



Pure in Heart **B O S T O N**

*Create in me a pure heart, O God,
and renew a steadfast spirit within me.*

—Psalm 51:12



WELCOME TO PURE IN HEART

Pure in Heart is an international Catholic lay community composed of young adults ages 18-35 that gathers for formation and outreach. There are currently groups in Ireland, Haiti, France, Kenya, the UK, and here in the United States!

YOUNG ADULT FORMATION

- Prayer Meetings
- Retreats
- Periodic Social Events

OUTREACH

- Respect Life and Chastity Talks
- Mission Trips

PURE IN HEART AMERICA

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Join our Mailing List to learn about PIHA Events

- *Send us an email with "SUBSCRIBE" in the subject line.*

PIH BOSTON PRAYER MEETING SCHEDULE

6:30 PM Adoration | Rosary | Reconciliation*

7:00 PM Holy Mass

7:30 PM TOB Discussion | Reconciliation*

8:25 PM Announcements

8:30 PM Closing Prayer | Dinner | Fellowship

*Reconciliation: Back of the Upper Room before & after Mass.

PIH BOSTON CHAPTER

Meets every Thursday Evening: 6:30-8:30 PM
Dinner & fellowship follows every meeting.

MEETING LOCATION

St. Clement Eucharistic Shrine - Upper Room*
1105 Boylston St., Boston, MA 02115

**To get to the Upper Room, walk to the very front of the church towards the altar, turn right, go through the double doors and walk up the stairs.*

SPIRITUAL DIRECTOR

Fr. Andrew Beauregard, FPO

CONTACT US

boston@pureinheartamerica.org
www.pureinheartamerica.org/boston

STAY CONNECTED

@pureinheartboston | @pureinheartamerica

*Thank you for being part of our community this week.
We pray that your week will be filled with graces from
the Holy Spirit.*

EUCCHARISTIC EXPOSITION

O Salutaris Hostia

O salutáris hóstia,
Quae caeli pandis óstium:
Bella premunt hostília,
Da robur fer auxiliúm.

Uni trinóque Dómino
Sit sempitérna glória:
Qui vitam sine término
Nobis donet in pátria.

O Saving Victim

O Saving Victim, op'ning wide
The gate of heav'n to us below!
Our foes press on from ev'ry side:
Thy aid supply, Thy strength bestow.

To Thy great Name be endless praise,
Immortal Godhead, One in Three;
O grant us endless length of days
When our true native land we see.

ADORATION

Adoration is a time of prayer and devotion in the true presence of our Lord in the Blessed Sacrament. Prior to Benediction, please kneel. We'll sing Tantum Ergo.

Tantum Ergo

Tantum ergo Sacraméntum
Venerémur cernui:
Et antíquum documéntum
Novo cedat ritui:
Praestet fides suppleméntum
Sénsuum deféctui.

Genitóri Genitóque
Laus et jubilatio,
Salus, honor, virtus quoque
Sit et benedíctio:
Procedénti ab utróque
Compar sit laudátio.

Come Adore

Come adore this wondrous presence,
Bow to Christ the source of grace.
Here is kept the ancient promise
Of God's earthly dwelling place.
Sight is blind before God's glory,
Faith alone may see His face.

Glory be to the Father,
Praise to His coequal Son,
Adoration to the Spirit,
Bond of love, in Godhead one.
Blest be God of all creation
Joyously while ages run.

BENEDICTION

*The priest will give a blessing, followed by a prayer.
Then, together we will offer The Divine Praises.*

V. You have given them bread from heaven.

R. Having all sweetness within it.

V. Let us Pray. O God, who in this wonderful Sacrament left us a memorial of Thy Passion: grant, we implore Thee, that we may so venerate the sacred mysteries of Thy Body and Blood, as always to be conscious of the fruit of Thy Redemption. Thou who livest and reignest forever and ever. Amen.

The Divine Praises

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in His angels and in His saints.

REPOSITION

*As the Blessed Sacrament is processed to the
tabernacle, we will sing Holy God, We Praise Thy Name*

Holy God, we praise Thy Name!
Lord of all, we bow before Thee;
All on earth Thy scepter claim,
All in Heav'n above adore Thee;
Infinite Thy vast domain,
Everlasting is Thy reign. (x2)

Hark! The loud celestial hymn
Angel choirs above are raising;
Cherubim and Seraphim,
In unceasing chorus praising,
Fill the heav'ns with sweet accord:
Holy, holy, holy Lord. (x2)

AN EXAMINATION OF CONSCIENCE FOR YOUNG ADULTS

Through the Sacrament of Reconciliation, we are able to receive God's healing mercy and His grace to begin again.

