
1:00 to 3:00pm
Refreshments will be served
Don't miss this free presentation
Space is limited please call
314-649-4662 for reservations.**

**St. John Parish Picnic
4525 Old Highway 21
Sunday, August 1, 11:30am-5pm**

Serving Fried/Baked Chicken or Roast Beef Dinners with Mashed Potatoes & Gravy, Green Beans, Slaw, Home-made Desserts and a Beverage. Cost is \$8 large; \$5 small. Proceeds go towards the New Church Building Fund. We will also have a big resale booth and 50-50 drawings.

Any questions please call 636-296-8061 for more information.

**Annual Silver and Golden
Wedding Jubilee Mass
Sunday, September 26, 2010**

A special Mass celebrated by Archbishop Robert J. Carlson, will be held on Sunday, September 26, at 2:30pm at the Cathedral Basilica (4431 Lindell Blvd., 63108). All couples celebrating their 25th, 50th or 50 plus anniversary during 2010, who are registered before Tuesday, September 7 will have their names and wedding date printed in the program and receive a certificate of congratulations signed by the Archbishop.

Please call 314-792-7170 to make your reservation.

Welcome to Our Lady Queen of Peace Parish

We rejoice to have you with us, whether a long-time resident or newly arrived in our parish! Please fill out this form and return it to the Parish Office or place it in the Sunday collection basket if you would like to be a registered member of our parish. If you have recently changed your status, married, moved out of your parents' home or graduated from college, you need to re-register. Please help us keep our records in order.

Name _____ Address _____

City _____ Phone _____ # of people registering _____

Please circle one:

New Registration Address or phone number change Moving out of parish

Parish Activities

Mon	July 19	Women's Bible Study, 7pm, Library Rosary for Peace, 7:30pm, Church
Tues	July 20	Devotions after 8am Mass Quilters, 9am - 3pm, 6 - 8:30pm, Activity Center Finance Meeting, 7pm, Rectory
Wed	July 21	No Youth Night Athletic Association Meeting, 7pm, FH
Sun	July 25	Vacation Bible School begins, 6-8pm

Mass Intentions

Mon	July 19	8:00am	Robert Crean
Tues	July 20	8:00am	Dorothy O'Brien
Wed	July 21	8:00am	Shirley Heibeck
Thurs	July 22	8:00am	Florence Duquesne
Fri	July 23	8:00am	Margie Mertsch
Sat	July 24	5:00pm	Warren & Bernice Dierks
Sun	July 25	7:30am	People of the Parish
		9:30am	Tracy Creighton
		11:30am	Isadore Alexander

Please pray for those who are ill
(parishioners are in bold)

Jackie Nappier	Robert Pratt	Eddie Skaggs
Val Leiber	Joyce Beck	Vince Ferrara
Bud Waeltermann	Jan Sankey	Bill Bierman
Debbie O'Brien	Mary Coughlin	
Charles Bacher		

Allen Chott, nephew of Judy Mottert
 Joe Graham, fiend of Carl & Patsy Boyer
 Viola Wilfong, mother of Rich Wilfong
 Cindy Swafford, niece of Alan and Mary Myers
 Sam Mayberry, friend of Patrick Rawlins
 Jimmy Rawlings, son of Lynette Rawlins
 Jeffery Rawlins, grandson of Lynette Rawlins
 Rachel Preston, granddaughter of Lynette Rawlins
 Christine DeClue, daughter of Bill and Linda Weber
 Ann Ade, mother of Angie Ecker
 Kay Oestman, sister of Maureen Turney
 Shirley Hussey, sister-in-law of Cathy Eimer
 Louise Gunter, mother of Lynette Rawlins
 Susan Keilholz, mother of Ann Riley
 Mary McFarland, mother of Jan Hussman

the homebound, shut-ins of the parish and all in nursing homes. To add a name please call the Parish Office, 671-3062. Names will be removed after 3 weeks.

