

Daily Prayers

“You should pray at all times-always” St. Josemaria Escriva

Anima Christi

Recited privately after communion

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 thy malignant enemy
defend me.
In the hour of my death, call me.
And bid me come to Thee.
That, with Thy Saints,
I may praise Thee
Forever and ever, Amen

Spiritual Adoption Prayer

Prayed following communion at all masses

Jesus, Mary and Joseph,
I love you very much.
I beg you to spare the life of the unborn
baby that I have spiritually adopted who
is in danger of abortion.

Amen

- Prayer of Archbishop Fulton J. Sheen

St. Michael the Archangel Prayer

Recited at the end of daily mass

St. Michael the Archangel, defend us in
battle. Be our defense against the wicked-
ness and snares of the devil. May God re-
buke him, we humbly pray, and do thou,
O Prince of the heavenly hosts, by the
power of God, thrust into hell Satan, and
all the evil spirits, who prowl about the
world seeking the ruin of souls. Amen

Prayer of St. Gertrude the Great

Eternal Father,

I offer Thee the Most Precious Blood of
Thy Divine Son, Jesus, in union with the
Masses said throughout the world today,
for all the Holy Souls in Purgatory, for
sinners everywhere, for sinners in the uni-
versal church, those in my own home and
within my family. Amen.

Prayer to Our Lady of All Nations

Lord Jesus Christ, Son of the Father,
Send now Your spirit over the Earth,
Let the Holy Spirit live in the hearts of all
nations, that they may be preserved from
degeneration, disaster and war.
May the Lady of All Nations,
the Blessed Virgin Mary, be our advocate.
Amen

Prayer to the Sacred Heart of Jesus

Recited first Fridays or privately

O most holy Heart of Jesus, fountain of
every blessing, I adore You, I love You, and
with lively sorrow for my sins I offer You
this poor heart of mine. Make me humble,
patient, pure and wholly obedient to Your
will. Grant, good Jesus that I may live in
You and for You. Protect me in the midst of
danger. Comfort me in my afflictions. Give
me health of body, assistance in my temporal
needs, Your blessing on all that I do, and the
grace of a holy death. Amen.

God Our Father

*May be recited between the decades when
rosary is prayed before Mass*

God Our Father, please send us holy priests,
all for the sacred and Eucharistic heart of Je-
sus, all for the sorrowful and immaculate
heart of Mary in union with St. Joseph.

If you are not in union with the Catholic Church (see teachings of the church on page 4) you can not receive communion. You can go forward in the communion line, cross your arms over your chest, and stand at the communion rail, and the priest will give you a blessing.

Prayer for a Spiritual Communion

O Jesus I turn toward the holy tabernacle where You live hidden for love of me. I love You, O my God. I cannot receive You in Holy Communion. Come nevertheless and visit me with Your grace. Come spiritually into my heart. Purify it. Sanctify it. Render it like unto Your own. Amen." Lord, I am not worthy that Thou shouldst enter under my roof, but only say the word and my soul shall be healed.

Spiritual Communion Prayer

My Jesus, I believe that You are truly present in the Most Blessed Sacrament. I love You above all things, and I desire to possess You within my soul. Since I am unable now to receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You; never, never permit me to be separated from You.

Prayer of Spiritual Communion with Mary

O Immaculate Queen of Heaven and Earth, Mother of God and Mediatrix of every grace: I believe that thy dearly beloved Son, Our Lord Jesus Christ, is truly, really, and substantially contained in the Most Blessed Sacrament. I love Him above all things and I long to receive Him into my heart. Since I cannot now receive Him sacramentally, be so good as to place Him spiritually in my soul.

Prayer of St. Thomas Aquinas

(after reception of holy communion)

I give Thee thanks, O holy Lord, Father Almighty, Eternal God, Who nourish me, a sinner, and Thine unworthy servant, with the precious Body and Blood of Thy Son, our Lord Jesus Christ. I had no merits, no deserts which I could put forward in my own behalf. But let not this holy Communion, I pray Thee, turn to my judgment and condemnation: let it rather obtain for me pardon and salvation. Let it cleanse me from all my vices; let it destroy all my concupiscence and evil desires. Let it increase my charity, my patience, my humility, my obedience. Let it defend me from all my enemies, visible and invisible. Let it appease all the evil propensities of my mind and body; and guide me so straight to Thee, my true and only God, that I may look forward to Thee as the happy goal of all my endeavors. Thus lead me, I pray Thee, to that unspeakable festival, when Thou, and Thy Son, and the Holy Ghost, will be to me and all the Saints, the complete fullness, the end of hope, the everlasting joy, and the never-changing happiness: through the same Jesus Christ our Lord. Amen.

The Angel's Prayer of Fatima

O Most Holy Trinity, Father, Son and Holy Spirit, I adore Thee profoundly. I offer Thee the most precious Body, Blood, Soul and Divinity of Jesus Christ present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifferences by which He is offended. By the infinite merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary I beg the conversion of poor sinners.

"A Spiritual Communion acts on the soul as blowing does on a cinder - covered fire which was about to go out. Whenever you feel your love of God growing cold, quickly make a spiritual communion."

St. John Vianney

The Ten Commandments

1. I am the Lord Thy God. Thou shall not have strange gods before Me.
2. Thou shall not take the Name of the Lord thy God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor thy father and thy mother.
5. Thou shall not kill.
6. Thou shall not commit adultery.
7. Thou shall not steal.
8. Thou shall not bear false witness.
9. Thou shall not covet they neighbor's wife.
10. Thou shall not covet they neighbor's goods.

The Precepts of the Church

1. You shall attend Mass on Sundays and on Holy Days of Obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the Sacrament of the Eucharist at least during the Easter Season.
4. You shall observe the days of fasting and abstinence established by the Church. Fast on Ash Wednesday and Good Friday and Abstinence on Ash Wednesdays and all Fridays of Lent
5. You shall help to provide for the needs of the Church.

Four Marks of the Church

1. One
2. Holy
3. Catholic
4. Apostolic

The Three Theological Virtues

Faith, Hope, and Charity

The Four Cardinal Virtues

Prudence, Justice, Temperance and Fortitude

The Beatitudes

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean of heart, for they will see God.

Blessed are the peacemakers for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of Me. Rejoice and be glad, for your reward will be great in heaven."

Mt 5:7-12a

Nine Ways of Being an Accessory to Another's Sin

1. Counsel
2. Command
3. Consent
4. Provocation
5. Silence
6. Concealment
7. Partaking
8. Praise or flattery
9. Defense of the sinful action

The Four Last Things

Death, Judgment, Heaven or Hell

Seven Sacraments of the Church

1. Baptism
2. Reconciliation/Confession
3. Eucharist
4. Confirmation
5. Matrimony
6. Holy Orders
7. Anointing of the Sick

Are you in a state of grace?

Should you be receiving Holy Communion?

If you have not recently been to confession and/or have things in your life that require a little tidying up you may not be in a state of grace. This means you should rectify the situation prior to receiving Communion.

- **Marriage**– If your marriage did not take place in a Catholic Church or was not performed by a Catholic Priest or Deacon you are not in union with the Church. A civil marriage or marriage in another religion needs to be convalidated for the parties to validly receive communion. To convalidate a marriage any prior marriages must be resolved. If you have questions about your situation contact a priest or deacon.
- **Contraception**–The church teaches Natural Family Planning to achieve, delay or avoid a Pregnancy. Natural family planning encourages couples to remain open to life. It is highly effective, medically safe, simple and easy to use, low cost and morally acceptable to the Catholic Church. Learn more at www.nfponline.org
- **Voting:** Voting for proposals or individuals promoting actions against the teaching of the church is against church teachings.

One encyclical that may assist you is by Pope Leo XIII, *Sapientiae Christiana* available at http://www.vatican.va/holy_father/leo_xiii/encyclicals/documents/hf_l-xiii_enc_10011890_sapientiae-christianae_en.html

- Did you fast for one hour before Communion? If not you should not receive Communion.
- Have you had a valid confession recently? Review the Examination of Conscience elsewhere in this book to see if you are in a state of sin and need to seek confession before receiving Our Lord in the Blessed Sacrament.

Many issues such as these can be easily rectified, some through sacramental confession, others require a little more effort but will restore a person to a state of grace so they may validly receive communion.

Mass attendance and Holy Days of Obligation

The Third Commandment tells us to keep holy the Sabbath. Sunday is a day we are to attend Mass (or the vigil on Saturday evening). Unless a person is sick or unable to get to church through no fault of their own they must attend Mass. If you are unable to attend Mass you should still “keep Holy the Sabbath” through prayer and actions.

Failure to attend Mass on Sunday or a Holy Day of Obligation is a mortal sin and one cannot receive Holy Communion unless they receive absolution through the sacrament of reconciliation.

In addition to Sunday there are Holy Days throughout the year:

January 1st - Mary Mother of God;

August 15th-Assumption of the Blessed Virgin Mary

November 1st- All Saints Day

December 8th– Immaculate Conception of Mary

December 25th-Nativity of Our Lord

If these days fall on a Monday or Saturday the obligation to attend Mass is removed.

Online Resources for further education Catechism of the Catholic Church

http://www.vatican.va/archive/ENG0015/_INDEX.HTM

Encyclicals by Pope Benedict XVI

http://www.vatican.va/holy_father/benedict_xvi/encyclicals/index_en.htm

Encyclicals by Pope John Paul II

http://www.vatican.va/holy_father/john_paul_ii/encyclicals/index.htm

Humane Vitae , Pope Paul VI

http://www.vatican.va/holy_father/paul_vi/encyclicals/documents/hf_p-vi_enc_25071968_humanae-vitae_en.html

Apostolic Letters and other Papal Documents are available at

http://www.vatican.va/offices/papal_docs_list.html

The Seven Gifts of Holy Spirit

1. Wisdom
2. Knowledge
3. Understanding
4. Counsel
5. Piety
6. Fortitude
7. Fear of the Lord

The Twelve Fruits of the Holy Spirit

1. Joy
2. Long-Suffering
3. Charity
4. Humility
5. Peace
6. Fidelity
7. Patience
8. Modesty
9. Kindness
10. Continenence
11. Goodness
12. Chastity

The Corporal and Spiritual Works of Mercy

The seven practices of charity toward our neighbor are the corporal works of mercy; the seven practices of charity toward our neighbor's soul are the spiritual works of mercy.

Corporal Works of Mercy

1. Feed the hungry
2. Give drink to the thirsty
3. Clothe the naked
4. Shelter the homeless
5. Visit the sick
6. Visit those in prison
7. Bury the dead

Spiritual Works of Mercy

1. Admonish sinners
2. Instruct the ignorant
3. Counsel the doubtful
4. Comfort the sorrowful
5. Bear wrongs patiently
6. Forgive injuries
7. Pray for the living and the dead

The Seven Capital Sins and their

Opposite Virtues

1. Pride-Humility
2. Avarice-Generosity
3. Lust-Chastity
4. Anger-Meekness
5. Gluttony-Temperance
6. Envy-Brotherly Love
7. Sloth-Diligence

The Sins Against the Holy Spirit

1. Presumption on God's Mercy
2. Despair
3. Resisting and/or attacking the known truth
4. Envy at another's spiritual good
5. Obstinacy in sin
6. Final impenitence

The Four Marks of the Church

1. One
2. Holy
3. Catholic
4. Apostolic

The Seven Sacraments

1. Baptism
2. Confession
3. Holy Eucharist
4. Confirmation
5. Matrimony
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5. You shall help to provide for the needs of the Church.

Eucharistic Adoration

What is Eucharistic Adoration?

Understood simply, Eucharistic Adoration is adoring or honoring the Eucharistic Presence of Christ. In a deeper sense, it involves "the contemplation of the Mystery of Christ truly present before us".

During Eucharistic Adoration, we "watch and wait", we remain "silent" in His Presence and open ourselves to His Graces which flow from the Eucharist ... By worshipping the Eucharistic Jesus, we become what God wants us to be! Like a magnet, The Lord draws us to Himself and gently transforms us.

In its fullest essence ... Eucharistic Adoration is "God and Man reaching out for each other, at the same time!"

Why attend Eucharistic Adoration?

Here's just a few reasons from the bible:

1. He is really there!

"I myself Am the Living Bread come down from Heaven." Jn 6:35

2. Day and night Jesus dwells in the Blessed Sacrament because of his Infinite love for you!

"Behold I will be with you always even to the end of the world," because "I have loved you with an everlasting love, and constant is My affection for you." Mt 28:20; Jer 31:3

3. Each hour you spend with Jesus will deepen His Divine Peace in your heart.

"Come to Me all of you who are weary and find life burdensome and I will refresh you..."
"Cast all of you anxieties upon the One who cares for you..." "My Peace is My Gift to you." Mt 11:28; 5:7; Jn 14:17

4. Jesus is infinitely deserving of our unceasing thanksgiving and adoration for all He has done for our salvation.

"Worthy is the Lamb that was slain to receive honor, glory and praise." Rev. 5:12

5. For Peace in our country!

"When My people humble themselves and seek My Presence... I will revive their land." (2Chr 7:14)

The Divine Praises

Blessed be God, *Blessed be God*

Blessed be His Holy Name, *Blessed be His Holy Name*

Blessed be Jesus Christ, true God and true man, *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. ...

(Optional prayer following divine praises)

May the Heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time. Amen

O Salutaris Hostia

Pg. 708 in Vatican II Hymnal

O Salutaris Hostia, Quae coeli pandis ostium:
Bella premunt hostilia; Da robur, fer auxilium.

Uni Trinoque Domino, Sit sempiterna Gloria;
Qui vitam sine termino Nobis donet in patria.
Amen.

Tantum Ergo

Pg. 708 in Vatican II Hymnal

Tantum ergo Sacramentum, veneremur cernui:
Et antiquum documentum, novo cedat ritui:
Praestet fides supplementum, sensuum defectui.

Genitori, genitoque, laus et jubilatio:

Salus, honor, virtus quoque, sit et benedictio:

6 Procedenti ab utroque, compare sit laudatio.
Amen.

Marian Dogmas of the Church

There are four dogmas stating Mary's personal relationship with God and her role in human salvation .

1) Divine Motherhood

Mary's divine motherhood was proclaimed at the Council of Ephesus in 431.

The Council of Ephesus (431) attributed to Mary the title, Mother of God. This needs to be read against the Council's declaration that in Christ there are two natures, one divine and one human, but only one person. Indeed, according to the Council the holy virgin is the Mother of God since she begot according to the flesh the Word of God made flesh. This decision was further explained by the Council of Chalcedon (451) which says with regard to Mary's divine motherhood:

"...begotten from the Father before the ages as regards his godhead, and in the last days, the same, because of us and because of our salvation begotten from the Virgin Mary, the Theotokos, as regards his manhood; one and the same Christ, Son, Lord, only-begotten..."

2) Perpetual Virginity

The expression perpetual virginity, ever-virgin, or simply "Mary the Virgin" refers primarily to the conception and birth of Jesus. From the first formulations of faith, especially in baptismal formulas or professions of faith, the Church professed that Jesus Christ was conceived without human seed by the power of the Holy Spirit only. Here lies the decisive meaning of expressions such as "conceived in the womb of the Virgin Mary," "Mary's virginal conception," or "virgin birth." The early baptismal formula (since the 3rd century) state Mary's virginity without further explaining it, but there is no doubt about its physical meaning. Later statements are more explicit. Mary conceived "without any detriment to her virginity, which remained inviolate even after his birth" (Council of the Lateran, 649).

3) Immaculate Conception

The solemn definition of Mary's Immaculate Conception is like Divine Motherhood and Perpetual Virginity part of the christological doctrine, but it was proclaimed as an independent dogma by Pope Pious IX in his Apostolic Constitution "Ineffabilis Deus" (December 8, 1854). Though highlighting a privilege of Mary it in fact stresses the dignity and holiness required to become "Mother of God." The privilege of the Immaculate Conception is the source and basis for Mary's all-holiness as Mother of God.

More specifically, the dogma of the Immaculate Conception states "that the most Blessed Virgin Mary, from the first moment of her conception, by a singular grace and privilege from Almighty God and in view of

the merits of Jesus Christ, was kept free of every stain of original sin."

Although difficult to explain, original sin provokes disorderliness in thought and behavior, especially with regard to the primacy of God's presence in our life. Consequently, in declaring Mary immaculately conceived, the Church sees in Mary one who never denied God the least sign of love. Thus, the dogma declares that from her beginning Mary was exceptionally holy and in constant union with the sanctifying grace of the Holy Spirit.

4) The Assumption

This Marian dogma was proclaimed by Pope Pius XII on November 1, 1950 on his Encyclical *Munificentissimus Deus*.

A distinction needs to be made between Ascension and Assumption. Jesus Christ, Son of God and Risen Lord, ascended into heaven, a sign of divine power. Mary, on the contrary, was elevated or assumed into heaven by the power and grace of God.

The dogmas states that "Mary, Immaculate Mother of God ever Virgin, after finishing the course of her life on earth, was taken up in body and soul to heavenly glory." This definition as well as that of the Immaculate Conception makes not only reference to the universal, certain and firm consent of the Magisterium but makes allusion to the concordant belief of the faithful. The Assumption had been a part of the Church's spiritual and doctrinal patrimony for centuries. It had been part of theological reflection but also of the liturgy and was part of the sense of the faithful.

This dogma has no direct basis in scripture. It was nonetheless declared "divinely revealed," meaning that it is contained implicitly in divine Revelation. It may be understood as the logical conclusion of Mary's vocation on earth, and the way she lived her life in union with God and her mission. The assumption may be seen as a consequence of Divine Motherhood. Being through, with, and for her Son on earth, it would seem fitting for Mary to be through, with, and for her Son in heaven, too. She was on earth the generous associate of her Son. The Assumption tells us that this association continues in heaven. Mary is indissolubly linked to her Son on earth and in heaven.

In heaven, Mary's active involvement in salvation history continues: "Taken up to heaven, she did not lay aside her salvific duty ... By her maternal love she cares for the brothers and sisters of her Son who still journey on earth" (LG). Mary is the "eschatological icon of the Church" (CCC 972), meaning the Church contemplates in Mary her own end of times.

Glorified in body and soul, Mary is already in the state that will be ours after the resurrection of the dead.

Preparing for the Sacrament of Reconciliation (Confession)

"Have you sinned? Go into church and wipe out your sin. As often as you might fall down in the marketplace, you pick yourself up again. So too, as often as you sin, repent your sin. Do not despair."

John Chrysostom

"Confession heals, confession justifies, confession grants pardon of sin, all hope consists in confession; in confession there is a chance for mercy."

Isidore of Seville

"Let no soul fear to draw near me even though it's sins be as scarlet."

Diary of St. Faustina

STEPS FOR A GOOD CONFESSION

- Examine your conscience - what sins have you committed since your last good confession?
- Be sincerely sorry for your sins.
- Confess your sins to the priest.
- Make certain that you confess all your mortal sins and the number of them.
- After your confession, do the penance the priest gives to you.
- Pray daily for the strength to avoid the occasion of sin, especially for those sins from which you were just absolved.

ACT OF CONTRITION

O my God, I am heartily sorry for having offended You, 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 You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

Examination of Conscience

First Commandment

"I am the Lord your God. You shall not have strange gods before Me." (Ex 20:2,3)

Did I doubt or deny that God exists?

Did I refuse to believe what God has revealed to us?

Did I believe in fortune telling, horoscopes, dreams, the occult, good-luck charms, tarot cards, palmistry, Ouija boards, séances, reincarnation?

Did I deny that I was Catholic?

Did I leave the Catholic Faith?

Did I give time to God each day in prayer?

Did I love God with my whole heart?

Did I despair of or presume on God's Mercy?

Did I have false gods in my life that I gave greater attention to than God, like money, profession, drugs, TV, fame, pleasure, property, etc.?

Second Commandment

"You shall not take the Name of the Lord your God in vain." (Ex 20:7)

Did I blaspheme or insult God?

Did I use God's Name carelessly or uselessly?

Did I curse, or break an oath or vow?

Did I get angry with God?

Third Commandment

"Remember that you keep holy the Sabbath Day." (Ex 20:8)

Did I miss Mass Sunday or a Holy Day of Obligation through my own fault?

Did I come to Mass on time? Leave early?

Did I do work on Sunday that was not necessary?

Did I set aside Sunday as a day of rest and a family day?

Did I show reverence in the presence of Jesus in the Most Blessed Sacrament?

Fourth Commandment

"Honor your father and your mother." (Ex 20:12)

Did I disobey or disrespect my parents or legitimate superiors?

Did I neglect my duties to my husband, wife, children or parents?

(Continued on next page)

*(Examination of Conscience Fourth Commandment,
Continued from prior page)*

- Did I neglect to give good religious example to my family?
- Did I fail to actively take an interest in the religious education and formation of my children?
- Did I fail to educate myself on the true teachings of the Church?
- Did I give scandal by what I said or did, especially to the young?
- Did I cause anyone to leave the faith?
- Did I cause tension and fights in my family?
- Did I care for my aged and infirm relatives?
- Did I give a full day's work for a full day's pay?
- Did I give a fair wage to my employees?

