

# COMMON PRAYERS AND GUIDELINES OF THE CATHOLIC CHURCH

## PRAYERS & SACRAMENTS OF THE CHURCH

### **SIGN OF THE CROSS**

In the name of the Father, and of the Son, ✠ and of the Holy Spirit. 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 us our trespasses as we forgive those who trespass against us. 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 our death. Amen.

### **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 ever shall be, world without end. Amen.

### **THE APOSTLES' CREED**

I believe in God, the Father the 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, is seated at the right hand of God the Father almighty; from thence he shall 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.

## BLESSING BEFORE MEALS

I

Bless us, O Lord, and these, Your gifts, which we are about to receive, through the bounty of Christ, our Lord. Amen.

II

V/. The eyes of all creatures look to you to give them food in due time.

**R/. You give it to them, they gather it up; you open your hand, they have their fill.**

V/. Let us call on the name of the Father, who always takes care of his children.

**R/. Our Father...**

V/. Bless ☩ us, O Lord, and these your gifts which we are about to receive from your goodness. Through Christ our Lord.

**R/. Amen.**

## BLESSING AFTER MEALS

I

We give You thanks for these and all Your gifts, almighty God. You live and reign forever. Amen.

II

V/. Let all your works praise you, O Lord.

**R/. Let all your people bless you.**

V/. We give you thanks for all your gifts, almighty God, living and reigning now and for ever.

**R/. Amen.**

V/. For the sake of your name, O Lord, reward those who have been good to us and give them eternal life.

**R/. Amen.**

V/. Lord, give all people the food they need,  
so that they may join us in giving you thanks.

**R/. Amen.**

## ANOTHER PRAYER AT MEALS

We give you thanks, O Lord, for this food and drink which we share. We pray for those through whose efforts it has reached our table. for those who have prepared it and for those here to share it, and for those who, though absent from our table, are never absent from our hearts. May we all share your heavenly banquet. In the name of the Father, ☩ and of the Son, and of the Holy Spirit. Amen.

## MORNING PRAYER

Father, help us through this day that it may be spent in Your service. In all our thoughts, words and actions, may we do Your will faithfully for love of You and our brothers and sisters. Amen.

*Pray one Our Father and three Hail Marys.*

## EVENING PRAYER

O God, I adore You, and I love You with all my heart. I thank You for having created me and saved me by Your grace, and for having preserved me during this day. I pray that You will take for Yourself whatever good I might have done this day, and that You will forgive me whatever evil I have done. Protect me this night, and may Your grace be with me always. Amen.

*Pray one Our Father and three Hail Marys.*

## SERENITY PRAYER

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

## PRAYER TO THE GUARDIAN ANGEL

I

Angel of God, my Guardian dear, to whom God's love commits me here, ever this day, be at my side, to light and guard, rule and guide. Amen.

II

The Lord says:

See, I am sending an angel before you, to guard you on the way and bring you to the place I have prepared. Be attentive to him and heed his voice. (Exod 23: 20-21)

V/. God gave his angels charge over you.

**R/. To protect you in all your ways.**

Let us pray. God our Father, in loving providence you send your holy angels to watch over us. Hear our prayers, defend us always by their protection and let us share your life with them for ever. Through Christ our Lord. Amen.

## ACT OF FAITH

I

O my God, I firmly believe in all that Your holy catholic and apostolic Church approves and teaches, since it is You, the infallible Truth, who revealed it to your Church.

II *see Mt 16: 16; Mark 9: 23, 24*

Lord, I believe you are the Christ, the Son of the living God, who have said: "All things are possible to them who believe." I believe. Help my unbelief. Lord, increase my faith. Amen.

## ACT OF HOPE

I

O my God, with a firm confidence I hope in you, that You will grant me, through the merits of Jesus Christ, the assistance of Your grace, and that if I have kept Your commandments, You will bestow life everlasting, according to Your promises, You who are almighty and whose word is truth.

II *Ps 71 [70]: 5-6, 3*

For you, O Lord, are my hope, my trust, O LORD, from my youth. Upon you I have leaned from my birth; it was you who took me from my mother's womb. My praise is continually of you. For you are my rock and my fortress. Amen.

## ACT OF LOVE

I

O my God, I love You with my whole heart, with my whole soul, with all my strength, and, above all things, because you are infinitely good and infinitely lovable. Also for love of You, I love my neighbor and myself.

II *see John 21: 17; 15: 9-12*

Lord, you know everything. You know well that I love you. May I live on in your love, keeping your commandments to love one another as you have loved us, that your joy may be ours and our joy may be complete. Amen.

## PRAYER OF CHARLES DE FOUCAULD TO GOD THE FATHER

Father, I abandon myself into your hands; do with me as you will. Whatever you do, I thank you now. I am ready for all, I accept everything, if only your will be done in me and in all your creatures; I desire nothing else, my God. Into your hands I commend my spirit. I give you my soul with all the love of my heart, for I love you, my God, and so need to give, to surrender myself without measure and with confidence beyond all questioning because you are my Father. Amen.

## PRAYER TO THE HOLY SPIRIT

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.

V/. Send forth your Spirit and they shall be created.

R/. **And you shall renew the face of the earth.**

Let us pray.

O God, you have instructed the hearts of the faithful by the light of the Holy Spirit. Grant that through the same Holy Spirit we may be truly wise and rejoice in his consolation. Through Jesus Christ our Lord. Amen.

## BYZANTINE PRAYER TO THE HOLY SPIRIT

Heavenly King, comforter, Spirit of truth, Who are everywhere present and fill all things, treasury of blessings and giver of life, come and dwell within us, cleanse us of all stain, and save our souls, O gracious Lord.

## TRIS GION TO THE MOST HOLY TRINITY

V/. Holy are you, O God, the only one, the invisible one, seated above the cherubim!

R/. **Holy and filled with strength, glorified in the highest by angelic voices.**

V/. Holy and immortal, the only and immaculate savior.

R/. **Have mercy on us.**

V/. Worthy is the Lord, our God, to receive glory, honor, and power.

R/. **Holy, filled with strength.**

V/. For all peoples will come and worship in your presence, o God! Saying:

R/. **Holy and immortal.**

V/. Blessing, honor, and glory, strength and power to you,  
our God, for ever and ever. Amen.

R/. **Have mercy on us. Amen. Alleluia.**

## **1 CORINTHIANS 13: 4-7, 13**

Love is patient; love is kind. Love is not jealous, it does not put on airs, it is not snobbish. Love is never rude, it is not self-seeking, it is not prone to anger; neither does it brood over injuries. Love does not rejoice in what is wrong but rejoices with the truth. There is no limit to love's forbearance, to its trust, its hope, its power to endure... There are in the end three things that last: Faith, hope and love, and the greatest of these is love.

## **THE BEATITUDES *Mt 5: 1-10***

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.

## **PRAYER OF THANKS**

It is truly right, good, and just to give you thanks, to praise you, and to glorify you, Lord, Holy Father, with your only Son, and with the Holy Spirit.

For it is from you that comes all that is good and that we receive so many abundant blessings. I give you thanks for your grace, for your love and for your care.

I praise you for the gift of faith, of repentance, and of forgiveness. I glorify you for redemption, for Jesus Christ our Savior, and for his holy gospel.

Thank you Lord, good God, for so many gifts which you give me, for so many favors which you grant me, for so many wonders which are your gift to me.

For so much, thank you Lord. Always keep my heart grateful and geared towards you, and may the Most Holy Virgin keep in her prayer all whom I love and me with them. Amen.

## **THE JESUS PRAYER**

Lord Jesus Christ, have mercy on me, a sinner.

## **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;  
and 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.

## **PRAYER FROM ST. PATRICK'S BREASTPLATE**

Christ with me, Christ before me, Christ behind me,  
Christ in me, Christ beneath me, Christ above me,  
Christ on my right hand, Christ on my left, Christ where I lie, Christ where I sit,  
Christ where I arise,  
Christ in the heart of everyone who thinks of me,  
Christ in the mouth of everyone who speaks to me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.  
Salvation is of the Lord, Salvation is of Christ.  
May your salvation, O Lord, Be ever with us. Amen.

## **PRAYER OF SURRENDER FROM ST. IGNATIUS OF LOYOLA**

Take, O Lord,  
and receive my entire liberty, my memory,  
my understanding and my whole will.  
All that I am and all that I possess You have given me:  
I surrender it all to You to be disposed of according to Your will.  
Give me only Your love and Your grace;  
with these I will be rich enough, and will desire nothing more.

## ANIMA CHRISTI

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within thy wounds hide me. Permit me not to be separated from thee. From the wicked foe defend me. At the hour of my death call me. And bid me come to thee. That with thy saints I may praise thee. For ever and ever. Amen.

## THE MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, and 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.

## HAIL HOLY QUEEN

Hail, holy Queen, Mother of mercy, our life, our sweetness and our hope. To you do we cry, poor banished children of Eve; to you do we sigh, 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 merciful, O loving, O sweet Virgin Mary!

**V/. Pray for us holy Mother of God.**

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

## THE MAGNIFICAT (The Canticle of Mary) *Lk 1: 46-55*

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 fathers, to Abraham and his children for ever.



