

Saints' & Holy Prayers

compiled from devout resources of the Saints' sites.

www.saintsprayers.net

“that we may pray unceasingly”

1 Thess. 5:17

Introduction

Herein is contained a compilation of Catholic prayers, quotations, and readings from religious devotional books and the writings of and about the saints. The treasury of wisdom herein is the treasury of Christ Himself for the soul.

For these prayers to be of lasting value you must adhere to the one true Church founded by Christ, the Catholic Church and her doctrine as given by Christ while living a life of grace and love God in all your doings, being always aware of your own humble nature. The quotations and readings will be of aid for the mortification of the senses, purgation, understanding of the interior life, repelling of the spiritual enemies of the soul, illumination, and finishing of the spiritual journey to salvation.

Recommendations

An example of devotion. . .

Practice the continual remembrance of the Lord.

Begin your day with the sign of the cross, invitatory, and morning prayers such as thanksgiving for the night's protection, morning offerings, and the acts of virtue. Examine your conscience and what the day will hold ahead. Pray for these intentions, then pray during the hours of the day, with such as the powerful prayers of the Most Precious Blood for the Holy Souls. Remember the hour of noon, and the hour of three o'clock. Devote every act to Jesus Christ in between the hours. Fast according to your capacity and practice temperance throughout all your acts. At midnight rise and make a devotion. During mass, pray the prayers associated and offer yourself again, full of love, faith, and hope, asking for grace. Upon the end of the day, pray for the forgotten, make an examination of conscience, an act of contrition, and pray for your and others protection through the night. Give thanks, and go to sleep, dreaming of God in grace. *Amen.*

As you progress through these prayers, learn more and more by heart, and repeat those which you know the sense of even if you know not all the exact words. So they will become more useful to you and you become more used to God.

The greater effort put into heartfelt long prayers results in greater rewards.

Though a few of the Psalms are included in the most poetic language to be found for them, the reader is recommended these in their entirety especially as a primary resource of prayers.

Typographical Notes

When litanies have a constant response at the end of each line, the response is given first in italics and then omitted. Prayers are generally ended with 'Amen.' but these have been omitted in the text.

Request and Notice

Please pray for the contributors to this work.

The contributors have made every effort to be up to date and current in regards to all the Church's teachings evidenced herein, if there is any error on their part, they submit utterly to the laws and decisions of the Church. Those prayers which are included from private revelations, have been finally approved, or approved for distribution by Church authorities. All promises are to be understood within the context of the Faith.

This compilation may be freely distributed.

However to remain up to date with revisions it is advised to link to [Inspirational Prayers from the Saints](#).

For private and personal use.

Version

This edition was last updated on June 6th in the year of Our Lord 2011.

Expect new sections and updates.

Revision 3.61 Alpha.

Some portions may be rough and in need of immediate revision in this version.

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Opening Prayers

+ The Sign of the Cross
Signum Sanctae Crucis

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

In nomine Patris, et Filii, et Spiritus Sancti. *Amen.*

The sign of the cross is made at the beginning of all periods of prayer as a general rule, before the opening prayers, before graces, etc. When it is especially included in the midst of prayers, it is usually denoted by a small +.

Hear, O Israel
Deuteronomy 6:4-9

Hear, O Israel; The LORD is our God, the LORD alone. You shall love the LORD your God with all your heart, and with all your soul, and with all your might.

Purification Prayer
of St. Mary Magdalen de Pazzi

Almighty Father, I place the Precious Blood of Jesus before my lips before I pray, that my prayers may be purified before they ascend to Your divine altar.

Brief Prayers for Use with Holy Water

By this Holy Water and by Thy Most Precious Blood, Lord Jesus, wash us free from sin, protect us from all evil and succor the holy souls in purgatory.

By the sprinkling of Thy Precious Blood, O Lord Jesus Christ, and by the merit of thy Passion, wash me from every stain, and cleanse me from all sin.

Morning Prayers

Upon Waking

O my Lord and Shepherd, I thank Thee for preserving me this night, along with my guardian

angels and all the prayers of the saints and holy souls, who lovingly serve Thee.

An Offering of the Daily Intention

My Lord, I stand before thee with all my powers, deeds and weaknesses; I offer them all to thee, receive them. Thou gavest them to me, I offer them all to thee: my entire being. I offer thee also the thoughts, words, and deeds that I shall perform this day. I offer them unto thy greater honor and glory. I desire to do everything with the most sincere intention of serving thee and of fulfilling thy most holy will in all things. I offer them also as an atonement for my sins, past and present. I accept from thy hand, O Lord, every adversity and suffering: let it all be unto thy greater glory and the good of my soul.

O Christ, the true light, which enlightens and sanctifies all men who enter this world: let the light of thy glory be inscribed upon us, that through it we may see the unapproachable light; straighten our steps unto the fulfilment of thy commandments, through the prayers of thy most pure Mother, and of all thy Saints.

Morning Prayer

O Mother, fountain of love,
make me feel the power of sorrow,
that I may grieve with you.

Grant that my heart may burn
in the love of the Lord Christ
that I may greatly please Him.

Holy Mother, grant this of yours,
that the wounds of the Crucified be well-formed
in my heart.

Grant that the punishment of your wounded Son,
so worthily suffered for me,
may be shared with me.

Let me sincerely weep with you,
bemoan the Crucified,
for as long as I live.

To stand beside the cross with you,
and for me to join you
in mourning, this I desire.

When my body dies,
grant that to my soul is given
the glory of paradise.

Eia Mater, fons amoris,
me sentire vim doloris
fac, ut tecum lugeam.

Fac ut ardeat cor meum

in amando Christum Deum
ut sibi complaceam.

Sancta mater, istud agas,
Crucifixi fige plagas
cordi meo valide.

Tui Nati vulnerati
tam dignati pro me pati
poenas mecum divide.

Fac me vere tecum flere
Crucifixo condolere,
donec ego vixero.

Iuxta crucem tecum stare
ac me tibi sociare
in planctu desidero.

Quando corpus morietur,
fac ut animae donetur
paradisi gloria.

A Morning Offering

by St. Therese of the Child Jesus

My God, I offer you all my actions of this day for the intentions and for the glory of the Sacred Heart of Jesus. I desire to sanctify my every thought and my simplest words and works by uniting them to the infinite merits of Jesus. I wish to make reparation for my sins by casting them into the furnace of his merciful love. My God, I ask of you for myself and for those whom I hold dear the grace to perfectly fulfill your holy will and to accept for love of you the joys and sorrows of this passing life so that we may one day be united together in heaven for all eternity.

An Offering of the Hearts of Jesus and Mary

by St. John Eudes

O Jesus, only Son of God, only Son of Mary,
I offer Thee the most loving Heart of Thy divine Mother
which is more precious and pleasing to Thee than all hearts.

O Mary, Mother of Jesus,
I offer Thee the most adorable Heart of Thy well-beloved Son,
who is the life and love and joy of Thy Heart.

Blessed be the Most Loving Heart
and Sweet Name of Our Lord Jesus Christ

and the most glorious
Virgin Mary, His Mother,
in eternity and forever.

A Morning Prayer

Glory to Thee, our God, glory to Thee.

Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good gifts and Giver of Life, come and abide in us, and cleanse us from all impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal One, have mercy on us. (thrice)

Glory to the Father and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages.
Amen.

Most Holy Trinity, have mercy on us. O Lord, wash away our sins, O Master, pardon our transgressions, O Holy One, visit and heal our infirmities for Thy Name's sake.

Lord have mercy. (thrice)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages.

Upon Waking

O my Lord and Shepherd, I thank Thee for preserving me this night, along with my guardian angels and all the prayers of the saints and holy souls, who lovingly serve Thee.

A Morning Prayer

O God, I thank Thee that Thou hast protected me during this past night and hast preserved me from a sudden and unexpected death. I desire to gain all the indulgences possible this day. Give me Thy grace that I may not offend Thee this day, but that I may faithfully do Thy holy will in all things.

A Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day in union with the holy sacrifice of the mass throughout the world; I desire to gain every indulgence and merit I can, and offer them, together with myself. I offer all, for the intentions of your Sacred Heart: the salvation of souls, reparation for sin, the union of all Christians. I offer them for the good intentions of our bishops, and in particular for those recommended by our Holy Father this month.

Prayers

Act of Adoration

from the Small Roman Missal

O Great God, the Sovereign Lord of heaven and earth, I prostrate myself before Thee. With all the Angels and Saints I adore Thee, I acknowledge Thee to be my Creator and Sovereign Lord,

my first beginning and last end. I render to Thee the homage of my being and life. I submit myself to Thy holy Will, and I devote myself to Thy divine service this day and for ever.

Act of Adoration

I ADORE Thee, O my God, and my All, as my First Beginning and my Last End; I desire to pay Thee the best homage that I am able, and to bow down all the powers of my soul to Thee.

Act of Charity *from the Raccolta*

O my God, because Thou art the highest and most perfect good, I love Thee with my whole heart, and above all things; and rather than offend Thee, I am ready to lose all things else; and moreover for Thy love I love and desire to love my neighbour as myself.

Act of Commendation to God

I COMMEND my soul to God my Maker, who created me from nothing; to Jesus Christ my Savior, who redeemed me with His Blood; to the Holy Ghost, who sanctified me in baptism. Into Thy hands, O Lord, I commend my spirit.

Act of Contrition

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 idle sins, my serious voluntary sins, the sins I know, the sins I do not know; the sins I have concealed so long, and which are now hidden from my memory. I am truly sorry for every sin, mortal and venial, for all the sins of my childhood up to the present hour. I know my sins have wounded Thy Tender Heart, O my Savior. Let me be freed from the bonds of evil through Thy most bitter Passion, O my Redeemer. O my Jesus, forget and forgive what I have been.

Act of Contrition

HAVE mercy upon me, O God, according to Thy great mercy: and according to the multitude of Thy tender mercies blot out my iniquity. O who will give water to my head, and a fountain of tears to my eyes, that, day and night, I may bewail my sins? O that I had never offended so good a God! O that I had never sinned! Happy those souls that have always preserved their baptismal innocence! Lord, be merciful to me a sinner; Holy Jesus, Son of the Living God, have mercy upon me.

Act of Contrition **Actus Contritionis**

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

Deus meus, ex toto corde paenitet me omnium meorum peccatorum, eaque detestor, quia peccando, non solum poenas a Te iuste statutas promeritus sum, sed praesertim quia offendi Te, summum bonum, ac dignum qui super omnia diligaris. Ideo firmiter propono, adiuvante gratia

Tua, de cetero me non peccatum peccandique occasiones proximas fugitum.

Act of Faith

O My God! I firmly believe in one God in three Divine Persons -- the Father, the Son and the Holy Ghost; I believe in Jesus Christ, the true and only Son of God, Who was born of the Virgin Mary, and died on the Cross for our salvation; I also believe all the sacred truths the Catholic Church believes and teaches, because Thou hast revealed them, Who canst neither deceive nor be deceived.

Act of Faith

from the Raccolta

I most firmly believe, because God, who is the infallible Truth, hath so revealed to the Holy Catholic Church, and through the Church reveals to us, that there is one only God in three divine Persons, equal and distinct, Father, Son, and Holy Ghost; that the Son became man by taking to Himself flesh and a human soul through the operation of the Holy Ghost in the womb of the most pure Virgin Mary that He died for us upon the cross, rose again, ascended into heaven, and from thence shall come again at the end of the world to judge all the living and the dead, to give Paradise for ever to the good, and hell to the wicked; moreover, upon the same motive I believe all that the same holy Church believes and teaches.

Act of Hope

from the Augustinian Manual

Since thou vouchsafest to come and dwell within me, O my Redeemer, what may I not expect from thy bounty? I therefore present myself before Thee with that lively confidence which Thy infinite goodness inspires. Thou not only knowest all my wants, but art also willing and able to relieve them. Thou hast not only invited me, but also promised me thy gracious assistance: "Come to me, all ye that labour and are heavy burdened, and I will refresh you." Behold, then, O Lord, I accept of Thy gracious invitation: I lay before Thee all my wants, my misery, and my blindness, and confidently hope, without the fear of being disappointed, that Thou wilt enlighten my understanding, inflame my will, comfort me in the midst of such crosses or afflictions as Thou hast appointed I should suffer, strengthen me in all temptations and trials, and, in fine, with the powerful assistance of thy grace, change me into a new creature; for art not Thou, O God, the master of my heart? and when shall my heart be more absolutely disposed of by Thee than when Thou shall have once entered into it?

Act of Hope

from the Small Roman Missal

Since Thou vouchsafest to come and dwell within me, O my Redeemer! What may I not expect from Thy bounty! I therefore present myself before Thee with that lively confidence which Thine infinite goodness inspires. Thou not only knowest all my wants, but Thou art also willing and able to relieve them. Thou hast not only invited me, but also promised me Thy gracious assistance: "Come to Me all ye that labour and are burdened, and I will refresh you." Behold, then, O Lord, I accept of Thy gracious invitation; lay before Thee all my wants, my misery, and my blindness, and confidently hope, without the fear of being disappointed, that Thou wilt enable me to persevere, unto the end of my life, in Thy service. "In Thee, O Lord, have I hoped; I shall not be confounded forever."

Act of Hope
from the Raccolta

O my God, because Thou art almighty, infinitely good and merciful, I hope that by the merits of the Passion and Death of Jesus Christ our Saviour Thou wilt grant me eternal life, which Thou, who art the most faithful, hast promised to all those who shall do the works of a good Christian, as I purpose to do by Thy holy help.

Act of Hope
Actus Spei

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

Deus meus, cum sis omnipotens, infinite misericors et fidelis, spero Te mihi daturum, ob merita Iesu Christi, vitam aeternam et gratias necessarias ad eam consequendam, quam Tu promisisti iis qui bona opera facient, quemadmodum, Te adiuvante, facere constituo.

Act of Hope

O my God, all my hope is in Thee! Through Jesus Christ, my Redeemer, through His Passion and Death, I hope for mercy, grace, and salvation from Thee. In Thee, O Lord, have I put my trust: let me never be confounded. O Sweet Jesus, receive me into Thine arms in this day of my distress; hide me in Thy Wounds, bathe my soul in Thy Precious Blood. Amen.

Act of Humility
from the Augustinian Manual

What am I, O God of majesty and glory, or who am I, that Thou shouldst deign even to look on me? Whence am I honoured with so unspeakable a favour as that my Lord and my God should come and visit in person such a miserable sinner and vile worm of the earth? How dare a being more contemptible than nothing approach so holy a God, eat the bread of angels, and feed on thy divine flesh? Ah, Lord, it is too much! I am not worthy of so great a favour: I shall never - no, never deserve it.

O King of heaven and earth! adorable Sovereign, the author and preserver of the universe! behold, I annihilate myself before thee, protesting that I would humble myself as much for Thy glory as Thou dost here for my salvation. I acknowledge with the most profound respect the infinite grandeur of thy Divine Majesty, and my own miserable baseness. The contemplation of one and the other fills me with inexpressible confusion. Can I possibly say more, my dear Saviour, than to confess, with the utmost humility, in the words of the centurion: "Lord, I am not worthy that Thou shouldst enter my roof; say but the word, and my soul shall be healed?"

My Jesus, mercy!

Act of Humility
from the Small Roman Missal

O GOD of sanctity! Who am I, that Thou shouldst come to me? "The heavens are not pure in Thy sight," and wilt Thou dwell in my heart? "Lord! I am not worthy that Thou shouldst enter under

my roof." The consciousness of my unworthiness would prompt me to exclaim: "Depart from me, O Lord! For I am a sinner." But oh, the wonderful condescension of Thy love! Thy pressing invitation encourages me, and dispels my fears. "Here I am, for Thou didst call me." Come then, O Jesus! Take possession of a heart that wishes to belong to Thee. "Behold! They that go far from Thee shall perish." But, O my God! this house of my heart is too narrow for Thee: do Thou enlarge it; it is falling to ruin; do Thou repair it; it has been defiled by sin: do Thou cleanse and purify it. Look Thou upon me, and have mercy on me. Oh, heal my soul, for I have sinned against Thee! Let Thy tender mercies come unto me, and I shall live! Lord! I am not worthy that Thou shouldst enter under my roof; say but the word, and my soul shall be healed.

Act of Love
Actus Caritatis

O My God! I love Thee above all things, with my whole heart and soul, because Thou art infinitely worthy of love; I love also my neighbor as myself for the love of Thee; I forgive all who have injured me, and ask pardon for all whom I have injured.

Deus meus, ex toto corde amo Te super omnia, quia es infinite bonus et infinite amabilis; et ob amorem Tui proximum meum diligo sicut meipsum, eique, si quid in me offendit, ignosco.

Act of Love
from the Augustinian Manual

O my Lord and my God, true and only lover of my soul, what more canst Thou do to make me love Thee ! Oh, immensity of love! Incomprehensible and infinite love! A God gives himself to me! A God - Ah, my God! I love Thee above all things. I love Thee more than myself, more than my life; and I delight to love Thee, because Thou art so deserving of my love. Begone from my soul, ye earthly affections, and give place to the love of God. Since Thou, O dear Jesus, wilt this morning give Thyself entirely to me, it is just that I also should give myself wholly to Thee. I offer myself entirely and unreservedly to Thee; my senses, my powers, my desires, my affections, my whole self. I solemnly declare before heaven and earth that I no longer wish to live but for Thee; to work, to speak, to breathe, only for Thee, in Thee, and with Thee. Oh, that my heart were all tenderness for Thee, and could pine away for love of Thee! Would that it could be moved by transports of devotion such as those with which thy affectionate mother burned when she pressed Thee to her bosom! Oh, that I could see Thee loved by all! Oh, that I had power to cause all creatures to love Thee as Thou deservest! Alas! good Jesus, grant that I may be a perfect victim to thy holy love.

O most amiable Redeemer, how I grieve for having so much offended Thee during my past life! Thou hast even died for my salvation, and I have despised Thy grace and Thy love. Ungrateful, thankless creature that I am! I repent, and grieve from my heart for having so outrageously offended Thee. I hope that Thou hast already pardoned me; but if not, oh, forgive me now before I receive Thee in this Divine Sacrament! Have pity and receive me into thy favour, whilst I prepare for Thee in my heart a suitable abode.

Behold, O Jesus, I approach to feed on thy divine flesh. But who am I? Who art Thou? Thou art the Lord Supreme, the source of all purity and perfection; and I am but a worm of the earth, denied by sin and corruption. And dare I purpose to receive Thee in the Holy Communion?

The seraphim are not sufficiently pure in thy sight; and shall I, who am but dust and ashes, misery and sin, receive Thee upon my tongue, unite Thee to my heart, and clasp Thee to my bosom? I,

who by my sins am unworthy to remain in thy divine presence, and deserve only to be cast into hell, and to be for ever separated from Thee? Ah, my God! My unworthiness is too great. But since by thy goodness I am called to receive Thee, behold I come humbled and confused on account of the great displeasure which I have given Thee; but my only trust is in thy goodness, and in the love which Thou bearest to me. Come, then, O dear Jesus, come into my soul, which longs after Thee.

Act of Love
from the Small Roman Missal

O LOVING Lord! Who art ever lovable, and never sufficiently loved, I love Thee with all my heart, and above all things. I consider every moment of my life as lost, which has not been consecrated to Thy love. Yes, O divine Jesus! whilst Thou art dwelling within my breast, whilst Thou livest in me I hope Thou knowest that I love Thee.

Act of Love
from the Small Roman Missal

As the hart panteth after the fountains of water, so my soul panteth after Thee, O God! "My soul hath thirsted after the strong, living God; when shall I come and appear before the face of God?" "For what have I in heaven? And besides Thee, what do I desire on earth?" Let blind and infatuated worldlings intoxicate themselves with the false, transient, and fading happiness of this life; for my part, nothing besides Thyself can content me, either in heaven or on earth. Come then, O Thou Lamb of God, Who takest away the sins of the world! Come, Thou beloved of my heart! Adorable Flesh and precious Blood of my Saviour! Come, to nourish, comfort, and enliven my sickly soul. O God of my heart! Let me neither love, seek, nor think of any other object but Thyself alone; for Thou alone art my consolation, my treasure, my joy, my life, my all!

"My heart and my flesh have rejoiced in the living God... Thou art, O Lord of hosts! My King and my God!" "Who will give me wings like a dove and I will fly and be at rest!"

Act of Love
Actus Caritatis

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die.

Domine Deus, amo te super omnia et proximum meum propter te, quia tu es summum, infinitum, et perfectissimum bonum, omni dilectione dignum. In hac caritate vivere et mori statuo.

Act of Love of One's Neighbor

I DESIRE to love my neighbor with perfect charity for the love of Thee. I forgive from my heart all who have in any way offend or injured me, and I ask pardon of all whom I have in any way offended or injured.

Act of Petition
from the Small Roman Missal

ADORABLE Saviour, "in Whom are hid all the treasures of wisdom and knowledge, and all the fullness of the Godhead dwelleth corporally," consider my many wants, and grant me those

graces which Thou knowest I stand in need of to do Thy will in all things.

Thou knowest my weakness and the necessity which I endure; in how great evils and vices I am immersed: how often I am oppressed, tempted, troubled and defiled. To Thee I come for remedy. I pray to Thee for comfort and succour. I speak to Him that knows all things; to Whom all that is within me is manifest, and Who alone can perfectly comfort and help me. Thou knowest what good things I stand most in need of, and how poor I am in virtues.

Behold I stand before Thee poor and naked, begging Thy grace, and imploring Thy mercy. Feed Thy hungry suppliant; inflame my coldness with the fire of Thy love; enlighten my blindness with the brightness of Thy presence.

Act of Praise

LORD, I desire to praise Thee for ever, in sickness as well as in health; I desire to join my heart and voice with the whole Church of heaven and earth, in blessing Thee for ever.

Act of Reparation *from Fr. Stedman*

O good Jesus, in gratitude for Thy many Graces, and in sorrow for many abuses of these Graces, I wish at this moment, both for myself, ever ungrateful and for the world, ever criminal, to make an Act of Solemn reparation. Listen then, O merciful Savior of our souls, listen to these Acts of faith, to these expressions of sorrow:

For the irreverence we have committed in the House of God.

I wish to make reparation.

For the careless and distracted attendance at Sunday Mass.

I wish to make reparation.

For our lack of preparation before, and our poor thanksgiving after Holy Communion.

I wish to make reparation.

For our failure to cooperate with Thy daily Graces.

I wish to make reparation.

For our sins of pride and sensuality.

I wish to make reparation.

For our bad example and the sins we have caused in others.

I wish to make reparation.

For our tragic indifference to Thy Words of Holy Scripture and to the words of our Holy Father the Pope.

I wish to make reparation.

For the deplorable untruths of heresy, for all deserters and apostates.

I wish to make reparation.

For the pleasure-seeking and money-mad profaners of the Lord's Day.

I wish to make reparation.

For the sacrilegious treatment of Thy Churches and Altars.

I wish to make reparation.

For the diabolical agents of Hell, ever seeking whom they may.

I wish to make reparation.

For the heartbreaking outrages committed by those who should be Thy greatest consolation.

I wish to make reparation.

Act of Reparation
by St. Margaret Mary Alacoque

O kind and merciful Savior, from my heart I earnestly desire to return Thee love for love. My greatest sorrow is that Thou art not loved by men, and, in particular, that my own heart is so cold, so selfish, so ungrateful. Keenly aware of my own weakness and poverty, I trust that Thy own grace will enable me to offer Thee an act of pure love. And I wish to offer Thee this act of love in reparation for the coldness and neglect that are shown to Thee in the sacrament of Thy love by Thy creatures. O Jesus, my supreme good, I love Thee, not for the sake of the reward which Thou hast promised to those who love Thee, but purely for Thyself. I love Thee above all things that can be loved, above all pleasures, and above myself and all that is not Thee, promising in the presence of heaven and earth that I will live and die purely and simply in Thy holy love, and that if to love Thee thus I must endure persecution and suffering I am completely satisfied, and I will ever say with Saint Paul: Nothing "will be able to separate us from the love of God." O Jesus, supreme master of all hearts, I love Thee, I adore Thee, I praise Thee, I thank Thee, because I am now all Thine own. Rule over me, and transform my soul into the likeness of Thyself, so that it may bless and glorify Thee forever in the abode of the saints.

Act of Reparation to the Sacred Heart
Actus reparationis

a partial indulgence normally, a plenary if recited publically on the Feast of the Most Sacred Heart of Jesus

Most sweet Jesus, whose overflowing charity for men is requited by so much forgetfulness, negligence and contempt, behold us prostrate before Thee, eager to repair by a special act of homage the cruel indifference and injuries to which Thy loving Heart is everywhere subject.

Mindful, alas! that we ourselves have had a share in such great indignities, which we now deplore from the depths of our hearts, we humbly ask Thy pardon and declare our readiness to atone by voluntary expiation, not only for our own personal offenses, but also for the sins of those, who, straying far from the path of salvation, refuse in their obstinate infidelity to follow Thee, their Shepherd and Leader, or, renouncing the promises of their baptism, have cast off the sweet yoke of Thy law.