Fifth Commandment

"You shall not kill." (Ex 20:13)

- Did I kill or physically injure anyone?
- Did I have an abortion, or advise someone else to have an abortion? (One who procures an abortion is automatically excommunicated, as is anyone who is involved in an abortion, [Canon 1398]. The excommunication can be lifted in the Sacrament of Reconciliation.)
- Did I use or cause my spouse to use birth control pills (whether or not realizing that birth control pills do abort the fetus if and when conceived)?
- Did I attempt suicide?
- Did I take part in or approve of "mercy killing" (euthanasia)?
- Did I get angry, impatient, envious, unkind, proud, revengeful, jealous, hateful toward another?
- Did I give bad example by drug abuse, drinking alcohol to excess, fighting, quarreling?
- Did I abuse my children?

Sixth and Ninth Commandment

"You shall not commit adultery." (Ex 20:14) "You shall not covet your neighbor's wife." (Ex 20:17)

Note: In the area of deliberate sexual sins listed below, all are mortal sins if there is suf-

ficient reflection and full consent of the will.

- "No fornicators, idolaters, or adulterers, no sodomites,... will inherit the kingdom of God." (1 Cor 6:9-10) "Anyone who looks lustfully at a woman has already committed adultery with her in his thoughts." (Mt 5:28)
- Did I willfully entertain impure thoughts or desires?
- Did I use impure or suggestive words? Tell impure stories? Listen to them?
- Did I deliberately look at impure TV, videos, plays, pictures or movies? Or deliberately read impure materials?
- Did I commit impure acts by myself (masturbation)?
- Did I commit impure acts with another - fornication (premarital sex), adultery (sex with a married person)?
- Did I practice artificial birth control (by pills, device, withdrawal)?
- Did I marry or advise anyone to marry outside the Church?
- Did I avoid the occasions of impurity?
- Did I try to control my thoughts?
- Did I engage in homosexual activity?
- Did I respect all members of the opposite sex, or have I thought of other people as objects?
- Did I or my spouse have sterilization done?
- Did I abuse my marriage rights?

Seventh and Tenth Commandment

"You shall not steal." (Ex 20:15) "You shall not covet your neighbor's goods." (Ex 20:17)

- Did I steal, cheat, help or encourage others to steal or keep stolen goods? Have I made restitution for stolen goods?
- Did I fulfill my contracts; give or accept bribes; pay my bills; rashly gamble or speculate; deprive my family of the necessities of life?
- Did I waste time at work, school or at home?
- Did I envy other people's families or possessions?

(Examination of Conscience continued from prior page)

Did I make material possessions the purpose of my life?

Eighth Commandment

"You shall not bear false witness against your neighbor." (Ex 20:16)

Did I lie?

Did I deliberately deceive others, or injure others by lies?

Did I commit perjury?

Did I gossip or reveal others' faults or sins?

Did I fail to keep secret what should be confidential?

OTHER SINS

Did I fast on Ash Wednesday and Good Friday?

Did I eat meat on the Fridays of Lent or Ash Wednesday?

Did I fail to receive Holy Communion during Eastertime?

Did I go to Holy Communion in a state of mortal sin? Without fasting (water and medicine permitted) for one hour from food and drink?

Did I make a bad confession?

Did I fail to contribute to the support of the Church?

"Whoever eats the bread and drinks the cup of the Lord unworthily sins against the Body and Blood of the Lord. ... He who eats and drinks without recognizing the Body eats and drinks judgment on himself." (1 Cor 11:27-29)

So, to receive Holy Communion while in the state of mortal sin (having committed a mortal sin which has not been confessed and forgiven in the Sacrament of Confession) is itself a mortal sin - a mortal sin of sacrilege.

CONFESSION PRIMER FOR CHILDREN



How to Go to Confession:

After you enter the confessional, kneel down behind the screen or sit in the chair then make the Sign of the Cross and say:

“Forgive me, Father, for I have sinned. My last confession was _____(days, weeks or months ago since your last confession was heard).”

Tell the priest your sins. Ask the priest any questions you may have about your sins. When you have finished, say: “I am truly sorry for these sins and all the sins of my life.”

The priest will talk to you and give you a penance (some prayers to recite after your confession)

(Continued on next page)

(Confession primer for Children continued from prior page)

Next he will ask you to say the Act of Contrition (see below) while the priest recites prayers that forgives your sins (absolution).

When the priest has finished this your confession is over. You may leave the confessional then recite the penance you received.

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 art 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

A copy is in the confessional if you have not yet learned an Act of Contrition

EXAMINATION OF CONSCIENCE FOR CHILDREN

- Did I miss Mass on Sundays or Holy Days on purpose?
- Have I rejected any Church teaching or denied that I was a Catholic?
- Did I purposely not say my morning or night prayers?
- Did I say my prayers without paying attention to them?
- Did I treat holy things without respect?
- Do I arrive at Church late or leave early?
- Did I misbehave, play or talk in church?
- Did I spend Sunday without thought of God or family?
- Did I think I was better than others?
- Have I used the words "God" or "Jesus" in anger or as a swear word?
- Have I used foul or bad language?
- Have I wished evil on another?
- Did I disobey or disrespect my parents, teachers or those in authority?
- Did I fight or argue with my brothers, sisters or others?
- Am I a tattletale or bully?
- Do I fail to give a good example, especially to younger siblings?
- Did I get angry?
- Did I call anyone names?
- Did I make fun of others?
- Have I dishonored or mistreated others by word or deed?
- Do I have to be asked many times before I will do work around the house?
- Do I respect others in authority: priests, nuns, police, older people, baby-sitters?
- Was I lazy?
- Did I eat or drink too much?
- Was I mean to animals?
- Do I beat up others or hurt them?
- Do I say cruel things, or make fun of others and hurt their feelings?
- Do I talk about others behind their backs?
- Have I stopped speaking to anyone?
- Do I encourage others to do bad things?
- Are there people I don't love?
- Did I give bad example?
- Did I look at pictures of people without clothes or doing bad things?
- Did I watch bad TV, movies, DVD's or videos?
- Did I see bad things on the Internet?
- Did I dress improperly?
- Did I purposely break something?
- Have I taken anything that was not mine from a store or another person?
- Did I break or misuse another person's property for fun?
- Did I tell any lies?
- Do I try to make others look bad or get trouble?
- Did I cheat?
- Did I want what others have?
- Do I fail to share the things I have with my family, friends and poor people?
- Did I eat meat on Friday on purpose?
- Did I not go to Confession at least once a year?
- Did I make a bad Confession by purposely leaving out a mortal sin?
- Did I not receive Holy Communion during the Easter time?

The Rosary

The rosary probably began as a practice by the laity to imitate the monastic Divine Office (Breviary or Liturgy of the Hours), during the course of which the monks daily prayed the 150 Psalms. The laity, many of whom could not read, substituted 50, or even 150, Ave Marias (Hail Marys) for the Psalms. This prayer, at least the first half of it so directly biblically, seems to date from as early as the 2nd century, as ancient graffiti at Christian sites has suggested. Sometimes a cord with knots on it was used to keep an accurate count of the Aves.



Our Lady Queen of Pompei, Queen of the Rosary with St. Dominic and St. Catherine of Siena

The first clear historical reference to the rosary, however, is from the life of St. Dominic (died in 1221), the founder of the Order of Preachers or Dominicans. He preached a form of the rosary in France at the time that the Albigensian heresy was devastating the Faith there. Tradition has it that the Blessed Mother herself asked for the practice as an antidote for heresy and sin.

One of Dominic's future disciples, Alain de Roche, began to establish Rosary Confraternities to promote the praying of the rosary. The form of the rosary we have today is believed to date from his time. Over the centuries the saints and popes have highly recommended the rosary, the greatest prayer in the Church after the Mass and Liturgy of the Hours. Not surprisingly, it's most active promoters have been Dominicans.

Rosary means a *crown of roses*, a spiritual bouquet given to the Blessed Mother. It is sometimes called the Dominican Rosary, to distinguish it from other rosary-like prayers (e.g. the Franciscan Rosary of the Seven Joys or Franciscan Crown, the Servite Rosary of

the Seven Sorrows). It is also, in a general sense, a form of chaplet or corona (crown), of which there are many varieties in the Church. Finally, in English it has been called "Our Lady's Psalter" or "the beads." This last derives from an Old English word for prayers (bede) and to request (biddan or bid).

The rosary has been called *the* preparation for contemplation and *the* prayer of saints. While the hands and lips are occupied with the prayers (it can and should be prayed silently when necessary so as not

to disturb others), the mind meditates on the mysteries of the Incarnation and Redemption represented by the decades. Meditation is the form of prayer by which the one who prays uses the mind and imagination to consider a truth and uses the will to love it and form resolutions to live it. In this way the heart, mind, and soul of the Christian is formed according to the Gospel examples of the Savior and His First Disciple, His Mother. In God's own time, when this purification of the heart, mind, and soul has advanced sufficiently the Lord may give the grace of contemplative prayer, that special divine insight into the truth which human effort cannot achieve on its own.

Why pray the Rosary today? Certainly, to grow in holiness and in one's prayer life. The following are a few others reasons why the rosary should be prayed often, even daily:

- "Among all the devotions approved by the Church none has been so favored by so many miracles as the devotion of the Most Holy Rosary" (Pope Pius IX).

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- "Say the Rosary every day to obtain peace for the world" (Our Lady of Fátima).
- "There is no surer means of calling down God's blessings upon the family . . . than the daily recitation of the Rosary" (Pope Pius XII).
- "We do not hesitate to affirm again publicly that we put great confidence in the Holy Rosary for the healing of evils of our times" (Pope Pius XII).
- "No one can live continually in sin and continue to say the Rosary: either they will give up sin or they will give up the Rosary" (Bishop Hugh Doyle).
- "The Rosary is a magnificent and universal prayer for the needs of the Church, the nations and the entire world" (Pope John XXIII).
- "Meditation on the mysteries of the Rosary . . . can be an excellent preparation for the celebration of those same mysteries in the liturgical actions [i.e. the Mass] and can also become a continuing echo thereof" (Pope Paul VI).
- "My impression is that the Rosary is of the greatest value not only according to the words of Our Lady at Fatima, but according to the effects of the Rosary one sees throughout history. My impression is that Our Lady wanted to give ordinary people, who might not know how to pray, this simple method of getting closer to God" (Sister Lucia, one of the seers of Fatima).
- "The Church has always attributed particular efficacy to this prayer, entrusting to the Rosary the most difficult problems. At times when Christianity itself seemed under threat, its deliverance was attributed to the power of this prayer, and Our Lady was acclaimed as the one whose intercession brought salvation." (Pope John Paul II)
- "How beautiful is the family that recites

the Rosary every evening" (Pope John Paul II).

- Pope John Paul II has called the Rosary his "favorite prayer," after the Mass and the Liturgy of the Hours.
- St. Louis de Montfort warns us against both the ignorant and scholars who regard the Rosary as something of little importance..."the Rosary is a priceless treasure inspired by God."

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The Mysteries of the Rosary

The traditional Rosary is divided into three parts, each having five mysteries: Glorious, Joyful and Sorrowful. In his apostolic letter The Rosary of the Virgin Mary, Pope John Paul II proposed a new set of mysteries, which he called the Luminous, and which concern the period of the public life of Our Lord. For those who wish to say all 20 decades at once during the course of a day, they may be said in the following order: Joyful, Luminous, Sorrowful and Glorious. For those who wish to say only 5 decades per day, the Holy Father proposed the following schedule:

Sunday: Glorious

Monday: Joyful

Tuesday: Sorrowful

Wednesday: Glorious

Thursday: Luminous

Friday: Sorrowful

Saturday: Joyful

The Joyful Mysteries: Mondays and Saturdays, may be said on Sundays during Advent, Christmas and from Epiphany until Lent. The Joyful Mysteries are marked by the joy radiating from the event of the Incarnation.

1. The Annunciation (*humility*)
2. The Visitation (*charity toward neighbor*)
3. The Nativity (*detachment of worldly things*)

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4. The Presentation (*obedience*)
5. The Finding of Jesus in the Temple (*joy in finding Jesus*)

The Sorrowful Mysteries: Tuesdays and Fridays, may be said on Sundays during Lent. In the Sorrowful Mysteries we stand beneath the Cross of Jesus, coming face to face with the truth of his insistence that the Christ must suffer and die.

1. The Agony in the Garden (*contrition of sins*)
2. The Scourging at the Pillar (*spirit of mortification*)
3. The Crowning with Thorns (*moral courage*)
4. The Carrying of the Cross (*patience*)
5. The Crucifixion (*final perseverance*)

The Glorious Mysteries: Wednesdays and Sundays from Easter to Advent. The Glorious Mysteries reveal the mediation of the great Virgin Mary.

1. The Resurrection (*faith*)
2. The Ascension (*hope*)
3. The Descent of the Holy Spirit (*love for God*)
4. The Assumption of Mary (*grace of happy death*)
5. The Coronation of Mary (*trust in Mary's intercession*)

The Luminous Mysteries: Thursdays
Moving on from the infancy and the hidden life in Nazareth to the public life of Jesus, our contemplation brings us to those mysteries which may be called in a special way "Mysteries of Light". Each of these mysteries is a revelation of the Kingdom now present in the very person of Jesus.

1. The Baptism in the Jordan (*openness to Holy Spirit*)
2. The Wedding at Cana (*fidelity*)
3. Proclamation of the Kingdom (*repentance*)

4. The Transfiguration (*spiritual courage*)
5. Institution of the Eucharist (*love of Eucharist*)



How To Pray the Rosary:

The Rosary is essentially the decades and their associated mysteries, and only these need be prayed to "pray the rosary", either in satisfaction of Our Lady's requests, or, to gain the indulgences attached to praying the rosary. The prayers included in the Rosary at St. Mary are on the following page.

1. Preparation

Start by making the **Sign of the Cross**: Then recite the "Apostle's Creed" on the crucifix, 1 "Our Father", 3 "Hail Mary's" (for the virtues of Faith, Hope and Charity) and then 1 "Glory Be" on the first set of beads

2. The Rosary Proper

While meditating on the Mysteries, recite: **One "Our Father"** (large beads), 10 "Hail Mary's" (small beads) and 1 "Glory Be" (before the next large bead) to make a complete decade of the rosary.

After each decade the "O My Jesus (Fatima) Prayer" may also be said (Pope Pius XII).

3. Concluding Prayers

After the completion of five mysteries (5 decades), or 15 or 20 it is customary to say the "Hail Holy Queen".

4. For the Intentions of the Holy Father

Catholics who say the rosary in a group, or, individually before the Blessed Sacrament, may gain a plenary indulgence under the usual conditions, which includes prayer for the intentions of the Holy Father. one "Our Father", "Hail Mary", and "Glory Be", conclude the rosary: **In the Name of The Father, and of The Son and of The Holy Spirit Amen**

The Apostles Creed

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

Our Father

Our Father who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done on earth, as it is in heaven. Give us this day our daily bread, and forgive our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.

Hail Mary

Hail Mary, full of grace, the Lord is with thee! Blessed are thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be for ever. Amen.

O My Jesus or Fatima Prayer

O My Jesus, forgive us our sins, save us from the fires of Hell, lead all souls to Heaven, especially those who are in most need of Thy mercy.



God Our Father

May be recited between the decades when rosary is prayed before Mass

God Our Father, please send us holy priests, all for the sacred and Eucharistic heart of Jesus, all for the sorrowful and immaculate heart of Mary in union with St. Joseph.

After the five decades are prayed the following prayers are generally part of the closing prayers.

Hail Holy Queen

Hail, Holy Queen, 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 vale of tears. Turn then, most gracious advocate, thine eyes of mercy toward 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 Holy Mother of God,

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

Let Us Pray...

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 meditating upon these mysteries in the most Holy Rosary of the Most Blessed Virgin Mary, we may imitate what they contain, and obtain what they promise: through the same Christ our Lord. Amen

Memorare

Remember, O Most Gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help or sought thy intercession was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of Virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

The Message of Divine Mercy, The Chaplet and Novena

It is important then that we accept the whole message that comes to us from the word of God on this Second Sunday of Easter; which from now on throughout the Church will be called "Divine Mercy Sunday."

John Paul II

The message of mercy is that God loves all of us. He wants us to recognize that His mercy is greater than our sins, so that we will call upon Him with trust, receive His mercy, and let it flow through us to others. Then, all will come to share in His joy. The

following are quotes from The Diary of St. Maria Faustina Kowalski who received the message from Jesus Christ regarding Divine Mercy and the Chaplet and Novenas of Divine Mercy.

I am Love and Mercy itself. When a soul approaches Me with trust, I fill it with such an abundance of graces, that it cannot contain them within itself, but radiates them to other souls (1074).

Through the passion and death of Jesus, an infinite ocean of mercy was made available for all of us. But God, who created us free, will not force anything on us, not even His mercy. He must wait for us to turn from our sinfulness and ask.

"Ask and it will be given to you...for everyone who asks, receives" (Mt 7:7,8).

"The graces of My mercy are drawn by means of one vessel only, and that is –trust.



The more a soul trusts, the more it will receive" (1578).

"I am offering people a vessel with which they are to keep coming for graces to the fountain of mercy. That vessel is this image with the signature: Jesus, I trust in You" (327).

"I want to grant a complete pardon to the souls that will go to Confession and receive Holy Communion on the Feast of My Mercy" (1109).

"I Myself will defend as My own glory, during their lifetime, and especially at the hour of their death, those souls who will venerate My fathomless mercy." (1225)

How to Pray the Chaplet of Divine Mercy

The Chaplet is normally prayed following daily Mass but can be prayed at anytime.

1. Make the "Sign of the Cross"
2. Say the optional "Opening Prayer"
3. Say the "Our Father"
4. Say the "Hail Mary"
5. Say the "Apostles' Creed"
6. Say the "Eternal Father"
7. Say 10 "For the sake of His sorrowful Passion have mercy on us and on the whole world" on the "Hail Mary" beads
8. Repeat for four more decades, saying "Eternal Father" on the "Our Father" bead and then 10 "For the Sake of His sorrowful Passion have mercy on us and on the whole world" on the following "Hail Mary" beads.

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9. At the conclusion of the five decades, “Holy God”, the concluding doxology, three times.
10. Say the optional “Closing Prayer” or “Jesus, I Trust in You” (3 times)

Optional Opening Prayer (2)

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us. *(diary, 1319)*

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You! *(three times) (diary, 84)*

Eternal Our Father (6)

Bead before each decade:

Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world. *(diary, 476).*

Concluding Doxology (9) (Three times)

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

Closing Prayer (10)

Eternal God, in whom mercy is endless, and the treasury of compassion inexhaustible, look kindly upon us, and increase Your mercy in us, that in difficult moments, we might not despair, nor become despondent, but with great confidence, submit ourselves to your holy will, which is Love and Mercy Itself. Amen *(950)*

Novena to Divine Mercy

As a parish we pray the Novena beginning Good Friday through the day before Divine Mercy Sunday. The Novena can be prayed at any time

FIRST DAY

Today bring to Me All mankind especially

all sinners and immerse them in the ocean of My mercy

Most Merciful Jesus, whose very nature it is to have compassion on us and to forgive us, do not look upon our sins, but upon our trust which we place in Your infinite goodness. Receive us all into the abode of Your Most Compassionate Heart, and never let us escape from It. We beg this of You by Your love which unites You to the Father and the Holy Spirit.

Eternal Father, turn Your merciful gaze upon all mankind and especially upon poor sinners, all enfolded in the Most Compassionate Heart of Jesus. For the sake of His sorrowful Passion show us Your mercy, that we may praise the omnipotence of Your mercy forever and ever. Amen.

SECOND DAY

Today bring to Me the souls of priests and religious, and immerse them in My unfathomable mercy.

Most Merciful Jesus, from whom comes all that is good, increase Your grace in men and women consecrated to Your service, that they may perform worthy works of mercy, and that all who see them may glorify the Father of Mercy who is in heaven.

Eternal Father, turn Your merciful gaze upon the company of chosen ones in Your vineyard — upon the souls of priests and religious; and endow them with the strength of Your blessing. For the love of the Heart of Your Son in which they are enfolded, impart to them Your power and light, that they may be able to guide others in the way of salvation, and with one voice sing praise to Your boundless mercy for ages without end. Amen.

THIRD DAY

Today bring to Me all devout and faithful souls, and immerse them in the ocean of My mercy.

Most Merciful Jesus, from the treasury of Your mercy, You impart Your graces in great

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abundance to each and all. Receive us into the abode of Your Most Compassionate Heart and never let us escape from It. We beg this of You by that most wondrous love for the heavenly Father with which Your Heart burns so fiercely.

Eternal Father, turn Your merciful gaze upon faithful souls, as upon the inheritance of Your Son. For the sake of His sorrowful Passion, grant them Your blessing and surround them with Your constant protection. Thus may they never fail in love or lose the treasure of the holy faith, but rather, with all the hosts of Angels and Saints, may they glorify Your boundless mercy for endless ages. Amen.

