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## **TRADITIONAL ROMAN CATHOLIC PRAYER BOOK**

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

**2021**

**Catholic Women's League of the Diocese of Prince George  
Prince George BC Canada**

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### **Acknowledgements**

This “Traditional Roman Catholic Prayer Book”  
was compiled by the members of the Catholic Women’s League of Canada in the  
Diocese of Prince George, BC  
To assist in the teaching, learning, praying, and passing on of the  
“Traditional Roman Catholic Prayers”

### **Special Recognition**

is given to the following members of the  
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## **Mission Statement**

The Catholic Women's League of Canada  
calls its members to grow in faith,  
and to witness to the love of God  
through ministry and service.

## **Membership in the Catholic Women's League**

### **"I can make a difference"**

Add your voice and support to a national sisterhood of Catholic women who promote awareness and respond to political and social issues that affect all Canadians.

The Catholic Women's League of Canada is a national organization rooted in Gospel values calling its members to holiness through service to the people of God. The national organization consists of over 70,000 women aged 16 and older. The CWL contributes to the life and vitality of the church, family and community at home and abroad.

This "Traditional Roman Catholic Prayer Book" was compiled by the "Catholic Women's League" of the "Diocese of Prince George" to assist in the teaching, learning, praying, and passing on of our "Traditional Roman Catholic Prayers."

It is our hope that this booklet will be used as a resource for personal, family, council and church community prayer. As "Catholic Women's League" members let us under the leadership and direction of our spiritual advisors use this "Traditional Roman Catholic Prayer Book" to strengthen our personal, family, council and church community's faith so that we may all respond in service with love for God, for our neighbor and for ourselves.

For more information on the League and how to join the League  
visit the National website at:

<https://cwl.ca/>

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## **CWL Opening Prayers**

### **League Prayer**

We humbly pray You,  
O God our Father, to bless  
The Catholic Women's League of Canada.  
Bless our beloved country,  
our homes and families.  
Send Your Holy Spirit upon us  
to give light to our minds  
and strength to our wills  
that we may know and fulfil  
Your great law of charity.  
Teach us to share with others  
at home and abroad,  
the good things You have given us.  
This we ask through our Lord Jesus Christ  
and the intercession of our patroness,  
Our Lady of Good Counsel. Amen

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## **Prayer to Our Lady of Good Counsel**

Patroness of the Catholic Women's League of Canada

Mary, Our Lady of Good Counsel: filled with the Holy Spirit,  
you were a faithful disciple of Jesus, your Son.

Intercede with your Son for us that we may be faithful to our baptism, fervent  
in prayer, and generous in the service we give to our sisters and brothers.

May the spirit of the living God, who graced you with the gift of counsel, lead  
us in the way of truth and love.

With the help of your prayers, may we come to rejoice forever with you and  
the great company of saints in the kingdom of heaven.

Amen

## **CWL Prayer for Renewal**

God of new beginnings, ever faithful God,  
we thank You for your constant care for the women of The Catholic  
Women's League of Canada.

We have sought to serve You in faith by service to your people.

Under the guidance of the Holy Spirit and with the help of  
Our Lady of Good Counsel, we continue to discern Your call  
to seek justice and build Your Kingdom on earth each day.

We ask your guidance as we plan the evolution of  
The Catholic Women's League of Canada.

Grant us wisdom, the grace of discernment, and strength.

May each of us open her heart and mind to Your will and welcome the new  
life You bring to the League.

We ask this through Jesus, your beloved Son and Our Lord,  
who lives and reigns with You and the Holy Spirit, God forever and ever.

AMEN.

Sr. Susan Scott, CAF

# Traditional Catholic Prayers



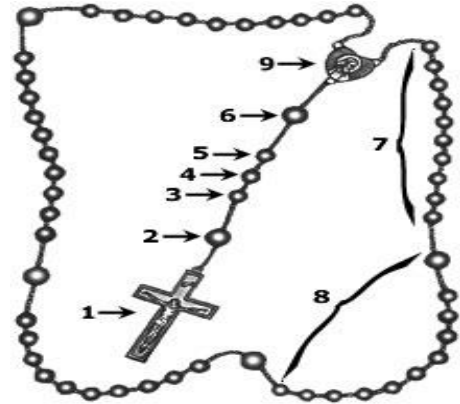
## The Divine Mercy Chaplet

### 1. **Make the Sign of the Cross**

In the name of the Father; and of the Son; and of the Holy Spirit.