We are now resolved to expiate each and every deplorable outrage committed against Thee; we are now determined to make amends for the manifold offenses against Christian modesty in unbecoming dress and behavior, for all the foul seductions laid to ensnare the feet of the innocent, for the frequent violations of Sundays and holydays, and the shocking blasphemies uttered against Thee and Thy Saints. We wish also to make amends for the insults to which Thy Vicar on earth and Thy priests are subjected, for the profanation, by conscious neglect or terrible acts of sacrilege, of the very Sacrament of Thy Divine Love; and lastly for the public crimes of nations who resist the rights and teaching authority of the Church which Thou hast founded.

Would that we were able to wash away such abominations with our blood. We now offer, in reparation for these violations of Thy divine honor, the satisfaction Thou once made to Thy Eternal Father on the Cross and which Thou continuest to renew daily on our Altars; we offer it in union with the acts of atonement of Thy Virgin Mother and all the Saints and of the pious faithful on earth; and we sincerely promise to make recompense, as far as we can with the help of Thy grace, for all neglect of Thy great love and for the sins we and others have committed in the past. Henceforth, we will live a life of unswerving faith, of purity of conduct, of perfect observance of the precepts of the Gospel and especially that of charity. We promise to the best of

our power to prevent others from offending Thee and to bring as many as possible to follow Thee.

O loving Jesus, through the intercession of the Blessed Virgin Mother, our model in reparation, deign to receive the voluntary offering we make of this act of expiation; and by the crowning gift of perseverance keep us faithful unto death in our duty and the allegiance we owe to Thee, so that we may all one day come to that happy home, where with the Father and the Holy Spirit Thou livest and reignest, God, forever and ever.

Iesu dulcissime, cuius effusa in homines caritas, tanta oblivione, negligentia, contemptione, ingratisse rependitur, en nos, ante altaria tua provoluti, tam nefariam hominum socordiam iniuriasque, quibus undique amantissimum Cor tuum afficitur, peculiari honore resarcire contendimus.

Attamen, memores tantae nos quoque indignitatis non expertes aliquando fuisse, indeque vehementissimo dolore commoti, tuam in primis misericordiam nobis imploramus, paratis, voluntaria expiatione compensare flagitia non modo quae ipsi patravimus, sed etiam illorum, qui, longe a salutis via aberrantes, vel te pastorem ducemque sectari detrectant, in sua infidelitate obstinati, vel baptismatis promissa conculcantes, suavissimum tuae legis iugum excusserunt.

Quae deploranda crimina, cum universa expiare contendimus, tum nobis singula resarcienda proponimus: vitae cultusque immodestiam atque turpitudines, tot corruptelae pedicas innocentium animis instructas, dies festos violatos, execranda in te tuosque Sanctos iactata maledicta atque in tuum Vicarium ordinemque sacerdotalem convicia irrogata, ipsum denique amoris divini Sacramentum, vel neglectum vel horrendis sacrilegiis profanatum, publica postremo nationum delicta, quae Ecclesiae a te institutae iuribus magisterioque reluctantur.

Quae utinam crimina sanguine ipsi nostro eluere possemus! Interea ad violatum divinum honorem resarciendum, quam Tu olim Patri in Cruce satisfactionem obtulisti quamque quotidie in Altaribus renovare pergis, hanc eamdem nos tibi praestamus, cum Virginis Matris, omnium Sanctorum, piorum quoque fidelium expiationibus coniunctam, ex animo spondentes, cum praeterita nostra aliorumque peccata ac tanti amoris incuriam firma fide, candidis vitae moribus, perfecta legis evangelicae, caritatis potissimum, observantia, quantum in nobis erit, gratia tua favente, nos esse compensaturos, tum iniurias tibi inferendas pro viribus prohibuituros, et quam plurimos potuerimus ad tui sequelam convocaturos. Excipias, quaesumus, benignissime Iesu, beata Virgine Maria Reparatrice intercedente, voluntarium huius expiationis obsequium nosque in officio tuique servito fidissimos ad mortem usque velis, magno illo perseverantiae munere, continere, ut ad illam tandem patriam perveniamus omnes, ubi Tu cum Patre et Spiritu Sancto vivis et regnas in saecula saeculorum.

Act of Reparation to the Sacred Heart of Jesus

O Jesus, Divine Saviour, deign to cast a look of mercy upon Your children, who assemble in the same spirit of faith, reparation, and love, and come to deplore their own infidelities, and those of all poor sinners, their brethren.

May we touch Your Divine Heart by the unanimous and solemn promises we are about to make and obtain mercy for ourselves, for the world, and for all who are so unhappy as not to love You. We all promise that for the future:

For the forgetfulness and ingratitude of men, *we will console You, O Lord.*

For the way You are deserted in Your holy tabernacle,
For the crimes of sinners,
For the hatred of the impious,
For the blasphemies uttered against You,
For the sacrileges that profane Your Sacrament of Love,
For the outrages against Your divinity,
For the injuries of which You are the adorable Victim,
For the coldness of the greater part of your children,
For the contempt of your loving invitation,
For the infidelity of those who called themselves Your friends,
For the abuse of Your grace,
For our own unfaithfulness,
For the incomprehensible hardness of our hearts,
For our long delay in loving You,
For our tepidity in Your holy service,
For Your bitter sadness at the loss of souls,
For Your long waiting at the door of our hearts,
For the heartless scorn that grieves You,
For Your loving sighs,
For Your loving tears,
For Your loving imprisonment,
For Your loving death,

Let us pray

O Jesus! Divine Saviour, from whose Heart comes forth this bitter complaint, "I looked for one that would comfort me, and I found none," graciously accept the feeble consolation we offer You, and aid us so powerfully by your grace, that we may, for the time to come, shun more and more all that can displease You, and prove ourselves in everything, and everywhere, and forever Your most faithful and devoted servants. We ask it through Your Sacred Heart, O Lord, who live and reign with the Father and the Holy Spirit one God, forever and ever.

Act of Renunciation of Evil

I renounce, from this moment and for all eternity, the devil and all his works and pomps. I abhor all his suggestions and temptations. Suffer not, O Lord, this mortal enemy of my soul to have any power over me, either now or at my last hour. Let Thy holy Angels ever keep me and defend me against all the powers of darkness.

Act of Resignation in Time of Illness

Lord, I accept this sickness from Thy Fatherly hands; I entirely resign myself to Thy blessed will, whether it be for life or death. Not my will, but Thine be done; Thy will be done on earth as it is in heaven.

Act of Self-Oblation

LORD, I offer up to Thee all that I now suffer or may have to suffer, to be united to the sufferings of my Saviour, and to be sanctified by His Passion.

Act of Spiritual Communion

O Jesus I turn toward the holy tabernacle where You live hidden for love of me. I love you, O my God. I cannot receive you in Holy Communion. Come nevertheless and visit me with Your grace.
Come spiritually into my heart. Purify it. Sanctify it. Render it like unto Your own.

Lord, I am not worthy that thou shouldst enter under my roof, but only say the word and my soul shall be healed.

Act of Spiritual Communion

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

Lord I am not worthy to receive you,
But only say the word and I shall be healed.

Act of Spiritual Communion *of St. Francis of Assisi*

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.

Act of Submission

LORD, I submit to all the pains and uneasiness of this my illness: my sins have deserved infinitely more. Thou art just, O Lord, and Thy judgement is right.

Act of Thanksgiving

I give Thee thanks, O Lord, from the bottom of my heart, for all the mercies and blessings which Thou hast bestowed upon me and on Thy whole Church through Jesus Christ Thy Son; above all, because Thou hast loved me from all eternity, and hast sent Thy Son to redeem me with His precious Blood. O let not that Blood be shed for me in vain. Amen.

Ancient Prayer to St. 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 weary of contemplating you and Jesus asleep in your arms. I dare not approach you while He reposes near your heart. Press him in my name and kiss His fine Head for me, and ask Him to return the kiss when I draw my dying breath. St. Joseph, Patron of departing souls, pray for us.

Angelic Trisagion

Holy, Holy, Holy, Lord God of Hosts, earth is full of Thy Glory. Glory be to the Father, Glory be to the Son, Glory be to the Holy Ghost.

Sanctus, Sanctus, Sanctus, Dominus Deus exercituum: Plena est terra gloria tua: Gloria Patri, Gloria Filio, Gloria Spiritui Sancto.

Angel of God Angele Dei

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

Angele Dei,
qui custos es mei,
me, tibi commissum pietate superna,
illumina, custodi,
rege et gubernata.

Apostle's Creed Symbolum Apostolorum

I believe in God, the Father almighty,
Creator of heaven and earth;
And in Jesus Christ, His only Son,
Our Lord,
Who was conceived by the Holy Spirit,
Born of the Virgin Mary,
Suffered under Pontius Pilate,
Was crucified, died, and was buried.
He descended into hell;
The third day he rose again from the dead;
He ascended into heaven,
And is seated at the right hand of God, the Father almighty;
From thence 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.

Credo in Deum Patrem omnipotentem,
Creatorem caeli et terrae; et in Iesum Christum, Filium eius unicum, Dominum nostrum;
qui conceptus est de Spiritu Sancto,
natus ex Maria Virgine;
passus sub Pontio Pilato,
crucifixus, mortuus, et sepultus;
descendit ad infernos;
tertia die resurrexit a mortuis;
ascendit ad caelos,
sedet ad dexteram Dei Patris omnipotentis;
inde venturus est iudicare vivos et mortuos.
Credo in Spiritum Sanctum;
sanctam Ecclesiam catholicam,
sanctorum communionem;
remissionem peccatorum;
carnis resurrectionem;
vitam aeternam.

Asperges me

Thou shalt sprinkle me, O Lord, with hyssop and I shall be cleansed; Thou shalt wash me, and I shall become whiter than snow. Have mercy on me, O God, according to Thy great mercy.

Asperges me, Domine, hyssopo, et mundabor: lavabis me, et super nivem dealbabor. Miserere mei, Deus, secundum magnam misericordiam tuam.

Aspirations to Mary

by St. Alphonsus Maria de Liguori

Knowest thou, sweet Mary,
Whereto I aspire?
Tis my hope to love thee
This is my desire.
I would e'er be near thee,
Queen most fair and sweet;
Do not, do not drive me
From my Mother's feet.
Then, O Rose most lovely,
Let me hear from thee;
Loving Mother, tell me,
What thou wilt of me.
More I cannot offer
Lo, I bring my heart;
Lovingly I give it,
Ne'er from thee to part.
Lady, thou didst take it
Tis no longer mine;

Long since thou didst love it
And its love was thine.
Do not then forsake me,
Mother of sweet Love,

Till one day thou greet me
Safe in heaven above.

Athanasian Creed
Quicumque vult

WHOEVER wishes to be saved must, above all, keep the Catholic faith. For unless a person keeps this faith whole and entire, he will undoubtedly be lost forever.

This is what the Catholic faith teaches: we worship one God in the Trinity and the Trinity in unity. Neither confounding the Persons, nor dividing the substance. For there is one person of the Father, another of the Son, another of the Holy Spirit. But the Father and the Son and the Holy Spirit have one divinity, equal glory, and coeternal majesty. What the Father is, the Son is, and the Holy Spirit is. The Father is uncreated, the Son is uncreated, and the Holy Spirit is uncreated.

The Father is boundless, the Son is boundless, and the Holy Spirit is boundless. The Father is eternal, the Son is eternal, and the Holy Spirit is eternal. Nevertheless, there are not three eternal beings, but one eternal being. So there are not three uncreated beings, nor three boundless beings, but one uncreated being and one boundless being. Likewise, the Father is omnipotent, the Son is omnipotent, the Holy Spirit is omnipotent. Yet there are not three omnipotent beings, but one omnipotent being.

Thus the Father is God, the Son is God, and the Holy Spirit is God. However, there are not three gods, but one God. The Father is Lord, the Son is Lord, and the Holy Spirit is Lord. However, there are not three lords, but one Lord. For as we are obliged by Christian truth to acknowledge every Person singly to be God and Lord, so too are we forbidden by the Catholic religion to say that there are three Gods or Lords. The Father was not made, nor created, nor generated by anyone. The Son is not made, nor created, but begotten by the Father alone. The Holy Spirit is not made, nor created, nor generated, but proceeds from the Father and the Son. There is, then, one Father, not three Fathers; one Son, not three sons; one Holy Spirit, not three holy spirits. In this Trinity, there is nothing before or after, nothing greater or less. The entire three Persons are coeternal and coequal with one another.

So that in all things, as is has been said above, the Unity is to be worshiped in Trinity and the Trinity in Unity. He, therefore, who wishes to be saved, must believe thus about the Trinity. It is also necessary for eternal salvation that he believes steadfastly in the incarnation of our Lord Jesus Christ. Thus the right faith is that we believe and confess that our Lord Jesus Christ, the Son of God, is both God and man. As God, He was begotten of the substance of the Father before time; as man, He was born in time of the substance of His Mother. He is perfect God; and He is perfect man, with a rational soul and human flesh. He is equal to the Father in His divinity, but inferior to the Father in His humanity. Although He is God and man, He is not two, but one Christ. And He is one, not because His divinity was changed into flesh, but because His humanity was assumed unto God. He is one, not by a mingling of substances, but by unity of person. As a rational soul and flesh are one man: so God and man are one Christ.

He died for our salvation, descended into hell, and rose from the dead on the third day. He ascended into heaven, sits at the right hand of God the Father almighty. From there He shall

come to judge the living and the dead. At His coming, all men are to arise with their own bodies; and they are to give an account of their own deeds. Those who have done good deeds will go into eternal life; those who have done evil will go into the everlasting fire. This is the Catholic faith.

Everyone must believe it, firmly and steadfastly; otherwise He cannot be saved. Amen.

QUICUMQUE vult salvus esse, ante omnia opus est, ut teneat catholicam fidem: Quam nisi quisque integram inviolatamque servaverit, absque dubio in aeternum peribit. Fides autem catholica haec est: ut unum Deum in Trinitate, et Trinitatem in unitate veneremur. Neque confundentes personas, neque substantiam separantes. Alia est enim persona Patris alia Filii, alia Spiritus Sancti: Sed Patris, et Filii, et Spiritus Sancti una est divinitas, aequalis gloria, coaeterna maiestas. Qualis Pater, talis Filius, talis Spiritus Sanctus. Increatus Pater, increatus Filius, increatus Spiritus Sanctus. Immensus Pater, immensus Filius, immensus Spiritus Sanctus. Aeternus Pater, aeternus Filius, aeternus Spiritus Sanctus. Et tamen non tres aeterni, sed unus aeternus. Sicut non tres increati, nec tres immensi, sed unus increatus, et unus immensus. Similiter omnipotens Pater, omnipotens Filius, omnipotens Spiritus Sanctus. Et tamen non tres omnipotentes, sed unus omnipotens.

Ita Deus Pater, Deus Filius, Deus Spiritus Sanctus. Et tamen non tres dii, sed unus est Deus. Ita Dominus Pater, Dominus Filius, Dominus Spiritus Sanctus. Et tamen non tres Domini, sed unus est Dominus. Quia, sicut singillatim unamquamque personam Deum ac Dominum confiteri christiana veritate compellimur: ita tres Deos aut Dominos dicere catholica religione prohibemur. Pater a nullo est factus: nec creatus, nec genitus. Filius a Patre solo est: non factus, nec creatus, sed genitus. Spiritus Sanctus a Patre et Filio: non factus, nec creatus, nec genitus, sed procedens. Unus ergo Pater, non tres Patres: unus Filius, non tres Filii: unus Spiritus Sanctus, non tres Spiritus Sancti. Et in hac Trinitate nihil prius aut posterius, nihil maius aut minus: sed totae tres personae coaeternae sibi sunt et coaequales.

Ita ut per omnia, sicut iam supra dictum est, et unitas in Trinitate, et Trinitas in unitate veneranda sit. Qui vult ergo salvus esse, ita de Trinitate sentiat. Sed necessarium est ad aeternam salutem, ut incarnationem quoque Domini nostri Iesu Christi fideliter credat. Est ergo fides recta ut credamus et confiteamur, quia Dominus noster Iesus Christus, Dei Filius, Deus et homo est. Deus est ex substantia Patris ante saecula genitus: et homo est ex substantia matris in saeculo natus. Perfectus Deus, perfectus homo: ex anima rationali et humana carne subsistens. Aequalis Patri secundum divinitatem: minor Patre secundum humanitatem. Qui licet Deus sit et homo, non duo tamen, sed unus est Christus. Unus autem non conversione divinitatis in carnem, sed assumptione humanitatis in Deum. Unus omnino, non confusione substantiae, sed unitate personae. Nam sicut anima rationalis et caro unus est homo: ita Deus et homo unus est Christus.

Qui passus est pro salute nostra: descendit ad inferos: tertia die resurrexit a mortuis. Ascendit ad caelos, sedet ad dexteram Dei Patris omnipotentis: inde venturus est iudicare vivos et mortuos. Ad cuius adventum omnes homines resurgere habent cum corporibus suis: et reddaturi sunt de factis propriis rationem. Et qui bona egerunt, ibunt in vitam aeternam: qui vero mala, in ignem aeternum. Haec est fides catholica, quam nisi quisque fideliter firmiterque crediderit, salvus esse non poterit. Amen.

Before Starting on a Journey

My holy Angel Guardian, ask the Lord to bless the journey which I undertake, that it may profit the health of my soul and body; that I may reach its end, and that, returning safe and sound, I may find my family in good health. Do thou guard, guide and preserve us.

Canticle of Simeon
Nunc Dimittis

Now thou dost dismiss thy servant, O Lord, according to thy word in peace;
Because my eyes have seen thy salvation,
Which thou hast prepared before the face of all peoples:
A light to the revelation of the Gentiles, and the glory of thy people Israel.

Nunc dimittis servum tuum, Domine
Secundum verbum tuum in pace:
Quia viderunt oculi mei salutare tuum
Quod parasti ante faciem omnium populorum:
Lumen ad revelationem gentium,
Et gloriam plebis tuae Israel.

Commemoration of St. Francis of Assisi
Commemoratio Sancti Francisci Assisiensis

This man, despising the world and triumphing over earthly things, heaped up riches in
heaven by word and deed.

V. Our Lord hath guided the just by right ways.
R. And hath shewed him the kingdom of God.

O LORD Jesus Christ, who when the world was growing cold, didst renew in the flesh of blessed Francis the sacred marks of Thy Passion in order to inflame our hearts with the fire of Thy love: mercifully grant that, by his merits and prayers, we may always carry the Cross and bring forth fruits worthy of repentance: Who livest and reignest for ever and ever.

Hic vir despiciens mundum et terrena triumphans, divitias caelo condidit ore et manu.

V. Iustum deduxit Dominus per vias rectas.
R. Et ostendit illi regnum Dei.

Domine Iesu Christe, qui frigescente mundo, ad inflammandum corda nostra tui amoris igne, in carne beatissimi Francisci Passionis tuae sacra Stigmata renovasti: concede propitius, ut eius meritis et precibus crucem iugiter feramus et dignos fructus paenitentiae faciamus: qui vivis et regnas in saecula saeculorum.

Confiteor

I confess to almighty God, to blessed Mary ever Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy apostles Peter and Paul, and to all the saints that I have sinned exceedingly in thought, word, and deed, through my fault, through my fault, through my most grievous fault. Therefore, I beseech blessed Mary ever Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy apostles Peter and Paul, and all the saints, to pray for me to the Lord our God.

Confiteor Deo omnipotenti, beatae Mariae semper Virgini, beato Michaeli Archangelo, beato Iohanni Baptistae, sanctis Apostolis Petro et Paulo, et omnibus Sanctis, quia peccavi nimis cogitatione, verbo et opere: mea culpa, mea culpa, mea maxima culpa. Ideo precor beatam

Mariam semper Virginem, beatum Michaellem Archangelum, beatum Ioannem Baptistam, sanctos Apostolos Petrum et Paulum, et omnes Sanctos, orare pro me ad Dominum Deum nostrum.

Daily Prayer to the Sacred Heart

O Sacred Heart of Jesus, mercifully accept the prayer which I now make to You for help in the moment of my death, when at its approach all my senses shall fail me.

When, therefore, O kind and merciful Jesus, my weary and downcast eyes can no longer look up to You, be mindful of the loving gaze which I now turn to You, and have mercy on me, a sinner.

When my parched lips can no longer kiss Your most sacred wounds, remember that hour those kisses which I now imprint on You, and have mercy on me, a sinner.

When my cold hands can no longer embrace Your cross, forget not the affection with which I embrace it now, and have mercy upon me, a sinner. When my swollen and lifeless tongue can no longer speak, remember that I called upon You now, Jesus, Mary, and Joseph, to you I commend my soul.

O Sacred Heart of Jesus, filled with infinite love, broken by my ingratitude and pierced by my many sins and yet loving you still, accept this act of 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 near and nearer to Your Sacred Heart, and there, as I can bear the lesson, teach me Your blessed way.

O Sacred Heart of Jesus, Incarnate Son of God, Who for our salvation did vouchsafe to be born in a stable, to pass Your life in poverty, trials, and misery, and to die amid the sufferings of the cross, I entreat You, in the hour of my death to say to Your divine Father, "Father forgive him"; Say to my soul, "This day you shall be with Me in Paradise." My God, my God forsake me not in that hour. "I thirst" -- truly, my God, my soul thirsts after You, Who are the fountain of living waters. My life passes like a shadow; yet a little while and all will be consummated. Wherefore, my adorable Saviour, from this moment, and for all eternity, "into Your hands I commend my spirit." Lord Jesus, receive my soul.

O Queen of the Holy Rosary and most kind and loving Mother of Perpetual Help, in memory of your Seven Sorrows, intercede for us with your divine Son and beg Him, in honor of His Precious Blood and sacred passion and death upon the cross, to forgive our sins and grant us the grace of a holy and happy death.

Our Father, Hail Mary, and Glory Be

Dedication of the Rural Family to the Divine Family *from 'the Rural Life Prayerbook'*

ALMIGHTY and merciful Father, whom Your only-begotten Son, our Lord, Jesus Christ, has named the Husbandman, or Farmer, graciously accept our praise and adoration. All things were made by You and all that we have is Yours.

Our lives and our talents, our home and furnishings, the soil and its fruits, the animals and their abode, sunshine and rain, fruit and harvest are all from You. By their use we are to come more securely to You. For all Your gifts, O God, we offer You our thanks.

You have made us branches of Your Son, the true Vine, members of Your kingdom, and sheep of Him who is our Good Shepherd. In gratitude and love we promise to remain ever close to the divine Heart of Him who is the Way, the Truth, and the Life.

We humbly beseech You to look with favor upon this Your family and to sanctify its members. Bless also our home, our flocks and herds, our fields and labors. Keep from us all attacks of Satan and preserve us from all evil, through Your beloved Son in the charity of the Holy Spirit.

With filial affection and reverence we humbly dedicate ourselves to the Blessed Trinity, the Father, the Son, and the Holy Ghost. Keep us ever in Your love, faithful and true unto death.

We place this our dedication in the pure hands of the Immaculate Mother of God, the patroness of our beloved country. May the Most Holy Virgin Mary carry this offering of ourselves and all that is ours to the throne of Your divine majesty. Grant us through her intercession, we beseech You, the grace to pass through things temporal that we may not lose those which are eternal.
Through Christ our Lord.

Deliver Me

Libera me

from the Roman Missal

Deliver me, Lord Jesus Christ, from all my iniquities and from every evil, make me hold ever fast to Thy commandments and never allow me to be separated from Thee.

Libera me, Domine, Iesu Christe, ab omnibus iniquitatis meis et universis malis, fac me tuis semper inhaerere mandatis et a te numquam separari permittas.

Divine Mercy Prayer

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

Eternal Rest Requiem Aeternam

Eternal rest grant unto them, O Lord; and let perpetual light shine upon them. May they rest in peace.

Requiem aeternam dona eis Domine; et lux perpetua luceat eis. Requiescant in pace.

Face of Christ Prayer

by St. Therese the Little Flower

(often said while meditating upon an image of the face of Christ)

O Jesus, who in Thy bitter passion didst become "the most abject of men, a man of sorrow," I venerate Thy sacred Face whereon there once did shine the beauty and sweetness of the Godhead; but now It has become as it were the face of a leper! Nevertheless under those disfigured features, I recognize Thine infinite Love, and I am consumed with desire to love Thee and make Thee loved by all men. The tears which well up so abundantly in Thy sacred eyes

appear to me as so many precious pearls that I love to gather up, in order to purchase the souls of poor sinners by means of their infinite value. O Jesus, whose adorable Face ravishes my heart, I implore Thee to fix deep within me Thy divine image and to set me on fire with Thy love, that so I may be found worthy to come to the contemplation of Thy glorious Face in Heaven.

Fatima Prayer
Oratio Fatimae

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

Oh mi Jesu, dimitte nobis debita nostra, libera nos ab igne inferni, conduc in caelum omnes animas, praesertim illas quae maxime indigent misericordia tua.

