

Jubilee



Prayer Book

Holy Name of Jesus Church
Kingston Mills, Ontario, Canada

HOLY NAME OF JESUS PARISH

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Dear Friends,

The Jubilee Committee of Holy Name of Jesus Parish commemorated 2000 years of Christianity with our Jubilee Prayer Book “*Praise His Holy Name.*”

We thank all who donated their favourite prayers and hope that you will find them meaningful and inspiring on your journey of faith.

Through these prayers, we continue to recognize the healing power and love of Jesus Christ in our lives!

Sincerely in Our Lord,

**Father Timothy Shea,
Pauline Burns, Annette Gordon, Judy Marko,
Cheryl Power, Lloyd Kirkham, Vi Pearse**

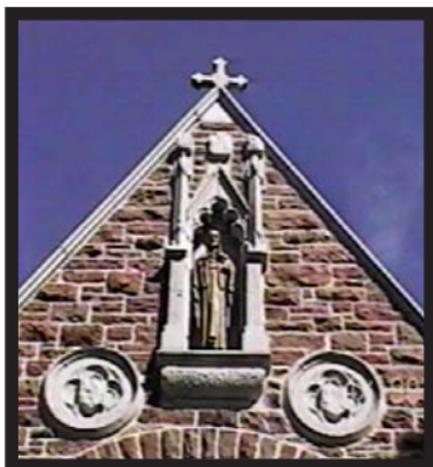


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JUBILEE PRAYER

Gracious God, we are your people embraced by your love.
We thank you for blessing us and being present in our lives.
We thank you for your presence throughout all time.
As we celebrate the 2000 years since the birth of Jesus:
Create us anew;
Liberate us from distractions which keep us from you;
Enable us to recreate our world and restore justice;
Heal us from every form of sin and violence;
Transform us to live your word more profoundly;
Reconcile us so enemies become friends;
Awaken us to the sacred;
Nuture our relationships;
Enliven our parish;
Bless our families;
Fill us with joy to celebrate the fullness of life;
Empower us to be a community of love
growing in your grace.
Amen.

ACTS

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, died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because you have revealed them, who can neither deceive nor be deceived. Amen.

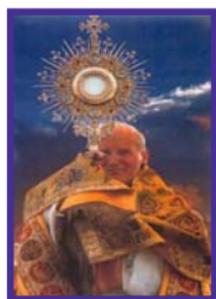
ACT OF HOPE

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

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 neighbour as myself for the love of You. I forgive all who have injured me, and ask pardon of all whom I have injured. Amen.

ADORATION



PRAYER IN THE PRESENCE OF THE LORD

The Lord is in His Holy Temple.

Let all the earth keep silence before Him.

Nourish me, God, as I welcome the gift of quiet time and space, opening my soul
for a morsel of Your goodness.

To You, Jesus,

I give my thoughts, my hopes,
my dreams, my pleasure,
for the love of You.
Amen.

ANGEL



PRAYER TO MY GUARDIAN ANGEL

Angel of God, my guardian dear,
To whom His love commits me here,
Ever this day (night) be at my side
To light and guard, to rule and guide. Amen.

PRAYER TO ONE'S GUARDIAN ANGEL

Dear Angel, in His goodness
God gave you to me
to guide, protect, and enlighten me,
and to bring me back to the right way
when I go astray.
Encourage me when I am disheartened,
and instruct me when I err in my judgment.
Help me to become more Christlike,
and so some day to be accepted into the company
of Angels and Saints in heaven. Amen.

SEND YOUR ANGEL TO HOLY MASS

O Holy Angel at my side, go to church for me,
Kneel in my place at Holy Mass, where I desire to be.

At Offertory, in my stead, take all I am and own,
And place it as a sacrifice, upon the altar throne.

At holy consecration's bell, adore with Seraph's love,
My Jesus hidden in the Host, come down from heaven above.

Then pray for those I dearly love, and those who cause me grief,
That Jesus' blood will cleanse all hearts, and suffering souls relieve.

And when the priest Communion takes, oh bring my Lord to me,
That His sweet Heart may rest on mine, and I His temple be.

Pray that this Sacrifice Divine, may mankind's sins efface,
Then bring me Jesus' blessing home, the pledge of every grace.

ANGEL

AN INVOCATION TO SAINT MICHAEL

In the name of the Sacred Heart of Jesus,
and by the intercession
of the Immaculate Heart of Mary,
humbly prostrate before Your Majesty,
O God Almighty,
we implore You to send us Saint Michael,
that he may rescue us in our adversity.

Saint Michael,
Prince of the heavenly militia,
come to us!
We call you with all our heart!
We place ourselves, our community,
our families,
our parishes,
our homeland
and the entire world
under your very special protection.

May God create saints among us.
May He give us numerous priests!
And through them,
O saintly archangel,
bring about the triumph of the Church
in the battle it is waging against raging hell,
and, by virtue of the Holy Spirit,
establish the reign of Christ in our homeland,
and in the entire world,
so that peace be secured forever. Amen.

***Be not forgetful to entertain strangers:
for thereby some have entertained angels unawares.***

– 2 Peter 2:4

ANGEL

PRAYER TO SAINT MICHAEL

Saint Michael the Archangel,
defend us in the day of battle.
Be our safeguard
against the wickedness and snares of the devil.
May God rebuke him, we humbly pray,
and do thou, O prince of the Heavenly Host,
by the power of God,
cast into hell satan and all the evil spirits
who prowl throughout the world
seeking the ruin of souls. Amen.

BEATITUDES

THE BEATITUDES

Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
Blessed are the meek,
for they shall possess the earth.
Blessed are they who mourn,
for they shall be comforted.
Blessed are they who hunger and thirst for justice,
for they shall be satisfied.
Blessed are the merciful,
for they shall obtain mercy.
Blessed are the clean of heart,
for they shall see God.
Blessed are the peacemakers,
for they shall be called children of God.
Blessed are they who suffer persecution for justice's sake,
for theirs is the kingdom of heaven.
Blessed are you when men reproach you,
and persecute you,
and speaking falsely,
say all manner of evil against you,
for my sake.

BEATITUDES

DIALOGUED PRAYER ON THE BEATITUDES

O Lord Jesus, You said:

“Blessed are the poor in spirit,
for theirs is the kingdom of heaven.”

*Keep us from being preoccupied with money and worldly goods
and trying to increase them at the expense of justice.*

O Lord Jesus, You said:

“Blessed are the gentle,
for they shall inherit the earth.”

*Help us not to be ruthless with one another, and to eliminate the
discord and violence that exist in the world around us.*

O Lord Jesus, You said:

“Blessed are those who mourn,
for they shall be comforted.”

*Let us not be impatient under our own burdens and unconcerned
about the burdens of others.*

O Lord Jesus, You said:

“Blessed are those who hunger and thirst for justice,
for they shall be filled.”

*Make us thirst for You, the fountain of all holiness, and actively
spread Your influence in our private lives and in society.*

O Lord Jesus, You said:

“Blessed are the merciful,
for they shall receive mercy.”

Grant that we may be quick to forgive and slow to condemn.

O Lord Jesus, You said:

“Blessed are the clean of heart,
for they shall see God.”

*Free us from our senses and our selfish desires, and fix our eyes on
You.*

continued...

BEATITUDES

DIALOGUED PRAYER ON THE BEATITUDES (continued)

O Lord Jesus, You said:

“Blessed are the peacemakers,
for they shall be called children of God.”

Aid us to make peace in our families, in our country, and in the world.

O Lord Jesus, You said:

“Blessed are those who are persecuted for the sake of justice,
for the kingdom of heaven is theirs.”

Make us willing to suffer for the sake of right rather than to practice injustice; and do not let us discriminate against our neighbours and oppress and persecute them.

CHILDREN

A PRAYER FOR A BABY DAUGHTER/SON

Father in Heaven,
Watch over our baby,
Stay close to her/him
All of her/his days.

Show her/him the wonders
Of life as she/he grows
And hear her/him
Whenever she/he prays.

Help her/him to grow
In the knowledge of you
Through the love
That our family gives.

Lead her/him in pathways
Of wisdom and caring
And bless her/him
As long as she/he lives.

PRAYER FOR THE HELPLESS UNBORN

Heavenly Father,

You created men in Your own image

and You desire that not even the least among us
should perish.

In Your love for us,

You entrusted Your only Son to the holy Virgin Mary.

Now, in Your love,

protect against the wickedness of the devil,
those little ones to whom You have given
the gift of life. Amen.

A SPECIAL PRAYER

A meeting was held quite far from the earth.

“It’s time again for another birth,”

Said the Angel to the Lord above,

“This special child will need much love.”

Her progress may be very slow,

And she’ll require extra care

From folks she meets way down there.

She may not laugh or run or play,

Her thoughts may seem quite far away.

In many ways she won’t adapt

And she’ll be known as handicapped

So let’s be careful where she’s sent.

We want her life to be content.

Please Lord, find the parents who

Will do a special job for you.

They will not realize it right away

The leading role they’re asked to play.

But with this child sent from above

Comes stronger faith and richer love.

And soon they’ll know the privilege given

In caring for this gift from Heaven.

Their precious charge so meek and mild

Is Heaven’s very “Special Child. Amen.

CHILDREN

PRAYER TO ST. ANNE

Venerable St. Anne, obtain for me,
through the ever-blessed child, the Virgin Mary,
that no accident may befall me,
but that my child may come safe and sound into the world.
Amen.

PRAYER FOR A SAFE DELIVERY

St. Elizabeth,
through the great blessing
which, at the birth of your son John,
you did receive from God,
I beseech you to obtain for me
the grace that I may be preserved from all danger,
and happily bring my child into the world. Amen.

PRAYER FOR A SAFE DELIVERY

St. Gerard, pray for us.
Mary, the Mother of our Saviour, pray for us.
Loving God, we ask you to protect our baby from all danger
and happily bring our child into the world.
May nothing interfere with our child being brought
into this world safe and sound.
We pray for Your help and Your blessing and Your grace.
May I endure the pains of delivery
and may our child be born
healthy, happy and holy. Amen.

PRAYER FOR A SAFE DELIVERY

O Mary, Mother of my Redeemer, through your high prerogative
and your Divine Son, I pray you to obtain for me the help and blessing
of God that I may happily survive the pains of delivery and that my
child may receive the grace of holy baptism. Amen.

**PRAYER TO ST. GERARD
FOR MOTHER WITH CHILD**

Almighty and everlasting God,
through the power of the Holy Spirit,
You prepared the body and soul of the Virgin Mary
to be a worthy dwelling place of your Divine Son.
You sanctified St. John the Baptist
while still in his mother's womb.
Listen now to my prayer.
Through the intercession of St. Gerard,
watch over my child and me.
Protect us at the time of delivery.
May my child receive the saving graces of Baptism,
lead a christian life,
and together with all the members of our family,
attain everlasting happiness in heaven. Amen.

PRAYER FOR A MOTHER WITH CHILD

Almighty and everlasting God, through the power of the Holy Spirit,
You prepared the body and soul of the Virgin Mary to be a worthy
dwelling place of Jesus.

Hear my humble prayer to protect me amid the time of childbearing
and watch over the child with which You have blessed us.

May our child be blessed by the saving water of Baptism and live a
good Christian life crowned with the eternal life in heaven. Amen.

