

PRAYERS & DEVOTIONS
WITH CHANTS FOR THE HOLY MASS

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PREPARATION PRAYERS BEFORE THE HOLY MASS

A Prayer by Saint Abrose

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

A Prayer by Saint Thomas Aquinas

Almighty and ever-living God, I approach the sacrament of your only-begotten Son, our Lord Jesus Christ. I come sick to the doctor of life, unclean to the fountain of mercy, blind to the radiance of eternal light, and poor and needy to the Lord of heaven and earth. Lord, in your 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 will help to bring me to salvation. May I receive the sacrament of the Lord's body and blood, and its reality and power. Kind God, may I receive the body of your only-begotten Son, our Lord Jesus Christ, born from the womb of the Virgin Mary, and so be received into his mystical body and numbered among his members. Loving Father, as on my earthly pilgrimage I now receive your beloved Son under the veil of a sacrament, may I one day see him face to face in glory, who lives and reigns with you for ever. Amen.

ANTIPHONS TO OUR LADY BEFORE MASS

The Angelus –*Recited during Ordinary Time*

V. The Angel of the Lord declared unto Mary,

R. And she conceived by the Holy Spirit.

V. Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

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

V. Behold the handmaid of the Lord,

R. Be it done unto me according to your Word.

V. Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

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

V. (while genuflecting) And the Word was made flesh,

R. And dwelt among us.

V. Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

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

R. Pray for us, O holy Mother of God,

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

V. Let us pray:

R. 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 Caeli – *chanted during the Easter Season*

Re - gí - na caé - li, lae - tá - re, al - le - lú - ia,
O Queen of heav - en, be joy - ful, Al - le - lu - ia.

Qui - a quem me - ru - í - sti por - tá - re, al - le - lú - ia,
For He Whom thou hast mer - i - ted to bear, Al - le - lu - ia.

re - sur - ré - xit si - cut di - xit, al - le - lú - ia.
Rose in splen - dor as he prom - ised, Al - le - lu - ia.

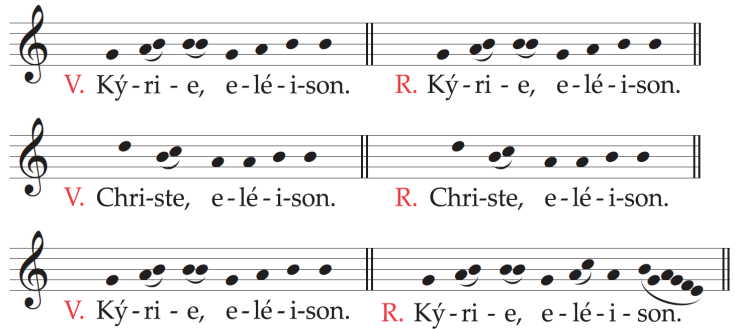
O - ra pro no - bis De - um, al - le - lú - ia.
Pour for us to God thy prayer, Al - le - lu - ia.

V. Let us pray: R. O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

CHANTS FOR THE MASS

THE KYRIE

The *Kyrie Eleison* is an ancient chant in Greek that means “Lord, (*Kyrie*) Have mercy (*Eleison*)”. Mercy isn’t just a pardon, but rather God extending His love to us. While it is a begging of pardon for sins, it is also a crying out for God’s love upon the situations of our lives where we need is help. Is there a situation or person in your life in which you need to call out to God and ask for His intervention? Is there a particular way in which you need to ask God’s forgiveness? It’s all here in this chant.



PLAINCHANT GLORIA FOR FEASTS AND SOLEMNITIES

The *Gloria* takes its name from the words chanted by the heavenly hosts along with the angel in Luke 2:14. It is a song of praise to God the Father on the occasion of the birth of Jesus Christ, His Only Begotten Son. First appearing in the Syrian liturgies of the Eastern Catholic Church, it dates to around the fourth century with the Latin version used today appearing in 690AD. It wasn’t widely used in the liturgy until the end of the eleventh century. Prior to this, it was only used for special occasions (like an Easter Mass or when a bishop presided). This gives some rationale for its use during Sundays, Solemnities, and Feasts but not during Lent or Advent.

This plainchant version of the *Gloria* is meant to be sung using only two notes with each line beginning on the original note..

The ` above a letter indicates that the note goes down a step. (Example: **yòu**)

The ´ above a letter indicates that the note goes back up a step. (Example: **Fáther**)

The underline between two words indicate that the words are sung together without separating them and using the same note. (Example: òf good will)

An underline on a single word indicates a brief hold of the note. (Example: Lord **Gòd**, Lamb of **Gòd**)

A **bold** word or syllable indicates where the emphasis is placed. (Example: **almìghty** Fàther)

Glory to God in the highest,
and on earth peace to people òf good will.

We praise **yòu**,
we bless **yòu**,
we adore **yòu**,
we glorify **yòu**,
we give you thanks for yòur great glòry,
Lord God, heavenly **Kìng**,
O God, **almìghty** Fàther.

Lord Jesus Christ, Only Begotten **Sòn**,
Lord **Gòd**, Lamb of **Gòd**, Son of the **Fathèr**,
you take away the sins of the **wòrld**,
have mercy on us;
you take away the sins of the **wòrld**,
receive our prayer;
you are seated at the right hand of the **Fathèr**,
have mercy on us.

For you alone are the Holy **Òne**,
you alone are the **Lòrd**,
you alone are the Most High,
Jesus **Christ**,
with the Holy **Spirit**,
in the glory of **Gòd** the **Fáther**.
A men.

Sanc - tus, Sanc - tus, Sanc - tus Dó - mi - nus De - us Sá - ba -
 oth. Ple - ni sunt cæ - li et ter - ra gló - ri - a tu - a. Ho - sán -
 na in ex - cél - sis. Be - ne - díc - tus qui ve - nit in nó - mi - ne
 Dó - mi - ni. Ho - sán - na in ex - cél - sis.

Text: Public Domain. Melody: XIII c., Kyriale Romanum with episemas; Public Domain.