First Prayer Written during the Novitiate
by St. Anthony Mary Claret

O Mary most holy, conceived without original sin, Virgin Mother of the Son of the Living God, Queen and Empress of heaven and earth: Since you are the Mother of pity and mercy, deign to turn your eyes toward an unhappy exile in this vale of tears, anguish, and misery who, though unworthy, has the great happiness of being your son. O Mother mine, how much I love and esteem you, and firmly trust that you will grant me perseverance in your holy service and grace until death.

I beseech and beg you, my Mother, to destroy at the proper time the heresies that devour the flock of your most holy Son. Remember, O most gracious Virgin, that you have the power to end them all. Do so out of charity for that great love you bear toward Jesus Christ your Son. Look upon the souls redeemed through the infinite price of Jesus' Blood, who are falling once more under the power of the demon, and neglecting your Son and you.

What is lacking then, my Mother? Would you perhaps avail yourself of some instrument with which to remedy so great an evil? Here is one who however vile and contemptible he knows himself to be, is yet assured that he will serve the better for this end, since your power will shine forth all the brighter, and all will see that it is you who are at work, not I. Come now, loving Mother, let us lose no time. Here I am: dispose of me as you will, for you know that I am wholly yours. I trust that you will do this out of your great kindness, pity, and mercy, and I ask you this through the love you bear for the Father, Son, and Holy Spirit.

For the Conversion of the Infidels
by St. Francis Xavier, from the Raccolta (favored by Pope Bl. Pius IX)

O Eternal God, Creator of all things, remember that the souls of infidels have been created by Thee out of nothing, and formed after Thine image and likeness. Behold, O Lord, to the dishonour of Thy name, Hell is being filled with these souls. Remember that Jesus Christ, Thy only Son, for their salvation suffered a most cruel death. Do not permit, O Lord, I beseech Thee, that Thy Divine Son be any longer despised by infidels but rather, being appeased by the prayers of Thy Saints and of the Church, the most holy Spouse of Thy Son, vouchsafe to be mindful of Thy mercy; and forgetting their idolatry and their infidelity, bring them also to know Him whom Thou didst send, Jesus Christ, Thy Son, Our Lord, Who is our health, life and resurrection, through Whom we have been saved and redeemed to whom be all glory forever.

Aeterne rerum omnium effector Deus, memento abs te animas infidelum procreatas, easque ad imaginem et similitudinem tuam conditas. Ecce, Do mine, in opprobrium tuum his ipsis infernus impletur. Memento, Jesum Filium tuum pro illorum salute atrocissimam subiisse necem. Noli, quaeso, Domine, ultra permittere, ut Filius tuus ab infidelibus contemnatur; sed precibus sanctorum virorum et Ecclesiae sanctissimi Filii tui Sponsae placatus, recordare misericordiae tuae, et oblitus idololatriae et infidelitatis eorum, dice ut ipsi quoque agnoseant aliquando, quem misisti Dominum Jesum Christum, qui est salus, vita, et resurrectio nostra, per quem salvati et liberati sumus: cui sit gloria per infinita saecula saeculorum.

Gloria

Glory to God in the Highest,
And peace to His people on earth;
Lord God, Heavenly King, Almighty God and Father,
We worship you, we give you thanks, we praise you for your glory.
Lord Jesus Christ, only son of the Father, Lord God, Lamb of God,
You take away the sins of the world, have mercy on us.
You are seated at the right hand of the Father, receive our prayer,
For you alone are the Holy One, you alone are the Lord, you alone are the Most High,
Jesus Christ, with the Holy Spirit, in the Glory of God the Father.

Gloria in excelsis deo,
et in terra pax hominibus bonae voluntatis
Laudamus te. Benedicimus te. Adoramus te. Glorificamus te. Gratias agimus tibi propter magnam
gloriam tuam.
Domine Deus, Rex caelestis, Deus Pater omnipotens. Domine fili unigenite, Jesu Christe. Domine
Deus, Agnus Dei, Filius patris.
Qui tollis peccata mundi, miserere nobis. Qui tollis peccata mundi suscipe deprecationem
nostram. Qui sedes ad dexteram patris miserere nobis.
Quoniam tu solus sanctus. Tu solus Dominus. Tu solus Altissimus, Jesu Christe.
Cum Sancto Spiritu in gloria Dei Patris.

Glory Be Doxologia Minor

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now,
and will be forever.

Gloria Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula
saeculorum.

God be in My Head *from a Medieval Primer*

God be in my head, and in my understanding;
God be in my eyes, and in my looking;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking;
God be at my end, and at my departing.

Guardian Angel Prayer

by St. Gertrude the Great

O most holy angel of God, appointed by God to be my guardian, I give you thanks for all the benefits which you have ever bestowed on me in body and in soul. I praise and glorify you that you condescended to assist me with such patient fidelity, and to defend me against all the assaults of my enemies. Blessed be the hour in which you were assigned me for my guardian, my defender and my patron. In acknowledgement and return for all your loving ministries to me, I offer you the infinitely precious and noble heart of Jesus, and firmly purpose to obey you henceforward, and most faithfully to serve my God.

Hail, Holy Lady

by St. Francis of Assisi

Hail, holy Lady, most holy Queen,
Mary, Mother of God, ever Virgin.
You were chosen by the Most High Father in heaven,
consecrated by Him, with His most Holy Beloved Son
and the Holy Spirit, the Comforter.
On you descended and still remains all the fullness of grace and every good.
Hail, His Palace.
Hail, His Tabernacle.
Hail, His Robe.
Hail, His Handmaid.
Hail, His Mother.
and Hail, all holy Virtues, who, by grace and inspiration of the Holy Spirit,
are poured into the hearts of the faithful
so that from their faithless state,
they may be made faithful servants of God through you.

**Hail, Holy Queen
Salve Regina**

Hail holy Queen, mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us. And after this our exile show unto us the blessed Fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

Pray for us O holy Mother of God,
That we may be made worthy of the promises of Christ.

Let us pray

Almighty, everlasting God, who by the co-operation of the Holy Ghost didst prepare the body and soul of the glorious Virgin-Mother Mary to become a dwelling-place meet for thy Son: grant that as we rejoice in her commemoration; so by her fervent intercession we may be delivered from present evils and from everlasting death. Through the same Christ our Lord. Amen.

Salve, Regina, mater misericordiae: vita, dulcedo, et spes nostra, salve. Ad te clamamus exsules filii Hevae. Ad te suspiramus, gementes et flentes in hac lacrimarum valle. Eia, ergo, advocata nostra, illos tuos misericordes oculos ad nos converte. Et Iesum, benedictum fructum ventris tui,

nobis post hoc exsilium ostende. O clemens, O pia, O dulcis Virgo Maria.

Ora pro nobis sancta Dei Genetrix.
Ut digni efficiamur promissionibus Christi.

Oremus

Omnipotens sempiterne Deus, qui gloriosae Virginis Matris Mariae corpus et animam, ut dignum Filii tui habitaculum effici mereretur, Spiritu Sancto cooperante praeparasti: da, ut cuius commemoratione laetamur; eius pia intercessione, ab instantibus malis, et a morte perpetua liberemur. Per eundem Christum Dominum nostrum. Amen.

**Hail Mary
Ave Maria**

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Ave Maria, gratia plena, Dominus tecum. Benedicta tu in mulieribus, et benedictus fructus ventris tui, Iesus. Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc, et in hora mortis nostrae.

Hail Mary, Full of Sorrows
favored by Bl. Pope Pius IX

Hail Mary, full of sorrows, the Crucified is with thee: tearful art thou amongst women, and tearful is the fruit of thy womb, Jesus. Holy Mary, Mother of the Crucified, grant tears to us crucifiers of thy Son, now and at the hour of our death.

Ave Maria doloribus plena, Crucifixus tecum: lacrymabilis te in mulieribus, et lacrymabilis fructus ventris tui, Iesus. Sancta Maria, Mater Crucifixi: lacrymas impertire nobis crucifixoribus Filii tui, nunc et in hora mortis nostrae.

Bl. Pope Pius IX desired this prayer to be said with contrite heart in honour of the most holy Virgin in her desolation.

Hail Mary of Gold

Hail Mary, White Lily of the Glorious and always-serene Trinity.
Hail brilliant Rose of the Garden of heavenly delights: O you, by whom God wanted to be born and by whose milk the King of Heaven wanted to be nourished! Nourish our souls with effusions of divine grace.
Amen!

At the hour when the soul which has thus greeted me quits the body I will appear to them in such splendid beauty that they'll taste, to their great consolation, something of the joys of Paradise.

*the Blessed Virgin to St. Gertrude the Great
(Revelations book III, chapter XVIII)*

Have Mercy on the Suffering Souls

from the Manual of the Purgatorian Society

Hear ye not the spirits' moaning
From the depths of cleansing fire?
Know ye not the burning anguish
Of these souls -- their hearts' desire?

Hear them cry in bitter sorrow,
Sighing, weeping in their pains,
While they call on us who love them,
"Break our heavy prison chains!"

Though their lives on earth were holy,
And their virtue manifest,
Yet some stains of imperfection
Still prevent their perfect rest.

And they weep in mournful numbers,
Pleading for our fervent pray'r,
OH, take pity on their sorrow,
Let their solace be your care.

Place your pray'r, your pious offering
For these suffering souls, so poor,
In the hands of our dear Mother,
Of sweet Mary Virgin pure.

With a mother's love and mercy
She will lead them to her son;
And their pain shall turn to glory
There, before the Heav'nly throne.

**Hearken, O Lord
Attende Domine**

Crying, we raise our eyes to Thee, Sovereign King, Redeemer of all. Listen, Christ, to the pleas of the supplicant sinners.

R. Hearken, O Lord, and have mercy, for we have sinned against Thee.

Thou art at the Right Hand of God the Father, the Keystone, the Way of salvation and Gate of Heaven, cleanse the stains of our sins.

R. Hearken, O Lord. . .

O God, we beseech Thy majesty to hear our groans; to forgive our sins.

R. Hearken, O Lord. . .

We confess to Thee our consented sins; we declare our hidden sins with contrite heart; in Thy mercy, O Redeemer, forgive them.

R. Hearken, O Lord. . .

Thou wert captured, being innocent; brought about without resistance, condemned by impious men with false witnesses. O Christ keep safe those whom Thou hast redeemed.

R. Hearken, O Lord. . .

Ad te Rex summe, omnium redemptor, oculos nostros sublevamus flentes: exaudi, Christe, supplicantium preces.

R. Attende Domine, et miserere, quia peccavimus tibi.

Dextera Patris, lapis angularis, via salutis, ianua caelestis, ablue nostri maculas delicti.

R. Attende Domine. . .

Rogamus, Deus, tuam maiestatem: auribus sacris gemitus exaudi: crimina nostra placidus indulge.

R. Attende Domine. . .

Tibi fatemur crimina admissa: contrito corde pandimus occulta: tua Redemptor, pietas ignoscat.

R. Attende Domine. . .

Innocens captus, nec repugnans ductus, testibus falsis pro impiis damnatus: quos redemisti, tu conserva, Christe.

R. Attende Domine. . .

Heart of Jesus

Heart of Jesus, Victim of charity, make me a living sacrifice to Thee, holy, and pleasing unto God.

Hear us

Exaudi nos

from the Roman Ritual

Hear us, Lord, holy Father, almighty and eternal God; and graciously send your holy angel from heaven to watch over, to cherish, to protect, to abide with, and to defend all who dwell in this house. Through Christ our Lord.

Exaudi nos, Domine sancte, Pater omnipotens, aeternae Deus: et mittere digneris sanctum Angelum tuum de caelis, qui custodiat, foveat, protegat, visitet atque defendat omnes habitantes in hoc habitaculo. Per Christum Dominum nostrum.

Holy Name Prayer

from 'the Rural Life Prayerbook'

LORD JESUS, we humbly pray You to give us all a great reverence and respect for Your most holy name. Forgive us for ever having used the name of Jesus in vain, or without due respect.

Help us remember how reverently and lovingly Your Mother Mary used the name of Jesus, and how humbly Saint Joseph called You and spoke to You by name.

Your name, dear Jesus, is above every other name in heaven or on earth, because You are Jesus, the Savior of all men. You have saved us, and You have told us to ask God anything in Your name, and it would be granted.

We ask You, humbly and confidently, to bless us and our work, and give us the rich treasures of Your divine grace, without which we cannot even so much as pronounce the name of Jesus.

Inviolata

Inviolata

11th century prayer

Inviolata, spotless and pure art thou,
O Mary Who wast made the radiant gate of the King.
Holy mother of Christ most dear,
receive our devout hymn and praise.
Our hearts and tongues now ask of thee
that our souls and bodies may be pure.
By thy sweet sounding prayers
obtain for us forgiveness forever.
O gracious queen, O Mary,
who alone among women art inviolate.

Inviolata, integra, et casta es Maria,
quae es effecta fulgida caeli porta.
O Mater alma Christi carissima,
suscipe pia laudum praeconia.
Te nunc flagitant devota corda et ora,
nostra ut pura pectora sint et corpora.
Tu per precata dulcisona,
nobis concedas veniam per saecula.
O benigna! O Regina! O Maria,
quae sola inviolata permansisti.

Invocation to Jesus, Mary, and Joseph

(favored by Pope Pius VII)

from 'With God' by Fr. F.X. Lasance

Jesus, Mary, and Joseph, I give you my heart and my soul; Jesus, Mary, and Joseph, assist me in my last agony; Jesus, Mary, and Joseph, may I breathe forth my soul in peace with you.

Invitatory

Lord, open my lips
And my mouth will proclaim your praise.

Litany, and other Prayers for a Happy Death

(favored by Pope Pius VII)

from 'With God' by Fr. F.X. Lasance

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Christ, hear us.

Christ, graciously hear us.

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

God, the Son, Redeemer of the world.

God, the Holy Ghost.

Holy Trinity, one God.

Holy Mary, *pray for us.*

All ye holy angels and archangels,

Holy Abraham,

St. John the Baptist,

St. Joseph,

All ye holy patriarchs and prophets,

St. Peter,

St. Paul,

St. Andrew,

St. John,

St. Jude,

All ye holy apostles and evangelists,

All ye holy disciples of Our Lord,

All ye holy innocents,

St. Stephen,

St. Lawrence,

All ye holy martyrs,

St. Sylvester,

St. Gregory,

St. Augustine,

St. Basil,

St. Ambrose,

St. Francis de Sales,

St. Vincent de Paul,

St. Aloysius,

St. Stanislaus,

All ye holy bishops and confessors,

St. Benedict,

St. Dominic,

St. Francis of Assisi,

St. Ignatius,

St. Philip Neri,

St. Camillus de Lellis,

St. John of God,

All ye holy monks, hermits, and founders of Religious Orders,

St. Mary Magdalene,
St. Lucy,
St. Scholastica,
St. Teresa,
St. Catharine,
St. Clara,
St. Ursula,
St. Angela Merici,
St. Jane Frances de Chantal,
St. Barbara,
All ye holy virgins and widows,
All ye saints of God, intercede for us.

Be merciful unto us. Spare us, O Lord.
Be merciful unto us. Hear us, O Lord.

From Thine anger, *O Lord, deliver us.*
From an evil death,
From the pains of hell,
From all evil,
From the power of the devil,
By Thy nativity,
By Thy cross and passion,
By Thy death and burial,
By Thy glorious resurrection,
By the grace of the Holy Ghost the Comforter,
In the Day of Judgment,

We sinners, beseech Thee, *hear us.*
That Thou wouldst spare us, *We beseech Thee, hear us.*
That Thou wouldst vouchsafe to bring us unto true repentance,
That Thou wouldst vouchsafe to grant eternal rest to all the faithful departed,

Lamb of God, Who takest away the sins of the world, *spare us, O Lord.*
Lamb of God, Who takest away the sins of the world, *graciously hear us, O Lord.*
Lamb of God, Who takest away the sins of the world, *have mercy on us.*
Lord, have mercy on us. Christ, have mercy on us. Lord, have mercy on us,

V. We adore Thee, O Christ, and we bless Thee.
R. Because by Thy holy Cross Thou hast redeemed the world.

Let us pray

Divine Jesus, incarnate Son of God, who for our salvation didst vouchsafe to be born in a stable, to pass thy life in poverty, trials, and misery, and to die amid the sufferings of the Cross, I entreat Thee in the hour of my death, say to thy divine Father: *Father, forgive him;* say to thy beloved Mother: *Behold thy son;* say to my soul: *this day thou shalt be with Me in Paradise.* My God, my God, forsake me not in that hour. *I thirst!* truly, my God, my soul thirsts after Thee, who art the fountain of living waters. My life passes like a shadow; yet a little while and all will be consummated. Wherefore, O my adorable Saviour, from this moment, for all eternity, *Into Thy hands I commend my spirit.* Lord Jesus, receive my soul. Amen.

O Jesus, Who during Thy prayer to the Father in the garden of Gethsemane wast so filled with sorrow and anguish that there came forth from Thee a bloody sweat; have mercy on us.

Have mercy on us, O Lord; have mercy on us.

O Jesus, Who wast betrayed by the kiss of a traitor into the hands of the wicked, seized and bound like a thief, and forsaken by Thy disciples; have mercy on us.

Have mercy on us, O Lord; have mercy on us.

O Jesus, Who, by the unjust council of the Jews was sentenced to death, led like a malefactor before Pilate, scorned and derided by impious Herod; have mercy on us.

Have mercy on us, O Lord; have mercy on us.

O Jesus, Who wast stripped of Thy garments and most cruelly scourged at the pillar, have mercy on us.

Have mercy on us, O Lord; have mercy on us.

O Jesus, Who wast crowned with thorns, buffeted, struck with a reed, blindfolded, clothed with a purple garment, in many ways derided, and overwhelmed with reproaches; have mercy on us.

Have mercy on us, O Lord; have mercy on us.

O Jesus, Who wast less esteemed than the murderer Barabbas, rejected by the Jews, and unjustly condemned to the death of the cross; have mercy on us.

Have mercy on us, O Lord; have mercy on us.

O Jesus, Who wast loaded with a cross, and led to the place of execution as a lamb to the slaughter; have mercy on us.

Have mercy on us, O Lord; have mercy on us.

O Jesus, Who wast numbered among thieves, blasphemed, and derided, made to drink of gall and vinegar, and crucified in dreadful torment from the sixth to the ninth hour; have mercy on us.

Have mercy on us, O Lord; have mercy on us.

O Jesus, Who didst expire on the cross, Who wast pierced with a lance in presence of Thy holy Mother, and from Whose side poured forth blood and water; have mercy on us.

Have mercy on us, O Lord; have mercy on us.

O Jesus, Who wast taken down from the cross and bathed in the tears of Thy most sorrowing Virgin Mother; have mercy on us.

Have mercy on us, O Lord; have mercy on us.

O Jesus, Who wast covered with bruises, marked with the five wounds, embalmed with spices, and laid in the sepulcher; have mercy on us.

Have mercy on us, O Lord; have mercy on us.

V. He hath truly borne our infirmities.

R. And He hath carried our sorrows.

Let us pray

O GOD who to redeem the world didst vouchsafe to be born amongst men, to be circumcised,

rejected by the Jews, betrayed by the traitor Judas with a kiss, to be bound with cords, and as an innocent lamb to be led to the slaughter; Who didst suffer Thyself to be shamelessly exposed to the gaze of Annas, Caiphas, Pilate, and Herod; to be accused by false witnesses, tormented by scourges and insults, crowned with thorns, smitten with blows, denied with spittings, to have Thy divine countenance covered, to be struck with a reed, to be stripped of Thy clothes, nailed to and raised high upon a Cross between two thieves, to be given gall and vinegar to drink, and then pierced with a lance; do Thou, O Lord, by these most sacred sufferings, which I, unworthy as I am, yet dare to contemplate, by Thy holy cross and by Thy bitter death free me from the pains of hell, and vouchsafe to bring me to Paradise, whither Thou didst lead the thief who was crucified with Thee, my Jesus, who with the Father and the Holy Ghost livest and reignest God forever and ever. Amen.

Pater, Ave, and Gloria five times.

Litany to St. Philomena

by St. Jean Marie Baptiste Vianney, the Cure of Ars

Lord have mercy on us.
Christ have mercy on us.
Lord have mercy on us.

God the Father of Heaven, have mercy on us.
God the Son, Redeemer of the world, have mercy on us.
God the Holy Ghost, have mercy on us.
Holy Trinity one God, have mercy on us.

Holy Mary, Queen of Virgins, *pray for us.*

St. Philomena,
St. Philomena, filled with the most abundant graces from your very birth,
St. Philomena, faithful imitator of Mary,
St. Philomena, model of Virgins,
St. Philomena, temple of the most perfect humility,
St. Philomena, inflamed with zeal for the Glory of God,
St. Philomena, victim of the love of Jesus,
St. Philomena, example of strength and perseverance,
St. Philomena, invincible champion of chastity,
St. Philomena, mirror of the most heroic virtues,
St. Philomena, firm and intrepid in the face of torments,
St. Philomena, scourged like your Divine Spouse,
St. Philomena, pierced by a shower of arrows,
St. Philomena, consoled by the Mother of God when in chains,
St. Philomena, cured miraculously in prison,
St. Philomena, comforted by angels in your torments,
St. Philomena, who preferred torments and death to the splendors of a throne,
St. Philomena, who converted the witnesses of your martyrdom,
St. Philomena, who wore out the fury of your executioners,
St. Philomena, protectress of the innocent,
St. Philomena, patron of youth,
St. Philomena, refuge of the unfortunate,
St. Philomena, health of the sick and the weak,

St. Philomena, new light of the church militant,
St. Philomena, who confounds the impiety of the world,
St. Philomena, who stimulates the faith and courage of the faithful,
St. Philomena, whose name is glorified in Heaven and feared in Hell,
St. Philomena, made illustrious by the most striking miracles,
St. Philomena, all powerful with God,
St. Philomena, who reigns in glory,

Lamb of God, Who takest away the sins of the world, spare us, O Lord.
Lamb of God, Who takest away the sins of the world, graciously hear us, O Lord.
Lamb of God, Who takest away the sins of the world, have mercy on us.

V. Pray for us, Great St. Philomena,
R. That we may be made worthy of the promises of Christ.

Let us pray

We implore Thee, O Lord, by the intercession of St. Philomena, Virgin and Martyr, who was ever most pleasing to Thy eyes by reason of her eminent purity and the practice of all the virtues, pardon us our sins and grant us all the graces we need (and name any special grace you may require).

Lord Jesus Christ, Son of God, have mercy on me
Domine Iesu Christe, Filius Dei, miserere me

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Blessed be the Name of the Lord.
R. unto ages of ages.

Domine Iesu Christe, Filius Dei, miserere me peccatorem.

Sit nomen Domini benedictum.
R. per omnia saecula saeculorum.

Lord Jesus Christ, Son of God, have mercy on me
Domine Iesu Christe, Filius Dei, miserere me

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Blessed be the Name of the Lord.
R. from this time forth for evermore.

Domine Iesu Christe, Filius Dei, miserere me peccatorem.

Sit nomen Domini benedictum.
R. ex hoc nunc, et usque in saeculum.

Lovely Lady Dressed in Blue

Lovely Lady dressed in blue-

Teach me how to pray!
God was just your little boy,
Tell me what to say!

Did you lift Him up, sometimes,
Gently on your knee?
Did you sing to Him the way
Mother does to me?

Did you hold His hand at night?
Did you ever try
Telling stories of the world?
O! And did He cry?

Do you really think He cares
If I tell Him things-
Little things that happen? And
Do the Angels' wings

Make a noise? And can He hear
Me if I speak low?
Does He understand me now?
Tell me- for you know?

Lovely Lady dressed in blue-
Teach me how to pray!
God was just your little boy,
And you know the way.

Magnificat

My soul doth magnify the Lord.
And my spirit rejoiceth in God my Saviour.
Because He hath regarded the humility of His handmaid: for behold from henceforth all
generations shall call me blessed.
For He that is mighty hath done great things to me, and holy is His name. And His mercy is from
generation unto generations to them that fear Him.
He hath showed might in His arm: He hath scattered the proud in the conceit of their heart.
He hath put down the mighty from their seat: and hath exalted the humble.
He hath filled the hungry with good things: and the rich He hath sent empty away.
He hath received Israel His servant: being mindful of His mercy.
As He spoke to our fathers: to Abraham and to his seed forever.

Magnificat anima mea Dominum, et exultavit spiritus meus in Deo salvatore meo, quia respexit
humilitatem ancillae suae.

Ecce enim ex hoc beatam me dicent omnes generationes, quia fecit mihi magna, qui potens est, et
sanctum Nomen eius, et misericordia eius in progenies et progenies timentibus eum.

Fecit potentiam in brachio suo, dispersit superbos mente cordi sui; deposuit potentes de sede et
exaltavit humiles; esurientes implevit bonis et divites dimisit inanes.

Suscepit Israel puerum suum, recordatus misericordiae, sicut locutus est ad patres nostros,
Abraham et semini eius in saecula.