PRAYER TO END ABORTIONS

Mother Mary, as you carried your Divine Child in your womb, you rejoiced
and glorified the Lord. Touch with pity the hearts of those women pregnant
in our world today who think of murder, not motherhood. Help them to see
that the child they carry is made in God's image-as well as theirs-made for
eternal life. Dispel their fear and selfishness and give them true womanly
hearts to love their babies and give them birth and all the needed care that
a mother alone can give. Mary, Mother of Christ, show us all one day the
blessed fruit of your womb, Jesus. (Mother Teresa says, "*that abortion
kills two; the baby and the conscience of the mother.*")

CHILDREN

PRAYER TO ST. CATHERINE OF SIENA PATRONESS AGAINST MISCARRIAGES

Humble Virgin and Doctor of the Church, in thirty-three years you achieved great perfection and became the counselor of Popes. You know the temptations of mothers today as well as the dangers that await unborn infants. Intercede for me that I may avoid miscarriage and bring forth a healthy baby who will become a true child of God. Also pray for all mothers, that they may not resort to abortion but help bring a new life into the world. Amen.

THANKSGIVING AFTER CHILDBIRTH

O most Holy Trinity, Father, Son and Holy Spirit, I, Your unworthy servant, with my whole heart and soul, praise and thank You for this, that you have in your goodness and mercy preserved me in so great a danger and have bestowed upon me this dear little one.

I magnify Your infinite love and gracious providence and offer to You, for the dear child you have given me, all the pains and sufferings that I have endured.

I firmly resolve to rear and train my child for you in the faithful observance of your commandments.

O God, bless me and my little one. Preserve us from all evils of soul and body. May we ever be Yours and may we love You with all our hearts. Amen.

A PRAYER FOR A BABY DAUGHTER/SON

Lord, bless my precious baby girl/boy,
Your gift from heaven above,
And grant her/him a life that's filled
With overflowing love.

Lord, give her/him health and happiness,
And memories to hold dear.
Guide her/him all along life's path
And calm her/him earthly fears.

Be close each moment of each day,
Hold fast, dear heavenly Father
Within your strong, enfolding arms
My darling baby daughter/son. Amen.

CHILDREN

GRANDMOTHER'S PRAYER TO ST. ANNE

St. Anne, show me the best way to serve my children as they raise their growing family.

Help me always to give them words of encouragement, support and respect.

Show me how to be a good Grandmother to their children.

With great love, I pray for each of my grandchildren and ask you to intercede on behalf of their needs, intentions and aspirations.

Pray that we may enjoy a long life together and, after death, to be united again for all eternity in the kingdom of heaven. Amen.

PRAYER FOR WISDOM IN EDUCATION OF CHILDREN

Mary, seat of wisdom intercede for us who are the first educators of our children and who bear the responsibility of teaching them the truths of the faith.

Obtain for us right judgment and a discerning spirit so that we may lead our children in distinguishing right from wrong.

Pray that we may guide our children wisely through the seductions of this world and its false ideologies.

May we always teach our children most by our example and model the life of charity that Jesus, Your son, has commanded us to live. We ask this in His name. Amen.

*Jesus, Friend of Children,
bless the children of the world.*

CHILDREN

GOD'S CHILDREN

Your children are not your children.
They are the sons and daughters of life's longing for itself.
They come through you but not from you
And though they are with you, yet they belong not to you.
You may give them your love but not your thoughts.
You may house their bodies but not their souls.
For their souls dwell in the house of tomorrow
Which you cannot visit, not even in your dreams.
You may strive to be like them,
 but seek not to make them like you
For life goes not backward nor tarries with yesterday.
You are the bows from which your children,
 as living arrows, are sent forth.
The archer sees the mark upon the path of the infinite
 and he bends you with his might
That his arrows may go swift and far.
Let your bending in the archer's hand be for gladness.

CHRISTIANITY

CHRISTIANITY

In the home, it is kindness;
In business, it is honesty;
In society, it is courtesy;
In work, it is fairness;
Toward the unfortunate, it is sympathy;
Toward the weak, it is help;
Toward the wicked, it is resistance;
Toward the strong, it is trust;
Toward the penitent, it is forgiveness;
Toward the successful, it is congratulations;
And toward God, it is reverence and obedience.

COMMUNION

SPIRITUAL COMMUNION

I believe that you, O Jesus, are in the most Holy Sacrament. I love you and desire you. Come into my heart. I embrace you. Oh, never leave me. May the burning and most sweet power of your love, O Lord Jesus Christ, I beseech you, absorb my mind that I may die through love of your love, who were graciously pleased to die through love of my love.

PRAYER BEFORE COMMUNION

Come, O Blessed Saviour,
and nourish my soul with heavenly Food,
the Food which contains every sweetness and every delight.

Come, Bread of Angels,
and satisfy the hunger of my soul.

Come, glowing Furnace of Charity,
and enkindle in my heart the flame of Divine Love.

Come, Light of the World,
and enlighten the darkness of my mind.

Come, King of Kings,
and make me obedient to Your holy will.

Come, loving Saviour,
and make me meek and humble.

Come, Friend of the Sick,
and heal the infirmities of my body
and the weakness of my soul.

Come, Good Shepherd, my God and my All,
and take me to Yourself.

O most holy Mother, Mary Immaculate,
prepare my heart to receive my Saviour. Amen.

ACT OF LOVE

Jesus, my God, I love You with my whole heart and above all things because You are the one supreme Good and an infinite, perfect Being. You have given Your life for me, a poor sinner, and in Your mercy, You have even offered Yourself as food for my soul. My God, I love You. In flame my heart to love You more. Amen.

COMMUNION

PRAYER AFTER COMMUNION

Dear Jesus, I thank You for coming to me.

You are Heaven's Sacred Bread

Sent by the Father to feed my soul

And to make me more like You.

Jesus, in my thoughts, words and actions,

Bless me all the days of my life. Amen.

PRAYER AFTER HOLY COMMUNION

Dear Lord, help me to remove from my mind every thought or opinion which you would not sanction, every feeling from my heart which You would not approve.

Grant that I may spend the hours of the day gladly working with You according to Your will.

Help me just for today and be with me in it

In the long hours of work, that I may not grow weary or slack in serving You.

In conversations, that they may not be to me occasions of uncharitableness.

In the day's worries and disappointments, that I may be patient with myself and with those around me.

In moments of fatigue and illness, that I may be mindful of others rather than of myself.

In temptations, that I may be generous and loyal, so that when the day is over, I may lay it at Your feet with its successes which are all Yours, and its failures which are all my own, and feel that life is real and peaceful and blessed when spent with You as the guest of my soul. Amen.

ACT OF ADORATION

With deepest humility, I adore You, my Lord and God; You have made my soul Your dwelling place. I adore You as my Creator from whose hands I came and with whom I long to be happy forever. Amen.

GOOD MORNING LORD

My life is a gift to you, Lord,
Given not in years but a day at a time.
Today is the day that you made for me, Lord,
And you planned it to be the most important day of my life.
Yesterday is gone never to return.
I must not worry about it,
But leave it in Your hands.
Tomorrow and all that it holds is your secret,
And its coming is not assured.
Only today is mine, arranged by You, Lord,
With infinite wisdom and goodness.
It is your gift,
Your act of love for me.
In thanksgiving,
I will offer You the gift of myself;
My prayers, works, joys and sufferings.
Dear Lord, receive them graciously. Amen.

MORNING OFFERING

O Jesus,
 through the Immaculate Heart of Mary,
I offer You all my prayers, works,
 joys and sufferings of this day
in union with the Holy Sacrifice of the Mass
 throughout the world.
I offer them
 for all the intentions of Your Sacred Heart:
 the salvation of souls,
 reparation for sins,
 the reunion of all Christians.
I offer them for the intentions of all our associates,
and, in particular,
 for the intentions of our Holy Father. Amen.

MORNING PRAYER

Lord Jesus,

This day I give You my hands to do Your work.

I give You my feet to go Your way.

I give You my eyes to see as You do.

I give You my tongue to speak Your words.

I give You my mind that You may think in me.

Above all,

I give You my heart,

that You may love in me Your Father and all mankind.

I give You my whole self that You may grow in me,

so that it is You, Lord Jesus,

who works, lives, prays in me. Amen.

MORNING PRAYER

O my God, I adore Thee, and give Thee thanks for all Thy benefits, and especially for having preserved me during the past night.

I love Thee with my whole heart, and I offer to Thee whatever I shall do or suffer in the course of this day in union with the sufferings of Jesus Christ and Mary and with the intention of gaining all the indulgences I can.

I will endeavour, by the assistance of Thy holy grace, to avoid all sin; and I beseech Thee, for the love of Jesus, to pardon me my past sins, and to grant me perseverance in virtue.

I will endeavour, particularly in such things as shall be contrary to my inclinations, to unite myself to Thy blessed will, saying, "Lord, Thy will be done! O Jesus, extend Thy hands over me this day! Most Holy Mary, protect me! Faithful guardian, my good angel and you, my holy advocates, saints in heaven, assist me!" Amen.

DAY



AN OLD IRISH NIGHT PRAYER

May the will of God
be done in us.
May the death of the saints
be won by us.
May the light of the kingdom
be begun in us.
May Jesus the Child
be next to my bed.
May the Lamb of Mercy
lift up my head
To welcome in the morning's light.
Amen.

MORNING OFFERING TO THE SACRED HEART OF JESUS

O Sacred Heart of Jesus

I offer You all my prayers, works and sufferings of this day
in reparation for my sins, and that I may grow
to love You more and more.

Amen.

GRACE BEFORE MEALS

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

GRACE AFTER MEALS

We give You thanks, O Lord, for all the benefits we have received
from Your bounty, through Christ our Lord. Amen.

AT BEDTIME

Before you lie down to sleep,
trace on your forehead the four letters "I N R I", and say:

*"May Jesus of Nazareth, King of the Jews,
preserve me from a sudden and unprepared death."*

MY DAILY PRAYER

I believe in one God.

I believe that God rewards the good
and punishes the wicked.

I believe that in God there are three Divine Persons,
God the Father, God the Son, and God the Holy Spirit.

I believe that God the Son became man
without ceasing to be God.

I believe that He is my Lord and my Saviour Jesus Christ,
the Redeemer of the human race,
who died on the cross for the salvation of all men,
who died also for me.

I believe, on God's authority,
everything that He has taught and revealed.

O my God, relying on your almighty power
and infinite mercy and promises,
I sincerely hope to be saved.

Help me to do all that is necessary for my salvation.

I have committed many sins in my life,
but now I turn away from them, and hate them.

I am sorry, truly sorry for all of them
because I have offended You, my God,
who art all good, all perfect, all holy,
all merciful, my kind and loving Father.

I love you, O my God, with all my heart.

Forgive me, I implore you, for having offended you.

I promise, O God, that with Your help,
I will never offend You again.

My God, have mercy on me. Amen.

EVENING PRAYER

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

PRAYER FOR PEACE AT THE END OF THE DAY

May the Lord support us all the day long
Till the shadows lengthen and the evening comes
And the busy world is hushed
And the fever of life is over
and our work is done
Then in His mercy may He give us a safe lodging
and a holy rest and peace at last. Amen.