Reconciliation: Back of the Upper Room before & after Mass.

Responsibilities to God:

- Have I gone to Mass on Sunday or have I rebelled and refused?
- Did I participate in the Mass or did I daydream?
- Have I prayed every day?
- Have I read the Bible?
- Have I been rebellious toward God and his commands?
- Have I misused the name of God by swearing and cursing?
- Have I told the Father that I love him for creating me & making me his son/daughter?
- Have I thanked Jesus for becoming man, dying for my sin and rising to give me eternal life?
- Have I asked the Holy Spirit to help me conquer sin and temptation and to be obedient to God's commands?

Responsibilities to Others & Myself:

- Have I been rebellious, disobedient or disrespectful to my parents, teachers and those in authority over me?
- Have I lied to or deceived my parents or others?
- Have I been arrogant and stubborn?
- Have I talked back to my parents or those in authority?
- Have I gotten angry or nurtured and held grudges and resentments? Have I refused to forgive others? Have I cultivated hatred?
- Have I engaged in sexual fantasies or looked at others lustfully?
- Have I viewed pornographic literature, pictures, shows or movies?
- Have I masturbated?
- Have I lustfully kissed or sexually touched someone?
- Have I had sexual intercourse?
- Have I had an abortion or encouraged another to have one?
- Have I gossiped about others? Have I slandered anyone? Have I told lies about others? Have I mocked or made fun of others?
- Have I lied or cheated? Have I stolen anything? Have I paid it back?
- Have I been selfish or spiteful toward others? Have I been jealous?
- Have I gotten drunk, or taken drugs?
- Have I participated in anything that is of the occult?
- Have I been patient, kind gentle and self-controlled?
- When my conscience told me to do something good, did I do it or did I ignore it?

ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven, and the pains of hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love.

I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

MATTHEW 6:24-34

No one can serve two masters; for a slave will either hate the one and love the other, or be devoted to the one and despise the other. You cannot serve God and wealth.

Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.

Please take a few minutes in silence to reflect on this passage as we prepare for our TOB discussion.

HOLY ROSARY

In praying the Rosary together, we contemplate the mysteries of Christ's life and ask for the Blessed Mother's intercession in all aspects of our lives.

Our Prayer Leader will lead the Rosary and announce each mystery. We ask volunteers to lead the Our Father and Hail Marys of each decade. Responses are in bold.

Glorious Mysteries (Sunday & Wednesday)

1. The Resurrection: **Conversion of heart**
2. The Ascension: **A desire for heaven**
3. The Coming of the Holy Ghost: **The Gifts of the Holy Ghost**
4. The Assumption of our Blessed Mother into Heaven: **Devotion to Mary**
5. The Coronation of our Blessed Mother: **Eternal happiness**

Joyful Mysteries (Monday & Saturday)

1. The Annunciation: **Humility**
2. The Visitation: **Charity**
3. The Birth of Our Lord: **Poverty or detachment from the world**
4. The Presentation of Our Lord: **Purity of heart, obedience**
5. The Finding of Our Lord in the Temple: **Piety**

Sorrowful Mysteries (Tuesday & Friday)

1. The Agony in the Garden: **Contrition for our sins**
2. The Scourging at the Pillar: **Mortification of our senses**
3. The Crowning with Thorns: **Interior mortification**
4. The Carrying of the Cross: **Patience under crosses**
5. The Crucifixion & Death of Our Lord: **That we may die to ourselves**

Luminous Mysteries (Thursday)

1. The Baptism in the Jordan: **Openness to the Holy Spirit**
2. The Wedding at Cana: **To Jesus Through Mary**
3. The Proclamation of the Kingdom: **Repentance & Trust in God**
4. The Transfiguration: **Desire for Holiness**
5. The Institution of the Most Holy Eucharist: **Adoration**

The sign of the Cross

In the name of the Father and of the Son, and of the Holy Spirit. Amen.

The Apostles Creed

V. I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, Our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into Hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead.

R. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Then say 1 Our Father, and 3 Hail Marys (for the virtues of Faith, Hope & Charity) followed by 1 Glory Be:

V. OUR FATHER, Who art in heaven, hallowed be Thy name; Thy kingdom come, Thy will be done on earth as it is in heaven.

R. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

V. HAIL MARY, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

R. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

V. 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.

V. OH MY JESUS,

R. Forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those most in need of Thy Mercy.

The Leader will closes the Rosary with a Hail Holy Queen.

V. HAIL, HOLY QUEEN,

R. Mother of Mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears; Turn then, most gracious Advocate, thine eyes of mercy towards us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

V. Pray for us, O most holy Mother of God,

R. That we may be made worthy of the promises of Christ.

V. Let us pray.

R. O God, whose only begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life, grant we beseech thee, that by meditating on these mysteries of the most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain, and obtain what they promise. Through the same Christ, our Lord. Amen.

We will pray together an Our Father, Hail Mary, and Glory Be for the intentions of our Holy Father.

V. ST. MICHAEL THE ARCHANGEL,

R. 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 power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

PRAYER FOR PURITY

Our community prayer is a petition to the Holy Family asking for their intercession as we grow and discover our vocations as young men and women.

JESUS, help us to love as You do. Make us pure of body, pure of mind and pure of heart that we might see God and enjoy His plan for us. Make us clean and heal us from the wounds of sin. Strengthen us each day to live the love to which You call us. By ourselves we are weak and our hearts are not pure, but in You we can be strong and holy.

MARY, you are the Immaculate Conception, so pure and chaste. We pray to you for purity in our world. In particular we pray for purity amongst the youth. Mary, we want to be pure like you are.

ST. JOSEPH, we want to have your courage to guard the purity of others and ourselves. Please help us in our walk with Jesus so that we can glorify God in our bodies and join all of you in heaven one day.

JESUS, we desire to do your will. Send your Holy Spirit down upon us to guide us and inspire us always. Bless, protect and cover each one of us with your most precious blood so that no evil may touch us, our lives, our work or our neighbors. Bind us together with your Spirit of love so that we always come to you in one mind and one heart, working together and persevering for the coming of your heavenly kingdom.

We make our prayer through Christ our Lord.

St. Joseph, *pray for us.*

St. Raphael, the Archangel, *pray for us.*

St. Maria Goretti, *pray for us.*

St. John Paul II, *pray for us.*

Blessed Pier Giorgio Frassati, *pray for us.*

HOLY SACRIFICE OF THE MASS

Receiving Jesus together in the Eucharist is where all of our strength and joy lies, as we allow His divine love to penetrate our hearts and set them on fire!

- **Greeting**
- **Penitential Act**
- **Liturgy of the Word**
(Readings, Homily, Creed, Intercessions)
- **Liturgy of the Eucharist**
(Preparation, Eucharistic Prayer, Communion Rite)
- **Concluding Rite**

ANIMA CHRISTI

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Thy wounds hide me.
Suffer me not to be separated from Thee.
From the malicious enemy defend me.
In the hour of my death call me.
and bid me come unto Thee,
that with Thy saints I may praise Thee
for ever and ever.
Amen.

THEOLOGY OF THE BODY

Follow [@pureinheartboston](#) on Facebook for the dates of upcoming Prayer Meetings, Discussion Topics & Special Events.

For the culmination of each meeting, we delve into St. John Paul II's theology of the body (TOB)—a rediscovery of the meaning of being created male and female, and thus a careful articulation of how the human person is a sacrament, or sign, pointing us to God's own divine mystery. St. John Paul II considers TOB "the rediscovery of the meaning of the whole of existence, the meaning of life."

Through our prayer community, we are able to grow in love and see one another more as God sees—as brothers and sisters made in His image and likeness. We seek to spread His pure love by every means. Our love for God and for each other is of paramount importance. Our love and reverence for each other contributes greatly to the unity among Jesus' followers. We pray that they will say about us what they said about the early Christians—*"Behold, how they love one another."*

OUR PRAYER LIFE

Pure in Heart America prayer meetings are for Catholic young adults ages 18-35 years old. Each member has a story of how the Holy Spirit led them to Pure in Heart—no two paths are the same. Members come from all different places, professions, and family backgrounds. What everyone in Pure in Heart has in common is the same as every person: a great desire for authentic love, joy, and fulfillment! Finding this is only possible when we first and foremost have an authentic relationship with Christ and strive to live in His will.