Mary, Our Hope

by St. Alphonsus Maria de Liguori

Mary, thou art Hope the brightest,
Love most pure and sweet;
Life and peace I find, reposing
At thy blessed feet.
When I call on thee, O Mary,
When I think on thee,
Joy and pleasure all-entrancing
Fill my heart with glee.

If anon the clouds of sadness
Rise within my heart,
When they hear thy name, O Mary,
Quickly they depart.
Like a star on life's dark ocean
Shining o'er the wave,
Thou canst guide my bark to harbour,
Thou my soul canst save.

Under thy protecting mantle,
Queen beloved, I fly;
There, I wish to live securely;
There, I hope to die.

When I come my life to finish,
Mary, loving thee,
Then, I also know, dear Lady,
Heaven is gained for me.

Cast thy gentle bonds around me,
And my heart enchain,
Prisoner of love for ever
Safe will I remain.
Thus, my heart, O sweetest Mary,
Is not mine, but thine:
Take it; give it all to Jesus;
Ne'er shall it be mine.

Memorare

of St. Bernard

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 to you, O virgin of virgins, my mother. To you I come, before you I stand sinful and sorrowful. O mother of the word incarnate, do not ignore my petitions but in your mercy hear

and answer me.

Memorare, O piissima Virgo Maria, non esse auditum a saeculo, quemquam ad tua currentem praesidia, tua implorantem auxilia, tua petentem suffragia, esse derelictum. Ego tali animatus confidentia, ad te, Virgo Virginum, Mater, curro, ad te venio, coram te gemens peccator assisto. Noli, Mater Verbi, verba mea despiciere; sed audi propitia et exaudi.

Midnight Praises
of the Coptic Monks

I sought after You: from the depths of my heart
My Lord Jesus: help me.
Loosen for me: all the bonds of sin
My Lord Jesus Christ: help me.

Be a help to me: so that You may save me
My Lord Jesus: help me.
May Your goodness: come speedily to me
My Lord Jesus Christ: help me.

Overshadow me: with the shadow of Your wings
My Lord Jesus: help me.
In six days You have made: all the creation
My Lord Jesus Christ: help me.

Seven times everyday: I will praise Your Name
My Lord Jesus: help me.
All the creation: glorifies Your Name
My Lord Jesus Christ: help me.

Yours is the Lordship: and the Authority
My Lord Jesus: help me.
Make haste, O my God: so that You may save me
My Lord Jesus Christ: help me.

Every knee: bows down before You
My Lord Jesus: help me.
All the diverse tongues: together bless Your Name
My Lord Jesus Christ: help me.

Turn away Your face: from all of my sins
My Lord Jesus: help me.
Blot out, O God: all my iniquities
My Lord Jesus Christ: help me.

You know my thoughts: and You search my depths
My Lord Jesus: help me.
Create in me: a clean heart
My Lord Jesus Christ: help me.

Your Holy Spirit: do not take away from me

My Lord Jesus: help me.
Incline Your ears: make haste and hear me
My Lord Jesus Christ: help me.

Set before me a law: in the way of Your justice
My Lord Jesus: help me.
Your Kingdom O my God: is an eternal kingdom
My Lord Jesus Christ: help me.

You are the Son of God: I believe in You
My Lord Jesus: help me.
You Who carries the sins of the world Have mercy upon me
My Lord Jesus Christ: help me.

Forgive me the multitude: of my iniquities
My Lord Jesus: help me.
All of the souls: together bless Your Name
My Lord Jesus Christ: help me.

Have patience with me: do not hasten to destroy me
My Lord Jesus: help me.
Early in the morning: I will rise and Bless Your Name
My Lord Jesus Christ: help me.

Your yoke is sweet: and Your burden is light
My Lord Jesus: help me.
In the accepted time: hear me
My Lord Jesus Christ: help me.

Oh, how beloved: is Your Holy Name
My Lord Jesus: help me.
Disperse away from me: all of the devils
My Lord Jesus Christ: help me.

Sow within me: the seed of Your righteousness
My Lord Jesus: help me.
Grant us Your true peace: and forgive us our sins
My Lord Jesus Christ: help me.

Nicene Creed Symbolum Nicaenum

I believe in one God, the Father almighty, Maker of heaven and earth, and of all things visible and invisible. And in one Lord Jesus Christ, the Only-begotten Son of God. Born of the Father before all ages. God of God; Light of Light; true God of true God. Begotten not made; of one being with the Father; by Whom all things were made. Who for us men, and for our salvation, came down from heaven. And was made Flesh by the Holy Spirit of the Virgin Mary: And was made man.

He was also crucified for us, suffered under Pontius Pilate and was buried. And on the third day He rose again according to the Scriptures. And ascending into heaven, He sits at the right hand of

the Father. And He shall come again in glory to judge the living and the dead; and of His kingdom there shall be no end.

And I believe in the Holy Spirit, Lord and Giver of life, Who proceeds from the Father and the Son. Who together with the Father and the Son is no less adored, and glorified: Who spoke by the Prophets. And I believe in One, Holy, Catholic and Apostolic Church. I confess one Baptism for the remission of sins. And I look for the resurrection of the dead. And the life of the world to come.

Credo in unum Deum, Patrem omnipotentem, factorem caeli et terrae, visibilium omnium et invisibilium. Et in unum Dominum Iesum Christum, Filium Dei unigenitum, et ex Patre natum ante omnia saecula. Deum de Deo, Lumen de Lumine, Deum verum de Deo vero, genitum non factum, consubstantialem Patri; per quem omnia facta sunt. Qui propter nos homines et propter nostram salutem descendit de caelis. Et incarnatus est de Spiritu Sancto ex Maria Virgine, et homo factus est.

Crucifixus etiam pro nobis sub Pontio Pilato, passus et sepultus est, et resurrexit tertia die, secundum Scripturas, et ascendit in caelum, sedet ad dexteram Patris. Et iterum venturus est cum gloria, iudicare vivos et mortuos, cuius regni non erit finis.

Et in Spiritum Sanctum, Dominum et vivificantem, qui ex Patre Filioque procedit. Qui cum Patre et Filio simul adoratur et conglorificatur: qui locutus est per prophetas. Et unam, sanctam, catholicam et apostolicam Ecclesiam. Confiteor unum baptisma in remissionem peccatorum. Et expecto resurrectionem mortuorum, et vitam venturi saeculi. Amen.

O Eternal Truth, True Love, and Beloved Eternity

by St. Augustine

O eternal truth, true love and beloved eternity. You are my God. To you do I sigh day and night. When I first came to know you, you drew me to yourself so that I might see that there were things for me to see, but that I myself was not yet ready to see them. Meanwhile you overcame the weakness of my vision, sending forth most strongly the beams of your light, and I trembled at once with love and dread.

I sought a way to gain the strength which I needed to enjoy you. But I did not find it until I embraced "the mediator between God and men, the man Christ Jesus, who is above all, God blessed for ever." He was calling me and saying: "I am the way of truth, I am the life." Late have I loved you, O Beauty ever ancient, ever new, late have I loved you! You were within me, but I was outside, and it was there that I searched for you. In my unloveliness I plunged into the lovely things which you had created. You were with me, but I was not with you. Created things kept me from you; yet if they had not been in you they would not have been at all. You called, you shouted, and you broke through my deafness. You flashed, you shone, and you dispelled my blindness. You breathed your fragrance on me; I drew in breath and now I pant for you. I have tasted you, now I hunger and thirst for more. You touched me, and I burned for your peace.

O Glory of Virgins

(o gloriosa virginum)

by St. Venantius Fortunatus

Where troops of virgins follow the Lamb
Through the streets of the golden city,

Who is she walks in the lily throng
Clothed with the sun
Her mantle flowing like an azure wave
To the jewel pavement?
High in her arms for all to adore
She holds a Man-Child.
She leads the mystic song that swells and soars
Like the noise of many waters,
With the voice of her own Magnificat.
The glory of virgins is she, a maiden mother.
O Mary, where your Jesus leads, you follow,
The first of pearl-pure human souls.
The prize that reckless Eve has tossed away,
You stretch a generous hand to give again,
And draw the earth's sad exiles
To their promises land of joy.
O doorway of the mighty King!
O radiant threshold of His light!
Life-giving Virgin!
Nations redeemed praise you with jubilation.
Jesus, Son of Mary,
Father and loving Spirit,
Glory to You forever and ever. Amen.

O God and Lord of the Powers

by St. Basil the Great

O God and Lord of the Powers, and Maker of all creation, Who, because of Thy clemency and incomparable mercy, didst send Thine Only-Begotten Son and our Lord Jesus Christ for the salvation of mankind, and with His venerable Cross didst tear asunder the record of our sins, and thereby didst conquer the rulers and powers of darkness;

Receive from us sinful people, O merciful Master, these prayers of gratitude and supplication, and deliver us from every destructive and gloomy transgression, and from all visible and invisible enemies who seek to injure us.

Nail down our flesh with fear of Thee, and let not our hearts be inclined to words or thoughts of evil, but pierce our souls with Thy love, that ever contemplating Thee, being enlightened by Thee, and discerning Thee, the unapproachable and everlasting Light, we may unceasingly render confession and gratitude to Thee: The eternal Father, with Thine Only-Begotten Son, and with Thine All-Holy, Gracious, and Life-Giving Spirit, now and ever, and unto ages of ages.

O Most Holy Heart

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

On the Loveliness of Mary

by St. Alphonsus Maria de Liguori

Raise your voices, vales and mountains,
Flowery meadows, streams and fountains,
Praise, oh, praise the loveliest Maiden
Ever the Creator made.
Murmuring brooks, your tribute bringing,
Little birds with joyful singing,
Come with mirthful praises laden
To your Queen be homage paid.

Say, sweet Virgin, we implore thee,
Say, what beauty God sheds o'er thee:
Praise and thanks to him be given,
Who in love created thee.
Like a sun with splendour glowing,
Gleams thy heart with love o'erflowing;
Like the moon in starry heaven,
Shines thy peerless purity.

Like the rose and lily blooming,
Sweetly heaven and earth perfuming,
Stainless, spotless, thou appearest

Queenly beauty graces thee.
But, to God, in whom thou livest,
Sweeter joy and praise thou givest,
When to him in beauty nearest,
Yet, so humble thou canst be.

Our Father Pater Noster

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.

Pater noster, qui es in caelis:
sanctificetur Nomen Tuum;
adveniat Regnum Tuum;
fiat voluntas Tua,
sicut in caelo, et in terra.

Panem nostrum cotidianum da nobis hodie;
et dimitte nobis debita nostra,
Sicut et nos dimittimus debitoribus nostris;
et ne nos inducas in tentationem;
sed libera nos a Malo.

Our Lady of the Holy Face Pray for Us

Mary the dawn, Christ the Perfect Day;
Mary the gate, Christ the Heavenly Way!

Mary the root, Christ the Mystic Vine;
Mary the grape, Christ the Sacred Wine!

Mary the wheat, Christ the Living Bread
Mary the stem, Christ the Rose blood-red!

Mary the font, Christ the Cleansing Flood;
Mary the cup, Christ the Saving Blood!

Mary the temple, Christ the temple's Lord; Mary the shrine, Christ the God adored!
Mary the beacon, Christ the Haven's Rest; Mary the mirror, Christ the Vision Blest!
Mary the mother, Christ the mother's Son; By all things blest while endless ages run.

O Victim Dear O Divi Amoris Victima

O victim dear of heavenly love,
impurpled by thy fivefold sign,
Saint Francis, father of the poor,
of Jesus' Cross a living shrine.

Thou, burning with the glowing flames
of love of God and love of man,
dost yearn for Christ to shed thy blood
and thrice dost try the seas to span.

Although denied thy heart's desire,
thou lettest not thine ardor wane;
but kindled still with love divine
to stir new fires thou strivest amain.

Still living in thine Orders three,
thou art found in many a savage clime;
and frozen hearts, warmed at thy flame,
grow fervent with thy fire sublime.

So shalt thou crush the powers of hell,
thy conquering arms our foes dismay;
when Holy Church doth seem to fail,
still is thy mighty strength her stay.

Come, help us, father, while we pray,
thy love within our hearts inspire,
thy boundless love, that spreads abroad
the glowing brightness of its fire.

Praise we the Father and the Son,
praise we the Holy Paraclete:
He grant us grace to emulate
Our father's spirit, as is meet.

O divi amoris victima
quino cruenta vulnere,
Francisce qui vivam Crucis
Christi refers imaginem.

O divi Tu caritatis fervidis
flammis adustus, sanguinem
Christo daturus, barbara
ter cogitasti littora.

Voti sed impos, non sinis
languere flammis desides:
et excitas caelestia,
flagrans amore incendia.

In prole vivens efferas
pervadis oras; algida
gelu soluto, ut ferveant
ardore sancto pectora.

Sic pertimendis lividum
armis Avernum conteris;
virtutis et firmum latus
templo labanti subiicis.

Adsis, Pater, precantibus
ignemque, late quo tua
exarsit ingens caritas,
accende nostris mentibus.

Sit laus Patri et Filio,
sit inclyto Paraclito,
qui nos Parentis optimi
det aemulari spiritum.

Paraphrase of the Lord's Prayer
by St. Francis of Assisi

OUR FATHER
most holy,

our Creator and Redeemer,
our Saviour and our Comforter.

WHO ART IN HEAVEN
in the angels and the saints,
giving them light to know you,
since you, Lord, are light;
setting them afire to love you,
since you, Lord, are love;
dwelling in them
and giving them fullness of joy,
since you, Lord,
are the supreme, eternal good,
and all good comes from you.

HALLOWED BE THY NAME,
may we grow to know you better and better
and so appreciate the extent of your favors,
the scope of your promises,
the sublimity of your majesty,
and the profundity of your judgements.

THY KINGDOM COME,
so that you may reign in us by your grace,
and bring us to your kingdom,
where we shall see you clearly,
love you perfectly and,
happy in your company, enjoy you forever.

THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN,
so that we may love you with all our heart,
by always having you in mind;
with all our soul,
by always longing for you;
with all our mind,
by determining to seek your glory in everything;
and with all our strength,
of body and soul,
by lovingly serving you alone.
May we love our neighbors as ourselves,
and encourage them all to love you,
by bearing our share
in the joys and sorrows of others,
while giving offence to no one.

GIVE US THIS DAY OUR DAILY BREAD,
your beloved Son, our Lord Jesus Christ,
so that we may remember and appreciate
how much He loved us,
and everything He said and did and suffered.

AND FORGIVE US OUR TRESPASSES,
in your immeasurable mercy,
by virtue of the passion of your Son,
and through the intercession of Mary,
and all your saints.

AS WE FORGIVE THOSE WHO TRESPASS AGAINST US,
and if we do not forgive perfectly,
Lord, make us forgive perfectly,
so that, for love of you,
we may really forgive our enemies,
and fervently pray to you for them,
returning no one evil for evil,
but trying to serve you in everyone.

AND LEAD US NOT INTO TEMPTATION,
be it hidden or obvious,
sudden or persistent.

BUT DELIVER US FROM EVIL,
past, present or future.

Pardon Me

by St. Ignatius of Loyola

Pardon me, O perfections of my God, for having preferred imperfect and evil inclinations to Thee!

Pardon me, O justice of my God, for having outraged Thee by my sins.

Pardon me, O holiness of my God, for having so long stained Thy sight's purity by my sins.

Pardon me, O mercy of my God, for having despised so long Thy mercy's voice.

In deep sorrow and contrition, I cast myself at Thy feet: Have mercy on me.

Pietate Tua

from the Raccolta (favored by Pope Leo XII)

Loosen, O Lord, we pray Thee, in Thy pity, the bonds of our sins, and by the intercession of the blessed Mary, ever Virgin Mother of God, the blessed Apostles Peter and Paul, and all saints, keep us Thy servants and our abodes in all holiness; cleanse us, our relations, kinsfolk, and acquaintances, from all vices; adorn us with all virtues; grant to us peace and health; repel our enemies visible and invisible; curb our carnal desires; vouchsafe us healthful seasons; bestow Thy charity upon our friends and our enemies; guard Thy holy city; preserve our Sovereign Pontiff N., and defend all prelates, priests, and all Christian people from all adversity. Let Thy blessing be ever upon us, and grant to all the faithful departed eternal rest. Through Christ our Lord.

Pietate tua, quaesumus Domine, nostrorum solve vinculis peccatorum, et intercedente Beata semperque Virgine Dei Genitrice Maria, cum Beatis Apostolis tuis Petro et Paulo, et omnibus

Sanctis nos famulos tuos, et loca nostra in omni sanctitate custody: omnes consanguinitate, affinitate, ac familiaritate nobis conjunctos a vitiis purga, virtutibus illustra pacem et salutem nobis tribue; hostes visibiles et invisibiles remove; carnalia desideria repelle; aerem salubrem indulge amicis et inimicis nostris charitatem largire; Urbem tuam custodi; Pontificem nostrum N. conserva: omnes Praelatos, Principes, cunctumqne Populum Christianum ab omni adversitate defende. Benedictio tua sit super nos semper; et omnibus fidelibus defunctis requiem aeternam concede. Per Christum Dominum nostrum.

Prayer After Confession
Oratio Post Confessionem

I beseech Thee, O Lord, that my confession may be made acceptable and pleasing to Thee by the merits of Thy blessed and ever Virgin Mother and all the Saints. May Thy compassion and mercy fulfill whatever may be lacking in me in contrition, purity, or completeness of confession.

Mercifully pardon all my deficiencies that according to this greatness of mercy, I may be fully and perfectly absolved in heaven. Thou who livest and reignest with God the Father in the unity of the Holy Spirit, God, forever and ever.

Sit tibi, Domine, obsecro, meritis beatae semper Virginis Genetricis tuae Mariae et omnium Sanctorum, grata et accepta ista confessio mea, et quidquid mihi defuit nunc, et de sufficientia contritionis, de puritate et integritate confessionis, suppleat pietas et misericordia tua et secundum illam digneris me habere plenius et perfectius absolutum in caelo. Qui vivis et regnas cum Deo Patre in unitate Spiritus Sancti, Deus, per omnia saecula saeculorum.

Prayer After Holy Communion
from Fr. Stedman

By the working of this Mystery, O Lord, May our vices be cleansed and our just desires be fulfilled. Through Christ Our Lord. . .

Prayer After Holy Communion
by St. Bonaventure

Pierce, O most sweet Lord Jesus, my inmost soul with the most joyous and healthful wound of Thy love, and with true, calm and most holy apostolic charity, that my soul may ever languish and melt with entire love and longing for Thee, may yearn for Thee and for thy courts, may long to be dissolved and to be with Thee. Grant that my soul may hunger after Thee, the Bread of Angels, the refreshment of holy souls, our daily and supersubstantial bread, having all sweetness and savor and every delightful taste. May my heart ever hunger after and feed upon Thee, Whom the angels desire to look upon, and may my inmost soul be filled with the sweetness of Thy savor; may it ever thirst for Thee, the fountain of life, the fountain of wisdom and knowledge, the fountain of eternal light, the torrent of pleasure, the fulness of the house of God; may it ever compass Thee, seek Thee, find Thee, run to Thee, come up to Thee, meditate on Thee, speak of Thee, and do all for the praise and glory of Thy name, with humility and discretion, with love and delight, with ease and affection, with perseverance to the end; and be Thou alone ever my hope, my entire confidence, my riches, my delight, my pleasure, my joy, my rest and tranquility, my peace, my sweetness, my food, my refreshment, my refuge, my help, my wisdom, my portion, my possession, my treasure; in Whom may my mind and my heart be ever fixed and firm and rooted immovably.

Prayer After Holy Communion

by St. Padre Pio

Stay with me, Lord, for it is necessary to have You present so that I do not forget You. You know how easily I abandon You.

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

Stay with me, Lord, for You are my life, and without You, I am without fervor.

Stay with me, Lord, for You are my light, and without You, I am in darkness.

Stay with me, Lord, to show me Your will.

Stay with me, Lord, so that I hear Your voice and follow You.

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

Stay with me, Lord, if You wish me to be faithful to You.

Stay with me, Lord, for as poor as my soul is, I wish it to be a place of consolation for You, a nest of Love.

Stay with me, Jesus, for it is getting late and the day is coming to a close, and life passes, death, judgement, eternity approaches. It is necessary to renew my strength, so that I will not stop along the way and for that, I need You. It is getting late and death approaches. I fear the darkness, the temptations, the dryness, the cross, the sorrows. O how I need You, my Jesus, in this night of exile!

Stay with me tonight, Jesus, in life with all its dangers, I need You.

Let me recognize You as Your disciples did at the breaking of bread, so that the Eucharistic Communion be the light which disperses the darkness, the force which sustains me, the unique joy of my heart.

Stay with me, Lord, because at the hour of my death, I want to remain united to You, if not by Communion, at least by grace and love.

Stay with me, Jesus, I do not ask for divine consolation, because I do not merit it, but, the gift of Your Presence, oh yes, I ask this of You!

Stay with me, Lord, for it is You alone I look for. Your Love, Your Grace, Your Will, Your Heart, Your Spirit, because I love You and ask no other reward but to love You more and more.

With a firm love, I will love You with all my heart while on earth and continue to love You perfectly during all eternity.

Prayer After Holy Communion

by St. Thomas Aquinas

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

Prayer After Holy Communion to the Blessed Virgin Mary

Mary, holy virgin mother, I have received your Son, Jesus Christ. With love you became his

mother, gave birth to him, nursed him, and helped him grow to manhood. With love I return him to you, to hold once more, to love with all your heart, and to offer to the Holy Trinity as our supreme act of worship for your honor and for the good of all your pilgrim brothers and sisters.

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

Prayers Against the Seven Deadly Sins

Against Pride

O LORD Jesus Christ, Pattern of humility, who didst empty Thyself of Thy glory, and take upon Thee the form of a servant: root out of us all pride and conceit of heart, that, owing ourselves miserable and guilty sinners, we may willingly bear contempt and reproaches for Thy sake, and, glorying in nothing but Thee, may esteem ourselves lowly in Thy sight. Not unto us, O Lord, but to Thy name be the praise, for Thy loving mercy and for Thy truth's sake.

Amen.

Against Covetousness

O LORD Jesus Christ, who though Thou wast rich yet for our sakes didst become poor, grant that all over-eagerness and covetousness of earthly goods may die in us, and the desire of heavenly things may live and grow in us: keep us from all idle and vain expenditures, that we may always have to give to him that needeth, and that giving not grudgingly nor of necessity, but cheerfully, we may be loved of Thee, and be made through Thy merits partakers of the riches of Thy heavenly treasure.

Amen.

Against Lust

O LORD Jesus Christ, Guardian of chaste souls, and lover of purity, who wast pleased to take our nature and to be born of an immaculate Virgin: mercifully look upon my infirmity. Create in me a clean heart, O God: and renew a right spirit within me; help me to drive away all evil thoughts, to conquer every sinful desire, and so pierce my flesh with the fear of Thee that, this worst enemy being overcome, I may serve Thee with a chaste body and please Thee with a pure heart.

Amen.

Against Anger

O MOST meek Jesus, Prince of Peace, who when Thou wast reviled, didst not revile, and on the Cross didst pray for Thy murderers: implant in our hearts the virtues of gentleness and patience, that, restraining the fierceness of anger, impatience, and resentment, we may overcome evil with good, for Thy sake love our enemies, and as children of our heavenly Father seek Thy peace and evermore rejoice in Thy love.

Amen.

Against Gluttony

O LORD Jesus Christ, Mirror of abstinence, who, to teach us the virtue of abstinence, didst fast forty days and forty nights, grant that, serving Thee and not our own appetites, we may live

soberly and piously with contentment, without greediness, gluttony, or drunkenness, that Thy will being our meat and drink, we may hunger and thirst after justice, and finally obtain from Thee that food which endureth unto life eternal.

Amen.

Against Envy

O MOST loving Jesus, Pattern of charity, who makest all the commandments of the law to consist in love towards God and towards man, grant to us so to love Thee with all our heart, with all our mind, and all our soul, and our neighbor for Thy sake, that the grace of charity and brotherly love may dwell in us, and all envy, harshness, and ill-will may die in us; and fill our hearts with love, kindness, and compassion, so that by constantly rejoicing in the happiness and success of others, by sympathizing with them in their sorrows, and putting away all harsh judgements and envious thoughts, we may follow Thee, who art Thyself the true and perfect love.

Amen.

Against Sloth

O Lord Jesus, eternal Love, who in the garden didst pray so long and so fervently that Thy sweat was, as it were, drops of blood falling down to the ground: put away from us, we beseech Thee, all sloth and inactivity both of body and mind; kindle within us the fire of Thy love; strengthen our weakness, that whatsoever our hand is able to do we may do earnestly, and that, striving heartily to please Thee in this life, we may have Thee hereafter as our reward exceedingly great.

