

My Prayer Book

ARRANGED BY
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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 ask pardon for all whom I have injured.

Prayers taken from various different sources.

Adoration

Benediction continued...

After the prayer the minister puts on the humeral veil, genuflects and, taking the monstrance, makes the sign of the cross over the people in silence. There follows the recitation of the Divine Praises.

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 St. Joseph, her most chaste spouse.

Blessed be God in his angels and in his Saints.

At this moment, the pious custom of reciting the Prayer of Reparation to the Eucharistic Heart of Jesus may be observed.

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

Reposition

The minister reposes the Blessed Sacrament according to the customary ritual. There may follow an appropriate hymn – Holy God We Praise Thy Name.

“Prophets of a Future Not Our Own”

It helps, now and then, to step back and take the long view.

The kingdom is not only beyond our efforts, it is even beyond our vision.

We accomplish in our lifetime only a tiny fraction of the magnificent enterprise that is God’s work.

Nothing we do is complete, which is another way of saying that the kingdom always lies beyond us.

No statement says all that could be said.

No prayer fully expresses our faith.

No confession brings perfection.

No pastoral visit brings wholeness.

No program accomplishes the Church’s mission.

No set of goals and objectives includes everything.

This is what we are about.

We plant the seeds that one day will grow.

We water seeds already planted, knowing that they hold future promise.

We lay foundations that will need further development.

We provide yeast that produces effects far beyond our capabilities.

We cannot do everything, and there is a sense of liberation in realizing that.

This enables us to do something, and to do it very well.

It may be incomplete, but in the beginning, a step along the way, an opportunity for the Lord’s grace to enter and do the rest.

We may never see the end results, but that is the difference between the master builder and the worker.

We are workers, not master builders, ministers, not messiahs.

We are prophets of a future not our own. Amen.

(Written for Cardinal Dearden by then-Father Ken Untener on the occasion of the Mass for Deceased Priests, October 25, 1979)

Native American Prayer

Oh, great Spirit
Whose voice I hear in the winds,
And whose breath gives life to all the world,
hear me, I am small and weak,
I need your strength and wisdom.
Let me walk in beauty and make my eyes ever
behold the red and purple sunset.
Make my hands respect the things you have
made and my ears sharp to hear your voice.
Make me wise so that I may understand
the things you have taught my people.
Let me learn the lessons you have
hidden in every leaf and rock.
I seek strength, not to be greater than my
brother, but to fight my greatest
enemy – myself. Make me always
ready to come to you with clean hands
and straight eyes. So when life fades,
as the fading sunset, my Spirit may come
to you without shame.

*(Translated by Lakota Sioux Chief Yellow
Lark in 1887)*

Full text: Fr. Leo J. O'Donovan Inauguration Day Invocation prayer at the US Capitol January 20, 2021

Gracious and merciful God, at this sacred time we
Come before you in need – indeed on our knees.
But we come still more with hope, and with
Our eyes raised anew to the vision of a “more
Perfect union” in our land, a union of
all our citizens to “promote the general
welfare and secure the blessings of liberty
to ourselves and our posterity.” We are a people
of many races, creeds and colors, national
backgrounds, cultures and styles – now far more
numerous and on land much vaster than when

Incensation and Song

After the minister exposes the Blessed Sacrament, and after
placing incense in the censer, kneels and incenses the Holy
Eucharist. Meanwhile, a suitable song may be sung by the
people. A period of silent prayer may also be observed. The
minister rises and says:

Let us pray.

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.

Adoration Benediction

Towards the end of the Eucharistic Adoration, the minister,
kneeling, incenses the Blessed Sacrament according to the
custom, while an appropriate hymn is sung.

The minister says the following verse and the people
respond:

You have given them bread from heaven.
Having all sweetness within it.

Let us pray.

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

CLOSING continued...

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

All: 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; / the third day he rose again from the dead; / he ascended into heaven, and sits at the right hand of God, the Father almighty; / from there he shall come to judge the living and the dead. / I believe in the Holy Spirit, / the holy Catholic Church, / the communion of saints, / the forgiveness of sins, / the resurrection of the body, / and life everlasting. / Amen.

*This closing may be omitted on Good Friday

Invocation prayer continued...

Archbishop John Carol wrote his prayer for the Inauguration of George Washington 232 years ago. Archbishop Carol prayed that you, O creator of all, would "assist with your Holy Spirit of counsel and fortitude the President of these United States, that his administration may be conducted in righteousness, and be eminently useful to your people." Today, we confess our past failures to live according to our vision of equality, inclusion and freed for all. Yet we resolutely commit still now to renewing the vision, to caring for one other in word and deed, especially the least fortunate among us, and so becoming light for the world. There is a power in each and every one of us that lives by turning to every other one of us, a thrust of the spirit to cherish and care and stand by others, and above all those most in need. It is called love, and its path is to give ever more of itself. Today, it is called American patriotism, born not of power and privilege but of care for the common good - "with malice toward none and with charity for all." For our new president, we beg of you the wisdom Solomon sought when he knelt before you and prayed for "an understanding heart so that I can govern your people and know the difference between right and wrong."

We trust in the counsel of the Letter of James: "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

Pope Francis has reminded us "how important it is to dream together ... By ourselves," he wrote "we risk seeing mirages, things that are not there. Dreams, on the other hand are built together."

Be with us, Holy Mystery of Love, as we dream together, to reconcile the people of our land, restore our dream, and invest it with peace and justice and the joy that is the overflow of love. To the glory of your name forever. Amen.

Prayer by Henri J. Nouwen

Dear God,
Speak gently in my silence.
When the loud outer noises of my surroundings and the loud inner noises of my fears keep pulling me away from you,
help me to trust that you are still there even when I am unable to hear you.
Give me ears to listen to your small, soft voice saying:
“Come to me, you who are overburdened, and I will give you rest . . . for I am gentle and humble of heart.” Let that loving voice be my guide. Amen.
Henri J. Nouwen

A. M. D. G.

The Daily Examen is a prayer of reflection and commitment through which St. Ignatius Loyola endeavored to recognize God in his daily life.

Christians in the Jesuit tradition continue this daily practice to develop a growing awareness of God’s grace and to access the power of the Holy Spirit to change their lives.

My Daily Examen

+ **THANKSGIVING:** God, I believe that at this quiet moment I am in Your presence and You are now loving me. Come Holy Spirit. Thank God for the infinite goodness shown to you in particular graces today. Spend ample time giving thanks. Gratitude opens you to receive more. The Father delights to give you everything you need – that is why he gave you Jesus. Gratitude makes you even more receptive to God’s gifts.

+ **KNOWLEDGE:** God, I acknowledge Your love for me in the various gifts for which I am very grateful. Thanks be to God. Ask God for light to recognize your failings. Jesus says that the Spirit of truth “will guide you to all truth.” Be honest with God, who knows your weakness. Ask for God’s grace to recognize everything in you that does not lead to him. It is never easy to see your faults in the light of God’s love; yet God’s light “shines in the darkness, and the darkness has not overcome it.” John 1: 5

FOURTEENTH STATION continued...

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

All: (Kneel and pause) I will praise you, O Lord, for you drew me clear and did not let my enemies rejoice over me. / O Lord, my God, I cried out to you and you healed me. / O Lord, you brought me up from the lower world; / you preserved me from among those going down into the pit. / Sing praise to the Lord, you his faithful ones, and give thanks to his holy name. / For his anger lasts but a moment; his good will is for a lifetime. / At nightfall, weeping enters in, but with dawn comes rejoicing. (Psalm 29: 2-6)

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

All: Amen. (Stand)

Sing:

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

Every eye shall see him, and they also who pierced him ... “I am the Alpha and the Omega, the beginning and the end, ... who is and who was and who is coming, the Almighty.” (Apoc. 1: 5a-6)

CLOSING*

The Resurrection of Jesus

Priest: We adore You, O Christ, and we praise You.
(Genuflect)

All: Because by your holy Cross You have redeemed the world.

THIRTEENTH STATION continued...

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

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

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

All: Amen. (Stand)

Sing:

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

My heart is glad and my soul rejoices; my body, too, abides in confidence; because you will not abandon my soul to the nether world, nor will you allow your faithful one to undergo corruption. (Psalm 15: 9-10)

FOURTEENTH STATION

Jesus is laid in the tomb

Priest: We adore You, O Christ, and we praise You. (Genuflect)

All: Because by your holy Cross You have redeemed the world.

My Daily Examen continued...

+ **RECOLLECTION:** God, help me now to review the events of this day in order to recognize You in all parts of my life. Lord, I want to see. Review your entire day: hour by hour, task by task or in larger segments. Examine your thoughts, words and actions. Ask yourself, “When did I accept God’s grace and when did I reject it? When did I choose God’s will or when did I prefer my own? How did I grow in faith, hope and charity. Or when did I experience doubt, despair or selfishness? Psalm 139: 2-4

+ **CONTRITION:** God, please forgive the times I have fallen short, and strengthen my attempts to follow You. Lord have mercy. Make an act of contrition. Express your sorrow for sins. Pray for perfect contrition: sorrow for sin solely for having offended God, who is love, mercy and goodness itself. Luke 18: 13: “O God, be merciful to me a sinner.”

+ **RESOLUTION:** God enlighten me so that my future choices praise, reverence, and serve you above all else. Show me Your way. Ask for God’s grace that tomorrow you might unite yourself more closely to him. Make concrete resolutions. “When I doubt, I will make an act of faith. When I despair, I will renew my hope. when I am tempted to love only myself, I will make a gift of myself to God and others.”

+ **CONCLUDE WITH AN OUR FATHER.**

Prayer before Preaching

Grant to me, O Lord, an eloquence most gentle and wise, that for your good gifts I may not be puffed up and extolled above my brothers and sisters. Place in my mouth I beseech you, through thy Holy Spirit, words of consolation, edification, and exhortation, that I may encourage the good to better things, and by word and example bring back to the threshold of your righteousness those who walk apart from you. May the words which you give to your servant be as keen darts and as burning arrows to penetrate the minds of those that hear and inflame them with fear and love of You. Amen.

Hearing the Voice of God

But the angel of the Lord came back a second time, touched him, and ordered, “Get up and eat, else the journey will be too long for you!”

He got up, ate and drank; then strengthened by that food, he walked forty days and forty nights to the mountain of God, Horeb.

There he came to a cave, where he took shelter.

Then the Lord said,

“Go outside and stand on the mountain before the Lord; the Lord will be passing by.”

A strong and heavy wind was rending the mountains and crushing rocks before the Lord – but the Lord was not in the wind. After the wind there was an earthquake – but the Lord was not in the earthquake.

After the earthquake there was fire – but the Lord was not in the fire.

After the fire there was a tiny whispering sound.

When he heard this, Elijah his face in his cloak and went and stood at the entrance of the cave.

A voice said to him,

“Elijah, why are you here!”

1 Kings 19: 9a, 11-16

Prayer for Avoiding Evil Speech

God, grant me the capacity to keep my mouth and my ears from gossip and slander. Let me not stereotype anyone or fall into the trap of blanket condemnation. May I avoid falsehood, flattery, strife, anger, arrogance, hurt, shame, mockery, and all other manner of hurtful speech. Give me the courage to speak truth with compassion and humility, using my words to further justice, kindness, and respect. May my thoughts, words, and deeds be for healing.

TWELTH STATION continued..