THE SANCTUS

Sanctus, is the Latin word for “Holy” (we get words like “sanctify” from this word). This is the song of the angels from the prophet’s vision in Isaiah 6:3 combined with the glorious cry of the people as Jesus enters into Jerusalem on Palm Sunday. The Latin is a bit more evocative: *Dominus Deus Sabaoth* or “Lord of the Angelic Armies of God”. “All” (*pleni*) of the heavens (*caeli*) and the earth (*terra*) are full of God’s glory. His Glory reaches every part of the universe and past it! We cry out as the Jesus’ disciples witness His triumphant entry into Jerusalem: “Save us!” (*Hosanna!*) “Blessed (*Benedictus*) is he who comes (*venit* from the same word we get “Advent”) in the name of The Lord”. *In Excelsis* simply means “in the highest”

We pro-claim your Death, O Lord, and pro-fess your Res-ur-rec-tion
 un-til you come a-gain.

OR

Save us, Sav-ior of the world, for by your Cross and Res-ur-rec-tion
 you have set us free.

MEMORIAL ACCLAMATIONS

The Memorial Acclamation is a proclamation of the people following the Institution Narrative of the Eucharistic Prayer. In it, they proclaim what Jesus brings about by his saving action on the cross which we will participate in as we receive The Eucharist.

A-gnus De - i, * qui tol - lis pec - cá - ta mun - di: mi - se - ré - re no - bis.
 A-gnus De - i, * qui tol - lis pec - cá - ta mun - di: mi - se - ré - re no - bis.
 A-gnus De - i, * qui tol - lis pec - cá - ta mun - di: do - na no - bis pa - cem.

THE AGNUS DEI

The *Agnus Dei* (literally “Lamb of God”) is a litany once again begging Jesus who takes away (*qui tollis*) the sins (*peccata*) of the world (*mun-di*) to have mercy on us (*miserere nobis*) and through the Eucharist to grant us peace (*dona nobis pacem*). It is chanted as the consecrated host is broken, signifying Christ’s pouring out of His Body and Blood.

TUESDAY

Devotion to Our Mother of Perpetual Help

Leader: Let us kneel as we gather together to honor our Mother and our Perpetual Help. We recall how she helped others. Her whole life was a lesson in love.

All: Mother of Perpetual Help today we face so many difficulties. Your picture tells us so much about you. It reminds us to reach out and help those in need. Help us understand that our lives belong to others as much as they belong to us. Mary, model of Christian love, we know we cannot heal every ill or solve every problem, but with God's grace, we intend to do what we can. May we be true witnesses to the world that love for one another really matters. May our daily actions proclaim how fully our lives are modeled after yours, Mother of Perpetual Help.

Leader: Mary, you were a woman of steadfast faith. Your faith in Jesus never wavered. Model of all believers, pray to the Holy Spirit for us. Help us not only to accept all your Son teaches us, but to put that teaching into practice.

All: Mother of Perpetual Help as a child, Jesus ran to you for comfort and reassurance. You did not see him as only a frail child. Moved by the Holy Spirit, you accepted Jesus as the Son of the Most High, the long-awaited Messiah. Following your example of faith, help us recognize Jesus in those we meet, especially the poor and the lonely, the sick and the elderly. Keep us always mindful, dear Mother, that whatever we do to the least of our brothers and sisters, we do to your loving Son. May his words live in our hearts and influence our lives and the lives of those we meet.

Leader: Let us stand as we present our petitions: Grant wisdom and guidance to our Holy Father, (*mention the name of the pope*), our bishop, (*mention the name of our bishop*), our priests, deacons, religious, seminarians, and all the leaders of our nation, state, and community. **All:** May your mother intercede for us, Lord.

Leader: Grant peace and unity throughout the world, especially in our homes and families. **All:** May your mother intercede for us, Lord.

Leader: Grant that young people respond generously to the call of the Holy Spirit in deepening their faith and choosing their vocation in life. **All:** May your mother intercede for us, Lord.

Leader: Grant us continued health of mind and body, and help the sick to regain their health according to your Holy will. **All:** May your mother intercede for us, Lord.

Leader: Grant eternal rest to all our deceased and to the souls of all the faithful departed. **All:** May your mother intercede for us, Lord.

Leader: Let us pause now to silently present our own personal petitions to Our Mother of Perpetual Help.

Leader: Let us kneel as we continue our prayers:

All: Mary, humble handmaid of the Lord, we need your example today to discover God's will in our lives. You always gave God the first place in your life. Just as you pondered his Word in your heart, help each of us to seek his plan in all that we do. Give us the conviction that nothing is more important than doing the will of our heavenly Father. May we spend each moment in loving and pleasing him. Help us follow your example in proclaiming, I am the servant of the Lord, I will what God wills, when he wills it, as he wills it, because he wills it.

Leader: Mother of Perpetual Help, your picture reminds us that we are to carry our cross as Jesus did. With courage, he endured injustice, abandonment and betrayal, pain and suffering, even a criminal's death.

All: Mary, we turn to you as our model in suffering and courage. You shared in your Son's suffering and death. Now you share in his Resurrection. We, too, share in the cross of Christ, and someday, like you, we will share fully in his Resurrection. Help us be patient in our suffering, and to trust in the loving care of our Father in heaven. May those suffering sickness in mind or body experience your Son's healing power. Help us follow his example, and through him, with him, and in him, commend ourselves to the care of our heavenly Father.

Leader: Let us ask Mary to watch over all families.

All: Mother of Perpetual Help, bless our families with your tender, motherly love. May the sacrament of Marriage bring husbands and wives ever closer together that they may always be faithful, and love each other as Christ loves us. Help all mothers and fathers love and cherish the children God has entrusted to them. May they always be models of a truly Christian life. Help all children, that they may love and respect their parents. Inspire all people to value Christian marriage and family life. Give us a sense of responsibility that we may do our part in making our homes havens of love and peace. Mary, our model, help every family grow daily in genuine love for God and neighbor so that justice and peace may flourish everywhere in the human family.

Renewal of Consecration

(To be recited on the first Tuesday of the Month)

Leader: Let us renew our Act of Consecration

All: United with the members of the Confraternity of Our Mother of Perpetual Help, here and throughout the world, we consecrate ourselves to your service. We promise to renew this dedication once a month and frequently to receive the sacraments. We beg you to obtain for us the grace to imitate your great servant, Saint Alphonsus, in his love for you and your Son.