Prayer at the Ninth Hour

by St. Basil the Great

O Master and Lord, Jesus Christ our God, who art longsuffering towards our faults and hast brought us even unto this present hour, in which, hanging upon the life-giving Cross, Thou hast opened unto the good thief the way into Paradise, and destroyed death by death:

Be merciful to us, Thy humble and sinful and unworthy servants. For we have sinned and transgressed, and we are not worthy to lift up our eyes and look at the height of heaven, since we have forsaken the path of Thy righteousness and have walked according to the desires of our own hearts. But we pray Thee of Thy boundless goodness, spare us, O Lord, according to the abundance of Thy mercy, and save us for Thy Holy Name's sake, for our days have been consumed in vanity. Pluck us from the hand of the adversary, forgive us our sins, and kill our fleshly lusts, that putting off the old man, we may put on the new, and may live for Thee our Master and Protector; and that so, following Thine ordinances, we may attain to eternal rest, in the place where all the joyful dwell.

For Thou, O Christ our God, art indeed the true joy and gladness of those who love Thee, and unto Thee we ascribe glory, together with Thy Father who is without beginning, and Thy most holy, good and life-giving Spirit, now, and ever, and unto the ages ages.

Prayer Before a Crucifix

by St. Francis of Assisi

Most High glorious God enlighten the darkness of my heart. Give me Lord, a correct faith, a certain hope, a perfect charity, sense and knowledge, so that I may carry out your holy and true

command.

Prayer Before Holy Communion

O Lord, I believe and profess that You are truly Christ, the Son of the living God, Who came into the world to save sinners, of whom I am the first.

Accept me as a partaker of Your mystical supper, O Son of God; for I will not reveal Your mystery to Your enemies, nor will I give You a kiss as did Judas, but like the thief I confess to You.

Remember me, O Lord, when You shall come into Your kingdom.
Remember me, O Master, when You shall come into Your kingdom.
Remember me, O Holy One, when You shall come into Your kingdom.

May the partaking of Your holy mysteries, O Lord, be not for my judgment or condemnation, but for the healing of soul and body.

O Lord, I also believe and profess that this, which I am about to receive, is truly Your most precious Body and Your life-giving Blood, which, I pray, make me worthy to receive for the remission of all my sins and for life everlasting. Amen.

O God, be merciful to me a sinner.
O God, cleanse me of my sins and have mercy on me.
O Lord, forgive me, for I have sinned without number.

Prayer Before Holy Communion

from the Augustinian Manual

I FIRMLY believe, O my Divine Jesus! that Thou art really present in the Blessed Sacrament of the Altar. I believe that it contains thy body and blood, accompanied by thy very soul and divinity. I acknowledge these truths; I believe these wonders; I adore the power that has wrought them - the same power that said: "Let there be light, and light was made." I submit my senses and reason to thy divine authority; I praise and glorify thy infinite goodness, which hath prepared this heavenly banquet for the food and nourishment of my soul. Blessed be thy name for ever. Accept my homage; accept, O my God! my most hearty thanks. But what am I, that Thou shouldst work such wonders for my sake? How shall such a filthy sinner as I am presume to approach Thee, who art the inexhaustible source of infinite purity and sanctity? How shall I venture to lift my eyes to heaven, much less to receive Thee within my breast? I tremble at the sentence of thy apostle: "Whosoever shall eat this bread or drink this cup of the Lord unworthily, shall be guilty of the body and blood of the Lord." (1 Cor. 11) For I acknowledge myself to be nothing but dust and ashes - a poor, miserable worm of the earth, subject to many vices, and void of all virtue and merit. Alas! my life has been nothing but sin and misery. I have nothing to confide in but thy boundless mercy; nor should I ever presume to approach thy sacred table, and partake of the bread of angels, were I not encouraged by thy infinite goodness, and excited by thy own most pressing invitations. It is, therefore, in thy mercy, which is above all thy works, that I put my whole trust; and since thou art pleased to call me to this divine banquet, behold, I come to it, like Magdalen, to be happily united to Thee, and lay down all my sins at thy feet, in order that they may be cancelled by thy precious blood. I come to commemorate thy sufferings, as Thou thyself hast ordained. I come, as one sick, to the Physician of life; as one blind, to the Light of eternal glory; as one poor, needy, and distressed, to the King of heaven and earth! To Thee I expose all my wounds, that they may be healed. To Thee I fly for protection, hoping that Thou wilt be to me a Saviour, and that Thou wilt wash away every sin that may defile me. Remove my blindness,

relieve my necessities, and clothe me with thy grace, that I may receive the adorable sacrament of thy body and blood with such reverence and humility, such contrition and devotion, such purity and faith, as may be for thy honour and glory, and the salvation of my soul. I am not worthy, O Lord, to receive Thee: alas! I am not: but Thou canst, if Thou wilt, make me worthy: say but the word, then, and my soul shall be healed.

Prayer Before Holy Communion
of St. Ambrose

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

Prayer Before Holy Communion
of St. Thomas Aquinas

Almighty and ever-living God, I approach the sacrament of your only-begotten Son, our Lord Jesus Christ. I come sick to the doctor of life, unclean to the fountain of mercy, blind to the radiance of eternal light, and poor and needy to the Lord of heaven and earth. Lord, in your great generosity, heal my sickness, wash away my defilement, enlighten my blindness, enrich my poverty, and clothe my nakedness. May I receive the bread of angels, the King of kings and Lord of lords, with humble reverence, with the purity and faith, the repentance and love, and the determined purpose that will help to bring me to salvation. May I receive the sacrament of the Lord's body and blood, and its reality and power. Kind God, may I receive the body of your only-begotten Son, our Lord Jesus Christ, born from the womb of the Virgin Mary, and so be received into his mystical body and numbered among his members. Loving Father, as on my earthly pilgrimage I now receive your beloved Son under the veil of a sacrament, may I one day see him face to face in glory, who lives and reigns with you for ever.

A Prayer for Daily Neglects

Eternal Father, I offer Thee the Sacred Heart of Jesus, with all its love, all its sufferings and all its merits.

First, to expiate all the sins I have committed this day and during all my life.

Glory be. . .

Second, to purify the good I have done poorly this day and during all my life.

Glory be. . .

Third, to supply for the good I ought to have done, and that I have neglected this day and all my life.

Glory be. . .

A Poor Clare, who just died, appeared to her Abbess who was praying for her, and said to her: 'I went straight to heaven, for, by means of this prayer, recited every evening, I paid all my debts.'

Prayer for Generosity
of St. Ignatius of Loyola

Dearest Lord, teach me to be generous,
teach me to serve you as I should,
To give and not to count the cost,
To fight and not to heed the wounds,
To toil and not to seek for rest,
To labour and ask not for reward,
Save that of knowing that I do your most holy will.

Prayer for Light and Help
by St. Claude de la Colombiere

Jesus, I feel within me a great desire to please you but, at the same time, I feel totally incapable of doing this without your special light and help, which I can expect only from you. Accomplish your will in me - even in spite of me.

Prayer for the Faithful in their Agony
from 'With God' by Fr. F.X. Lasance

O most merciful Jesus, Lover of souls! I pray Thee, by the agony of Thy most sacred Heart, and by the sorrows of Thy immaculate Mother, cleanse in Thine own blood the sinners of the whole world who are now in their agony and about to die this day.

Heart of Jesus, once in agony, pity the dying.

Prayer for the Whole Family
from 'the Rural Life Prayerbook'

DEAR Lord, bless our family. Be so kind as to give us the unity, peace, and mutual love that You found in Your own family in the little town of Nazareth.

Saint Joseph, bless the head of our family. Obtain for him the strength, the wisdom, and the prudence he needs to support and direct those under his care.

Mother Mary, bless the mother of our family. Help her to be pure and kind, gentle and self-sacrificing. For the more she resembles you, the better will our family be.

Lord Jesus, bless the children of our family. Help them to be obedient and devoted to their parents. Make them more and more like You. Let them grow, as You did, in wisdom and age and grace before God and man.

Holy Family of Nazareth, make our family and home more and more like Yours, until we are all one family, happy and at peace in our true home with You.

Prayer in Celebration of God's Perfections
by St. Alfred the Great

We pray to you, O Lord, who are the supreme Truth, and all truth is from you. We beseech you, O Lord, who are the highest Wisdom, and all the wise depend on you for their wisdom. You are the supreme Joy, and all who are happy owe it to you. You are the Light of minds, and all receive their understanding from you. We love, we love you above all. We seek you, we follow you, and we are ready to serve you. We desire to dwell under your power for you are the King of all.
Amen.

Prayer in Honor of St. Dymphna

Lord Jesus Christ, You have willed that St. Dymphna should be invoked by thousands of clients as the patroness of nervous and mental disease and have brought it about that her interest in these patients should be an inspiration to and an ideal of charity throughout the world. Grant that, through the prayers of this youthful martyr of purity, those who suffer from nervous and mental illness everywhere on earth may be helped and consoled. *I recommend to you in particular . . .* Be pleased to hear the prayers of St. Dymphna and of your Blessed Mother. Give those whom I recommend the patience to bear with their affliction and resignation to do your divine will. Give them the consolation they need and especially the cure they so much desire, if it be your will.
Through Christ Our Lord.

Prayer in Honour of the Sorrows of the Blessed Virgin Mary

Most holy and afflicted Virgin, Queen of Martyrs, you stood beneath the cross, witnessing the agony of your dying son. Look with a mother's tenderness and pity on me, who kneel before you. I venerate your sorrows and I place my requests with filial confidence in the sanctuary of your wounded heart.

Present them, I beseech you, on my behalf to Jesus Christ, through the merits of His own most sacred passion and death, together with your sufferings at the foot of the cross. Through the united efficacy of both obtain the granting of my petition. To whom shall I have recourse in my wants and miseries if not to you, Mother of Mercy? You have drunk so deeply of the chalice of your Son, you can compassionate our sorrows.

Holy Mary, your soul was pierced by a sword of sorrow at the sight of the passion of your divine Son. Intercede for me and obtain for me from Jesus (mention the desired favour) if it be for His honour and glory and for my good.

Prayer in the Beginning of Sickness

O Heavenly Father, who in Thy wisdom knowest what is best for me, glory be to Thee. Lord, if it seem good in Thy sight, remove from me this sickness which I now feel seizing upon me, that I

may employ my health to Thy glory, and praise Thy name. But if Thou art pleased it should grow on me, I willingly submit to Thy afflicting hand, for Thou art wont to chasten those whom Thou dost love, and Thou hast promised not to lay on me any more than Thou wilt enable me to bear. I know, O my God, that Thou sendest this sickness on me for my good, even to humble and to prove me; O grant that it may not fail to work that saving effect in me. O Lord, create in me a true sorrow for all my past sins, a firm faith in Thee, and sincere resolutions of amendment for the time to come. Deliver me from all fretfulness and impatience, and give me entire resignations to Thy divine will: O suffer not my sickness to take away my senses, and do Thou continually supply my thoughts with holy aspirations. Lord, bless all the means that are used for my recovery, and restore me to health, if it be Thy will, in Thy good time; but if Thou hast appointed otherwise for me, Thy blessed will be done. O wean my affections from all things of earth, and fill me with ardent desires after heaven: Lord, fit me for Thyself, and then call me, when Thou pleasest, to that joy unspeakable and full of glory; for the sake of Thine Only Son, Jesus Christ, my Lord and Saviour.

Prayer in the Form of Offering
from the Raccolta (favored by Pope Pius IX)

Eternal Father, we offer Thee the Blood, Passion, and Death of Jesus Christ, the Sorrows of the most holy Mary and St. Joseph, in payment of our sins, in suffrage for the holy souls in purgatory, for the wants of our holy Mother the Church, and for the conversion of sinners. Amen.

Prayer of an Old Lady
from Fr. Stedman

My loving Lord, a thousand welcomes!
O son of Mary, I love You, indeed I do.
Who am I at all that You should come next or near Me?
O God of heaven! make a little corner for me in Your Heart,
and never, while there's life in me, let me lose my place.
And after my death may I still hide there.

Prayer of Reconciliation

Come, Holy Spirit, enlighten the darkness of my understanding and sharpen my conscience, so that I may recognize God's will in all things. Send forth your light and truth into my soul! May I see all my sins and failures in this light and confess them with a contrite heart. Jesus Christ, gentle Savior, I put my hope of salvation in you. Accept my confession with loving mercy and move my heart to true sorrow for my sins. Heavenly Father, when you look into my soul, look not so much at the evil I have done but at the genuine sorrow which I feel within my heart. Help me to confess all my sins with a childlike trust in your loving forgiveness.

Prayer of Self Dedication
from the Sacramentary

Lord Jesus Christ, take all my freedom,
my memory, my understanding, and my will.
All that I have and cherish
you have given me.
I surrender it all to be guided by Your will.
Your grace and Your love

are enough for me.
Give me these, Lord Jesus,
and I ask for nothing more.

Prayer 'O my God! reject me not, as I deserve. . .'

by St. Alphonsus Maria de Liguori from 'The Great Means of Salvation and Perfection'

O my God! reject me not, as I deserve, for I will amend. I know well that so negligent a life as mine cannot satisfy Thee. I know that I have myself, by my lukewarmness, shut the door against the graces which Thou didst desire to bestow upon me. O Lord! do not yet abandon me, continue to be merciful towards me; I will rise from this miserable state. I will for the future be more careful to overcome my passions, to follow Thy inspirations, and never will I through slothfulness omit my duties, but I will fulfil them with greater diligence. In short, I will, from this time forward, do all I can to please Thee, and I will neglect nothing which I may know to be pleasing to Thee. Since thou, O my Jesus! hast been so liberal with Thy graces towards me, and hast deigned to give Thy blood and Thy life for me, there is no reason I should act with such reserve towards Thee. Thou art worthy of all honor, all love, and to please Thee one ought gladly to undergo every labor, every pain. But, O my Redeemer! Thou knowest my weakness, help me with Thy powerful grace; in Thee I confide. O Immaculate Virgin Mary! thou who hast helped me to leave the world, help me to overcome myself and to become a Saint.

Prayer 'O my Jesus, look not on my ingratitude to Thee. . .'

by St. Alphonsus Maria de Liguori from 'The True Spouse of Jesus Christ'

O my Jesus, look not on my ingratitude to Thee, after all Thy mercies, but turn Thy eyes to Thy own merits, and to the pains that Thou hast suffered for me, from the crib of Bethlehem to the cross of Calvary. I repent, with my whole soul, of all the offences that I have offered to Thee. From this moment I consecrate to Thee my life, which I desire to spend in doing all that I can to obey and to love Thee. I love Thee, O my Redeemer, but I love Thee too little; for Thy mercy's sake, increase in my soul Thy love. Hear my prayer O Jesus, and make me, by Thy grace, continue to repeat this prayer. O love of my soul, O that my heart may burn continually with Thy love. I have offended Thee grievously; but for the future I desire to love Thee intensely. I desire to love Thee alone, because Thou alone deservest to be loved above all things; and I desire to love Thee for no other reason than because Thou art worthy of all love.

O Mary, my mother and my hope, assist me.

Prayer of St. Anthony of Padua

O Light of the world, Infinite God, Father of eternity, giver of wisdom and knowledge, and ineffable Dispenser of every spiritual grace; who knowest all things before they are made, who makest the darkness and the light: put forth Thy hand and touch my mouth, and make it as a sharp sword to utter eloquently Thy words.
Make my tongue, O Lord, as a chosen arrow, to declare faithfully Thy wonders. Put Thy spirit, O Lord, in my heart, that I may perceive; in my soul, that I may retain; and in my conscience, that I may meditate. Do thou lovingly, holily, mercifully, clemently and gently inspire me with Thy grace.

Do Thou teach, guide and strengthen the comings in and goings out of my senses and my thoughts. And let Thy discipline instruct me even to the end, and the counsel of the Most High help me through Thine infinite wisdom and mercy.

Prayer 'O Loving Jesus, Meek Lamb of God. . .'

attributed to St. Bernard of Clairvaux

O Loving Jesus, Meek Lamb of God, I miserable sinner, salute and worship the most Sacred Wound of Thy Shoulder on which Thou didst bear Thy heavy Cross, which so tore Thy Flesh and laid bare Thy Bones as to inflict on Thee an anguish greater than any other wound of Thy Most Blessed Body. I adore Thee, O Jesus most sorrowful; I praise and glorify Thee and give Thee thanks for this most sacred and painful Wound, beseeching Thee by that exceeding pain and by the crushing burden of Thy heavy Cross, to be merciful to me, a sinner, to forgive me all my mortal and venial sins and to lead me on towards Heaven along the Way of Thy Cross.

According to St. Bernard, he asked Jesus which was His greatest unrecorded suffering and the wound that inflicted the most pain on Him in Calvary and Jesus answered:

I had on My Shoulder, while I bore My Cross on the Way of Sorrows, a grievous Wound which was more painful than the others and which is not recorded by men. Honor this Wound with thy devotion and I will grant thee whatsoever thou dost ask through its virtue and merit and in regard to all those who shall venerate this Wound, I will remit to them all their venial sins and will no longer remember their mortal sins."

In the twelfth century Pope Eugenius III approved of the promises with regards to this prayer.

Prayer of St. Catherine of Siena

O Eternal God, receive the sacrifice of my life in this Mystical Body of Holy Church. I have naught to give save what Thou hast given me.

Prayer of St. Catherine of Siena to the Precious Blood of Jesus

Precious Blood,
Ocean of Divine Mercy:
Flow upon us!
Precious Blood,
Most pure Offering:
Procure us every Grace!
Precious Blood,
Hope and Refuge of sinners:
Atone for us!
Precious Blood,
Delight of holy souls:
Draw us!

Prayer of St. Ephraim

O Lord and Master of my life,
Grant not unto me a spirit of idleness,
of discouragement,
of lust for power,
and of vain speaking.
But bestow upon me, Thy servant,
the spirit of chastity,

of meekness,
of patience,
and of love.

Yea, O Lord and King,
grant that I may perceive
my own transgressions,
and judge not my brother,
for blessed art Thou
unto ages of ages.

Prayer of St. Gertrude the Great

O Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son Jesus,
In union with the masses said throughout the world today,
For all the holy souls in Purgatory,
And sinners everywhere.
For sinners in the Universal Church, for those in my home, and those within my family.

Prayers of St. John Chrysostom

According to the Hours of the Day and Night

1. O Lord, deprive me not of Thy heavenly blessings;
2. O Lord, deliver me from eternal torment;
3. O Lord, if I have sinned in my mind or thought, in word deed, forgive me.
4. O Lord, deliver me from every ignorance and heedlessness, from pettiness of the soul and stony hardness of heart;
5. O Lord, deliver me from every temptation;
6. O Lord, enlighten my heart darkened by evil desires;
7. O Lord, I, being a human being, have sinned; do Thou, being God, forgive me in Thy lovingkindness, for Thou knowest the weakness of my soul.
8. O Lord, send down Thy grace to help me, that I may glorify Thy holy Name;
9. O Lord Jesus Christ, inscribe me, Thy servant, in the Book of Life, and grant me a blessed end;
10. O Lord my God, even if I have done nothing good in Thy sight, yet grant me, according to Thy grace, that I may make a start in doing good.
11. O Lord, sprinkle on my heart the dew of Thy grace;
12. O Lord of heaven and earth, remember me, Thy sinful servant, cold of heart and impure, in Thy Kingdom.
13. O Lord, receive me in repentance;
14. O Lord, leave me not;
15. O Lord, save me from temptation;
16. O Lord, grant me pure thoughts;
17. O Lord, grant me tears of repentance, remembrance of death, and the sense of peace;
18. O Lord, grant me mindfulness to confess my sins;
19. O Lord, grant me humility, charity, and obedience;
20. O Lord, grant me tolerance, magnanimity, and gentleness;
21. O Lord, implant in me the root of all blessings: the fear of Thee in my heart;
22. O Lord, vouchsafe that I may love Thee with all my heart and soul, and that I may obey in all things Thy will;
23. O Lord, shield me from evil persons and devils and passions and all other lawless matters;
24. O Lord, Who knowest Thy creation and that which Thou hast willed for it; may Thy will also be fulfilled in me, a sinner, for Thou art blessed forevermore.

Prayer of St. John Gabriel

O my Divine Savior,
Transform me into Yourself.
May my hands be the hands of Jesus.
Grant that every faculty of my body
May serve only to glorify You.
Above all,
Transform my soul and all its powers
So that my memory, will and affection
May be the memory, will and affections
Of Jesus.
I pray You
To destroy in me all that is not of You.
Grant that I may live but in You, by You and for You,
So that I may truly say, with St. Paul,
"I live - now not I - But Christ lives in me."

Prayer 'Dearest and most Blessed Virgin Mary. . .'

by St. Thomas Aquinas

Dearest and most blessed Virgin Mary, Mother of God, overflowing with affection, Daughter of the Sovereign King, and Queen of the Angels: Mother of Him Who created all things, this day and all the days of my life I commend to the bosom of thy regard my soul and my body, all my actions, thoughts, wishes, desires, words, and deeds, my whole life, and my end: so that through thy prayers they may all be ordered according to the will of thy beloved Son, our Lord Jesus Christ. Lady most holy, be my helper and my comforter against the attacks and snares of the ancient foe, and of all my enemies.

Prayer 'Most tender Jesus. . .'

by St. Thomas Aquinas

Most tender Jesus, may Thy most sacred Body and Blood be my soul's sweetness and delight, health and holiness in every temptation, joy and peace in every sorrow, light and strength in every word and work, and my last safeguard in death.

Prayer to be Said at the Priest's Communion

O Lord, may Thou find shelter and rest gently within the heart of Thy priest. Make him, O Lord, a priest according to Thy Heart: meek, humble, zealous, so that all he does will be for Thine honor and glory. Mold him into a man of prayer and labor, insensible to earthly things and sensible only to Thy love and to the graces of the Holy Ghost.

Prayer to be Said Kneeling at the Foot of the Altar

O God, I offer up to thee my entire self without reserve. I humbly ask for what graces you have for me here, before the altar. I ask for what graces are wasted and forgotten, unasked for. Holy Mary, please help me to receive all the unasked for graces. And I pray that others may come to you here, and love, and learn, and receive thy graces.

Prayer to Our Lady Help of Christians

by St. John Bosco

Most Holy Virgin Mary, Help of Christians,
how sweet it is to come to your feet
imploring your perpetual help.
If earthly mothers cease not to remember their children,
how can you, the most loving of all mothers forget me?
Grant then to me, I implore you,
your perpetual help in all my necessities,
in every sorrow, and especially in all my temptations.
I ask for your unceasing help for all who are now suffering.
Help the weak, cure the sick, convert sinners.
Grant through your intercessions many vocations to the religious life.
Obtain for us, O Mary, Help of Christians,
that having invoked you on earth we may love and eternally thank you in heaven.

Prayer to Our Lady of Knock

Our Lady of Knock, Queen of Ireland you gave hope to your people in a time of distress, and comforted them in sorrow. You have inspired countless pilgrims to pray with confidence to your divine Son, remembering His promise "Ask and you shall receive, seek and you shall find." Help me to remember that we are all pilgrims on the road to heaven. Fill me with love and concern for my brothers and sisters in Christ, especially those who live with me. Comfort me when I am sick or lonely or depressed. Teach me how to take part ever more reverently in the holy Mass. Pray for me now, and at the hour of my death. Amen.

Our Lady of Knock, pray for us.

Prayer to Our Lady of Mount Carmel

O Beautiful Flower
of Carmel
Most Fruitful Vine,
Splendor of Heaven,
Holy and Singular!
Who brought forth the
Son of God
remaining a pure Virgin,
Assist me in this necessity!

O Star of the Sea!
Help and protect me!
Show me that
Thou art my Mother!

Prayer to Our Lady of Perpetual Help

O Mother of Perpetual Help
Imploring aid we come to Thee
Look down on us from far and near

Thy Mother's care will calm all fear
Perpetual Help, we beg of thee
Our souls from sin and sorrow free
Thou fairest flower of heavenly grace
O turn to earth Thy sinless face.

Prayer to Our Lady of Pity
favored by Bl. Pope Pius IX

Kneeling at thy holy feet, O gracious Queen of Heaven, we offer thee our deepest reverence. Thou art the daughter of the eternal Father, the mother of the Divine Word, and the spouse of the Holy Ghost. Full of grace, of virtue, and of heavenly gifts thou art the chaste temple of God's mercies. Thy loving heart is filled with charity, sweetness, and tender compassion for poor sinners, and we call thee Mother of Holy Pity. With the utmost trust I come to thee in my sorrow and distress. Give me confidence in thy love, and grant me what I ask if it be God's will, and for the welfare of my soul. Cast thine eyes of pity upon me and upon all with whom I am in any way connected. Shield me from the attacks of the world, the flesh and the devil.

Remember, O fondest of mothers, that I am thy child, purchased with the precious blood of thy Divine Son. Pray without ceasing that the adorable Trinity may give me the grace ever to triumph over the devil, the world and my passions. I ask this, O most pure Virgin, through the infinite bounty of the Most High, through the merits of thy Divine Son, by the care with which thou didst nourish Him, by the devotion with which thou didst serve Him, by the love with which thou didst cherish Him, by thy tears and anguish in the days of thy pilgrimage. Obtain that the whole world may be made one people and one Church, which shall give thanks, praise and glory to the most Holy Trinity, and to thee who art its mediator.