FOURTH DAY

Today bring to Me Those who do not believe in God and those who do not yet know me

Most Compassionate Jesus, You are the Light of the whole world. Receive into the abode of Your Most Compassionate Heart the souls who do not know believe in God and of those who as yet do not know You. Let the rays of Your grace enlighten them that they, too, together with us, may extol Your wonderful mercy; and do not let them escape from the abode which is Your Most Compassionate Heart.

Eternal Father, turn Your merciful gaze upon the souls of those who do not believe in You, and of those who as yet do not know You, but who are enclosed in the Most Compassionate Heart of Jesus. Draw them to the light of the Gospel. These souls do not know what great happiness it is to love You. Grant that they, too, may extol the generosity of Your mercy for endless ages. Amen.

FIFTH DAY

Today bring to Me The souls of those who have separated themselves from the Church.

Most Merciful Jesus, Goodness Itself,

You do not refuse light to those who seek it of You. Receive into the abode of Your Most Compassionate Heart the souls of those who have separated themselves from Your Church. Draw them by Your light into the unity of the Church, and do not let them escape from the abode of Your Most Compassionate Heart; but bring it about that they, too, come to glorify the generosity of Your mercy.

Eternal Father, turn Your merciful gaze upon the souls of those who have separated themselves from Your Son's Church, who have squandered Your blessings and misused Your graces by obstinately persisting in their errors. Do not look upon their errors, but upon the love of Your own Son and upon His bitter Passion, which He underwent for their sake, since they, too, are enclosed in his Most Compassionate Heart. Bring it about that they also may glorify Your great mercy for endless ages. Amen.

SIXTH DAY

Today bring to Me The meek and humble souls and the souls of little children, and immerse them in My mercy

Most Merciful Jesus, You Yourself have said, "Learn from Me for I am meek and humble of heart." Receive into the abode of Your Most Compassionate Heart all meek and humble souls and the souls of little children. These souls send all Heaven into ecstasy, and they are the heavenly Father's favorites. They are a sweet-smelling bouquet before the throne of God; God himself takes delight in their fragrance. These souls have a permanent abode in Your Most Compassionate Heart, O Jesus, and they unceasingly sing out a hymn of love and mercy.

Eternal Father, turn Your merciful gaze upon meek and humble souls, and upon little children, who are enfolded in the abode which is the Most Compassionate Heart of Jesus. These souls bear the closest resem-

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blance to Your Son. Their fragrance rises from the earth and reaches Your very throne. Father of Mercy and of all goodness, I beg You by the love You bear these souls and by the delight You take in them: bless the whole world, that all souls together may sing out the praises of Your mercy for endless ages. Amen.

SEVENTH DAY

Today bring to Me The souls who especially venerate and glorify My Mercy and immerse them in My mercy

Most Merciful Jesus, whose Heart is Love Itself, receive into the abode of Your Most Compassionate Heart the souls of those who particularly extol and venerate the greatness of Your mercy. These souls are mighty with the very power of God Himself. In the midst of all afflictions and adversities they go forward, confident of Your mercy. and united to You, Jesus, they carry all mankind on their shoulders. These souls will not be judged severely, but Your mercy will embrace them as they depart from this life.

Eternal Father, turn Your Merciful gaze upon the souls who glorify and venerate Your greatest attribute, that of Your fathomless mercy, and who are enclosed in the Most Compassionate Heart of Jesus. These souls are a living Gospel; their hands are full of deeds of mercy and their spirit, overflowing with joy, sings a canticle of mercy to You, O Most High! I beg You O God: Show them Your mercy according to the hope and trust they have placed in You. Let there be accomplished in them the promise of Jesus, who said to them, that during their life, but especially at the hour of death, the souls who will venerate this fathomless mercy of His, He, Himself, will defend as His Glory. Amen.

EIGHTH DAY

Today bring to Me The souls who are detained in purgatory and immerse them in

the abyss of My mercy

Most Merciful Jesus, You Yourself have said that You desire mercy; so I bring into the abode of Your Most Compassionate Heart the souls in Purgatory, souls who are very dear to You, and yet who must make retribution to Your justice. May the streams of Blood and Water which gushed forth from Your Heart put out the flames of the Purgatory that there too the power of Your mercy may be celebrated.

Eternal Father, turn Your merciful gaze upon the souls suffering in Purgatory, who are enfolded in the Most Compassionate Heart of Jesus. I beg You, by the sorrowful Passion of Jesus Your Son, and by all the bitterness with which His most sacred Soul was flooded: Manifest Your mercy to the souls who are under Your just scrutiny. Look upon them in no other way but only through the Wounds of Jesus, Your dearly beloved Son; for we firmly believe that there is no limit to Your goodness and compassion. Amen.

NINTH DAY

Today bring to Me Souls who have become lukewarm and immerse them in the abyss of My mercy

Most Compassionate Jesus, You are Compassion Itself. I bring lukewarm souls into the abode of Your Most Compassionate Heart. In this fire of Your pure love let these tepid souls, who, like corpses, filled You with such deep loathing, be once again set aflame. O Most Compassionate Jesus, exercise the omnipotence of Your mercy and draw them into the very ardor of Your love; and bestow upon them the gift of holy love, for nothing is beyond Your power.

Eternal Father, turn Your merciful gaze upon lukewarm souls who are nonetheless enfolded in the Most Compassionate Heart of Jesus. Father of Mercy, I beg You by the bitter Passion of Your Son and by His three-hour agony on the Cross: let them, too, glorify the abyss of Your mercy. Amen.

PRAYER OF ST. AMBROSE

Lord Jesus Christ,
I approach your banquet table
in fear and trembling,
for I am a sinner,
and dare not rely on my own worth
but only on your goodness and mercy.
I am defiled by many sins in body and soul,
and by my unguarded thoughts and words.
Gracious God of majesty and awe,
I seek your protection,
I look for your healing.
Poor troubled sinner that I am,
I appeal to you, the foundation of all mercy.
I cannot bear your judgment,
but I trust in your salvation.
Lord, I show my wounds to you
and uncover my shame before you.
I know my sins are many and great,
and they fill me with fear,
but I hope in your mercies,
for they cannot be numbered.
Lord Jesus Christ, eternal king, God and man,
crucified for mankind,
look upon me with mercy and hear my prayer,
for I trust in you.
Have mercy on me,
full of sorrow and sin,
for the depth of your compassion never ends.
Praise to you, saving sacrifice,
offered on the wood of the cross for me and
for all mankind.
Praise to the noble and the precious blood,
flowing from the wounds of my crucified
Lord Jesus Christ
and washing away the sins of the whole
world.
Remember, Lord, your creature,
whom you have redeemed with your blood.
I repent my sins,
and I long to put right what I have done.
Merciful Father, take away all my offenses
and sins;
purify me body and soul,
and make me worthy to taste the holy of holies.
May your body and blood,

which I intend to receive, although I am unworthy,
be for me the remission of my sins,
the washing away of my guilt,
the end of my evil thoughts,
and the rebirth of my better instincts.
May it incite me to do the works pleasing to you
and profitable to my health body and soul,
and be a firm defense
against the wiles of my enemies.
Amen.

PRAYER OF ST. THOMAS AQUINAS

Almighty and ever-living God,
I approach the sacrament of your only-begotten
Son, our Lord Jesus Christ.
I come sick to the doctor of life,
unclean to the fountain of mercy,
blind to the radiance of eternal light,
and poor and needy to the Lord of heaven and
earth.
Lord, in your generosity,
heal my sickness, wash away my defilement,
enlighten my blindness, enrich my poverty,
and clothe my nakedness.
May I receive the bread of angels,
the King of kings and Lord of lords,
with humble reverence,
with the purity and faith,
the repentance and love, and the determined
purpose
that will help to bring me to salvation.
May I receive the sacrament of the Lord's body
and blood,
and its reality and power.
Kind God,
may I receive the body of your only-begotten
Son, our Lord Jesus Christ,
born from the womb of the Virgin Mary,
and so be received into his mystical body
and numbered among his members.
Loving Father,
as on my earthly pilgrimage
I now receive your beloved Son
under the veil of a sacrament,
may I one day see him face to face in glory,
who lives and reigns with you forever. Amen.

PRAYER TO THE VIRGIN MARY

Mother of mercy and love,
blessed Virgin Mary,
I am a poor and unworthy sinner,
and I turn to you in confidence and love.
You stood by your Son.
as he hung dying on the cross.
Stand also by me, a poor sinner,
and by all the priests
who are offering Mass today
here and throughout the entire Church.
Help us to offer a perfect and acceptable sacrifice
in the sight of the holy and undivided Trinity,
our most high God. Amen.

THANKSGIVING AFTER MASS PRAYER OF ST. THOMAS AQUINAS

Lord, Father all-powerful and ever-living God,
I thank you,
for even though I am a sinner, your unprofitable servant,
not because of my worth but in the kindness of your mercy,
you have fed me
with the precious body and blood of your Son,
our Lord Jesus Christ.
I pray that this holy communion
may not bring me condemnation and punishment
but forgiveness and salvation.
May it be a helmet of faith
and a shield of good will.
May it purify me from evil ways
and put an end to evil passions.
May it bring me charity and patience,
humility and obedience,
and growth in the power to do good.
May it be my strong defense
against all my enemies, visible and invisible,
and the perfect calming of all my evil impulses,
bodily and spiritual.
May it unite me more closely to you,
the one true God,
and lead me safely through death
to everlasting happiness with you.
And I pray that you will lead me, a sinner,
to the banquet where you,
with your Son and Holy Spirit,

are true and perfect light,
total fulfillment, everlasting joy,
gladness without end,
and perfect happiness to your saints.
Grant this through Christ our Lord. Amen.

TeDeum

You are God: we praise you;
You are the Lord: we acclaim you;
You are the eternal Father:
All creation worships you.
To you all the angels, all the powers of heaven,
Cherubim and Seraphim, sing in endless praise:
Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.
The glorious company of apostles praise you.
The noble fellowship of prophets praise you.
The white-robed army of martyrs praise you.
Throughout the world the holy Church acclaims you:
Father, of majesty unbounded,
your true and only Son, worthy of all worship,
and the Holy Spirit, advocate and guide.
You, Christ, are the king of glory,
the eternal Son of the Father.
When you became man to set us free
you did not spurn the Virgin's womb.
You overcame the sting of death,
and opened the kingdom of heaven to all believers.
You are seated at God's right hand in glory.
We believe that you will come, and be our judge.
Come then, Lord, and help your people,
bought with the price of your own blood,
and bring us with your saints to glory everlasting.
V. Save your people, Lord, and bless your inheritance.
R. Govern and uphold them now and always.
V. Day by day we bless you.
R. We praise your name for ever.
V. Keep us today, Lord, from all sin.
R. Have mercy on us, Lord, have mercy.
V. Lord, show us your love and mercy;
R. for we put our trust in you.
V. In you, Lord, is our hope:
R. and we shall never hope in vain.

Prayers to the Holy Spirit

“I will abandon myself fully to the Holy Spirit, allowing myself to be led wherever and whenever the Spirit wants, accompanying the Spirit, for my part, with effective and strong resolutions and serious discernment... The Holy Spirit descends upon us with great gentleness, never with a racket.”

St. Frances Xavier Cabrini

Come Holy Spirit

Come Holy Spirit enlighten our hearts
to see the things that are of God.
Come Holy Spirit enlighten our minds
that we may know the things that
are of God.
Come Holy Spirit enlighten our souls
that we may belong only to God.
Sanctify all that we think say and do, that
all will be for the Glory of God.
Amen

St. Augustine's Prayer to the Holy Spirit

Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I always may be holy. Amen.

Daily Consecration to the Holy Ghost

O Holy Ghost, divine Spirit of light and love, I consecrate to Thee my understanding, my heart and my will, my whole being, for time and eternity. May my understanding be always submissive to Thy heavenly inspirations and the teachings of the Catholic Church, of which Thou art the Infallible Guide. May my heart be ever inflamed with love of God and of my neighbor. May my will be ever conformed to the Divine Will, and may my whole life be a faithful imitation of the life and virtues of our Lord and Saviors, Jesus Christ, to Whom, with the Father and Thee, be honor and glory forever. Amen

Prayer for the Seven Gifts of the Holy Spirit

O Lord Jesus Christ, Who, before ascending into heaven, didst promise to send the Holy Spirit to finish Thy work in the souls of Thy Apostles and Disciples, deign to grant the same Holy Spirit to me, that He may perfect in my soul the work of Thy grace and Thy love.

Grant me the *Spirit of Wisdom* that I may despise the perishable things of this world and aspire only after the things that are eternal, The *Spirit of Understanding* to enlighten my mind with the light of Thy divine truth, the *Spirit of Counsel* that I may ever choose the surest way of pleasing God and gaining Heaven, the *Spirit of Fortitude* that I may bear my cross with Thee, and that I may overcome with courage all the obstacles that oppose my salvation, the *Spirit of Knowledge* that I may know God and know myself and grow perfect in the science of the Saints, the *Spirit of Piety* that I may find the service of God sweet and amiable, the *Spirit of Fear* that I may be filled with a loving reverence towards God, and may dread in any way to displease Him. Mark me, dear Lord, with the sign of Thy true disciples and animate me in all things with Thy Spirit.
Amen.

Come, Holy Spirit

Come, Holy Spirit, fill the hearts of Thy faithful and enkindle in them the fire of Thy love.

V. Send forth Thy Spirit and they shall be created.

R. And Thou shalt renew the face of the earth.

Let us pray. O God, Who didst instruct the hearts of the faithful by the light of the Holy Spirit, grant us in the same Spirit to be truly wise, and ever to rejoice in His consolation. Through Christ our Lord.

Amen.

Litany of the Holy Spirit

(For private use only)

Lord, have mercy on us.

Lord, have mercy on us.

Lord, have mercy on us. God the Father of
Heaven, *Have mercy on us.*

God the Son, Redeemer of the world,
Have mercy on us.

God the Holy Spirit,

Holy Trinity, One God,

Divine Essence, one true God,

Spirit of truth and wisdom, ...

Spirit of holiness and justice, ...

Spirit of understanding and counsel, ...

Spirit of love and joy, ...

Spirit of peace and patience, ...

Spirit of longanimity and meekness, ...

Spirit of benignity and goodness, ...

Love substantial of the Father and the Son,...

Love and life of saintly souls, ...

Fire ever burning, ...

Living water to quench the thirst of hearts, ...

From all evil, *Deliver us, O Holy Spirit.*

From all impurity of soul and body, ...

From all gluttony and sensuality, ...

From all attachments to the things of the
earth,

From all hypocrisy and pretense, ...

From all imperfections and deliberate
faults,

From our own will, ...

From slander,

From deceiving our neighbors, ...

From our passions and disorderly
appetites,

From our inattentiveness to Thy holy
inspirations, ...

From despising little things, ...

From debauchery and malice, ...

From love of comfort and luxury, ...

From wishing to seek or desire anything other
than Thee,

From everything that displeases Thee, ...

Most loving Father, *forgive us.*

Divine Word, *have pity on us.*

Holy and divine Spirit, *leave us not until we
are in possession of the Divine Essence,
Heaven of heavens.*

Lamb of God, Who takest away the sins of
the world,
Send us the divine Consoler.

Lamb of God, Who takest away the sins of
the world,
Fill us with the gifts of Thy Spirit.

Lamb of God, Who takest away the sins of
the world,
*Make the fruits of the Holy Spirit increase
within us.*

V. Come, O Holy Spirit, fill the hearts of Thy
faithful,

R. *And enkindle in them the fire of Thy love.*

V. Send forth Thy Spirit and they shall be
created,

R. *And Thou shalt renew the face of the
earth.*

Let us Pray:

God, Who by the light of the Holy Spirit in-
structed the hearts of the faithful, grant us by
the same Spirit to be truly wise and ever to
rejoice in His consolation. Through Jesus
Christ Our Lord,
Amen.

Read more: [http://www.ewtn.com/
Devotionals/Litanies/
holy_spirit.htm#ixzz1a3NvuahS](http://www.ewtn.com/Devotionals/Litanies/holy_spirit.htm#ixzz1a3NvuahS)

Charity, or love, is in reality the Holy Spirit,
the Spirit of truth. As charity covers a multi-
tude of sins, so too does the grace of God,
which makes one do penance.

St. Anthony of Padua

If you abstain from worldly affairs, bodily
pleasures and the like, then the fire of the Ho-
ly Ghost will burn in you.

St. Vincent Ferrer

Litany of The Blessed Sacrament (For private use only)

Lord, have mercy on us.
Christ, have mercy on us.

Lord, have mercy on us.
Christ, hear us.
Christ, graciously hear us.

God the Father of Heaven,
Have mercy on us.

God the Son, Redeemer of the world,
Have mercy on us.

God the Holy Spirit, *Have mercy on us.*
Holy Trinity, One God...
Living Bread, that came down from Heaven...

Hidden God and Saviour...
Wheat of the elect...
Wine of which virgins are the fruit...
Bread of fatness and royal dainties...
Perpetual Sacrifice...

Clean oblation...
Lamb without spot...
Most pure feast...
Food of angels...
Hidden manna...
Memorial of the wonders of God...
Super-substantial Bread...
Word made Flesh, dwelling in us...
Sacred Host...
Chalice of benediction...
Mystery of Faith...
Most high and adorable Sacrament...
Most holy of all sacrifices...
True Propitiation for the living and the dead..
Heavenly antidote against the poison of sin...
Most wonderful of all miracles...
Most holy Commemoration of the Passion of Christ...

Gift transcending all fullness...
Special Memorial of divine love...
Affluence of divine bounty...
Most august and holy Mystery...
Medicine of immortality...
Tremendous and life-giving



Sacrament...

Bread made Flesh by the omnipotence of the Word...
Unbloody Sacrifice...
At once our Feast and our Guest...
Sweetest Banquet, at which angels minister...
Sacrament of piety...
Bond of charity...
Priest and Victim...
Spiritual Sweetness tasted in its proper source..

Refreshment of holy souls...
Viaticum of such as die in the Lord...
Pledge of future glory...

Be merciful,
Spare us, O Lord,
Be merciful,
Graciously hear us, O Lord.

From an unworthy reception of Thy Body and Blood, *O Lord, deliver us.*

From the lust of the flesh...
From the lust of the eyes...
From the pride of life...
From every occasion of sin...
Through the desire with which Thou didst long to eat this Passover with Thy disciples...
Through that profound humility with which Thou didst wash their feet...
Through that ardent charity by which Thou didst institute this Divine Sacrament...
Through Thy Precious Blood, which Thou didst leave us on our altars...
Through the five wounds of this Thy most holy Body, which Thou didst receive for us...

We sinners beseech Thee, *hear us.*
That Thou wilt preserve and increase our faith, reverence, and devotion toward this admirable Sacrament, *we beseech Thee, hear us.*
That Thou wilt conduct us, through a true confession of our sins, to a frequent reception of the Holy Eucharist, *We beseech Thee, hear us.*

Litany of The Blessed Sacrament (Continued)

That Thou wilt deliver us from all heresy,
perfidy, and blindness of heart,
we beseech Thee, hear us,

That Thou wilt impart to us the precious and
heavenly fruits of this most holy Sacrament,
we beseech Thee, hear us.

That at the hour of death .Thou wilt strength-
en and defend us by this heavenly Viaticum.,
we beseech Thee, hear us.

Son of God, *we beseech Thee, hear us.*

Lamb of God, Who takest away the sins of
the world,
Spare us, O Lord.

Lamb of God, Who takest away the sins of
the world,
Graciously hear us, O Lord.

Lamb of God, Who takest away the sins of
the world,
Have mercy on us.

V. Christ, hear us.

R. Christ, graciously hear us.

V. Thou didst give them Bread from Heaven,
Alleluia.

R. Containing in Itself all sweetness. Allelu-
ia.

Let Us Pray

O God, Who in this wonderful Sacrament
hast left us a memorial of Thy Passion, grant
us the grace, we beseech Thee, so to venerate
the Sacred Mysteries of Thy Body and Blood,
that we may ever continue to feel within our-
selves the blessed fruit of Thy Redemption,
Who livest and reignest, God forever and
ever.

Amen.

Scripture Passage and Quotes of the Saints

“I am the bread of life; whoever comes to
me will never hunger, and whoever be-
lieves in me will never thirst.”

John 6:35

“If any man thirst, let him come to Me,
and drink. Whoever believes in me, as
scripture says: ‘Rivers of living water
will flow from within him.’”

John 7:37-38

Then He took the bread, said the blessing,
broke it, and gave it to them saying, “This
is my body, which will be given for you;
do this in memory of me.” And likewise
the cup after they had eaten, saying, “This
cup is the new covenant in my blood,
which will be shed for you.”

Mt 22:19-20

The Eucharist is a fire which inflames us,
that, like lions breathing fire, we may re-
tire from the altar being made terrible to
the Devil.

St. John Chrysostom

If it is “daily bread,” why do you take it
once a year?...Take daily what is to profit
you daily. Live in such a way that you
may deserve to receive it daily. He who
does not deserve to receive it daily, does
not deserve to receive it once a year.