MY DAILY PRAYER

To grow a little wiser day by day,
To school my mind and body today,
To keep my inner life both clear and strong,
To free my life from guile, my hands from wrong,
To shut the door on hate, scorn and pride,
To open them to love the windows wide;
To meet with cheerful heart what comes to me,
To turn life's discords into harmony,
To share some weary worker's heavy load,
To point some straying comrad to the road,
To know that what I have is not my own,
To feel that I am never quite alone;
This would I pray from day to day
As I go upon my way. Amen.



A NIGHT PRAYER

Into Your hands, O Lord
I commend my spirit.
I shall sleep in peace
and take my rest. Amen.

AN EVENING VISIT

Be with us, Lord, tonight.
Stay to adore and praise,
And give thanks for us while we sleep;
To draw down mercy and grace upon the world;
To give strength to the suffering souls in purgatory
In their long night of waiting.
Stay with us
To ward off the anger of God
From our crowded cities with their dens of vice,
Their crimes that call to Heaven for vengeance.
Stay with us
To guard the innocent,
To sustain the tempted,
To raise the fallen,
To curb the power of the evil one,
To prevent sin.
Stay with us
To comfort the sorrowing,
To bless those on their death-beds,
To grant contrition to the dying,
To receive into the arms of Your Mercy the thousands
That this night must come before You in judgment.
O good Shepherd, stay with Your sheep.
Secure them against the perils that beset them.
Stay, above all, with the suffering and dying.
Grant us a quiet night and a perfect end.
Be our merciful shepherd to the last,
That without fear,
We may appear before You as our Judge. Amen.

BUT ONCE

I shall pass through this world but once.
Any good, therefore, that I can do
Or any kindness that I can show
To any human being,
Let me not defer or neglect it
For I shall not pass this way again.

THIS MOMENT

I may never see tomorrow; there's no written guarantee
And things that happened yesterday belong to history
I cannot predict the future and I cannot change the past
I have just the present moment; I must treat it as my last.

I must use this moment wisely, for soon it will pass away
And be lost to me forever as a part of yesterday
I must exercise compassion, help the fallen to their feet
Be a friend unto the friendless, make an empty life complete.

I must make this moment precious, for it will not come again
And I can never be content with things that might have been
Kind words I fail to say this day may ever be unsaid
For I know not how short may be the path that lies ahead.

The unkind things I do today may never be undone
And friendships that I fail to win may nevermore be won
I may not have another chance on bended knee to pray
And thank my God with humble heart for giving me this day.

I may never see tomorrow, but this moment is my own
It's mine to use or cast aside; the choice is mine alone
I have just this precious moment in the sunlight of today
Where the dawning of tomorrow meets the dusk of yesterday.

DELIVERANCE

MY SOUL LIVES

Do not stand at my grave and weep;
I am not there. I do not sleep.
I am a thousand winds that blow.
I am the diamond glints on snow.
I am sunlight on ripened grain.
I am the gentle autumn's rain.
When you awaken in the morning's hush;
I am the swift uplifting rush
Of quiet birds in circled flight.
I am the soft stars that shine at night.
Do not stand at my grave and cry;
I am not there, I did not die.

HOMECOMING

Some years ago, a young pilot successfully made an Atlantic solo flight from the U.S.A. to Great Britain. On his return to New York, the city folk and its dignitaries had planned a great homecoming celebration with many festivities.

On that same day, a ship quietly arrived in port, bringing home an elderly man - an overseas missionary - discouraged and broken in health from many years of service. He disembarked from the ship and trudged alone with his earthly belongings to the nearest dockside hotel.

Inquiring as to the jubilant regalia throughout the city, he was told of the young pilot's historic one-way flight and the present homecoming celebrations.

The missionary returned to his room and in self-pity, fell on his knees and with a broken spirit cried out to the Lord, saying, "Lord, haven't I served You all these years, giving my all, and yet no one – not one single person was here to welcome me home."

A warm presence flooded the room, and the quiet familiar voice of God spoke to the old missionary's heart, "*My precious child, you are not yet home.*"

DYING

PRAYER FOR THE DYING

Most Merciful Jesus, lover of souls, I pray You, by the agony of Your most Sacred Heart, and by the sorrows of Your Immaculate Mother, to wash in Your Most Precious Blood the sinners of the world who are now in their agony and will die today. Heart of Jesus, once in agony, have mercy on the dying. Amen.

FAITH

FOOTPRINTS

One night I had a dream. I dreamed that I was walking along the beach with the Lord. Across the sky flashed scenes from my life. For each scene, I noticed two sets of footprints in the sand: One belonging to me, and the other to the Lord.

When the last scene of my life flashed before me, I looked back at the footprints in the sand. I noticed that many times along the path of my life, there was only one set of footprints. I also noticed it happened at the very lowest and saddest times in my life.

This really bothered me and I questioned the Lord about it. “Lord, You said that once I decided to follow You, You’d walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don’t understand why when I needed You most, You would leave me.”

The Lord replied, “*My precious, precious child, I love you and I would never leave you. During your times of trial and suffering when you see only one set of footprints, it was then that I carried you.*”

FAMILY

PRAYER FOR THE FAMILY

Mary, Queen of the home,
my family is straining.

People, who ought to be bound in love,
are pushing one against the other.

I think about your family
and the problems you faced.

I ask for the wisdom to help bring us back together
when I can and the strength to hold my tongue
when I cannot.

I ask that we all remember that we are family and,
as you did, live the meaning of those words. Amen.

PARENTS' PRAYER

All praise to you, Lord Jesus,
lover of children.

Bless our family
and help us to lead our children to You.

Give us light and strength and courage
when our tasks are difficult.

Let Your spirit fill us with love and peace
so that we may help our children to love you.

All glory and praise are Yours, Lord Jesus,
for ever and ever. Amen.

OUR FAMILY PRAYER

We, the ___ family, accept one another as a family.

We promise to be faithful to each other in good times and
in bad times, in sickness and health, in challenging times
and in joyful times.

We promise to support one another.

We welcome Jesus as the heart of our family.

We will love and honour and respect one another
all the days of our lives. Amen.

PRAYER FOR FAMILIES

Lord God, from You every family, in Heaven and on earth, takes its name. Father, You are love and life.

Through Your Son, Jesus Christ, born of woman, and through the Holy Spirit, fountain of Divine Love, grant that every family on earth may become for each successive generation, a true shrine of love.

Grant that Your grace may guide the thoughts and actions of husbands and wives for the good of their families and all the families in the world for human dignity and for their growth in love and truth.

Grant that love, strengthened by the grace of marriage, may prove mightier than all the weaknesses and trials through which our families pass.

Grant that the church may fruitfully carry out her world-wide mission in the family and through the family.

We ask this of You, who are life, truth and love, with the Son and the Holy Spirit. Amen.

PRAYER FOR THE FAMILY

You know, God, we are not a perfect family.

The stresses of our lives cause us to bring each other hurt and pain.

This is not the way we choose to live with each other,

yet, all too often, it is how we are living.

We ask that You guide us in Your Providence back to a better and more loving way.

Please help us to bury anger and return to the seed of our love. Please help us to value each other as You value us. Amen.

BLESSING FOR THE FAMILY

Mary, you trusted your family to Providence throughout your life. From your own human experience, you share and understand ours.

Our Lady of Providence, Queen of the home, we ask that your Holy Family bless and protect our family in all the days and nights to come. Amen.

FAMILY

PRAYER FOR A FAMILY

O dear Jesus,

I humbly implore You to grant Your special graces to our family. May our home be the shrine of peace, purity, love, labour, and faith.

I beg You, dear Jesus, to protect and bless all of us, absent and present, living and dead.

O Mary, loving Mother of Jesus and our Mother, pray to Jesus for our family, for all the families of the world, to guard the cradle of the newborn, the schools of the young and their vocations.

Blessed Saint Joseph, holy guardian of Jesus and Mary, assist us by your prayers in all the necessities of life. Ask of Jesus that special grace which He granted to you, to watch over our home at the pillow of the sick and the dying, so that with Mary and with you, heaven may find our family unbroken in the Sacred Heart of Jesus. Amen.

PRAYER FOR DIVINE GUIDANCE

Enlighten our minds, O Lord, by your shining radiance.

Then we can see how best to act,

And may have the needed strength to do so.

Through Christ, our Lord, we ask this gift. Amen.

PRAYER FOR GUIDANCE

I need your wise guidance, O Lord,

to enter the future with confidence and peace.

I love you unconditionally.

The fear subsides when I feel your presence.

Your servant. Amen.

PRAYER OF SPOUSES FOR EACH OTHER

Lord Jesus, grant that my spouse and I may have a true and understanding love for each other.

Grant that we may both be filled with faith and trust.

May we always bear with one another's weaknesses and grow from each other's strengths.

Help us to forgive one another's failings and grant us patience, kindness, cheerfulness and the spirit of placing the well-being of one another ahead of one's self.

May the love that brought us together grow and mature with each passing day.

Bring us both ever closer to You through our love for each other.

Let us grow to perfection. Amen.

PRAYER FOR A SPOUSE

Heavenly Father up above,

 please protect the man (woman) I love.

Keep him (her) ever safe and sound,

 no matter when or where he's (she's) found.

Help him (her) to know and help him (her) to see

 that I love him (her).

Make him (her) love me.

And then, O Lord, help me to be the kind of woman (man)

 he (she) wants me to be.

Keep us now, keep us forever,

 keep us one and always together.

Grant this, O Lord, to my content

 and thank You, Lord, for the man (woman) you sent.

Amen.

A WIFE'S PRAYER

Gracious Lord,

You have blessed me with my dear husband, ____.

I thank You and ask You to keep him in Your constant care.

Help him in his trials, comfort him in his worries.

Grant me the grace to be a loving partner,

to share his sorrows and joys.

Keep me faithful to him with love and respect.

And, dear Lord, grant that our life together on earth

will lead us to heaven,

there to enjoy Your holy company forever. Amen.

A HUSBAND'S PRAYER

Dear Lord, thank You for giving me,

in holy matrimony, my beloved wife, ____.

Grant me the grace to be a good husband.

May I always be kind and gentle, loving and considerate.

Help me to lead a good life

that will be an inspiration and help to her.

May we always live together in Your favour,

ever doing Your will on earth,

and so merit and enjoy, together with You,

the bliss of eternal happiness. Amen.

WALKING TOGETHER WITH GOD

Lord, the life of today is frantic and delirious. We often find ourselves lost in the crowd, conditioned by whatever surrounds us, unable to stop and reflect. Make us rediscover and live the value of walking toward You, laden and compromised with all the reality of today's world; the consciousness of feeling constantly called by name, by You; the grace of responding freely, of taking Your Word as light to all our steps. Amen.

FATHER

MY PRAYER

Bless us heavenly Father, forgive our erring ways,
Grant us strength to serve Thee, put purpose in our day.
Give us understanding, enough to make us kind,
So we may judge all people with our heart and not our mind.
Teach us to be patient in everything we do,
Content to trust Your wisdom and follow after You.
Help us when we falter, hear us when we pray,
And receive us in Thy kingdom to dwell with Thee some day.

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 Jesus in the Most Holy Sacrament of the Altar.
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.

ABBA

Eternal Father

Thank you for Your grace and daily bread
from Your omnipotent bounty.
In reverent awe of Your holiness, mercy and wisdom,
we are bathed, renewed and refreshed
in the living waters of Your redeeming Love
through Your Son, Jesus Christ, our Lord and Saviour.
All Power and 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. Hosanna in the highest. Amen.

