



**Holy Cross Mission  
Pastoral & Spiritual  
Counseling Center  
Lexington South Carolina**

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**Msgr. Anthony Philip Giunta, PhD  
Community Chaplain**

**Holy Cross Mission**

**Lexington, South Carolina 29073**

# Holy Cross Mission Pastoral & Spiritual Counseling Center

Lexington South Carolina

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Vicar: Msgr. Anthony Philip Giunta, Ph.D.

Holy Cross Mission is an independent Franciscan Third Order. We are orthodox in our faith, affirming the ancient creeds and upholding the authority of Holy Scripture. We worship according to the Liturgy of 1928 Book of Common Prayer under the Anglican Rite, among the Saints, offering valid sacraments with valid apostolic succession.

Holy Cross Mission is a member of Order of St.  
Alcuin House Theological Seminary

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*This booklet is dedicated to all of my brothers and sisters within the Active Military and Veterans of conflicts that helped protect our freedom and country, the United States of America; secondly please bless our emergency services personnel, Police, Fire and Emergency Medical personnel. And last I would like a special dedication to Mother Martha Riola, St. Alcuin House Seminary who has been a beacon of light for all of us within the Order to follow, especially myself.*

“If you are looking for a connection to the Ancient and Undivided Church, love the liturgy and the sacraments and love teaching and preaching from the Holy Scriptures, the Word of God written, I invite you to visit with us. You will find a place of welcome and a safe haven in the midst of the storm. If you are a seeker of truth and want to know more about Jesus Christ and how he can change your life, we welcome you to visit us. Jesus can heal your life and make you into a new and beautiful person.

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Holy Cross Mission you will experience the love of Jesus Christ and the power of the Holy Spirit. We come together as one Holy Catholic family and embrace the liturgy and sacraments of the Church; we extend an invitation to you. We are part of the One Holy, Catholic, and Apostolic Church. “

## Chaplain Pastoral and Spiritual Care

### Our Mission

Holy Cross Mission is solidly rooted in the loving ministry of Jesus Christ as Consul and healer. Holy Cross Mission is committed to the spiritual wellness of all Christians who have a deep concern for their life's mission in our earthly existence. Persons will be given special attention to those who are poor in spirit and vulnerable about their ability to accept Jesus Christ as their savior. . Our Christian mission is dedicated to

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spiritually-centered, holistic care, which sustains and improves the health of individuals and communities. We are advocates for a compassionate and just society that uses the Bible as bedrock of our teaching and counseling, which is seen through our actions and our words.

The Holy Cross Mission Chaplain will be one who:

- loves people, perseveres through tough times, and is confident that Jesus works in his needy people
- believes that God's Word is designed and provided by God to provide sufficient counsel for all of life's issues (2 Pet. 1:2-4; Heb. 4:12; 2 Tim. 3:16-17)
- gives clear evidence of a vital personal relationship with Jesus Christ

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- your pastor (or trusted Christian friend) believes would provide wise, biblical, loving, and faithful counsel

## Steps you should take

1. **Pray.** Ask God for wisdom as you seek Holy Cross Mission Chaplain counselor. God promises to give you wisdom if you ask for it in faith (James 1:5-8). As you step out in faith, he will direct your steps to the right counselor. (See also Psalm 23, Proverbs 16:3 and Philippians 4:6-9.)
2. **Seek counsel from your church.** If you belong to a church, seek the counsel of your pastor (Heb. 13:17) and other church leaders, as well as wise, trustworthy Christian friends. Will they help you? Can they recommend someone who can? The Bible says there is wisdom in a multitude of counselors (Prov. 11:14; 15:22; and



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24:6). If you do not belong to a church, seek the counsel of godly, Bible-believing at Holy Cross Mission Christians. They may be able to recommend wise and godly pastors who can help shepherd you.

3. **Seek outside counsel, if necessary.** Holy Cross Mission will provide biblical counsel that might not be found in the leadership of a church. Or you may not belong to a church, so you are trying to find biblical counsel outside the church context. In these cases, the "Questions to Ask" in the next section can help you make a wise decision.

## 4. **Spiritual and Emotional Support**

Going to seek the care of the Chaplain at Holy Cross Mission can often provide the one concern as well as not disrupt normal activities of your life. Some people are often able to use their thoughts, feelings, beliefs and relationships as

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resources for coping and healing, and can even grow spiritually stronger through the experience. However, we have found that the direct contact with a Pastoral and Spiritual Chaplain can ease the pain and emotional strain brought on by everyday life.

5. It is common for our clients to feel anxious, fearful, powerless, loss of control, and distant from their loved ones or their God. It can often be a time when one's spiritual beliefs intersect with the reality of their lives and one may often experience spiritual distress in the midst of their illness.