St. Ambrose of Milan

All those are damned who see the Sacra-
ment of the Body of Christ on the altar in
the form of bread and wine by the words
of our Lord in the hands of the priest, yet
do not see or believe in spirit and in God
that this is really the most holy Body and
Blood of our Lord Jesus Christ.

St. Francis of Assisi

Short Litany for the Holy Souls in Purgatory

(For Private Use)

The just shall be in everlasting remembrance;
He shall not fear the evil hearing.

V. Absolve, O Lord, the souls of the faithful
departed from every bond of sin,
**R. And by the help of Thy grace may they be
enabled to escape the avenging judgment, and
to enjoy the happiness of eternal life.**

Because in Thy mercy are deposited the souls
that departed in an inferior degree of grace,
Lord, have mercy.
Because their present suffering is greatest in the
knowledge of the pain that their separation from
Thee is causing Thee,
Lord, have mercy.

Because of their present inability to add to Thy
accidental glory, **Lord, have mercy**

Not for our consolation, O Lord; not for their re-
lease from purgative pain, O God; but for Thy
joy and the greater accidental honor of Thy
throne, O Christ the King, **Lord, have mercy**

For the souls of our departed friends, relations
and benefactors,
Grant light and peace, O Lord.
For those of our family who have fallen asleep in
Thy bosom, O Jesus
Grant light and peace, O Lord.
For those who have gone to prepare our place
For those who were our brothers or sisters in
Religion ...
For priests who were our spiritual directors...
For men or women who were our teachers in
school,
For those who were our employers or employees,
For those who were our associates in daily toil,
For any soul whom we ever offended,
For our enemies now departed,
For those souls who have none to pray for them,
For those forgotten by their friends and kin,
For those now suffering the most,
For those who have acquired the most merit,
For the souls next to be released from Purgatory,
For those who, while on earth, were most devoted

to God the Holy Ghost, to Jesus in the Most
Blessed Sacrament, to the holy Mother of
God,

For all deceased popes and prelates,
For all deceased priests, seminarians and religious,
For all our brethren in the Faith everywhere,
For all our separated brethren who deeply loved Thee,
and would have come into Thy household
had they known the truth,
For those souls who need, or in life asked, our
prayers,
For those, closer to Thee than we are, whose pray-
ers we need,

That those may be happy with Thee forever, who
on earth were true exemplars of the Catholic Faith,
Grant them eternal rest, O Lord.

That those may be admitted to Thine unveiled
presence, who as far as we know never
committed mortal sin,

Grant them eternal rest, O Lord.

That those may be housed in glory, who lived al-
ways in recollection and prayer, *etc.*

That those may be given the celestial joy of be-
holding Thee, who lived lives of mortifica-
tion and self-denial and penance,
That those may be flooded with Thy love, who de-
nied themselves even Thy favors of indulgence
and who made the heroic act for the souls
who had gone before them,

That those may be drawn up to the Beatific Vision,
who never put obstacles in the way of
sanctifying grace and who ever drew closer
in mystical union with Thee,

V. Eternal rest give unto them, O Lord,
R. And let perpetual light shine upon them.

Let Us Pray.

Be mindful, O Lord, of Thy servants and hand-
maids who are gone before us with the sign of faith
and repose in the sleep of grace. To these, O Lord,
and to all who rest in Christ, grant, we beseech
Thee, a place of refreshment, light and peace,
through the same Christ Our Lord.

R. Amen.

Litany of Reparation In Honor of the Blessed Sacrament

(For private use only)

Lord, have mercy on us;
Lord, have mercy on us
Christ, have mercy on us;
Christ, have mercy on us
Lord, have mercy on us;
Lord, have mercy on us
God the Father of Mercy,
Have mercy on us.
God the Son, Mediator between God and man,
Have mercy on us.
God the Holy Spirit, the Enlightener of hearts,
Have mercy on us.
Holy and undivided Trinity,
Have mercy on us.
O Sacred Host! Victim of reparation for the sins
of the world,
Have mercy on us.
O Sacred Host! Annihilated on the altar for us and
by us, **Have mercy on us.**
O Sacred Host! Despised and neglected,
Have mercy on us.
O Sacred Host! Neglected and abandoned in Your
temples, **Have mercy on us.**
Be merciful unto us: **Spare us, O Lord.**
Be merciful unto us: **Hear us, O Lord.**
For so many unworthy Communions,
We offer You our reparations, O Lord.
For the irreverence of Christians,
We offer You our reparations, O Lord.
For the continual blasphemies of the impious,
We offer You our reparations, O Lord.
For the infamous discourses made in Your Holy
Temples,
We offer You our reparations, O Lord.
For the crimes of sinners,
We offer You our reparations, O Lord.
For the sacrileges which profane Your sacrament
of love,
We offer You our reparations, O Lord.
For the coldness of the greater part of Your chil-
dren,
We offer You our reparations, O Lord.
For their contempt of Your loving invitations,
We offer You our reparations, O Lord.
For the infidelity of those who call themselves
Your friends,
We offer You our reparations, O Lord.
For the abuse of Your grace,

We offer You our reparations, O Lord.
For our unfaithfulness,
We offer You our reparations, O Lord.
For our delay in loving You,
We offer You our reparations, O Lord.
For our tepidity in Your Holy Service,
We offer You our reparations, O Lord.
For Your bitter sadness at the loss of souls,
We offer You our reparations, O Lord.
For Your long waiting at the door of our hearts,
We offer You our reparations, O Lord.
For Your loving sighs,
We offer You our reparations, O Lord.
For Your loving tears,
We offer You our reparations, O Lord.
For Your loving imprisonment,
We offer You our reparations, O Lord.
For Your loving death,
We offer You our reparations, O Lord.

That You spare us, that You hear us,
We sinners beseech You, hear us.
That You will make known Your love for us in
this most Holy Sacrament,
We sinners beseech You, hear us.
That You will vouchsafe to accept our reparation,
made in the spirit of humility,
We sinners beseech You, hear us.

Lamb of God, who takes away the sins of the
world: **Spare us, O Lord.**
Lamb of God, who takes away the sins of the
world: **Hear us, O Lord.**
Lamb of God, who takes away the sins of the
world: **Have mercy on us, O Lord.**

Let us pray:
**Lord Jesus, Who has chosen to expose Yourself
to all the outrages of the impious, rather than
withdraw Your Sacred Body from our Church-
es, grant us the grace to bewail, with true bit-
terness of heart, the injuries and sacrileges
committed against you, and to repair as far as
lies in our power, and with sincere love, the
many ignominies and contempt's You have re-
ceived, and still continue to receive, in this inef-
fable mystery, Who lives and reigns with God,
in the unity of the Holy Spirit, for ever and ev-
er. Amen.**

LITANY OF HUMILITY

(For private use only)

O Jesus, meek and humble of heart, *hear me.*

From the desire of being esteemed,
Deliver me, O Jesus.

From the desire of being loved,
Deliver me, O Jesus.

From the desire of being extolled,
Deliver me, O Jesus.

From the desire of being honored,
Deliver me, O Jesus.

From the desire of being praised,
Deliver me, O Jesus.

From the desire of being preferred to others,
Deliver me, O Jesus.

From the desire of being consulted,
Deliver me, O Jesus.

From the desire of being approved,
Deliver me, O Jesus.

From the fear of being humiliated,
Deliver me, Jesus.

From the fear of being despised,
Deliver me, O Jesus.

From the fear of suffering rebukes,
Deliver me, O Jesus.

From the fear of being calumniated,
Deliver me, O Jesus.

From the fear of being forgotten,
Deliver me, O Jesus.

From the fear of being ridiculed,
Deliver me, O Jesus.

From the fear of being wronged,
Deliver me, O Jesus.

From the fear of being suspected,
Deliver me, O Jesus.

That others may be loved more than I,
Jesus, grant me the grace to desire it.

That others may be esteemed more than I,
Jesus, grant me the grace to desire it.

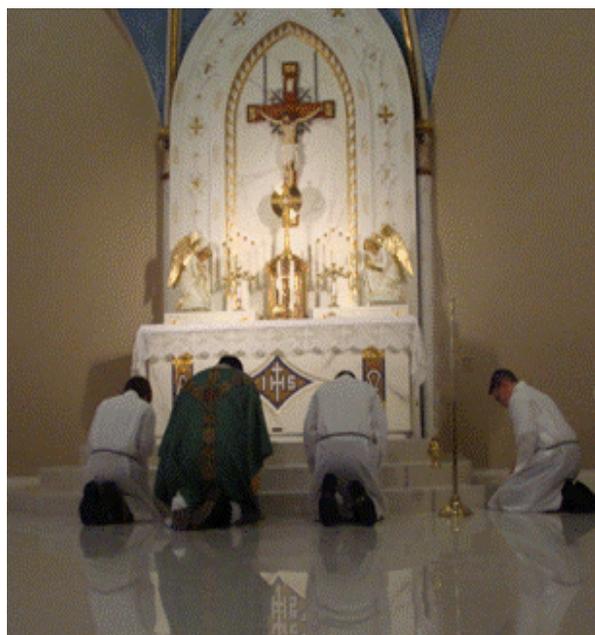
That in the opinion of the world,
Jesus, grant me the grace to desire it.
others may increase, and I may decrease,
Jesus, grant me the grace to desire it.

That others may be chosen and I set aside,

Jesus, grant me the grace to desire it.
That others may be praised and I unnoticed,
Jesus, grant me the grace to desire it.
That others may be preferred to me in every-
thing,

Jesus, grant me the grace to desire it.
That others may become holier than I,
provided that I may become as holy as I
should.

- Rafael Cardinal Merry del Val



The holy fathers teach that there are two kinds of humility: to regard oneself as lower than everyone else, and to ascribe all one's achievement to God. The first is the beginning, the second the consummation.

St. Gregory of Sinai

The reason Christ especially recommended humility to us is because it most effectively removes the main obstacle to our spiritual welfare, the preoccupation with earthly greatness that holds us back from striving for spiritual and heavenly things.

St. Thomas Aquinas

Litany of St. Therese

(For private use only)

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us, Christ, hear us,
Christ, graciously hear us.
God, the Father of heaven,
Have mercy on us.
God, the Son, Redeemer of the world,
Have mercy on us.
God, the Holy Spirit,
Have mercy on us.

Holy Mary, Mother of God, *Pray for us.*
St. Therese of the Child Jesus, *Pray for us.*
St. Therese of the Holy Face, *Pray for us.*
St. Therese, child of Mary,...
St. Therese, devoted to Joseph,...
St. Therese, angel of innocence,...
St. Therese, model child,...
St. Therese, pattern of religious,...
St. Therese, flower of Carmel,...
St. Therese, converter of hardened hearts,...
St. Therese, healer of the diseased,...
St. Therese, filled with love for the Blessed
Sacrament,...
.St. Therese, filled with angelic fervor,...
St. Therese, filled with an apostle's zeal,...
St. Therese, filled with loyalty to the Holy
Father,...
St. Therese, filled with a tender love for the
Church,...
St. Therese, filled with extraordinary love
for God and neighbor,...
St. Therese, wounded with a heavenly
flame,...
St. Therese, victim of divine love,...
St. Therese, patient in sufferings,...
St. Therese, eager for humiliations,...
St. Therese, consumed with love,...
St. Therese, rapt in ecstasy,...
Who desired always to be as a little child,...
Who taught the way of spiritual
childhood,...
Who gave perfect example of trust in
God,...
Whom Jesus filled with a desire for
suffering,...

Who found perfection in the little things,...
Who refused God nothing,...
Who sought bitterness in this life,...
Who told us to call you little Therese,...
Who offered her life to God for priests and
missionaries, ...
Who gained countless souls for Christ,...
Who promised, after her death, a shower of
roses,...
Who foretold: "I will spend my heaven doing
good upon earth," ...

Lamb of God, who takes away the sins of the
world, *Spare us, O Lord.*
Lamb of God, who takes away the sins of the
world, *Graciously hear us, O Lord.*
Lamb of God, who takes away the sins of the
world, *Have mercy on us.*
V. Pray for us, St. Therese.
R. That we may be made worthy of the prom-
ises of Christ.

LET US PRAY

O Lord, who has said:
"Unless you become as little children,
you shall not enter the kingdom of heaven;"
grant us, we ask You,
so to follow in humility
and simplicity of heart
the footsteps of St. Therese, the virgin,
that we may obtain everlasting rewards.
Who lives and reigns forever.
Amen.

Words from St. Therese of Lisieux

Most people judge God's power by their own
limited understanding.

True charity consists in bearing with all the
defects of our neighbor, in not being sur-
prised at his failings, and in being edified by
his least virtues; Charity must not remain shut
up in the depths of the heart.

The noblest inspirations are worthless with-
out good works.

The Litany of the Most Sacred Heart of Jesus

Lord, have mercy on us, *Christ, have mercy on us.*

Lord, have mercy on us. Christ, hear us.

Christ graciously hear us

God the Father of Heaven,

Have mercy on us.

God the Son, Redeemer of the world,

Have mercy on us.

God the Holy Spirit,

Have mercy on us.

Holy Trinity, One God,

Have mercy on us.

Heart of Jesus, Son of the Eternal Father,

Have mercy on us.

Heart of Jesus, formed by the Holy Spirit in the womb of the Virgin Mother,

Have mercy on us.

Heart of Jesus, substantially united to the Word of God, *Have mercy on us.*

Heart of Jesus, of infinite majesty,

Have mercy on us.

Heart of Jesus, holy Temple of God,

Have mercy on us.

Heart of Jesus, Tabernacle of the Most High,

Heart of Jesus, House of God and Gate of Heaven, Heart of Jesus, burning Furnace of charity,

Heart of Jesus, Vessel of justice and love,

Heart of Jesus, full of goodness and love,

Heart of Jesus, Abyss of all virtues,

Heart of Jesus, most worthy of all praise,

Heart of Jesus, King and center of all hearts,

Heart of Jesus, in Whom are all the treasures of wisdom and knowledge,

Heart of Jesus, in Whom dwelleth the fullness of the Divinity,

Heart of Jesus, in Whom the Father was well pleased,

Heart of Jesus, of whose fullness we have all received,

Heart of Jesus, desire of the everlasting hills,

Heart of Jesus, patient and abounding in mercy, Heart of Jesus, rich unto all who call upon Thee, Heart of Jesus, Fountain of life and holiness,

Heart of Jesus, Propitiation for our sins,

Heart of Jesus, filled with reproaches,

Heart of Jesus, bruised for our offenses,

Heart of Jesus, made obedient unto death,

Heart of Jesus, pierced with a lance,

Heart of Jesus, Source of all consolation,

Heart of Jesus, our Life and Resurrection,

Heart of Jesus, our Peace and Reconciliation,

Heart of Jesus, Victim for our sins,

Heart of Jesus, Salvation of those who hope in Thee,

Heart of Jesus, Hope of those who die in Thee,

Heart of Jesus Delight o all saints,

Lamb of God, Who takest away the sins of the world, *Spare us, O Lord!*

Lamb of God, Who takest away the sins of the world, *Graciously hear us, O Lord!*

Lamb of God, Who takest away the sins of the world, *Have mercy on us.*

Jesus meek and humble of heart,

Make our hearts like unto Thine.

Let us Pray

Almighty and eternal God, consider the Heart of Thy well-beloved Son and the praises and satisfaction He offers Thee in the name of sinners; appeased by worthy homage, pardon those who implore Thy mercy, in the name of the same Jesus Christ Thy Son, Who lives and reigns with Thee, world without end.

R. *Amen.*

The Litany of the Blessed Virgin Mary
(Litany of Loreto)



Lord, have mercy on us.
Christ, have mercy on us.

Lord, have mercy on us, Christ hear us.
Christ, graciously hear us.

God, the Father of Heaven,
Have mercy on us.

God the Son, Redeemer of the World,
have mercy on us.

God the Holy Spirit,
have mercy on us.

Holy Trinity, One God,
have mercy on us.

Holy Mary, *pray for us.*

Holy Mother of God, *pray for us.*

Holy Virgin of Virgins, *pray for us.*

Mother of Christ, *pray for us.*

Mother of Divine Grace, *pray for us.*

Mother most Pure, *pray for us.*

Mother most Chaste, *pray for us.*

Mother Inviolata, *pray for us.*

Mother Undeiled, *pray for us.*

Mother most Amiable, *pray for us.*

Mother most Admirable, *pray for us.*

Mother of Good Counsel, *pray for us.*

Mother of our Creator, *pray for us.*

Mother of our Savior, *pray for us.*

Virgin most Prudent, *pray for us.*

Virgin most Venerable, *pray for us.*

Virgin most Renowned, *pray for us.*

Virgin most Powerful, *pray for us.*

Virgin most Merciful, *pray for us.*

Virgin most Faithful, *pray for us.*

Mirror of Justice, *pray for us.*

Seat of Wisdom, *pray for us.*

Cause of our Joy, *pray for us.*

Spiritual Vessel, *pray for us.*

Vessel of Honor, *pray for us.*

Singular Vessel of Devotion, *pray for us.*

Mystical Rose, *pray for us.*

Tower of David, *pray for us.*

Tower of Ivory, *pray for us.*

House of Gold, *pray for us.*

Ark of the Covenant, *pray for us.*

Gate of Heaven, *pray for us.*

Morning Star, *pray for us.*

Health of the Sick, *pray for us.*

Refuge of Sinners, *pray for us.*

Comforter of the Afflicted, *pray for us.*

Help of Christians, *pray for us.*

Queen of Angels, *pray for us.*

Queen of Patriarchs, *pray for us.*

Queen of Prophets, *pray for us.*

Queen of Apostles, *pray for us.*

Queen of Martyrs, *pray for us.*

Queen of Confessors, *pray for us.*

Queen of Virgins, *pray for us.*

Queen of all Saints, *pray for us.*

Queen conceived without Original Sin,
pray for us.

Queen assumed into Heaven, *pray for us.*

Queen of the most Holy Rosary,
pray for us.

Queen of the Family, *pray for us.*

Queen of Peace, *pray for us.*

Lamb of God, Who takes away the sins of
the world, *spare us, O Lord!*

Lamb of God, Who takes away the sins of
the world, *graciously hear us, O Lord!*

Lamb of God, Who takes away the sins of
the world, *have mercy on us.*

Pray for us, O Holy Mother of God.
*That we may be made worthy of the
promises of Christ.*

Let us pray.

Grant, we beseech Thee, O Lord God, that
we Thy servants, may enjoy perpetual
health of mind and body, and by the glori-
ous intercession of the Blessed Mary, ever
Virgin, be delivered from present sorrow
and enjoy eternal happiness. Through
Christ our Lord. Amen

Litany of St. Joseph

V/ Lord, have mercy.
R/ *Lord, have mercy.*

V/ Christ, have mercy.
R/ *Christ, have mercy.*

V/ Lord, have mercy.
R/ *Lord, have mercy.*

V/ Christ, hear us.
R/ *Christ, 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.*

Holy Mary, *pray for us*
St. Joseph, *pray for us*
Renowned offspring of David,
Light of Patriarchs,
Spouse of the Mother of God,
Chaste guardian of the Virgin,
Foster father of the Son of God,
Diligent protector of Christ,
Head of the Holy Family,
Joseph most just,
Joseph most chaste,
Joseph most prudent,
Joseph most strong,
Joseph most obedient,
Joseph most faithful,
Mirror of patience,
Lover of poverty,
Model of artisans,
Glory of home life,
Guardian of virgins,
Pillar of families,
Solace of the wretched,
Hope of the sick,

Patron of the dying,
Terror of demons,
Protector of Holy Church,

Lamb of God, who takes away the sins of the world,
R/ *spare us, O Lord.*

Lamb of God, who takes away the sins of the world,
R/ *graciously hear us, O Lord.*

Lamb of God, who takes away the sins of the world.
R/ *have mercy on us.*

He made him the lord of His household.
R/ *And ruler over all His possessions.*

Let us pray. O God, in Your ineffable providence You were pleased to choose Blessed Joseph to be the spouse of Your most holy Mother; grant, we beg You, that we may be worthy to have as our intercessor in heaven him whom we venerate as our Protector on earth. You who live and reign forever and ever.
R/ *Amen.*

Prayer to St. Joseph

O St. Joseph whose protection is so great, so strong, so prompt before the Throne of God, I place in you all my interests and desires. O St. Joseph do assist me by your powerful intercession and obtain for me from your Divine Son all spiritual blessings through Jesus Christ, Our Lord; so that having engaged here below your Heavenly power I may offer my Thanksgiving and Homage to the most Loving of Fathers. O St. Joseph, I never weary contemplating you and Jesus asleep in your arms. I dare not approach while He reposes near your heart. Press him in my name and Kiss His fine Head for me, and ask him to return the kiss when I draw my dying breath. St. Joseph, Patron of departing souls, pray for us. Amen.

Prayers to the Wounds of Jesus Christ

Prayer to the Five Wounds of Christ To The First Wound: Left Foot

Lord Jesus Christ, I adore the sacred Wound of Thy left Foot; I compassionate Thee for the most bitter pain which Thou didst suffer. I thank Thee for the love whereby Thou wast wearied in overtaking me on the way to ruin, and didst bleed amid the thorns and brambles of my sins. I offer to the Eternal Father the pain and love of Thy most holy Humanity, in atonement for my sins, all which I detest with sincere and bitter contrition. *Our Father ...Hail Mary...Glory Be...Holy Mother,* pierce me through, in my heart each wound renew of my Savior crucified!