HEALING

A PRAYER FOR THE CONTROL OF CANCER

Lord, cancer is a mystery and darkness we do not understand.

Help us to face that mystery and darkness
with courage and strength.

Uphold us as we walk into that mystery
and darkness with your loving arms.

Break the darkness with your light.

Light the way with comfort for those who have suffered loss.

Light the way of those who are suffering
with Your healing touch.

Light the way with strength and closeness for families
as they cope.

Light the way with wisdom and discernment
for those who administer care.

Light the way with knowledge for their searching for cures.

Light the way with compassion and tenderness
for all those touched by this illness.

Help us not to let the uncertainty of the future rob us
of the joy of the present moment.

Teach us to live each moment to the fullest.

Mystery can lead to wonder and wonder to joy.

Lead us to joy. Amen.



“By His Wounds we are healed.”

—Isaiah 53:5



PRAYER FOR HEALING

Lord, You invite all who are burdened to come to You. Allow Your healing hand to heal me. Touch my soul with Your compassion for others. Touch my heart with Your courage and infinite love for all. Touch my mind with Your wisdom, that my mouth may always proclaim Your praise. Teach me to reach out to You in my need, and help me to lead others to You by my example. Most loving Heart of Jesus, bring me health in body and spirit that I may serve You with all my strength. Touch gently this life which You have created, now and forever. Amen.

HOLY SPIRIT



PRAYER TO THE HOLY SPIRIT

Oh, Holy Spirit, beloved of my soul, I adore You. Enlighten me, guide me, strengthen me, console me, tell me what I should do. Give me Your orders. I promise to submit myself to all that You desire of me and to accept all that You permit to happen to me. Let me only know Your will. Amen.

PRAYER TO THE HOLY SPIRIT

Send your Holy Spirit to me O Lord
That I may be filled with your grace.
Bring me love and joy, happiness and peace.

Holy Spirit, guide my life
Help me to follow Christ's example and word
In all that I say and do.

Defend me from all harm
In time of distress.
Remind me of God's presence and care.

Let this be a symbol of Christ's love for me.
May the life that I lead show me the way
To God's heavenly kingdom. Amen.

PRAYER TO THE HOLY SPIRIT

O Holy Spirit, source of truth and grace for those entrusted with the Christian development of children, enlighten our minds, strengthen our wills and fill our hearts with generosity so that our homes, our parishes and our schools may cooperate effectively with You and with one another in the exalted mission of Catholic Education. Amen.

HOLY SPIRIT

PRAYER TO THE HOLY SPIRIT

Come Holy Spirit.

Come by means of the powerful intercession
of the Immaculate Heart of Mary,
Your well-beloved spouse. Amen.

PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, fill my heart with Your holy gifts.

Let my weakness be penetrated
with Your strength this very day
that I may fulfill all the duties of my state conscientiously,
that I may do what is right and just.

Let my charity be such as to offend no one
and hurt no one's feelings;
so generous as to pardon sincerely any wrong
done to me.

Assist me, O Holy Spirit, in all my trials of life.

Enlighten me in my ignorance, advise me in my doubts,
strengthen me in my weakness,
help me in all my needs,
protect me in temptations and
console me in afflictions.

Graciously hear me, O Holy Spirit,
and pour Your light into my heart, my soul and my mind.

Assist me to live a holy life and
to grow in goodness and grace. Amen.

PRAYER BEFORE READING SCRIPTURE

Come, O Holy Spirit, fill the hearts and minds of the faithful servants and inflame them with the fire of Thy Divine Love. Let us pray.

O God, who by the inspiration of the Holy Spirit, did instruct the hearts of Thy faithful servants, grant us the same spirit to discern what is right, and enjoy His comfort forever. Through our Lord, Jesus Christ, who liveth and reigneth one God with Thee and the same Spirit, world without end. Amen.

HOLY TRINITY



TRINITY PRAYER

Love of Jesus... Fill us.
Holy Spirit... Guide us.
Will of the Father... Be done.
For ever and ever.
Amen.

PRAYER TO THE HOLY TRINITY

Glory be to the Father,
 who by His almighty power and love created me,
 making me in the image and likeness of God.
Glory be to the Son,
 who by His Precious Blood delivered me from hell
 and opened for me the gates of Heaven.
Glory be to the Holy Spirit,
 who has sanctified me in the Sacrament of Baptism,
 and continues to sanctify me
 by the graces I receive daily from his bounty.
Glory be to three adorable Persons of the Holy Trinity,
 now and forever. Amen.

THE WAY TO GOD

If my days were untroubled and my heart always light, would I seek that fair land where there is no night?... If I never grew weary with the weight of my load, would I search for God's Peace at the end of the road?... If I never knew sickness and never felt pain, would I search for a hand to help and sustain?

If I walked not with sorrow and lived without loss, would my soul seek sweet solace at the foot of the cross?... If all I desired was mine day by day, would I kneel before God and earnestly pray?... If God sent no "Winter" to freeze me with fear, would I yearn for the warmth of "Spring" every year?

I ask myself this and the answer is plain; if my life were all pleasure and I never knew pain... I'd seek God less often and need Him much less, for God is sought more often in times of distress... And no one knows God or sees Him as plain as those who have met Him on the "*Pathway of Pain.*"

INVOCATIONS

ABBA, Our Eternal Father, bathe and purify me in the precious blood and water of Your Son, our Lord, Jesus Christ, before my prayers ascend to Your divine altar.

ABBA, embrace me with Your love
that I might love You more,
and embrace others with Your Love.

Most Sacred Heart of Jesus burning with love for us:
Thy Kingdom come in me;
Thy will be done in me;
Conform my will to Yours;
I place all my trust in Thee.;
Teach me to live in Your Truth.
Inflame our hearts with love for You.

Jesus, Mary, Joseph I love you... save souls.

Jesus, Mercy, Mary pray.

Jesus, Son of the Living God, have mercy upon me a sinner.

Jesus, may the fire of Your holy Light

dissolve the iniquities which prevent my union in You.

Jesus, press me to Your Heart; hold me within Your heart

and do not let me separate myself from Thee;

Jesus, melt my heart within Your Sacred Heart.

Jesus, may my heart beat within each beat of Your Sacred Heart;

Jesus, may Your love radiate from my heart to all others.

Lord Jesus, enfold me in Your arms that Your Holy Will be done.

Lord Jesus, meek and humble of heart, make my heart like Your heart.

Lord Jesus, Thy Kingdom come in me.

Lord Jesus, I am not worthy to receive You under my roof;

say but the Word and my soul shall be healed.

O Sacrament most holy, O Sacrament Divine,

all praise and all thanksgiving be every moment Thine.

May the Most Blessed Sacrament be praised and adored forever.

INVOCATIONS

Most Sacred Heart of Jesus,
have mercy upon me a wretched sinner.
Hide me within Thy wounds
until Thy anger and just indignation shall have passed away.
I grieve that my sins have caused You agony and pain
and ask to share in Your passion—
that ABBA's glory might be revealed,
that reparation be given to Your love for us,
that souls might be saved,
that the stain of sin be removed from my soul.

Light of Christ, transfigure me in Your peace, love and bliss.

Come Holy Spirit, come by means of the powerful intercession
of the Immaculate Heart of Mary, Your well-beloved spouse.

Holy Mary, Mother Of Perpetual Help, cradle me in Your arms.

Immaculate feet of the Most Holy Virgin Mary, direct me.

Do little things with great love.

Do only those things which can be offered to God.

ABBA, Eternal Father,
may Your goodness, shared with us,
be raised to Your throne
through the Immaculate Heart of Mary
and the Sacred Heart of Jesus.

Jesus, may each breath of my life
be a melodious hymn of praise, adoration
and thanksgiving to You.

Into His hand went mine; into my heart came He;
I walk in Light divine, the path that I feared to see.

Lord, remember me in Your kingdom.

ABBA, Eternal Father, into Your hands I commend my spirit.

ABBA, Eternal Father, before Your throne I am emptied
except for the flame of Your Love
extending from my heart to You.

JESUS

INDULGENCE PRAYER BEFORE A CRUCIFIX

Look down upon me,
good and gentle Jesus
while before Your face I humbly kneel,
and with a burning soul pray and beseech You
to fix deep in my heart
lively sentiments of faith, hope and charity,
true contrition for my sins,
and a firm purpose of amendment,
while I contemplate with great love and tender pity
your five wounds,
pondering over them within me,
calling to mind the words which David, your prophet,
said of You, my good Jesus:

***“They have pierced My Hands and My Feet;
they have numbered all my bones.”***

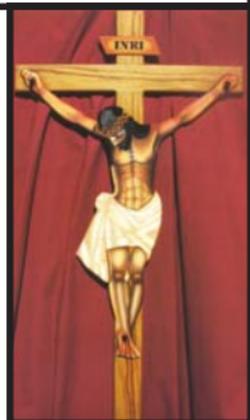
(Psalm 22:17,18)

A plenary indulgence is granted on each Friday of Lent and Passiontide to the faithful, who after Communion piously recite the above prayer before an image of Christ crucified; on other days of the year the indulgence is partial.

CONSECRATION TO THE SACRED HEART OF JESUS

O Sacred Heart of Jesus, O living and life-giving fountain of eternal life, infinite treasure of the Divinity, and glowing furnace of love, You are my refuge and my sanctuary. O adorable and glorious Saviour, consume my heart with that burning fire that ever inflames Your Heart. Pour down on my soul those graces which flow from Your love. Let my heart be so united with Yours that our wills may be one, and mine may in all things be conformed to Yours. May Your Will be the rule of both my desires and my actions. Amen.

– St. Alphonsus Liguori



JESUS

PRAYER TO THE SACRED HEART OF JESUS

O Lord Jesus Christ,

to Your most Sacred Heart

I confide this intention (request).

Only look upon me, then do what your heart inspires.

Let your Sacred Heart decide, I count on it.

I trust in it, I throw myself on its mercy.

Lord Jesus, You will not fail me.

Sacred Heart of Jesus, I trust in thee.

Sacred Heart of Jesus, I believe in Thy love for me.

Sacred Heart of Jesus, Thy kingdom come.

Oh Sacred Heart of Jesus,

I have asked for many favours,

but I earnestly implore this one.

Take it, place it in Thy Sacred Heart.

When the Eternal Father sees it

covered with Thy Precious Blood,

He will not refuse it.

It will be no longer my prayer but Thine.

O Jesus, O Sacred Heart of Jesus,

I place my trust in Thee.

Let me never be confounded. Amen.

MY BREASTPLATE

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,

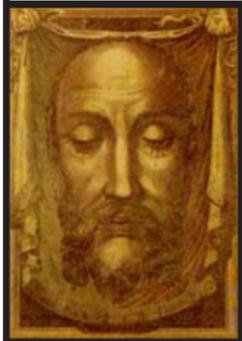
Christ beneath me, Christ above me,

Christ in quiet, Christ in danger,

Christ in hearts of all that love me,

Christ in mouth of friend and stranger.

JESUS



ANIMA CHRISTI

Soul of Christ, sanctify me;
Body of Christ, save me;
Blood of Christ, inebriate me;
Water from the side of Christ, wash me;
Passion of Christ, strengthen me;
O good Jesus, hear me;
Within your wounds, hide me;
Suffer me not to be separated from you;
From the malicious enemy, defend me;
At the hour of death, call me;
And bid me to come unto You
That with all your Saints
I may live with You forever in Heaven. Amen.