### 2. **Optional Opening Prayers**

St. Faustina's Prayer for Sinners



O Jesus, eternal Truth, our Life, I call upon You and I beg Your mercy for poor sinners. O sweetest Heart of my Lord, full of pity and unfathomable mercy, I plead with You for poor sinners. O Most Sacred Heart, fount of Mercy from which gush forth rays of inconceivable graces upon the entire human race, I beg of You light for poor sinners. O Jesus, be mindful of Your own bitter Passion and do not permit the loss of souls redeemed at so dear a price of Your most precious Blood. O Jesus, when I consider the great price for Your blood, I rejoice at its immensity, for one drop alone would have been enough for the salvation of all sinners. Although sin is an abyss of wickedness and ingratitude, the price paid for us can never be equaled. Therefore, let every soul trust in the Passion of the Lord, and place its hope in His mercy. God will not deny His mercy to anyone. Heaven and earth may change, but God's mercy will never be exhausted. Oh, what immense joy burns in my heart when I contemplate Your incomprehensible goodness. O Jesus! I desire to bring all sinners to Your feet that they may glorify Your mercy throughout endless ages.

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



### 3. **Our Father**

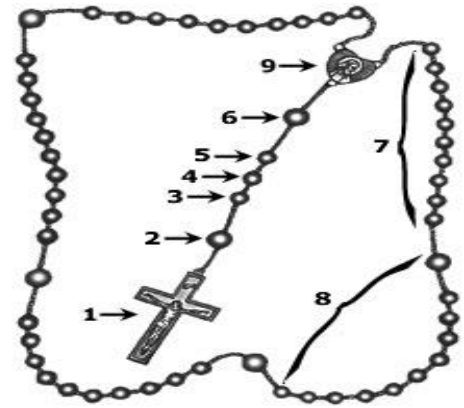
Our Father who art in Heaven, hallowed be Thy name; Thy Kingdom come, thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. Amen.

### 4. **Hail Mary**

Hail Mary full of grace. Our 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

### 5. **The Apostles Creed.**

I believe in God,  
the Father Almighty,  
Creator of heaven and earth,  
and in Jesus Christ, His only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
He descended into hell;  
on the third day He rose again from the dead;  
He ascended into heaven,  
and is seated at the right hand of God the Father Almighty;  
from there He will come to judge the living and the dead.  
I believe in the Holy Spirit,  
the Holy Catholic Church,  
the communion of Saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting.  
Amen.



### 6. **The Eternal Father**

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

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## 7. **On the 10 small Beads**

“For the sake of his sorrowful Passion, have mercy on us and on the whole world”

**Repeat:** (6) “Eternal Father” (8) (is the next decade). Repeat 10 “For the sake of His sorrowful Passion” for the remaining decades.

## 9. **Conclude with Holy God** (Repeat three times)

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

## 10. **Optional Closing Prayers**

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

O greatly Merciful God, Infinite Goodness, today all mankind calls out from the abyss of its misery to Your mercy- to Your compassion, O God; and it is with its mighty voice of misery that it cries out. Gracious God, do not reject the prayer of this earth’s exiles! O Lord, Goodness beyond our understanding, who are acquainted with our misery through and through, and know that by our own power we cannot ascend to You, we implore You; anticipate us with Your grace and keep on increasing Your mercy in us, that we may faithfully do Your holy will all through our life and at death’s hour. Let the omnipotence of Your mercy shield us from the darts of our salvation’s enemies, that we may with confidence, as Your children, await Your (Son’s)final coming- that day known to You alone. And we expect to obtain everything promised us by Jesus in spite of all our wretchedness. For Jesus is our Hope: through His merciful Heart, as through an open gate, we pass through to heaven. (Diary,1570)

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## Nicene Creed

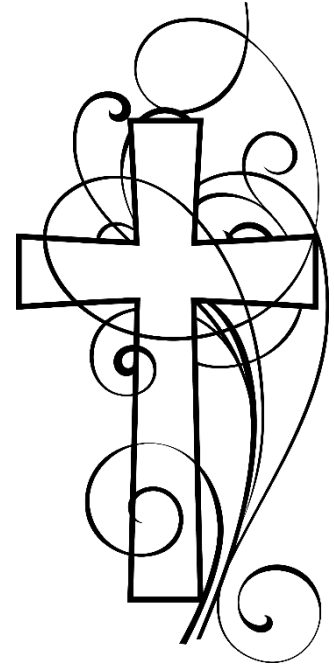
I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven, and by the Holy Spirit  
was incarnate of the Virgin Mary,  
and became man.

For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified,  
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.



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## **Morning Offering**

Dear Lord, I do not know what will happen to me today. I only know that nothing will happen that was not foreseen by You, and directed to my greater good from all eternity. I adore Your holy and unfathomable plans, and submit to them with all my heart for love of You, the Pope, and the Immaculate Heart of Mary. Amen.

## **Prayer before Sleep**

Saint Alphonsus Liguori (1696-1787)

Jesus Christ my God, I adore you and thank you for all the graces you have given me this day. I offer you my sleep and all the moments of this night, and I ask you to keep me from sin. I put myself within your sacred side and under the mantle of our Lady. Let your holy angels stand about me and keep me in peace. And let your blessing be upon me. Amen.