To The Second Wound: Right Foot

O Lord Jesus Christ I adore the sacred Wound of Thy right Foot; I compassionate Thee for the bitter pain which Thou didst suffer. I thank Thee for that love which pierced Thee with such torture and shedding of blood, in order to punish my wanderings and the guilty pleasures I have granted to my unbridled passions. I offer the Eternal Father all the pains and love of Thy most holy Humanity, and I pray unto Thee for grace to weep over my transgressions with burning tears, and to enable me to persevere in the good which I have begun, without ever swerving again from my obedience to the commandments of my God. *Our Father..Hail Mary..Glory Be..Holy Mother,* pierce me through, in my heart each wound renew of my Savior crucified!

To The Third Wound: Left Hand

O Lord Jesus Christ, I adore the sacred Wound of Thy left Hand; I compassionate Thee for the bitter pain which Thou didst suffer, I thank Thee for having, in Thy love, spared me the scourges and eternal damnation which my sins had merited. I offer to the Eternal Father the pain and love of Thy most holy Humanity: and I pray Thee to teach me how to turn to good account of my span of life, and bring forth in it worthy fruits of penance, and so disarm the justice of God, which

I have provoked. *Our Father..Hail Mary...Glory Be...Holy Mother,* pierce me through, in my heart each wound renew of my Savior crucified!

To The Fourth Wound: Right Hand

O Lord Jesus Christ, I adore the sacred Wound of Thy right Hand; I compassionate Thee for the bitter pain which Thou didst suffer. I thank Thee for Thy graces lavished on me with such love, in spite of all my most perverse obstinacy. I offer to the Eternal Father all the pain and love of Thy most holy Humanity; and I pray Thee to change my heart and its affections, and make me do all my actions in accordance with the will of God. *Our Father..Hail Mary..Glory Be..Holy Mother,* pierce me through, in my heart each wound renew of my Savior crucified!

To The Fifth Wound: Sacred Side

O Lord Jesus Christ, I adore the sacred Wound in Thy Side; I compassionate Thee for the cruel insult Thou didst suffer. I thank Thee, my Jesus, for the love which suffered Thy Side and Heart to be pierced, so that the last drops of blood and water might issue forth, making my redemption to abound. I offer to the Eternal Father this outrage, and the love of Thy most holy Humanity, that my soul may enter once for all into that most loving Heart, eager and ready to receive the greatest sinners, and never more depart *Our Father.. Hail Mary..Glory Be..Holy Mother,* pierce me through, in my heart each wound renew of my Savior crucified!

PRAYER TO THE SHOULDER WOUND OF CHRIST

O Loving Jesus, meek Lamb of God, I, a miserable sinner, salute and worship the most Sacred Wound of Thy Shoulder on which Thou didst bear Thy heavy Cross, which so tore Thy flesh and laid bare Thy Bones as to inflict on Thee an anguish greater than any other wound of Thy Most Blessed Body. I adore Thee, O Jesus most sorrowful; I praise and glorify Thee, and give Thee thanks for this most sacred and painful Wound, beseeching Thee by that exceeding pain, and by the crushing burden of Thy heavy Cross to be merciful to me a sinner, to forgive me all my mortal and venial sins, and to lead me on towards Heaven along the Way of Thy Cross. Amen.

Stations of the Cross

Congregation joins in during the italics parts.

Opening Prayer

Jesus came with his disciples to a country place called Gethsemane, and he said to them, "Sit down here, while I go over yonder and pray." Then he took with him Peter and the two sons of Zebedee, and he began to be saddened and exceedingly troubled. He said to them, "My soul is sad, even unto death. Wait here and watch with me." He went forward a little, and falling prostrate he prayed, saying, "Father, if it is possible, let this cup pass away from me; yet not as I will but as you will." (*Mt. 26, 36 to 39*)

(KNEEL AND PAUSE)

Almighty and eternal Father, accept our prayer of thanksgiving for your Beloved Son, our Saviour and Lord. As we recall his Sacred Passion send the Spirit of Christ into our hearts, we beg You, so that whether we pray or work we might do all in union with Christ our Redeemer. Amen.

(STAND)

(to the tune o Stabat Mater)

*Jesus Lord, condemned, defiled,
May we too be meek and mild
As we tread your holy Way. May we
feel no bitter hatred, When we too are
persecuted, Left alone to walk with
You.*

First Station:

Jesus is Condemned to Death

We adore You, O Christ, and we praise You.

(GENFULECT)

Because by your holy Cross You have redeemed the world.

Again the high priest began to ask him, and said to him, "Are you the

Christ, the Son of the Blessed One?" And Jesus said to him, "I am. And you shall see the Son of Man sitting at the right hand of the Power and Coming with the clouds of heaven," But the high priest tore his garments and said, "What further need have we of witnesses? You have heard the blasphemy. What do you think?" And they all condemned him as liable to death. (*Mark 14:61-64*)

(KNEEL AND PAUSE)

*The kings of the earth rise up
and the princes conspire together
against the Lord and against his
Anointed.*

*I will proclaim the decree of the Lord;
the Lord said to me: "You are my Son;
this day I have begotten you. Ask of
me and I will give you the nations for
an inheritance and the ends of the
earth for your possession." (Psalm 2,
2 & 7-8)*

Let us pray.

All-powerful and eternal God, for proclaiming the truth your Son, Jesus Christ, is condemned to death by crucifixion. Stir up your love in our hearts so that we might be ever faithful to all that You have told us and fear nothing more than the loss of your friendship through sin. Amen.

(STAND)

*Now the Cross as Jesus bore it
Has become for us who share it,
The jeweled Cross of Victory.*

Second Station:

Jesus Carries His Cross

We adore You, O Christ, and we praise You.

(GENFULECT)

Because by your holy Cross You have redeemed the world.

And Pilate said to the Jews, "Behold, your king!" But they cried out, "Away

with him! Away with him! Crucify him!" Pilate said to them, "Shall I crucify your king?" The chief priests answered, "We have no king but Caesar." Then he handed Him over to them to be crucified. And so they took Jesus and led him away, bearing the cross for himself. *(John 19:14-17)*

(KNEEL AND PAUSE)

Who would believe what we have heard? To whom has the arm of the Lord been revealed? He grew up like a sapling before him, like a shoot from the parched earth, there was in him no stately bearing to make us look at him, no appearance that would attract us to him. He was rejected and avoided by men, a man of suffering, accustomed to infirmity, one of those from whom men turn away, and we held him in no esteem. (Is. 53:1-3)

Let us pray.

Father in heaven, your Son, Jesus Christ, still carries his Cross in his persecuted brothers and sisters throughout the world. Make us feel the needs of all persons so that we might as readily help them as we would help Jesus himself. Amen.

(STAND)

Weakened, prodded, cursed, and fallen, His whole Body bruised and swollen, Jesus tripped and lay in pain.

Third Station:

Jesus Falls the First Time

We adore You, O Christ, and we praise You.

(GENFULECT)

Because by your holy Cross You have redeemed the world.

If the world hates you, know that it has hated Me before you. If you were of the world, the world would love

what is its own. Because you are not of the world, but I have chosen you out of the world, therefore the world hates you. Remember the word that I have spoken to you: No servant is greater than his master. If they have persecuted me, they will persecute you also. *(John 15:18-20)*

(KNEEL AND PAUSE)

Why are your clothes red, and your garments like those of the wine presser? "The wine press I have trodden alone, and of my people there was no one with me. I trod them in my anger, and trampled them down in my wrath; their blood spurted on my garments and I stained all my clothes. I looked about, but there was no one to help, I was appalled that there was no one to lend support; so my own arm brought about the victory." (Is. 63:2-5)

Let us pray.

O God, to free us from sin and weakness your Son, Jesus Christ, embraced his fearful passion and crucifixion. Strengthen us to our baptismal resolutions by which we renounced sin and Satan, so that through the passion of this life's sufferings we might rise to a new life of joyful service free of all selfishness. Amen.

(STAND)

Jesus meets his grieving Mother, She who made the Lord our Brother; Now the sword her heart has pierced.

The Fourth Station:

Jesus meets his afflicted mother

We adore You, O Christ, and we praise You. (GENFULECT)

Because by your holy Cross You have redeemed the world.

Now there were standing by the cross of Jesus his mother and his mother's sister, Mary of Cleophas, and Mary Magdalene. When Jesus, therefore, saw his mother and the disciple standing by, whom he loved, he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home. (John 19:25-27)

(KNEEL AND PAUSE)

To what can I compare you, O daughter Jerusalem? What example can I show you for your comfort, Virgin daughter Sion? For great as the sea is your distress: who can heal you? (Lam. 2:13)

Let us pray.

O blessed Lord, at your passion a sword of sorrow pierced the loving heart of your mother as Simeon had foretold. Grant that we who look back on her sorrows with compassion might receive the healing fruits of your sufferings. Amen.

(STAND)

*Simon stopped in hesitation,
Not foreseeing his proud station,
Called to bear the Cross of Christ.*

The Fifth Station:

Simon of Cyrene helps Jesus carry his cross

We adore You, O Christ, and we praise You.

(GENFULECT)

Because by your holy Cross You have redeemed the world.

And when they had mocked Jesus, they took the purple cloak off and

put his own clothes on him and they led him out to be crucified. Then they forced a certain passer-by, Simon of Cyrene, coming from the country, to take up his cross. They brought Jesus to the place called Golgotha, a name meaning "the place of the skull." (Mt. 15:20-22)

(KNEEL AND PAUSE)

*With a loud voice I cry out to the Lord
with a loud voice I beseech the Lord
My complaint I pour out before him;
before him I lay bare my distress.
When my spirit is faint within me you
know my path. In the way along
which I walk they have hid a trap for
me. I look to the right to see, but there
is no one who pays me heed I have
lost all means of escape;
there is no one who cares for my life.
(Ps. 141:2-5)*

Let us pray.

Lord Jesus Christ, help us to see in the sufferings and shortcomings of our lives a share in Your Cross; strengthen and console us in the belief that we bear all things in union with You, who have taken upon Yourself even our guilt. Amen.

(STAND)

*Brave but trembling came the woman,
None but she would flaunt the Roman,
Moved by love beyond her fear.*

The Sixth Station:

Veronica wipes the face of Jesus

We adore You, O Christ, and we praise You.

(GENFULECT)

Because by your holy Cross You have redeemed the world.

"Lord, when did we see you hungry, and feed you; or thirsty, and give you

drink? And when did we see you a stranger, and take you in; or naked, and clothe you? Or when did we see you sick, or in prison, and come to you?" And answering the king will say to them, "Amen, I say to you, as long as you did it for one of these, the least of my brethren, you did it for me." (Mt. 25:37-40)

(KNEEL AND PAUSE)

A faithful friend is a sturdy shelter; he who finds one finds a treasure. A faithful friend is beyond price, no sum can balance his worth. A faithful friend is a life-saving remedy, such as he who fears God finds; for he who fears God behaves accordingly, and his friend will be like himself. (Sirach 6:14-17)

Let us pray.

Almighty and ever-loving God, we feel your love and understanding in the consolation and support we receive from one another. Give us, we beg You, the courage and dedication to sacrifice and suffer with those who are in need, the least of your people. Amen.

(STAND)

*Prostrate on the dust He crumbled,
Flogged in Body He resembled
All our brothers poor and scorned.*

The Seventh Station:

Jesus falls the second time

We adore You, O Christ, and we praise You.

(GENFULECT)

Because by your holy Cross You have redeemed the world.

It was our weaknesses that he carried, our sufferings that he endured, while we thought of him as stricken,

as one struck by God and afflicted. But he was pierced for our offenses, crushed for our sins; upon him was the punishment that makes us whole, by his stripes we were healed. We had all gone astray like sheep, each following his own way; but the Lord laid upon him the guilt of us all. (Is. 53:4-6)

(KNEEL AND PAUSE)

Though he was harshly treated, he submitted and opened not his mouth; like a Lamb led to the slaughter or a sheep before the shearers, he was silent and uttered no cry. When he was cut off from the land of the living, and smitten for the sin of His people, a grave was assigned him among the wicked and a burial place with evildoers, though he had done no wrong nor spoken any falsehood. (Is. 53:7,9)

Let us pray.

Lord Jesus Christ, You shared in our weaknesses and accepted our guilt. Grant us the favor of rejoicing over our human weaknesses, so that in all we do, Your strength, dwelling in us, may be shown to all others. Amen.

(STAND)

*May our sympathy for Jesus
Turn to those who here now need us,
May we see Christ bruised in them.*

The Eighth Station: Jesus meets the women of Jerusalem

We adore You, O Christ, and we praise You.

(GENFULECT)

Because by your holy Cross You have redeemed the world.

There was following Jesus a great crowd of people, and among them were some women who were bewailing and lamenting him. Jesus turning to them said, "Daughters of Jerusalem, do not weep for me but weep for yourselves and for your children." (Luke 23:27-28)

(KNEEL AND PAUSE)

Come, all you who pass by the way, look and see whether there is any suffering like my suffering, suffering with which the Lord has afflicted me on the day of his blazing wrath. At this I weep, my eyes run with tears far from me are all who could console me, far away are any who might revive me. (Lam. 1:12-16)

Let us pray.

Beloved Jesus, with tears of pity these women of Jerusalem responded to You, broken, bruised, and beaten, on the road to Calvary. Deepen our faith, we beg You, so that we may see You in our brothers and sisters, bruised by our envy, beaten down by injustice, and broken by our greed and our indifference. Amen.

(STAND)

Jesus falls again in weakness, Stumbling as we do, to lead us Through our sorrow and our pain

**The Ninth Station:
Jesus falls the third time**

We adore You, O Christ, and we praise You.

(GENFULECT)

Because by your holy Cross You have redeemed the world.

I lie prostrate in the dust; give me life according to your word. I de-

clared my ways, and you answered me; teach me your commands. Make me understand the way of your precepts, and I will meditate on your wondrous deeds. My soul weeps for sorrow; strengthen me with your words. (Ps. 118:25-28)

(KNEEL AND PAUSE)

The Lord is my light and my salvation; whom should I fear? The Lord is my life's refuge; of whom should I be afraid? When evildoers come at me to devour my flesh, my foes and my enemies themselves stumble and fall. Though an army encamp against me, my heart will not fear; though war be waged upon me, even then will I trust. (Ps. 26:1-3)

Let us pray.

Almighty and eternal God, You permitted your Son to be weakened, crushed, and profaned so that He might rise from the dead freed from the ravages of sin. Help us to accept our weaknesses and failings as forerunners of our glorious resurrection in union with your Son. Amen.

(STAND)

Stripped and jeered by his own nation, Jesus stood in desolation, Giving all He had to give.

The Tenth Station: Jesus is stripped of his clothes

We adore You, O Christ, and we praise You.

(GENFULECT)

Because by your holy Cross You have redeemed the world.

They gave Jesus wine to drink mixed with gall; but when he had tasted it, He would not drink. Then, after they

had crucified him, they divided his clothes, casting lots, to fulfill what was spoken through the prophet: "They divided my clothes among them, and upon my garment they cast lots." (Mt. 27:34-35)

(KNEEL AND PAUSE)

Happy is the man whom God chastises! Do not reject the punishment of the almighty For he wounds, but he binds up; he smites but his hands give healing. Insult has broken my heart, and I am weak. I looked for comforters and I f o u n d n o n e . Rather they put gall in my food and in my thirst they gave me vinegar to drink (Job 5:17-18; Ps. 68:21-22)

Let us pray.

Lord Jesus Christ, stripped of everything, You stood exposed to the jeers and contempt of the people whom You loved. Clothe us with genuine love of others, so that nothing we suffer may ever fill our hearts with hatred or bitterness. Amen.

(STAND)

Pierced the hand that blessed and cured us, Pierced the feet that walked to free us, Walked the hill of Calvary.

**The Eleventh Station:
Jesus is nailed to the cross**

We adore You, O Christ, and we praise You.

(GENFULECT)

Because by your holy Cross You have redeemed the world.

When they came to Golgotha, the place called the Skull, they crucified Jesus and the robbers, one on his right and the other on his left. And Jesus said, "Father, forgive them for

they do not know what they are doing." (Luke 23:33-35; John 19:18)

(KNEEL AND PAUSE)

My God, my God, why have you forsaken me, far from my prayer, far from the words of my cry? O my God, I cry out by day, and you answer me not; I cry out by night, and there is no relief for me. All my bones are racked. My heart has become like wax melting away within my chest. My throat is dried up like baked clay, my tongue cleaves to my jaws; they have pierced my hands and my feet; I can count all my bones. (Ps. 21:2-3, 15-16, 17b)

Let us pray.

Lord and Saviour. You have told us that we too must accept crucifixion if we are to accept resurrection with You. Help us to rejoice in the sufferings that come with the fulfillment of our daily duties, seeing in them the royal road of the cross to resurrection. Amen.

Life eternal, death defiant, Bowed his head - the world was silent, Through his death came life anew.

**The Twelfth Station:
Jesus dies on the cross**

We adore You, O Christ, and we praise You.

(GENFULECT)

Because by your holy Cross You have redeemed the world.

It was now about the sixth hour, and there was darkness over the whole land until the ninth hour, And the sun was darkened, and the curtain of the temple was torn in the middle. Jesus cried out with a loud

voice and said, "It is finished. Father, into your hands I commend my spirit." Then, bowing his head, he died. (Luke 23:44-46; John 19:30b)

(KNEEL AND PAUSE)

My people, what have I done to you? or in what have I offended you? Answer me. What more should I have done, and did not do? I led you out of the land of Egypt, and you prepared a cross for me. I opened the Red Sea before you, and you opened my side with a lance. I gave you a royal scepter, and you have given me a crown of thorns. With great power I lifted you up, and you have hung me upon a cross. My people, what have I done to you, or in what have I offended you? Answer me. (from the Reproaches of Good Friday)

Our Father, Who art in heaven, hallowed be thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. 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.

(STAND)

Stunned and stricken, Mary, Mother In your arms was placed our Brother Full of grace - now filled with grief.

**The Thirteenth Station:
The body of Jesus is taken down from the cross**

We adore You, O Christ, and we praise You.

(GENFULECT)

Because by your holy Cross You have redeemed the world.

When the soldiers came to Jesus, they saw that he was already dead so that they did not break his legs, but one of them opened his side with a lance, and immediately there came out blood and water. Joseph of Arimathea, because he was a disciple of Jesus (although a secret one for fear of the Jews), besought Pilate that he might take away the body of Jesus And Pilate gave permission. (John 19:33-34,38a)

(KNEEL AND PAUSE)

O my people, I will open your graves and have you rise from them, and I will bring you back to your land. Then you shall know that I am the Lord. O my people! I will put my spirit in you that you may live You shall know then that I am the Lord I have promised it and I will do it, says the Lord (Ezekiel 37:12-14)

Let us pray.

Beloved Saviour, You returned to the Father all that He had given You, so that He might restore all to You a hundred-fold in the glorious resurrection. Help us, we beg You, to give generously of ourselves in all that we do for You, so that like You we might be made perfect in a new resurrection. Amen.

(STAND)

Jesus, Lord, your gift accepted, In three days, You resurrected. You did first what we shall do.

The Fourteenth Station: Jesus is laid in the tomb

We adore You, O Christ, and we praise You. (GENFULECT)

Because by your holy Cross You have redeemed the world.

Joseph of Arimathea took the body of Jesus, and wrapping it in a clean linen cloth he laid it in his new tomb, which he had hewn out of rock. Then he rolled a large stone against the entrance of the tomb and departed. (Mt. 27:59-60)

(KNEEL AND PAUSE)

I will praise you, O Lord, for you drew me clear and did not let my enemies rejoice over me. O Lord, my God, I cried out to you and you healed me. O Lord, you brought me up from the lower world; you preserved me from among those going down into the pit. Sing praise to the Lord, you his faithful ones, and give thanks to his holy name. For his anger lasts but a moment; his good will is for a lifetime. At nightfall, weeping enters in, but with dawn comes rejoicing. (Ps 30:1-5)

Let us pray.

Almighty and eternal God, on the edge of sadness when all seemed lost, You restored to us the Saviour we thought defeated and conquered. Help us, we beg You, so to empty ourselves of self concern that we might see your hand in every failure and your victory in every defeat. These things we ask in the name of your Son, Jesus Christ, who lives and reigns forever with You in the unity of the Holy Spirit. Amen.

(STAND)

*Jesus Risen be our lover
In your Food and in our brother,
Lead us home to heaven with You.*

Closing

We adore You, O Christ, and we praise You.(GENFULECT)
Because by your holy Cross You have redeemed the world.