PRAYER TO BE FREED OF THE SEVEN DEADLY SINS

O Meek Saviour and Prince of Peace, implant in me the virtues of gentleness and patience. Let me curb the fury of anger and restrain all resentment and impatience so as to overcome evil with good, attain your peace and rejoice in Your love. Amen.

THY WILL BE DONE

O sweet Jesus, I desire neither life nor death
but Your most holy will.
You are the One, O Lord,
that I long for.
If it be Your holy will to have me die,
receive my soul and grant that in You and with You,
I may receive everlasting rest.
If it be Your holy will
to have me live longer upon this earth,
Give me the grace to amend the rest of my life,
and with good works to glorify Your Holy Name.
Amen.

THE FATIMA PRAYER

O, my Jesus, forgive us our sins,
save us from the fires of Hell,
lead all souls to Heaven and
especially those most in need of Thy mercy.
Amen.

JESUS, HELP ME!

In every need let me come to You
with humble trust, saying:

Jesus, help me!

In all my doubts, perplexities, and temptation:

Jesus, help me!

In hours of loneliness, weariness and trials:

Jesus, help me!

In the failure of my plans and hopes,

in disappointments, troubles and sorrows:

Jesus, help me!

When others fail me,

and Your Grace alone can assist me:

Jesus, help me!

When I throw myself on Your tender Love

as a Father and Saviour:

Jesus, help me!

When my heart is cast down by failure

at seeing no good come from my efforts:

Jesus, help me!

When I feel impatient, and my cross irritates me:

Jesus, help me!

When I am ill, and my head and hands

cannot work and I am lonely:

Jesus, help me!

Always, always, in spite of weakness,

falls and shortcomings of every kind:

Jesus, help me and never forsake me. Amen.

JESUS

PRAYER FOR GOD'S HELP

Dear Jesus,

help me to spread your fragrance
everywhere I go.

Flood my soul with Your Spirit and Life.

Penetrate and possess my whole being
so utterly that my life may only be
a radiance of You.

Shine through me and be in me
so that every soul I come in contact with
may feel Your presence in my spirit.

Let them look up and see no longer me
but only You, my Jesus.

Stay with me and then I shall shine as You shine,
to be a light for others.

This light will be all from You,
none of it will be mine.

It will be You shining on others
through me.

Let me thus praise You
in the way You love best,
by shining on others around me.

Let me preach You without preaching by words,
but by example,
by the sympathetic influence of what I do,
in the fullness of the love
my heart bears for You. Amen.

EMMANUEL

Grant us the grace to carry our cross
In the shadow of Your cross.

Amen.

JESUS



PRAYER FOR GOD'S PROTECTION AND CHRIST'S PRESENCE

As I arise today,
may the strength of God pilot me,
the power of God uphold me,
the wisdom of God guide me.
May the eye of God look before me,
the ear of God hear me,
the word of God speak for me.
May the hand of God protect me,
the way of God lie before me,
the shield of God defend me,
the host of God save me.

May Christ shield me today . . .
Christ with me, Christ before me,
Christ behind me,
Christ in me, Christ beneath me,
Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit,
Christ when I stand,
Christ in the heart of everyone
who thinks of me,
Christ in the mouth of everyone
who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

JESUS

PRAYER TO THE INFANT OF PRAGUE

Adorable Infant Jesus, You not only humbled Yourself to assume our human nature, but chose also to come to us as a little child, weakest and most defenseless among men. Teach us, then, to learn the real greatness of humility and that human strength is made perfect in weakness by Your divine aid. Amen.

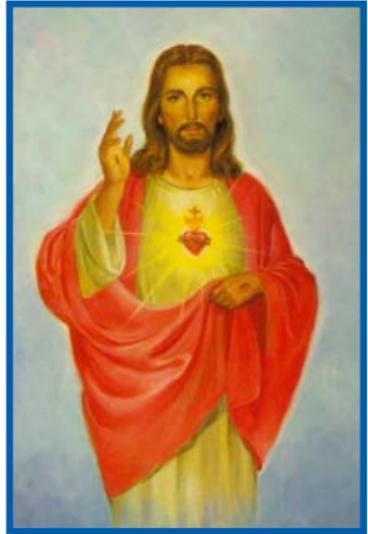
PRAYER TO THE SACRED HEART OF JESUS

I hail Thee, Kingly Heart most high,
As my happy heart draws nigh,
All my joy is to enfold Thee,
All my heart delights to hold Thee,
Thou dost move me now to speak.

Let us live so heart to heart,
Wounded Jesus as Thou art.
Heart to heart shall grow alike
If through my heart Thou will but strike
With shame's arrow, sharp and dire.

Put my heart deep in Thine own,
Hold me, leave me not alone;
Joy and sorrow mingled be,
Beauty with deformity,
Here, where all my life is spent.

Here my heart shall live and die,
To Thee ever drawing nigh;
Strongly would it thirst for Thee,
Jesus, say not no to me,
That it may rest in Thee, content.



JESUS

DAILY PRAYER TO THE SACRED HEART

Sacred Heart of Jesus,

today I wish to live in You, in Your grace,
in which I desire at all costs to persevere.

Keep me from sin and strengthen my will

by helping me to keep watch over my senses,
my imagination, and my heart.

Help me to correct my faults

which are the source of sin.

I beg You to do this, O Jesus,

through Mary, Your Immaculate Mother. Amen.

THE MIRACLE PRAYER

Lord Jesus, I come before you just as I am.

I am sorry for my sins.

I repent of my sins.

Please forgive me.

In Your name, I forgive all others

for what they have done against me.

I renounce Satan, the evil spirits and all their works.

I give You my entire self, Lord Jesus, now and forever.

I invite you into my life, Jesus.

I accept You as my Lord, God and Saviour.

Heal me, change me, strengthen me in body, soul and spirit.

Come, Lord Jesus, cover me with Your Precious Blood

and fill me with Your Holy Spirit.

I love You Lord Jesus.

I praise You Lord Jesus.

I thank You Lord Jesus.

I shall follow you every day of my life. Amen.

Mary, my mother, Queen of Peace,

St. Peregrine, the cancer saint,

all angels and saints,

please help me. Amen.

JESUS



PRAYER TO CHRIST THE KING

Christ Jesus, I acknowledge You, King of the universe.

All that has been created has been made for You.

Make full use of Your rights over me.

I renew the promises I made in Baptism when I renounced Satan and all his pomps and works, and I promise to live a good Christian life and to do all in my power to procure the triumph of the rights of God and Your Church.

Divine Heart of Jesus, I offer You my efforts in order that all hearts may acknowledge Your Sacred Royalty, and that the Kingdom of Your peace may be established throughout the universe. Amen.

DEDICATION PRAYER

Dear Jesus,

I give You today,

My body, my soul,

My work and my play.

Take my body, Jesus,

My eyes and ears and tongue,

Never let them, Jesus,

Help to do Thee wrong.

Take my heart and fill it

Full of love for Thee,

All I have I give You

I give myself to Thee.

LORD JESUS

O Model of humility,

divest me of all *pride and arrogance*.

Let me acknowledge my weakness and sinfulness
so that I may bear mockery and contempt for Your sake
and esteem myself as lowly in Your sight.

O Teacher of abstinence,

help me to serve You rather than my appetites.

Keep me from *gluttony* —

the inordinate love of food and drink —

and let me hunger and thirst for Your justice.

O Lover of purity,

remove all *lust* from my heart,

so that I may serve You with a pure mind

and a chaste body.

O Father of the poor,

help me to avoid all *covetousness* for earthly goods

and give me a love for heavenly things.

Inspire me to give to the needy,

just as you gave Your life

that I might inherit eternal treasures.

O Exemplar of love,

keep me from all *envy* and ill-will.

Let the grace of Your love dwell in me

that I may rejoice in the happiness of others

and bewail their adversities.

O zealous Lover of souls,

keep me from all *sloth* of mind or body.

Inspire me with zeal for Your glory,

so that I may do all things for You

and in You. Amen.

JESUS

PASSION OF JESUS CHRIST

Jesus, may all that is You flow into me.

May Your body and blood be my sustenance.

May Your passion and death be my strength and life.

Sacred Heart, with You by my side, enough has been given.

May the shelter I seek be the shadow of Your cross.

Let me not run from the love which You offer,

But hold me safe from the forces of evil.

Upon each of the dyings of my sinful self

Shed Your light and Your love.

Keep calling to me until that day comes

When, I may sing hymns of adoration and thanksgiving

To You with Your angels and saints

For ever and ever.

Amen.

ACT OF CONSECRATION

TO THE SACRED HEART OF JESUS

O Sacred Heart of Jesus, filled with infinite love, broken by my ingratitude, pierced by my sins, yet loving me still— accept the consecration that I make to You of all that I am and all that I have.

Take every faculty of my soul and body. Draw me, day by day, nearer and nearer to your Sacred Heart, and there, as I can bear the lesson, teach me Your blessed ways. Amen.

DIVINE MERCY

ABBA, 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, have mercy on us and on the whole world.

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

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

LORD JESUS, LET ME KNOW MYSELF

Lord Jesus, let me know myself and know Thee,
And desire nothing save only Thee.
Let me hate myself and love Thee.
Let me do everything for the sake of Thee.
Let me humble myself and exalt Thee.
Let me think of nothing except Thee.
Let me die to myself and live in Thee.
Let me accept whatever happens as from Thee.
Let me banish self and follow Thee
And ever desire to follow Thee.
Let me fly from myself and take refuge in Thee
That I may deserve to be defended by Thee.
Let me fear for myself, let me fear Thee,
And let me be among those who are chosen by Thee.
Let me distrust myself and put my trust in Thee.
Let me be willing to obey for the sake of Thee.
Let me cling to nothing save only to Thee,
And let me be poor because of Thee.
Look upon me, that I may love Thee.
Call me that I may see Thee
And for ever enjoy Thee. Amen.

— St. Augustine (354-430)

FOR LIGHT AND LOVE

Look upon us, O Lord, and let all the darkness of our souls vanish before the beams of Thy brightness. Fill us with holy love, and open to us the treasures of Thy wisdom. All our desire is known unto Thee, therefore perfect what thou hast begun, and what Thy Spirit has awakened us to ask in prayer. We seek Thy face; turn Thy face unto us and show us Thy glory— then shall our longing be satisfied and our peace shall be perfect, through Jesus Christ our Lord. Amen.

— St. Augustine, A.D. 354

ONE SOLITARY LIFE

He was born of a peasant woman in an obscure village.

He worked as a carpenter until the age of thirty.

He was an itinerant preacher for three years.

He never wrote a book.

He never held an office.

He never had a family or owned a house.

He didn't go to college.

He never visited a big city.

He never travelled two hundred miles
away from his birthplace.

He did none of the things one usually associates
with greatness.

He had no credentials but himself.

He was only thirty-three
when the mob turned against him.

He had his friends run away.

He was turned over to his enemies.

He went through the mockery of a trial.

He was nailed to a cross between two thieves.

While he was dying,

His executioners gambled for his clothing,
the only property he had on earth.

When he was dead,

He was laid in a borrowed grave
through the pity of a friend.

Nineteen centuries have come and gone,

And today He is the central figure of the human race,

And the leader of mankind's progress.

All the armies that ever marched,

All the navies that ever sailed,

All the parliaments that ever sat,

All the kings that reigned— put together,

Have not affected the life of man on this earth

As much as that One Solitary Life.