## **Prayer to St. Joseph, the Protector of the Church**

Father, you entrusted our Savior to the care of Saint Joseph.  
By the help of his prayers may your Church continue to serve its Lord,  
Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, for  
ever and ever. Amen.

## **A Prayer for Hope and Peace**

Heavenly Father, I am your humble servant,  
I come before you today in need of hope.  
I need hope for a calm and joyful future.  
I need hope for love and kindness.  
I pray for peace and safety.  
Some say that the sky is at its  
darkest just before the light.  
I pray that this is true, for today seems stormy and dim.  
I need your light, Lord, in every way.  
I pray to be filled with your light.  
Help me to walk in your light, and live  
my life in faith and service.  
In your name I pray, Amen.



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### **Act of Contrition**

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



### **An Act of Faith, Hope, and Love**

Jesus, I believe in you.  
Jesus, I hope in you.  
Jesus, I love you.

### **Act of Faith**

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

### **Act of Hope**

O my God, relying on your infinite mercy and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

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### **Act of Love**

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

Amen.

### **Act of Charity**

Oh my God, I love Thee with my whole heart and soul, because thou art the Infinite Good. And I love my neighbor as myself for the love of Thee. Amen.

### **Prayer to Saint Michael the Archangel**

Saint Michael, the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil; may God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl through the world seeking the ruin of souls. Amen.

### **Prayer to the Sacred Heart of Jesus**

O MOST Holy Heart of Jesus, fountain of every blessing, I adore Thee, I love Thee and with a lively sorrow for my sins, I offer Thee this poor heart of mine. Make me humble, patient, pure, and wholly obedient to Thy will. Grant, good Jesus, that I may live in Thee and for Thee. Protect me in the midst of danger; comfort me in my afflictions; give me health of body, assistance in my temporal needs, thy blessing on all that I do, and the grace of a holy death. Within Thy Heart I place my every care. In every need let me come to Thee with humble trust saying, 'Heart of Jesus help me'. Amen.

### **Traditional Grace Prayer for Before Meals**

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

### **Traditional Grace Prayer After Meals**

We give thanks Almighty God for all thy gifts, who lives and reigns, world without end, Amen.

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### **Guardian Angel Prayer**

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, to rule and guide. Amen.

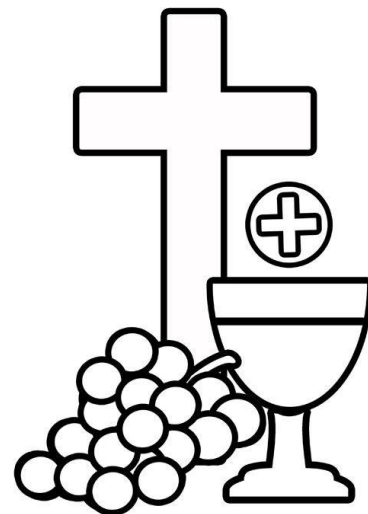
### **Prayer to the Holy Spirit**

Come, Holy Spirit, fill the hearts of your faithful.  
And kindle in them the fire of your love.  
Send forth your Spirit and they shall be created.  
And you will renew the face of the earth.  
Lord,  
by the light of the Holy Spirit  
you have taught the hearts of your faithful.  
In the same Spirit  
help us to relish what is right  
and always rejoice in your consolation.  
We ask this through Christ our Lord. Amen.

### **Prayer Before Communion**

Saint Paschal Baylon

Oh, Father,  
eternal God,  
grant me faith and courage;  
Son, wisdom of the Father  
grant me light and make me wise;  
Holy Spirit, beloved of Father and Son  
in flame my heart and purify my soul,  
That I may approach  
This most majestic Sacrament  
with faith and love  
Amen

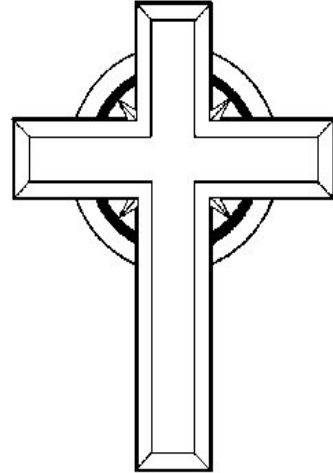


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## **Prayers After Holy Communion**

Anima Christi

Soul of Christ, make me holy  
Body of Christ, be my salvation  
Blood of Christ, let me drink your wine  
Water flowing from the side of Christ, wash me clean  
Passion of Christ, strengthen me  
Kind Jesus, hear my prayer  
Hide me within your wounds  
And keep me close to you  
Defend me from the evil enemy  
And call me at the hour of my death  
To the fellowship of your saints  
That I might sing your praise with them  
for all eternity. For ever and ever.  
Amen.