When the Sabbath was past, Mary Magdalene and Mary the mother of James and Salome bought spices, so that they might go and anoint him. And very early on the first day of the week, when the sun had risen, they went to the tomb. And they were saying to one another, "Who will roll the stone back from the entrance of the tomb for us?, for it was very large. But looking up, they saw that the stone had been rolled back, and upon entering the tomb, they were amazed to see young man sitting at the right side, and clothed in a white robe. And he said to them, "Do not be terrified. You are looking for Jesus of Nazareth, who was crucified. He has risen; he is not here. Behold the place where they laid him." (Mark 16:1-6) (remain standing)

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

Saint Anthony of Padua (1195-1231)

St. Anthony was born in Portugal in the year, 1195. He first joined the Augustinian Order but left it to join the Franciscan Order in 1221 when he was 26 years old. He was inspired by the martyrdom of St. Bernard and his companions in Morocco and hoped to evangelize and possibly shed his own blood as a martyr.

When shipwrecked in Sicily, he joined brothers traveling to a church in Portiuncula. He lived in a cave at San Paolo leaving only to attend Mass and sweep the monastery. When a scheduled speaker failed to appear, the brothers pressed Anthony into speaking. Thus began his mission of evangelizing, preaching, and teaching theology throughout Italy and France.

So simple and resounding was his teaching of the Catholic Faith that the most unlettered and innocent might understand it. He was named a Doctor of the Church by Pope Pius XII in 1946.

He is typically depicted with a book and the Infant Jesus, to whom He miraculously appeared, and is commonly referred to today as the "finder of lost articles."

St. Anthony Prayer

St. Anthony, gentlest of Saints, your love for God and charity for His creatures, made you worthy, when on earth, to possess miraculous powers. Miracles waited on your word, which you were ready to speak for those in trouble or anxiety. Encouraged by this thought, I implore you to obtain for me seek (*mention request*). The answer to my prayer may require a miracle, even so, you are the Saint of Miracles.

O gentle and loving St. Anthony, whose heart was ever full of human sympathy, whisper my petition into the Ears of the Infant Jesus, who loved to be held in your arms; and the gratitude of my heart will ever be yours.

Our Father...., Hail Mary..., Glory Be...

Saint Faustina Kowalska - 1905-1938

Helena Kowalski was born in the village of Glogowiec near Lodz, Poland. At the age of twenty, she entered the Congregation of the Sisters of Our Lady of Mercy. Sister Faustina had a special devotion to Mary Immaculate, to the Eucharist, and to Reconciliation. In the 1930's, she began to have visions, receive revelations, and experience hidden stigmata. She received from the Lord a message of mercy that she was told to spread throughout the world, a message of God's mercy to each person individually, and for humanity as a whole. ***The graces of My mercy are drawn by means of one vessel only, and that is trust. The more a soul trusts, the more it will receive. Souls that trust boundlessly are a great comfort to Me, because I pour all the treasures of My graces into them. I rejoice that they ask for much, because it is my desire to give much, very much. On the other hand, I am sad when souls ask for little, when they narrow their hearts.***" Jesus to St. Faustina, "Divine Mercy in My Soul, Diary", n1578. Jesus asked that a picture be painted of him with the inscription: ***Jesus, I Trust in You***" It was completed in 1935.

Prayer of St. Faustina before the Eucharist

I adore You, Lord and Creator, hidden in the Most Blessed Sacrament. I adore You for all the works of Your hands, that reveal to me so much wisdom, goodness and mercy, O Lord. You have spread so much beauty over the earth and it tells me about Your beauty, even though these beautiful things are but a faint reflection of You, incomprehensible Beauty. And although You have hidden Yourself and concealed Your beauty, my eye, enlightened by faith, reaches You and my soul recognizes its Creator, its Highest Good, and my heart is completely immersed in prayer of adoration.

My Lord and Creator, Your goodness encourages me to converse with You. Your mercy abolishes the chasm which separates the Creator from the creature. To converse with You, O Lord, is the delight of my heart. In You I find everything that my heart could desire. Here You light illumines my mind, enabling it to know You more and more deeply. Here streams of graces flow down upon my heart. Here my soul draws eternal life. O my Lord and Creator, You alone, beyond all these gifts, give Your own self to me and unite Yourself intimately with Your miserable creature.

O Christ, let my greatest delight be to see You loved and Your praise and glory proclaimed, especially the honor of Your mercy. O Christ, let me glorify Your goodness and mercy to the last moment of my life, with every drop of my blood and every beat of my heart. Would that I be transformed into a hymn of adoration of You. When I find myself on my deathbed, may the last beat of my heart be a loving hymn glorifying Your unfathomable mercy. Amen.

St. Jude Thaddeus - Apostle

Patron of the Impossible

Jude was described by St. Matthew (13:55) as being one of the "brethren" of Jesus. His mother, Mary, was referred to as a cousin of Jesus' mother Mary, while his father, Cleophas, was the brother of St. Joseph. Jude was the brother of St. James, the Less, another of the original Apostles of Jesus.

St. Jude is traditionally depicted carrying the image of Jesus in his hand. It represents the imprint of the Divine Countenance that was entrusted to him by Jesus. Tradition tells us that King Abagar, of Edessa in Syria, asked Jesus to cure him of leprosy, and also sent an artist to bring him a drawing of Jesus Christ. Impressed with the king's great faith, Our Lord pressed his face on a cloth and gave it to St. Jude to take to Abagar and cure him. The king was cured and converted to Christianity. St. Jude preached in Syria, Mesopotamia, and Persia with St. Simon where he was a Healer and an Exorcist of pagan idols. He is believed to have been martyred in Persia or Syria around 65 A.D.

Prayer to St. Jude

O God, Who through Your Blessed Apostle Jude have brought us to the knowledge of Your Name, grant that by advancing in virtue we may set forth his everlasting glory, and by setting forth his glory we may advance in virtue. Through Our Lord Jesus Christ, Your Son., Who livest and reignest with You in the unity of the Holy Spirit, God, world without end. Amen

Despair Prayer to St. Jude

St. Jude, glorious Apostle, faithful servant and friend of Jesus, the name of the traitor has caused you to be forgotten by many, but the true Church invokes you universally as the Patron of things despaired of; pray for me, who am so miserable; pray for me, that finally I may receive the consolations and the succor of Heaven in all my necessities, tribulations and sufferings, particularly (*make your request*) and that I may bless God with the Elect throughout Eternity. Amen.

Saint Therese of Lisieux (1873-1897)

Patron of the Missions

Francoise-Marie Martin was born to a pious middle-class French family of tradesmen in Alencon, Normandy, France in 1873. Her mother died when she was four years old. Hoping to become a missionary, she entered the Carmel of Lisieux in 1889, at the age of fifteen. Unfortunately, due to health problems resulting from her ongoing fight with tuberculosis, Therese came to realize she would never be able to perform great deeds for God. *Love proves itself by deeds, so how am I to show my love? Great deeds are forbidden me. The only way I can prove my love is by scattering flowers and these flowers are every sacrifice, every glance and word, and the doing of the least actions for love.*"- Saint Therese of Lisieux.

Therese died in 1897 at the age of twenty-four. She promised, *If God grants my desires, my Heaven will be spent on earth until the end of time. Yes, I will spend my Heaven doing good on earth..I will return! I will come down.*"

Prayer to St. Therese

O Lord, You have said: Unless you become as little children you shall not enter into the kingdom of heave; grant unto us, we beseech You, so to follow, in humility and simplicity of heart, the footsteps of Blessed Therese, the Virgin, hat we may obtain everlasting rewards. Amen

Novena to St. Therese

The "Glory Be to the Father" is said 24 times each of the nine days, in thanksgiving for all the blessing and favors given to St. Therese during the 24 years of her life. After each "Glory be..." say; "Saint Therese of the Child Jesus, pray for us" or

O Little Therese of the Child Jesus please pick for me a rose from the heavenly gardens and send it to me as a message of love. O Little Flower of Jesus, ask God today to grant the favors I now place with confidence in your hands (mention request). St. Therese, help me to always believe as you did, in God's great love for me, so that I might imitate your "Little Way" each day. Amen

Blessed Margaret of Castello - 1287-1320

Blessed Margaret was born a hunchback, dwarf, blind, and lame. Her 'noble' parents were ashamed of her, so they were determined to keep her out of sight. When she was six years old, her father had a cell built onto a small church in the forest. He thrust the child into this prison and ordered the mason to wall up the doorway. During the years she was locked away, she received abundant graces to patiently carry her cross and developed an intensely intimate prayer life. After 14 years of imprisonment, her parents took her to a shrine to pray for a cure. When no cure was forthcoming, they abandoned her and she became a homeless beggar. The poor of the city invited her into their homes. In every home where Margaret stayed, a marked change for the better took place. Margaret began a ministry to the sick and to those in the city prison where miracles began to occur through her intercession. Margaret knew the value of suffering, she constantly reflected on the physical and mental agony of Christ, especially when He was dying on the Cross, abandoned by His disciples. She died at 33 years of age and was beatified in 1609.

Novena Prayer to Blessed Little Margaret

O God, by whose will the blessed virgin Margaret was blind from birth, that the eyes of her mind being inwardly enlightened she might think without ceasing on You alone, be the light of our eyes, that we may be able to flee the shadows of this world, and reach the home of never-ending light. We ask this through Christ, our Lord.
Our Father. Hail Mary. Glory be to the Father.

Saint Stephen (Crown) - The First Christian Martyr

Patron of Stonemasons

Stephen was martyred in Jerusalem about the year, 35AD. He was one of the first seven deacons of the Church. All that we know of the life, trial, and death of Stephen is found in the **Acts of the Apostles, Chapters 6 and 7**. God worked many miracles through Stephen, he spoke with such wisdom and grace that many became followers of Jesus.

Angry Jews who believed his message to be blasphemy, brought Stephen before the Sanhedrin where false witnesses made their accusations against him. Stephen's answer was a long recital of the mercies of God towards Israel and the ungratefulness by which Israel repaid these mercies. When Stephen, looking up to heaven, saw the glory of God, and Jesus standing on the right hand of God, said: ***Behold, I see the heavens opened, and the Son of Man standing on the right hand of God;*** they ran violently upon him casting him out of the city to be stoned.

Falling to his knees, Stephen cried with a loud voice, saying: ***Lord, lay not this sin to their charge.*** Dying, he uttered, ***Lord Jesus, receive my spirit.***

Prayer to St. Stephen

Grant us, we beseech You, O Lord, so to imitate what we revere, that we may learn to love even our enemies; for we celebrate the heavenly birthday of him who knew how to pray for his very persecutors to our Lord Jesus Christ, your Son. Amen

Prayer to St. Stephen

We give thee thanks, O Lord of glory, for the example of the first martyr Stephen, who looked up to heaven and prayed for his persecutors to Thy Son Jesus Christ, who standeth at Thy right hand: where He liveth and reigneth with Thee and the Holy Spirit, one God, in glory everlasting.

Saint Ann (Gracious one; grace)

Patron of:

Childless couples, Expectant mothers
Grandparents, Women in Labor
Mothers, Homemakers

Mother of Our Lady. Grandmother of Jesus.
Wife of St. Joachim.

Tradition tells us that Ann was quite elderly when Mary was born and that she was their only child.

Legend tells us that after years of childlessness, an angel appeared to tell Ann and Joachim that they would have a child. At this, they promised to dedicate this child to God. At the age of three years, Mary was given to the service of the Temple.

Devotion to St. Ann has been popular in the East from the very early days of the Church. Widespread devotion in the West began in the 16th century.

Daily Prayer to St. Ann

O glorious St. Ann, you are filled with compassion for those who invoke you and with love for those who suffer! Heavily burdened with the weight of my troubles, I cast myself at your feet and humbly beg of you to take the present intention which I recommend to you in your special care.

Please recommend it to your daughter, the Blessed Virgin Mary, and place it before the throne of Jesus, so that He may bring it to a happy issue. Continue to intercede for me until my request is granted. But, above all, obtain for me the grace one day to see my God face to face, and with you and Mary and all the saints to praise and bless Him for all eternity. Amen.

Our Father,...Hail Mary ...

O Jesus, Holy Mary, St. Ann, help me now and at the hour of my death.

Good St. Ann, intercede for me.

St. Michael, the Archangel

Patron of grocers, mariners, paratroopers, police, and the sick.

The name, Michael, signifies "Who is like to God?" and was the war cry of the good angels in the battle fought against Satan and his followers. Holy Scripture describes St. Michael as "one of the chief princes, and leader of the forces of heaven in their triumph over the powers of hell."

Michael appears in Daniel's vision as "the great prince who defends Israel against its enemies." In the Book of Revelation, he leads God's armies to final victory over the forces of evil.

He has been honored and invoked as a patron and protector of the Church from the time of the Apostles. Devotion to Michael is the oldest angelic devotion, rising in the East in the fourth century. The Church in the West began to observe a feast honoring Michael and the angels in the fifth century.

Prayer to St. Michael the Archangel

Recited at the end of daily mass

St. Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen

St. Michael Prayer

O glorious prince St. Michael, chief and commander of the heavenly hosts, guardian of souls, vanquisher of rebel spirits, servant in the house of the Divine King and our admirable conductor, you who shine with excellence and superhuman virtue deliver us from all evil, who turn to you with confidence and enable us by your gracious protection to serve God more and more faithfully every day.

Elijah the Tishbite

Elijah is the "father" of the prophets, "the generation of those who seek him, who seek the face of the God of Jacob. Elijah's name, "The Lord is my God, "foretells the people's cry in response to his prayer on Mount Carmel. St. James refers to Elijah in order to encourage us to pray: "The prayer of the righteous is powerful and effective. CCC:2582

After Elijah had learned mercy during his retreat at the Wadi Cherith, he teaches the widow of Zarephath to believe in The Word of God and confirms her faith by his urgent prayer: God brings the widow's child back to life.

The sacrifice on Mount Carmel is a decisive test for the faith of the People of God. In response to Elijah's plea, "Answer me, O Lord answer me," the Lord's fire consumes the holocaust, at the time of the evening oblation. The Eastern liturgies repeat Elijah's plea in the Eucharistic *epiclesis*.

Finally, taking the desert road that leads to the place where the living and true God reveals himself to his people, Elijah, like Moses before him, hides "in a cleft of the rock" until the mysterious presence of God has passed by. But only on the mountain of the Transfiguration will Moses and Elijah behold the unveiled face of him whom they sought; "the light of the knowledge of the glory of God (shines) in the face of Christ," crucified and risen. CCC:2583

In their "one to one" encounters with God, the prophets draw light and strength for their mission. Their prayer is not flight from this unfaithful world, but rather attentiveness to the Word of God. At times their prayer is an argument or a complaint, but it is always an intercession that awaits and prepares for the intervention of the Savior God, the Lord of History. CCC:2584

Catechism of the Catholic Church

Moses - Hebrew Moshe

According to the Book of Exodus, Moses was born in Egypt to Hebrew parents, who set him afloat on the Nile in a reed basket to save him from an edict calling for the death of all newborn Hebrew males. He was found by the pharaoh's daughter and reared in the Egyptian court. After killing an Egyptian taskmaster, he fled to Midian, where God revealed himself in a burning bush and called Moses to deliver the Israelites from Egypt.

Moses said to God, "*If I come to the people of Israel and say to them, 'The God of your fathers has sent me to you,' and they ask me, 'What is His name?' what shall I say to them?'*" God said to Moses, ***I AM WHO I AM.***" And He said, ***Say this to the people of Israel, 'I AM has sent me to you'...this is My name for ever, and thus I AM to be remembered throughout all generations'*** (Ex 3:13-15)

With the help of his brother Aaron, Moses pleaded with the pharaoh for the Israelites' release. After Yahweh had visited a series of plagues on Egypt, the pharaoh let them go, but then sent his army after them. Yahweh parted the waters of the Red Sea to allow the Israelites to pass, then drowned the pursuing Egyptians.

Yahweh made a covenant with the Israelites at Mount Sinai and delivered the Ten Commandments to Moses. Moses led his people through 40 years of wandering in the wilderness until they reached the edge of Canaan. He died before he could enter the Promised Land.

Our Lady of Fatima

The Blessed Virgin Mary appeared six times to three shepherd children, Lucia, Francisco, and Jacinta near the town of Fatima, Portugal between May 13 and October 13, 1917. She told the children she had been sent by God with a message for every man, woman and child. Our Lady said that God wished to establish in the world devotion to her Immaculate Heart. Her messages repeatedly affirmed the urgency of praying the Rosary daily, of wearing the Brown Scapular of Mount Carmel and of offering acts of sacrifice and reparations.

She said that many souls would be saved from Hell and the annihilation of nations averted if, in time, devotion to her Immaculate Heart were established principally by these two means:

1. The Consecration of Russia to the Immaculate Heart of Mary by the Pope.
2. The practice of receiving Holy Communion in reparation for the sins committed against the Blessed Virgin Mary on the first Saturdays of five consecutive months.

The Message of Fatima predicted that if the requests of the Virgin Mary were not honored, many souls would be lost, "the Holy Father would have much to suffer", there would be further wars and persecutions of the Church and "various nations would be annihilated."

Our Lady promised a miracle for the last of her apparitions on October 13. The "Miracle of the Sun" was witnessed by approximately 70,000 in number. They spoke of the sun appearing to change colors and rotate like a wheel. Lucia, Francisco, and Jacinta said they were seeing images of the Holy Family, Our Lady of Sorrows with Jesus, Our Lady of Mount Carmel, and Saint Joseph.

The Seven Fatima Prayers

During the course of the apparitions at Fatima, the three child seers were taught five unique and powerful prayers, two by the Angel of Peace and three by the Mother of God. Later, appearing to Sister Lucy at Rianjo, Spain, Our Lord Jesus Christ dictated two further prayers. For millions of people, these prayers are today a living embodiment of the Message of hope and peace which Our Lady gave the world at Fatima.

7 Fatima Prayers

1. Sweet Heart of Mary, be the salvation of Russia, Spain, Portugal, Europe, Canada, the United States and the whole world.

2. By Thy pure and Immaculate Conception, O Mary, obtain for me the conversion of Russia, Spain, Portugal, Europe, Canada, The United States and the entire world.

3. My God, I believe, I adore, I hope and I love Thee! I ask pardon for all those who do not believe in Thee, do not adore Thee, do not hope in Thee and do not love Thee!

4. O My Jesus, it is for love of Thee, , for the conversion of sinners, and in reparation for the sins committed against the Immaculate Heart of Mary I offer this sacrifice to Thee.

5. O my Jesus, forgive us our sins, save us from the fire of hell. Lead all souls to Heaven, especially those most in need.

6. O Most Holy Trinity, I adore Thee! My God, My God, I love Thee in the most Blessed Sacrament!

7. Most Holy Trinity, Father, Son and Holy Ghost, I adore Thee profoundly, and I offer Thee the most precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for all the sacrileges, outrages and indifference by which He is offended. And by the infinite merits of His most Sacred Heart and the Immaculate Heart of Mary, I beg of you the conversion of poor sinners."

Infant of Prague -

The "Infant Jesus of Prague" statue originated in Spain. Legend tells us that the Infant Jesus appeared to a monk who modeled the statue based on the apparition.

Princess Polyxenia of Lobkowitz received the statue as a wedding gift from her mother. In 1628, when the Carmelite Monastery in Prague had been reduced to poverty, the princess gave her statue to the Carmelites saying, **"I give you what I prize most highly in the world: honor and respect the Child Jesus and you shall never be in want."** As long as the Carmelites kept up their devotion to the "Infant of Prague," they prospered. When the Saxton army occupied Prague in 1631, the Carmelites were forced to leave the city, the invaders seized the statue and threw it into a pile of rubbish breaking off the Infant's hands. In 1635, peace came to Prague and the Carmelites returned. Father Cyril found the statue. As he was praying, he heard a voice saying: **"Have mercy on me and I will have mercy on you. Give me hands and I will give you peace. The more you honor Me the more I will bless you."** When new hands were restored to the statue, peace and prosperity returned to the Carmelites. Miraculous healings were attributed to the Infant. In 1651, the statue was carried as a pilgrim round the churches of Prague and in 1655, it was solemnly crowned by the Bishop of Prague.

Prayer to the Infant of Prague

Dear Jesus, Infant of Prague, how tenderly You love us! You humbled Yourself to be born a little child into our time and humanity. Your greatest joy is to dwell among us and to bestow Your blessing upon us. Grant that we may acknowledge infinite wisdom in the silence of a child, power in weakness, and majesty in humiliation. So many who turned to You with confidence have received graces and had their petitions granted. I come before You now with this special request. *Here mention your prayer intention..* Dear Infant, rule over me and do with me as You will, for I know that in Your divine wisdom and love, You will arrange everything for the best. Do not withdraw Your hand from me, but protect and bless me forever. Amen

The Coronation of Mary

The feast of the Queenship of Mary was established in 1954 by Pope Pius XII. The original date for this feast was chosen as May 31st, but was later moved to the octave day of the feast of the Assumption, August 22nd. This memorial celebrates the same event that is highlighted by the fifth glorious mystery of the Rosary.

Throughout the New Testament, Mary's role in heaven is mentioned. Mary is alluded to as Queen in the **Book of Revelations**, "A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet and on her head a crown of twelve stars." (Rev.12:1) and throughout the Bible. It is because of Jesus' close relationship with His mother that she shares in His kingship.