Priest: It was now about the sixth hour, and there was darkness over the whole land until the ninth hour. And the sun was darkened, and the curtain of the temple was torn in the middle. Jesus cried out with a loud voice and said, “It is finished. Father, into your hands I commend my spirit.” Then bowing his head, he died. (Luke 23: 44-46; John 1: 30b)

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

All: Our Father, who are in heaven, hallowed be thy name. / Thy kingdom come, / Thy will be done, on earth as it is in heaven. / Give us this day our daily bread, / and forgive us our trespasses, as we forgive those who trespass against us. / And lead us not into temptation, / but deliver us from evil. Amen. (Stand)

Sing:

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

Jesus, when delivered up by the settled purpose and foreknowledge of God, you have crucified and slain by the hands of wicked men. (Acts 2: 23)

THIRTEENTH STATION

The body of Jesus is taken down from the Cross

Priest: We adore You, O Christ, and we praise You. (Genuflect)

All: Because by your holy Cross You have redeemed the world.

ELEVENTH STATION continued..

Priest: When they came to Golgotha, the place called the Skull, they crucified Jesus and the robbers, one on his right and the other on his left. And Jesus said, "Father, forgive them, for they do not know what they are doing." (Luke 23: 33-34; John 19: 18)

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

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

All: Amen. (Stand)

Sing:

Life eternal, death defiant, bowed his head – the world was silent, through his death came life anew.

Just as by the disobedience of one man the many were constituted sinners, so also by the obedience of one the many will be constituted just. (Romans 5: 19)

TWELTH STATION

Jesus dies on the Cross

Priest: We adore You, O Christ, and we praise You. (Genuflect)

All: Because by your holy Cross You have redeemed the world.

A Prayer of Welcome

Loving God, open our hearts to those most in need: the unemployed parent worried about feeding his or her children. The woman who is underpaid, harassed or abused. The Black man and woman who fear for their lives. The immigrant at the border, longing for safety. The homeless person looking for a meal. The LGBT teen who is bullied. The unborn child in the womb. The inmate on death row. Help us to be a nation where every life is sacred, all people are loved, and all are welcome. Amen.

Sea Remains the Sea

Dear Lord, it is true there is an ebb and flow, but the sea remains the sea. You are the sea. Although I experience many ups and downs in my emotions and often feel great shifts and changes in my inner life, you remain the same. Your sameness is not the sameness of a rock, but the sameness of a faithful lover. Out of your love I came to life, by your love I am sustained, and to your love I am always called back. There are days of sadness and days of joy; there are feelings of guilt and feelings of gratitude; there are moments of failure and moments of success; but all of them are embraced by your unwavering love...O Lord, sea of love and goodness, let me not fear too much the storms and winds of my daily life, and let me know there is ebb and flow, but the sea remains the sea. Amen.

Henri J. Nouwen

Eternal Rest

Eternal rest grant unto them, O Lord. And let the perpetual light shine upon them. May they rest in peace. Amen. May their souls and the souls of all the faithful departed through the mercy of God rest in peace. Amen.

Prayer to the Sacred Heart

Most Sacred Heart of Jesus, I give you thanks and praise for all your many gifts and blessings, especially the love you shower upon me. Be with me each moment of this day. Help me to be mindful of your never-ending love and inspire me to show my love for you by responding generously to the needs of others. May I become your eyes, your ears, your hands, your voice in a world which hungers for love and forgiveness. In all that I say, in all that I do this day, may I do it for you. Be with me, Lord, and bless me.
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.

St. Joseph

Happy and blessed are you O Joseph, to whom it has been given, not only to see and hear, but also to bear in your arms, to embrace, to clothe, and to watch over, God himself whom many kings have desired to see, but have not seen, and to hear, but have not heard, pray for us O blessed Joseph, that we may be made worthy of the promises of Christ. Amen.

St. Joseph

Oh, St. Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interest and desires. Oh, St. Joseph, do assist me by your powerful intercession, and obtain for me from your divine Son all spiritual blessings, through Jesus Christ, our Lord. So that, having engaged here below your heavenly power, I may offer my thanksgiving and homage to the

TENTH STATION continued...

Priest: They gave Jesus wine to drink mixed with gall; but when he had tasted it, he would not drink. Then after they had crucified him, they divided his clothes, casting lots, to fulfill what was spoken through the prophet, "They divided my clothes among them, and upon my garments they cast lots." (Matthew 27: 34-35)

All: (Kneel and pause) Happy is the man whom God chastises! / Do not reject the punishment of the almighty. / For he wounds, but he binds up; he smites, but his hands give healing. / Insult has broken my heart, and I am weak; / I looked for comforters, and I found none. / Rather they put gall in my food, and in my thirst they gave me vinegar to drink. (Job 5: 17-18; Psalm 68: 21-22)

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

All: Amen. (Stand)

Sing:

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

... they have pierced my hands and my feet: I can count all my bones. They look on and gloat over me; ... (Psalm 21: 17b-18a)

ELEVENTH STATION

Jesus is nailed to the Cross

Priest: We adore You, O Christ, and we praise You.
(Genuflect)

All: Because by your holy Cross You have redeemed the world.

NINTH STATION continued...

Priest: I lie prostrate in the dust; give me life according to your word. I declared my ways, and you answered me; teach me your commands. Make me understand the way of your precepts, and I will meditate on your wondrous deeds. My soul weeps for sorrow; strengthen me with your words. (Psalm 118: 25-28)

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

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

All: Amen. (Stand)

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

All who see me scoff at me ... (Psalm 21: 8)

TENTH STATION

Jesus is stripped of his clothes

Priest: We adore You, O Christ, and we praise You. (Genuflect)

All: Because by your holy Cross You have redeemed the world.

St. Joseph continued...

most loving of Fathers. Oh, St. Joseph, I never weary contemplating you, and Jesus asleep in your arms; I dare not approach while he reposes near your heart. Press Him in my name and kiss His fine head for me and ask Him to return the Kiss when I draw my dying breath. St. Joseph, Patron of departing souls – Pray for me.

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.

The Breastplate of St. Patrick

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

Daily Intentions

O my God! I offer you all my prayers, works and sufferings of this day, in union with the Sacred Heart of Jesus, and through the Immaculate Heart of Mary, for the following intentions for all the needs listed in my prayer journal, those who asked me to pray for them, and:

SUNDAY

To obtain a true spirit of zeal, religion, and piety. For the success of priests' work, and the spiritual welfare of those entrusted to their care. (Personal intentions)

Daily Intentions continued...

MONDAY

Spirit of meekness and humility. Souls in purgatory, and Religious communities. (Personal intentions)

TUESDAY

Spirit of faith. Relatives, friends, and benefactors. (Personal intentions)

WEDNESDAY

Spirit of Charity. The sick, dying, suffering, poor, and those who care for them. (Personal intentions)

THURSDAY

Love of the Holy Eucharist. Vocations to the Priesthood; conversion of unbelievers; needs of missionaries. (Personal intentions)

FRIDAY

Spirit of mortification and self-sacrifice. Conversion of sinners. (Personal intentions)

SATURDAY

Love of chastity and of the Blessed Virgin. Schools and teachers; children and youth. (Personal Intentions)

Evening Acts of Thanksgiving

SUNDAY

We give you thanks and praise, Almighty Father, for having called us today to celebrate the eternal covenant of our redemption. Make this evening holy, and never withdraw your love from us. Through Christ our Lord. Amen.

MONDAY

Thank you, Lord, for the love and protection you have shown us throughout this day. Stretch your hand of blessing over us this evening that we may end the day as we began it, by praising your holy name. Through Christ our Lord. Amen.

EIGHTH STATION continued...

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

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

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

All: Amen. (Stand)

Sing:

*Jesus fell again in weakness, stumbling as we do, to lead us
Through our sorrow and our pain*

*... he shall take away the sins of many and win pardon for
their offences. (Isaiah 53: 12b)*

NINTH STATION

Jesus falls a third time

Priest: We adore You, O Christ, and we praise You. (Genuflect)

All: Because by your holy Cross You have redeemed the world.

SEVENTH STATION continued...

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

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

Priest: Let us pray. Lord Jesus Christ, you shared in our weakness and accepted your guilt. Grant us the favor of rejoicing over our human weakness, so that in all we do, your strength, dwelling in us, may be shown to all others.

All: Amen. (Stand)

Sing:

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

Hear me, you who know justice, you people who have my teaching at heart: fear not the reproach of men, but not dismayed at their reviling's. (Isaiah 51: 7)

EIGHTH STATION

Jesus meets the women of Jerusalem

Priest: We adore You, O Christ, and we praise You. (Genuflect)

All: Because by your holy Cross You have redeemed the world.

Evening Acts of Thanksgiving continued...

TUESDAY

Almighty Father, in your loving providence every hair of our head is counted, every tear is noted, and every prayer heard. We thank you for your faithful goodness to us, and ask for a peaceful evening, and blessed rest. Through Christ our Lord. Amen.

WEDNESDAY

We give you thanks, Almighty God, for all the gifts you have given to us during this day. Keep our hearts open to your love and grace this evening, that we may always deserve to be called your children. Through Christ our Lord. Amen.

THURSDAY

May the thanks we express this evening, Lord, be for us a foretaste of the grateful joy which fills our hearts when your kingdom comes. Until then, let us grow ever stronger in faith, hope, and love. Through Christ our Lord. Amen.

FRIDAY

Thank you, heavenly Father, for the graces, you have given us today. Thank you for inviting us to share in the sufferings of your Son and so to follow him, to glory. By your Holy Spirit, give us strength and encouragement this evening, and let us love one another. Through Christ our Lord. Amen.

SATURDAY

Father, you made us in your own image, and your Son accepted death for our salvation. Help us to keep watch in prayer at all times. May we be free from sin when we leave this world and rejoice in peace with you forever and ever. Amen.

Regina Mundi

Regina Mundi, our peerless queen, we thee proclaim.
Our hearts aglow with filial love, we tender thee. Thou
the dispenser of heavenly grace in this domain. In sweet
accord, united all, we honor thee. With faith and
courage, thy crown defending. Truth and justice in thy
realm extending. The blue and white, thy colors on high
proudly displaying. Our youthful hearts thy glory loudly
proclaiming. Alma Mater, Queen and Mother, eternal be
thy reign.

Prayer to One's Patron Saint

O heavenly Patron, whose name I have the honor to
bear, pray earnestly at all times to God for me; confirm
me in the faith; strengthen me in virtue, defend me in
the battle of life; so that, conquering the enemy of my
soul, I may deserve to be rewarded with everlasting
glory. Amen. Patron, whose name I bear, be mindful of
me before God. Pray for me that I may always live as I
ought, that I may keep faith and be victorious in the
battle of life. Amen.

Prayer for the Canonization of Fr. Solanus Casey

O God, I adore you. I give myself to you. May I be the
person you want me to be, and may your will be done in
my life today. I thank you for the gifts you gave to
Father Solanus. If it is your will, bless us with the
canonization of Fr. Solanus so that others may imitate
and carry on his love for all the poor and suffering of our
world. As he joyfully accepted your divine plans, I ask
you, according to your will, to hear my prayer for (your
intention) through Jesus Christ our Lord. Amen.
"Blessed be God in all His designs."

SIXTH STATION continued...