## **Prayer for Vocations**

*USCCB/ United States Conference of Catholic Bishops*

O God, Father of all Mercies,  
Provider of a bountiful Harvest,  
send Your Graces upon those  
You have called to gather the fruits of Your labor;  
preserve and strengthen them in their lifelong service of you.  
Open the hearts of Your children  
that they may discern Your Holy Will;  
inspire in them a love and desire to surrender themselves  
to serving others in the name of Your son, Jesus Christ.  
Teach all Your faithful to follow their respective paths in life  
guided by Your Divine Word and Truth.  
Through the intercession of the Most Blessed Virgin Mary,  
all the Angels, and Saints, humbly hear our prayers  
and grant Your Church's needs, through Christ, our Lord.

Amen.



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## **Prayer before a Crucifix**

BEHOLD, O Kind and most sweet Jesus, before Thy Face I humbly kneel, and with the most fervent desire of soul, I pray and beseech Thee to impress upon my heart lively sentiments of faith, hope and charity, true contrition for my sins and a firm purpose of amendment.

With deep affection and grief of soul, I ponder within myself, mentally contemplating Thy five Wounds, having before my eyes the words which David the Prophet spoke concerning Thee: "They have pierced my hands and my feet, they have numbered all my bones." Amen. *Conclude with Our Father, Hail Mary & Glory Be for the Holy Father's intentions*

## **Glory Be**

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

## **Litany of the Sacred Passion**

**by William Storey**

The Litany of the Sacred Passion. It draws together all the events of Jesus' dying day.

Lord Jesus, at the Last Supper you knew that Judas, one of the Twelve, would betray you.

~GOOD LORD, DELIVER US FROM FALSE FRIENDS AND TREACHERY.

Lord Jesus, during the supper, you humbly washed the feet of your disciples.

~GOOD LORD, MAKE US MEEK AND HUMBLE OF HEART.

Lord Jesus, at the Last Supper, you gave us the sacrament of your broken body and outpoured blood.

~GOOD LORD, WE WORSHIP THE SEAL OF THE NEW AND ETERNAL COVENANT.

Lord Jesus, you asked your disciples to watch and pray with you in the Garden of Gethsemane.

~GOOD LORD, KEEP US AWAKE AND WATCHFUL WITH YOU.

---

Lord Jesus, at your betrayal and arrest all your friends fled in fear and deserted you.

~GOOD LORD, GIVE US COURAGE IN TIME OF TRIAL.

Lord Jesus, you were falsely accused and condemned for speaking the truth before Caiaphas, the high priest.

~GOOD LORD, MAY WE SPEAK TRUTH IN THE FACE OF INJUSTICE.

Lord Jesus, in the courtyard of the high priest, Simon Peter swore three times that he did not know you.

~GOOD LORD, MAKE US FAITHFUL IN TIME OF TEMPTATION.

Lord Jesus, Pilate traded you for a murderer and handed you over to crucifixion.

~GOOD LORD, HAVE MERCY ON US SINNERS.

Lord Jesus, you were beaten, mocked, and humiliated by Pilate's soldiers.

~GOOD LORD, MAY WE SUFFER GLADLY FOR YOUR SAKE.

Lord Jesus, on the cross you were taunted and derided as King of the Jews.

~GOOD LORD, MAY WE ALWAYS LIVE IN OBEDIENCE TO YOU.

Lord Jesus, on the cross you forgave your enemies.

~GOOD LORD, GIVE US THE GRACE TO FORGIVE OURS.

Lord Jesus, from the cross you promised paradise to a repentant criminal.

~GOOD LORD, MAKE US LONG FOR PARADISE AND ETERNAL BLISS.

Lord Jesus, from the cross you confided your Blessed Mother to your beloved disciple.

~GOOD LORD, MAKE US CHILDREN OF MARY.

Lord Jesus, you cried out in agony to your Father and died with a loud cry.

~GOOD LORD, HAVE MERCY ON US, NOW AND AT THE HOUR OF OUR DEATH.

Lord Jesus, the Roman centurion recognized you as the Son of God.

~GOOD LORD, MAY WE ALWAYS PRAISE AND EXALT YOU AS OUR BLESSED SAVIOR.

Lord Jesus, you were taken down from the cross and laid in the arms of your sorrowful Mother.

~GOOD LORD, ENTRUST US TO THE CARE OF YOUR BLESSED MOTHER.

Lord Jesus, Joseph of Arimathea wrapped your body in a linen shroud and laid you in his rock-hewn tomb.

~GOOD LORD, GRANT US THE GIFT OF TEARS AT THE MEMORY OF YOUR SUFFERING, DEATH, AND BURIAL.

Lord Jesus, the women who had followed you from Galilee watched as you were put to rest in the tomb.