May the power of the Father, the wisdom of the Son and the virtue of the Holy Ghost grant us this blessing.

Prayer to St. Anthony Mary Claret
(Helper of those suffering from cancer, heart trouble, and other serious ailments of soul and body.)

St. Anthony Mary Claret, during your life on earth you often comforted the afflicted and showed such tender love and compassion for the sick and sinful. Intercede for me now that you rejoice in the reward of your virtues in heavenly glory. Look with pity on me (or on the person afflicted or whose conversion is desired) and grant my prayer, if such be the will of God. Make my troubles your own. Speak a word for me to the Immaculate Heart of Mary to obtain by her powerful intercession the grace I yearn for ardently, and a blessing to strengthen me during life, assist me at the hour of death, and lead me to a happy eternity.

Prayer to St. Gabriel
(God's fortitude)

O God, who amongst all the Angels didst choose the Archangel Gabriel to announce the mystery of Thine Incarnation; mercifully grant, that we who solemnly remember him on earth may feel the benefit of his patronage in heaven.

Prayer to St. Joseph
Oratio ad Sanctum Iosephum

*by Pope Leo XIII
favored to be recited at the end of the Rosary, and in October*

To thee, O blessed Joseph, we have recourse in our affliction, and, having implored the help of thy thrice holy Spouse, we now with hearts filled with confidence earnestly beg thee also to take us under thy protection. By that charity wherewith thou wert united to the Immaculate Virgin, Mother of God, and by that fatherly love with which thou didst cherish the Child Jesus, we beseech thee and we humbly pray, that thou wilt look down with gracious eye upon that inheritance which Jesus Christ purchased by His blood, and wilt succor us in our need by thy power and strength. Defend, O most watchful guardian of the Holy Family, the chosen offspring of Jesus Christ. Keep from us, O most loving Father, all blight of error and corruption. Aid us from on high, most valiant defender, in this conflict with the power of darkness. And even as of old thou didst rescue the Child Jesus from the peril of His life, so now defend God's Holy Church from the snares of the enemy and from all adversity. Shield us ever under thy patronage, that, imitating thy example and strengthened by thy help, we may live a holy life, die a happy death, and attain everlasting bliss in heaven.

Ad te beate Ioseph, in tribulatione nostra confugimus, atque, implorato Sponsae tuae sanctissimae auxilio, patrocinium quoque tuum fidenter exposcimus. Per eam, quaesumus quae te cum immaculata Virgine Dei Genetrice coniunxit, caritatem, perque paternum, quo Puerum Iesum amplexus es, amorem, supplices deprecamur, ut ad hereditatem, quam Iesus Christus acquisivit Sanguine suo, benignus respicias, ac necessitatibus nostris tua virtute et ope succurras. Tuere, o Custos providentissime divinae Familiae, Iesu Christi sobolem electam; prohibe a nobis, amantissime Pater, omnem errorum ac corruptelarum luem; propitius nobis, sospitator noster fortissime, in hoc cum potestate tenebrarum certamine e caelo adesto; et sicut olim Puerum Iesum e summo eripuisti vitae discrimine, ita nunc Ecclesiam sanctam Dei ab hostilibus insidiis atque ab omni adversitate defende: nosque singulos perpetuo tege patrocinio, ut ad tui exemplar et ope tua suffulti, sancte vivere, pie emori, sempiternamque in caelis beatitudinem assequi possimus.

Prayer to St. Maria Goretti

St. Mary Goretti, strengthened by God's grace, you did not hesitate, even at the age of eleven, to sacrifice life itself to defend your virginal purity. Look graciously on the unhappy human race that has strayed far from the path of eternal salvation. Teach us all, and especially our youth, the courage and promptness that will help us avoid anything that could offend Jesus. Obtain for me a great horror of sin, so that I may live a holy life on earth and win eternal glory in heaven.
Amen.

Our Father, Hail Mary, and Glory be

Prayer to St. Michael for Exorcism against Satan and the Apostate Angels (favored by Pope Leo XIII)

O GLORIOUS ARCHANGEL St Michael, Prince of the heavenly host, defend us in battle, and in the struggle which is ours against the principalities and Powers, against the rulers of this world of darkness, against spirits of evil in high places. Come to the aid of men, whom God created immortal, made in his own image and likeness, and redeemed at a great price from the tyranny of the devil.

Fight this day the battle of the Lord, together with the holy angels, as already thou hast fought

the leader of the proud angels, Lucifer, and his apostate host, who were powerless to resist thee,
nor was there place for them any longer in Heaven,
But that cruel, that ancient serpent, who is called the devil or Satan, who seduces the whole
world, was cast into the abyss with all his angels.

Behold, this primeval enemy and slayer of man has taken courage, transformed into an angel of
light, he wanders about with all the multitude of wicked spirits, invading the earth in order to blot
out the name of God and of his Christ, to seize upon, slay and cast into eternal perdition souls
destined for the crown of eternal glory. This wicked dragon pours out, as a most impure flood,
the venom of his malice on men of depraved mind and corrupt heart, the spirit of lying, of
impiety, of blasphemy, and the pestilent breath of impurity, and of every vice and iniquity.

These most crafty enemies have filled and inebriated with gall and bitterness the Church, the
spouse of the Immaculate Lamb, and have laid impious hands on her most sacred possessions.

In the Holy Place itself, where has been set up the See of the most holy Peter and the Chair of
Truth for the light of the world, they have raised the throne of their abominable impiety, with the
iniquitous design that when the Pastor has been struck, the sheep may be scattered.

Arise then, O invincible prince, bring help against the attacks of the lost spirits to the people of
God, and bring them the victory.

The Church venerates thee as protector and patron; in thee holy Church glories as her defense
against the malicious powers of this world and of hell; to thee has God entrusted the souls of men
to be established in heavenly beatitude.

Oh, pray to the God of peace that He may put Satan under our feet, so far conquered that he may
no longer be able to hold men in captivity and harm the Church. Offer our prayers in the sight of
the Most High, so that they may quickly conciliate the mercies of the Lord; and beating down the
dragon, the ancient serpent, who is the devil and Satan, do thou again make him captive in the
abyss, that he may no longer seduce the nations.

Prayer to St. Michael the Archangel, Commander of the Heavenly Hosts

So glorious prince St. Michael, chief and commander of the heavenly hosts, guardian of souls,
vanquisher of rebel spirits, servant in the house of the Divine King and our admirable conductor,
you who shine with excellence and superhuman virtue deliver us from all evil, who turn to you
with confidence and enable us by your gracious protection to serve God more and more faithfully
every day.

Prayer to St. Michael, St. Gabriel and St. Raphael

Most Holy Trinity, I thank Thee for having formed the hosts of Thy ministers in Heaven so
marvelously, and for having adorned their leader so magnificently. Be Thou adored and loved in
the beauty and grandeur of Thy ministers: be Thou praised in their jubilant songs of praise and
thanksgiving, through all eternity. Amen

O holy princes of Heaven, Michael, Gabriel and Raphael, I praise you for the love with which the
Most High has loved you and placed you so near to His own throne. Be mindful of our
necessities, and at the head of the Holy Angels, do battle for the Church of God upon earth, that
Satan may be forced to yield ever more, and the Kingdom of light and grace, virtue and the holy

love of God, may flourish in splendor, and its beauty be acknowledged by all. Amen.

Prayer to St. Pius X

Glorious Pope of the Eucharist, St. Pius X, you sought "to restore all things in Christ." Obtain for me a true love of Jesus so that I may live only for Him. Help me to acquire a lively fervor and a sincere will to strive for sanctity of life, and that I may avail myself of the riches of the Holy Eucharist in sacrifice and sacrament. By your love for Mary, mother and queen of all, inflame my heart with tender devotion to her.

Blessed model of the priesthood, obtain for us holy, dedicated priests, and increase vocations to the religious life. Dispel confusion and hatred and anxiety, and incline our hearts to peace and concord, so that all nations will place themselves under the sweet reign of Christ.
Amen.

St. Pius X, pray for me . . . (mention any particular intention).

Prayer to St. Rita

I greet you, Rita, vessel of love,
woman of peace and model of all virtues,
faithful disciple of Jesus.
Saint of the family and of forgiveness,
help us to have faith that everything
is possible for God
and always aid us in every need.

Prayer to St. Raphael Sancte Raphael (God has healed)

Vouchsafe, O Lord God, to send unto our assistance Saint Raphael the Archangel: and may he, who, we believe, evermore standeth before the throne of Thy majesty, offer unto Thee our humble petitions to be blessed by Thee. Through Christ our Lord.

Dirigere dignare, Domine Deus, in adiutorium nostrum, sanctum Raphaellem Archangelum; et quem tuae maiestati semper assistere credimus, tibi nostras exiguas preces benedicendas assignet.
Per Christum Dominum nostrum.

Prayer to St. Raphael, Angel of Happy Meetings

O Raphael, lead us towards those we are waiting for, those who are waiting for us! Raphael, Angel of Happy Meetings, lead us by the hand towards those we are looking for! May all our movements, all their movements, be guided by your Light and transfigured by your Joy. Angel Guide of Tobias, lay the request we now address to you at the feet of Him on whose unveiled Face you are privileged to gaze. Lonely and tired, crushed by the separations and sorrows of earth, we feel the need of calling to you and of pleading for the protection of your wings, so that we may not be as strangers in the Province of Joy, all ignorant of the concerns of our country. Remember the weak, you who are strong - you whose home lies beyond the region of thunder, in a land that is always peaceful, always serene, and bright with the resplendent glory of God.

Prayer to St. Raphael, Archangel

Glorious archangel, St. Raphael, great prince of the heavenly court, illustrious by thy gifts of wisdom and grace, guide of travelers by land and sea, consoler of the unfortunate and refuge of sinners, I entreat thee to help me in all my needs and in all the trials of this life, as you did once assist the young Tobias in his journeying. And since you art the "physician of God," I humbly pray thee to heal my soul of its many infirmities and my body of the ills that afflict it, if this favor is for my greater good. I ask, especially, for angelic purity, that I may be made fit to be the living temple of the Holy Ghost.

Prayer to the Heavenly Father

(This prayer is to be said with arms extended in the form of a cross whenever possible.)

Our Father Who art in heaven!

Send Jesus to us quickly! Send Him soon, we pray Thee, with Faith, with Love, with an ardent desire, we humbly beseech Thee to grant us this favour. Let Jesus come quickly, we implore Thee, that He may rescue so many sheep that are going astray on the way of perdition. Oh, Heavenly Father, we, Thy poor children here on earth, implore Thee! We supplicate Thee! We confidently hope to obtain this favor from Thee.

Prayer to the Holy Family for the Fulfilment of Our Christian Duties

*(favored by Pope Leo XIII)
from 'With God' by Fr. F.X. Lasance*

Mary, and Joseph, bless us and grant us the grace to love our holy Church, as we ought, above all earthly things, and to show our love for it always and with the evidence of deeds.

Our Father, Hail Mary, Glory be to the Father. . .

JESUS, Mary, and Joseph, bless us and grant us the grace to profess, as we ought, openly, with courage, and without human respect, the Faith we received as a gift with holy baptism.

Our Father, Hail Mary, Glory be to the Father. . .

JESUS, Mary, and Joseph, bless us and grant us the grace to share in the defense and propagation of the Faith, as we ought, when duty calls, whether by word or by the sacrifice of our fortunes and our lives.

Our Father, Hail Mary, Glory be to the Father. . .

JESUS, Mary, and Joseph, bless us and grant us the grace to love one another as we ought, and bring us into perfect harmony of thought, will, and action, under the rule and guidance of our pastors.

Our Father, Hail Mary, Glory be to the Father. . .

JESUS, Mary, and Joseph, bless us and grant us the grace to conform our lives, as we ought, to the precepts of God and of the Church, so that we may always live in that charity of which they are the expression.

Our Father, Hail Mary, Glory be to the Father. . .

Prayer to the Holy Hearts of Jesus and Mary

I humbly place my heart between the Holy Hearts of Jesus and Mary so that in this Sanctuary it may be filled to overflowing with the flames of the Fire of Divine Love.

Prayer to the Holy Souls in Purgatory

Oh holy souls in purgatory, you are the certain heirs of heaven. You are most dear to Jesus as the trophies of His Precious Blood and to Mary, mother of mercy. Obtain for me through your intercession the grace to lead a holy life, to die a happy death and to attain to the blessedness of eternity in heaven.

Dear suffering souls, who long to be delivered in order to praise and glorify God in heaven, by your unfailing pity help me in the needs which distress me at this time, particularly... so that I may obtain relief and assistance from God.

In gratitude for your intercession I offer to God in your behalf the satisfactory merits of my prayer and work, my joys and suffering of this day (week, month, or whatever space of time you wish to designate).

Amen.

Assist at Mass and have a Mass offered for them, if possible. Offerings of the Precious Blood and the Way of the Cross are also powerful means of helping them and obtaining their help.

Prayer to the Most Holy Name of Jesus

by St. Bernard of Clairvaux

Jesus, the very thought of Thee with sweetness fills the breast! Yet sweeter far Thy face to see, and in Thy presence rest. No voice can sing, no heart can frame nor can the memory find, a sweeter sound than Jesus' name, the Savior of mankind. O hope of every contrite heart! O joy of all the meek! To those who fall, how kind Thou art! How good to those who seek! But what to those who find? Ah! this, nor tongue nor pen can show the love of Jesus, what it is, none but His loved ones know. Jesus! our only hope be Thou, as Thou our prize shalt be; In Thee be all our glory now, and through eternity.

Prayer to the Sacred Heart of Jesus

by St. Gertrude the Great

O Sacred Heart of Jesus, fountain of eternal life, Your Heart is a glowing furnace of Love. You are my refuge and my sanctuary. O my adorable and loving Savior, consume my heart with the burning fire with which Yours is aflamed. Pour down on my soul those graces which flow from Your love. Let my heart be united with Yours. Let my will be conformed to Yours in all things. May Your Will be the rule of all my desires and actions.

Preparatory Prayer Before Sacramental Confession Oratio Praeparatoria ad Confessionem Sacramentalem

O Almighty God, Maker of heaven and earth, King of kings, and Lord of lords, who hast made me out of nothing in Thine image and likeness, and hast redeemed me with Thine own Blood; whom I, a sinner, am not worthy to name, to call upon, or to contemplate.

I humbly beg Thee, I earnestly beseech Thee, to look mercifully on me, Thy wicked servant. Thou who hadst mercy on the woman of Canaan and Mary Magdalene; Thou who didst spare the publican and the thief upon the cross, have mercy upon me.

To Thee, most compassionate Father, I confess my sins, which even if I wished to hide, I could not. O Lord. Spare me, O Christ, whom I not long ago greatly offended by thought, by word, by deed, and in every way in which I, a weak human being and sinner, have been able to do so through my most grievous fault.

Therefore, O Lord, I ask Thy clemency, Thou who descended from heaven for my salvation, who raised up David from his fall to sin. Spare me, O Lord. Spare me, O Christ, Thou who spared Peter who denied Thee. Thou art my Creator and my Redeemer, my Lord and my Savior, my King and my God.

Thou art my hope and my trust; my guide and my succor; my comfort and my strength ; my defense and my deliverance; my life, my health, and my resurrection; my light and my longing; my help and my protection.

I pray and entreat Thee, help me and I shall be safe; direct me and defend me; strengthen me and comfort me; confirm me and gladden me ; enlighten me and come unto me. Raise me from the dead; for I am Thy creature, and the work of Thy hands.

O Lord, despise me not, for I am Thy servant, ever so bad, ever so unworthy and a sinner: but without exception, whether good or bad, I am always Thine. To whom shall I flee, unless I come to Thee? If Thou rejecteth me, who will receive me? If Thou despiseth me, who will look at me?

Recognize me therefore as unworthy, flying to Thee ever so worthless and unclean. For if I am worthless and unclean, Thou canst cleanse me. If I am blind, Thou canst enlighten me. If I am infirm, Thou canst heal me. If I am dead, Thou canst revive me. For greater is Thy mercy than my iniquity. Greater is Thy piety than my impiety. Thou art able to dismiss more than I can commit, and spare more than I, a sinner, can sin.

Therefore, despise me not, O Lord, neither regard my iniquities; but according to the multitude of Thy tender mercies have mercy upon me, the chief of sinners, and be gracious unto me.

Tell me soul, "I am Thy salvation." For Thou hast said, "I do not wish the sinner to die, but to repent and live." Turn Thou unto me, O Lord, and be not angry with me.

I implore Thee, most compassionate Father, on account of Thy mercy, I beg Thee and pray Thee, that Thou wouldst lead me to a good end, to true penance, to a perfect confession, and to worthy satisfaction for all my sins.

Conditor caeli et terrae, Rex regum et Dominus dominantium, qui me de nihilo fecisti ad imaginem, et similitudinem tuam et me proprio tuo sanguine redemisti, quem ego peccator non sum dignus nominare, nec invocare, nec corde cogitare.

Te suppliciter deprecor, et humiliter exoro, ut clementer respicias me servum tuum nequam. Et miserere mei, qui misertus fuisti mulieri Cananaeae, et Mariae Magdalенаe: qui pepercisti publicano, et latroni in cruce pendenti.

Tibi confiteor, Pater piissime, peccata mea, quae si volo abscondere, non possum tibi, Domine.

Parce mihi, Christe, quem ego nuper multum offendi cogitando, loquendo, operando, et in omnibus modis, in quibus ego fragilis homo et peccator peccare potui, mea culpa, mea culpa, mea maxima culpa.

Ideo, Domine, precor tuam clementiam, qui de caelo pro mea salute descendisti, qui David a peccati lapsu erexisti, parce mihi, Domine, parce mihi Christe, qui Petro te neganti pepercisti. Tu es Creator meus et Redemptor meus, Dominus meus et Salvator meus, Rex meus et Deus meus.

Tu es spes mea et fiducia mea, gubernatio mea et auxiliatio mea, consolatio mea et fortitudo mea, defensio mea et liberatio mea, vita mea, salus mea et resurrectio mea, lumen meum et desiderium meum, adiutorium meum et patrocinium meum.

Tu es spes mea et fiducia mea, gubernatio mea et auxiliatio mea, consolatio mea et fortitudo mea, defensio mea et liberatio mea, vita mea, salus mea et resurrectio mea, lumen meum et desiderium meum, adiutorium meum et patrocinium meum.

Te deprecor et rogo adiuva me, et salvus ero: governa me et defende me: conforta me et consolare me: confirma me et laetifica me: illumina me et visita me. Suscita me mortuum, quia factura et opus tuum sum.

Domine, ne despicias me, quia famulus et servus tuus sum, quamvis malus, quamvis indignus et peccator: sed qualiscumque sim, sive bonus, sive malus, semper tuus sum. Ad quem ego fugiam, nisi ad te vadam? Si tu me eiicis, quis me recipiet? Si tu me despicias, quis me aspiciet?

Recognosce me ergo indignum ad te refugientem, quamvis sim vilis et immundus: quia si vilis et immundus sum, potes me mundare: si caecus sum, potes me illuminare: si infirmus sum, potes me sanare: si mortuus et sepultus sum, potes me resuscitare; quia maior est misericordia tua, quam iniquitas mea: maior est pietas tua, quam impietas mea: plus potes dimittere, quam ego committere: et plus parcere quam ego peccator peccare.

Non ergo despicias, Domine, neque attendas multitudinem iniquitatum mearum: sed secundum multitudinem miserationum miserere mei, et propitius esto mihi maximo peccatori.

Non ergo despicias, Domine, neque attendas multitudinem iniquitatum mearum: sed secundum multitudinem miserationum miserere mei, et propitius esto mihi maximo peccatori.

Dic animae meae, Salus tua ego sum. Qui dixisti, Nolo mortem peccatoris, sed magis ut convertatur et vivat: converte me, Domine, ad te, et noli irasci contra me.

Deprecor te, clementissime Pater, propter misericordiam tuam, supplico et exoro, ut perducas me ad bonum finem, et ad veram paenitentiam, puram confessionem, et dignam satisfactionem omnium peccatorum meorum.

Psalm 1

Blessed is the man who hath not walked in the counsel of the ungodly, nor stood in the way of sinners, nor sat in the chair of pestilence: But his will is in the law of the Lord, and on his law he shall meditate day and night. And he shall be like a tree which is planted near the running waters, which shall bring forth its fruit, in due season. And his leaf shall not fall off: and all whatsoever he shall do shall prosper. Not so the wicked, not so: but like the dust, which the wind driveth

from the face of the earth. Therefore the wicked shall not rise again in judgment: nor sinners in the council of the just. For the Lord knoweth the way of the just: and the way of the wicked shall perish.

Beatus vir, qui non abiit in consilio impiorum et in via peccatorum non stetit et in conventu derisorum non sedit, sed in lege Domini voluntas eius, et in lege eius meditatur die ac nocte. Et erit tamquam lignum plantatum secus decursus aquarum, quod fructum suum dabit in tempore suo; et folium eius non defluet, et omnia, quaecumque faciet, prosperabuntur. Non sic impii, non sic, sed tamquam pulvis, quem proicit ventus. Ideo non consurgent impii in iudicio, neque peccatores in concilio iustorum. Quoniam novit Dominus viam iustorum, et iter impiorum peribit.

Psalm 2

Why have the Gentiles raged, and the people devised vain things? The kings of the earth stood up, and the princes met together, against the Lord, and against his Christ. Let us break their bonds asunder: and let us cast away their yoke from us. He that dwelleth in heaven shall laugh at them: and the Lord shall deride them. Then shall he speak to them in his anger, and trouble them in his rage. But I am appointed king by him over Sion, his holy mountain, preaching his commandment. The Lord hath said to me: Thou art my son, this day have I begotten thee. Ask of me, and I will give thee the Gentiles for thy inheritance, and the utmost parts of the earth for thy possession. Thou shalt rule them with a rod of iron, and shalt break them in pieces like a potter's vessel. And now, O ye kings, understand: receive instruction, you that judge the earth. Serve ye the Lord with fear: and rejoice unto him with trembling. Embrace discipline, lest at any time the Lord be angry, and you perish from the just way. When his wrath shall be kindled in a short time, blessed are all they that trust in him.

Quare fremuerunt gentes, et populi meditati sunt inania? Astiterunt reges terrae, et principes convenerunt in unum adversus Dominum et adversus christum eius: "Dirumpamus vincula eorum et proiciamus a nobis iugum ipsorum!". Qui habitat in caelis, irridebit eos, Dominus subsannabit eos. Tunc loquetur ad eos in ira sua et in furore suo conturbabit eos: "Ego autem constitui regem meum super Sion, montem sanctum meum!". Praedicabo decretum eius. Dominus dixit ad me: "Filius meus es tu; ego hodie genui te. Postula a me, et dabo tibi gentes hereditatem tuam et possessionem tuam terminos terrae. Reges eos in virga ferrea et tamquam vas figuli confringes eos". Et nunc, reges, intellegite; erudimini, qui iudicatis terram. Servite Domino in timore et exsultate ei cum tremore. Apprehendite disciplinam, ne quando irascatur, et pereatis de via, cum exarserit in brevi ira eius. Beati omnes, qui confidunt in eo.

Psalm 23

The Lord is my shepherd, I shall not want; he maketh me to lie down in green pastures. He leadeth me beside the still waters. He restoreth my soul. He leadeth me in paths of righteousness for his name sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; Thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies; Thou anointest my head with oil, my cup runneth over. Surely goodness and mercy shall follow me all the days of my life; And I will dwell in the house of the Lord forever.

Dominus pascit me, et nihil mihi deerit: in pascuis virentibus me collocavit, super aquas quietis eduxit me, animam meam refecit. Deduxit me super semitas iustitiae propter nomen suum. Nam et si ambulavero in valle umbrae mortis, non timebo mala, quoniam tu mecum es. Virga tua et baculus tuus, ipsa me consolata sunt. Parasti in conspectu meo mensam adversus eos, qui

tribulant me; impinguasti in oleo caput meum, et calix meus redundat. Etenim benignitas et misericordia subsequenter me omnibus diebus vitae meae, et inhabitabo in domo Domini in longitudinem dierum.

Psalm 103, Extracts

The Lord is compassion and kindness,
full of patience, full of mercy.
He will not fight against you for ever:
he will not always be angry.
He does not treat us as our sins deserve;
he does not pay us back for our wrongdoing.

As high as the sky above the earth,
so great is his kindness to those who fear him.
As far as east is from west,
so far he has put our wrongdoing from us.
As a father cares for his children,
so the Lord cares for those who fear him.

For he knows how we are made,
he remembers we are nothing but dust.
Man - his life is like grass,
he blossoms and withers like flowers of the field.
The wind blows and carries him away:
no trace of him remains.