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

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

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

All: Amen. (Stand)

Sing:

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

*I am like water poured out; all my bones are racked. My heart
has become like wax . . . My throat is dried up like baked clay.*
(Psalm 21: 15b-16a)

SEVENTH STATION

Jesus falls the second time

Priest: We adore You, O Christ, and we praise You. (Genuflect)

All: Because by your holy Cross You have redeemed the
world.

FIFTH STATION continued..

Priest: And when they had mocked Jesus, they took the purple cloak off and put his own clothes on him, and they led him out to be crucified. Then they forced a certain passer-by, Simon of Cyrene, coming from the country, to take up his cross. They brought Jesus to the place called Golgotha, a name meaning 'the place of the skull.' (Mark 15, 20-22)

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

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

All: Amen. (Stand)

Sing:

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

*Though constantly I take my life in my hands, yet I forget not
your law. (Psalm 118: 109)*

SIXTH STATION

Veronica wipes the face of Jesus

Priest: We adore You, O Christ, and we praise You. (Genuflect)

All: Because by your holy Cross You have redeemed the world.

Prayer for Passionist Retreatants

Jesus, you invited the apostles to come away with you to a deserted place and rest a while. Like your apostles, enable me to experience You on retreat – your suffering love and tender compassion. May I come to better know myself, to draw closer to you, and to thus be of better service to my brothers and sisters. Help me to listen attentively, to ponder prayerfully, to respond generously, and to benefit from the solitude and peace. Through the intercession of Mary, Mother of Sorrows, may I and my fellow retreatants leave our retreat as deeply committed Christians, better able to follow your footsteps in all the opportunities and challenges of life. Amen.

As I Leave Retreat

My Lord, it is time for me to return. I thank you for this quiet time apart, Unburdened by my normal duties of life. I thank you for the graces of this weekend and treasure this time now ending. Help me, as I return to the flow of daily life. The good and the bad ... Mistakes and successes ... Challenges and stresses. May this holy time of prayer fill me with the necessary energy to once again take up the challenge of finding holiness in the midst of my work, in the center of my home. Come, loving God and accompany me as I return to the crowded and noisy crossroads of life striving to rejoice in You!

A Prayer for Deacons

O God, we thank you for the diaconal witness of the martyr St. Stephen, in whom you bestow upon your Church an icon of Christ the Servant. Grant that, through his assistance, your Church's deacons may be aided in building up the Body of Christ through their ministry of the word, service at the sacred mysteries and by an outpouring of charity for your people. By his witness, may St. Stephen inspire all your people to mirror Christ's life of sacrificial service. Through the same Christ our Lord. Amen.

The Society of St. Lawrence – Deacon Prayer

God our Father, I thank you for the love and care you show to me and my family, and for calling me to serve you as a deacon in the Church. May your Holy Spirit guide me in my home life, in my employment, and in my ministry to your people. I ask for understanding of others and compassion to all. Help me to know the gifts you have given me and show me how to use them in serving others. Bless me with the humility needed to accept rejection, the ability to discern your will, and the peace of mind that comes with serving you as you would have me do. I pray for my brother deacons, the men in the diaconate formation program and those being called. I pray for their wives and families, and their special needs. I pray for our Pope, our Bishops, Priests Religious, Parish communities, and all peoples. May we serve each other in love, and with understanding. Give me the courage, strength and grace to help build a world of justice and peace through Jesus Christ, your Son. Amen.

Prayer Before a Spiritual Conversation

Lord of Emmaus, give me the time I need for this conversation. Help me to let go of my own convenience and work, to be fully present to each person here. May I be slow to speak. Give me the wisdom to listen quietly, to sense the meaning, positions, and desires of each speaker, to know whether to be silent or speak. Free me to listen without prejudice, to treat each speaker equally. Keep me considerate and kind with matters that arise, sincere in my opinion, respecting better opinions. Help me to hold each speaker's prayer experience reverently, their talents and faith gently, and to enkindle in them love of our Creator and Lord, and to serve them in body as well as in word. Let the Spirit descend upon this circle with an abundance of her gifts. Above all, give me the greatest possible humility, to be simple rather than eloquent, as you are to us all. Amen.

FOURTH STATION continued...

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

All: (Kneel and Pause) To what can I compare you, O daughter Jerusalem? / What example can I show you for your comfort, virgin daughter Zion? / For great as the sea is your distress; / who can heal you? (Lamentations 2: 13)

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

All: Amen. (Stand)

Sing:

Simon stopped in hesitation, not foreseeing his proud station, called to bear the Cross of Christ.

Can you drink of the cup of which I am about to drink? . . . We can. (Matthew 20: 22b)

FIFTH STATION

Simon of Cyrene helps Jesus to carry his Cross

Priest: We adore You, O Christ, and we praise You. (Genuflect)

All: Because by your holy Cross You have redeemed the world.

THIRD STATION continued..

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

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

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

All: Amen. (Stand)

Sing:

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

I will put enmity between you and the woman, between your seed and her seed; he shall crush your head, and you shall lie in wait for his heel. (Genesis 3: 15)

FOURTH STATION

Jesus meets his afflicted mother

Priest: We adore You, O Christ, and we praise You. (Genuflect)

All: Because by your holy Cross You have redeemed the world.

FIRST PRAYER - - Pope Francis

O Mary, You shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick, who, at the foot of the cross, were united with Jesus’ suffering, and persevered in your faith. “Protectress of the Roman people,” you know our needs, and we know that you will provide, so that, as at Cana in Galilee, joy and celebration may return after this time of trial. Help us, Mother of Divine Love, to conform ourselves to the will of the Father and to do what Jesus tells us. For He took upon Himself our suffering, and burdened Himself with our sorrows to bring us, through the cross, to the joy of the Resurrection. Amen.

We fly to your protection, O Holy Mother of God; Do not despise our petitions in our necessities, but deliver us always from every danger, O Glorious and Blessed Virgin.

SECOND PRAYER - - Pope Francis

“We fly to your protection, O Holy Mother of God.” In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you, Mother of God and our mother, and seek refuge under your protection. Virgin Mary, turn your merciful eyes toward us amid this coronavirus pandemic. Comfort those who are distraught and mourn their loved ones who have died, and at times are buried in a way that grieves them deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the uncertainty of the future and the consequences for the economy and employment. Mother of God and our Mother, pray for us to God, the Father of mercies, that this great suffering may end and that hope, and peace may dawn anew. Plead with your Divine Son, as you did at Cana, so that the families of the sick and the victims be comforted, and their hearts be opened to confidence and trust.

Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency and are risking their lives to save others. Support their heroic effort and grant them strength, generosity and continued health.

SECOND PRAYER - - Pope Francis continued...

Be close to those who assist the sick night and day, and to priests who, in their pastoral concern and fidelity to the Gospel, are trying to help and support everyone.

Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find effective solutions to overcome this virus.

Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those lacking the basic necessities of life and may devise social and economic solutions inspired by farsightedness and solidarity.

Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future.

Beloved Mother, help us realize that we are all members of one great family and to recognize the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer.

Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out His all-powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course.

To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves, O Clement, O Loving, O Sweet Virgin Mary. Amen.

Litany for Listeners

Dearest Lord, companion on the road,
voice in the night, here we are, gathered to listen.

Open our ears, our whole being,

That we may become a listening presence to each other,

That we may enjoy the gift of our spiritual conversation.

Give us the generosity to listen with openness, Listen to us.

The wisdom to understand what is heard, Listen to us.

SECOND STATION continued...

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

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

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

All: Amen. (Stand)

Sing:

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

Save me, O Lord, from the hands of the wicked, preserve me from violent men who plan to trip my feet - the proud who have hidden a trap for me. (Psalm 139: 5-6a)

THIRD STATION

Jesus falls the first time

Priest: We adore You, O Christ, and we praise You. (Genuflect)

All: Because by your holy Cross You have redeemed the world.

FIRST STATION continued...

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

All: (Kneel and pause) The kings of the earth rise up / and the princes conspire together against the Lord and against his Anointed. / I will proclaim the decree of the Lord; / the Lord said to me: / "You are my Son; this day I have begotten you. / Ask of me and I will give you the nations for an inheritance / and the ends of the earth for your possession." (Psalm 2: 2, 7-8)

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

All: Amen. (Stand)

Sing:

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

Yet it was our infirmities that he bore, our sufferings that he endured, while we thought of him as stricken, as one smitten by God and afflicted. (Isaiah 53: 4)

SECOND STATION

Jesus carries his Cross

Priest: We adore You, O Christ, and we praise You. (Genuflect)

All: Because by your holy Cross You have redeemed the world.

Litany for Listeners continued...

The strength to be changed by what is shared, Listen to us.

The listening that never judges, Listen to us.

The curiosity of a child, Listen to us.

Increase in us the peace to forgive and be forgiven, Listen to us.

The reverence to honor both gift and loss, Listen to us.

The acceptance that allows failure to be shared, Listen to us.

The prudence to know when not to speak, Listen to us.

The surrender that treasures silence after word, Listen to us.

Enliven in us the freedom to let mystery be, Listen to us.

The joy to celebrate new discovery, Listen to us.

The readiness for laughter when it rises, Listen to us.

The grace to listen with humble love, Listen to us.

The awe to hear you speaking in us, Listen to us.

God Is Gentle

While realizing that ten years ago I didn't have the faintest idea that I would end up where I am now, I still like to keep up the illusion that I am in control of my own life. I like to decide what I most need, that I will do next, what I want to accomplish, and how others will think of me. While being so busy running my own life, I become oblivious to the gentle movements of the Spirit of God within me, pointing me in directions quite different from my own.

It requires a lot of inner solitude and silence to become aware of these divine movements. God does not shout, scream, or push. The Spirit of God is soft and gentle like a small voice or a light breeze. It is the Spirit of Love.

Henri Nouwen

An Act of Contrition

Lord Jesus, to know You is eternal life. I believe You are the Messiah, the Son of the living God. I love You and I place my trust in You. I am sorry for all of my Sins and for withholding Myself in any way from You. Please forgive Me and heal any pain I have caused others. I forgive anyone who has hurt me, and I ask You to bless them. In Your Name, Jesus, I renounce anything in my life

An Act of Contrition continued...

that is not of You that I have welcomed into my mind or heart. Wash me in mercy and fill me with Your Precious Blood and the Holy Spirit. Father, all of my need for love and affection is found in your embrace. May I never leave my home in Your heart again. By your grace, I resolve to remain in Your shelter and abide in Your shade, where You restore to me the joy of Your salvation. Psalm 91; Psalm 51. Amen.

God never tires of forgiving us; we are the ones who tire of seeking his mercy. With a tenderness which never disappoints, but is always capable of restoring our joy, he makes it possible for us to lift up our heads and to start anew.
Pope Francis

Prayer for Spiritual 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.

Brigit's Prayer

I should like a great lake of finest ale, for the King of Kings I should like a table of the choicest food, for the family of heaven.
Let the ale be made from the fruits of faith, and the food be forgiving love.
I should welcome the poor to my feast, for they are God's children.
I should welcome the sick to my feast, for they are God's joy.
Let the poor sit with Jesus at the highest place, and the sick dance with the angels.
God bless the poor, God bless the sick, and bless our human race.
God bless our food, God bless our drink, all homes, O God, embrace.