MARY

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

PRAYER TO OUR LADY OF PEACE

Holy Virgin, turn a look of kindness upon those
 who are suffering,
 who are in the mist of difficulties and
 who struggle against the misfortunes of this life.
Have pity on those who are separated from loved ones.
Have pity on the loneliness of our hearts.
Have pity on the feebleness of our faith.
Have pity on the objects of our tenderness.
Have pity on those who weep,
 on those who pray,
 on those who fear.
Give us the hope of peace
 in this troubled world of ours. Amen.

MARY, MOTHER OF GRACE

Mary, Mother of grace,
Mother of mercy,
Shield me from the enemy
And receive me at the hour of my death. Amen.

MARY

FOR THE CHURCH AND THE PONTIFF

Most holy Virgin and Mother,
your soul was pierced by a sword of sorrow
in the passion of your Divine Son,
and in His glorious Resurrection
you are filled with unending joy in His triumph.
Obtain for us who call upon you
the grace to partake in the trials of the Holy Church
and in the sorrows of the Sovereign Pontiff
so that we may be found worthy to grow in grace
and rejoice with them in the consolations
for which we pray,
in the love and peace of the same Christ our Lord. Amen.



SOUL OF MARY

Soul of Mary, sanctify me.
Heart of Mary, inflame me.
Hands of Mary, support me.
Feet of Mary, direct me.
Immaculate eyes of Mary, look upon me.
Lips of Mary, speak for me.
Sorrows of Mary, strengthen me.
O Mary, hear me.

In the wound of the Heart of Jesus, hide me.
Let me never be separated from thee.
From my enemy, defend me.
At the hour of my death, call me
and bid me come to thine Immaculate Heart
that thus I may come to the Heart of Jesus
and there, with the saints, praise thee for all eternity.
Amen.

Sweet Heart of Mary, be my salvation.

MARY

PRAYER TO OUR BLESSED MOTHER

O Mary, our Lady of the Rosary, Mother of God, Queen of the angels and saints, I salute thee with the most profound veneration and filial devotion.

I renew the consecration of myself and all I have to thee.

I thank thee for the maternal protection and for the many blessings that I have received through thy wonderful mercy and most powerful intercession.

In all my necessities I have recourse to thee with unbounded confidence.

O help of Christians, O Mother of Mercy, I beseech thee now to hear my prayer and to obtain for me of thy Divine Son the favour that I request in this novena.

(Make your intention.)

Obtain for me also, dearest Mother, the grace that I may imitate thee and become more like thee in the practice of the virtues of humility, obedience, purity, poverty, submission to the will of God and charity.

Be my Protectress in life, guard and guide me in danger, direct me in perplexities, lead me in the way of perfection and assist me in the hour of my death that I may come to Jesus and with thee enjoy Him, bless Him and love Him eternally in heaven. Amen.

THE OFFERING BEFORE MAKING A SACRIFICE

O my Jesus, I offer this

for the love of thee,

for the conversion of sinners,

for the Holy Father,

and in reparation for all the wrongs done

to the Immaculate Heart of Mary. Amen.

A PRAYER TO THE BLESSED VIRGIN MARY

O most Holy Virgin, who was chosen by the adorable Trinity from all eternity to be the most pure Mother of Jesus, permit me, thy humble and devoted servant, to remind thee of the joy thou did receive in the instant of the most sacred incarnation of our Divine Lord, and during the nine months thou did carry Him in thy chaste womb.

I wish most sincerely that I could renew, or even increase that joy by the fervour of my prayers.

O tender Mother of the afflicted, grant me under my present necessities that particular protection thou has promised to those who devoutly commemorate this ineffable joy.

Relying on the infinite mercies of thy Divine Son, trusting in that promise which He has made, that those who ask shall receive, and penetrated with confidence in thy powerful prayers, I most humbly entreat thee to intercede for me, and to obtain for me the favour which I petition in this novena, if it be the holy will of God to grant them, and if not, to ask for me whatever graces I most stand in need of. (Here specify your requests.)

I desire by this novena, which I now offer in thy honour, to prove the lively confidence I have in thy intercession. Accept it, I beseech thee, in honour of the supernatural love and joy with which thy Sacred Heart was replenished during the abode of thy dear Son in the womb, in veneration of which I offer thee the sentiments of my heart, and these nine Hail Marys.

*(After praying the Hail Mary nine times,
recite the following prayer.)*

O Mother of God, accept these salutations in union with the respect and veneration with which the Angel Gabriel first hailed thee full of grace. I wish most sincerely that they may become so many gems in the crown of thy ascendant glory which will increase in brightness to the end of the world.

continued....

MARY

A PRAYER TO THE BLESSED VIRGIN MARY (continued)

I beseech thee, O comfortess of the afflicted, by the joy thou did receive in the nine months of pregnancy, to obtain for me the grant of favours which I have now implored through thy powerful intercession.

For this end, I offer thee all the good works which have ever been done in thy honour. I most humbly entreat thee, for the love of the amiable Heart of Jesus with which thine was ever so inflamed, to hear my humble prayers and to obtain my requests. Amen.

NOVENA PRAYER TO OUR LADY OF SNOWS

(THE MEMORARE)

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

Inspired with this confidence,
I fly unto you, O Virgin of virgins, my Mother;
to you do I come,
before you I stand, sinful and sorrowful.

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

Amen.

Our Father...

Hail Mary...

Our Lady of the Snows, pray for us.

St. Joseph, pray for us.

St. Therese, pray for us.

St. Eugene de Mazenod, pray for us.

Glory be to the Father...

PEACE

PEACE

Look not forward to what might happen tomorrow.
The same Everlasting Father who cares for you today
will care for you tomorrow – and everyday.
Either He will shield you from suffering
or He will give you the unfailing strength to bear it.
Therefore, be at peace.

PRAYER FOR PEACE

Drop Thy still dew of quietness, O Lord
Till all our striving ceases,
Take from our soul the strain and stress
And let our ordered lives confess
The beauty of Thy peace.
Breathe through the hearts of our desire
Thy coolness and Thy balm,
Let sense be still, let flesh retire
Speak through the earthquake, wind and fire
O still voice of calm. Amen.

PRAYING

I asked for health that I might do greater things,
I was given infirmity that I might do better things.
I asked for riches that I might be happy,
I was given poverty that I might be wise.
I asked for power that I might have the praise of men and women,
I was given weakness that I might feel the need of God.
I asked for all the things that I might enjoy life,
I was given life that I might enjoy all things.
I received nothing I asked for but everything I hoped for.
I asked God for some wrong things,
But God gave me the right things.
All my prayers were answered.
Indeed, I am blessed.....I give thanks.

PRAYER OF COMFORT

In heavenly love abiding, no change my heart will fear
And safe in such confiding for nothing changes here.
The storm may rage inside me, my heart may low be laid,
But God is round about me, how can I be dismayed?
Wherever he may guide me, no want shall turn me back.
My Shepherd is beside me, and nothing can I lack.
His wisdom ever waketh, His sight is never dim,
He knows the way he taketh and I will walk with Him.
Green pastures are before me which yet I have not seen,
Bright skies will soon be o're me
 where darkest clouds have been.
My hope I cannot measure, my path to life is free,
My Saviour has my treasure and He will walk with me.

THE 23rd PSALM

The Lord is my shepherd;
 there is nothing I shall want.
Fresh and green are the pastures
 where he gives me repose.
Near restful waters he leads me,
 to revive my drooping spirit.
He guides me along the right path;
He is true to his name.
If I should walk in the valley of darkness
 no evil would I fear.
You are there with your crook and your staff,
 with these You give me comfort.
You have prepared a banquet for me
 in sight of my foes.
My head you have anointed with oil;
 my cup is overflowing.
Surely goodness and kindness shall follow me
 all the days of my life.
In the Lord's own house shall I dwell
 for ever and ever. Amen.

PEACE

THE 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,
and accepting hardship
as a pathway to peace.

Taking, as Jesus did, this sinful world as it is,
not as I would have it,
and trusting that You will make all things right
if I surrender to Your will.

So that I may be
reasonably happy in this life
and supremely happy with You in the next,
through faith in Jesus Christ.

PRAYER FOR PEACE

O Lord, God of peace, you have created us and poured out your love on us so that we might share your glory. We praise you and we thank you for sending us Jesus, your beloved Son. Through the paschal mystery you have made him the architect of all salvation, the source of all peace and the bond of all fraternity. We thank you for the desires, efforts, and accomplishments which your Spirit of peace has effected in our day, to replace rancour with love, distrust with understanding, and indifference with solidarity. Open our minds and hearts even more to the concrete requirements of the love of our brothers and sisters so that we may be ever better workers for peace. Remember, O Father of mercy, all who are labouring, suffering and dying to create a more fraternal world. May your kingdom of justice, peace and love come for all people of every race and tongue. And may the earth be filled with your glory.

– Paul VI (1897-1978)

PETITION



EMMANUEL

Our Lord and Saviour,
With Your grace may we have
Filial abandonment in You
Who art the Word, the Living Water.
Amen.

PRAYER FOR ABUNDANT BLESSINGS

Yes, you are all powerful, O God,
and your mercies last forever.
They exceed not only what we deserve
but even our highest hopes.
Pour down your graces on us,
forgive the sins that haunt our conscience,
and even grant us the favours
we dare not presume to ask.
Through our Lord, Jesus Christ, your Son,
we implore you. Amen

AN OLD ENGLISH PRAYER

Give us, Lord, a bit of sun,
a bit of work and a lot of fun.
Give us in all the struggle and sputter
our daily bread and a bit of butter.
Give us health, our keep to make,
and a bit to spare for other's sake.
Give us, too, a bit of song and a tale
and a book to help us along.
Give us, Lord, a chance to be
our goodly best, brave, wise and free.
Our goodly best for ourself and others,
till all men learn to live as brothers. Amen.

PETITION

PRAYER BEFORE STUDY

O ineffable Creator, who, out of the treasure of Thy wisdom, have ordained three hierarchies of angels and placed them in wonderful order above the heavens and have most wisely distributed the parts of the world.

Thou, who art called the true fountain of light and wisdom, and the highest beginning, vouchsafe to pour upon the darkness of my understanding in which I was born, the double beam of Thy brightness, removing from me all darkness of sin and ignorance.

Thou, who makes eloquent the tongues of the dumb, instruct my tongue, and pour upon my lips the grace of Thy blessing.

Give me quickness of understanding, capacity of retaining, subtlety in interpreting, facility in learning, and copious grace of speaking.

Guide my going in, direct my going forward, accomplish my going forth, through Jesus Christ our Lord. Amen.

PRAYER OF PETITION AND PRAISE

Heavenly Father,

As a new day stretches before me,

I pray for the gift of a receptive heart.

All is gift, not only the joyful experiences,

But also the negative happenings that come my way.

I pray today for the capacity to recognize the giftedness of a whole variety of situations, to see what is really there.

Some I can readily recognize, but with others, I know I will need time and distance to fully appreciate your gift to me in them.

Lord, give me a constant yearning and thirst for you.

Only in you can my pangs of hunger be fully satisfied.

Let me not be deceived in thinking I can satisfy these elsewhere.

And thank You, Lord, for the giftedness of this day.