## THE ANGELUS

V./ The Angel of the Lord declared unto Mary.  
**R./ And she conceived of the Holy Spirit. *Hail Mary...***  
V./ Behold the handmaid of the Lord.  
**R./ Be it done unto me according to thy word. *Hail Mary...***  
V./ And the Word was made Flesh.  
**R./ And dwelt among us. *Hail 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.

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.

## THE REGINA COELI

*Said in place of the Angelus and the Salve Regina during Easter time*

V/. Queen of heaven rejoice, Alleluia.  
**R/. The Son whom you were privileged to bear, Alleluia.**  
V/. Has risen as he said, Alleluia.  
**R/. Pray to God for us, Alleluia.**  
V/. Rejoice and be glad Virgin Mary, Alleluia.  
**R/. For the Lord has truly risen, Alleluia.**

Let us pray.

God our Father, you give joy to the world by the resurrection of your Son, our Lord Jesus Christ. Through the prayers of his mother, the Virgin Mary, bring us to the happiness of eternal life. Through Christ our Lord. Amen.

## PRAYER TO THE BLESSED VIRGIN MARY

Holy Virgin, in the midst of all your glory, forget not the sadness in this world. Look kindly on those who suffer, on those who struggle against difficulties and cease not to feel bitterness in life. Have pity on those who loved one another and are now separated. Have pity on the lonely heart. Have pity on the weakness of our faith. Have pity on those whom we love. Have pity on those who weep, on those who pray, on those who waver. Give to all hope and peace. Amen.

## **WE FLY TO YOUR PROTECTION**

We fly to your protection, O Holy Mother of God. Despise not our petitions in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin.

## **PRAYER TO ST. JOSEPH**

Holy Saint Joseph, you have been like the tree blessed by God, not to bear fruit, but to give shade, protective shade to Mary, your wife, shade to Jesus, who called you father and to whom you surrendered entirely. Your life, woven from work and silence, teaches me, above all, to await even in darkness, steadfast in faith. Seven sorrows and seven joys summarize your existence: They were the joys of Christ and Mary, expression of the giving of yourself without boundaries. May your example be with me at every moment: to bloom where the will of the Father has planted me, to know how to wait, to give of my self without reserve until the sadness and the joy of others become my sadness and joy. Amen.

## **PRAYER TO THE SAINTS**

Almighty and eternal God, whose kindness and power so excellently shows itself in your saints, who are your friends and chosen ones for having kept your holy law while they lived in this world! Filled with confidence I approach your kindness to receive the grace I need, to which end I place for my intercessor and protector Saint N., who is with you in joyful and eternal glory, so that what I am not worthy to attain because of my sins, I may obtain through his/her merits, prayers, and efficacious intercession. All honor and glory be yours, Lord, who live and reign for ever and ever. Amen.

## **CANTICLE OF ZECHARIAH** *Lk 1: 68-80*

Blessed be the Lord, the God of Israel; he has come to his people and set them free. He has raised up for us a mighty savior, born of the house of his servant David. Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant. This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life. You, my child, shall be called the prophet of the Most High, for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins. In the tender compassion of our Lord the dawn from on high will break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

## **CANTICLE OF SIMEON** *Lk 2: 29-32*

Lord, now you let your servant go in peace. Your word has been fulfilled. My own eyes have seen the salvation which You have prepared in the sight of every people. A light to reveal You to the nations and the glory of Your people Israel. Amen.

## **PRAYERS IN TIME OF ILLNESS**

### **Prayer for the Sick**

Lord, our God, you sent your Son into the world to bear our infirmities and to endure our sufferings. For your servants who are sick, we ask that your blessing will give them strength to overcome their weakness through the power of patience and the comfort of hope and that with your aid they will soon be restored to health. We ask this through Christ our Lord. Amen.

### **Prayer for Sick (Children)**

Lord, our God, your Son Jesus Christ welcomed little children and blessed them. Stretch out your right hand over these little children, who are sick. Grant that, made well again, they may return to their parents and to the community of your holy Church and give you thanks and praise. We ask this through Christ our Lord. Amen.

### **Prayer for the Elderly**

All-powerful and living God, in whom we live and move and have our being, we thank you and praise you for giving N. and N. long years, lived in faith and in doing good. Grant that they may have the loving support of their relatives and mends, that in good health they may be cheerful, and in poor health not lose hope. Sustained by the help of your blessing, let them spend their old age giving praise to your name. We ask this through Christ our Lord. Amen.

## PRAYER AT THE TIME OF DEATH

### Commendation of the Dying

I

Go forth, Christian soul, from this world in the name of God the almighty Father, who created you, in the name of Jesus Christ, Son of the living God, who suffered for you, in the name of the Holy Spirit, who was poured out upon you, go forth, faithful Christian. May you live in peace this day, may your home be with God in Zion, with Mary, the virgin Mother of God, with Joseph, and all the angels and saints.

II

I commend you, my dear brother (sister), to almighty God, and entrust you to your Creator. May you return to him who formed you from the dust of the earth. May Holy Mary, the angels, and all the saints come to meet you as you go forth from this life. May Christ who was crucified for you bring you into his garden of paradise. May Christ, the true Shepherd, acknowledge you as one of his flock. May you see your Redeemer face to face, and enjoy the vision of God for ever. Amen.

III

Welcome your servant, Lord, into the place of salvation which because of your mercy he (she) rightly hoped for. Amen.

Deliver your servant, Lord, from every distress. Amen.

Deliver your servant, Lord, as you delivered Noah from the flood. Amen.

Deliver your servant, Lord, as you delivered Abraham from Ur of the Chaldees. Amen.

Deliver your servant, Lord, as you delivered Job from his sufferings. Amen.

Deliver your servant, Lord, as you delivered Moses from the hand of the Pharaoh. Amen.

Deliver your servant, Lord, as you delivered Daniel from the den of lions. Amen.

Deliver your servant, Lord, as you delivered the three young men from the fiery furnace. Amen.

Deliver your servant, Lord, as you delivered Susanna from her false accusers. Amen.

Deliver your servant, Lord, as you delivered David from the attacks of Saul and Goliath. Amen.

Deliver your servant, Lord, as you delivered Peter and Paul from prison. Amen.

Deliver your servant, through Jesus our Savior, who suffered death for us and gave us eternal life. Amen.

IV

Lord, Jesus Christ, Savior of the world, we pray for your servant N., and commend him (her) now into the joy of your kingdom. For though he (she) has sinned, he (she) has not denied the Father, the Son, and the Holy Spirit, but has believed in God and has worshipped his (her) Creator. Amen.

## PRAYERS FOR THE DEAD

I

Remember, Lord, those who have died and have gone before us marked with the sign of faith, especially those for whom we now pray (N. and N.). May these, and all who sleep in Christ, find in your presence light, happiness and peace. Through Christ our Lord. Amen.

II

V/. All who are in their graves shall hear the voice of the Son of God;

**R/. Those who have done good deeds will go forth to the resurrection of life; those who have done evil will go forth to the resurrection of judgment.**

V/. In an instant, in the twinkling of an eye, at the final trumpet blast, the dead shall rise.

**R/. Those who have done good deeds will go forth to the resurrection of life; those who have done evil will go forth to the resurrection of judgment.**

Let us pray.

Lord God, you are the glory of believers and the life of the just. Your Son redeemed us by dying and rising to life again. Our brother (sister) N. was faithful and believed in our own resurrection. Give to him (her) the joy and blessings of the life to come. Through Christ our Lord. Amen.

III

V/. Saints of God, come to his (her) aid! Hasten to meet him (her) angels of the Lord!

**R/. Receive his (her) soul and present him (her) to God the Most High.**

V/. May Christ, who called you, take you to himself; may angels lead you to the bosom of Abraham.

**R/. Receive his (her) soul and present him (her) to God the Most High.**

V/. Eternal rest grant unto him (her), O Lord, and let perpetual light shine upon him (her).

**R/. Receive his (her) soul and present him (her) to God the Most High.**

Let us pray.

Into your hands, Father of mercies, we commend our brother (sister) N. in the sure and certain hope that together with all who have died in Christ, he (she) will rise with him on the last day. We give you thanks for the blessings which you bestowed upon N. in this life: they are signs to us of your goodness and of our fellowship with the saints in Christ. Merciful Lord, turn toward us and listen to our prayers: open the gates of paradise to your servant and help us who remain to comfort one another with the assurances of faith, until we all meet in Christ and are with you and our brother (sister) for ever. We ask this through Christ our Lord. Amen.

#### IV

May the angels lead you into paradise; may the martyrs come to welcome you and take you to the holy city, the new and eternal Jerusalem. May the choirs of angels welcome you and lead you to the bosom of Abraham; and where Lazarus is poor no longer may you find eternal rest.

V/. Eternal rest grant unto him (her), O Lord

**R/. And let perpetual light shine upon him (her).**

V/. May he (she) rest in peace.

**R/. Amen.**

V/. May his (her) soul and the souls of all the faithful departed, through the mercy of God, rest in peace.