Leader: From the first moment of her existence, the Holy Spirit filled Mary with his love. By his power, she became the Virgin Mother of God. Through the same Holy Spirit, she became the perfect wife, the perfect mother. Let us imitate her generosity, her openness to the Holy Spirit, and say,

All: Come, Holy Spirit. Fill our hearts with your joy and your peace, with your power and your love, with your constant presence within us.

If the Leader is a priest or deacon, he continues:

Leader: Receive the Holy Spirit. May he be with you to strengthen you, above you to protect you, before you to lead you, behind you to encourage you, within you to possess you totally. Through the prayers of our holy patron, Saint Alphonsus, through the intercession of Our Mother of Perpetual Help, through the merits of Our Lord and Savior Jesus Christ, present in the most Blessed Sacrament of the altar, and may the blessing of almighty God, the Father, and the Son, ✠ and Holy Spirit, come down on you and remain with you forever. **All:** Amen

If the Leader is a lay person, he does not give a manual blessing, but instead makes the Sign of the Cross:

Leader: In the Name of the Father and of the Son and of The Holy Spirit. **All:** Amen.



A brief description of the Icon of Our Mother of Perpetual Help:

The Blessed Virgin Mary is wearing a dress of dark red, in Byzantine iconography the color of the empress, the Queen. The subject shows Mary looking towards the faithful while pointing at her son, Jesus Christ who is frightened by the instruments of crucifixion and is depicted with a fallen sandal. The left side is Saint Michael Archangel — carrying the lance and sponge of the crucifixion of Jesus. On the right side is Saint Gabriel Archangel carrying a 3-bar cross and nails. The Virgin Mary has a star on her forehead signifying her role as Star of the Sea while the cross on the side has been claimed as referring to the Greek monastery which produced the icon. The Greek inscriptions read MP-ΘΥ (Μήτηρ Θεοῦ, Mother of God), OAM (Ὁ Ἀρχάγγελος Μιχαὴλ, Michael the Archangel), OAF (Ὁ Ἀρχάγγελος Γαβριὴλ, Gabriel the Archangel) and IC-XC (Ἰησοῦς Χριστός, Jesus Christ), respectively.

This devotion has been promoted by The Redemptorist Order since 1865. They are the custodians of the original icon at St. Alphonsus of Ligouru Church in Rome. It has been in the city of Rome since at least 1499AD.

WEDNESDAY

Novena to Saint Joseph, Husband of Mary

To be prayed especially in the days preceding the feast of St. Joseph, Husband of Mary, March 10-18. When prayed communally The congregation recites the words in bold italic (except where noted).

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

God the Father of heaven, ***Have mercy on us.***
God the Son, Redeemer of the world, ***Have mercy on us.***
God the Holy Spirit, ***Have mercy on us.***
Holy Trinity, one God, ***Have mercy on us.***

Holy Mary, ***Pray for us.***
St. Joseph, ***Pray for us.***
Illustrious Son of David, ***Pray for us.***
Light of patriarchs, ***Pray for us.***
Husband of the Mother of God, ***Pray for us.***
Chaste guardian of the Virgin, ***Pray for us.***
Foster-father of the Son of God, ***Pray for us.***
Diligent protector of Christ, ***Pray for us.***
Head of the Holy Family, ***Pray for us.***
Joseph most just, ***Pray for us.***
Joseph most chaste, ***Pray for us.***
Joseph most prudent, ***Pray for us.***
Joseph most valiant, ***Pray for us.***

Joseph most obedient, ***Pray for us.***
Joseph most faithful, ***Pray for us.***
Mirror of patience, ***Pray for us.***
Lover of poverty, ***Pray for us.***
Model of workers, ***Pray for us.***
Glory of family life, ***Pray for us.***
Guardian of virgins, ***Pray for us.***
Pillar of families, ***Pray for us.***
Solace of the afflicted, ***Pray for us.***
Hope of the sick, ***Pray for us.***
Patron of the dying, ***Pray for us.***
Terror of demons, ***Pray for us.***
Protector of the Holy Church, ***Pray for us.***

Lamb of God, you take away the sins of the world, ***Spare us, O Lord.***
Lamb of God, you take away the sins of the world, ***Graciously hear us, O Lord.***
Lamb of God, you take away the sins of the world, ***Have mercy on us.***

He made him master of his house. ***And ruler of all he possessed.***

Let us pray: O God, in your providence, which surpasses all words, you saw fit to choose the blessed Joseph to be the husband of your most holy Mother. Grant, we beseech you, that we may deserve to have him as intercessor in heaven, whom, on earth, we venerate as our protector. For you live and reign forever and ever. ***Amen.***

(continued on next page)

Memorare of St. Joseph (to be recited by all.)

Remember, • O most amiable and powerful protector, St. Joseph, • that according to the testimony of your devoted servant, • St. Teresa, • no one ever implored your intercession • with devotion and confidence • without obtaining relief. • Animated by this sweet and consoling hope, • I come to you, • O worthy spouse of the Virgin of virgins, • and at your feet • I seek for refuge and protection. • O you, who have borne the glorious title of Father of Jesus, • reject not my humble prayer, • but hear it favorably • and present it to Him who disdained not to be called your Son and who will not refuse your petition. • Amen.



On December 8, 1870, Pope Blessed Pius IX declared Saint Joseph to be the universal patron of The Holy Catholic Church. Here is a portion of the decree *Quemadmodum Deus*:

“As almighty God appointed Joseph, son of the patriarch Jacob, over all the land of Egypt to save grain for the people, so when the fullness of time had come and He was about to send to earth His only-begotten Son, the Savior of the world, He chose another Joseph, of whom the first had been the type, and He made him the lord and chief of His household and possessions, the guardian of His choicest treasures. Indeed, he had as his spouse the Immaculate Virgin Mary, of whom was born by the Holy Spirit, Jesus Christ our Lord, who deigned to be reputed in the sight of men as the son of Joseph, and was subject to him. Him whom countless kings and prophets had desired to see, Joseph not only saw but conversed with, and embraced in paternal affection, and kissed. He most diligently reared Him whom the faithful were to receive as the bread that came down from heaven whereby they might obtain eternal life. Because of this sublime dignity which God conferred on his most faithful servant, the Church has always most highly honored and praised blessed Joseph next to his spouse, the Virgin Mother of God, and has besought his intercession in times of trouble. ...When in these most troublesome times the Church is beset by enemies on every side, and is weighed down by calamities so heavy that ungodly men assert that the gates of hell have at length prevailed against her, the venerable prelates of the whole Catholic world have presented to the Sovereign Pontiff their own petitions and those of the faithful committed to their charge, praying that he would deign to constitute St. Joseph Patron of the Church...Accordingly, it has now pleased our Most Holy Sovereign, Pope Pius IX, in order to entrust himself and all the faithful to the Patriarch St. Joseph’s most powerful patronage, has chosen to comply with the prelates’ desire and has solemnly declared him Patron of the Catholic Church.”