The Way of the Cross With Text From the Scriptures Opening Prayer

(Stand)

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

(Kneel)

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

(Stand)

Sing: (to the tune of Stabat Mater)
Jesus, Lord, condemned, defiled,
May we too be meek and mild
As we tread your Holy Way.
May we feel no bitter hatred,
When we too are persecuted,
Left alone to walk with You.

My people, what have I done to You? How have I offended you? Answer me. (From the Reproaches on Good Friday)

FIRST STATION

Jesus is condemned to death

Priest: We adore You, O Christ, and we praise You. (Genuflect)

All: Because by your holy Cross You have redeemed the world.

SALVE REGINA continued...

Turn then, most gracious advocate,
your eyes of mercy toward us,
and after this exile
show to us the blessed fruit of your womb, Jesus.
O clement, O loving, O sweet Virgin Mary.

ALMA REDEMPTORIS MATER

Loving Mother of the Redeemer,
Gate of heaven, star of the sea,
Assist your people
who have fallen yet strive to rise again.
To the wonderment of nature, you bore your Creator,
yet remained a virgin after as before.
You who received Gabriel's joyful greeting,
have pity on us, poor sinners.

Prayer for Peace

O God of peace, bring peace about in our world this day.
Help us to respect those who worship you, love you and
serve you in their respective faiths. May we understand
that you created all out of love and you dwell in each of us.
We thank you for our diversity and long for the day when
we celebrate our living together in our Common Home
which you created for us. Amen.

Prayer

When I have difficulty accepting and forgiving someone, I
pray, "Loving God, bless (N), who challenges me the most,
and change me." I am grateful for God's patience and
grace in hearing this repeated prayer. Let go of anything
weighing you down and step across the threshold of this
New Year with open arms.

Prayer

Jesus, help me to widen the circle of my love and care –
especially to include _____.

Breathe

Breathe in the breath of God,
Breathe out your cares and concerns.
Breathe in the love of God,
Breathe out your doubts and despairs.
Breathe in the life of God,
Breathe out your fears and frustrations.
Sit quietly before the One
Who gives life and love to all creation.
Sit in awe of the One
Who formed you in your mother's womb.
Sit at peace surrounded by then
Who fills every fibre of your being.
Breathe in the breath of God,
Breathe out your tensions and turmoil.
Breathe in the love of God.
Breathe out your haste and hurry.
Breathe in the life of God,
Breathe out your work and worries.
Sit quietly before the One
Who gives life and love to all creation.
Sit in awe of the One
Who formed you in your mother's womb.
Sit at peace surrounded by then
Who fills every fibre of your being.
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A Prayer for Healing

Most Sacred Heart of Jesus, you care for us and provide us
with everything we need.
You shower us with your love and mercy.
You send people into our lives to help care for us,
especially in time of sickness and pain.
Help us to experience your presence in the midst of the
uncertainties of the coming days and weeks.
Heal those infected with the coronavirus and restore them
to health.
Ease the suffering of those who are dying and welcome
into your

A Prayer for Healing continued...

kingdom those who have died.

Give strength to health care professionals and give them your wisdom in their search for a cure.

Strengthen our faith that we might be filled with hope in you.

Give us patience that we might accept our own limitations.

Help us know we are not alone, that you walk with us each moment of our lives.

Be with us, Lord, in our time of need.

Heal us in body, soul and spirit that we may rejoice in your grace and blessings in this world and come to enjoy the fullness of your presence in the life to come.

We make this prayer in your name, for you are our Risen Lord, Jesus. Amen.

Sacred Heart Southern Missions

A Prayer for Protection in Time of Pandemic

O Mary, you always brighten our path as a sign of salvation and of hope.

We entrust ourselves to you, Health of the Sick, who, at the Cross, took part in Jesus' pain while remaining steadfast in faith.

O loving Mother, you know what we need, and we are confident you will provide for us as at Cana in Galilee.

Intercede for us with your Son Jesus, the Divine Physician, for those who have fallen ill, for those who are vulnerable, and for those who have died.

Intercede also for those charged with protecting the health and safety of others and for those who are tending to the sick and seeking a cure.

Help us, O Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who took upon himself our sufferings and carried our sorrows, so as to lead us, through the Cross, to the glory of the Resurrection. Amen

Under thy protection we seek refuge, O Holy Mother of God.

In our needs, despise not our petitions, but deliver us always from all dangers, O glorious and blessed Virgin. Amen.

Sacred Heart Southern Missions

O Antiphons continued...

your strong yet tender care. Come and show your people the way of salvation. O Sacred Lord of Ancient Israel, who showed yourself to Moses in the burning bush, who gave him the holy law on Sinai mountain, come, stretch out your mighty hand to set us free. O Flower of Jesse's Stem, you have been raised up as a sign for all peoples; kings stand silent in your presence; the nations bow down in worship before you. Come, let nothing keep you from coming to our aid. O Key of David, O Royal Power of Israel controlling at your will the gate of heaven; come, break down the prison walls of death for those who dwell in darkness and the shadow of death; and lead your captive people into freedom. O Radiant Dawn, splendor of eternal Light, sun of justice: come shine on those who dwell in darkness and the shadow of death. O King of All the Nations, the only joy of every human heart; O Keystone of the mighty arch of human beings, come and save the creatures you have fashioned from the dust. O Emmanuel, king and lawgiver, desire of the nations, Savior of all people, come and set us free, Lord our God.

Driver's Prayer

God our Father, you led Abraham and Sarah from their home and guarded them in all their travels. You guided them safely to the destination you had chosen for them. Be with us now as we travel and guard us every mile of our journey. Help us to be attentive, cautious and concerned about our fellow travelers. Make our highways, skies and seas safe and keep us all from danger. Sacred Heart of Jesus, guide us to our destination and help us to travel prayerfully and carefully. Sacred Heart of Jesus, have mercy on us. Amen.

SALVE REGINA

Hail, holy Queen, Mother of mercy.

hail 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.

Christ has no Body

St. Teresa of Avila

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are his body.
Christ has no body now but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
compassion on this world.
Christ has no body now on earth but yours.

Today (October 15th) is the Feast of St. Teresa of Avila

O Antiphons

Megan McKenna

The mood of Advent shifts drastically into one of wonder at Vespers on December 17, with the antiphon that brackets the Magnificat: O Wisdom from the Father's mouth, The Word of God is eternal love, beneath whose firm yet gentle sway This world is governed from above. O Come! O Come! And teach us all The ways that lead to life. (An ancient rendering of the text) And the O Antiphons will continue through the eve of Christmas. They hail the one to come in invocations, texts, and messianic titles that are couched in hope, longing, and intense concentration. They build in intensity, deepening our desire and focusing us on the Word of God made flesh among us. The titles are: "O Wisdom," "O Holy Word of God," "O Adonai," "O Root of Jesse" (or "Flower of Jesse's Stem"), "O Key of David," "O Daystar" (or "O Radiant Dawn"), "O King of All the Nations," "O Emmanuel." All the prayers beseech help and entreat God to come and instill in those who sing and listen to the music and words a sense of stillness, serenity, and heart's ease. What follows is one version of the O Antiphons that are used in my church in New Mexico: O Wisdom, O Holy Word of God, you govern all creation with

Prayer for Peace of Mind

Sacred Heart of Jesus,

I place all my trust in you knowing that you love me, care for me, and will never abandon me.

I want to be like Mary, who, in spite of her sorrows and great pain, was able to enjoy peace of mind in the midst of her suffering, confident that God was at her side to give her courage.

Help me to know that my suffering and pain too will pass, as you guide me along the right path and that only goodness and kindness will follow me all the days of my life.

Jesus, heal my heart and grant me peace of mind. Amen.

Sacred Heart of Jesus, have mercy on us.

Immaculate Heart of Mary, pray for us.

St. Joseph our protector, pray for us.

Sacred Heart Southern Missions

A Flash in the Night

I find my life flash before my eyes

In a single act of dark sorrow

I feel I'm drowning in the ocean

And in all my fears of tomorrow

But what of Jesus who cried blood tears?

Or when on the boat he calmed the sea?

Shouldn't this be enough love for me?

Shouldn't it from my fear set me free?

Mark S. Latkovic

May the Angels

May the angels lead you into Paradise. May the Holy Martyrs receive you at your coming, and take you to Jerusalem, the holy city. May the choir of the Angels welcome you, and may you with the once poor Lazarus, have rest everlasting. For to your faithful Lord, life is changed, not taken away; and the abode of this earthly dwelling being dissolved, an eternal dwelling is prepared. Through Christ our Lord. Amen.

Eternal Rest

Eternal rest grant unto (N), O Lord. And let the perpetual light shine upon (N). May (N) rest in peace. Amen. May (N)'s soul and the souls of all the faithful departed through the mercy of God rest in peace. Amen.

St. Joseph

Remember, O most chaste spouse of the Virgin Mary, that never was it known that anyone who implored your help and sought your intercession was left unassisted. Full of confidence in your power, I fly to you, and beg your protection. Despise not, O foster-father of the Redeemer, my humble supplication, but in your bounty, hear and answer me. Amen.

Prayer to Saint Joseph for a Happy Death

O Blessed Joseph, who died in the arms of Jesus and Mary, obtain for me, I beseech you, the grace of a happy death. In that hour of dread and anguish, assist me by your presence, and protect me by your power against the enemies of my salvation. Into your sacred hands, living and dying, Jesus, Mary, Joseph, I commend my soul. Amen.

Sacred Heart of Jesus

Merciful Jesus, I consecrate myself today and always to your most Sacred Heart. Most Sacred Heart of Jesus I implore, that I may ever love you more and more. Most Sacred Heart of Jesus I trust in you! Most Sacred Heart of Jesus have mercy on us! Most Sacred Heart of Jesus I believe in your love for me. Jesus, meek and humble of heart, make my heart like your Heart.

God Bless Our Family

Cross in the Woods, Indian River

Today and every day, let this quiet, tender moment of our Lord's own family touch our hearts and change our lives. God, bless our family. Make it like the family of your Son. May our moments of

The Twelve Fruits of the Holy Spirit

1. Charity
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Perseverance
8. Mildness
9. Faith
10. Modesty
11. Continency
12. Chastity

The Seven Corporal Works of Mercy

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. To shelter the homeless
5. To visit the sick
6. To visit the imprisoned
7. To bury the dead

The Seven Spiritual Works of Mercy

1. To counsel the doubtful
2. To instruct the ignorant
3. To admonish sinners
4. To comfort the afflicted
5. To forgive offenses
6. To bear wrongs patiently
7. To pray for the living and the dead.

Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because of thy just punishment, 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 avoid the near occasion of sin. Amen.

The Ten Commandments continued...

8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

Beatitudes

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are they who mourn, for they will be comforted.
3. Blessed are the meek, for they will inherit the land.
4. Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
5. Blessed are the merciful, for they will be shown mercy.
6. Blessed are the clean of heart, for they will see God.
7. Blessed are the peacemakers, for they will be called children of God.
8. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

The Three Theological Virtues

1. Faith
2. Hope
3. Charity

The Four Cardinal Virtues

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

The Seven Gifts of the Holy Spirit

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

God Bless Our Family continued...

sorrow give way to seasons of joy. May the memory of harsh words fade before the warmth of a loving touch. May there never be pain that a kind embrace cannot lessen. May the tears of sorrow always be replaced by the music of laughter. May resentment be banished from our home and forgiveness reign in our hearts. Today and every day. Let the only living thing that is stronger than the love that binds our family together be your love, O God, which makes all creation one. Let it be, God, until that day when your gentle guidance brings each of us to our eternal home and your loving arms. Amen.