**R/. Amen.**

## THE STATIONS OF THE CROSS

- |                                       |   |
|---------------------------------------|---|
| 1. Jesus is condemned to death.       | 8. Jesus meets the women of Jerusalem.  |
| 2. Jesus takes up his cross.          | 9. Jesus falls the third time.          |
| 3. Jesus falls the first time.        | 10. Jesus is stripped of his garments.  |
| 4. Jesus meets his mother.            | 11. Jesus is nailed to the cross.       |
| 5. Simon helps Jesus carry his cross. | 12. Jesus dies on the cross.            |
| 6. Veronica wipes the face of Jesus.  | 13. Jesus is taken down from the cross. |
| 7. Jesus falls the second time.       | 14. Jesus is laid in the tomb.          |

### THE STATIONS OF THE CROSS - PRAYER TO JESUS CHRIST CRUCIFIED

Good and gentle Jesus,  
I kneel before you.  
I see and I ponder your five wounds.  
My eyes behold what David prophesied about you:  
"They have pierced my hands and feet;  
they have counted all my bones."  
Engrave on me this image of yourself.  
Fulfill the yearnings of my heart:  
give me faith, hope, and love,  
repentance for my sins,  
and true conversion of life. Amen.

#### **First Station: Jesus Is Condemned to Death**

**V/. We adore you, O Christ, and we praise you.**

**R/. Because by your holy cross you have redeemed the world.**

From Saint Matthew: (27: 22-23; 26)

Pilate said to them, "Then what shall I do with Jesus called Messiah?" They all said, "Let him be crucified!" But he said, "Why? What evil has he done?" They only shouted louder, "Let him be crucified!" Then he released Barabbas to them, but after he had Jesus scourged, he handed him over to be crucified.

**V/. God did not spare his own Son.**

**R/. But handed him over for the sake of us all. (see Rm 8: 32)**

## **Second Station: Jesus Carries His Cross**

V/. We adore you, O Christ, and we praise you.

R/. **Because by your holy cross you have redeemed the world.**

From Saint John: (19: 16-17, 19)

Then he handed him over to them to be crucified. So they took Jesus, and carrying the cross himself he went out to what is called the Place of the Skull, in Hebrew, Golgotha. Pilate also had an inscription written and put on the cross. It read, "Jesus the Nazorean, the King of the Jews."

V/. "Whoever wishes to come after me."

R/. **"Must deny himself, take up his cross, and follow me." (Mt 16: 24)**

## **Third Station: Jesus Falls the First Time**

V/. We adore you, O Christ, and we praise you.

R/. **Because by your holy cross you have redeemed the world.**

From the prophet Isaiah: (53: 4-5)

Yet it was our infirmities that he bore, our sufferings that he endured, While we thought of him as stricken, as one smitten by God and afflicted. But he was pierced for our offenses, crushed for our sins; Upon him was the chastisement that makes us whole, by his stripes we were healed.

V/. Happy those whose way is blameless, who walk by the teaching of the LORD.

R/. **May my ways be firm in the observance of your laws! (Ps 119 [118]: 1, 5)**

## **Fourth Station: Jesus Meets His Mother**

V/. We adore you, O Christ, and we praise you.

R/. **Because by your holy cross you have redeemed the world.**

From the Lamentations: (1: 10, 16, 12)

The foe stretched out his hand to all her treasures. At this I weep, my eyes run with tears. "Come, and you who pass by the way, look and see whether there is any suffering like my suffering."

V/. "Your father and I have been looking for you with great anxiety."

R/. **"Did you not know that I must be in my Father's house?" (Luke 2: 48, 49)**



### **Fifth Station: Jesus Is Helped by Simon**

V/. We adore you, O Christ, and we praise you.

R/. **Because by your holy cross you have redeemed the world.**

From Saint Mark: (15: 21)

They pressed into service a passer-by, Simon, a Cyrenian, who was coming in from the country, the father of Alexander and Rufus, to carry his cross.

V/. "Whatever you did for one of these least brothers of mine,"

R/. **"You did for me." (Mt 25: 40)**

### **Sixth Station: Jesus' Face Is Wiped by Veronica**

V/. We adore you, O Christ, and we praise you.

R/. **Because by your holy cross you have redeemed the world.**

From the prophet Isaiah: (52: 14; 53: 2-3)

Even as many were amazed at him – so marred was his look beyond that of man, and his appearance beyond that of mortals. There was in him no stately bearing to make us look at him, nor appearance that would attract us to him. He was spurned and avoided by men, a man of suffering, accustomed to infirmity, One of those from whom men hide their faces, spurned, and we held him in no esteem.

V/. Rely on the mighty LORD.

R/. **Constantly seek his face. (Ps 105 [104]: 4)**

### **Seventh Station: Jesus Falls the Second Time**

V/. We adore you, O Christ, and we praise you.

R/. **Because by your holy cross you have redeemed the world.**

From the prophet Isaiah: (53: 6-7, 8)

We had all gone astray like sheep, each following his own way; But the LORD laid upon him the guilt of us all. 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 opened not his mouth. Smitten for the sin of his people.

V/. Steady my feet in accord with your promise.

R/. **Do not let iniquity lead me. (Ps 119 [118]: 133)**

### **Eighth Station: Jesus Meets the Women of Jerusalem**

V/. We adore you, O Christ, and we praise you.

R/. **Because by your holy cross you have redeemed the world.**

From Saint Luke: (23: 27-28, 31)

A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said: "Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children. If these things are done when the wood is green what will happen when it is dry?"

V/. The Son of Man did not come to be served but to serve.

R/. **And to give his life as a ransom for many. (Mt 20: 28)**

### **Ninth Station: Jesus Falls the Third Time**

V/. We adore you O Christ, and we praise you.

R/. **Because by your holy cross you have redeemed the world.**

From the prophet Isaiah: (63: 1-3, 5)

Who is this that comes from Edom, in crimsoned garments, from Bozrah. This one arrayed in majesty, marching in the greatness of his strength? Why is your apparel 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 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."

V/. How beautiful upon the mountains are the feet of him who brings glad tidings.

R/. **Announcing peace, bearing good news, announcing salvation. (Is 52: 7)**

### **Tenth Station: Jesus Is Stripped of His Garments**

V/. We adore you, O Christ, and we praise you.

R/. **Because by your holy cross you have redeemed the world.**

From Saint John: (19: 23-24)

When the soldiers had crucified Jesus, they took his clothes and divided them into four shares, a share for each soldier. They also took his tunic, but this tunic was seamless, woven in one piece from the top down. So they said to one another, "Let's not tear it, but cast lots for it to see whose it will be," in order that the passage of scripture might be fulfilled [that says]: "They divided my garments among them, and for my vesture they cast lots."

V/. All you who were baptized into Christ.

R/. **Have clothed yourselves with Christ. (Gal 3: 27)**

### **Eleventh Station: Jesus Is Nailed to the Cross**

V/. We adore you, O Christ, and we praise you.

R/. **Because by your holy cross you have redeemed the world.**

From Saint Luke: (23: 33-34)

When they came to the place called the Skull, they crucified him and the criminals there, one on his right, the other on his left. [Then Jesus said, "Father, forgive them, they know not what they do."]

V/. "Once I am lifted up from earth, I will draw all [men] to myself."

R/. **This statement indicated the sort of death he had to die. (John 12: 32)**

### **Twelfth Station: Jesus Dies on the Cross**

V/. We adore you, O Christ, and we praise you.

R/. **Because by your holy cross you have redeemed the world.**

From Saint John: (19: 29-30)

There was a vessel filled with common wine. So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth. When Jesus had taken the wine, he said, "It is finished." And bowing his head, he handed over the spirit.

V/. "Unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat."

R/. **"But if it dies, it produces much fruit." (John 12: 24)**

### Thirteenth Station: Jesus Is Taken Down from the Cross

V/. We adore you, O Christ, and we praise you.

R/. **Because by your holy cross you have redeemed the world.**

From the prophet Zechariah: (12: 10, 11; 13: 1)

They shall look on him whom they have thrust through, and they shall mourn for him as one mourns for an only son, and they shall grieve over him as one grieves over a first-born. On that day the mourning in Jerusalem shall be great. On that day there shall be open a fountain to purify from sin and uncleanness.

V/. My lover has come down to his garden, to the beds of spice.

R/. **I have come to my garden...; I gather my myrrh and my spices. (Cant 6: 2; 5: 1)**

### Fourteenth Station: Jesus Is Laid in the Tomb

V/. We adore you, O Christ, and we praise you.

R/. **Because by your holy cross you have redeemed the world.**

From Saint John: (19: 38-42)

After this, Joseph of Arimathea, secretly a disciple of Jesus for fear of the Jews, asked Pilate if he could remove the body of Jesus. And Pilate permitted it. So he came and took his body. Nicodemus, the one who had first come to him at night, also came bringing a mixture of myrrh and aloes weighing about one hundred pounds. They took the body of Jesus and bound it with burial cloths along with the spices, according to the Jewish burial custom. Now in the place where he had been crucified there was a garden, and in the garden a new tomb, in which no one had yet been buried. So they laid Jesus there because of the Jewish preparation day; for the tomb was close by.

V/. We who were baptized into Christ Jesus.

R/. **Were baptized into his death.**

V/. We were indeed buried with him.

R/. **Through baptism into death.**

V/. So that, just as Christ was raised from the dead by the glory of the Father.

R/. **We too might live in newness of life.**

V/. For if we have grown into union with him through a death like his.

R/. **We shall also be united with him in the resurrection.**

V/. We know that Christ, raised from the dead, dies no more.