Salutation to Mary

by St. John Eudes

Hail Mary! Daughter of God the Father,
Hail Mary! Mother of God the Son,
Hail Mary! Spouse of God the Holy Ghost,
Hail Mary! Temple of the Most Blessed Trinity,
Hail Mary! Celestial Rose of the ineffable love of God.
Hail Mary! Virgin pure and humble, of whom the King of Heaven willed to be
born and with thy milk to be nourished.
Hail Mary! Virgin of virgins,
Hail Mary! Queen of Martyrs, whose soul a sword transfixed,
Hail Mary! Lady most Blessed! unto whom all power in Heaven and earth is given,
Hail Mary! my Queen and my Mother! my Life, my Sweetness, and my Hope,
Hail Mary! Mother most Amiable,
Hail Mary! Mother most Admirable,
Hail Mary! Mother of Divine Love,
Hail Mary! Immaculate; Conceived without sin!
Hail Mary! Full of Grace! the Lord is with thee! Blessed art thou among women! And blessed is
the Fruit of thy womb, Jesus!
Blessed by thy Spouse, St. Joseph,
Blessed by thy Father, St. Joachim,
Blessed by thy Mother, St. Anne,
Blessed by thy Guardian, St. John,

Blessed by thy Holy Angel, St. Gabriel,
Glory be to God the Father, who chose thee,
Glory be to God the Son, who loved thee,
Glory be to God the Holy Ghost, who espoused thee,
Glorious Virgin Mary, may all men love and praise thee,
Holy Mary, Mother of God! pray for us and bless us, now and at death in the Name of Jesus, thy
Divine Son!

A copy of this prayer was found in a book belonging to St. Margaret Mary after her death.

This Salutation is so beautiful! Recite it daily. From her throne in Heaven the Blessed Virgin will bless you, and you must make the sign of the Cross. Yes! Yes! if only you could see - Our Lady blesses you. I know it."

Offered for the conversion of a sinner it would be impossible not to be granted."

Pere Paul de Moll, O.S.B. (1824 - 1896)

Second Prayer Written during the Novitiate

by St. Anthony Mary Claret

O Immaculate Virgin and Mother of God, Queen and Mistress of grace: Deign out of charity to cast your glance upon this lost world. Consider how all have abandoned the way that your most holy Son deigned to teach them. His holy laws have been forgotten and so much has been perverted that one might well say: non est qui faciat bonum, non est usque ad unum.

The virtue of faith has been extinguished in them, so that it can scarcely be found upon the earth. Ah, once this godly light goes out, all is dark and shadowy, and men cannot see where they are falling. And yet they rush with headlong strides along the path that leads them to eternal loss.

And would you, my Mother, have me, who am a brother of these luckless ones, look on indifferently at their utter ruin? Ah, no! Neither the love that I bear God, nor that I bear my neighbor, could stand it. For how can I say that I love God if, seeing my neighbor in this plight, I do not come to his rescue? How can I have charity if, knowing that thieves and murderers are set to rob and kill all those who pass along a road, I do not warn all those who are heading there? How can I have charity if, knowing that ravenous wolves are devouring my Master's flock, I hold my peace? How can I have charity if I am silent at the theft of those most precious jewels that cost the lifeblood of a God, or at the sight of people setting fire to the house and heritage of my most loving Father?

Ah, my Mother, I cannot still my voice on such occasions. No, I shall not be silent, even if I knew it meant that I should be cut to pieces. I shall shout, cry out, lift up my voice to heaven and earth to remedy so great an evil. I shall not be silent, and when my voice is hoarse or mute from all my crying I shall lift up my hands to heaven, make my hair stand on end, and stamp my feet upon the ground to make up for my lack of speech.

Therefore, my Mother, I shall start this moment to speak and cry out. I come to you, yes, to you, Mother of Mercy. Deign to offer me your aid in my great need. Never tell me that you cannot, for I know that in the order of God's grace you are all-powerful. Grant all men, I beseech you, the grace of conversion, for without it we can do nothing; then send me and you shall see how they will be converted. I know that you will give this grace to all who truly seek it. Yet even if they do

not seek it is only because they fail to see how much they need it, and because, being so near death, they cannot tell what remedy is best for them. It is this, above all, that moves me to even deeper compassion.

Hence I, the first and foremost sinner, plead for all the rest, and offer myself as an instrument for their conversion. Although I am bereft of every natural talent for this end, it matters not, mitte me: thus it will be all the better seen that gratia Dei sum id quod sum, by God's grace I am what I am. Perhaps you will say that they, sick madmen that they are, will not listen to the one who wishes to heal them and would rather despise me and persecute me to the death. It matters not.

Mitte me, send me, because cupio esse anathema pro fratribus meis, I would desire to be anathema for my brothers. Or perhaps you will say that I will not be able to support the many hazards of cold, heat, rain, nakedness, hunger, thirst, and all the rest. Doubtless, of my own I can bear nothing, but I trust in you and say: omnia possum in ea quae me confortat, I can do all things in her who strengthens me.

O Mary, my Mother and my hope, consolation of my soul and object of my love, consider all the graces for which I have asked you in the past, all of which you have granted me. Shall I find that this ever-flowing stream has only now gone dry? No, no, it has never yet been heard, nor shall it ever be, that anyone who turns devotedly to you has ever yet been turned away. My Lady, you can see that all these things I ask you are for the greater glory of God and you, and for the good of souls. Hence I hope to obtain them and I know I shall obtain them. That you may grant this all the sooner, I do not offer you my merits, for I have none to offer. Rather I shall say that, since you are the Daughter of the Eternal Father, Mother of the Son of God, and Spouse of the Holy Spirit, it is most becoming that you be filled with zeal for the honor of the Blessed Trinity, whose loving image man's soul is - an image, furthermore, that has been washed in the blood of God made man.

Since both Jesus and you have done so much to enrich this image, will you now abandon it? True, it has deserved to be abandoned, but I ask you out of love not to forsake it. I beg you by all that is most holy in heaven and on earth; I beg you by Him who, despite my unworthiness is a daily Guest beneath my roof, to whom I speak as to a friend, who obeys my voice and comes down from heaven at my word. This is that same God who preserved you from original sin, who became incarnate in your womb, who crowned you with glory in heaven and made you Advocate of sinners. And this same Being, although He is God, listens to me and obeys me every day. Listen to me then, at least this once, and deign to grant me the grace I ask of you. I am confident that you will do this, because you are my Mother, my relief, my consolation, my strength and my all, after Jesus. Long live Jesus and Mary! Amen.

Aspiration. "O Jesus and Mary, the love I bear you makes me long to be joined with you forever in heaven; but this same love is so intense that it causes me to ask for a long life, in which to win souls for heaven. O Love, O Love, O Love!"

Seven Ave Maria's and Seven Sancta Mater's
favored by Pope Pius VII

Sancta Mater

Holy Mother, pierce me through;
In my heart each wound renew
Of thy Saviour crucified.

Sancta Mater istud agas,
Crucifixi fige plagas
Cordi meo valide.

Ave Maria

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Ave Maria, gratia plena, Dominus tecum. Benedicta tu in mulieribus, et benedictus fructus ventris tui, Iesus. Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc, et in hora mortis nostrae.

Shine Through Me

by St. John Neuman

Dear Jesus, help me to spread Your Fragrance everywhere I go. Penetrate and possess my whole being so utterly that all my life may only be a radiance of Yours. Shine through me and be so in me, that every soul I come in contact with may feel Your Presence in my soul: let them look up and see no longer me -- but only Jesus.

Spiritual Communion

by St. Conrad of Parzham

I have come to spend a few moments with Thee, O Jesus, and in spirit I prostrate myself in the dust before Thy Holy Tabernacle to adore Thee, my Lord and God, in deepest humility. Once more a day has come to its close, dear Jesus, another day which brings me nearer to the grave and my beloved heavenly home. Once more, O Jesus, my heart longs for Thee, the true Bread of Life, which contains all sweetness and relish. O my Jesus, mercifully grant me pardon for the faults and ingratitude of this day, and come to me to refresh my poor heart which longs for Thee. As the heart pants for the waters, as the parched earth longs for the dew of heaven, even so does my poor heart long for Thee, Thou Fount of Life. I love Thee, O Jesus, I hope in Thee, I love Thee, and out of love for Thee I regret sincerely all my sins. May Thy peace and Thy benediction be mine now and always and for all eternity. Amen.

St. Denis's Prayer

You are wisdom, uncreated and eternal,
the supreme first cause, above all being,
sovereign Godhead, sovereign goodness,
watching unseen the God-inspired wisdom of Christian people.
Raise us, we pray, that we may totally respond
to the supreme, unknown, ultimate, and splendid height
of your words, mysterious and inspired.
There all God's secret matters lie covered and hidden
under darkness both profound and brilliant, silent and wise.
You make what is ultimate and beyond brightness
secretly to shine in all that is most dark.
In your way, ever unseen and intangible,
you fill to the full with most beautiful splendor
those souls who close their eyes that they may see.

And I, please, with love that goes on beyond mind
to all that is beyond mind,
seek to gain such for myself through this prayer.

St. Michael the Archangel Prayer
Sancte Michael Archangele
by Pope Leo XIII

Saint Michael the Archangel, defend us in battle: be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray: and do thou, O Prince of the Heavenly Host, by the power of God, thrust into hell Satan and all the evil spirits who prowl about the world for the ruin of souls.

Sancte Michael Archangele, defende nos in proelio, contra nequitiam et insidias diaboli esto praesidium. Imperet illi Deus, supplices deprecamur: tuque, Princeps Militiae Coelestis, satanam aliosque spiritus malignos, qui ad perditionem animarum pervagantur in mundo, divina virtute, in infernum detrude.

St. Patrick's Breastplate
(full version)

I bind to myself today
The strong virtue of the Invocation of the Trinity:
I believe the Trinity in the Unity
The Creator of the Universe.

I bind to myself today
The virtue of the Incarnation of Christ with His Baptism,
The virtue of His crucifixion with His burial,
The virtue of His Resurrection with His Ascension,
The virtue of His coming on the Judgement Day.

I bind to myself today
The virtue of the love of seraphim,
In the obedience of angels,
In the hope of resurrection unto reward,
In prayers of Patriarchs,
In predictions of Prophets,
In preaching of Apostles,
In faith of Confessors,
In purity of holy Virgins,
In deeds of righteous men.

I bind to myself today
The power of Heaven,
The light of the sun,
The brightness of the moon,
The splendour of fire,
The flashing of lightning,
The swiftness of wind,
The depth of sea,

The stability of earth,
The compactness of rocks.

I bind to myself today
God's Power to guide me,
God's Might to uphold me,
God's Wisdom to teach me,
God's Eye to watch over me,
God's Ear to hear me,
God's Word to give me speech,
God's Hand to guide me,
God's Way to lie before me,
God's Shield to shelter me,
God's Host to secure me,

Against the snares of demons,
Against the seductions of vices,
Against the lusts of nature,
Against everyone who meditates injury to me,
Whether far or near,
Whether few or with many.

I invoke today all these virtues
Against every hostile merciless power
Which may assail my body and my soul,
Against the incantations of false prophets,
Against the black laws of heathenism,
Against the false laws of heresy,
Against the deceits of idolatry,
Against the spells of women, and smiths, and druids,
Against every knowledge that binds the soul of man.

Christ, protect me today
Against every poison, against burning,
Against drowning, against death-wound,
That I may receive abundant reward.

Christ with me, Christ before me,
Christ behind me, Christ within me,
Christ beneath me, Christ above me,
Christ at my right, Christ at my left,
Christ in the fort,
Christ in the chariot seat,
Christ in the ship,
Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks to me,
Christ in every eye that sees me,
Christ in every ear that hears me.

I bind to myself today
The strong virtue of an invocation of the Trinity,

I believe the Trinity in the Unity
The Creator of the Universe.

St. Patrick's Breastplate *Faeth Fiada"or Lorica"*
(brief version)

I arise today through
God's strength to pilot me,
God's might to uphold me,
God's wisdom to guide me,
God's eye to see before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's way to lie before me,
God's shield to protect me,
God's host to secure me,
against snares of devils,
against temptations and vices,
against inclinations of nature,
against everyone who shall wish me
ill, afar and anear,
alone and in a crowd. . .

Christ be 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 where I lie, Christ where I sit,
Christ where I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of every man who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

Salvation is of the Lord.
Salvation is of the Lord,
Salvation is of the Christ.

May your salvation, O Lord, be ever with us.

Take and Receive
Suscipe, Domine
by St. Ignatius of Loyola

Take, O Lord, and receive my entire liberty, my memory, my understanding, and my whole will. All that I am, all that I have, Thou hast given me, and I give it back again to Thee, to be disposed of according to Thy good pleasure. Give me only Thy love and Thy grace; with these I am rich enough, nor do I ask for aught besides.

Suscipe, Domine, universam meam libertatem. Accipe memoriam, intellectum atque voluntatem

omnem. Quidquid habeo, vel possideo, mihi largitus es: id tibi totum restituo, ac tuae prorsus voluntati trado gubernandum. Amorem tui solum cum gratia tua mihi dones, et dives sum satis nec aliud quidquam ultra posco.

Take from Me My Heart of Stone

Aufer A Me Cor Lapideum

by Baldwin, Bishop of Canterbury (12th century)

O LORD, take away my heart of stone, my hardened heart, my uncircumcised heart and grant to me a new heart, a heart of flesh, a clean heart! O Thou who purifieth the heart and loveth the clean heart, possess my heart and dwell in it, containing it and filling it, higher than my highest and more intimate than my most intimate thoughts. Thou who art the image of all beauty and the seal of all holiness, seal my heart in Thine image and seal my heart in Thy mercy, O God of my heart and the God of my portion in eternity.

Aufer a me, Domine, cor lapideum, aufer cor coagulatum, da mihi cor novum, cor carneum, cor mundum! Tu cordis mundator et mundi cordis amator, posside cor meum et inhabita, continens et implens, superior summo meo et interior intimo meo! Tu forma pulchritudinis et signaculum sanctitatis, signa cor meum in imagine tua: signa cor meum sub misericordia tua, Deus cordis mei, et pars mea Deus in aeternum.

Thanksgiving Prayers for the Privileges given the Most Holy Virgin on Her Assumption into Heaven

from the Raccolta

Adore the Eternal Father, saying a Pater, Ave, and Gloria, and then say,

I adore Thee, Eternal Father, in union with all the heavenly host, my Lord and my God; rendering Thee infinite thanks on the part of Mary, most holy Virgin, Thy well-beloved daughter, for every grace and favour Thou hast granted her, and, above all, for the great power with which Thou didst honour her in her Assumption into heaven.

Adore the Eternal Son, saying a Pater, Ave, and Gloria, and then say,

I adore Thee too, Eternal Son, in union with all the heavenly host, my God, my Lord, and my Redeemer, rendering Thee infinite thanks on the part of Mary, Virgin most blessed, Thy well-beloved mother, for every grace and favour Thou hast granted her, and, above all, for the gift of highest wisdom with which Thou didst glorify her in her Assumption into heaven.

Adore the Holy Ghost, saying a Pater, Ave, and Gloria, and then say,

I adore Thee also, O holy Ghost the Paraclete, my God and my Lord, and in union with all the heavenly host I render Thee infinite thanks in the name of the most blessed Virgin, Thy most loving Spouse, for every grace and favour Thou hast granted her, and above all for that most perfect and divine charity with which Thou didst inflame her most holy and most pure heart in the act of her most glorious Assumption into heaven. In the name of Thy most chaste Spouse, I humbly beg of Thee to grant me the grace of remission of all my most grievous sins which I have committed from the first moment when I was able to sin until this day, for all of which I grieve exceedingly, firmly purposing rather to die than ever again offend Thy Divine Majesty; and relying on the high merits and most powerful protection of this Thy most loving Spouse, I beg of Thee to grant to me and to N. time most precious gift of Thy Divine grace and love, vouchsafing

me those lights and special helps whereby Thy eternal providence has predetermined to will my salvation, and to bring me to Thyself.

Then say three times,

Sancta Maria, et omnes Sancti et Sanctae Dei, intercedite pro nobis ad Dominum, ut nos mereamur ab eo adjuvari et salvari. Amen.

Holy Mary, all ye holy men and women, saints of God, intercede for us to our Lord, that we may merit to receive help and salvation at his hands. Amen.

TO THE MOST BLESSED VIRGIN

I acknowledge thee and I venerate thee, most holy Virgin, Queen of Heaven, Lady and Mistress of the Universe, as Daughter of the Eternal Father, as Mother of His well-beloved Son, and most loving Spouse of the Holy Spirit. Kneeling at the feet of thy great majesty, with all humility I pray thee in thy divine charity, the gift with which thou wert so bounteously enriched on thy assumption into heaven, to vouchsafe to grant in thy favour and thy pity, so far as to place me under thy most safe and faithful protection, and to receive me into the number of those thy happy and highly favoured servants whose names thou dost carry graven on thy virgin breast. Deign, Mother and Lady most tender, to accept this poor heart, my memory, my will, and all my other powers and senses, internal and external; accept my eyes, my ears, my mouth, my hands, my feet; govern them all in conformity to the good pleasure of thy Son, as I intend by every movement of them to give thee infinite glory. And by that wisdom with which thy well-beloved Son glorified thee, I pray and beseech thee to obtain for me light and vision clearly to know myself and my own nothingness, and in particular to know my sins, that so I may hate and loathe them; I pray thee also to obtain for me light to discern the snares of the infernal enemy, and all his modes of attack, whether open or hidden. Above all, most tender mother, I beg of thee the grace of N.

Say three times,

Virgo singularis,
Inter omnes mitis,
Nos culpis solutos
Mites fac et castos.

Virgin of all virgins
To thy shelter take us;
Gentlest of the gentle!
Chaste and gentle make us.

Oremus

Famulorum tuorum, quaesumus Domine, delictis ignosce; ut qui tibi placere de actibus nostris non valemus, Genitricis Filii tui Domini nostri intercessione salvemur. Per eundem Dominum nostrum Jesum Christum, &c.

Benedicat et custodiat nos omnipotens et misericors Dominus, Pater, et Filius, et Spiritus Sanctus.
Amen.

Let us pray

Pardon, O Lord, we beseech Thee, the sins of Thy servants; that we, who know not how to please Thee by our own actions, may be saved by the intercession of the Mother of Thy Son our Lord. Through the same our Lord, Jesus Christ.
May the almighty and merciful Lord, Father, Son, and Holy Ghost, bless and preserve us. Amen.

The Angelus

The angel of the Lord spoke to Mary. And she conceived of the Holy Spirit.
Hail Mary...

Behold the handmaid of the Lord. Be it done unto me according to your word.
Hail Mary...

And the Word was made flesh. And dwelled among us.
Hail Mary...

Pray for us, O holy Mother of God. That we may be made worthy of the promises of Christ.

Let us pray

Pour forth, we beg you, O Lord, your grace into our hearts that we to whom the incarnation of Christ your son was made known by the message of an angel may by his passion and cross be brought to the glory of his resurrection. Through the same Christ our Lord.

V. Angelus Domini nuntiavit Mariae.
R. Et concepit de Spiritu Sancto.

Ave Maria, gratia plena; Dominus tecum: benedicta tu in mulieribus, et benedictus fructus ventris tui Iesus. Sancta Maria, Mater Dei ora pro nobis peccatoribus, nunc et in hora mortis nostrae.

V. Ecce ancilla Domini,
R. Fiat mihi secundum verbum tuum.

Ave Maria, gratia plena; Dominus tecum: benedicta tu in mulieribus, et benedictus fructus ventris tui Iesus. Sancta Maria, Mater Dei ora pro nobis peccatoribus, nunc et in hora mortis nostrae.

V. Et Verbum caro factum est,
R. Et habitavit in nobis.

Ave Maria, gratia plena; Dominus tecum: benedicta tu in mulieribus, et benedictus fructus ventris tui Iesus. Sancta Maria, Mater Dei ora pro nobis peccatoribus, nunc et in hora mortis nostrae.

V. Ora pro nobis, sancta Dei Genetrix,
R. Ut digni efficiamur promissionibus Christi.

Oremus. Gratiam tuam, quaesumus, Domine, mentibus nostris infunde; ut qui, Angelo nuntiante, Christi Filii tui incarnationem cognovimus, per passionem eius et crucem ad resurrectionis gloriam perducamur. Per eundem Christum Dominum nostrum.

The Chaplet of Acts of Love *from the Raccolta (favored by Pope Pius VII)*

1. O my God, and Sovereign Good, would that I had always loved Thee

2. My God, I detest the time when I loved Thee not.
 3. How could I ever live so long without Thy holy love?
 4. And Thou too, my God, how couldst Thou bear with me?
 5. My God, I give Thee thanks for Thy great patience.
 6. But now I desire to love Thee forever.
 7. I am content rather to die than love Thee not.
 8. Take from me my life, O my God, if I am not to love Thee.
 9. The grace I beg of Thee is ever to love Thee.
 10. With Thy love I shall be blessed.
- Glory be to this Father, &c.

1. My God, I would see Thee loved by all.
2. Happy should I be, could I but shed my blood that all might love Thee.
3. They who love Thee not are blind indeed.
4. My God, give them Thy light.
5. Miserable indeed are they who love not Thee, the Sovereign Good.
6. My God, let me never be one of these wretched ones who love Thee not.
7. My God, be Thou my joy, and all my good.
8. I would be wholly Thine forever.
9. Who shall separate me from Thy love?
10. Come, all ye creatures, love ye my God.

Glory be to the Father. . .

1. My God, I would I had a thousand hearts wherewith to love Thee.
2. I would that I had all hearts of all men wherewith to love Thee.
3. I would there were more worlds, that all might love Thee.
4. How blessed would he be who could love Thee with the hearts of all possible creatures!
5. Thou meritest, my God, to be so loved.
6. My heart is too poor, too cold, to love Thee.
7. Alas for the dead coldness of men in loving their sovereign Good
8. Alas for the miserable blindness of the world, which knows not Thee, who art true love.
9. O blessed inhabitants of heaven, who know and love Him!
10. O blessed necessity of loving God!

Glory be to the Father. . .

1. My God, when will the time come that I shall burn with love for Thee?
2. How happy then will be my lot!
3. But since I know not how to love Thee, I will at least rejoice that there are others who love Thee with their whole hearts.
4. In particular I rejoice that Thou art loved by all angels and all saints in heaven.
5. With the hearts of all these I unite the love of my poor heart.
6. In a special manner I intend to love Thee with the love with which those Saints who loved Thee best have loved Thee.
7. Wherefore I intend to love Thee with the love wherewith St. Mary Magdalene, St. Catherine, and St. Teresa loved Thee.
8. With the love wherewith St. Augustine, St. Dominic, St. Francis Xavier, St. Philip Neri, and St. Louis Gonzaga loved Thee.
9. With that same love wherewith Thy Holy Apostles, especially St. Peter, St. Paul, and the beloved Disciple, loved Thee.

10. With that same love wherewith St. Joseph the great Patriarch loved Thee.

Glory be to the Father. . .

1. Moreover I intend to love Thee with that love wherewith Mary most holy loved Thee when on earth.
2. In particular with that love wherewith she loved Thee when she conceived Thy Divine Son in her virgin womb, when she brought Him forth, when she suckled Him, and when she saw him die.
3. Yet more, I intend to love Thee with that love wherewith she loves Thee, and will love Thee forever in heaven.
4. But to love Thee worthily, O my God of infinite goodness, not even this love suffices.
5. Wherefore I would love Thee as Thy Son, the Divine Word made Man, did love Thee.
 8. As He loved Thee when He was born.
 7. As He loved Thee when He died upon the cross.
 8. As He loves Thee ever in those sacred tabernacles where He lies hid.
9. And with that love with which He loves Thee, and will love Thee in heaven for all eternity.
10. Lastly, I intend to love Thee with that love with which Thou lovest Thyself; and since that is impossible, grant me, O my God, of Thy tender pity, that I may love Thee as far as I know how and am able, and as much as Thou art pleased that I should love Thee. Amen and amen.

Glory be to the Father. . .

Oremus

Deus, qui diligentibus Te bona invisibilia praeparasti, infussde cordibus nostris tui amoris affectum; ut Te in omnibus et super omnia diligentes, promissiones tuas, quae omne desiderium superant, consquamur. Per Dominum nostrum Jesum Christum, etc.

Let us pray

O God, who hast prepared invisible good things for them that love Thee; pour Thy love into our hearts, that we, loving Thee in all things and above all things, may attain Thy heavenly promises, which exceed all that we can desire. Through our Lord Jesus Christ. . .

The Chaplet of St. Michael

O God, come to my assistance. O Lord, make haste to help me. *Glory be. . .*

- I. By the intercession of St. Michael and the celestial Choir of Seraphim may the Lord make us worthy to burn with the fire of perfect charity. Amen.
Our Father, Hail Mary, Hail Mary, Hail Mary. . .
- II. By the intercession of St. Michael and the celestial Choir of Cherubim may the Lord grant us the grace to leave the ways of sin and run in the paths of Christian perfection. Amen.
Our Father, Hail Mary, Hail Mary, Hail Mary. . .
- III. By the intercession of St. Michael and the celestial Choir of Thrones may the Lord infuse into our hearts a true and sincere spirit of humility. Amen.
Our Father, Hail Mary, Hail Mary, Hail Mary. . .
- IV. By the intercession of St. Michael and the celestial Choir of Dominions may the Lord give us

grace to govern our senses and overcome any unruly passions. Amen.