PETITION

PRAYER FOR GOD'S HELP

My Lord and My God,
 thank you for this beautiful day.
Help me to walk on your path,
 to go your way,
 to do your will and
 to love your people.
 Amen.

PRAYER FOR TRUE HAPPINESS

It is you, O God, who makes your faithful people
 of one mind and heart.
Give us, then, the grace to love your commands
 and to desire your promises.
Amid the allurements of life, let our hearts ever be fixed
 on the true source of our joy.
Through Your Son, Jesus Christ, our Lord,
 we ask this blessing. Amen.

A PRAYER FROM MY HEART

This stillness feels like Your presence, Dear Lord,
This hum in the air, Your gentle breath,
This sunlight, our purifying touch,
And this peace, the kind only You can give,
Reaches past my understanding.
I love You and adore You. Amen.

NEVER BE DISCOURAGED

There is nothing we need know or even try to understand
If we refuse to be discouraged and trust God's guiding hand.
So take heart and meet each minute
 with faith in God's great love,
Aware that every day of life is controlled by God above.
And never dread tomorrow or what the future brings,
Just pray for strength and courage and trust God in all things.
And never grow discouraged, be patient and just wait
For God never comes too early
 and He never comes too late.

PRAISE

Praise to You, O Lord, King of Eternal Glory!

PRAYER OF PRAISE

I will praise Thee, O Lord my God, with all my heart,
And I will glorify your name for evermore.
Every good gift is from above.
You are my salvation and love.
For to you I pray. Amen.

PRECEPTS

PRECEPTS OF THE CHURCH

1. Attend Mass on Sundays and Holy Days of Obligation.
2. Fast and abstain on the days appointed.
3. Confess your sins at least once a year.
4. Receive Holy Communion during the Easter time.
5. Contribute to the support of the Church.
6. Observe the laws of the Church concerning marriage.

PRESENCE

PRAYER FOR THOSE LIVING ALONE

I live alone, Dear Lord; stay by my side.
In all my daily needs, please be my guide.
Grant me good health, for that I pray,
To carry on my work from day to day.
Keep pure my thoughts, my every deed,
Let me be aware of my neighbour's need.
With loving heart and joyful mind,
May I always be gentle, thoughtful and kind.
If sickness or accident should someday befall,
Then humbly, Lord, hear my call.
And when I'm feeling low or in despair,
Lift up my heart and help me in prayer.
I live alone, Dear Lord, yet have no fear,
For I feel Your presence, ever near. Amen.

A PRAYER FOR PRIESTS

Keep them, I pray to Thee, Dearest Lord,
Keep them, for they are Thine,
Thy priests whose lives burn out before Thy consecrated shrine.
Keep them, for they are in the world
Though from the world apart.
When earthly pleasures tempt, allure,
Shelter them in Thy heart.
Keep them and comfort them in hours of loneliness and pain
When all their life of sacrifice for souls seem but in vain.
Keep them, and O remember Lord
They have no one but Thee
Yet they have human hearts with human frailty.
Keep them as spotless as the Host
That daily, they caress.
Their every thought and word and deed,
Deign, dearest Lord, to bless.

PRAYER FOR PRIESTS

Lord, give to priests and seminarians Your Holy Spirit,
The spirit of Your priesthood,
The spirit of reverence toward God,
The spirit of contrition,
The spirit of holiness and chaste fear
 of dishonouring the Holy God by sin,
The spirit of faith and love of prayer,
The spirit of purity and manly discipline,
The spirit of knowledge and wisdom,
The spirit of brotherly love and concord,
The spirit of joy and confidence,
The spirit of obedience, patience
 and love of Your Holy Cross.
Let them grow daily more and more like You
 through true, constant, selfless spiritual effort and struggle.
Let them truly become Your disciples, Your apostles,
 Your priests, the witnesses of Your truth
 and dispensers of Your mysteries. Amen.

PRIESTS

PRAYER FOR PRIESTS

O Jesus, I pray for Your faithful and fervent priests, for Your unfaithful and tepid priests, for Your priests labouring at home or abroad in distant mission fields, for Your tempted priests, for Your lonely and desolate priests, for Your young priests, for Your dying priests, for the souls of Your priests in purgatory.

Above all, I recommend to You the priests dearest to me, the priest who baptized me, the priests who absolved me from my sins, the priests at whose masses I assisted and who gave me Your Body and Blood in Holy Communion, the priests who taught and instructed me, all the priests to whom I am indebted in any other way.

O Jesus, keep them all close to Your heart and bless them abundantly in time and in eternity. Amen.

LITANY FOR PRIESTS

Let us pray for:

The Holy Father, *Fill him with your grace Lord.*
Cardinals, archbishops and bishops, *Give them your gifts, Lord.*
Diocesan priests, *Never leave them, Lord.*
Priests in seminary work, *Give them your wisdom, Lord.*
Priests in hospital work, *Give them constancy, Lord.*
Priests who are ill, *Heal them, Lord.*
Priests in danger, *Deliver them, Lord.*
Priests who are weak, *Strengthen them, Lord.*
Priests who are poor, *Relieve them, Lord.*
Priests who are zealous, *Help them, Lord.*
Priests who want to love you, *Enkindle their hearts, Lord.*
Priests who are sad, *Console them, Lord.*
Priests who are worried, *Give them peace, Lord.*
Priests who are old, *Sustain them, Lord.*
Priests who are young, *Impel them for your glory, Lord.*
Priests who are alone, *Accompany them, Lord.*
Missionary priests, *Protect them, Lord.*
Priests who are preachers, *Enlighten them, Lord.*
Priests who direct souls, *Instruct them, Lord.*
Parish priests, *Give them prudence, Lord.*
Priests & religious who have died, *Bring them to glory, Lord.*
On all the Church, militant and suffering, *Lord have mercy.*

continued...

PRIESTS

LITANY FOR PRIESTS (continued)

Let us pray for all priests:

(Repeat before each of the following invocations)

Give them Your wisdom, Lord
Give them virtues.
Give them patience and charity.
Give them obedience and kindness.
Give them a burning zeal for souls.
Give them an intense love for the Eucharist.
Give them loyalty to the Holy See and to their Bishops.
Give them respect for their dignity.
Give them a great love for Mary.
Give them rectitude and justice.
Give them the gift of counsel.
Give them strength in their labours.
Give them peace in their sufferings.
Give them humility and generosity.

Let them be the light of souls.
Let them be the salt of the earth.
Let them practice sacrifice and self-denial.
Let them enkindle hearts with the love of Mary.
Let them be other Christs.
Let them be holy in body and soul.

May they be men of prayer.
May faith shine forth in them.
May they be concerned only for the salvation of souls.
May they be faithful to their priestly vocation.
May their hands know only how to bless.
May they burn with love for You and for Mary.
May all their steps be for the glory of God.
May the Holy Spirit possess them and
 give them His gifts and fruits in abundance.

Let us pray.

O God, Father, Son and Holy Spirit, You are the soul and the life of the Church. Hear the prayers we offer for priests. We ask this through the Immaculate Heart of Mary, their protector and guide. Amen.

PRIESTS

O Lord, tonight I pray that you protect every priest under Your heavens. Keep them pure and let them reflect the light of Your Son. Console Your lonely priests. Enlighten those priests who have lost their way. Heal Your priests who suffer from woundedness of mind, body and spirit. O Lord, give Your Divine Light to all Your beloved priests who live in darkness. Bring joy to those priests who are sad and who suffer from depression. Bring Your love and peace to the hearts of all priests. O Lord, God, please do not allow my prayer to go unheard, for Your priests are Your voice on earth, they are Your representatives. Be merciful and loving toward all Your priests, especially those who have abandoned You. Through Your love and mercy, help them to be pure and holy. Lord, so many of Your priests have helped and guided me. I thank You for these priests. Lord, this is my prayer for Your priests. Help them and bless them. Let not one of them escape Your love and mercy. Bring them all to Your Eternal Glory. Amen.

PURGATORY

PRAYER FOR THE SOULS IN PURGATORY

O gentle Heart of Jesus, ever present in the Blessed Sacrament, ever consumed with burning love for the poor captive souls in purgatory, have mercy on them.

Be not severe in Your judgments, but let some drops of Your Precious Blood fall upon the devouring flames.

And, Merciful Saviour, send your angels to conduct them to a place of refreshment, light and peace. Amen.

REQUIEM

Eternal rest grant unto them, O Lord,
And let Your Perpetual Light shine upon them,
And may they rest in peace. Amen.

REPENTANCE

ACT OF SORROW

Forgive me my sins, O Lord, forgive me my sins;
the sins of my youth, the sins of my age,
the sins of my soul, the sins of my body,
my sins of idleness, my serious, voluntary sins,
the sins I know,
the sins I have concealed from my memory so long
and which are now hidden from my memory.
I am truly sorry for every sin, mortal and venial,
for all my sins up to the present hour.
I know my sins have wounded your tender heart.
O my Saviour, let me be freed from the bonds of evil
through the most bitter passion of my Redeemer.
O my Jesus, forgive and forget my sins. Amen.

PRAYER BEFORE CONFESSION

Come Holy Spirit into my soul.
Enlighten my mind
that I may know the sins I ought to confess
and grant me Your grace
to confess them fully, humbly
and with a contrite heart.
Help me to firmly resolve not to commit them again.
O Blessed Virgin, Mother of my Redeemer,
mirror of innocence and sanctity
and refuge of penitent sinners,
intercede for me
through the Passion of Your Son,
that I may obtain the grace
to make a good confession.
All you blessed angels and saints of God,
pray for me, a most miserable sinner,
that I may repent from my evil ways,
that my heart may henceforth be forever united
with yours in eternal love. Amen.

REPENTANCE

PRAYER OF REPARATION

Eternal Father,

I offer Thee the Sacred Heart of Jesus,
with all its love, all its sufferings and all its merits,
To expiate all the sins I have committed
this day and during all my life.
Glory be to the Father...

To purify the good I have done in my poor way
this day and during all my life.
Glory be to the Father...

To make up for the good I ought to have done
and that I have neglected
this day and during all my life.
Glory be to the Father...

A TRADITIONAL IRISH PRAYER

Most Sacred Heart of Jesus, have mercy on me.

O God, forgive me for all the sins of my life,
The sins of my youth and the sins of my age,
The sins of my body and the sins of my soul,
The sins I have confessed and the sins I have forgotten,
The sins against others in thought, word and deed,
My sins of omission.

O, my God, I am sorry for all my sins
because You are so good and,
with the help of God, I will not sin again.
God, be merciful to me, a sinner.

Divine Heart of Jesus,
convert sinners, save the dying,
deliver the holy souls in purgatory.

Amen.

REPENTANCE

A PRAYER FOR FORGIVENESS

Lord Jesus, our brother and our King,
we thank You for loving us,
for suffering and dying to save us from sin,
for rising to new life in glory,
and for calling us to share in your life of joy.

Have mercy on us in our weakness.
Give us Your Spirit to lead us to sorrow,
to turn us away from our sins,
and to bring us back to Your love.
Lord Jesus, hear our prayer. Amen.

ACT OF CONTRITION

O my God, I am heartily sorry for having offended You. I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin. Amen.