R/. **Death no longer has power over him. (Rm 6: 3, 4, 5, 9)**

## Concluding Prayer

Lord Jesus Christ, Let your body, then, be our salvation, and your blood, forgiveness of our sins. Because of the gall you drank for us, take from us the devil's gall. Because of the sour wine you drank for us, let our weakness be changed into strength. In place of the spittle you accepted for us, may we receive the dew of your kindness. And in place of the reed with which you were struck for us, may we receive the perfect dwelling. In place of the crown of thorns you accepted for us, let an immortal crown be given to those who have loved you. In place of the shroud in which you were buried, may we too be clad in invincible power. In place of the new tomb and your sepulcher, may we receive the renewal of soul and body. For you rose and returned to life. When we return to life, we will live and stand before you at the just judgment! Amen.

## PRAYERS THROUGHOUT THE DAY

### Morning Prayer

V/. ✠ Lord, open my lips.

R/. **And my mouth will proclaim your praise.**

V/. Glory to the Father, and to the Son, and to the Holy Spirit.

R/. **As it was in the beginning, is now, and ever shall be, world without end.  
Amen.**

*The psalms and reading for the day, and the Canticle of Zechariah are read at this time.*

### INTERCESSIONS

Let us proclaim the greatness of Christ, in the unity of the Holy Spirit, and let us hasten to the Father with confidence, saying: **R/. Lord, have mercy and hear us.**

Grant us a peaceful day, when evening comes we will praise you with joy and purity of heart. **R/.**

Let your splendor rest upon us today, direct the work of our hands. **R/.**

May your face shine upon us and keep us in peace, may your strong arm protect us. **R/.**

Look kindly on all who put their trust in our prayers, fill them with every bodily and spiritual grace. **R/.**

Let us complete our prayer and may we begin our day with the words our Lord taught us: Our Father...

### PRAYER

O God, you are before all ages and exist from age to age; you are resplendent and glorified in unsearchable light; through your word, you bring forth light and give us a new day. O radiant Day and source of all light, we glorify you, adore you and offer you praise night and day; accept our praise and answer our prayer. Send us your abundant blessings, through the mercy of your Christ. To him, with you and the Holy Spirit, be glory, honor and power, now and for ever. Amen.

### CONCLUSION

✠ May the Lord bless us, protect us from all evil and bring us to everlasting life. Amen.

## MIDDAY PRAYER

V/. God, come to my assistance.

R/. **Lord, make haste to help me.**

V/. Glory to the Father, and to the Son, and to the Holy Spirit.

R/. **As it was in the beginning, is now, and ever shall be, world without end.  
Amen.**

## PSALM 23 (22)

The LORD is my shepherd, I shall not want. He makes me lie down in green pastures; he leads me beside still waters; he restores my soul. He leads me in right paths for his name's sake. Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD my whole life long. Glory 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.

V/. Lord, show me your ways.

R/. **Teach me to walk in your footsteps.**

## PRAYER

Lord Jesus Christ, jointly you are God and man, the almighty savior of humanity; I invoke you, I praise you, I pray to you. Come to me with your indulgence, with your compassion, and with your forgiveness. Place in my heart the desires which only you can satisfy, in my lips, the prayers to which only you can listen, in my behavior, the actions which only you can bless. Glory to you forever. Amen.

## CONCLUSION

V/. ☩ May the divine assistance remain with us always.

R/. **And with all our brothers and sisters.**

V/. May the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

## BLESSED FOREVER

May your purity be blessed forever, as God delights in such graceful beauty. To you, heavenly princess, sacred Virgin Mary, I offer this day my soul, my life, my heart. Look upon me with compassion, and leave me not, my holy Mother!

## EVENING PRAYER

V/. ✠ O Lord our God, you are worthy to receive glory and honor and power, for ever and ever.

R/. **Amen.**

*The psalms and reading for the day, and the Canticle of Mary (The Magnificat) are read at this time.*

## INTERCESSIONS

God has made an everlasting covenant with his people, and he never ceases to bless them. Grateful for these gifts, we confidently direct our prayer to him:

**R/. We beseech you, hear us.**

Save your people, Lord, and bless your inheritance. **R/.**

Gather into one body all who bear the name of Christian, that the world may believe in Christ whom you have sent. **R/.**

Give our friends and our loved ones a share in divine life, let them be symbols of Christ before all people. **R/.**

Show your love to those who are suffering, open their eyes to the vision of your revelation. **R/.**

Be compassionate to those who have died, welcome them into the company of the faithful departed. **R/.**

Let us complete our prayer with the words the Lord has taught us: Our Father...

## PRAYER

We give you thanks, O God, through your Son, Jesus Christ, our Lord, for having enlightened us by revealing to us the incorruptible light. Having ended the course of this day and reached the edge of night, having been filled by the light of day which you create for our joy, we now possess, through your kindness, the evening light. Therefore do we praise you and glorify you through your Son, Jesus Christ, our Lord. Through him be glory yours, power and honor, with the Holy Spirit, now and always and for ever and ever. Amen.

## CONCLUSION

✠ May the peace of God, which is beyond all understanding, guard our hearts and our thoughts in the knowledge and the love of God and of his Son Jesus Christ, our Lord. Amen.



## NIGHT PRAYER

V/. ☩ God, come to my assistance.

R/. **Lord, make haste to help me.**

V/. Glory to the Father, and to the Son, and to the Holy Spirit.

R/. **As it was in the beginning, is now, and ever shall be, world without end.  
Amen.**

## EXAMINATION OF CONSCIENCE

Having come to the end of this day which God has granted us,  
we humbly acknowledge our sins. I confess to almighty God  
and to you, my brothers and sisters  
that I have sinned through my own fault in my thoughts and in my words,  
in what I have done,  
and in what I have failed to do;  
and I ask blessed Mary, ever virgin, an the angels and saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.  
May almighty God have mercy on us,  
forgive us our sins, and bring us to everlasting life. Amen.

## HYMN

May nothing disturb you nothing affright you; everything win pass, God never  
changes. Patience attains all; whoever has God lacks nothing; only God suffices.

## PSALM 91 (90)

You who live in the shelter of the Most High, who abide in the shadow of the Almighty,  
will say to the LORD, "My refuge and my fortress; my God, in whom I trust."  
For he will deliver you from the snare of the fowler and from the deadly pestilence;  
he will cover you with his pinions, and under his wings you will find refuge; his  
faithfulness is a shield and buckler. You will not fear the terror of the night, or the  
arrow that flies by day, or the pestilence that stalks in darkness, or the destruction that  
wastes at noonday.

A thousand may fall at your side, ten thousand at your right hand, but it will not come  
near you. You will only look with your eyes and see the punishment of the wicked.  
Because you have made the LORD your refuge, the Most High your dwelling place, no  
evil shall befall you, no scourge come near your tent. For he will command his angels  
concerning you to guard you in all your ways. On their hands they will bear you up,  
so that you will not dash your foot against a stone.

You will tread on the lion and the adder, the young lion and the serpent you will trample under foot. Those who love me, I will deliver; I will protect those who know my name. When they call to me, I will answer them; I will be with them in trouble, I will rescue them and honor them. With long life I will satisfy them and show them my salvation.

Glory 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.

#### **READING** *Rev 22: 4-5*

They will look upon his face, and his name will be on their foreheads. Night will be no more, nor will they need light from lamp or sun, for the Lord God shall give them light, and they shall reign forever and ever.

#### **RESPONSORY**

V/. Into your hands, Lord, I commend my spirit.

**R/. Into your hands, Lord, I commend my spirit.**

V/. You have redeemed us, Lord, God of truth.

**R/. I commend my spirit.**

V/. Glory to the Father, and to the Son, and to the Holy Spirit.

**R/. Into your hands, Lord, I commend my spirit.**

#### **ANTIPHON**

Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

#### **NUNC DIMITTIS** *Luke 2: 29-32* (*Canticle of Simeon*)

Lord, now you let your servant go in peace; your word has been fulfilled: my own eyes have seen the salvation which you have prepared in the sight of every people: a light to reveal you to the nations and the glory of your people Israel.

Glory 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.

## PRAYER

Visit this house, we beg you, Lord, and banish from it the deadly power of the evil one. May your holy angels dwell here to keep us in peace, and may your blessing be always upon us. We ask this through Christ our Lord. Amen.

## CONCLUSION

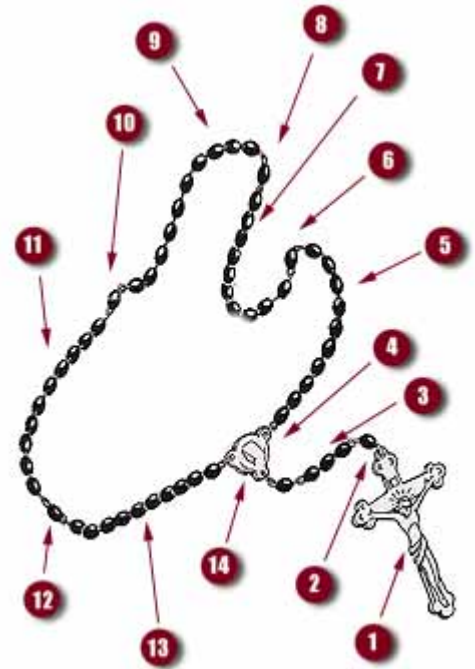
✠ May the all-powerful Lord grant us a restful night and a peaceful death. Amen.

Hail holy queen...