THURSDAY

Litany of Jesus Christ, Priest and Victim and Prayer for Vocations to the Priesthood

When prayed communally, The congregation recites the words in ***bold italic*** (except where noted).

Lord, have mercy. ***Lord, have mercy.***

Christ have mercy. ***Christ, have mercy.***

Lord, have mercy. ***Lord, have mercy.***

Christ hear us. ***Christ, graciously hear us.***

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

God the Son, Redeemer of the world, ***have mercy on us.***

God the Holy Spirit, ***have mercy on us.***

Holy Trinity, one God, ***have mercy on us.***

Jesus, Priest and Victim, ***have mercy on us.***

Jesus, Priest forever according to the order of Melchizedek, ***have mercy on us.***

Jesus, Priest whom God sent to evangelize the poor, ***have mercy on us.***

Jesus, Priest who at the Last Supper instituted the everlasting Sacrifice, ***have mercy on us.***

Jesus, Priest always living to intercede for us, ***have mercy on us.***

Jesus, High Priest anointed by the Father
with the Holy Spirit and with power, ***have mercy on us.***

Jesus, High Priest taken from among men, ***have mercy on us.***

Jesus, High Priest appointed on behalf of men, ***have mercy on us.***

Jesus, High Priest of our confession of faith, ***have mercy on us.***

Jesus, High Priest of a greater glory than Moses, ***have mercy on us.***

Jesus, High Priest of the true tabernacle, ***have mercy on us.***

Jesus, High Priest of the good things to come, ***have mercy on us.***

Jesus, High Priest, holy, innocent and undefiled, ***have mercy on us.***

Jesus, High Priest, faithful and merciful, ***have mercy on us.***

Jesus, High Priest of God and on fire with zeal for souls, ***have mercy on us.***

Jesus, High Priest, perfect forever, ***have mercy on us.***

Jesus, High Priest, who passed through the heavens
with your own Blood, ***have mercy on us.***

Jesus, High Priest, who opened a new way for us, ***have mercy on us.***

Jesus, High Priest, who loved us
and washed us from our sins in your Blood, ***have mercy on us.***

Jesus, High Priest, who offered yourself
as an oblation and victim to God, ***have mercy on us.***

Jesus, Victim of God and of men, ***have mercy on us.***

Jesus, Victim, holy and immaculate, ***have mercy on us.***

Jesus, appeasing Victim, ***have mercy on us.***

Jesus, peace-making Victim, **have mercy on us.**

Jesus, Victim of propitiation and of praise, **have mercy on us.**

Jesus, Victim of reconciliation and of peace, **have mercy on us.**

Jesus, Victim in whom we have confidence and access to God, **have mercy on us.**

Jesus, Victim living forever and ever, **have mercy on us.**

Be merciful! **Spare us, O Jesus.**

Be merciful! **Graciously hear us, O Jesus.**

By your eternal priesthood, **deliver us, O Jesus.**

By your holy anointing, you were constituted Priest

by God the Father, **deliver us, O Jesus.**

By your priestly spirit, **deliver us, O Jesus.**

By your ministry, you glorified your Father upon earth, **deliver us, O Jesus.**

By your bloody immolation of yourself made once upon the Cross, **deliver us, O Jesus.**

By your same Sacrifice renewed daily upon the altar, **deliver us, O Jesus.**

By your divine power, which you invisibly exercise in your priests, **deliver us, O Jesus.**

Graciously preserve the entire priestly order in holiness of life, **We beseech you, hear us.**

Graciously provide for your people pastors after your own heart, **We beseech you, hear us.**

Graciously fill them with the spirit of your priesthood, **We beseech you, hear us.**

Graciously grant that the lips of priests may hold knowledge, **We beseech you, hear us.**

Graciously send faithful laborers into your harvest, **We beseech you, hear us.**

Graciously multiply faithful stewards of your mysteries, **We beseech you, hear us.**

Graciously grant them persevering service

in accordance with your will, **We beseech you, hear us.**

Graciously grant them meekness in the ministry,

skill in action and constancy, in prayer, **We beseech you, hear us.**

Graciously promote through them everywhere

the worship of the Blessed Sacrament, **We beseech you, hear us.**

Graciously receive into your joy those

who have served you well, **We beseech you, hear us.**

Lamb of God, you take away the sins of the world, **spare us, O Lord.**

Lamb of God, you take away the sins of the world, **graciously hear us, O Lord.**

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

Jesus our Priest, **hear us.**

Jesus our Priest, **graciously hear us.**

Leader: Let us pray:

O God,
sanctifier and guardian of your Church,
raise up in her by your Spirit
worthy and faithful stewards of the sacred mysteries,
that by their ministry and example,
the Christian people may be directed
along the way of salvation under your protection
through Christ Our Lord.

All: *Amen.*

.....
This Litany was prayed often by Pope St. John Paul II as a seminarian and later in life as well.

Nota Bene: The term “victim” used in the litany above is used according to its ancient definition. A victim in the Old Testament was an offering of an animal, such as a lamb or goat, that would be given to the priest at the temple. The animal’s blood would be shed upon the altar to remit the sins of the one supplying it to the priest. In the New Testament, Jesus reveals that He wishes to become both priest and victim to forgive our sins. In a like manner, the priesthood of Jesus Christ calls each priest at Mass to offer himself to Jesus as a willing victim of sacrifice along with the offerings of the people who have entrusted their prayer to him. Jesus receives our offering along with the bread and wine and offers us Himself in the Eucharist upon the altar. In the same way that the people would then consume the roasted flesh of the animal to complete the sacrifice (as in The Passover), we are instructed to receive the Eucharist, which is the True Body, Blood, Soul, and Divinity of Jesus Christ, and in so doing enter into the Eternal Covenant He makes with us.