~GOOD LORD, WE AWAIT WITH JOY YOUR GLORIOUS RESURRECTION ON THE THIRD DAY. *(Pause for special intentions.)*

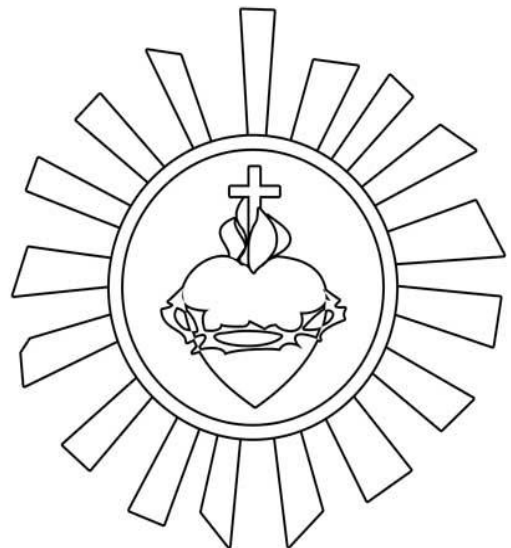
We adore you, O Christ, and we bless you,

~FOR BY YOUR HOLY CROSS YOU HAVE REDEEMED THE WORLD.

### **Closing Prayer to the Litany of the Sacred Passion**

Lord Jesus Christ,  
you were fastened with nails  
to the wood of the cross and raised on high for all to see.  
As the sun grew dark and the earth quaked,  
you surrendered your spirit to your Father,  
descended among the dead,  
broke open the gates of hell,  
and freed those bound in darkness.  
As angel choirs rejoiced,  
you were raised to life again on the third day,  
destroying death by your own death  
and canceling the power of sin.  
By these mighty deeds on our behalf,  
rescue us from our blindness and tepidity,  
inspire us anew by your Holy Spirit,  
and lead us into a life of prayer and service  
worthy of your awesome sacrifice,  
O Savior of the world,  
living and reigning with the Father,  
in the unity of the Holy Spirit,  
one God, for ever and ever. ~AMEN.

May the glorious passion of our Lord Jesus Christ  
+ bring us to the joys of paradise. ~AMEN.



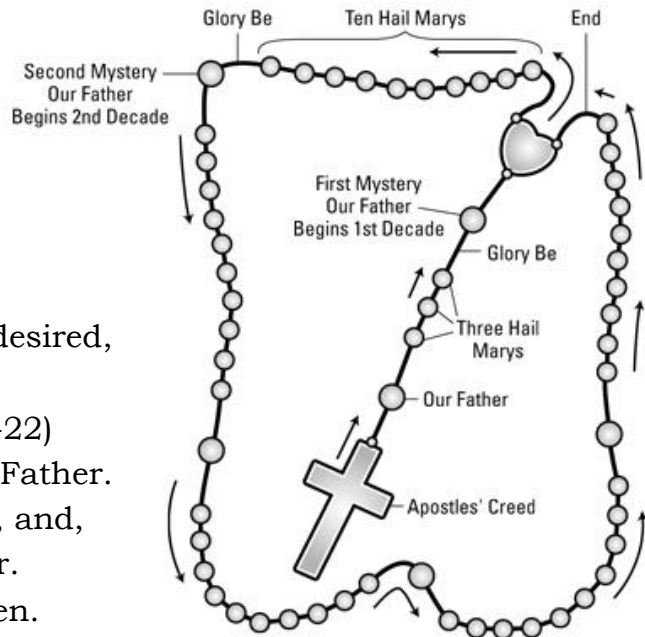
# Prayers Honouring Mary



## The Rosary

### **The Order of Prayers for The Rosary**

- The Rosary begins with the Sign of the Cross.
- Then the Apostles Creed.
- Followed by one Our Father.
- Three Hail Mary's.
- A Glory Be to the Father, and, if desired, the Fatima Prayer.
- Next come five mysteries. (pg. 21-22)
  - Each consisting of one Our Father. Ten Hail Mary's, a Glory Be, and, if desired, the Fatima Prayer.
- Conclude with the Hail Holy Queen.
- Please say a few extra prayers after the Hail Holy Queen for the Pope.



## Prayers of the Rosary

### **Sign of the Cross**

In the name of the Father; and of the Son; and of the Holy Spirit.

### **Apostles Creed.**

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

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

### **The 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; and lead us not into temptation but deliver us from evil. Amen.

### **Hail Mary**

Hail Mary, full of grace, the Lord is with Thee. Blessed art Thou amongst women, and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death.

### **Glory Be**

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

### **Hail Holy Queen (Salve Regina)**

Hail, holy Queen,  
Mother of Mercy, Our life,  
our sweetness and our hope.

To thee do we cry, poor banished children of Eve,  
To thee do we send up our sighs,  
Mourning and weeping in this valley of tears.

Turn then, most gracious Advocate,  
thine eyes of mercy toward us, and after this our exile,  
show unto us the blessed fruit of thy womb, Jesus.

O clement, O loving, O sweet Virgin Mary!  
Pray for us, O Holy Mother of God,  
That we may be made worthy of the promises of Christ.  
Amen.