*From Easter Sunday until Pentecost Sunday the Regina Coeli is said in place of the Hail, Holy Queen.*

## HOW TO PRAY THE HOLY ROSARY

1. Make *The Sign of the Cross* and pray *The Apostles' Creed*.
2. Pray the *Our Father*.
3. Pray three *Hail Marys* and the *Glory Be*.
4. Announce the first mystery. Pray the *Our Father*.
5. Pray 10 *Hail Marys*, *Glory Be*, and the *Fatima Prayer*.
6. Announce the second mystery. Pray the *Our Father*.
7. Pray 10 *Hail Marys*, *Glory Be*, and the *Fatima Prayer*.
8. Announce the third mystery. Pray the *Our Father*.
9. Pray 10 *Hail Marys*, *Glory Be*, and the *Fatima Prayer*.
10. Announce the fourth mystery. Pray the *Our Father*.
11. Pray 10 *Hail Marys*, *Glory Be*, and the *Fatima Prayer*.
12. Announce the fifth mystery. Pray the *Our Father*.
13. Pray 10 *Hail Marys*, *Glory Be*, and the *Fatima Prayer*.
14. Pray the *Hail Holy Queen*.



## THE MYSTERIES OF THE ROSARY

### Joyful Mysteries (*Mondays & Saturdays*)

1. The Annunciation.
2. The Visitation.
3. The Birth of our Lord.
4. The Presentation of our Lord.
5. The Finding of Jesus in the Temple.

### Sorrowful Mysteries (*Tuesdays & Fridays*)

1. The Agony in the Garden.
2. The Scouring at the Pillar.
3. The Crowning of Thorns.
4. The Way of the Cross.
5. The Crucifixion.

### Luminous Mysteries (*Thursdays*)

1. The Baptism of Christ in the Jordan.
2. The Wedding at Cana.
3. The Proclamation of the Kingdom of God.
4. The Transfiguration of Jesus.
5. The Institution of the Eucharist.

### Glorious Mysteries (*Wednesdays & Sundays*)

1. The Resurrection of our Lord.
2. The Ascension of our Lord to Heaven.
3. The Descent of the Holy Spirit.
4. The Assumption of Mary into Heaven.
6. The Coronation of Mary as Queen of Heaven.

## FATIMA PRAYER

O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls into heaven, especially those most in need of your divine mercy.

## THE HOLY ROSARY

### Opening Prayer

V/. ✠ O pure and holy Virgin, how can I find words to praise your beauty?  
R/. **The highest heavens cannot contain God whom you carried in your womb.**  
V/. Blessed are you among women, and blessed is the fruit of your womb.  
R/. **The highest heavens cannot contain God whom you carried in your womb.**

Let us pray.  
Grant, O Lord, we pray that, in reciting the rosary,  
your faithful may confidently seek the help of Mary.  
As they meditate on the mysteries of Christ Jesus,  
help them to affirm by their actions  
the truths they treasure in their prayer.  
We ask this through Christ our Lord. **R/. Amen.**

## THE JOYFUL MYSTERIES

### First Joyful Mystery: The Annunciation

From Saint Luke: (1: 30-31)  
Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God.  
Behold, you will conceive in your womb and bear a son, and you shall name him  
Jesus."

### Second Joyful Mystery: The Visitation

From Saint Luke: (1: 41-43)  
When Elizabeth hear Mary's greeting, the infant leaped in her womb, and Elizabeth,  
filled with the holy Spirit, cried out in a loud voice and said, "Most blessed are you  
among women, and blessed is the fruit of your womb. And how does this happen to  
me, that the mother of my Lord should come to me?"

### Third Joyful Mystery: The Birth Of Jesus

From Saint Luke: (2: 10-12)  
The angel said to them, "Do not be afraid; for behold, I proclaim to you good news of  
great joy that will be for all people. For today in the city of David a savior has been born  
for you who is Messiah and Lord. And this will be a sign for you: you will find an infant  
wrapped in swaddling clothes and lying in a manger."

#### **Fourth Joyful Mystery: The Presentation In The Temple**

From Saint Luke: (2: 22, 33-35)

When the days were completed for their purification according to the law of Moses, they took him up to Jerusalem to present him to the Lord. The child's father and mother were amazed at what was said about him; and Simeon blessed them and said to Mary his mother, "Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted (and you yourself a sword will pierce) so that the thoughts of many hearts may be revealed."

#### **Fifth Joyful Mystery: The Finding In The Temple**

From Saint Luke: (2: 46, 48-49)

After three days they found him in the temple, sitting in the midst of the teachers, listening to them and asking them questions. When his parents saw him, they were astonished, and his mother said to him, "Son, why have you done this to us? Your father and I have been looking for you with great anxiety." And he said to them, <sup>41</sup>Why were you looking for me? Did you not know that I must be in my Father's house?"

## **THE LUMINOUS MYSTERIES**

### **First Luminous Mystery: The Baptism in the Jordan**

From Saint Mark: (1: 9-11)

It happened in those days that Jesus came from Nazareth of Galilee and was baptized in the Jordan by John. On coming up out of the water he saw the heavens being torn open and the Spirit, like a dove, descending upon him. And a voice came from the heavens, "You are my beloved Son; with you I am well pleased."

### **Second Luminous Mystery: The Wedding Feast at Cana**

From the gospel of Saint John: (2: 1-11)

On the third day there was a wedding in Cana in Galilee, and the mother of Jesus was there. Jesus and his disciples were also invited to the wedding. When the wine ran short, the mother of Jesus said to him, "They have no wine." Jesus said to her, "Woman, how does your concern affect me? My hour has not yet come." His mother said to the servers, "Do whatever he tells you." Now there were six stone water jars there for Jewish ceremonial washings, each holding twenty to thirty gallons. Jesus told them, "Fill the jars with water." So they filled them to the brim. Then he told them, "Draw some out now and take it to the headwaiter." So they took it. And when the headwaiter tasted the water that had become wine, without knowing where it came from (although the servers who had drawn the water knew), the headwaiter called the bridegroom and said to him, "Everyone serves good wine first, and then when people have drunk freely, an inferior one; but you have kept the good wine until now." Jesus did this as the beginning of his signs in Cana in Galilee and so revealed his glory, and his disciples began to believe in him.

### **Third Luminous Mystery: The Proclamation of the Kingdom of God**

From Saint Mark: (1: 14-15)

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."

#### **Fourth Luminous Mystery: The Transfiguration**

From Saint Matthew: (17: 1-8)

After six days Jesus took Peter, James, and John his brother, and led them up a high mountain by themselves. And he was transfigured before them; his face shone like the sun and his clothes became white as light. And behold, Moses and Elijah appeared to them, conversing with him. Then Peter said to Jesus in reply, "Lord, it is good that we are here. If you wish, I will make three tents here, one for you, one for Moses, and one for Elijah." While he was still speaking, behold, a bright cloud cast a shadow over them, then from the cloud came a voice that said, "This is my beloved Son, with whom I am well pleased; listen to him." When the disciples heard this, they fell prostrate and were very much afraid. But Jesus came and touched them, saying, "Rise, and do not be afraid." And when the disciples raised their eyes, they saw no one else but Jesus alone.

#### **Fifth Luminous Mystery: The Last Supper**

From Saint Luke: (22: 19-20)

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."



## **THE SORROWFUL MYSTERIES**

### **First Sorrowful Mystery: The Agony In The Garden**

From Saint Luke: (22: 39, 41-43)

Then going out he went, as was his custom, to the Mount of Olives, and the disciples followed him. After withdrawing about a stone's throw from them and kneeling, he prayed, saying, "Father, if you are willing, take this cup away from me; still, not my will but yours be done." [And to strengthen him an angel from heaven appeared to him.]

### **Second Sorrowful Mystery: The Scourging Of Jesus**

From Saint Mark: (15: 15)

So Pilate, wishing to satisfy the crowd, released Barabbas to them and, after he had Jesus scourged, handed him over to be crucified.

### **Third Sorrowful Mystery: The Crowning With Thorns**

From Saint Mark: (15: 16, 17)

The soldiers led him away inside the palace, that is, the praetorium... They clothed him in purple and, weaving a crown of thorns, placed it on him.

### **Fourth Sorrowful Mystery: The Carrying Of The Cross**

From Saint John: (19: 16-17)

Then he handed him over to them to be crucified. So they took Jesus, and carrying the cross himself he went out to what is called the Place of the Skull, in Hebrew, Golgotha.

### **Fifth Sorrowful Mystery: The Crucifixion**

From Saint John: (19: 23, 25-28, 30)

When the soldiers had crucified Jesus, they took his clothes and divided them into four shares, a share for each soldier. Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there 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.

After this, aware that everything was now finished, in order that the scripture might be fulfilled, Jesus said, "I thirst." When Jesus had taken the wine, he said, "It is finished." And bowing his head, he handed over the spirit.

## **THE GLORIOUS MYSTERIES**

### **First Glorious Mystery: The Resurrection**

From Saint Matthew: (28: 1, 5-7)

After the Sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary came to see the tomb. Then the angel said to the women: "Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said. Come and see the place where he lay. Then go quickly and tell his disciples."

### **Second Glorious Mystery: The Ascension**

From the Acts of the Apostles: (1: 9-11)

As they were looking on, he was lifted up, and a cloud took him from their sight. While they were looking intently at the sky as he was going, suddenly two men dressed in white garments stood beside them. They said, "Men of Galilee, why are you standing there looking at the sky? This Jesus who has been taken up from you into heaven will return in the same way as you have seen him going into heaven."