PRAYER AFTER CONFESSION

My Dearest Jesus,
I have told all my sins to the best of my ability.
I have sincerely tried to make a good confession
and I know that You have forgiven me.
Thank You Dear Jesus.
Your Divine Heart is full of love and mercy for poor sinners.
I love You Dear Jesus; You are so good to me.
My Loving Saviour, I shall try to keep from sin
and to love You more each day.
Dearest Mother Mary, pray for me
and help me to keep all my promises.
Protect me and do not let me fall back into sin.
Dear God, help me to lead a good life.
Without Your grace I can do nothing. Amen

SACRAMENTALS

HOLY WATER

Holy water is a sacramental that remits venial sin. Because of the blessings attached to it, the Holy Church strongly urges its use upon her children, especially when dangers threaten, such as fire, storms, sickness and other calamities. Every Catholic home should always have a supply of holy water.

Make the Sign of the Cross carefully saying, *“By this Holy Water, and by Thy Precious Blood, wash away all my sins, O Lord.”*

Jesus, I firmly believe that you are present within me, as God and man, to enrich my soul with graces and to fill my heart with happiness of the blessed. I believe that You are Christ, the Son of the Living God.

SAINTS

PRAYER TO SAINT JOSEPH

O blessed Saint Joseph, faithful guardian and protector of virgins to whom God entrusted Jesus and Mary, I implore you by the love which you did bear them, to preserve me from every defilement of soul and body that I may always serve them in holiness and purity of love. Amen.

MOTHER TERESA

Let no one ever come to you
without leaving better and happier.
Be the loving expression of God's kindness;
Kindness in your face,
kindness in your eyes,
kindness in your smile,
kindness in your warm greeting.

PRAYER TO SAINT JOSEPH

O St. Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires.

O 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 most loving of Fathers.

O St. Joseph, I never grow tired 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 dear head for me and ask Him to return the kiss when I draw my dying breath.

O St. Joseph, hear my prayers and obtain my petitions.

O St. Joseph, pray for me. Amen.

**PRAYER TO SAINT JOSEPH
FOR A HAPPY DEATH**

O blessed Joseph,
you gave forth your last breath
in the loving embrace of Jesus and Mary.
When the seal of death
shall close my life,
come with Jesus and Mary to aid me.
Obtain for me this solace for that hour
to die with their holy arms around me.
Jesus, Mary and Joseph,
I commend my soul,
living and dying,
into your sacred arms.
Amen.

UNFAILING PRAYER TO ST. ANTHONY

Holy St. Anthony, gentlest of Saints,
Your love for God and charity for His creatures
made you worthy even on earth to possess miraculous powers.
Miracles waited on your word
which you were ever ready to speak
for those in trouble.
Encouraged by this thought,
I implore of you to obtain for me...
(Make your request.)

The answer to my prayer may require a miracle;
even so, you are the Saint of miracles.
O gentle and loving St. Anthony,
whose heart was ever full of human sympathy,
whisper my petition into the ears
of the sweet Infant Jesus,
who loved to be folded in your arms,
and the gratitude of my heart will ever be yours.

PRAYER TO ST. FRANCIS

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

PRAYER TO ST. ANTHONY

O blessed St. Anthony,
the grace of God has made you a perfect advocate
in all necessities and a patron
for the restoration of things lost and stolen.
To you I turn today with childlike love
and heartfelt confidence.

Oh, how many thousands have you
miraculously aided in the recovery
of lost or stolen goods.

You are
the counselor of the erring,
the comforter of the afflicted,
the healer of the sick,
the resurrector of the dead,
the deliverer of the captive,
the refuge of the afflicted.

To you do I hasten,

O blessed St. Anthony.

Help me in my present affliction.

I commend what I have lost
or what has been stolen to your care,
in the secure hope that you will restore it to me,

if it be for the greater glory of God
and the spiritual benefit of my soul

That I may praise and thank you
in time and in eternity

for your glorious intercession on my behalf.

Amen.

Our Father...

Hail Mary...

Glory be...



PRAYER TO ST. THERESE

Dear Saint Therese,
you are the Little Flower of Jesus.
Pray this day that I may be made well
in body, mind and spirit.
Help me to always see,
as you so clearly did,
that my sufferings and trials
are meant to cleanse and purify me
so that I may be more worthy
to receive God's unending love. Amen.

MY NOVENA ROSE PRAYER

O Little Therese of the Child Jesus,
please pick for me a rose
from the heavenly gardens
and send it to me as a message of love.
O Little Flower of Jesus,
ask God today to grant the favours
I now place with confidence in your hands.
(Mention specific requests).

St. Therese,
help me to always believe, as you did,
in God's great love for me
so that I might imitate
your Little Way each day. Amen.

PRAYER OF ST. THERESE

Let nothing disturb you,
Let nothing frighten you.
All things are passing.
God never changes.
Patience obtains all things.
Nothing is wanting to him who possesses God.
God alone suffices. Amen.

MIRACULOUS INVOCATION TO ST. THERESE

O glorious Saint Thérèse,
whom Almighty God has raised up
to aid and counsel mankind,
I implore your miraculous intercession.
So powerful are you
in obtaining every need of body and soul,
our Holy Mother Church
proclaims you a “Prodigy of Miracles . . .
the Greatest Saint of Modern Times.”

Now I fervently beseech you
to answer my petition (*mention here*)
and to carry out your promises
of spending Heaven doing good upon earth
... of letting fall from Heaven a Shower of Roses.

Henceforth, dear Little Flower,
I will fulfill your plea
“to be made known everywhere”
and I will never cease
to lead others to Jesus through you. Amen.

PRAYER TO ST. JUDE

May the Sacred Heart of Jesus be adored, loved, glorified
and preserved throughout the world, now and forever.
Oh Sacred Heart of Jesus, pray for us.
St. Jude, worker of miracles, pray for us.
St. Jude, helper of the hopeless, pray for us.

Say this prayer nine times a day.
By the eighth day your prayer will be answered.
It has never known to fail.
Publication must be promised.
Thank you St. Jude for answering my prayer.

SAINTS

We adore Thee,
most holy Lord Jesus Christ,
here and in all Thy churches
that are in the whole world;
and we bless Thee,
because by Thy Holy Cross
Thou hast redeemed the World.

— St. Francis



SUFFERING

PRAYER IN TIME OF SUFFERING

Behold me, my beloved Jesus, weighed down under the burden of my trials and sufferings, I cast myself at Your feet that You may renew my strength and my courage while I rest here in Your Presence.

Permit me to lay down my cross in Your Sacred Heart for only Your infinite goodness can sustain me; only Your love can help me bear my cross; only Your powerful hand can lighten its weight.

O Divine King Jesus whose heart is so compassionate to the afflicted, I wish to live in You; suffer and die in You.

During my life, be to me my model and my support. At the hour of my death be my hope and my refuge. Amen.

WAIT ON THE LORD

They that wait upon the Lord
Shall renew their strength.

They shall soar up on wings like eagles.

They shall run and not grow weary.

They shall walk and not be faint.

— Isaiah 40:31

SUFFERING

PRAYER IN TIME OF SICKNESS

O Jesus, You suffered and died for us;
You understand suffering;
Teach me to understand my suffering as You do,
To bear it in union with You.
I offer it with You to atone for my sins
and to bring Your grace to souls in need.
Calm my fears; increase my trust.
May I gladly accept Your holy will
and become more like You in trial.
If it be Your will, restore me to health
so that I may work for Your honour and glory
and the salvation of all men. Amen.

PRAYER FOR THE SICK

Dear Jesus, Divine Physician and Healer of the Sick,
we turn to You in this time of illness.
O dearest Comforter of the Troubled,
alleviate our worry and sorrow with Your gentle love
and grant us the grace and strength to accept this burden.

Dear God, we place our worries in Your hands.
We place our sick under Your care and humbly ask
that You restore Your servant to health again.
Above all, grant us the grace to acknowledge
Your holy will and know that whatsoever You do,
You do for the love of us. Amen.

OFFERING OF SUFFERING

My Divine Saviour, Jesus, you loved me to such a degree as to suffer and die for my salvation. Through the love I have for you, I most willingly offer to your honour all that I have ever suffered in the past, am now suffering, or will suffer in the future. This is the basis and motive of the love which animates me. Your love enables me to suffer with joy. I will to suffer because you suffered and because you want me to suffer, for I love you more than myself.

– St. Gertrude

SURRENDER

ABBA, Eternal Father

Come with Your tenderness.

Inflame my will with conformity.

Inflame my heart with humility.

Inflame my soul with fidelity.

Pardon my wretched sins.

Let the flame of Your burning love
set my zeal on fire for You.

I give You my body, mind, heart and soul,
my adoration, faith and hope,
my trust and obedience in Your holy will.

Now and for ever. Amen.

PRAYER OF ABANDONMENT

God my Father,

I thank you for all that you are
and all that you do for me
through your Son Jesus.

In Jesus' name, Father,

I place myself entirely in your care.

I hand over to you myself,
my mind, memory, will, emotions,
body, and sexuality.

I hand over to You
every person in my life,
every situation, every relationship, every concern.

I trust you to care for me and others
in the most loving way.

As I have emptied myself
and handed everything over to you,

I ask you, Father,

to fill me with your Holy Spirit
and all the gifts and fruits of that Spirit.

I ask this through Jesus, your Son and my brother,
in the power of the Holy Spirit. Amen.

THANKSGIVING

PRAYER OF THANKSGIVING

Lord God, I thank you through the Sacred Heart of Jesus, who is pleased to offer You on our behalf, continuous thanksgiving in the Eucharist.

Thank you for all Your benefits, general as well as special: for creation, redemption, the sacraments and especially the Eucharist and for all the graces You have given me.

I wish to thank you Lord Jesus, on behalf of myself and all creatures, and to make amends to you, as far as I am able, for the ingratitude of men of which you complain so vehemently.

I wish that I were able to direct the hearts and minds of all men to You and, together with them, and for them, love you perfectly in return, just as you rightly expect, especially from those who love you more. Amen.

PRAYER FOR CHRISTIAN UNITY



Father in heaven, you have called us as Christians to make your presence know and recognized in this world. As Canadians you have blessed us with a country rich in its people, its bounty and its material wealth.

So we pray, Father, that our country will ever be a truly human community and a country of peace; that we will respect each other's differences and become greater for having shared life with people different than ourselves.

Make us as Canadians not hard and unrelenting to one another but help us to be peaceful and accepting. And from our differences make of us a people reflecting to the world not discord and division but the gracefulness and goodness of a people who know their God. This prayer we make through Christ who is our Lord and brother. Amen.

VOCATIONS

PRAYER FOR VOCATIONS

Blessed Mother, as I grow,
Help me, my vocation know,
Holy nun, or priest to be,
If it is God's will for me.
But if mine's the married state,
Help me find the Catholic mate

PRAYER FOR VOCATIONS

Lord God,
 we are all called to serve You.
Be with us always.
Help all young women and men
 as they deal with the challenges of life.
Bless them, enlighten their minds
 and strengthen their wills to be people
 of stronger faith and greater love.
Call from among them ministers of word and sacrament
 to serve Your church
 as priests, religious and lay ministers. Amen.

PRAYER FOR VOCATIONS

O God, who has chosen the Apostles to propagate the faith and to establish Your Holy Church throughout the world, we earnestly beseech You to choose from amongst our people many priests, deacons, religious brothers and sisters and lay persons who will gladly devote their entire lives in making You known and loved by all.

Through the sorrowful Immaculate Heart of Our Blessed Mother and through the precious blood of Our Lord Jesus Christ, Eternal Father, please grant Your children their petition. Amen.