Prayer At Cross In The Woods

I offered a prayer for you today at the Cross in the Woods. My prayer was that the Lord may bless you and that each time you see a cross that you may come to know and understand more deeply the Lord's meaning for the word love.

The Jesus Prayer

O Lord Jesus Christ Son of God, have mercy upon me, a sinner, Amen.

Prayer to Our Lady of Guadalupe

Our Lady of Guadalupe, mystical Rose, make intercession for our Holy Church, protect the Pope, help all those who invoke you in their necessities and since you are the ever-Virgin Mary and Mother of the true God, obtain for us from your most Holy Son, the grace of keeping our faith, sweet hope in the midst of the bitterness of life, burning charity, and the precious gift of final perseverance. Amen.

Prayer to Our Mother of Perpetual Help

O Mother of Perpetual Help, grant that I may ever invoke thy most powerful name, which is the safeguard of the living and the salvation of the dying. O purest Mary, O sweetest Mary, let your name henceforth be ever on my lips. Delay not, O Blessed Lady, to

Prayer to Our Mother of Perpetual Help continued...

help me whenever I call on you, for in all my needs, in all my temptations I shall never cease to call on you, ever repeating your sacred name, Mary, Mary, O what consolation, what sweetness, what confidence, what emotion fill my soul when I pronounce your sacred name, or even only think of you. I thank God for having given you, for my good, so sweet, so powerful, so lovely a name. But I will not be content with merely pronouncing your name: let my love for you prompt me ever to hail you, Mother of Perpetual Help. (Recite nine Hail Mary's).

Our Lady Undoer of Knots

Our Lady undoer of knots, we thank you for untying the knots in our lives. With a mother's heart disentangle every confusion, protect us from all evil. Take our intentions into your hands full of kindness and patience, clarify the ties that link us ever to the One. Wrap us in your mantle, safe in your protection, enlightened with your peace! Dearest Mother we thank you for untying the Knots in our lives.

Our Lady of the Highway

Our Lady of the highway, be with us on our journey for all your ways are beautiful and all your paths are peace. O God, who with unspeakable providence does rule and govern the world, grant unto us your servants, through the intercession of our watchful mother Mary, to be protected from all danger and brought safely to the end of our journey. Amen.

Prayer to Our Lady of Mount Carmel ~ Memorial July 16

O Most beautiful flower of Mount Carmel, fruitful vine, splendor of heaven. Blessed Mother of the Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein that you are my Mother. O holy Mary, Mother of God, Queen of heaven and earth, I humbly beseech you from the bottom of my heart to succor me in this my necessity; there are none that can withstand your power. O show me herein that you are my Mother. Our Lady, Queen and Beauty of Carmel, pray for me and obtain my requests. Sweet Mother, I place this cause in your hands.

Examination of Conscience in Light of Catholic Social Teaching

19. Do my purchasing choices consider the hands involved in the production of what I buy? When possible, do I buy products produced by workers whose rights and dignity were respected?

Solidarity

20. Does the way I spend my time reflect a genuine concern for others?
21. Is solidarity incorporated into my prayer and spirituality? Do I lift up vulnerable people throughout the world in my prayer, or is it reserved for only my personal concerns?
22. Am I attentive only to my local neighbors or also those across the globe?
23. Do I see all members of the human family as my brothers and sisters?

Care for God's Creation

24. Do I live out my responsibility to care for God's creation?
25. Do I see my care for creation as connected to my concern for poor persons, who are most at risk from environmental problems?
26. Do I litter? Live wastefully? Use energy too freely? Are there ways I could reduce consumption in my life?

Are there ways I could change my daily practices and those of my family, school, workplace, or community to better conserve the earth's resources for future generations?

The Ten Commandments

1. I am the LORD your God. You shall worship the Lord your God and Him only shall you serve.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Sabbath day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.

Examination of Conscience in Light of Catholic Social Teaching

6. Are my beliefs, attitudes, and choices such that they strengthen or undermine the institution of the family?
7. Am I aware of problems facing my local community and involved in efforts to find solutions? Do I stay informed and make my voice heard when needed?
8. Do I support the efforts of poor persons to work for change in their neighborhoods and communities? Do my attitudes and interactions empower or disempower others?

Rights and Responsibilities

9. Do I recognize and respect the economic, social, political, and cultural rights of others?
10. Do I live in material comfort and excess while remaining insensitive to the needs of others whose rights are unfulfilled?
11. Do I take seriously my responsibility to ensure that the rights of persons in need are realized?
12. Do I urge those in power to implement programs and policies that give priority to the human dignity and rights of all, especially the vulnerable?

Option for the Poor and Vulnerable

13. Do I give special attention to the needs of the poor and vulnerable in my community and in the world?
14. Am I disproportionately concerned for my own good at the expense of others?
15. Do I engage in service and advocacy work that protects the dignity of poor and vulnerable persons?

The Dignity of Work and the Rights of Workers

16. As a worker, do I give my employer a fair day's work for my wages? As an owner, do I treat workers fairly?
17. Do I treat all workers with whom I interact with respect, no matter their position or class?
18. Do I support the rights of all workers to adequate wages, health insurance, vacation and sick leave? Do I affirm their right to form or join unions or worker associations?

Prayer to St. Blase

Lord, hear the prayers of your martyr Blase. Give us the joy of your peace in this life and help us to gain the happiness that will never end. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Prayer of St. Ephrem

O Lord and Master of my life, take from me the spirit of laziness, meddling, ambition and vain talk. But give me a spirit of prudence, humility patience and love. Yes, Lord and King grant me to see my own sins and faults and not judge my brothers and sisters. For you are blessed forever and ever. Amen.

Saint Kateri Tekakwitha Prayer

Loving God, we celebrate Saint Kateri Tekakwitha, "Lily of the Mohawks" as one of your Son's most faithful followers. Help us to turn away all evil and walk in her footsteps, sharing our love and concern with others. Let us revere your mystical presence in the poor and suffering as did she. Through Kateri's powerful intercession, we confidently ask you to grant us this special favor we ask for in her name (mention your intentions.) Share your healing and peace especially with family, friends, and the sick, whom we commend to your loving care. We ask this through your crucified and Risen Son, our Lord Jesus Christ, the eternal Word, who lives with You forever and ever. Amen.

Saint John XXIII, Pope Prayer

Almighty and eternal God, who in the Saint Pope John XXIII, gave to the whole world the shining example of a good shepherd, grant that, through his intercession, we may with joy spread abroad the fullness of Christian charity. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, forever and ever. Amen.

Saint John Paul II

O Holy Trinity, we thank you for having given to the church Pope John Paul II, and for having made him shine with your fatherly tenderness, the glory of the cross of Christ and the splendor of the Spirit of love. He, trusting completely in your infinite mercy and in the maternal intercession of Mary, has shown himself in the likeness of Jesus the Good Shepherd and has pointed out to us holiness as the path to reach eternal communion with you. Grant us, through his intercession, according to your will, the grace that we implore. Through Christ our Lord. Amen.

Prayer of Saint Francis of Assisi

“Lord make me an instrument of thy peace; where there is hatred, let me so love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness joy.” “O Divine Master, grant that I may not so much seek to be consoled, as to console; to be understood, as to understand; to be loved, as to love; for it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.” St. Francis of Assisi pray for us.

Prayer to Saint Teresa of Calcutta

Heavenly Father, you blessed Mother Teresa with gifts of love and compassion so she could spend her life in service for the poorest of the poor. May we imitate her examples of holiness by sharing our faith and reaching out to those in need. O, Saint Teresa of Calcutta so compassionate were you toward the sick, the hungry and the unwanted. Your heroic virtues and the graceful faithfulness in which you lived as a servant of God are beautiful examples of your love and union with him. We rejoice in your canonization and we praise and thank our loving God for your life and generosity. Help us to follow the Gospel as faithfully and lovingly as you did. Amen.

Another Prayer of Mother Teresa of Calcutta

The fruit of Silence is Prayer. The fruit of Prayer is Faith. The fruit of Faith is Love. The fruit of Love is Service.

A Brief Examination of Conscience

Based on the Ten Commandments continued...

5. You shall not kill.

Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?

6. You shall not commit adultery.

Have I respected the physical and sexual dignity of others and of myself?

7. You shall not steal.

Have I taken or wasted time or resources that belonged to another?

8. You shall not bear false witness against your neighbor.

Have I gossiped, told lies, or embellished stories at the expense of another?

9. You shall not covet your neighbor's spouse.

Have I honored my spouse with my full affection and exclusive love?

10. You shall not covet your neighbor's goods.

Am I content with my own means and needs, or do I compare myself to others unnecessarily?

Examination of Conscience in Light of Catholic Social Teaching

Life and Dignity of the Human Person

1. Do I respect the life and dignity of every human person from conception through natural death?
2. Do I recognize the face of Christ reflected in all others around me whatever their race, class, age, or abilities?
3. Do I work to protect the dignity of others when it is being threatened?
4. Am I committed to both protecting human life and to ensuring that every human being is able to live in dignity?

Call to Family, Community, and Participation

5. Do I try to make positive contributions in my family and in my community?

Prayer to Saint Michael the Archangel

Saint Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do Thou, O Prince of the Heavenly Host, by the Power of God cast into hell, Satan and the other evil spirits, who prowl about the world seeking the ruin of souls. Amen.

Thou Art a Priest Forever

To live in the midst of the world with no desire for its pleasures; to be a member of every family yet belonging to none; to share all sufferings; to penetrate all secrets, to heal all wounds; to daily go from men to God to offer Him their homage and petitions; to return from God to men to bring them His pardon and hope; to have a heart of fire for charity and a heart of bronze for chastity; to bless and to be blest forever. O God, what a life, and it is yours, O Priest of Jesus Christ!

A Brief Examination of Conscience Based on the Ten Commandments

1. I am the Lord your God: you shall not have strange Gods before me.

Have I treated people, events, or things as more important than God?

2. You shall not take the name of the Lord your God in vain.

Have my words, actively or passively, put down God, the Church, or people?

3. Remember to keep holy the Lord's Day.

Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation (Jan. 1; the Ascension; Aug. 15; Nov. 1; Dec. 8; Dec. 25)? Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body? Do I look for ways to spend time with family or in service on Sunday?

4. Honor your father and your mother.

Do I show my parents due respect? Do I seek to maintain good communication with my parents where possible? Do I criticize them for lacking skills I think they should have?

Reflection by St. Theresa of Calcutta

If we pray, we will believe; if we believe, we will love, if we love, we will serve.

Prayer to Saint Anne and Saint Joachim

St. Anne Church ~ Mackinac Island

Dear Saints Anne and Joachim, parents of the Blessed Virgin Mary, and grandparents of Jesus, our Divine Savior, have pity on your loving and trusting servant, and listen to the petition which I present before you. O blessed Saints you are both most dear to the Heart of Jesus whose beloved Mother was your own tender, devoted child! Nothing was impossible to your power and influence over the young Jesus "who grew strong full of wisdom" under the maternal care of your glorious Daughter, the Queen of Heaven and Earth. In mercy and compassion, be like Him "who went about doing good," and come to the aid of your servant in my great necessity! Saint Anne, Saint Joachim, beloved parents of Mary, "our life, our sweetness, and our hope," pray to God for me and obtain my request. Amen.