July 24th and 25th

Special Ministers of the Eucharist

5:00 pm	Donna Clifton, Ralph Munzlinger, D. Ortmann, Barb & Joe Nenninger, Maryann Turek
7:30 am	Mary Bjornstad, Patsy & Carl Boyer, Vicki De Long, Jo Jahnsen, Andrea Lawson
9:30 am	Barb Perez, Deb Pigue, Helen Salamone, Jan Schultheiss, Kelly Smith, Kent Sturhahn, Maureen Turney
11:30 am	Carol Freihaut, Don & Kim Horn, Maria Webb, Paula Schroeder, Denise Witt

Proclaimers

5:00 pm	Larry Bottchen, Sandy Munzlinger
7:30 am	Scott Reimer, Frieda Siebel-Spath
9:30 am	Dale Andrews, Margaret Gerling
11:30 am	Laura Huss, Michelle Mose

Servers

5:00 pm	Chance Leiker, Ben Pigue, Alicia Whitehead
7:30 am	Briar Bolte, Kaitlyn Robertson, Dylan Vancil
9:30 am	Hanna Osborne, Kim Queen, Jodi Woolsey
11:30 am	Joey & Tommy Carbone, Hannah Mraz

Ushers

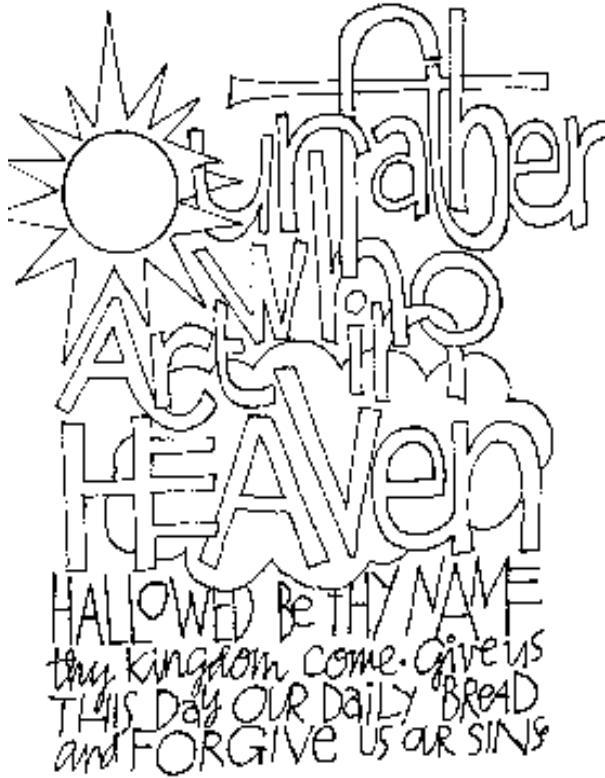
5:00 pm	Bill Clifton, Ken Ganey, Arnie Lohbeck, Mike Luebbert, Don Reno, Richard Rousseau
7:30 am	G. Bachmann, Robert De Long, Jeff Eschbach, Wally Freihaut, John Nahlik, Vince Rocchio
9:30 am	Terry Filicsky, Ray Graf, Butch Mattingly, Sam Pierceall, Ralph Schultheiss, Ron Williams
11:30 am	Don Brooks, Gary Freihaut, Michael Harris, Kevin Huss, Andy Nappier, Ben Slodkowski

Parish Office email
parishoffice@olqpparish.org
OLQP Web Site
www.olqpparish.org
submit articles for bulletin
olqpbulletin@yahoo.com
Deadline Tuesday at 4:30 pm
Inserts - Monday at noon



Cathy Morlock,
 Debbie Stephens,
 Chyree de Roode
 and Joyce Stenger

**Seventeenth Sunday in Ordinary Time
Cycle C**



THEME: “Teach us to pray.”

Formal prayer, devotional prayer, liturgical prayer, meditative prayer – in Christian tradition there are many styles of prayer to choose from and still we ask, “Lord, teach us to pray.” Sadly, some people avoid prayer because they feel selfish: “Whenever I pray, all I do is ask God for things I need or want. I don’t thank him enough, so I just don’t want to keep asking for things.” In its simplest definition, prayer is conversation, talking to God. How do we do that? What should we talk about?