### **Third Glorious Mystery: The Descent of the Holy Spirit**

From the Acts of the Apostles: (2: 1-4)

When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim.

### **Fourth Glorious Mystery: The Assumption of Mary**

From First Thessalonians: (4: 13, 14, 16)

We do not want you to be unaware, brothers, about those who have fallen asleep. For if we believe that Jesus died and rose, so too will God, through Jesus, bring with him those who have fallen asleep. For the Lord himself, with a word of command, with the voice of an archangel and with the trumpet of God, will come down from heaven, and the dead in Christ will rise first.

## **Fifth Glorious Mystery: The Coronation of Mary**

From Second Timothy: (4: 7-8)

I have competed well; I have finished the race; I have kept the faith. From now on the crown of righteousness awaits me, which the Lord, the just judge, will award to me on that day, and not only for me, but to all who have longed for his appearance.

## CONCLUDING PRAYER

### *For the Joyful Mysteries:*

Hail holy queen...

Let us pray.

Father, you gave the human race eternal salvation through the motherhood of the Virgin Mary. May we experience the help of her prayers in our lives, for through her we received the very source of life, your Son, our Lord Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

### *For the Luminous Mysteries:*

Hail holy queen...

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 of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

### *For the Sorrowful Mysteries:*

Hail holy queen...

Let us pray.

Father, as your Son was raised on the cross, his mother Mary stood by him, sharing his sufferings. May your Church be united with Christ in his suffering and death and so come to share in his rising to new life, where he lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

### *For the Glorious Mysteries:*

Hail holy queen...

Let us pray.

God our Father, you give joy to the world by the resurrection of your Son, our Lord Jesus Christ. Through the prayers of his mother, the Virgin Mary, bring us to the happiness of eternal life. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

# THE MOST HOLY EUCHARIST

## THE ORDER OF THE MASS

### INTRODUCTORY RITES

Priest:       ✠ In the name of the Father, and of the Son, and of the Holy Spirit.

**R/.           Amen.**

Priest:       The Lord be with you.

**R/.           And with your spirit.**

### Penitential Rite I

Brethren (brothers and sisters), let us acknowledge our sins,  
and so prepare ourselves to celebrate the sacred mysteries.

**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.**

Priest:       May almighty God have mercy on us, forgive us our sins, and bring us to  
everlasting life.

**R/.           Amen.**

### Penitential Rite II

V/.           Have mercy on us, O Lord.

**R/.           For we have sinned against you.**

V/.           Show us, O Lord, your mercy.

**R/.           And grant us your salvation.**

Priest:       May almighty God have mercy on us, forgive us our sins, and bring us to  
everlasting life.

**R/.           Amen.**

### Penitential Rite III

V/. You...: Lord, have mercy.  
R/. **Lord, have mercy.**  
V/. You...: Christ, have mercy.  
R/. **Christ, have mercy.**  
V/. You...: Lord, have mercy.  
R/. **Lord, have mercy.**

Priest: May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

R/. **Amen.**

### Kyrie

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

### Gloria

Glory to God in the highest,  
and on earth peace to people of good will.  
We praise you, we bless you, we adore you, we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world, have mercy on us;  
you take away the sins of the world, receive our prayer;  
you are seated at the right hand of the Father, have mercy on us.

For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ, with the Holy Spirit,  
in the glory of God the Father. Amen.

### Opening Prayer

Priest: Let us pray... for ever and ever.  
R/. **Amen.**

## LITURGY OF THE WORD

### Readings

Lector: A reading from...  
The word of the Lord.  
**R/. Thanks be to God.**

### Gospel

V/. The Lord be with you.  
**R/. And with your spirit.**  
V/. A reading from the holy Gospel according to N.  
**R/. Glory to you, Lord.**  
V/. The Gospel of the Lord.  
**R/. Praise to you, Lord Jesus Christ.**

### Homily

### 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,**

*At the words that follow up to and including and became man, all bow.*

**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.**

## The Prayers Of The Faithful

Deacon

or Lector: ...We pray to the Lord.

**R/. Lord, hear our prayer (or another response).**

Priest: ...Through Christ our Lord.

**R/. Amen.**

## LITURGY OF THE EUCHARIST

### Preparation of the Gifts

Priest: Blessed are you, Lord, God of all creation...

It will become for us the bread of life.

**R/. Blessed be God for ever.**

Priest: Blessed are you, Lord, God of all creation...

It will become our spiritual drink.

**R/. Blessed be God for ever.**

Priest: Pray, brethren... may be acceptable to God, the almighty Father.

**R/. May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good, and the good of all his Church.**

Priest: ...We ask this through Christ our Lord.

**R/. Amen.**

### Eucharistic Prayer

Priest: The Lord with you.

**R/. And with your spirit**

Priest: Lift up your hearts.

**R/. We lift them up to the Lord.**

Priest: Let us give thanks to the Lord our God.

**R/. It is right and just.**

### Sanctus

**Holy, holy, holy Lord, God of hosts,  
heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**



## **EUCCHARISTIC PRAYER II**

You are indeed Holy, O Lord, the fount of all holiness. Make holy, therefore, these gifts, we pray, by sending down your Spirit upon them like the dewfall, so that they may become for us the Body and ✠ Blood of our Lord Jesus Christ.

At the time he was betrayed and entered willingly into his Passion, he took bread and, giving thanks, broke it, and gave it to his disciples, saying:

**TAKE THIS, ALL OF YOU, AND EAT OF IT, FOR THIS IS MY BODY, WHICH WILL BE GIVEN UP FOR YOU.**

In a similar way, when supper was ended, he took the chalice and, once more giving thanks, he gave it to his disciples, saying:

**TAKE THIS, ALL OF YOU, AND DRINK FROM IT, FOR THIS IS THE CHALICE OF MY BLOOD, THE BLOOD OF THE NEW AND ETERNAL COVENANT, WHICH WILL BE POURED OUT FOR YOU AND FOR MANY FOR THE FORGIVENESS OF SINS. DO THIS IN MEMORY OF ME.**

The mystery of faith. **We proclaim your Death, O Lord, and profess your Resurrection until you come again.**

Therefore, as we celebrate the memorial of his Death and Resurrection, we offer you, Lord, the Bread of life and the Chalice of salvation, giving thanks that you have held us worthy to be in your presence and minister to you. Humbly we pray that, partaking of the Body and Blood of Christ, we may be gathered into one by the Holy Spirit.


Remember, Lord, your Church, spread throughout the world, and bring her to the fullness of charity, together with **N.** our Pope and **N.** our Bishop and all the clergy.

Remember also our brothers and sisters who have fallen asleep in the hope of the resurrection, and all who have died in your mercy: welcome them into the light of your face. Have mercy on us all, we pray, that with the Blessed Virgin Mary, Mother of God, with the blessed Apostles, and all the Saints who have pleased you throughout the ages, we may merit to be coheirs to eternal life, and may praise and glorify you through your Son, Jesus Christ.

Through him, and with him, and in him,  
O God, almighty Father,  
in the unity of the Holy Spirit,  
all glory and honor is yours,  
for ever and ever. **R/. Amen.**

### **EUCCHARISTIC PRAYER III**

You are indeed Holy, O Lord, and all you have created rightly gives you praise, for through your Son our Lord Jesus Christ, by the power and working of the Holy Spirit, you give life to all things and make them holy, and you never cease to gather a people to yourself, so that from the rising of the sun to its setting a pure sacrifice may be offered to your name.

Therefore, O Lord, we humbly implore you: by the same Spirit graciously make holy these gifts we have brought to you for consecration, that they may become the Body and  Blood of your Son our Lord Jesus Christ He joins his hands. at whose command we celebrate these mysteries.

For on the night he was betrayed he himself took bread,  
and giving you thanks he said the blessing,  
broke the bread and gave it to his disciples, saying:

**TAKE THIS, ALL OF YOU, AND EAT OF IT, FOR THIS IS MY BODY, WHICH WILL BE GIVEN UP FOR YOU.**

In a similar way, when supper was ended, he took the chalice, and giving you thanks he said the blessing, and gave the chalice to his disciples, saying:

**TAKE THIS, ALL OF YOU, AND DRINK FROM IT, FOR THIS IS THE CHALICE OF MY BLOOD, THE BLOOD OF THE NEW AND ETERNAL COVENANT, WHICH WILL BE POURED OUT FOR YOU AND FOR MANY FOR THE FORGIVENESS OF SINS. DO THIS IN MEMORY OF ME.**

The Mystery of Faith. **We proclaim your death, O Lord, and profess your Resurrection until you come again.**

Therefore, O Lord,. as we celebrate the memorial of the saving Passion of your Son, his wondrous Resurrection and Ascension into heaven, and as we look forward to his second coming, we offer you in thanksgiving this holy and living sacrifice. Look, we pray, upon the oblation of your Church and, recognizing the Victim by whose death you willed to reconcile us to yourself, grant that we, who are nourished by the Body and Blood of your Son and filled with his Holy Spirit, may become one body and one spirit in Christ.