Prayer Reflection Archbishop Oscar Romero A Future Not Our Own

It helps, now and then, to step back and take a long view. The kingdom is not only beyond our efforts, it is even beyond our vision. We accomplish in our lifetime only a tiny fraction of the magnificent enterprise that is God's work. Nothing we do is complete, which is another way of saying that the Kingdom always lies beyond us. No statement says all that could be said. No prayer fully expresses our faith. No confession brings perfection. No pastoral visit brings wholeness. No programme accomplishes the Church's mission. No set of goals and objectives includes everything. That is what we are about. We plant a seed that will one day grow. We water seeds already planted, knowing that they hold future promise. We lay foundations that will need further development. We provide yeast that produces effects far beyond our capabilities. We cannot do everything, and there is a sense of liberation in releasing that. This enables us to do something, and to do it very well. It may be incomplete, but it is a beginning, a step along the way, an opportunity

Prayer Reflection Archbishop Oscar Romero
A Future Not Our Own continued...

for the Lord's grace to enter and do the rest. We may never see the end results, but that is the difference between the master builder and the worker. We are workers, not master builders, ministers, not messiahs. We are prophets of a future not our own.

First Sunday of Advent Thomas Merton

It is only the infinite mercy and love of God that has prevented us from tearing ourselves to pieces and destroying God's entire creation long ago. People seem to think that it is in some way a proof that no merciful God exists, if we have so many wars. On the contrary, consider how in spite of centuries of sin and greed and lust and cruelty and hatred and avarice and oppression and injustice, spawned and bred by the free wills of people, the human race can still recover, each time, and can still produce men and women who overcome evil with good, hated with love, greed with charity, lust and cruelty with sanctity. How could all this be possible without the merciful love of God, pouring out His grace upon us?

Second Sunday of Advent Archbishop Oscar Romero

Each one of you has to be God's microphone. Each one of you has to be a messenger, a prophet. The church will always exist as long as there is someone who has been baptized ... Where is your baptism? You are baptized in your professions, in the fields of workers, in the market. Wherever there is someone who has been baptized, that is where the church is. there is a prophet there. Let us not hide the talent that God gave us on the day of our baptism and let us truly live the beauty and responsibility of being a prophetic people.

The Chaplet of Divine Mercy

Prayers continued...

CLOSING PRAYER

This prayer is optional, and may be used after the Holy God to end the Chaplet: 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.

Structure

The chaplet is often recited on beads as a rosary-based prayer

The chaplet is prayed on ordinary rosary beads that are also used to pray the Dominican Rosary. The structure of the Chaplet is as follows:

The Chaplet is begun on the short strand of the rosary beads:

1. The sign of the cross on the Crucifix;
2. The optional first opening prayer on the first large bead.
3. The optional second opening prayer, repeated three times, still on the first large bead.
4. The Lord's Prayer on the first small bead.
5. The Hail Mary on the second small bead; & The Apostles' Creed on the third small bead.

The praying of the decades then follows, repeating this cycle for each:

1. The Eternal Father on the large bead, with a specific offering each decade; and
2. The For the sake of His sorrowful Passion on each of the ten adjacent small beads, with other petitions for mercy, emphasizing the offering of the Body and Blood of Christ.

To conclude:

1. The Holy God on the medallion.
2. The optional closing prayer, still on the medallion.
3. Any further intentions; and
4. The sign of the cross.

The Chaplet of Divine Mercy

Prayers

The Chaplet contains several unique prayers.

FIRST OPENING PRAYER

This prayer is optional, and may be used to begin the Chaplet:

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.

SECOND OPENING PRAYER

This prayer, repeated three times in succession, is also optional, and may be used along with the first opening prayer to begin the Chaplet:

O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You!

ETERNAL FATHER

This prayer opens each decade of the Chaplet:

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.

For the sake of His Sorrowful Passion

This prayer, repeated 10 times in succession, forms the body of each decade of the Chaplet:

For the sake of His Sorrowful Passion, have mercy on us and on the whole world.

HOLY GOD

This prayer, repeated three times in succession, concludes the Chaplet: Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

Third Sunday of Advent Archbishop Oscar Romero

The transcendence that the church preaches is not alienation; it is not going to heaven to think about eternal life and forget about the problems on earth. It's a transcendence from the human heart. It is entering into the reality of a child, of the poor, of those wearing rags, of the sick, of a hovel, of a shack. It is going to share with them. And from the very heart of misery, of this situation, to transcend it, to elevate it, to promote it, and to say to them, "You aren't trash. You aren't marginalized." It is to say exactly the opposite, "You are valuable."

From Thomas Merton

In Louisville, at the corner of Fourth and Walnut, in the center of the shopping district, I was suddenly overwhelmed with the realization that I loved all these people, that they were mine and I theirs, that we could not be alien to one another even though we were total strangers. I have the immense joy of being human, a member of a race in which God Himself became incarnate. As if the sorrows and stupidities of the human condition could overwhelm me, now that I realize what we all are. And if only everybody could realize this! But it cannot be explained. There is no way of telling people that they are all walking around shinning like the sun.

St. Pope Paul VI

St. Paul through your example of unrelenting love for the poor and work for world peace, you give us great hope. Grant us your strength of character to uphold the dignity of human life everywhere; to work for the reconciliation of nations and to learn to love as you did, with courage. We ask in Jesus name. Amen.

Therese of Lisieux (Confession)

If you are willing to bear serenely the trial of being displeasing to yourself, you will be for Jesus a pleasant place of shelter. – *in a letter to her sister, Celine, Christmas 1896 – (nine months prior to Therese's birth fully into eternal life) Letters of Therese, F. J. Sheed*

Prayer for Pope Francis

O Merciful God, our Father, we ask You to look with mercy and love on your servant, Francis, successor of St. Peter the Apostle, to guide the Church with courage in times of peace and in times of conflict. Have favor for your humble vicar and shepherd, Francis. Grant him virtue and wisdom and fill him with love so that he will serve with fidelity all those who you have entrusted in his care. Together in unity of the Holy Spirit, seeking the fulfillment of the mission of your Son, Jesus Christ Our Lord, One God forever and ever. Amen.

I Said A Prayer

I said a prayer for you today and know God must have heard. I felt the answer in my heart although he spoke no word! I didn't ask for wealth or fame (I knew you wouldn't mind). I asked him to send treasures of a far more lasting kind! I asked that he be near you at the start of each new day; to grant you health and blessings and friends to share your way! I asked for happiness for you in all things great and small. But it was for his loving care I prayed the most of all!

Ordinary Time

After the Solemnities of the Holy Trinity and the Body and Blood of Christ, we return to the "ordinal," or the "counting" Sundays in Ordinary Time. but the name of the season is derived from the Latin *ordo*, meaning "ordered" or "numbered" time. it is celebrated in two segments: from the Monday following the Baptism of Our Lord up to Ash Wednesday; and from Pentecost Monday to the First Sunday of Advent. The rhythm of life – with its celebrations of anniversaries and its seasons of quiet growth and maturing. We must admit that no time is ordinary. Time is God's gift to us. What we do with our time is our gift to God.

Prayer During the Summer

Great God, you dress the world in summertime and paint the sky with stars. You write your story in our lives and guide the ways of all. Give us a wider sense of wonder, that we may unwrap the world like a gift, always thanking you for your goodness and living in love with our neighbors, in Jesus Christ our Lord. Amen.

From Christmas to the Purification

Let us pray.

O God, by the fruitful virginity of Blessed Mary, thou hast bestowed upon the human race the rewards of eternal salvation; grant, we beg Thee, that we may feel the power of her intercession, through whom we have been made worthy to receive the Author of life, our Lord Jesus Christ your Son. Who lives and reigns with Thee forever and ever. Amen.

During Paschal Time

Let us pray. O God, who by the Resurrection of Thy Son, our Lord Jesus Christ, granted joy to the whole world; grant, we beg Thee, that through the intercession of the Virgin Mary, His Mother, we may attain the joys of eternal life. Through the same Christ our Lord. Amen.

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 St. Joseph, her most chaste spouse.

Blessed be God in his angels and in his Saints.

Litany of the Blessed Virgin Mary

The Litany of Loreto continued...

Queen of Apostles, Pray for us

Queen of Martyrs, Pray for us

Queen of Confessors, Pray for us

Queen of Virgins, Pray for us

Queen of all Saints, Pray for us

Queen conceived without Original Sin, Pray for us

Queen assumed into Heaven, Pray for us

Queen of the most Holy Rosary, Pray for us

Queen of the Family, Pray for us

Queen of Peace, Pray for us

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

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

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

Pray for us, O Holy Mother of God. That we may be made worthy of the promises of Christ. Let us pray. Grant, we beg Thee, O Lord God, that we Thy servants, may enjoy lasting health of mind and body, and by the glorious intercession of the Blessed Mary, ever Virgin, be delivered from present sorrow and enter into the joy of eternal happiness. Through Christ our Lord. Amen.

During Advent

Let us pray.

O God, thou hast willed that, at the message of an Angel, Thy Word should take flesh in the womb of the Blessed Virgin Mary; grant to Thy suppliant people, that we, who believe her to be truly the Mother of God, may be helped by her intercession with Thee. Through the same Christ our Lord. Amen.

Responsory During Summer

Lord, our Lord, how glorious is your name over all the earth! When I behold the skies, the work of your hand: what are we that you should remember us? You have made us little less than the angels. You have crowned us with glory and honor. Lord, our Lord, how glorious is your name over all the earth!

Prayer for Autumn

Ah, the time has come when the trees teach us the glory of letting go. O come sweet Autumn, may your leaves, dance in the sunlight of delight and shadows that play and rest celebrating the colours of life. Come like new wine pouring out her songs of healing grace flooding our soul. Come sweet Autumn, come swirling around my feet in stillness caught like starlight thoughts on the winds of heaven to rest in my heart. O come sweet Autumn, come whisper the stillness of glory and rest deep peace and shalom.

Morning Offering

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

Morning Offerings

SUNDAY

Grant, O Lord, that none may love You less this day because of me; that never a word or act of mine may turn one soul from You; and, ever daring, yet one more grace would I implore, that many souls this day, because of me, may love You more. Amen.

MONDAY

Father, we offer to you this day all our thoughts, words, and actions, all of our sufferings and disappointments, and all our joys. And we unite our lives with that of your beloved Son, Jesus Christ. Amen.

Morning Offerings

TUESDAY

Father, you have brought us to the beginning of a new day. Your hand is upon us to care for and protect us. We offer you our lives and hearts. May we always do your will and love our neighbor as ourselves. Amen.

WEDNESDAY

Father, we offer to you this day all our thoughts, words, and actions, all our sufferings and disappointments, and all our joys. And we unite our lives with that of your beloved Son, Jesus Christ. Amen.

THURSDAY

Father, you have brought us to the beginning of a new day. Your hand is upon us to care for and protect us. We offer you our lives and hearts. May we always do your will and love our neighbor as ourselves. Amen.

FRIDAY

O my God, I offer you all my thoughts, words, actions, and sufferings; and I beseech you to give me your grace that I may not offend you this day but may faithfully serve you and do your holy will in all things. Amen.

SATURDAY

O Jesus, through the most pure heart of Mary, I offer you all the prayers, works, sufferings and joys of this day, for the intentions of your Divine Heart. Amen.