THE READINGS:

FIRST READING: Genesis 18:20-32.

The story of Abraham in the first reading from Genesis, is one example of prayer. Abraham prays for sinners. The story has to be understood in context. Genesis begins with the creation of the world and immediately sin enters into the picture. The good and ordered life

that God intended went awry. God then chooses Abraham to be the father of a great nation and in him God sets out to turn around what went wrong in his original plan of creation. Abraham is chosen for a purpose, that in him and his descendants, all the families of the earth would find blessing. We, the believing community, are now the heirs of that promise. Abraham, the Father of Faith, gives an example of how we are to bring God’s blessings to all others – through prayer for sinners. He does not judge the people of Sodom and Gomorrah, he doesn’t ask for vengeance. He asks for God to show mercy, to give people a chance to live into God’s blessings. He asks God for what the world needs – mercy, forbearance, compassion. Why? Because we are limited, frail, sinful people. Because we can’t do it on our own. Because we are not God.

In coming to prayer, then, the first thing to remember is that we are not God. We come to God with our needs, needs we can’t fill on our own. We come, dependent on God’s love and care.

SECOND READING: Colossians 2:12-14.

If the first reading gives us an example of how to pray, Abraham interceding for sinners, the second reading from Colossians serves to remind us that we too are sinners. What can we do to overcome our sinfulness and live rightly? The Letter to the Colossians tells us that there is nothing we can do because overcoming our sinfulness has already been accomplished. It has been accomplished by our loving God who has nailed our sinfulness to the cross. The implication of this is, again, that we are dependent, dependent on our God who loves us enough to reconcile us with Himself through the cross even though we are undeserving. This can, and should, lead to joy and thankfulness, but still our stance before our God is one of dependence.

GOSPEL READING: Luke 11:1-13.

The Gospel reading from Luke addresses the question of how to pray directly. When asked by His disciples about how to pray, Jesus gave simple directions.

Begin by acknowledging the otherness, the holiness of God; begin by admitting that we are not God and that we need Him. Then ask for what we need. Ask for the things we need to sustain us in our everyday lives; ask for forgiveness for the wrongs we continue to do; ask for the strength and guidance we need to try to live well, to avoid evil and wrongdoing. Ask.

Jesus continues by giving a pair of illustrations of authentic prayer. The first story illustrates persistence.

A man lacks what he needs to care for another and persists in his request to a neighbor. That should be our approach to prayer with our God, persistence in seeking what we need, acknowledgment that we can't achieve what we need on our own but need God's help and care. The second illustration is about trust. In asking for what we need, God will not disappoint, will not give us something that looks to answer our prayer but really doesn't. No, He will get to the heart of the matter and give us what we really need – the presence of His Spirit to guide us to all good.

Formal prayer, devotional prayer, liturgical prayer, meditative prayer – the form of the prayer doesn't matter. What matters is that we pray and how we pray. We come to our God to have a conversation, dependent on Him for all that we need, realizing that we are not God, not equal to Him, needing to ask for what we can't do for ourselves.

FOR REFLECTION:

- When I pray, how do I pray? What is my style of prayer? Is it satisfying? Have I tried other styles of prayer to find which works best for me? Am I comfortable with the realization that what works best for me may not work for someone else, that what works for someone else may not work for me?
- Do I pray for sinners - or against them? Do I pray for God's will to be done, for His mercy for people with whom I don't agree, or do I pray that others will change to be like me?
- What does it mean to me to affirm that in all prayer, we come to God as dependents? Can I deal honestly with my own limitations and sinfulness or do I try to see myself as better than others?
- Am I persistent in prayer? If I'm hesitant to turn to God with my needs or am not persistent in asking, why is this? Am I afraid that I will be disappointed? Would such disappointment shake my faith?
- Do I ask God for the things I need to sustain everyday life? Do I ask for forgiveness? Do I ask for the guidance to live well and avoid evil?

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