

PRAYERS

Sign of the Cross

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

The Lord's Prayer

Our Father, Who art in heaven,
hallowed by 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.

Hail Mary

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 death. Amen.

Glory Prayer

Glory be to the Father,
and to the Son,
and to the Holy Spirit.
As it was in the beginning is now and ever shall be,
world without end. Amen.

Grace Before Meals

Bless us, O Lord,
and these Your gifts
which we are about to receive from Thy bounty,
through Christ, Our Lord. Amen.

Grace After Meals

We give you thanks for all your gifts, almighty God,
living and reigning now and forever. Amen.

Act of Contrition

My God,
I am sorry for my sins with all my heart.
In choosing to do wrong and failing to do good,
I have sinned against You
whom I should love above all things.

I firmly intend, with Your help,
to do penance, to sin no more and
to avoid whatever leads me to sin.

Our Savior, Jesus Christ,
suffered and died for us.
In His name, my God, have mercy. Amen.

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 life everlasting. Amen.

Nicene Creed

I believe in one God, the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God, begotten, not made,
consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven, and by the Holy Spirit
was incarnate of the Virgin Mary, and became man.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven and is seated
at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord,
the giver of life, who proceeds
from the Father and the Son,
who with the Father and the Son
is adored and glorified,
who has spoken through the prophets.
I believe in one, holy, catholic and apostolic Church.
I confess one baptism for the forgiveness of sins
and I look forward to the resurrection
of the dead and the life of the world to come. Amen.

Prayer to the Holy Spirit

Come, Holy Spirit,
Fill the hearts of your faithful
and kindle in them
the fire of your love.
Send forth your Spirit, O Lord, and they shall be created.
And you shall renew the face of the earth. Amen.

Prayer of St. Francis

Lord, make me an instrument of your peace.
where there is hatred, let me sow love.
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy;

O Divine Master,
grant that I may not so much seek
to be consoled, as to console;
to be understood, as to understand;
to be loved, as to love;

For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life. Amen.

Hail Holy Queen

Hail, Holy Queen, Mother of Mercy,
our life, our sweetness and our hope.
To you we cry, poor banished children of Eve.
To you do we send up our sighs,
mourning and weeping in this valley of tears.

Turn then, most gracious Advocate, your eyes of mercy toward us.
And after this our exile,
show unto us the blessed fruit of your womb, Jesus.
O clement, O loving, O sweet Virgin Mary.
Pray for us, Holy Mother of God,
that we may be made worthy of the promises of Christ. Amen.

Memorare

Remember, O most gracious Virgin Mary,
that never was it known that anyone who fled to your protection,
implored your help, or sought your intercession,
was left unaided.

Inspired by this confidence, I fly to you,
O Virgin of Virgins, my Mother.

To you I come; before you I stand, sinful and sorrowful.

O Mother of the Word Incarnate,
despise not my petitions,
but in your mercy, hear and answer me. Amen.

The Angelus

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

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 promises 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 glory of His Resurrection, through the same Christ Our Lord. Amen.

Confiteor

I confess to almighty God and to you, my brothers and sisters,
that I have greatly sinned in my thoughts and in my words,
in what I have done and in what I have failed to do,
through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints, and you, my brothers and sisters,
to pray for me to the Lord our God. Amen.

Act of Faith

O my God,
I firmly believe that You are one God in three Divine Persons,
the Father, the Son, and the Holy Spirit.
I believe in Jesus Christ, Your Son,
Who became man and died for our sins,
and Who will come to judge the living and the dead.
I believe these and all the truths
which the Holy Catholic Church teaches,
because You have revealed them,
who can neither deceive nor be deceived. Amen.

Act of Hope

O my God,
Trusting in Your infinite goodness and promises,
I hope to obtain pardon of my sins,
the help of Your grace,
and life everlasting,
through the merits of Jesus Christ,
my Lord and Redeemer. Amen.

Act of Love

O my God,
I love You above all things,
with my whole heart and soul,
because You are all good and worthy of all my love.
I love my neighbor as myself for love of You.
I forgive all who have injured me,
and I ask pardon of all whom I have injured. Amen.

Morning Offering Prayer

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

PRACTICES

The Rosary

Joyful Mysteries

- The Annunciation
- The Visitation
- The Birth of Our Lord
- The Presentation
- The Finding in the Temple

Sorrowful Mysteries

- The Agony in the Garden
- The Scourging at the Pillar
- The Crowning with Thorns
- The Carrying of the Cross
- The Crucifixion

Glorious Mysteries

- The Resurrection
- The Ascension
- The Descent of the Holy Spirit
- The Assumption
- The Crowning of Mary as Queen of Heaven

Luminous Mysteries

- The Baptism of the Lord
- The Wedding Feast of Cana
- The Preaching the Kingdom of God
- The Transfiguration of the Lord
- The Institution of the Eucharist

Stations of the Cross

1. Jesus is condemned to death.
2. Jesus carries His cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon of Cyrene helps Jesus to carry his cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women of Jerusalem.
9. Jesus falls a third time.
10. Jesus clothes are taken away.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. The body of Jesus is taken down from the cross.
14. Jesus is laid in the tomb.

The Ten Commandments

1. I am the Lord your God; you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

The Seven Sacraments

Sacraments of Initiation

Baptism
Confirmation
Eucharist

Sacraments of Healing

Reconciliation
Anointing of the Sick

Sacraments at the Service of Communion

Holy Orders
Matrimony

Corporal Works of Mercy

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Care for the sick.
6. Visit the imprisoned.
7. Bury the dead.

Spiritual Works of Mercy

1. Share knowledge.
2. Give advice to those who need it.
3. Comfort the suffering.
4. Be patient with others.
5. Forgive those who hurt you.
6. Give correction to those who need it.
7. Pray for the living and the dead.