Come Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth.

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

Litany of the Blessed Virgin Mary

The Litany of Loreto continued...

Mother of Christ, Pray for us
Mother of Divine Grace, Pray for us
Mother most Pure, Pray for us
Mother most Chaste, Pray for us
Mother Inviolate, Pray for us
Mother Undeiled, Pray for us
Mother most Amiable, Pray for us
Mother most Admirable, Pray for us
Mother of good Counsel, Pray for us
Mother of our Creator, Pray for us
Mother of our Savior, Pray for us
Virgin most Prudent, Pray for us
Virgin most Venerable, Pray for us
Virgin most Renowned, Pray for us
Virgin most Powerful, Pray for us
Virgin most Merciful, Pray for us
Virgin most Faithful, Pray for us
Mirror of Justice, Pray for us
Seat of Wisdom, Pray for us
Cause of our Joy, Pray for us
Spiritual Vessel, Pray for us
Vessel of Honor, Pray for us
Singular Vessel of Devotion, Pray for us
Mystical Rose, Pray for us
Tower of David, Pray for us
Tower of Ivory, Pray for us
House of Gold, Pray for us
Ark of the Covenant, Pray for us
Gate of Heaven, Pray for us
Morning Star, Pray for us
Health of the Sick, Pray for us
Refuge of Sinners, Pray for us
Comforter of the Afflicted, Pray for us
Help of Christians, Pray for us
Queen of Angels, Pray for us
Queen of Patriarchs, Pray for us
Queen of Prophets, Pray for us

Litany of the Sacred Heart continued...

Heart of Jesus, broken for our sins, have mercy on us
Heart of Jesus, obedient even to death, have mercy on us
Heart of Jesus, pierced by 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 of our sins, have mercy on us
Heart of Jesus, salvation of all who trust in you, have mercy on us
Heart of Jesus, hope of all who die in you, have mercy on us
Heart of Jesus, delight of all the saints, have mercy on us
Lamb of God, you take away the sins of the world, have mercy on us
Lamb of God, you take away the sins of the world, have mercy on us
Lamb of God, you take away the sins of the world, have mercy on us
Jesus, gentle and humble of heart. Touch our hearts and make them like your own.
Let us pray. Almighty and Eternal God, look upon the Heart of your dearly beloved Son and upon the praise and satisfaction He offers you in the name of sinners and for those who seek your mercy; be appeased, and grant us pardon in the name of the same Jesus Christ, your Son, who lives and reigns with you forever and ever. Amen.

Litany of the Blessed Virgin Mary

The Litany of Loreto

Lord, have mercy
Christ, 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
Holy Mother of God, Pray for us
Holy Virgins of Virgins, Pray for us

Angelus

The Angel of the Lord declared unto Mary.
And she conceived of the Holy Spirit. Hail, Mary.
Behold the handmaid of the Lord. Be it done unto me according to your word. Hail, Mary.
And the Word was made flesh. And dwelt among us. Hail, Mary.
Pray for us, O holy Mother of God. That we may be worthy of the promises of Christ. Let us pray. Pour forth, we beseech You, O Lord, your grace into our hearts; that we, to whom the Incarnation of Christ, Your 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.

Prayer of Self-Abandonment

Father, I abandon myself into your hands, do with me what you will. Whatever you may do. I thank you; I am ready for all, I accept all. Let only your will be done in me, and in all your creatures, I wish no more than this, O Lord. Into your hands I commend my soul; I offer it to you with all the love of my heart, for I love you, Lord, and so need to give myself, to surrender myself into your hands, without reserve, and with boundless confidence, for you are my Father.

May the Passion of Christ be ever in our hearts.

O good Saint Paul of the Cross, you proclaimed God's wonders in the Passion of God's only Son. By word and deed, you became a spiritual guide and preacher of the gospel to a world grown cold to the love of Jesus Christ. Help me to see God's love in the merciful cross of Jesus and teach me to trust in the blessings God gives. May the Passion of Jesus be in my heart and bring life to all the world. Amen.

Saint Anne Prayer ~ St. Anne Church Mackinac Island

Good Saint Anne, obtain for me an increase of faith in the great mystery of the Holy Eucharist. Help me to see in this great Sacrament Christ our High Priest, making real for me the saving grace of His death on the cross; feeding my soul with His Flesh and Blood so that I may live in Him and He in me; producing the unity of the people of God and gathering His Church together. By your powerful intercession with God, help me to center my life around the altar that I may inherit the promise of the Lord: "He who eats my flesh and drinks my blood, has life everlasting." Amen.

The Rosary

The Joyful Mysteries (Mondays and Saturdays)

1. THE ANNUNCIATION.

Humility. Mary received with deep humility the news of the Angel Gabriel that she was to be the Mother of the Son of God. Grant that I may always accept the will of God with humility like Mary. *Luke 1: 26-38.*

2. THE VISITATION.

Love of Neighbor. Mary showed true charity in visiting Elizabeth and remaining with her for three months before the birth of John the Baptist. Grant me the grace to support and love my neighbor like Mary. *Luke 1: 36-37, 39-56.*

3. THE BIRTH OF JESUS.

Poverty. Mary lovingly accepted the poverty of the stable, although she was to give birth to our God and Redeemer. Grant me the grace to endure poverty like the Holy Family when I long for richer things. *Luke 2: 1-20.*

4. THE PRESENTATION OF JESUS IN THE TEMPLE.

Obedience. Mary and Joseph observed the law of God in presenting the Child Jesus in the temple. Help me to grow in the virtue of obedience. *Luke 2: 21-38.*

Litany of the Sacred Heart

Lord, have mercy, Lord, have mercy,
Christ, have mercy, Christ, have mercy
Lord, have mercy, Lord, have mercy
God our Father in 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 Mary, have mercy on us
the womb of the Virgin Mother, have mercy on us
Heart of Jesus, one with the eternal Word, have mercy on us
Heart of Jesus, infinite in majesty, have mercy on us
Heart of Jesus, holy 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, aflame with love for us, have mercy on us
Heart of Jesus, source of justice and love, have mercy on us
Heart of Jesus, full of goodness and love, have mercy on us
Heart of Jesus, well-spring of all virtue, have mercy on us
Heart of Jesus, worthy of all praise, have mercy on us
Heart of Jesus, king and center of all hearts, have mercy on us
Heart of Jesus, treasure-house of wisdom and knowledge, have mercy on us
Heart of Jesus, in whom there dwells the fullness of God, have mercy on us
Heart of Jesus, in whom the Father is well pleased, have mercy on us
Heart of Jesus, from whose fullness we have all received, have mercy on us
Heart of Jesus, desire of the eternal hills, have mercy on us
Heart of Jesus, patient and full of mercy, have mercy on us
Heart of Jesus, generous to all who turn to you, have mercy on us
Heart of Jesus, fountain of life and holiness, have mercy on us
Heart of Jesus, atonement for our sins, have mercy on us
Heart of Jesus, overwhelmed with insults, have mercy on us

Prayer to the Most Holy Redeemer 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. Help me within your wound and keep me close to you. Defend me from the evil enemy. Call me at my death to the fellowship of your saints, that I may sing your praise with them through all eternity. Amen.

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.

Act of Hope

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

Serenity Prayer

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference. Living one day at a time; enjoying one moment at a time; accepting hardship as the pathway to peace. Taking as Jesus did this sinful world as it is, not as I would have it; trusting that He will make all things right if I surrender to His will; that I may be reasonably happy in this life and supremely happy with Him forever in the next.

The Joyful Mysteries (Mondays and Saturdays) continued...

5. THE FINDING OF JESUS IN THE TEMPLE.

Joy in finding Jesus. Mary was filled with sorrow at the loss of Jesus, her Son, and overwhelmed with joy in finding Him in the temple surrounded by the teachers. Obtain for me the joy of staying close to Jesus. *Luke 2: 39-52.*

The Luminous Mysteries (Thursdays)

1. THE BAPTISM OF THE LORD.

Openness to the Holy Spirit. Jesus, at Your Baptism, You remained open to the Holy Spirit and were filled with the power of God to begin Your public ministry. Through my Baptism and Confirmation, may I remain ever open to the Spirit of God in my life. *Mark 1: 9-10; Matthew 3: 1-17.*

2. THE WEDDING FEAST AT CANA.

To Jesus through Mary. Mary, you know my needs and the needs of all your spiritual children so well. When life is hard and I face a difficult situation, please pray to Jesus on my behalf. Help me to follow your counsel by doing whatever He tells me. *John 2: 1-12.*

3. THE PROCLAMATION OF THE KINGDOM OF GOD.

Repentance and Trust in God. Lord Jesus, you came as the Light into the world, proclaiming the Good News. With great boldness and power, you dispelled the darkness of sin, death, and the Evil One in the world. Help me to repent of my own sin and to trust more in You. *Matthew 4: 23-25; Mark 1: 14-15.*

4. THE TRANSFIGURATION. DESIRE FOR HOLINESS.

Lord Jesus, you revealed Your glory to encourage the disciples to fix their eyes upon the hope of glory when faced with trials. Help me, Lord, to fix my eyes upon You in the glory of Heaven. Fill me with the desire to become a saint. *Matthew 17: 1-3; Luke 29: 28-36.*

The Luminous Mysteries (Thursdays) continued...

5. THE INSTITUTION OF THE HOLY EUCHARIST.

Adoration. Lord Jesus, as I am nourished by your Body and Blood in Holy Communion, help me to be transformed more and more into Your image. And may I spend time adoring Your Body and Blood, Soul and Divinity in the Most Blessed Sacrament. *Luke 22: 14-16; 1 Corinthians 11: 23-26.*

The Sorrowful Mysteries (Tuesdays and Fridays)

1. THE AGONY IN THE GARDEN.

Sorrow for Sin. Jesus, you suffered a bitter agony in the Garden of Gethsemane because of our sins. Lead me to prayer in my time of need and grant me true contrition for my sins. *Luke 22: 4-6.*

2. THE SCOURGING AT THE PILLAR.

Purity. Jesus, you remained pure of heart even when Your flesh was torn and scourged by those who hated You. Help me to grow in the virtue of purity even when I suffer. *Mark 15: 15; John 18: 28 19: 1.*

3. THE CROWNING OF THORNS.

Courage. Jesus, you patiently endured the pain from the crown of sharp thorns that was forced upon Your head. Grant me the strength to have moral courage to follow You. *Matthew 27: 29-30; John 18: 28 19: 5.*

4. THE CARRYING OF THE CROSS.

Patience. Jesus, you willingly carried Your Cross for love of Your Father and all people. Grant me the forbearance and patience to carry my cross in difficult moments. *Luke 23: 26-32; Matthew 27: 31-34; Mark 15: 29-23; John 19: 16-17.*

5. THE CRUCIFIXION.

Perseverance. Jesus, you bravely endured torture on the Cross and gave up Your life for the salvation of all humankind. Grant me peace of mind, body, and spirit, and the grace of perseverance in Adversity. *John 19: 16-35.*

Another: Prayer to The Holy Family

Lord Jesus Christ, who, being made subject to Mary and Joseph, did consecrate domestic life by your unspeakable virtues; grant that we, with the assistance of both, may be taught by the example of your Holy Family and may attain to its everlasting fellowship. Who lives and reigns, world without end. Amen.