The Church and the faithful have also referred to Mary as Queen since the fourth century. Various songs, litanies, and prayers refer to Mary as Queen. (e.g. "Regina Caeli" during Eastertide). The Church has affirmed the title of Mary in modern times through documents including **Lumen Gentium**, "And exalted by the Lord as Queen over all things, that she might be the more fully conformed to her Son" (Lumen Gentium 59) and the papal encyclical, **Ad Coeli Reginam**.

The title Queen is used to indicate the final state of the Virgin, seated beside her Son, the King of Glory.

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A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet and on her head a crown of twelve stars."

Rev 12:1

Padre Pio (Francesco Forgione) 1887-1968

Francesco Forgione was born to Giuseppa and Grazio Forgione in the small farming town of Pietrelcina, Italy on May 25, 1887. The family was poor in material goods but rich in their faith.

He began to show signs of extraordinary gifts of grace at an early age. At the age of five, he dedicated his life to God. As a youth, he was able to see and communicate with Jesus, the Blessed Mother Mary, and his guardian angel. He assumed everyone could do so. He also experienced terrible diabolical presences. They tormented him in the most frightful forms. Sometimes they appeared as gruesome animals. They occasionally scourged him with heavy chains, leaving him bruised and bleeding.

Francesco was fifteen years old when he was admitted to the novitiate of the Capuchin Order of the Friars Minor in Morcone, Italy. On August 10, 1910, at the age of twenty-three, he was ordained to the priesthood. From that day on, the celebration of the Mass was the center of his spirituality. His celebration of the Mass sometimes lasted for several hours.

Above all else, Padre Pio was a man of prayer. He prayed almost continuously. He loved to pray the Rosary and recommended it to others. He had a special mission to the souls in Purgatory and encouraged others to pray for them. He would say, "We must empty Purgatory with our prayers."

Padre Pio suffered with poor health from the age of nine. He offered all of his sufferings to God as a sacrifice for the conversion of souls. He felt a need to offer himself to the Lord as a victim for poor sinners.

On the morning of September 20, 1918, after celebrating Holy Mass, he retired to the choir stalls for his usual thanksgiving. Prostrating himself in loving adoration before the crucifix, the marks of the stigmata (wounds of Christ) appeared on his body. Padre Pio

wrote, "It all happened in a flash. while all of this was taking place, I saw before me a mysterious Person, similar to the one I had seen on August 5th, differing only because his hands, feet and side were dripping blood. The sight of Him frightened me: what I felt at that moment is indescribable. I thought I would die, and would have died if the Lord hadn't intervened and strengthened my heart which was about to burst out of my chest. The Person disappeared and I became aware that my hands, feet and side were pierced and were dripping blood." Padre Pio bore the wounds, either externally or internally for fifty years.

In addition to the stigmata, God endowed Padre Pio with many spiritual gifts and charisms including the gift of healing, bi-location, prophecy, miracles, discernment of spirits, the ability to abstain beyond man's natural powers from both sleep and nourishment, the ability to read hearts, the gift of tongues, the gift of conversions, the grace to see angelic beings in form, and the fragrance which emanated from his wounds and which frequently announced his invisible presence.

News of Padre Pio's stigmata and spiritual gifts spread rapidly. In time, tens of thousands of pilgrims flocked to the tiny friary for the privilege of confessing to him. Between Mass and confessions, his workday lasted 19 hours. He never read a newspaper and cautioned his spiritual children against watching television. Padre Pio reconciled thousands of men and women back to their faith.

Padre Pio died on September 23, 1968 with a Rosary in his hands. His last words were *Gesù, Maria - Jesus -* which he repeated over and over until he breathed his last.

Saint Padre Pio was canonized by Pope John Paul II on June 16, 2002.

Saint Jean-Marie Baptiste Vianney - 1786-1859

Patron of Parish Priests

Jean Vianney was born in Dardilly, France, the fourth of six children born to Mathieu Vianney and Marie Beluze, poor farmers with a strong faith. He was baptized the same day. His childhood was marked by the tragic events of the French Revolution. Jacobins, supported by Freemasons, were organizing hunts for priests, sending them and their faithful to the guillotine. Churches and religious schools were closed. Jean-Marie's formal education was limited to three years but he studied his catechism in secret and fell hopelessly in love with Jesus. When Jean was 11, an underground priest stopped at the Vianney family farm and heard Jean's first Confession. Jean received his First Communion at the age of 13 in a manor home with the windows covered and hay wagons drawn up before the door, to prevent a sudden raid. He affirmed the desire of his heart, "I will be a priest."

In 1801, Napoleon concluded a Concordat with Pope Pius VII which made possible the resumption of Church life in France. Jean, not quite 20, now living with relatives, met Abbe' Balley who was tutoring boys wanting to enter seminary. Jean struggled with school, especially with Latin. Only because of his deep desire to become a priest, and Balley's encouragement, did he continue his studies. Jean at the age of 21, was Confirmed, taking the name, Baptiste. In 1813, he was admitted to major seminary at Lyons. Even with tutoring, he understood so little that the authorities sent him back to Abbe' Balley with instructions not to return. Using his influence with diocesan authorities, Balley, managed to get Jean ordained subdeacon in 1814 and deacon a year later. In 1815, Jean Vianney was ordained a priest. His ordination certificate stated that he was not to hear confessions, permission to hear them came through a few months later. Jean's first assignment was as curate to Abbe' Balley to whom he owed everything. Abbe' Balley died in 1817. Jean Vianney would use his mentor's shaving mirror for the rest of his life, because he said, "It had reflected his face."

In 1818, Jean Vianney was assigned to the nearby village of Ars by authorities who said it was just right for a man of such meager abilities. With four taverns to serve the sixty houses in Ars, few people went to church. Sundays were spent drinking and dancing. To convert his flock, Jean began a routine of prayer, fasting, and penance, offering his whole life to God with the Crucified One. In his early sermons, he condemned drinking and dancing. Those who continued to drink and dance were refused absolution. The "good news" of his early preaching was centered on the "Divine Eucharist", he said, *Without the Divine Eucharist, there would be no happiness in this world and life would not be enduring.*"

Jean yearned for the contemplative life of a monk, and four times ran away from Ars, the last time in 1853. He expressed, *How frightful it is to be a priest, to have the mandate to absolve people and to make God present in a host: How a priest is to be pitied when he celebrates Mass as an ordinary event. How unfortunate is a priest without an inner life!*" "If I were to meet a priest and an angel," he would say, "I would greet the priest first and then the angel. If there were no priest, the passion and death of Jesus would serve no purpose. What use is a treasure chest full of gold if there is no one who can unlock it? The priest has the key to the treasures of Heaven."

In later years, Jean's divine wrath became supplanted by diving love. People came from great distances to confess to the eccentric priest. By 1859, the number of pilgrims who came to confess reached 120 thousand a year. He spent up to 18 hours a day in the confessional. Part of the secret was his ability to read minds and souls. He had supernatural knowledge of the past and future, and could heal the sick, especially children. Jean made light of all of this, saying: *I am like the zeros, which have no value except alongside other figures.*"

Jean-Marie Baptiste Vianney died on August, 4, 1859 and was canonized in 1925 by Pope Pius XI.

Magnificat

My soul proclaims the greatness of the Lord,
My spirit rejoices in God my Savior
for he has looked with favor on his
lowly servant.

From this day all generations will call me
blessed:

The Almighty has done great things for me,
And holy is his Name.

He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,
he has scattered the proud in their conceit.

He has cast down the mighty from their
thrones, and has lifted up the lowly.

He has filled the hungry with good things, and
the rich he has sent away empty.

He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our father, to Abra-
ham and his children for ever.

Holy Mary, Mother of God,

You have given the world its true light,
Jesus, your Son – the Son of God.

You abandoned yourself completely
to God's call

and thus became a wellspring
of the goodness which flows forth from Him.

Show us Jesus. Lead us to Him.

Teach us to know and love Him,

so that we too can become
capable of true love

and be fountains of living water
in the midst of a thirsting world

From Pope Benedict XVI's Christmas address 2005

Prayer to Our Lady of the Most Blessed Sacrament

O Virgin Mary, Our Lady of the Most
Blessed Sacrament, the glory of Christians,
the joy of the universal Church, and the hope
of the world, pray for us. Kindle in all the
faithful a lively devotion to the most Holy
Eucharist, so that they may all be made wor-
thy to receive Holy Communion every day.

Our Lady of the Most Blessed Sacrament,
pray for us.

Let us with Mary Immaculate adore, thank,
supplicate and console the most Sacred and
beloved Eucharistic Heart of Jesus!

The Angelus

**The Angel of the Lord declared to Mary:
And she conceived of the Holy Spirit.**

Hail Mary, full of grace, the Lord is with
thee; blessed art thou among women and
blessed is the fruit of thy womb, Jesus. Holy
Mary, Mother of God, pray for us sinners,
now and at the hour of our death. Amen.

**Behold the handmaid of the Lord: Be it
done unto me according to Thy word.**

Hail Mary . . .

**And the Word was made Flesh and dwelt
among us.** Hail Mary . . .

Pray for us, O Holy Mother of God,

That we may be made worthy of the promis-
es of Christ.

Let us pray:

Pour forth, we beseech Thee, O Lord, Thy
grace into our hearts; that we, to whom the
Incarnation of Christ, Thy Son, was made
known by the message of an angel, may by
His Passion and Cross be brought to the glo-
ry of His Resurrection, through the same
Christ Our Lord. Amen.

Hail, full of grace, the Lord is with you.
Blessed are you among women (Lk

1:28,42)

The Seven Dolors of Mary

1) The Prophecy of Simeon over the Infant Jesus.

Hail Mary, full of grace the Lord is with Thee, Blessed are thou among women, and blessed is the fruit of thy womb, Jesus.

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

2) The Desperate Flight of the Holy Family into Egypt .

Hail Mary, full of grace....

3) The Loss of the Child Jesus for Three Days.

Hail Mary, full of grace....

4) The Sorrowful Meeting of Jesus and Mary Along the Way of The Cross.

Hail Mary, full of grace....

5) Mary Watches Her Divine Son Suffer and Die upon the Cross.

Hail Mary, full of grace....

6) Jesus is Struck by the Lance of a soldier, Taken Down from the Cross and Placed in His Mother's Arms.

Hail Mary, full of grace....

7) Mary Watches as the Body of Her Divine Son is Buried in a Tomb.

Hail Mary, full of grace....

To Our Lady of Sorrows

O most holy Virgin, Mother of our Lord Jesus Christ: by the overwhelming grief you experienced when you witnessed the martyrdom, the crucifixion, and death of your divine Son, look upon me with eyes of compassion, and awaken in my heart a tender commiseration for those sufferings, as well as a sincere detestation of my sins, in order that being disengaged from all undue affection for the passing joys of this earth, I may sigh after the eternal Jerusalem, and that henceforward all my thoughts and all my actions may be directed towards this one most desirable object. Honor, glory, and love to our divine Lord Jesus, and to the Holy and Immaculate Mother of God. Amen

Our Lady of Lourdes

Pope John Paul II

Hail Mary, poor and humble Woman, Blessed by the Most High! Virgin of hope, dawn of a new era, we join in your song of praise, to celebrate the Lord's mercy, to proclaim the coming of the Kingdom and the full liberation of humanity.

Hail Mary, lowly handmaid of the Lord, Glorious Mother of Christ! Faithful Virgin, holy dwelling-place of the Word, teach us to persevere in listening to the Word, and to be docile to the voice of the Spirit, attentive to His promptings in the depths of our conscience and to His manifestations in the events of history.

Hail Mary, Woman of Sorrows, Mother of the living! Virgin Spouse beneath the Cross, the new Eve, be our guide along the paths of the world. Teach us to experience and to spread the love of Christ, to stand with you before the innumerable crosses on which your Son is still crucified.

Hail Mary, woman of faith, First of the disciples! Virgin Mother of the Church, help us always to account for the hope that is in us, with trust in human goodness and the Father's love. Teach us to build up the world beginning from within: in the depths of silence and prayer, in the joy of fraternal love, in the unique fruitfulness of the Cross.

Holy Mary, Mother of believers, Our Lady of Lourdes, pray for us. Amen.

Prayer to Our Lady of Perpetual Help

O Mother of Perpetual Help, grant that I may ever invoke thy most powerful name, which is the safeguard of the living and the salvation of the dying. O Purest Mary, O Sweetest Mary, let thy name henceforth be ever on my lips. Delay not, O Blessed Lady, to help me whenever I call on thee, for, in all my needs, in all my temptations I shall never cease to call on thee, ever repeating thy sacred name, Mary, Mary.

O what consolations, what sweetness, what confidence, what emotion fills my soul when I pronounce thy sacred name, or even only think of thee. I thank God for having given thee, for my good, so sweet, so powerful, so lovely a name. But I will not be content with merely pronouncing thy name: let my love for thee prompt me ever to hail thee, Mother of Perpetual Help.

Prayer to St. Martha

O St. Martha, I resort to you and to your petition and faith, I offer up to you this light which I shall burn every Tuesday for nine Tuesdays. Comfort me in all my difficulties through the great favour you enjoyed when our Saviour lodged in your house. I beseech you to have definite pity in regard to the favor I ask (mention favor). Intercede for my family that we may always be provided for in all our necessities. I ask you St. Martha to overcome the dragon which you cast at your feet.

(One Our Father and the Hail Mary three times and a lighted candle every Tuesday and the above prayer recited with the intention of spreading devotion to St. Martha)

Prayer to Saint Lawrence

O glorious Saint Lawrence, Martyr and Deacon, who, being subjected to the most bitter torments, didst not lose thy faith nor thy constancy in confessing Jesus Christ, obtain in like manner for us such an active and solid faith, that we shall never be ashamed to be true followers of Jesus Christ, and fervent Christians in word and in deed.

Our Father..., Hail Mary..., Glory Be...

V. Pray for us, O holy Lawrence,
R. That we may be made worthy of the promises of Christ.

Let us pray.

Grant, we beseech Thee, Almighty God, the grace to quench the flames of our vices, Thou who didst enable blessed Lawrence to overcome his fiery torments. Through Christ our Lord. Amen.

Prayer to St. Mary Magdalene

Saint Mary Magdalene,
woman of many sins, who by conversion became the beloved of Jesus,
thank you for your witness that Jesus forgives through the miracle of love.

You, who already possess eternal happiness in His glorious presence,
please intercede for me, so that some day I may share in the same everlasting joy.
Amen.

Prayer to St. Joseph

O St. Joseph, whose protection is so great, so strong, so prompt before the Throne of God, I place in thee all my interests and desires.

O St. Joseph, assist me by thy powerful intercession and obtain for me all spiritual blessings through thy foster Son, Jesus Christ, our Lord; so that having engaged here below thy Heavenly power, I may offer thee my thanksgiving and homage.

O St. Joseph, I never weary contemplating thee and Jesus asleep in thine arms. I dare not approach while He reposes near thy heart. Press Him in my name and Kiss His fine Head for me, and ask Him to return the kiss when I draw my dying breath.

St. Joseph, Patron of Departing Souls, pray for us. Amen

Prayer to St. Joseph

To thee, O Blessed Joseph, we have recourse in our tribulations and while imploring the aid of your most Holy Spouse we confidently invoke your patronage also. By that love which united thee to the Immaculate Virgin Mother of God and by the fatherly affection with which thou didst embrace the Infant Jesus we humbly beseech thee graciously to regard the inheritance which Jesus Christ purchased by His Blood and to help us in our necessities by your powerful Intercession. Protect, O most provident guardian of the Holy Family the chosen children of Jesus Christ. Ward off from us, O most loving father all taint of error and corruption. Graciously assist us from heaven, O most powerful protector in our struggle with the powers of darkness and as you once rescued the child Jesus from imminent peril to His life, so now defend the Holy Church of God from the snares of her enemies and from all adversity. Shield each one of us with your unceasing patronage that imitating thy example and supported by thy aid we may be enabled to lead a good life, die a happy death and secure everlasting happiness in heaven. Amen

Prayer for Motherhood

O good St. Gerard, powerful intercessor before God and wonder-worker of our day, we call upon you and seek your aid. You who on earth did always fulfill God's design help me to do the Holy Will of God. Beseech the Master of Life, from Whom all paternity proceeds to render me fruitful in offspring, that I may raise up children to God in this life and heirs to the kingdom of His glory in the world to come. Amen

Dear Mother Mary, speak to Jesus for me.

Prayer for a Mother after Miscarriage or Crib Death

Compassionate God, soothe our hearts and grant that through the prayers of Mary, who grieved by the cross of Her Son, You may enlighten their faith, give hope to their hearts and peace to their lives.

Lord, grant mercy to all the members of this family and comfort them with the hope that one day we will all live with You, with Your Son Jesus Christ, and the Holy Spirit, for ever and ever. Amen

Prayer to St. Ann and St. Joachim

Good Saint Ann and Saint Joachim, parents of Mary and grandparents to Jesus, be with me and all grandparents that we may be wise and loving, may share our time and stories and sense of humor, and may enjoy and not spoil too much the grandchildren who are close to our hearts, for they are the sign of God's life to us.

Jesus, Mary and Joseph, be with our grandchildren and all other grandchildren that they may love and respect their grandparents and all older people, may remember to call, visit or write, and grow in wisdom, age and grace before God. Amen

Grandparents Prayer

Dear Lord, fill our grandparents with Your choicest blessings and enrich their souls with Your heavenly grace. Grant that they may faithfully and constantly guard that likeness of You which is in their hearts.

Fill them with the spirit of wisdom and enable them to impart it always to their grandchildren. May they ever walk in the way of Your commandments and may their grandchildren be their joy in this earthly life and part of their crown of glory in our heavenly home.

Dear Lord, grant our grandparents continuous health of mind and body. May they deserve to sing Your praises forever in our heavenly homeland, together with us, their grandchildren. Help us, Lord, to be helpful to them. Amen.

A Parent's Prayer

Almighty and everlasting God, You have lovingly called us into life by means of our parents who thereby share in Your divine power. Mercifully hear the prayer of love which we offer to You for those with whom You have shared Your fatherly kindness so that they might lavish upon us, as we journey through life, the consoling gift of Your holy and generous love.

Dear Lord, fill our parents with Your choicest blessings and enrich their souls with Your holy grace. Grant that they may faithfully and constantly guard that likeness to Your spiritual union with Your Church, which You first imprinted upon them on their wedding day. Fill them with Your spirit of holy reverence which is the beginning of wisdom, and enable them to impart it always to their children. May they ever walk in the way of Your commandments; and may their children be their joy in this earthly exile and their crown of glory in our heavenly home.

Finally, Lord God, grant that both our father and our mother may reach old age in continuous health of mind and body. May they deserve to sing Your praises forever in our heavenly homeland together with us, their children. May they give You abundant thanks for having bestowed upon them the great privilege of sharing in Your infinite fruitfulness and Your divine fatherhood.

Prayer for Vocations

God our Father and our Creator, we believe that You have made each of us in Your image and likeness. Help us to lead lives that reflect that belief. Increase happy vocations to the married life and the single life, the religious life and the ordained life. May we as husbands and wives, mothers and fathers, single women and single men, sisters and brothers, deacons, priests

and bishops, be open to Your grace. Grant that we may seek always to do Your will and delight in the work which makes Your name and Your love known throughout the world. We ask this prayer in the name of Jesus, Your Son, and the Holy Spirit, our guide. Amen

Vocations

From Sister M. Faustyna Kowalski

Lord, give us holy priests; You Yourself maintain them in holiness. O Divine and Great High Priest, may the power of Your mercy accompany them everywhere and protect them from the devil's traps and snares which are continually being set for the souls of priests. May the power of Your mercy, O Lord, shatter and bring to naught all that might tarnish the sanctity of priests, for You can do all things. Amen

Prayer for Priests

From Sister Josefa Menendez

O Jesus, by Your most loving Heart, I implore You to inflame with zeal for Your love and glory all the priests of the world, all missionaries and those whose office it is to preach Your word, that, on fire with holy zeal, they may snatch souls from the devil and lead them into the shelter of Your Heart, where forever they may glorify You. Amen



A Prayer for Priests

Keep them, I pray Thee, dearest Lord,
Keep them, for they are Thine—
Thy priests whose lives burn out before Thy consecrated shrine.
Keep them, for they are in the world,
Though from the world apart;
When earthly pleasures tempt, allure,—
Shelter them in Thy heart.
Keep them, and comfort them in hours

of loneliness and pain,
When all their life of sacrifice
For souls seems but in vain.
Keep them, and O remember, Lord,
They have no one but Thee, Yet they have
only human hearts, With human frailty.
Keep them as spotless as the Host,
That daily they caress;
Their every thought and word and deed,
Deign, dearest Lord to bless.

*Imprimatur: D. Card. Dougherty,
Arch. Of Philadelphia*

Daily Prayer for Priests

O God you love Your only begotten Son from all eternity and willed Him to become our great High Priest and the saving victim for the sins of the whole world.

Send forth Your Holy Spirit, we beseech You, upon Your servants, the priests of His Holy Church. Grant that in these days of tribulation there may be a great increase in the number and holiness of vocations to the priesthood and a growing fervor on the part of all those who offer the Holy Sacrifice of the Mass and minister to the care of the souls. O Jesus, Eternal Priest, keep these Your servants within the shelter of Your Sacred Heart.