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## **Fatima Prayer**

Oh, my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to heaven, especially those most in need of thy mercy.



## **The Full Rosary**

A "full Rosary" consists of saying all twenty decades, that is, all four sets of five Mysteries. A "Rosary" consists of praying five decades of one set of Mysteries. Many people pray a full Rosary every day; either by praying four separate Rosaries in the morning, midday, afternoon, and evening; or all twenty Mysteries at one time (it is not necessary to repeat the preamble--the Apostles Creed, etc.--between the four sets of Mysteries if one is praying a full Rosary. Conclude with Hail Holy Queen after the last of the Glorious mysteries).

## **Rosary Novenas**

Any time you pray any set of prayers nine consecutive times, it is a novena (*novena* is Latin for nine). There are many traditional Catholic novenas, and several involve the Rosary. The most common is to say nine straight Saturdays or for nine consecutive hours in one day.

## **The Most Powerful Novena**

Perhaps the most powerful novena is the 54 Day Rosary Novena, which is a series of six consecutive nine-day novenas. The first three novenas are offered for the intention, while the last three are offered in thanks to God in anticipation of granting the favour.



## **The Mysteries**

Here is a brief listing and description of all twenty Mysteries.

### **Mysteries for Certain Weekdays**

The Mysteries might be prayed on the following days:

The Joyful Mysteries on Monday and Saturday,

The Sorrowful Mysteries on Tuesday and Friday,

The Glorious Mysteries on Wednesday and Sunday,

The Luminous Mysteries on Thursday.

### **The Joyful Mysteries**

- *The Annunciation:* The Archangel Gabriel "announces" to Mary that she shall conceive the Son of God.
- *The Visitation:* Mary visits her cousin Elizabeth, who is pregnant with John the Baptist.
- *The Nativity:* Jesus is born.
- *The Presentation:* Mary and Joseph "present" Jesus in the Temple where they meet Simeon.
- *The Finding in the Temple:* After losing Him, Mary and Joseph find young Jesus teaching the Rabbis in the Temple.

### **The Luminous Mysteries**

- *The Baptism in the Jordan:* The voice of the Father declares Jesus the beloved Son.
- *The Wedding at Cana:* Christ changes water into wine, his first public miracle.
- *The Proclamation of the Kingdom:* Jesus calls to conversion (cf. Mk 1:15) and forgives the sins of all who draw near to him.
- *The Transfiguration:* The glory of the Godhead shines forth from the face of Christ.
- *The Institution of the Eucharist:* Jesus offers the first Mass at the Last Supper with his apostles, establishing the sacramental foundation for all Christian living.

## The Sorrowful Mysteries

- *The Agony in the Garden:* Jesus sweats water and blood while praying the night before his passion.
- *The Scourging at the Pillar:* Pilate has Jesus whipped.
- *The Crowning with Thorns:* Roman soldiers crown Jesus' head with thorns.
- *The Carrying of the Cross:* Jesus meets His mother and falls three times on the way up Calvary.
- *The Crucifixion:* Jesus is nailed to the cross and dies before His mother and His apostle John.

## The Glorious Mysteries

- *The Resurrection:* Jesus rises from the dead.
- *The Ascension:* Jesus leaves the Apostles and bodily "ascends" to heaven.
- *The Descent of the Holy Spirit:* The Apostles receive the Holy Spirit in tongues of fire in the upper room with Mary.
- *The Assumption:* Mary is taken bodily--assumed--into heaven by God at the end of her life here on earth.
- *The Coronation:* Mary is crowned Queen of Heaven and Earth.





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### **Act of Consecration to Mary**

O my Queen, O my Mother, I love you and give myself to you. I give to you this day my eyes, my ears, my mouth, my heart, my whole self.

Since I am yours, keep me and guard me as your child forever. Amen

### **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 with this confidence, I hasten 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, do not despise my petition, but in your mercy hear and answer me. Amen

### **Magnificat**

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

From this day all generations will call me blessed:  
the Almighty has done great things for me,  
and holy is his Name.

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

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### **Regina Caeli**

Call: Queen of heaven, rejoice, alleluia.

Response: The Son you merited to bear, alleluia,

Call: Has risen as he said, alleluia.

Response: Pray to God for us, alleluia.

Call: Rejoice and be glad, O Virgin Mary, alleluia.

Response: For the Lord has truly risen, alleluia.

Let us pray.

God of life, you have given 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 Christ our Lord.

Amen.

### **The Angelus**

Call: The angel spoke God's message to Mary,

Response: and she conceived of the Holy Spirit.

*Hail Mary...*

Call: "I am the lowly servant of the Lord:

Response: let it be done to me according to your word."

*Hail Mary...*

Call: And the Word became flesh

Response: and lived among us.

*Hail Mary...*

Call: Pray for us, holy Mother of God,

Response: that we may become worthy of the promises of Christ.