As a community, Pure in Heart comes together and prays for God's grace to live out this authentic love—which we have come to know as the only true path to personal freedom.

OUR STORY

In the Beginning

In the year 1989, a small group of Catholic young adults in Ireland responded to Mary's invitation to prayer. Every week, the young adults would come together and lay a myriad of intentions at the Blessed Mother's feet. Little did they know that Mary was preparing their hearts for something quite wonderful.

Through the years, 'purity amongst the youth' was a common prayer intention of the group and seemed to be an area in great need of prayer and attention. As time went on, this prayer intention in particular was catching the attention of the group's spiritual director, Fr. Aidan Carrol. One day, while traveling in Rome for World Youth Day 2000, members of the community began feeling stirrings in their heart and a great desire to form a new community dedicated solely to praying for purity and reaching out to the youth and young adults of Ireland. This new mission would include speaking about Saint John Paul II's Theology of the Body (TOB)—a message founded in truth about human life and sexuality as gifts given to us by God. These profound gifts described by the late Pope seemed to hold more meaning and purpose far more beautiful than the world seemed to be understanding. These young adults decided it was time for the world to hear this Good News. So, Pure in Heart Ireland was born!

Pure in Heart Ireland

After much prayer within this new community, two members of the group decided to take a year off from their studies to give talks in schools around the country, taking to heart Jesus' invitation to leave everything and follow Him. Soon others wanted in on this endeavor and followed suit. Since that time, Pure in Heart's mission team has spoken to over 120,000 young people throughout Ireland. The mission team works tirelessly to propose the Church's teaching on sexuality and respect for all life in an attractive way to their peers and to the youth, and they continue to make prayer a priority above all.

Pure in Heart America

Pure in Heart's first international prayer community, Pure in Heart America, was born in **Boston** in 2008, later expanding to nearby cities **Lowell** (2012), **Worcester** (2013), **Lawrence & Haverhill** (2019) Additional groups have since formed in England, Wales, France, Haiti, Kenya, St. Martin, and Liberia.

“You will know them by their fruits” (Matthew 7:16).

By the grace of God, many members in PIH have gone on to enter the priesthood, religious life and marriage.

VOLUNTEER OPPORTUNITIES



Pure in Heart America is always looking for more help. You can assist on the LOCAL, NATIONAL, and INTERNATIONAL LEVELS.

Be a part of a dynamic, new, young adult ministry!

- **PRAYER LEADER**

Do you want to be in the heart of Pure in Heart?

- **MISSION TEAMS**

Looking for a dynamic way to share about chastity and the sanctity of life?

- **VIGIL COMMITTEE**

Does staying up all night sound like fun?

- **SOCIAL COMMITTEE**

Do you like to bring people together and plan events?

- **OUTREACH, MARKETING & GRAPHIC DESIGN**

Are you great at social media? Can you get the word out?

- **ACCOUNTING & FINANCE**

Do you have financial expertise?

- **TECHNOLOGY**

Do you speak another (computer) language?

If you are interested in becoming more involved, please speak to a Chapter Director or a member of the Executive Team.

We invite you to contact us at info@pureinheartamerica.org

Our Mission

Pure in Heart is an international Catholic community of young adults.

Pure in Heart America proclaims the virtue of chastity and the sanctity of human life around the world.

We will educate, inspire, and empower youth around the world to faithfully live their vocations. Pure in Heart will become a strong Catholic community locally, nationally, and internationally.

We are founded in prayer with the goal of evangelization.

We will be distinguished as...theologically sound, scientifically accurate, and culturally relevant.

Our Vision

Through our prayer communities and mission teams, we hope to educate, inspire, and empower the youth to build a culture of life—growing in virtue and discovering the love they were created for.

Through this discovery of their own self-gift, we see a world with confident young adults ready to pursue the vocation God has called them to while avoiding the pitfalls of the world.

What does this look like?

In a culture of life, we will see dedicated, noble vocations to the priesthood and religious life;

unbreakable, Christ-centered marriages;

and happy, confident and selfless young people living chaste lives

and upholding the dignity of every human person.

pure in heart 
educate, inspire, empower

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Pure in Heart America is a Catholic 501(c)3 non-profit organization.