Prayer to The Sacred Heart

O Sacred Heart of Jesus, filled with infinite love; broken by our ingratitude and pierced by our sins; yet loving us still; accept the consecration we make to thee of all that we are and all that we have. Take every faculty of our souls and bodies, only day by day draw us nearer and nearer to thy Sacred Heart; and there as we shall bear the lesson, teach us thy holy way.

Prayer to St. Joseph

Saint Joseph, you are the chaste and loving spouse of the Virgin Mary, the foster father of Jesus, the provider and protector of the Holy Family and of all families. We have complete confidence in your loving care for new life and in your fidelity to the family. Despise not our prayer but graciously hear us. Amen.

Prayer to Saint Joseph

O blessed Joseph, happy man whose privilege it was, not only to see and to hear that God whom many a king has longed to see, yet saw not, longed to hear, yet heard not; but also, to carry him in your arms and to kiss him, to clothe him and to watch over him! Pray for us, blessed Joseph. That we may be made worthy of the promises of Christ. Let us pray. God, who has conferred upon us a royal priesthood, we pray to you to give us grace to minister at your holy altars with hearts as clean and lives as blameless as that blessed Joseph who was found worthy to hold in his arms and with all reverence to carry your only begotten Son, born of the Virgin Mary. Enable us this day to receive worthily the sacred Body and Blood of your Son and help us to win an everlasting reward in the world to come. Amen.

Stabat Mater continued...

Let me, to my latest breath,
In my body bear the death
Of that dying Son of thine.
Wounded with His ev'ry wound,
Steep my soul till it has swooned
In His very blood away.
Be to me, O Virgin, nigh,
Lest in flames I burn and die,
In that awful Judgment day.
Christ, when Thou shalt call me hence,
Be Thy Mother my defense,
Be Thy Cross my victory.
While my body here decays,
May my soul Thy goodness praise,
Safe in paradise with Thee.
Amen. Alleluia.

Hail Mary

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

Prayer Our Lady of Mental Peace

Our Lady of mental peace, Mother of tranquility and Mother of hope, look upon me in this time of my weakness and unrest. Teach my searching heart to know that God's love for me is unchanging and unchangeable; and, that true human love can only begin and grow by touching His love. Let your gentle peace – which this world cannot give – be always with me. And help me to bring this same peace into the lives of others. Our Lady of mental peace, pray for me!

The Glorious Mysteries (Wednesdays and Sundays)

1. THE RESURRECTION.

Faith. Jesus, you rose from the dead in triumph and remained for forty days with Your disciples, instructing them and encouraging them. Grant me the desire to always have faith in You, my Risen Lord. *Matthew 28: 5-6; Mark 16: 1-20; John 20: 11-18.*

2. THE ASCENSION.

Hope. Jesus, you instilled in the disciples the virtue of hope in life everlasting and commanded them to carry Your Gospel throughout the world. As You sit at the Father's right hand in heaven, grant me the grace to grow in the virtue of hope and inspire me to lead others to You. *Luke 24: 44-53; Mark 1: 19; John 20: 14-17; Acts 51:6-11.*

3. THE DESCENT OF THE HOLY SPIRIT.

Love for God. Jesus, your disciples received the Holy Spirit to foster their love for You. Grant that I may show my love for You by proclaiming the Good News of Salvation. *Acts 2: 1-24; John 20: 19-23.*

4. THE ASSUMPTION OF MARY.

Grace of a Happy Death. Mary, you were assumed body and soul into heaven by the power of God and united with your Divine Son, Jesus. Obtain eternal happiness with Him for me. *Revelation 11: 19 12: 10; Luke 1: 48-49; 1 Corinthians 15: 20-27.*

5. THE CORONATION OF MARY.

Trust in Mary's Intercession. Mary, you humbled yourself before God and you were crowned Queen of Heaven. Bless me with the love of the Holy Trinity and intercede for me in Heaven. *Revelation 12: 1 Luke 1: 26-28; Luke 1: 39-55*

Prayer to St. Joseph after the Rosary

To you, O blessed Joseph, do we come in our tribulation, and having implored the help of your most holy Spouse, we confidently invoke your patronage also. Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by his Blood, and with your power and strength to aid us in our necessities. O most watchful guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be kind to us and from heaven assist us in our struggle with the power of darkness. As once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live piously, to die in holiness, and to obtain eternal happiness in heaven. Amen.

Prayer for Healing

Most Sacred Heart of Jesus, you care for us and provide us with all that we need. You shower us with your love and send people into our lives to help care for us, especially in times of sickness or pain. I pray for healing for myself and for all who suffer because of illness or advanced age. I pray especially for (mention your loved one by name). In the midst of our pain and weakness, strengthen our faith that we might be filled with hope in you. In the midst of our frustration and discouragement, give us patience that we might accept our own limitations. In the midst of our loneliness and fears, help us know we are not alone, that you walk with us each moment of our lives. be with us, Lord, in our time of need. Heal us in body, soul and spirit that we may rejoice in your grace and blessings in this world and come to enjoy the fullness of your presence in the life to come. We make this prayer in your name, for you are our Risen Lord. Amen.

Stabat Mater continued...

She beneath beholds the pangs
Of her dying, glorious Son.
Is there one who would not weep,
Whelmed in miseries so deep
Christ's dear Mother to behold?
Can the human heart refrain
From partaking in her pain,
In that Mother's pain untold?
Bruised, derided, cursed, defiled,
She beheld her tender Child
All with bloody scourges rent.
For the sins of his own nation
Saw Him hand in desolation
Till His spirit forth He sent.
O sweet Mother! Font of love!
Touch my spirit from above,
Make my heart with thine accord.
Make me feel as thou has felt,
Make my soul to glow and melt
With the love of Christ my Lord.
Holy Mother! Pierce me through
In my heart each wound renew
Of my Savior crucified.
Let me share with thee His pain,
Who for all my sins was slain,
Who for me in torments died.
Let me mingle tears with thee,
Mourning Him who mourned for me,
All my days that I may live.
By the cross with you to stay,
there with you to weep and pray,
is all I ask of you to give.
Virgin of all virgins blest!
Listen to my fond request:
Let me share thy grief divine.

Pope Francis' Prayer for Countering "Fake News" **continued...**

inspire harmony; Where there is ambiguity, let us bring clarity; Where there is exclusion, let us offer solidarity; Where there is sensationalism, let us use sobriety; Where there is superficiality, let us raise real questions; Where there is prejudice, let us awaken trust; Where there is hostility, let us bring respect; Where there is falsehood, let us bring truth. Amen.

Pope Francis, message for World Communications Day 2018

Prayers by Saint John XXIII to Mary and Joseph

Holy Immaculate Mary, help all who are in trouble. Give courage to the faint-hearted, console the sad, heal the infirm, pray for all people, intercede for the clergy, deacons, have a special care for nuns; may all feel, all enjoy your kind and powerful assistance, all who now and always render and will render you honour, and will offer you their petitions. Hear all our prayers, O Mother, and grant them all. We are all your children: grant the prayers of your children. Amen.

O glorious Saint Joseph, remind all who work that they are not alone in their labor, their joy or their sufferings, because Jesus is by our side, with Mary, His mother and ours, supporting them, wiping sweat from their brow, and setting a value on their toil. Teach them to use their labor, as you did, as a supreme means of attaining holiness. Amen.

Stabat Mater

At the Cross her station keeping,
Stood the mournful Mother weeping,
Close to Jesus to the last.
Through her heart, His sorrow sharing,
All His bitter anguish bearing,
Now at length the sword had passed.
Oh, how sad and sore distressed
Was that Mother highly blessed
Of the sole-begotten One!
Christ above in torment hands,

Prayer for Peace

O God of peace, bring peace about in our world this day. Help us to respect those who worship you, love you and serve you in their respective faiths. May we understand that you created all out of love and you dwell in each of us. We thank you for our diversity and long for the day when we celebrate our living together in our Common Home which you created for us. Amen.

Prayer

When I have difficulty accepting and forgiving someone, I pray, "Loving God, bless (N), who challenges me the most, and change me." I am grateful for God's patience and grace in hearing this repeated prayer. Let go of anything weighing you down and step across the threshold of this New Year with open arms.

Novena in Honor of Saint Ann July 26

Glorious Saint Ann, I desire to honor you with a special devotion, I choose you, after the Blessed Virgin, as my spiritual mother and protectress. To you I entrust my soul and my body, and all my spiritual and temporal interests, as well as those of my family. To you I consecrate my mind, that in all things it may be enlightened by faith; my heart, that you may keep it pure and fill it with love for Jesus, Mary, Joseph, and yourself; my will, that like yours, it may always be one with the Will of God. Good St. Ann, filled with love for those who invoke you with compassion for those who suffer, I confidently place before you my earnest petition: (Mention your request.) I beg you to recommend my petition to your daughter, the Blessed Virgin Mary, that both Mary and you may present it to Jesus. Through your earnest prayers may my request be granted. But if what I ask should not be according to the Will of God, obtain for me that which will be for the greater benefit of my soul. By the power and the grace with which God has blessed you, extend to me your helping hand. But most of all, merciful Saint Ann, I beg you to help me to master my evil inclinations and temptations, and to avoid all occasions of sin. Obtain for me the grace of never offending God, of fulfilling faithfully all the duties of

Novena in Honor of Saint Ann July 26 continued...

my state of life, and of practicing all those virtues that are needful for my salvation. Like you, may I belong to God in life and in death through perfect love. And after having loved and honored you on earth as a truly devoted child, may I, through your prayers, have the privilege of loving and honoring you in heaven with the Angels and Saints throughout eternity. Good Saint Ann, mother of her who is our life, our sweetness and our hope, pray to her for me and obtain my request.

Memorare to Saint Ann

Remember, good Saint Ann, whose name means grace and mercy, that never was it known that anyone who fled to your protection, implored your help or sought your intercession, was left unaided. Inspired with this confidence, I come before you, sinful and sorrowful Holy Mother of the Immaculate Virgin Mary and loving grandmother of the Savior, do not reject my appeal, but hear me and answer my prayer. Amen.

Canticle of Mary Magnificat

My soul proclaims the greatness of the Lord, my spirit rejoices in God my savior, for He has looked with favor on His lowly servant. / From this day all generations will call me blessed: The Almighty has done great things for me, and holy is His Name. / He has mercy on those who fear Him in every generation. / He has shown the strength of His arm, He has scattered the proud in their conceit. / He has cast down the mighty from their thrones and has lifted up the lowly. / He has filled the hungry with good things, and the rich He has sent away empty. / He has come to the help of His servant Israel, for He has remembered His promise of mercy, the promise He made to our fathers, to Abraham and His children forever. / 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.

Canticle of Simeon ~ Nunc Dimittis

Lord, now let your servant go in peace; your word has been fulfilled: my own eyes have seen the salvation which you have prepared in the sight of every people: a light to reveal you to the nations and the glory of your people Israel. Glory be to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and every shall be, world without end. Amen. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in His peace (alleluia).

Canticle of Zechariah Benedictus

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

Pope Francis' Prayer for Countering "Fake News"

Lord, make us instruments of your peace. Help us to recognize the evil latent in a communication that does not build communion. Help us to remove the venom from our judgements. Help us to speak about others as our brothers and sisters. You are faithful and trustworthy; may our words be seeds of goodness for the world: Where there is shouting, let us practice listening; Where there is confusion, let us