Let us pray.

Lord, fill our hearts with your grace;  
once, through the message of an angel  
you revealed to us the incarnation of your Son;  
now, through his suffering and death  
lead us to the glory of his resurrection.

We ask this through Christ our Lord.

Amen.

### **Oremus (Let us pray)**

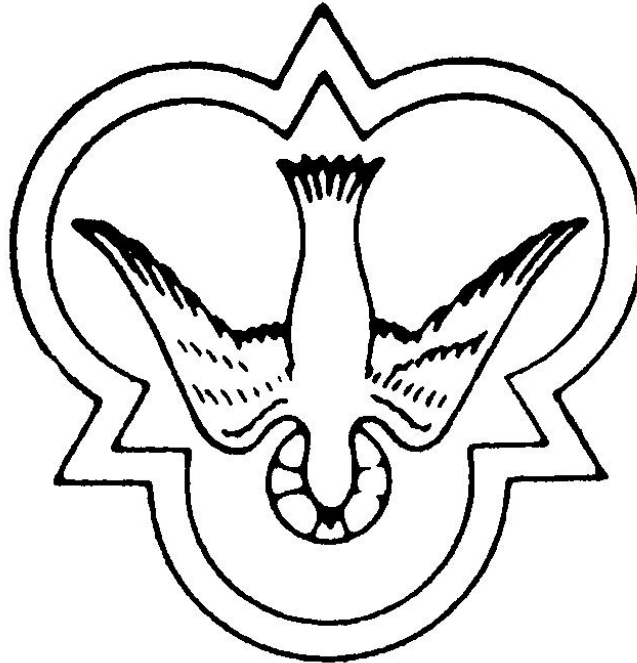
O God, who, through the Resurrection of Thy Son our Lord Jesus Christ,  
Didst vouchsafe to fill the world with joy; grant, we beseech Thee, that,  
through His Virgin Mother, Mary, We may lay hold on the joys of everlasting  
life. Through the same Christ our Lord.

Amen.

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**Sub Tuum Praesidium (“Under thy protection”)**

We fly to thy patronage, O holy Mother of God;  
Despise not our petitions in our necessities, but deliver us always from all  
dangers,  
O glorious and blessed Virgin.  
Amen.





## **Inspiration from the Saints**

### **Complete Trust in God**

Saint Francis de Sales (1567-1622)

Do not look forward to the changes and chances of this life with fear. Rather, look to them with full confidence that, as they arise, God to whom you belong will in his love enable you to profit by them. He has guided you thus far in life. Do you but hold fast to His dear hand, and He will lead you safely through all trials. Whenever you cannot stand, He will carry you lovingly in his arms.

Do not look forward to what may happen tomorrow. The same Eternal Father who takes care of you today will take care of you tomorrow, and every day of your life. Either He will shield you from suffering or He will give you unfailing strength to bear it.

Be at peace then, and put aside all useless thoughts, all vain dreads and all anxious imaginations.

### **The Daily Prayer for Priests by St. Therese of the Child Jesus**

O Jesus, I pray for your faithful and fervent priests;  
for your unfaithful and tepid priests;  
for your priests laboring at home or abroad in distant mission fields.  
for your tempted priests;  
for your lonely and desolate priests;  
or your lonely and desolate priests;  
For your young priests;  
for your dying priests;  
for the souls of your priests in Purgatory.  
But above all, I recommend to you the priests dearest to me:  
the priest who baptized me;  
the priests who absolved me from my sins;  
the priests at whose Masses I assisted and who gave me



Your Body and Blood in Holy Communion;  
the priests who taught and the priests who taught and instructed me;  
all the priests to whom I am indebted in any other way (especially ...).  
O Jesus, keep them all close to your heart,  
and bless them abundantly in time and in eternity. Amen

### **Peace Prayer of Saint Francis of Assisi**

Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.  
O divine Master, grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.  
For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.  
Amen.



*St. Francis, pray for us*

### **“Canticle of the Sun,”**

Be praised, my Lord,  
For all your creatures,  
And first for brother sun,  
Who makes the day bright and luminous.  
He is beautiful and radiant  
With great splendor  
He is the image of You,  
Most high.  
Be praised, my Lord,  
For sister moon and the stars. You placed them in the sky,  
So bright and twinkling.

Saint Francis of Assisi

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### **Meditation of Saint Therese**

O HOW sweet it is, the first kiss of Jesus to my soul. Yes, it is a kiss of love. I feel I am loved, and I too say: "I love Thee, I give myself to Thee forever!"

Jesus asks nothing of me, demands no sacrifice. Already for a long time past, He and I have watched and understood each other. This day our meeting is no longer a simple look but a fusion. No longer are we two. I have disappeared as the drop of water which loses itself in the depths of the ocean. Jesus alone remains: The Master, the King.