FRIDAY

Devotion to the Most Sacred Heart of Jesus with First Friday Eucharistic Exposition & Benediction

When prayed communally, The congregation recites the words in ***bold italic*** (except where noted).

Exposition of the Most Blessed Sacrament

*O, salutáris hóstia,
Quæ cæli pandis óstium,
Bella premunt hostília
Da robur, fer auxílium.*

*O saving Victim, open wide
The gate of Heaven to us below;
Our foes press on from every side;
Your aid supply; your strength bestow.*

*Uni trinóque Dómino
Sit sempitérna glória
Qui vitam sine término
Nobis donet in pátria. Amen.*

*To your great name be endless praise;
Immortal Godhead, One in Three;
Grant us, for endless length of days,
In our true native land to be.*

The Litany of the Sacred Heart

Lord, Have mercy on us. ***Lord, Have mercy on us.***

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

Lord, Have mercy on us. ***Lord, Have mercy on us.***

Christ, hear us. ***Christ, graciously hear us.***

God, the Father of heaven. ***Have mercy on us.***

God the Son, redeemer of the world. ***Have mercy on us.***

God the Holy Spirit. ***Have mercy on us.***

Holy Trinity, one God. ***Have mercy on us.***

Heart of Jesus, Son of the eternal Father, ***Have mercy on us.***

Heart of Jesus, formed by the Holy Spirit
in the womb of the Virgin Mother, ***Have mercy on us.***

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

Heart of Jesus, of infinite majesty, ***Have mercy on us.***

Heart of Jesus, sacred temple of God, ***Have mercy on us.***

Heart of Jesus, tabernacle of the Most High, ***Have mercy on us.***

Heart of Jesus, house of God and gate of heaven, ***Have mercy on us.***

Heart of Jesus, burning furnace of charity, ***Have mercy on us.***

Heart of Jesus, abode of justice and love, ***Have mercy on us.***

Heart of Jesus, full of goodness and love, ***Have mercy on us.***

Heart of Jesus, abyss of all virtues, ***Have mercy on us.***

Heart of Jesus, most worthy of all praise, ***Have mercy on us.***

Heart of Jesus, king and center of all hearts, ***Have mercy on us.***

Heart of Jesus, in Whom are all the treasures of wisdom and knowledge, ***Have mercy on us.***

Heart of Jesus, in Whom dwells the fullness of divinity, ***Have mercy on us.***
 Heart of Jesus, in Whom the Father was well pleased, ***Have mercy on us.***
 Heart of Jesus, of Whose fullness we have all received, ***Have mercy on us.***
 Heart of Jesus, desire of the everlasting hills, ***Have mercy on us.***
 Heart of Jesus, patient and most merciful, ***Have mercy on us.***
 Heart of Jesus, enriching all who invoke Thee, ***Have mercy on us.***
 Heart of Jesus, fountain of life and holiness, ***Have mercy on us.***
 Heart of Jesus, propitiation for our sins, ***Have mercy on us.***
 Heart of Jesus, loaded down with opprobrium, ***Have mercy on us.***
 Heart of Jesus, bruised for our offenses, ***Have mercy on us.***
 Heart of Jesus, obedient unto death, ***Have mercy on us.***
 Heart of Jesus, pierced with a lance, ***Have mercy on us.***
 Heart of Jesus, source of all consolation, ***Have mercy on us.***
 Heart of Jesus, our life and resurrection, ***Have mercy on us.***
 Heart of Jesus, our peace and reconciliation, ***Have mercy on us.***
 Heart of Jesus, victim for sin, ***Have mercy on us.***
 Heart of Jesus, salvation of those who trust in Thee, ***Have mercy on us.***
 Heart of Jesus, hope of those who die in Thee, ***Have mercy on us.***
 Heart of Jesus, delight of all the saints, ***Have mercy on us.***

Lamb of God, Who takest away the sins of the world, ***Spare us, O Lord.***
 Lamb of God, Who takest away the sins of the world, ***Graciously hear us, O Lord.***
 Lamb of God, Who takest away the sins of the world, ***Have mercy on us.***
 Jesus, meek and humble of heart, ***Make our hearts like unto Thine.***

Let us pray: [*The priest or deacon alone stands to offer this prayer*]

O Almighty and eternal God, look upon the Heart of Thy dearly beloved Son, and upon the praise and satisfaction He offers Thee in the name of sinners, and for those who seek Thy mercy; be Thou appeased, and grant us pardon in the name of the same Jesus Christ, Thy Son, Who liveth and reigneth with Thee, in the unity of the Holy Ghost, one God, world without end. ***Amen.***



Act of Consecration to the Sacred Heart of Jesus

(recited by all)

Most sweet Jesus, • Redeemer of the human race, • look down upon us, humbly prostrate before your altar. • We are yours and yours we wish to be; • but to be more surely united with you, • behold each one of us • freely consecrates himself today to your most sacred Heart. • Many, indeed, have never known you; • many; too, despising your precepts, have rejected you. • Have mercy on them all, most merciful Jesus, • and draw them to your sacred Heart. • Be King, O Lord, • not only of the faithful who have never forsaken you, • but also of the prodigal children who have abandoned you; • grant that they may quickly return to their Father's house, • lest they die of wretchedness and hunger. • Be King of those who are deceived by erroneous opinions, • or whom discord keeps aloof, • and call them back to the harbor of truth and unity of faith, • so that soon there may be but one flock and one shepherd. • Be King also of all those • who sit in the ancient superstition of the Gentiles, • and refuse not to deliver them out of darkness • into the light and kingdom of God. • Grant, O Lord, to your Church, • assurance of freedom and immunity from harm; • give peace and order to all nations, • and make the earth resound • from pole to pole with one cry: • Praise to the divine Heart • that wrought our salvation; • to it be glory and honor forever. • Amen.