May he make of us an eternal offering to you, so that we may obtain an inheritance with your elect, especially with the most blessed Virgin Mary, Mother of God, with your blessed Apostles and glorious Martyrs (with Saint N.: the Saint of the day or Patron Saint) and with all the Saints, on whose constant intercession in your presence we rely

for unfailing help. May this Sacrifice of our reconciliation, we pray, O Lord, advance the peace and salvation of all the world. Be pleased to confirm in faith and charity your pilgrim Church on earth, with your servant **N.** our Pope and **N.** our Bishop, \* the Order of Bishops, all the clergy, and the entire people you have gained for your own.

Listen graciously to the prayers of this family, whom you have summoned before you: in your compassion, O merciful Father, gather to yourself all your children scattered throughout the world. To our departed brothers and sisters and to all who were pleasing to you at their passing from this life, give kind admittance to your kingdom. There we hope to enjoy for ever the fullness of your glory He joins his hands. through Christ our Lord, through whom you bestow on the world all that is good.

Through him, and with him, and in him, to you, O God, almighty Father, in the unity of the Holy Spirit, is all honor and glory, for ever and ever. **Amen.**

### **Communion Rite**

Priest: At the Savior's command and formed by divine teaching, we dare to say:

### **The Lord's Prayer**

**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.**

Priest: Deliver us, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Savior, Jesus Christ.

**R/. For the kingdom, the power, and the glory are yours, now and for ever. Amen.**

Priest: Lord Jesus Christ, you said to your apostles: "Peace I leave you, my peace I give you." Look not on our sins, but on the faith of your Church, and graciously grant her peace and unity in accordance with your will who live and reign for ever and ever.

**R/. Amen.**

Priest: The peace of the Lord be with you always.

**R/. And also with you.**

**V/. Let us offer each other the sign of peace.**

## Agnus Dei

**Lamb of God, you take away the sins of the world: have mercy on us.**

**Lamb of God, you take away the sins of the world: have mercy on us.**

**Lamb of God, you take away the sins of the world, grant us peace.**

Priest: Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

**R/. Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.**

V/. The Body of Christ.

**R/. Amen.**

V/. The Blood of Christ.

**R/. Amen.**

Priest: Let us pray... We ask this through Christ our Lord.

R/. Amen.

## CONCLUDING RITE

Priest: The Lord be with you.

**R/. And with your spirit.**

Priest: May almighty God bless you, the Father, and the Son, ✠ and the Holy Spirit.

**R/. Amen.**

V/. The Mass is ended, go in peace.

**R/. Thanks be to God.**

## PRAYERS BEFORE COMMUNION

I

Lord Jesus Christ, Son of the living God, by the will of the Father and the work of the Holy Spirit your death brought life to the world. By your holy body and blood free me from all my sins and from every evil. Keep me faithful to your teaching, and never let me be parted from you.

II

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 great 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 win help to bring me 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 our Lord Jesus Christ, born of 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 one day see him face to face in glory, who lives and reigns with you for ever. Amen.

III

V/. See in this bread the body that hung on the cross; see in this cup the blood that flowed from his side. Take and eat the body of Christ; take and drink his blood.

**R/. For now you are members of Christ.**

V/. Receive the bond of love and be united; receive the price of your salvation and know your worth.

**R/. For now you are members of Christ.**

Let us pray. Almighty God, we receive new life from the supper your Son gave us in this world. May we find full contentment in the meal we hope to share in your eternal kingdom. We ask this through Christ our Lord. Amen.

## PRAYERS AFTER COMMUNION

I

How holy this feast in which Christ is our food: his passion is recalled, grace fills our hearts, and we receive a pledge of the glory to come.

II

Lord, Jesus Christ, take all my freedom, my memory, my understanding, and my will. All that I have and cherish you have given me. I surrender it all to be guided by your will. Your grace and your love are wealth enough for me. Give me these, Lord Jesus, and I ask for nothing more.

## THE SACRAMENT OF PENANCE

In order to celebrate the Sacrament of Penance, three elements are necessary: *Confession, Contrition, and Absolution.*

1. ***Prior to Confession – Examination of Conscience.*** In order to prepare oneself for a confession of sins, it is appropriate to examine one's conscience. The easiest way to do so is to look at the great commandments (Mt 22: 37-39) and the 10 Commandments (Ex 20: 2-17).

**The New Commandment** (John 13: 34) Love one another. As I have loved you, so you also should love one another.

### **The Great Commandments – Matthew 22: 37-39**

"You shall love the Lord your God with your whole heart, with your whole soul, and with all your mind." This is the greatest and first commandment The second is like it: "You shall love your neighbor as yourself." On these two commandments the whole law is based and the prophets as well.

### **The Ten Commandments – Exodus 20: 2-17 and Deuteronomy 5: 1-22**

1. I, the Lord, am your God, who brought you out of the land of Egypt, that place of slavery. You shall not have other gods besides me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Sabbath day.
4. Honor your father and 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 thy neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

### **Another Examination of Conscience**

Have I found that I have attitudes of: envy and hatred? sloth and indifference? materialism and sensualities? injustices and favoritisms? lack of confidence in God, in others, and in myself? lack of Faith, of Hope, of Charity?

Do I act with: taking advantage of people and situations? anger? pride? spite? discrimination? hypocrisy? cynicism? selfishness? cowardice? laziness?

Do I allow myself to be led by: comfort? food? drink? avarice? money? personal gains? pleasure? business? personal welfare above and beyond that of others? disrespect for the human person and life? unfaithfulness in my state in life? evil? error? superstition? violence? revenge? lies and half-truths?

### **Prayer for Guidance**

Almighty and merciful God, you have brought us together in the name of your Son to receive your mercy and grace in our time of need. Open my eyes to see the evil I have done. Touch my heart and convert me to yourself. Where sin has divided and scattered, may your love make one again; where sin has brought weakness, may your power heal and strengthen; where sin has brought death, may your Spirit raise to new life. Give me a new heart to love you, so that my life may reflect the image of your Son. May the world see the glory of Christ revealed in your Church, and come to know that he is the one whom you have sent, Jesus Christ, your Son, our Lord. Amen.

### **Prayer before Confession**

Lord our God, you are patient with sinners and accept our desire to make amends. I acknowledge my sins and I am resolved to change my life. Help me to celebrate this sacrament of your mercy so that I may reform my life and receive from you the gift of everlasting joy. We ask this through Christ our Lord. Amen.

## **2. THE SACRAMENT OF RECONCILIATION – CONTRITION FOR ONE’S SINS**

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

*The priest may say: 1 John 2: 1-2*

If you have sinned, do not lose heart.

We have Jesus Christ to plead for us with the Father: he is the Holy One, the atonement for our sins and for the sins of the whole world.

*You may begin the confession of your sins. After you have confessed your sins, the priest will give you a form of penance as a way to make up for the sins you have committed. After you have received your penance, and before the priest prays the absolution, you say your Act of Contrition or forgiveness:*



### **The Act Of Contrition**

I

Lord God, in your goodness have mercy on me: do not look on my sins, but take away all my guilt. Create in me a clean heart and renew within me an upright spirit.

II

Lord Jesus, Son of God, have mercy on me, a sinner.

III

O my God, I am sorry for my sins. In choosing to sin and failing to do good, I have sinned against You and Your Church. I firmly intend, with the help of Your Son, to make up for my sins and to love as I should. Amen.

IV

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.

3. *Absolution.* After you have confessed your sins and offered an Act of Contrition, the priest, on behalf of God and the Church, offers a prayer of absolution and forgives your sins.

### **The Absolution**

God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins, in the name of the Father, and of the Son, ✠ and of the Holy Spirit. Amen.

### **Dismissal** *He may add:*

May the passion of our Lord Jesus Christ, the intercession of the Blessed Virgin Mary and of all the saints, whatever good you do and suffering you endure, heal your sins, help you grow in holiness, and reward you with eternal life. Go in peace.

## PENANCE AND PRAISE

*The following prayer may be said either before or after you fulfill your penance.*

Lord God, creator and ruler of your kingdom of light, in your great love for this world you gave up your only Son for our salvation. His cross has redeemed us, his death has given us life, his resurrection has raised us to glory. Through him we ask you to be always present among your family. Teach me to be reverent in the presence of your glory; fill my heart with faith, my days with good works, my life with your love; may your truth be on my lips and your wisdom in all my actions, that I may receive the reward of everlasting life. We ask this through Christ our Lord. Amen.

Mary Most Holy, keep me always in your care. Amen.

## **EUCCHARISTIC EXPOSITION AND BENEDICTION**

**EXPOSITION** - *After the people have assembled, the following or another suitable song may be sung while the minister prepares the Holy Eucharist for adoration:*

- |  |  |
|--|--|
| 1. O salutaris Hostia<br>Quae caeli pandis ostium:<br>Bella premunt hostilia,<br>Da robur, fer auxilium. | 2. Uni trinoque Domino<br>Sit sempiterna gloria,<br>Qui vitam sine termino<br>Nobis donet in patria. Amen. |
|--|--|

**ADORATION** - *The Liturgy of the Hours may be celebrated during the period of exposition, or there may be prayers, songs, readings from scripture and a brief homily to direct the attention of the faithful to the worship of the Lord. The following or another suitable Eucharistic song may be sung:*

- |  |  |
|--|--|
| 1. Tantum ergo Sacramentum veneremur cernui,<br>Et antiquum documentum novo cedat ritui;<br>Praestet fides supplementum, sensuum defectui. | 2. Genitori Genitoque laus et jubilatio,<br>Salus, honor, virtus quoque sit et benedictio:<br>Procedenti ab utroque compar sit laudatio. Amen. |
|--|--|

**EUCCHARISTIC BLESSING** - *If the minister is a priest or deacon, there may be a blessing. Before the blessing a prayer such as the following may be said.*

Priest/Deacon: Lord Jesus Christ, you gave us the Eucharist as the memorial of your suffering and death.  
May our worship of this sacrament of your body and blood help us to experience the  
salvation you won for us and the peace of the kingdom where you live with the Father  
and the Holy Spirit, one God, for ever and ever.