### **Prayer of Saint Richard of Chichester**

Thanks be to thee, my Lord Jesus Christ,  
for all the benefits thou hast given me,  
for all the pains and insults thou hast borne for me.  
O most merciful redeemer, friend and brother,  
may I know thee more clearly,  
love thee more dearly,  
and follow thee more nearly, day by day.  
Amen.

### **Holy Spirit Prayer of Saint Augustine**

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



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## **Prayer for the Holy Souls in Purgatory**

Saint Gertrude the Great

“Eternal Father, I offer You the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in purgatory, for sinners everywhere, for sinners in the universal Church, those in my own home and within my family. Amen”.

## **Tantum Ergo**

Saint Thomas Aquinas

With heads bowed let us now worship a sacrament so great;  
And let the old teaching give way to the new;  
Let faith reinforce our belief where the senses cannot.  
To the Father and the Son let there be praise and jubilation,

Salvation, honor, virtue, and also blessing;  
To the Holy Spirit let there be equal praise.

## **Prayer for students**

Saint Thomas Aquinas'

Creator of all things, true source of light and wisdom, origin of all being, graciously let a ray of your light penetrate the darkness of my understanding. Take from me the double darkness in which I have been born, an obscurity of sin and ignorance, give me a keen understanding, a retentive memory, and the ability to grasp things correctly and fundamentally. Grant me the talent of being exact in my explanations and the ability to express myself with thoroughness and charm. Point out the beginning, direct the progress, and help in the completion. I ask this through Jesus Christ our Lord. Amen

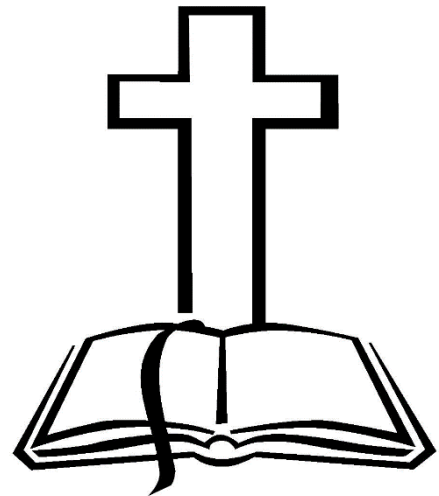
## **Suscipe**

Saint Ignatius of Loyola

Take, Lord, and receive all my liberty,  
my memory, my understanding,  
and my entire will,  
All I have and call my own.

You have given all to me.  
To you, Lord, I return it.

Amen.



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## **Prayer for the Sick**

Saint Augustine

Watch, O Lord, with those who wake, or watch, or weep tonight, and give your angels charge over those who sleep. Tend your sick ones, O Lord Christ. Rest your weary ones. Bless your dying ones. Soothe your suffering ones. Pity your afflicted ones. Shield your joyous ones. And for all your love's sake. Amen.

## **Doing God's Will**

Saint Ignatius Loyola

Lord Jesus, teach me to be generous;  
Teach me to serve you as you deserve;  
To give and not count the cost,  
To fight and not heed the wounds,  
To toil and not seek reward,  
Except that of knowing that I do your will.



## **Prayer of Saint Padre Pio**

STAY with me, Lord, for it is necessary to have  
Thou present so that I do not forget Thee.

Thou knows how easily I abandon Thee.

Stay with me, Lord, because I am weak, and I need Thy strength, so that I  
may not fall so often.

Stay with me, Lord, for Thou art my life, and without Thee, I am without  
fervor.

Stay with me, Lord, for Thou art my light, and without Thee, I am in  
darkness.

Stay with me, Lord, to show me Thy Will.

Stay with me, Lord, so that I hear Thy Voice and follow Thee.

Stay with me, Lord, for I desire to love Thee very much, and always be in Thy  
company.

Stay with me, Lord, if Thou wishes me to be faithful to Thee.

Stay with me, Lord, for as poor as my soul is, I want it to be a place of  
consolation for Thee, a nest of love.

Amen.



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## **GOD's Handiwork**

Saint Andre' Bessette

It is with the smallest brushes that the artist paints the most exquisitely beautiful pictures.

## **Saint Ignatius of Antioch**

Receive in tranquility and peace, O Lord, the souls of your servants who have departed this present life to come to you. Grant them rest and place them in the habitations of light, the abodes of blessed spirits. Give them the life that will not age, good things that will not pass away, delights that have no end, through Jesus Christ our Lord. Amen.

## **Prayer of Saint Thomas Aquinas**

Grant me, O Lord my God,  
a mind to know you,  
a heart to seek you,  
wisdom to find you,  
conduct pleasing to you,  
faithful perseverance in waiting for you,  
and a hope of finally embracing you.

## **Saint 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,  
Christ on my left,  
Christ when I lie down,  
Christ when I sit down,  
Christ when I arise,  
Christ in the heart of every man who thinks of me,  
Christ in the mouth of everyone who speaks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.

