

Prayer Book

Sign of the Cross

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

Our Father

Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done, on earth as it is in heaven.

Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Amen.

Hail Mary

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

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

Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning, is now, and ever shall be. Amen.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer thee all my prayers, works, joys, and sufferings of this day, for all the intentions of thy Sacred heart, in union with the holy sacrifice of the Mass throughout the world, in

reparation for my sins, for the intentions of all my associates, and in particular for the general intentions recommended this month by the Holy Father. Amen.

Apostles' Creed

I believe in God, the Father almighty, creator of heaven and earth. And in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell, and the third day he rose from the dead. He ascended into heaven, and is seated at the right hand of the Father, from whence he shall come to judge the living and the dead.

I believe in the Holy Spirit, the holy, catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Hail Holy Queen

Hail Holy Queen, Mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve, to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then most gracious advocate, thine eyes of mercy on us and after this our exile, show unto us the blessed fruit of thy womb, Jesus. Oh clement, o loving, oh sweet Virgin Mary,

Pray for us, oh holy Mother of God.

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

Grace before and after meals

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

We give thee thanks, almighty God, for all the benefits we have received from thy bounty, through Christ our Lord. Amen.

Examination of Conscience

An Act of Contrition

Oh my God, because you are so good, I am very sorry that I have sinned against you, and with help of your grace, I will not sin again, AMEN

Prayer to the Holy Spirit

**Come, Holy Spirit,
fill the hearts of thy faithful,
and enkindle in them the fire of thy love.
Send forth thy spirit and they shall be created.
And thou shalt renew the face of the earth.**

Memorare

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

Prayer to One's Guardian Angel

**Angel of God, my guardian dear,
to whom God's love commits me here,
be ever this day (night) at my side,
to light and to guard, to rule and to guide.**

Amen.

The Angelus

The angel of the Lord appeared unto Mary.

And she conceived of the Holy Spirit.

Hail Mary...

Behold the handmaid of the Lord.

Be it done to me according to thy word.

Hail Mary...

And the Word was made flesh.

And dwelt among us.

Hail Mary...

Pray for us, oh holy Mother of God.

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

Pour forth, we beseech thee, oh Lord, thy grace into our hearts, that we to whom the incarnation of Christ thy son was made known by the message of an angel, may by His passion and death be brought to glory of His resurrection, through Christ our Lord. Amen.

Hail Holy Queen

Hail Holy Queen, Mother of mercy, hail our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve, to thee do we send up our sighs, mourning and weeping in this veil of tears. Turn then most gracious advocate, thine eyes of mercy towards us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. Oh clement, o loving, oh sweet Virgin Mary,

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