## Staff

Holy Cross Mission is a small Christian religious order which has been theologically based training as, professional chaplains in this specialized setting to assist and support you with your



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spiritual and emotional needs. Our Chaplains are well verse in problems related to critical incidents; and Post traumatic Stress Disorder. These conditions can be onset especially for those connected with law enforcement, military, and public safety occupations. There is also marriage and family counseling as well as substance abuse. While being counseled by our Chaplain you will always be greeted and continue to offer their ongoing spiritual support.

The chaplain who is you initial contact will be your counselor and is certified by the *Military Chaplains Association* and, The Association of Christian Counselors as well as the *Association of Professional Chaplains*. Each one of the chaplains has received numerous hours of specialized ministerial education through *Clinical Pastoral Education* and is endorsed by a well-established faith group. Each of our pastoral

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care volunteers has also been appropriately screened, trained and approved by the leadership of the Pastoral Care Department.

If you want your own minister or a visitor from your faith community to support you while you're being counseled at Holy Cross Mission. Sessions will be arranged for their participation in group activities. A written release of information must be obtained. The Chaplain will ask your permission to notify the leader of your faith group and inform them of counseling. At our facility the Pastoral & Spiritual Care strives to work cooperatively with local clergy or their representative to honor the patient's cultural, spiritual and/or religious beliefs and practices.

Holy Cross Mission holds the community as first priority and is available for Pastoral & Spiritual as well as Bereavement Counseling for all

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Christians Hospice, Homeless, Nursing  
Home, and Hospital Chaplaincy.

Sacramental - Catholic - Apostolic

## Catholic-Anglican Prayers

### Morning Prayers

#### Arising from Sleep

O Master and holy God, who are beyond our understanding: at your word, light came forth out of darkness. In your mercy, you gave us rest through night-long sleep, and raised us up to glorify your goodness and to offer our supplication to You. Now, in your own tender

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love, accept us who adore You and give thanks to You with all our heart. Grant us all our requests, if they lead to salvation; give us the grace of manifesting that we are children of light and day, and heirs to your eternal reward. In the abundance of your mercies, O Lord, remember all your people; all those present who pray with us; all our brethren on land, at sea, or in the air, in every place of Your domain, who call upon your love for mankind. Upon all, pour down your great mercy, that we, saved in body and in soul, may persevere unflinching; and that, in our confidence, we may extol your exalted and blessed Name, Father, Son, and Holy Spirit, always, now and forever.

Amen.

## Fatima Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings,

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all that this day may bring, be they good or bad:  
for the love of God, for the conversion of sinners,  
and in reparation for all the sins committed against  
the Sacred Heart of Jesus and the Immaculate  
Heart of Mary.

## Morning Offering

Most Holy and Adorable Trinity, one God in  
three Persons, I firmly believe that You are here  
present; I adore You with the most profound  
humility; I praise You and give You thanks with all  
my heart for the favors You have bestowed on me.

Your Goodness has brought me safely to the  
beginning of this day. Behold, O Lord, I offer  
You my whole being and in particular all my  
thoughts, words and actions, together with such  
crosses and contradictions as I may meet with in  
the course of this day. Give them, O Lord, Your

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blessing; may Your divine Love animate them and may they tend to the greater honor and glory of Your Sovereign Majesty. Amen.

## Morning Offering to the Sacred Heart

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all our associates, and in particular for the intentions of our Holy Father for this month.

## Confession

### Prayer before Confession

Receive my confession, O most loving and gracious Lord Jesus Christ, only hope for the



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salvation of my soul. Grant to me true contrition of soul, so that day and night I may by penance make satisfaction for my many sins. Savior of the world, O good Jesus, Who gave Yourself to the death of the Cross to save sinners, look upon me, most wretched of all sinners; have pity on me, and give me the light to know my sins, true sorrow for them, and a firm purpose of never committing them again.

O gracious Virgin Mary, Immaculate Mother of Jesus, I implore you to obtain for me by your powerful intercession these graces from you  
Divine Son.

St. Joseph, pray for me.

## Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because

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of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin.

OR

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do well, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

OR

O my God, I am sorry for my sins because I have

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offended you. I know I should love you above all things. Help me to do penance, to do better, and to avoid anything that might lead me to sin. Amen.

## After Confession

O almighty and most merciful God, I give You thanks with all the powers of my soul for this and all other mercies, graces, and blessings bestowed on me, and prostrating myself at Your sacred feet, I offer myself to be henceforth forever Yours. Let nothing in life or death ever separates me from You! I renounce with my whole soul all my treasons against You, and all the abominations and sins of my past life. I renew my promises made in Baptism, and from this moment I dedicate myself eternally to Your love and service. Grant that for the time to come, I may detest sin more than death itself, and avoid all such occasions and companies as

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