Benediction of the Blessed Sacrament

*Tantum ergo sacramentum
Veneremur cernui
Et antiquum documentum
Novo cedat ritui;
Præstet fides supplementum
Sensuum defectui.*

*Genitori Genitoque
Laus et jubilatio
Salus, honor, virtus quoque
Sit et benedictio;
Procedenti ab utroque
Compar sit laudatio. Amen.*

*Down in adoration falling,
Lo! the sacred Host we hail,
Lo! o'er ancient forms departing
Newer rites of grace prevail;
Faith for all defects supplying,
Where the feeble senses fail.*

*To the everlasting Father,
And the Son Who reigns on high
With the Holy Ghost proceeding
Forth from each eternally,
Be salvation, honor, blessing,
Might and endless majesty.
Amen.*

Priest / Deacon: You have given them bread from **heavèn**. (Easter: Alleluia.)
All: Having all sweetness within **it**. (Easter: Alleluia.)

The priest or deacon alone stands to offer the benediction prayer. The faithful remain kneeling until after the Blessed Sacrament is reposed in the tabernacle.

Priest/Deacon: O God, who in this wonderful Sacrament
have left us a memorial of your Passion,
grant us, we pray,
so to revere the sacred mysteries of your Body and Blood
that we may always experience in ourselves
the fruits of your redemption.
Who live and reign with God the Father
in the unity of the Holy Spirit,
one God, for ever and ever.
Amen.

All:

or

Priest / Deacon: Lord our God,
in this great sacrament
we come into the presence of Jesus Christ, your Son,
born of the Virgin Mary
and crucified for our salvation.
May we who declare our faith
in this fountain of love and mercy
drink from it the water of everlasting life.
We ask this through Christ our Lord.
Amen.

All:

or

Priest / Deacon: Lord our God,
you have given us the true bread from heaven.
In the strength of this food
may we live always by your life
and rise in glory on the last day.
We ask this through Christ our Lord.
Amen.

All:



The Divine Praises

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 Saint Joseph, her most chaste spouse.
Blessed be God in his angels and in his saints.

Optional Antiphon: (*Recited by all*) May the heart of Jesus in the Most Blessed Sacrament of the Altar be praised, adored, and loved with grateful affection, at every moment in all the tabernacles of the world even to the end of time. Amen.

All stand once the Blessed Sacrament is reposed in the tabernacle and the door is closed.

Reposition Hymns

*Holy God, we praise thy Name;
Lord of all, we bow before thee!
All on earth thy scepter claim,
All in Heaven above adore thee;
Infinite thy vast domain,
Everlasting is thy reign.*

*Hark! the loud celestial hymn
Angel choirs above are raising,
Cherubim and seraphim,
In unceasing chorus praising;
Fill the heavens with sweet accord:
Holy, holy, holy, Lord.*

*Holy Father, Holy Son,
Holy Spirit, Three we name thee;
While in essence only One,
Undivided God we claim thee;
And adoring bend the knee,
While we own the mystery.*

*To Jesus Christ, our Sov'reign King,
Who is the world's salvation,
All praise and homage do we bring,
And thanks and adoration.*

Refrain:

*Christ Jesus Victor, Christ Jesus Ruler!
Christ Jesus, Lord and Redeemer!*

*2. Thy reign extend, O King benign,
To ev'ry land and nation,
For in Thy kingdom, Lord divine,
Alone we find salvation.*

*3. To Thee and to Thy Church, great King,
We pledge our hearts' oblation,
Until before Thy throne we sing,
In endless jubilation.*

PRAYERS ASKING THE INTERCESSION OF VARIOUS SAINTS

Prayer for the Beatification of Blessed Karl of Austria

God our Father, through the gift of Blessed Emperor Karl You have given us an example to follow. In extremely difficult times he performed his burdensome tasks without ever losing his faith. He always followed Your Son, the true King.

He led a humble life, sincerely loving the poor and giving himself heart and soul to the search for peace. Even when his life was in danger he trusted in You, putting his life in Your hands. Almighty and Merciful God, by the intercession of Blessed Emperor Karl, we pray that You may give us his unconditional faith to support us in our most difficult situations, and the courage to always follow the example of Your only Son.

Open our hearts to the poor, and strengthen our commitment for peace within our families and among all peoples. We ask this through Christ our Lord. Amen.

Prayer to St. Jude in Times of Suffering

Most holy Apostle, St. Jude, faithful servant and friend of Jesus, I place myself into your hands at this difficult time. Help me to know that I am not alone. Please pray for me, asking God to send me comfort for my sorrows, bravery for my fears, and healing for my suffering. Ask our loving God to strengthen my faith and give me the courage to accept His Will for my life. Thank you, St. Jude, for the hope you offer to all who believe in you. Amen.

Novena Prayer to St. Philip Neri

O Holy Saint Philip Neri, Patron Saint of Joy, you who trusted Scripture's promise that the Lord is always at hand, and that we need not have anxiety about anything: in your compassion heal our worries and sorrows, and lift the burdens from our hearts. We come to you as one whose heart swells with abundant love for God and all creation. Hear us we pray, especially in this need: (make request here) Keep us safe through your loving intercession and may the joy of the Holy Spirit which filled your heart, Saint Philip, transform our lives and bring us peace. Amen.

Prayer Requesting Healing from Blessed Seelos

O my God, I truly believe you are present with me. I adore your limitless perfections. I thank you for the graces and gifts you gave to Blessed Francis Xavier Seelos. If it is your holy will, please let him be declared a saint of the Church so that others may know and imitate his holy life. Through his prayers please give me this favor... (Here mention your special intentions) Divine Physician, You infused Blessed Francis Xavier Seelos with the gift of Your healing. By the help of his prayers, sustain in me the grace to know Your will and the strength to overcome my afflictions. For love of You, make me whole. May I learn from the example of Father Seelos and gain comfort from his patient endurance. Amen.