**R/. Amen.**

**REPOSITION** - *After the blessing the minister places the blessed sacrament in the tabernacle.*

**ACCLAMATION OR SONG** - *The people may say an acclamation or sing another song such as the following:*

Blessed be God. Blessed be his Holy Name. Blessed be Jesus Christ, true God and true Man. Blessed be the Name of Jesus. Blessed be his most Sacred Heart. Blessed be his most Precious Blood. Blessed be Jesus in the most Holy Sacrament of the Altar.	Blessed be the Holy Spirit, the Paraclete. Blessed be the great Mother of God, Mary most holy. Blessed be her holy and Immaculate Conception. Blessed be her glorious Assumption. Blessed be the name of Mary, Virgin and Mother. Blessed be St. Joseph, her most chaste spouse. Blessed be God in his angels and in his saints.
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### **RECESSIONAL HYMN**

- |  |   |
|--|---|
| 1. Holy God, we praise thy name;<br>Lord of all, we bow before thee;<br>All on earth thy scepter claim,<br>All in heaven above adore thee.<br>Infinite thy vast domain,<br>Everlasting is thy reign! | 2. Hark, the loud celestial hymn;<br>Angel choirs above are raising;<br>Cherubim and Seraphim,<br>In unceasing chorus praising,<br>Fill the heavens with sweet accord:<br>Holy, holy, holy, Lord! |
|--|---|

## **THE TEACHINGS OF THE CHURCH**

### **THE PRECEPTS OF THE CHURCH**

1. To keep holy the day of the Lord's resurrection; to worship God by participating in the Mass every Sunday and Holy Day of Obligation; to avoid those activities that would hinder renewal of soul and body on the Sabbath (e.g., needless work and business activities, unnecessary shopping).
2. To lead a sacramental (small "s") life; to receive Holy Communion frequently - at least once a year, between the first Sunday of Lent and Trinity Sunday; to receive the Sacrament of Penance, or Reconciliation, regularly - at least once a year if serious sin is involved.
3. To study Catholic teaching in preparation for the sacrament of Confirmation, to be confirmed, and then to continue to study and advance the cause of Christ.
4. To observe the Marriage Laws of the Church; to give one's children religious training by word and example; to use Catholic schools and religious education programs.
5. To strengthen and support the Church: The parish community and the priest, the world Church and the pope.
6. To do penance, abstain from meat and fast from food on the appointed days of Lent.
7. To support and involve oneself in the mission spirit and activity of the Church.

### **DAYS OF PENANCE**

The days of Advent, Ash Wednesday, The days of Lent (especially Fridays).

### **SPECIAL PENANCES**

Not eating meat, eating less, giving up snacks, saying extra prayers, being silent, doing kind deeds, reading from the bible, attending the Eucharist on weekdays, giving money to the poor or to special causes.

## **THE CORPORAL WORKS OF MERCY**

*(see Mt 25: 31-46)*

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

## **THE SPIRITUAL WORKS OF MERCY**

1. Convert the sinner
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 GIFTS OF THE HOLY SPIRIT** *(see Is 11: 2 ff.)*

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

## **THE NINE FRUITS OF THE HOLY SPIRIT** *(see Gal 5: 22-23)*

- |             |                 |
|-------------|-----------------|
| 1. Charity  | 6. Generosity   |
| 2. Joy      | 7. Faithfulness |
| 3. Peace    | 8. Gentleness   |
| 4. Patience | 9. Self-Control |
| 5. Kindness |                 |

## **THE FOUR CARDINAL VIRTUES**

*(see Wis 8: 7)*

1. Prudence
2. Justice
3. Fortitude
4. Temperance

## **THE THREE THEOLOGICAL VIRTUES**

*(1 Cor 13: 13)*

1. Faith
2. Hope
3. Love

## **THE SEVEN CAPITAL SINS**

*A capital vice is that which has an exceedingly desirable end so that in his desire for it a man goes on to the commission of many sins all of which are said to originate in that vice as their chief source. It is not then the gravity of the vice in itself that makes it capital but rather the fact that it gives rise to many other sins. St. Thomas defines them as:*

1. Pride (arrogance)
2. Avarice (covetousness)
3. Lust (impurity)
4. Wrath (anger)
5. Gluttony (lack of self-control)
6. Envy (jealousy)
7. Sloth (laziness)

## THE CHURCH'S LITURGICAL YEAR

**Season: Advent**

Time: Four weeks preceding Christmas

Meaning: Season of joyful waiting for the Lord's coming

**Season: Christmas**

Time: Christmas Eve through the feast of Jesus' baptism  
(Sunday after January 6, Epiphany)

Meaning: Celebration of the birth of Jesus and the birth of new life of His followers

**Season: Ordinary Time**

Time: Monday after the feast of Jesus' baptism until Ash Wednesday

Meaning: Time of recalling certain important events in Jesus' public life

**Season: Lent**

Time: Ash Wednesday to the Mass of the Lord's Supper on Holy Thursday

Meaning: Season of penitential preparation for Jesus' death and resurrection

**Season: Easter Triduum**

Time: Last three days of Holy Week, beginning with the Mass of the Lord's Supper

Meaning: Commemoration of Jesus' "passing over" from suffering and death to resurrection

**Season: Easter**

Time: Easter Vigil through Pentecost Sunday

Meaning: Celebration of the resurrection and ascension, and of Pentecost, the fulfillment of Jesus' promise of the Holy Spirit

**Season: Ordinary Time**

Time: Monday after Pentecost Sunday to the first Sunday of Advent

Meaning: Time of commemorating the Trinity, the Eucharist and other faith mysteries

## HOLY DAYS OF OBLIGATION

1. Solemnity of Mary, Mother of God (January 1)
2. The Assumption of Mary (August 15)
3. All Saint's Day (November 1)
4. The Immaculate Conception of Mary (December 8)
5. Christmas Day (December 25)

# THE SACRAMENTS

## THE SEVEN SACRAMENTS

The Sacraments of Initiation are *Baptism, Confirmation* and *Eucharist*.

The Sacraments of Vocation are *Marriage* and *Holy Orders*.

The Sacraments of Healing are *Reconciliation* and *Anointing of the Sick*.

## THE SACRAMENTS OF INITIATION

The **Sacrament of Baptism** brings about a lifelong relationship with the Father, Son and Holy Spirit. It also makes us members of Jesus' community of faith. The symbols used in Baptism are:

- **Water**, which is a substance necessary for life. When immersed in water, you "die" and all your sins are purged, so that when you rise from the water, you rise into a new life.
- **Oil**, which was used in the early church as a healing ointment.
- **White Garments**. White is the color that represents purity and transformation of life.
- **Fire**, or the lighted candle, which represents the acceptance of Jesus as light of the world.
- **Words**, which make the symbols visible signs of our faith.

The **Sacrament of Eucharist** invites the community to share in the life, death, and resurrection (i.e., the paschal mystery) of Jesus Christ through his word and through his meal. The symbols used in Eucharist are:

- **Bread**, which was a common food in the early Church. When the wheat was ground, the grains became inseparable from the mass. It represents our humanity.
- **Wine**, which was a common drink of the early Church. It is joyous and tasteful. Like grains of wheat, the grapes become inseparable from each other and represent our humanity.
- **Words**, which make the symbols visible signs of our faith.

The **Sacrament of Confirmation** brings a person to a new level of Christian Maturity. At confirmation, the recipient receives the gift of the Holy Spirit, usually by a bishop. The symbols used in Confirmation are:

- **Oil**, which is the healing symbol used to cleanse you from illness and bring you to a healthy beginning. It also represents wealth, power, dignity, etc.
- **Words**, which make the symbols visible signs of our faith.

## THE SACRAMENTS OF VOCATION

The **Sacrament of Holy Orders** calls special members of the community into Sacramental Ministry. The symbols used in Holy Orders are:

- **Hands**, which the Bishop lays on the ordained. Hands represent power, friendship, love and peace.
- **Words**, which make the symbols visible signs of our faith.

The **Sacrament of Marriage**, which calls couples into a special relationship with God and each other. The symbol used in Marriage is:

- **Words**, or the vows of the man and woman, which makes the union of the two symbols in marriage (namely, the man and the woman).

## THE SACRAMENTS OF HEALING

The **Sacrament of Penance**, which brings the person closer to God through the forgiveness of his/her sins. The symbols used in Penance are:

- **Hands**, which the minister lays on the recipient. Hands represent power, friendship, love and peace.
- **Words**, which make the symbols visible signs of our faith.

The **Sacrament of Anointing of the Sick**, which brings God closer to the recipient during a time of duress in the recipient's life. The symbols used in Anointing of the Sick are:

- **Oil**, which was used in the early church as a healing ointment.
- **Hands**, which the minister lays on the recipient. Hands represent power, friendship, love and peace.
- **Words**, which make the symbols visible signs of our faith.