Thoughts of the Saints

When you hear Mass, do you come in the same frame of mind as the Blessed Virgin at Calvary? Because it is the same God, and the same Sacrifice.

St. John Vianney

The heart which is preparing to receive the Holy Eucharist should be like a crystal vase, filled with the purest and most limpid water. We should not allow the slightest impure atom to make its appearance.

St. Elizabeth Seton

If we could comprehend all the good things contained in Holy Communion, nothing could be more wanting to content the heart of man. The miser would run no more after his treasures, or the ambitious after glory; each would shake off the dust of the earth, leave the world, and fly away towards heaven.

St. John Vianney

It is most important that the Holy Eucharist becomes life's focal point: that the Eucharistic Savior is the center of existence; that every day is received from His hand and laid back therein; that the day's happenings are deliberated with Him. In this way, God is given the best opportunity to be heard in the heart, to form the soul, and to make its faculties clear-sighted and alert for the supernatural.

St. Edith Stein

Perfect prayer is that wherein he who prays is not conscious that he is praying.

St. John Cassian

Thus when we practice faith, hope, and charity with continual desire, we pray always.

St. Augustine

He who, when tempted, makes the Sign of the Cross with devotion, makes Hell tremble and Heaven rejoice.

St. John Vianney

Here is the rule of everyday life: Do not do anything which you cannot offer to God

St. John Vianney

There is yet another form of wrongdoing which is all the more deplorable in that it is more common, and that is licentious talk. There is nothing more abominable, my dear brethren, nothing more horrible than such talk...It outrages God, it scandalizes our neighbor.

St. John Vianney

Do not, therefore, regard the bread and wine as simply that, for they are, according to the Master's declaration, the Body and Blood of Christ. Even though the senses suggest to you the other, let faith make you firm. Do not judge in this matter by taste, but be fully assured by faith, not doubting that you have been deemed worthy of the Body and Blood of Christ.

St. Cyril of Jerusalem

If you were to put your hand or tongue into molten gold-if that were possible-you would make your hand or tongue golden. In much the same way, the Mystery lying before us here affects the soul.

St. John Chrysostom

Holy Communion is the shortest and safest way to heaven. There are others: innocence, but that is for little children; penance, but we are afraid of it; generous endurance for the trials of life, but when they come we weep and ask to be spared. The surest, easiest, shortest way is the Eucharist.

Pope Pius X

There's nothing so great, my children, as the Eucharist. If you were to put all the good actions in the world against a Communion well made, it would be like a grain of dust against a mountain.

St. John Vianney

Mother of Perpetual Help Devotions

Mother Dearest, Mother Fairest

Mother dearest, Mother fairest,
Help of all who call on thee,
Virgin purest, brightest, rarest,
Help us, help, we cry to thee.

Chorus

Mary help us, help, we pray;
Mary help us, help, we pray;
Help us in all care and sorrow,
Mary help us, help, we pray.

Lady, help in pain and sorrow,
Soothe those racked on bed of pain.
May the golden light of morrow
Bring them health and joy again.
Chorus-

Prayer in Spiritual Wants

O Mother of Perpetual Help, with the greatest confidence, we come before thy sacred Picture, in order to invoke thine aid. Thou hast seen the wounds which Jesus has been pleased to receive for our sake; thou hast seen the Blood of Thy Son flowing for our salvation; thou knowest how they Son desires to apply to us the fruits of His Redemption. Behold, we cast ourselves at thy feet, and pray thee to obtain for our souls the graces we stand so much in need of. O Mary, most loving of all mothers, obtain for us from the heart of Jesus, the source of every good, these graces (here mention them). O Mother of Perpetual Help, thou desirest our salvation far more than we ourselves: thy Son has given thee to us for our Mother; thou hast thyself chosen to be called Mother of Perpetual Help. We trust not in our merits, but in thy powerful intercession; we trust in thy goodness; we trust in thy motherly love. Mother of Perpetual Help, for the love thou bearest to Jesus, thy Son and our Redeemer, for the love of thy great servant Alphonsus, for the love of our souls, obtain for us the graces we ask from thee. Amen.

Three Hail Marys.

Prayer In Temporal Wants

O Mother of Perpetual Help, numerous clients continually surround thy holy Picture, all imploring thy mercy. All bless thee as the assured help of the miserable; all feel the benefit of thy motherly protection. With confidence, then, do we present ourselves before thee in our misery. See, dear Mother, the many evils to which we are exposed; see how numerous are our wants. Trials and sorrows often depress us; reverses of fortune and privations, often grievous, bring misery into our lives; everywhere we meet the cross. Have pity, compassionate Mother, on us and on our dear ones, especially in this our necessity (here mention it). Help us, dear Mother, in our distress; deliver us from all our ills; or, if it be the will of God that we should suffer still longer, grant that we may endure all with love and patience. These graces we expect of thee with confidence, because thou art our Perpetual Help. Amen.

Three Hail Marys.

For Graces Of Salvation

O Mother of Perpetual Help, thou art the dispenser of all the goods which God grants to us miserable sinners, and for this reason, has He made thee so powerful, so rich, and so bountiful, that thou mayest help us in our misery. Thou art the advocate of the most wretched and abandoned sinners who have recourse to thee; come, then, to my help, dearest Mother, for I recommend myself to thee. In thy hands, I place my eternal salvation and to thee do I entrust my soul. Count me among thy most devoted servants; take me under thy protection, and it is enough for me; for, if thou protect me, dear Mother, I fear nothing; not from my sins, because thou wilt obtain for me the pardon of them; nor from the devils, because thou art more powerful than all hell together; nor even from Jesus, my Judge Himself, because, by one prayer from thee, He will be appeased. But one thing I fear; that, in the hour of tempta-

tion, I may neglect to call on thee, and thus perish miserably. Obtain for me, then, the pardon of my sins, love for Jesus, final perseverance, and the grace always to have recourse to thee, O Mother of Perpetual Help.

Three Hail Marys.

(Priest) Thou hast been made for us, O Lady, a refuge.

(People) A helper in need and tribulation.

(Priest) Let us pray: O Lord Jesus Christ, Who hast given us Thine own Mother Mary, whose glorious image we venerate, to be a Mother ever ready to help us; grant, we beseech Thee, that we who constantly implore her help may merit always to experience the fruits of Thy Redemption, Thou Who livest and reignest world without end.

(People) AMEN.

Prayer of St. Alphonsus

Most Holy and Immaculate Virgin and my Mother, Mary, to thee, Who art the Mother of my Lord, the Queen of the world, the Advocate, the Hope, and the Refuge of sinners, I have recourse today, * I who am the most miserable of all. * I render thee my most humble homage, O Great Queen, * and I thank thee for all the graces * thou hast obtained for me until now, * and in particular for having saved me from hell which I have so often deserved. * I love thee, O most Amiable Lady; * and, for the love which I bear thee, * I promise to serve thee always * and to do all in my power to make others also love thee. * I place in thee all my hopes * and I confide my salvation to thy care. * Accept me for thy servant * and receive me under thy mantle, * O Mother of Mercy. * And since thou art so powerful with God, * deliver me from all temptations, * or, rather, obtain for me the strength to triumph over them until death. * Of thee I ask a perfect love for Jesus Christ; * through thee I hope to die a good death. * O my Mother, * by the love which thou bearest to God, * I beseech thee to help me at all times * but especially at the last moment of

my life. * Leave me not, I beseech thee, * until thou seest me safe in heaven, * blessing thee and singing thy mercies for all eternity. * Amen, so I hope; so may it be.

Act of Consecration

(to be said once each month)

Desiring to consecrate myself entirely * to the service of the ever Blessed Virgin Mary, * from whom, after God, * I expect all help and assistance * in life and in death, * I unite myself with the members * of this pious confraternity, * which has been erected * in honor of Our Mother of Perpetual Help.

As my special patron * I choose the glorious St. Alphonsus, * that he may obtain for me * a true and lasting devotion * to the ever Blessed Virgin, * who is honored by so sweet a name.

I promise, moreover, * to renew my consecration * to the Mother of God and to St. Alphonsus * once a month and frequently to receive the holy sacraments.

O Mother of Perpetual Help, * receive me as thy servant, * and grant that I may ever experience * thy constant motherly protection. * I promise to have recourse to thee * in all my spiritual and temporal necessities. * My holy patron, St. Alphonsus, * obtain for me * the grace of an ardent love for Jesus Christ, * and the grace of ever invoking * the Mother of Perpetual Help.

Come, Holy Ghost

Come, Holy Ghost, Creator Blest,
And in our hearts take up Thy rest;
Come, with Thy grace and heavenly aid
To fill the hearts which Thou hast made;
To fill the hearts which Thou hast made.

The Nine First Wednesdays

Every Wednesday is dedicated in a special way to St. Joseph. Make the Nine First Wednesdays [in a manner similar to the Nine First Fridays of the Sacred Heart] in honor of St. Joseph for a happy death, for yourself and your dear ones. As charity is one of the best ways to be worthy of the grace of a happy death, offer your First Wednesday Mass and Communion and devotions in honor of St. Joseph in a special way for the salvation of the dying, most especially for an undying sinner who is to lose his soul without the grace of final repentance.

Our Lord permits St. Joseph to take from His Divine treasury with full hands in order to give souls the treasures of Divine grace and mercy, like Joseph, the son of Jacob, who took corn from the granaries of the King of Egypt to feed his brethren and all who had recourse to him. From the heights of Heaven, the King of Glory speaks to us the same words as Pharaoh spoke to the starving people of Egypt: "Go to Joseph."

First Wednesday prayers after Mass

Prayer of the Pious Union of St. Joseph for the Suffering and Dying

O St. Joseph foster father of Jesus Christ and true spouse of the Virgin Mary, pray for us and for the suffering and dying of this day. Amen

Seven Sorrows and Joys of Saint Joseph

Among the many exercises of piety practiced in honor of St. Joseph, there is one generally known, namely, that of meditating on his Seven Sorrows and Seven Joys. This devotion owes its origin to a celebrated event, never omitted by any historian of the Saint.

(Recite one Our Father, Hail Mary, and Glory Be after each number)

1. St. JOSEPH, Chaste Spouse of the Holy Mother of God, by the SORROW with which thy heart was pierced at the thought of a cruel separation from Mary, and by the deep JOY that thou didst feel when the angel revealed to thee the ineffable mystery of the Incarnation, obtain for us from Jesus and Mary, the grace of surmounting all anxiety. Win for us

from the Adorable Heart of Jesus the unspeakable peace of which He is the Eternal Source.

2. St. JOSEPH, Foster-Father of Jesus, by the bitter SORROW which thy heart experienced in seeing the Child Jesus lying in a manger, and by the JOY which thou didst feel in seeing the Wise men recognize and adore Him as their God, obtain by thy prayers that our heart, purified by thy protection, may become a living crib, where the Savior of the world may receive and bless our homage.

3. St. JOSEPH, by the SORROW with which thy heart was pierced at the sight of the Blood which flowed from the Infant Jesus in the Circumcision, and by the JOY that inundated thy soul at thy privilege of imposing the sacred and mysterious Name of Jesus, obtain for us that the merits of this Precious Blood may be applied to our souls, and that the Divine Name of Jesus may be engraved forever in our hearts.

4. St. JOSEPH, by the SORROW when the Lord declared that the soul of Mary would be pierced with a sword of sorrow, and by thy JOY when holy Simeon added that the Divine Infant was to be the resurrection of many, obtain for us the grace to have compassion on the sorrows of Mary, and share in the salvation which Jesus brought to the earth.

5. St. JOSEPH, by thy SORROW when told to fly into Egypt, and by thy JOY in seeing the idols overthrown at the arrival of the living God, grant that no idol of earthly affection may any longer occupy our hearts, but being like thee entirely devoted to the service of Jesus and Mary, we may live and happily die for them alone.

6. St. JOSEPH, by the SORROW of thy heart caused by the fear of the tyrant Archelaus and by the JOY in sharing the company of Jesus and Mary at Nazareth, obtain for us, that disengaged from all fear, we may enjoy the peace of a good conscience and may live in security, in union with Jesus and Mary, experiencing the effect of thy salutary assistance at the hour of our death.

The Nine First Wednesdays (continued)

7. St. JOSEPH, by the bitter SORROW with which the loss of the Child Jesus crushed thy heart, and by the holy JOY which inundated thy soul in recovering thy Treasure on entering the Temple, we supplicate thee not to permit us to lose our Savior Jesus by sin. Yet, should this misfortune befall us, grant that we may share thy eagerness in seeking Him, and obtain for us the grace to find Him again, ready to show us His great mercy, especially at the hour of death; so that we may pass from this life to enjoy His presence in heaven, there to sing with thee His divine mercies forever.

Let Us Pray

O God, Who in Thine ineffable Providence has vouchsafed to choose Blessed Joseph to be the Spouse of Thy most holy Mother; grant, we beseech Thee, that we may deserve to have him for our intercessor in heaven whom on earth we venerate as our holy protector: Who lives and reigns forever and ever. Amen.

Prayer for Priests

O ILLUSTRIOUS PATRIARCH St. Joseph, who carried the Infant Jesus in thy blessed arms and who, during the space of thirty years, lived in the most intimate familiarity with Him, take under thy powerful protection those whom He has clothed with His authority and honored with the dignity of His priesthood, whom He has charged to continue His mission, to preach His Gospel, and to dispense everywhere His graces and blessings. Sustain them in their fatigues and labors; console them in their pains; fortify them in their combats; but above all, keep far from them all the evils of sin. Obtain for them the humility of St. John the Baptist, the faith of St. Peter, the zeal and charity of St. Paul, the purity of St. John and the spirit of prayer and recollection of which thou, my dear Saint, art the model, so that, after having been on earth, the faithful dispensers of the Mysteries of thy foster Son, Our Lord Jesus Christ, they may in Heaven receive the recompense promised to pastors according to the Heart of God. Amen.

Remember, O Most Pure Spouse of the Virgin Mary

REMEMBER, O most pure Spouse of the Virgin Mary, my sweet Protector Saint Joseph, never was it heard that anyone who implored thy help nor sought thy intercession was left unaided. Inspired by this confidence I come to thee and to thee do I fervently commend myself. Despise not my petitions, I beseech thee, foster Father of the Redeemer, but graciously hear them. Amen.

Prayer to St. Joseph for a Happy Death

O Glorious St. Joseph, behold I choose thee today for my special patron in life and at the hour of my death. Preserve and increase in me the spirit of prayer and fervor in the service of God. Remove far from me every kind of sin; obtain for me that my death may not come upon me unawares, but that I may have time to confess my sins sacramentally and to bewail them with a most perfect understanding and a most sincere and perfect contrition, in order that I may breathe forth my soul into the hands of Jesus and Mary. Amen

ACT OF CONSECRATION TO ST. JOSEPH

O Dearest St. Joseph, I consecrate myself to thy honor and give myself to thee, that thou mayest always be my father, my protector and my guide in the way of salvation. Obtain for me a great purity of heart and a fervent love of the interior life. After thine example, may I do all my actions for the greater glory of God, in union with the Divine Heart of Jesus and the Immaculate Heart of Mary! And do thou, O blessed St. Joseph, pray for me that I may share in the peace and joy of thy holy death. Amen.

Prayer of the Pious Union of St. Joseph for the Suffering and Dying

O St. Joseph foster father of Jesus Christ and true spouse of the Virgin Mary, pray for us and for the suffering and dying of this day. Amen

Annunciation of the Lord

March 26

Novena March 17 to March 25

(Due to Lent and Easter Seasons the Annunciation may be celebrated on a different day)
I greet you, Ever-blessed Virgin, Mother of God, Throne of Grace, Miracle of Almighty Power! I greet you, Sanctuary of the Most Holy Trinity and Queen of the Universe, Mother of Mercy and Refuge of Sinners!

Most loving Mother, attracted by your beauty and sweetness, and by your tender compassion, I confidently turn to you, miserable as I am, and beg of you to obtain for me from your dear Son the favor I request in this novena: (*mention your request*).

Obtain for me also, Queen of Heaven, the most lively contrition for my many sins and the grace to imitate closely those virtues which you practiced so faithfully, especially humility, purity and obedience. Above all, I beg you to be my Mother and Protectress, to receive me into the number of your devoted children, and to guide me from your high throne of glory. Do not reject my petitions, Mother of Mercy! Have pity on me, and do not abandon me during life or at the moment of death. *Amen*

St. Anne- Patroness of Detroit:

July 26,

Novena July 17 through July 25

Good Ste. Anne, faithful witness to the expectation of the Lord's coming, you watched tenderly over Mary, who was to become the Mother of our Savior and of us all. Throughout the history of Detroit, established as a colony on your feast day, you have been present as a powerful intercessor.

Now, as patroness, extend your kindness to our Archdiocese in this time. Remind us of God's faithfulness. Share with us the faith, hope and love that made your life a tribute of praise to the Lord God almighty. Intercede for us so that we may have the strength to perform our daily duties and to bear the crosses that we are given. Good Ste. Anne, pray for us.

Assumption of Mary

August 15

Novena August 6 through August 14

O Blessed Virgin Mary, united to the victorious Christ in heaven, you are the image and first-flowering of the Church as she is to be perfected in the world to come.

You shine forth as a sign of sure hope and solace for the pilgrim People of God.

In your Assumption, you manifest the fullness of redemption and appear as the spotless image of the Church responding in joy to the invitation of the Bridegroom, your Son, who is the first fruits of those who have fallen asleep.

Grant that we may follow your example on earth thereby imitating your Son as well and being enabled to share your glory, with Him for all eternity.

3 Hail Mary's.

Christ the King

Celebrated Five Sundays before Christmas

Recite One *Our Father*, One *Hail Mary* and One *Glory Be* per day followed by the Novena Prayer:

O Lord our God, You alone are the Most Holy King and Ruler of all nations. We pray to You, Lord, in the great expectation of receiving from You, O Divine King, Mercy, peace, justice and all good things. Protect, O Lord our King, our families and the land of our birth. Guard us we pray Most Faithful One. Protect us from our enemies and from Your Just Judgment.

Forgive us, O Sovereign King, our sins against you. Jesus, You are a King of Mercy. We have deserved Your Just Judgment Have mercy on us, Lord, and forgive us.

We trust in Your Great Mercy. O most awe-inspiring King, we bow before You and pray; May Your Reign, Your Kingdom, be recognized on earth. Amen.

Immaculate Conception of Mary

December 8

Novena November 29 through December 7

O God, who by the Immaculate Conception of the Blessed Virgin Mary, did prepare a worthy dwelling place for Your Son, we beseech You that, as by the foreseen death of this, Your Son, You did preserve Her from all stain, so too You would permit us, purified through Her intercession, to come unto You. Through the same Lord Jesus Christ, Your Son, who lives and reigns with You in the unity of the Holy Spirit, God, world without end.

Amen.

Christmas Prayer Novena

Recite fifteen times a day from the feast of St.

Andrew (30th Nov.) until Christmas

Hail and blessed be the hour and moment in which the son of God was born of the most pure Virgin Mary, at midnight, in Bethlehem, in piercing cold.

In that hour vouchsafe, O my God! To hear my prayer and grant my desires, through the merits of Our Savior Jesus Christ, and of His blessed Mother. Amen.

A Prayer for Peace

Most merciful and compassionate God Father of Peace. You call us to live as your sons and daughters.

Open the hearts and minds of all people that we might work together for an end to violence anywhere in our human family.

May our prayers and penance and whatever suffering we endure help us to become instruments of your peace and healing.

Protect all who give their lives for freedom and keep us all from harm.

We ask all this through the intercession of Our Lady Queen of Peace, Mother of Your Son our Lord Jesus Christ, who lives and reigns with you and the Holy Spirit. One God forever and ever. Amen

Radiating Christ

By John Henry Cardinal Newman

Dear Jesus,

Help me to spread Your fragrance wherever I go.

Flood my soul with Your Spirit and Life. Penetrate and possess my being so utterly That my life may only be a radiance of Yours.

Shine through me, and be so in me that every soul I come in contact with may feel Your Presence in my soul.

Let them look up, and see no longer me but only Jesus.

Stay with me,

And then I will begin to shine as you shine, So to shine as to be a light to others.

The light, O Jesus, will be all from You.

None of it will be mine.

It will be You, shining on others through me.

Let me thus praise You in the way in which You love best: By shining on those around me.

Let me preach You without preaching,

Not by words but by example,

By the catching force, the sympathetic influence of what I do, The evident fullness of the love My heart bears for You. Amen.

“But if we walk in the light as He is in the light, then we have fellowship with one another, and the blood of His Son, Jesus, cleanses us from all sin.” (1John 1:7)

Prayer to St. John Vianney

St. John Vianney, patron of parish priests, compassionate confessor of sinners, please pray before the heavenly court that we draw closer to Christ, that we carry our crosses out of love for Him, that we give glory to the Father, that we be inflamed with love by the Holy Spirit. Grant our parishes the gift of religious vocations and bless us, our families and friends with peace, health and eternal life. Amen