Novena Prayer to St. Philomena

We beseech Thee, O Lord, to grant us the pardon of our sins by the intercession of Saint Philomena, virgin and martyr, who was always pleasing in Thy sight by her eminent chastity and by the profession of every virtue. Amen. Illustrious virgin and martyr, Saint Philomena, behold me prostrate before the throne whereupon it has pleased the Most Holy Trinity to place thee. Full of confidence in thy protection, I entreat thee to intercede for me with God, from the heights of Heaven deign to cast a glance upon thy humble client! Spouse of Christ, sustain me in suffering, fortify me in temptation, protect me in the dangers surrounding me, obtain for me the graces necessary to me, and in particular (*Here specify your petition*). Above all, assist me at the hour of my death. Saint Philomena, powerful with God, pray for us. Amen. O God, Most Holy Trinity, we thank Thee for the graces Thou didst bestow upon the Blessed Virgin Mary and upon Thy handmaid Philomena, through whose intercession we implore Thy Mercy. Amen.

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PRAYERS BEFORE HOLY COMMUNION

An Act of Spiritual Communion *for those not Receiving Holy Communion*

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

For guidelines the reception of Holy Communion, see the back of this booklet.

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PRAYERS AFTER RECEIVING HOLY COMMUNION

The 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. Separated from Thee let me never be. From the malignant enemy, defend me. At the hour of death, call me. And close to Thee bid me. That with Thy saints I may be Praising Thee, forever and ever. Amen.

PRAYERS OF THANKSGIVING AFTER MASS

Prayer of Saint Thomas Aquinas

Lord, Father all-powerful and ever-living God, I thank you, for even though I am a sinner, your unprofitable servant, not because of my worth but in the kindness of your mercy, you have fed me with the precious body and blood of your Son, our Lord Jesus Christ. I pray that this holy communion may not bring me condemnation and punishment but forgiveness and salvation. May it be a helmet of faith and a shield of good will. May it purify me from evil ways and put an end to my evil passions. May it bring me charity and patience, humility and obedience, and growth in the power to do good. May it be my strong defense against all my enemies, visible and invisible, and the perfect calming of all my evil impulses, bodily and spiritual. May it unite me more closely to you, the one true God, and lead me safely through death to everlasting happiness with you. And I pray that you will lead me, a sinner, to the banquet where you, with your Son and Holy Spirit, are true and perfect light, total fulfillment, everlasting joy, gladness without end, and perfect happiness to your saints. Grant this through Christ our Lord. Amen.

Prayer of Self-Dedication to Jesus Christ

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.

Prayer to the Virgin Mary

Mary, holy Virgin Mother, I have received your Son, Jesus Christ. With love you became his Mother, gave birth to Him, nursed Him, and helped Him grow to manhood. With love I return Him to you, to hold once more, to love with all your heart, and to offer to the Holy Trinity as our supreme act of worship for your honor and for the good of all your pilgrim brothers and sisters.

Mother, ask God to forgive my sins and to help me serve Him more faithfully. Keep me true to Christ until death, and let me come to praise Him with you for ever and ever. Amen.

PRAYERS FOR VOCATIONS

A Prayer to Know One's Vocation

O Lord, help me know your will for me. Let your light shine in the depths of my heart that I may know what you want me to do with my life. Help me believe that you have a special plan for me. Lord, I know I pass through this life only once; help me decide how you want me to make a difference. Like our Blessed Mother, give me the wisdom to hear your voice and the courage to answer your call. Above all give me peace of mind and heart. I offer this prayer in the name of Jesus Christ our Lord. Amen.

Prayer for Priestly Vocations by Pope St. John Paul II

Holy Father, eternal source of existence and love, who, in living man, show the splendour of your glory, and who put in his heart the seed of your call, let no-one, by reason of our negligence, ignore or lose this gift, but may everyone walk, with wholehearted generosity, towards the realisation of your Love.

Lord Jesus, who in your pilgrimage along the roads of Palestine, chose and called the apostles and entrusted to them their task of preaching the Gospel, feeding the faithful and celebrating divine worship, ensure that today, too, your Church may not lack numerous holy priests, who can bring to all the fruits of your death and resurrection.

Holy Spirit, who sanctify the Church with the constant pouring out of your gifts, place into the hearts of those called to the consecrated life a deep-rooted and resolute passion for the Kingdom, so that with a generous and unconditioned “yes”, they may place their entire existences at the service of the Gospel.

Most holy Virgin, who without hesitation offered yourself to the Almighty for the carrying out of his plan of salvation, pour trust into the hearts of young people so that there may always be zealous pastors who are able to guide the Christian people on the way of life, and consecrated souls who may know how to witness, in chastity, poverty, and obedience, to the freeing presence of your risen Son. Amen.

God of gracious love, You gathered us first at the waters of baptism, and you lead us through life with faithfulness. As once you formed us as a Diocese of Baton Rouge, so now, Lord God, do for us again something new. Raise up from among our families and friends, leaders to serve your people as Priests, Sisters, Brothers, Deacons and Lay Ministers. To those whom you call, give grace and courage to discern how they may best serve you. To us all, give good hearts so we might encourage them along the way. May we live to see the fruitfulness of our longing, walking with you, O God, into a future filled with hope. We ask this through Jesus Christ, and with your Holy Spirit, now and forever.

A Parent's Prayer

Gracious and loving God you have blessed us with the privilege of becoming Parents. We ask that you provide us with all that we need in accepting this awesome responsibility. We pray that we will be open to your spirit who is our source of strength as we witness to our children your love for each of them and your desire for them to be happy and to live a full life. We ask your help so we may guide and encourage our children to believe that they each have a special calling and to use their gifts and talents for others. We pray, Heavenly Father, that our children will discover and respond enthusiastically to your desire for them whether it be to the vocation of single, married, ordained or consecrated life. We offer this prayer in the name of Jesus through the grace of the Holy Spirit. Amen.

VARIOUS PRAYERS

An Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

An Act of Contrition (alternative version)

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.

A Prayer to the Holy Spirit

V. Come, Holy Spirit, fill the hearts of your faithful.
R. 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.

V. *Let us pray:*

All: O God, by the light of the Holy Spirit,
you have taught the hearts of your faithful.
In the same Spirit, help us to know what is truly right
and always to rejoice in your consolation.
Through Christ, Our Lord.
Amen.

The Memorare

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

Prayer to Saint Michael The Archangel

St. 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, thrust into hell Satan and all evil spirits who wander the earth, seeking the ruin of souls. Amen.

PRAYERS SAID THROUGHOUT THE YEAR

Prayer for Safety During Hurricane Season

Said from the beginning of Hurricane Season until its conclusion: June 1 – November 30

O God, Master of this passing world, hear the humble voices of your children.
The Sea of Galilee obeyed your order and returned to its former quietude;
you are still the Master of land and sea.
We live in the shadow of a danger over which we have no control.
The Gulf, like a provoked and angry giant, can awake from its seeming lethargy,
overstep its conventional boundaries, invade our land and spread chaos and disaster.
During this hurricane season, we turn to You, O loving Father.
Spare us from past tragedies whose memories are still so vivid
and whose wounds seem to refuse to heal with the passing of time.
O Virgin, Star of the Sea, Our Beloved Mother,
we ask you to plead with your Son in our behalf,
so that spared from the calamities common to this area
and animated with a true spirit of gratitude,
we will walk in the footsteps of your Divine Son
to reach the heavenly Jerusalem where a stormless eternity awaits us. Amen

Attributed to Most Rev. Maurice Schexnayder (1895-1981), Second Bishop of Lafayette

Mission Prayer of St. Mary of False River & St. Francis of Pointe Coupée

Let us give thanks to the Lord our God. Father, for generations you have gathered us along the banks of these beautiful rivers to live in community with each other. You have blessed us with so many wonderful gifts - Our faith, your Son Jesus Christ the Divine Word, The bread of life that nourishes us, that we all might have life with you through Him. And so Father, just as you have sent those before us to share your gifts, may we take as our mission the sharing of these gifts with one another, for as followers of your Son, Jesus, We are called to give our love for the lives of others, as you, Father, through Him, have loved us that we may live. Through the intercession of Mary, our mother, and beloved Francis, patrons of our church, We ask for the grace and guidance of your Holy Spirit on our journey to be with You, that we all may be one, in love, now and forever. Amen.

An Advent Novena

Hail and blessed be the hour and moment in which the Son of God was born of the most pure Virgin Mary at midnight, in Bethlehem, in the piercing cold. In that hour vouchsafe, I beseech Thee, O my God, to hear my prayer and grant my desires, *[here mention your request]* through the merits of Our Savior Jesus Christ and of His blessed Mother. Amen.

THE HOLY ROSARY

- *Make the Sign of the Cross.*
- *Holding the Crucifix, say the **Apostles' Creed**.*

I believe in God, the Father almighty, creator of heaven and earth.
I believe in Jesus Christ, His only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.
Amen.
- *On the first bead, say an **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.
- *Say one **Hail Mary** on each of the next three beads.*

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.
- *Say the **Gloria 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.
- For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the **Our Father**:
- While fingering each of the ten beads of the decade, next say ten **Hail Marys** while meditating on the Mystery. Then say a **Gloria Be**.
- After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima:

O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.
- After saying the five decades, say the Hail, Holy Queen, followed by this dialogue and prayer:

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 send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O holy Mother of God.

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

Let us pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on 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.

THE JOYFUL MYSTERIES (SAID ON MONDAY & SATURDAY)

The Annunciation of the Lord to Mary
The Visitation of Mary to Elizabeth
The Nativity of our Lord Jesus Christ
The Presentation of our Lord
Finding of the child Jesus in the Temple

THE SORROWFUL MYSTERIES (SAID ON TUESDAY & FRIDAY)

The Agony of Jesus in the Garden
The Scourging at the Pillar
Jesus is Crowned with Thorns
Jesus Carried the Cross
The Crucifixion of our Lord

THE GLORIOUS MYSTERIES (SAID ON WEDNESDAY & SUNDAY)

The Resurrection of Jesus Christ
The Ascension of Jesus to Heaven
The Descent of the Holy Spirit at Pentecost
The Assumption of The Blessed Virgin Mary into Heaven
Mary is Crowned as Queen of Heaven and Earth

THE LUMINOUS MYSTERIES (SAID ON THURSDAY)

The Baptism in the Jordan
The Wedding at Cana
The Proclamation of the Kingdom
The Transfiguration
The Institution of the Eucharist

GUIDELINES FOR THE RECEPTION OF HOLY COMMUNION

promulgated by The United States Conference of Catholic Bishops, November 14, 1996

FOR CATHOLICS

As Catholics, we fully participate in the celebration of the Eucharist when we receive Holy Communion. We are encouraged to receive Communion devoutly and frequently. In order to be properly disposed to receive Communion, participants should not be conscious of grave sin and normally should have fasted for one hour. A person who is conscious of grave sin is not to receive the Body and Blood of the Lord without prior sacramental confession except for a grave reason where there is no opportunity for confession. In this case, the person is to be mindful of the obligation to make an act of perfect contrition, including the intention of confessing as soon as possible (canon 916). A frequent reception of the Sacrament of Penance is encouraged for all.

FOR OUR FELLOW CHRISTIANS

We welcome our fellow Christians to this celebration of the Eucharist as our brothers and sisters. We pray that our common baptism and the action of the Holy Spirit in this Eucharist will draw us closer to one another and begin to dispel the sad divisions which separate us. We pray that these will lessen and finally disappear, in keeping with Christ's prayer for us "that they may all be one" (Jn 17:21).

Because Catholics believe that the celebration of the Eucharist is a sign of the reality of the oneness of faith, life, and worship, members of those churches with whom we are not yet fully united are ordinarily not admitted to Holy Communion. Eucharistic sharing in exceptional circumstances by other Christians requires permission according to the directives of the diocesan bishop and the provisions of canon law (canon 844 §4). Members of the Orthodox Churches, the Assyrian Church of the East, and the Polish National Catholic Church are urged to respect the discipline of their own Churches. According to Roman Catholic discipline, the Code of Canon Law does not object to the reception of Communion by Christians of these Churches (canon 844 §3).

FOR THOSE NOT RECEIVING HOLY COMMUNION

All who are not receiving Holy Communion are encouraged to express in their hearts a prayerful desire for unity with the Lord Jesus and with one another. *(For an Act of Spiritual Communion that can be read in the pew during Holy Communion, please see Page 19 of this booklet.)*

FOR NON-CHRISTIANS

We also welcome to this celebration those who do not share our faith in Jesus Christ. While we cannot admit them to Holy Communion, we ask them to offer their prayers for the peace and the unity of the human family.