Our Father, Hail Mary, Hail Mary, Hail Mary. . .

V. By the intercession of St. Michael and the celestial Choir of Powers may the Lord protect our souls against the snares and temptations of the devil. Amen.

Our Father, Hail Mary, Hail Mary, Hail Mary. . .

VI. By the intercession of St. Michael and the celestial Choir of Virtues may the Lord preserve us from evil and falling into temptation. Amen.

Our Father, Hail Mary, Hail Mary, Hail Mary. . .

VII. By the intercession of St. Michael and the celestial Choir of Principalities may God fill our souls with a true spirit of obedience. Amen.

Our Father, Hail Mary, Hail Mary, Hail Mary. . .

VIII. By the intercession of St. Michael and the celestial Choir of Archangels may the Lord give us perseverance in faith and in all good works in order that we may attain the glory of Heaven.
Amen.

Our Father, Hail Mary, Hail Mary, Hail Mary. . .

IX. By the intercession of St. Michael and the celestial Choir of Angels may the Lord grant us to be protected by them in this mortal life and conducted in the life to come to Heaven. Amen.

Our Father, Hail Mary, Hail Mary, Hail Mary. . .

In Honor of St. Michael, Our Father. . .

St. Gabriel, Our Father. . .

St. Raphael, Our Father. . .

Our Guardian Angel, Our Father. . .

Concluding Prayers

O glorious prince St. Michael, chief and commander of the heavenly hosts, guardian of souls, vanquisher of rebel spirits, servant in the house of the Divine King and our admirable conductor, you who shine with excellence and superhuman virtue deliver us from all evil, who turn to you with confidence and enable us by your gracious protection to serve God more and more faithfully every day. Pray for us, O glorious St. Michael, Prince of the Church of Jesus Christ, that we may be made worthy of His promises.

Almighty and Everlasting God, Who, by a prodigy of goodness and a merciful desire for the salvation of all men, has appointed the most glorious Archangel St. Michael Prince of Your Church, make us worthy, we ask You, to be delivered from all our enemies, that none of them may harass us at the hour of death, but that we may be conducted by him into Your Presence.

This we ask through the merits of Jesus Christ Our Lord. Amen.

The history of this Chaplet goes back to a devout Servant of God, Antonia d'Astonac, who had a vision of St. Michael. He told Antonia to honor him by nine salutations to the nine Choirs of Angels. St. Michael promised that whoever would practice this devotion in his honor would have, when approaching Holy Communion, an escort of nine angels chosen from each of the nine Choirs. In addition, for those who would recite the Chaplet daily, he promised his continual assistance and that of all the holy angels during life.

The Child of Mary

from F.X. Lasance's 'The Catholic Girl's Guide'

O Maiden! let thy heart like a fragrant garden be;
Flowers fair of virtue thy Mother loves to see;
Then sweet thy prayer shall sound in that fond Mother's ear,
And when thou needest help, that Mother will be near.

She strengthens thee to conquer in the arduous strife;
And when thou standest at the crossways of thy life,
Thou shalt feel a heavenly breath to guide thee right;
The rough ways shall be smooth the dark ways be made light.

O Child of Mary! in thy youth's springtide,
Go to that Mother dear, and without fear
To her thy joys, thy grief, thy hopes confide.

In life, in death, whatever may betide--
If foes assail, let not thy courage fail,
Her arm will thee protect, her wisdom guide.

The Divine Praises

Laudes Divinae

from the Raccolta (favored by Pope Pius VII and Pope Pius IX)

Blessed be God.
Blessed be His Holy name.
Blessed be Jesus Christ, true God and true man.
Blessed be the Name of Jesus.
Blessed be His Most Sacred Heart
Blessed be His Most Precious Blood.
Blessed be Jesus in the most Holy Sacrament of the Altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, the most holy Mary.
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 holy angels and in His saints.

Benedictus Deus.
Benedictum Nomen Sanctum eius.
Benedictus Iesus Christus, verus Deus et verus homo.
Benedictum Nomen Iesu.
Benedictum Cor eius sacratissimum.
Benedictus Sanguis eius pretiosissimus.
Benedictus Iesus in sanctissimo altaris Sacramento.
Benedictus Sanctus Spiritus, Paraclitus.
Benedicta excelsa Mater Dei, Maria sanctissima.
Benedicta sancta eius et immaculata Conceptio.
Benedicta eius gloriosa Assumptio.

Benedictum nomen Mariae, Virginis et Matris.
Benedictus sanctus Ioseph, eius castissimus Sponsus.
Benedictus Deus in Angelis suis, et in Sanctis suis.

The Fifteen Prayers of St. Bridget

THE FIRST PRAYER

Our Father, Hail Mary

O Jesus Christ! Eternal Sweetness to those who love Thee, joy surpassing all joy and all desire, Salvation and Hope of all sinners, Who hast proved that Thou hast no greater desire than to be among men, even assuming human nature at the fullness of time for the love of men, recall all the sufferings Thou hast endured from the instant of Thy conception, and especially during Thy Passion, as it was decreed and ordained from all eternity in the Divine plan. Remember, O Lord, that during the Last Supper with Thy disciples, having washed their feet, Thou gavest them Thy Most Precious Body and Blood, and while at the same time thou didst sweetly console them, Thou didst foretell them Thy coming Passion. Remember the sadness and bitterness which Thou didst experience in Thy soul as Thou prayed: "My Soul is sorrowful even unto death." Remember all the fear, anguish and pain that Thou didst suffer in Thy delicate Body before the torment of the Crucifixion, when, after having prayed three times, bathed in a sweat of blood, Thou wast betrayed by Judas, Thy disciple, arrested by the people of a nation Thou hadst chosen and elevated, accused by false witnesses, unjustly judged by three judges during the flower of Thy youth and during the solemn Paschal season. Remember that Thou wast despoiled of Thy garments and clothed in those of derision; that Thy face and eyes were veiled, that Thou wast buffeted, crowned with thorns, a reed placed in Thy hands, that Thou was crushed with blows and overwhelmed with affronts and outrages. In memory of all these pains and sufferings which Thou didst endure before Thy Passion on the cross, grant me before my death true contrition, a sincere and entire confession, worthy satisfaction and the remission of all my sins.

THE SECOND PRAYER

Our Father, Hail Mary

O Jesus! True Liberty of Angels, Paradise of Delights, remember the horror and sadness which Thou didst endure when Thy enemies, like furious lions, surrounded Thee, and by thousands of insults, spits, blows, lacerations and other unheard-of cruelties, tormented Thee at will. In consideration of these torments and insulting words, I beseech Thee, O my Saviour, to deliver me from all my enemies, visible and invisible, and to bring me, under Thy protection, to the perfection of eternal salvation.

THE THIRD PRAYER

Our Father, Hail Mary

O Jesus! Creator of Heaven and earth Whom nothing can encompass or limit, Thou Who dost enfold and hold all under Thy loving power, remember the very bitter pain Thou didst suffer when the Jews nailed Thy sacred hands and feet to the cross by blow after blow with big blunt nails, and not finding Thee in a pitiable enough state to satisfy their rage, they enlarged Thy Wounds, and added pain to pain, and with indescribable cruelty stretched Thy body on the cross, pulled Thee from all sides, thus dislocating Thy limbs. I beg of Thee, O Jesus, by the memory of

this most loving suffering of the cross, to grant me the grace to fear Thee and to love Thee.

THE FOURTH PRAYER

Our Father, Hail Mary

O Jesus! Heavenly Physician, raised aloft on the Cross to heal our wounds with Thine, remember the bruises which Thou didst suffer and the weakness of all Thy members which were distended to such a degree that never was there pain like unto Thine. From the crown of Thy head to the soles of Thy feet there was not one spot on Thy body that was not in torment, and yet, forgetting all Thy sufferings, Thou didst not cease to pray to Thy Heavenly Father for Thy enemies, saying: "Father forgive them for they know not what they do." Through this great Mercy, and in memory of this suffering, grant that the remembrance of Thy Most bitter Passion may effect in us a perfect contrition and the remission of all our sins.

THE FIFTH PRAYER

Our Father, Hail Mary

O Jesus! Mirror of Eternal Splendor, remember the sadness which Thou experienced, when contemplating in the light of Thy divinity the predestination of those who would be saved by the merits of Thy sacred Passion, Thou didst see at the same time, the great multitude of reprobates who would be damned for their sins, and Thou didst complain bitterly of those hopeless lost and unfortunate sinners. Through this abyss of compassion and pity, and especially through the goodness which Thou displayed to the good thief when Thou saidst to him: "This day, thou shalt be with Me in Paradise." I beg of Thee, O Sweet Jesus, that at the hour of my death, Thou wilt show me mercy.

THE SIXTH PRAYER

Our Father, Hail Mary

O Jesus! Beloved and most desirable King, remember the grief Thou didst suffer, when naked and like a common criminal, Thou was fastened and raised on the cross, when all Thy relatives and friends abandoned Thee, except Thy beloved Mother, who remained close to Thee during Thy agony and whom Thou didst entrust to Thy faithful disciple when Thou saidst to Mary:

"Woman, behold thy son!" and to St. John: "Son, behold thy Mother!" I beg of Thee O my Saviour, by the sword of sorrow which pierced the soul of Thy holy Mother, to have compassion on me in all my affliction and tribulations, both corporal and spiritual, and to assist me in all my trials, and especially at the hour of my death.

THE SEVENTH PRAYER

Our Father, Hail Mary

O Jesus! Inexhaustible Fountain of Compassion, Who by a profound gesture of love, said from the cross: "I thirst!" suffered from the thirst for the salvation of the human race. I beg of Thee O my Saviour, to inflame in our hearts the desire to tend toward perfection in all our acts; and to extinguish in us the concupiscence of the flesh and the ardor of worldly desires.

THE EIGHTH PRAYER

Our Father, Hail Mary

O Jesus! Sweetness of Hearts, Delight of the Spirit, by the bitterness of the vinegar and gall which Thou didst taste on the cross for love of us, grant us the grace to receive worthily Thy Precious Body and Blood during our life and at the hour of our death, that they may serve as a remedy and consolation for our souls.

THE NINTH PRAYER

Our Father, Hail Mary

O Jesus! Royal virtue, joy of the mind, recall the pain Thou didst endure when, plunged in an ocean of bitterness at the approach of death, insulted, outraged by the Jews, Thou didst cry out in a loud voice that Thou was abandoned by Thy Father, saying: "My God, My God, why hast Thou forsaken me?" Through this anguish, I beg of Thee, O my Saviour, not to abandon me in the terrors and pains of my death.

THE TENTH PRAYER

Our Father, Hail Mary

O Jesus! Who art the beginning and end of all things, life and virtue, remembers that for our sakes Thou was plunged in an abyss of suffering from the soles of Thy Feet to the crown of Thy Head. In consideration of the enormity of Thy Wounds, teach me to keep, through pure love, Thy Commandments, whose way is wide and easy for those who love Thee.

THE ELEVENTH PRAYER

Our Father, Hail Mary

O Jesus! Deep abyss of mercy, I beg of Thee, in memory of Thy Wounds which penetrated to the very marrow of Thy bones and to the depth of Thy being, to draw me, a miserable sinner, overwhelmed by my offenses, away from sin and to hide me from Thy Face justly irritated against me, hide me in Thy wounds, until Thy anger and just indignation shall have passed away.

THE TWELFTH PRAYER

Our Father, Hail Mary

O Jesus! Mirror of Truth, Symbol of Unity, Link of Charity, remember the multitude of wounds with which Thou was covered from head to foot, torn and reddened by the spilling of Thy adorable Blood. O Great and Universal Pain which Thou didst suffer in Thy virginal flesh for love of us! Sweetest Jesus! What is there that Thou couldst have done for us which Thou hast not done! May faithful remembrance of Thy Passion, and may Thy love increase in my heart each day, until I see Thee in eternity, Thou Who art the treasury of every real good and every joy, which I beg Thee to grant me, O Sweetest Jesus, in Heaven.

THE THIRTEENTH PRAYER

Our Father, Hail Mary

O Jesus! Strong Lion, Immortal and Invincible King, remember the pain which Thou didst endure when all Thy strength, both moral and physical, was entirely exhausted, Thou didst bow Thy head, saying: "It is consummated!" Through this anguish and grief, I beg of Thee Lord Jesus, to have mercy on me at the hour of my death when my mind will be greatly troubled and my soul will be in anguish.

THE FOURTEENTH PRAYER

Our Father, Hail Mary

O Jesus! Only Son of the Father, Splendor and Figure of His Substance, remember the simple and humble recommendation Thou didst make of Thy Soul to Thy eternal Father, saying: "Father, into Thy hands I commend My spirit!" And with Thy body all torn, and Thy heart broken, and the bowels of Thy mercy open to redeem us, Thou didst expire. By this precious death, I beg of Thee O King of Saints, comfort me and help me to resist the devil, the flesh and the world, so that being dead to the world I may live for Thee alone. I beg of Thee at the hour of my death to receive me, a pilgrim and an exile returning to Thee.

THE FIFTEENTH PRAYER

Our Father, Hail Mary

O Jesus! True and Fruitful Vine! Remember the abundant outpouring of blood which Thou didst so generously shed from Thy sacred body as juice from grapes in a wine press. From Thy side, pierced with a lance by a soldier, blood and water issued forth until there was not left in Thy body a single drop, and finally, like a bundle of myrrh lifted to the top of the cross Thy delicate flesh was destroyed, the very substance of Thy body withered, and the marrow of Thy bones dried up. Through this bitter Passion and through the outpouring of Thy Precious Blood, I beg of Thee, O Sweet Jesus, to receive my soul when I am in my death agony.

CLOSING PRAYER

O Sweet Jesus! Pierce my heart so that my tears of penitence and love will be my bread day and night; may I be converted entirely to Thee, may my heart be Thy perpetual habitation, may my conversation be pleasing to Thee, and may the end of my life be so praiseworthy that I may merit Heaven and there with Thy saints, praise Thee forever.

The Golden Arrow

May the most holy, most sacred, most adorable, most mysterious and unutterable Name of God be always praised, blessed, loved, adored and glorified, in heaven, on earth and under the earth, by all the creatures of God, and by the Sacred Heart of Our Lord Jesus Christ in the most holy Sacrament of the altar.

The Golden Arrow was revealed by Our Lord Jesus Christ to a Carmelite nun of Tours in 1843 as a reparation for blasphemy. The sin of blasphemy was said to be a 'poisoned arrow' more grievous than all other sins. It follows that this prayer would most especially be appropriate after hearing the Holy Name blasphemed, and in reparation for such blasphemy generally.

Jesus said: 'This Golden Arrow will wound My Heart delightfully, and heal the wounds inflicted

by blasphemy.'

The Heavenly Banquet

from a text attributed to St. Brigid of Ireland (10th century)

I would like to have the men of Heaven in my own house;
with vats of good cheer laid out for them.

I would like to have the three Mary's,
their fame is so great.

I would like people from every corner of Heaven.

I would like them to be cheerful in their drinking.

I would like to have Jesus sitting here among them.

I would like a great lake of beer for the King of Kings.

I would like to be watching Heaven's family
Drinking it through all eternity.

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. I accept you as my Lord, God and Savior. 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 Jesus. I thank you Jesus. I shall follow you every day of my life. Amen. Blessed Virgin Mary, help me. Amen. In union with the Angels that surround the Tabernacle, I adore You, O Blood of Jesus.

(Say this prayer and when you come to the point where you sincerely mean every word of it, something spiritual will occur to you.)

The Offering to Be Made at the Beginning of the Day

from the Raccolta (favored by Pope Pius IX)

O Lord God Almighty, behold me prostrate before Thee in order to appease Thee, and to honour Thy Divine Majesty, in the name of all creatures. But how can I do this who am myself but a poor sinner? Nay, but I both can and will, knowing that Thou dost make it Thy boast to be called Father of mercies, and for love of us hast given Thy very only-begotten Son, who sacrificed Himself upon the Cross, and for our sake doth continually renew that sacrifice of Himself upon our altars. And therefore do I - sinner, but penitent; poor, but rich in Jesus Christ - present myself before Thee, and, with the ardent love of angels and of all Thy saints, and with the tender affection of the Immaculate Heart of Mary, offer to Thee in the name of all creatures the Masses which are now being celebrated, together with all those which have been celebrated, and which will be celebrated to the end of the world. Moreover, I intend to renew the offering of them every moment of this day and of all my life, that I may thereby render to Thy infinite Majesty an honour and a glory worthy of Thee, thus to appease Thy indignation, to satisfy Thy justice for so many sins of us thy children, to render Thee thanks proportioned to Thy benefits, and to implore Thy miseries upon myself and upon all sinners; upon all the faithful, living and dead, upon Thy whole Church, and principally upon its visible Head, the Sovereign Pontiff of Rome; and lastly upon all poor schismatics, heretics, and infidels, that they also may be all converted and save their souls.

The Offering to Be Made at the Time of the Holy Mass
from the Raccolta (favored by Pope Pius IX)

Eternal Father, I offer to Thee the sacrifice which Thy beloved Son Jesus made of Himself upon the Cross, and now renews upon this altar; and I offer it to Thee in the name of all creatures, together with the Masses which have been celebrated, and which shall be celebrated, in the whole world, in order to adore Thee, and to give Thee the honour which Thou dost deserve; to render to Thee due thanks for Thy innumerable benefits, to appease Thy anger for our sins, and to give Thee due satisfaction for them; to entreat Thee also for myself, for the Church, for the whole world, and for the blessed souls in purgatory. Amen.

The Prayers and Petitions
from the Raccolta (favored by Pope Leo XII)

O Father! O Son! O Holy Ghost!
O Holy Trinity! O Jesus! O Mary!

O ye blessed angels of God, all ye Saints of Paradise, men and women, obtain for me these graces, which I ask through the Precious Blood of Jesus Christ:

1. Ever to do the holy will of God.
 2. Ever to live in union with God.
 3. Not to think of anything but God.
 4. To love God alone.
 5. To do all for God.
 6. To seek only the glory of God.
 7. To sanctify myself solely for God.
 8. To know well my own utter nothingness.
 9. Ever to know more and more the will of my God.
10. Mary most holy, offer to the Eternal Father the most Precious Blood of Jesus Christ for my soul, for the holy souls in purgatory, for the needs of Holy Church, for the conversion of sinners, and for all the world.

Then say three Gloria Patri's to the most holy Blood of Jesus Christ; one Hail Mary, to the sorrows of most holy Mary; and one Requiem aeternam, &c. for the holy souls in purgatory.

The Seven Offerings of the Most Precious Blood

Eternal Father, I offer Thee the merits of the Most Precious Blood of Jesus, Thy Beloved Son and my Divine Redeemer, for the propagation and exaltation of my dear Mother the Holy Church, for the safety and prosperity of her visible Head, the Holy Roman Pontiff, for the cardinals, bishops and pastors of souls, and for all the ministers of the sanctuary.

Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now, and ever shall be, world without end. Amen. Blessed and praised forevermore be Jesus Who hath saved us by His Precious Blood! Amen.

Eternal Father, I offer Thee the merits of the Most Precious Blood of Jesus, Thy Beloved Son and my Divine Redeemer, for the peace and concord of nations, for the conversion of the enemies of our holy faith and for the happiness of all Christian people.

Glory be, etc.

Eternal Father, I offer Thee the merits of the Most Precious Blood of Jesus, Thy Beloved Son and my Divine Redeemer, for the repentance of unbelievers, the extirpation of all heresies, and the conversion of sinners.

Glory be, etc.

Eternal Father, I offer Thee the merits of the Most Precious Blood of Jesus, Thy Beloved Son and my Divine Redeemer, for all my relations, friends and enemies, for the poor, the sick, and those in tribulation, and for all those for whom Thou willest I should pray, or knowest that I ought to pray.

Glory be, etc.

Eternal Father, I offer Thee the merits of the Most Precious Blood of Jesus, Thy Beloved Son and my Divine Redeemer, for all those who shall this day pass to another life, that Thou mayest preserve them from the pains of hell, and admit them the more readily to the possession of Thy Glory.

Glory be, etc.

Eternal Father, I offer Thee the merits of the Most Precious Blood of Jesus, Thy Beloved Son and my Divine Redeemer, for all those who are lovers of this Treasure of His Blood, and for all those who join with me in adoring and honoring It, and for all those who try to spread devotion to It . . .

Glory be, etc.

Eternal Father, I offer Thee the merits of the Most Precious Blood of Jesus, Thy Beloved Son and my Divine Redeemer, for all my wants, spiritual and temporal, for the holy souls in Purgatory, and particularly for those who in their lifetime were most devoted to this Price of our redemption, and to the sorrows and pains of our dear Mother, most Holy Mary . . .

Glory be, etc.

Blessed and exalted by the Blood of Jesus, now and always, and through all eternity.

Three Offerings

i. We offer to the Most Holy Trinity the merits of Jesus Christ, in thanksgiving for the most Precious Blood which He shed in the garden for us; and by his merits we beseech the Divine Majesty for pardon of our sins.

Pater. Ave. Gloria.

ii. We offer to the Most Holy Trinity the merits of Jesus Christ, in thanksgiving for His most precious death endured on the cross for us; and by His merits we beseech the Divine Majesty for the remission of the pains due to our sins.

Pater. Ave. Gloria.

iii. We offer to the Most Holy Trinity the merits of Jesus Christ, in thanksgiving for His unspeakable charity, by which He descended from heaven to earth to take human flesh, and to suffer and die for us upon the cross; and by His merits we beseech the Divine Majesty to bring our souls to the glory of heaven after our death.

Pater. Ave. Gloria.

To Jesus

from 'With God' by Fr. F.X. Lasance

Jesus, my heart's sole love, my heart's sole fear Thou art; My heart to Thee I give, give now to me Thy Heart.

Unice cordis amor, timor cordis, Jesu! Cor tibi dono meum, cor mihi redde tuum.

To Jesus My Friend

by St. Claude de la Colombiere

Jesus! You are my true Friend, my only Friend. You take a part in all my misfortunes; You take them on Yourself; You know how to change them into blessings; You listen to me with the greatest kindness when I relate my troubles to You, and You have always balm to pour on my wounds.

I find You at all times; I find You everywhere, You never go away: if I have to change my dwelling, I find You there wherever I go. You are never weary of listening to me, You are never tired of doing me good. I am certain of being beloved by You, if I love You; my goods are nothing to You, and by bestowing Yours on me, You never grow poor; however miserable I may be, no one nobler or cleverer or even holier can come between You and me, and deprive me of Your friendship; and death, which tears us away from all other friends, will unite me forever to You. All the humiliations attached to old age, or to the loss of honor, will never detach You from me; on the contrary, I shall never enjoy You more fully, and You will never be closer to me than when everything seems to conspire against me to overwhelm me and to cast me down. You bear with all my faults with extreme patience, and even my want of fidelity and my ingratitude do not wound You to such a degree as to make You unwilling to receive me when I return to You. O Jesus, grant that I may die praising You, that I may die loving You, that I may die for the love of you.

To the Holy Archangel Who Strengthened Our Lord in His Agony

I salute thee, holy Angel who didst comfort my Jesus in His agony, and with thee I praise the most holy Trinity for having chosen thee from among all the holy Angels to comfort and strengthen Him who is the comfort and strength of all that are in affliction. By the honor thou didst enjoy and by the obedience, humility and love wherewith thou didst assist the sacred Humanity of Jesus, my Savior, when He was fainting for very sorrow at seeing the sins of the world and especially my sins, I beseech thee to obtain for me perfect sorrow for my sins; deign to strengthen me in the afflictions that now overwhelm me, and in all the other trials, to which I shall be exposed henceforth and, in particular, when I find myself in my final agony.

Tridentine Creed

Professio fidei Tridentina

I, N., with a firm faith believe and profess each and everything which is contained in the Creed which the Holy Roman Church maketh use of. To wit:

I believe in one God, The Father Almighty, Maker of heaven and earth, and of all things visible and invisible. And in one Lord, Jesus Christ, the Only-begotten Son of God. Born of the Father before all ages. God of God, Light of Light, true God of true God. Begotten, not made, of one substance with the Father. By whom all things were made. Who for us men and for our salvation came down from heaven. And became incarnate by the Holy Spirit of the Virgin Mary: and was made man. He was also crucified for us, suffered under Pontius Pilate, and was buried. And on the third day He rose again according to the Scriptures. He ascended into heaven and sits at the right hand of the Father. He will come again in glory to judge the living and the dead and His kingdom will have no end. And in the Holy Spirit, the Lord and Giver of life, Who proceeds from the Father and the Son. Who together with the Father and the Son is adored and glorified, and who spoke through the prophets. And one holy, Catholic and Apostolic Church. I confess one baptism for the forgiveness of sins and I await the resurrection of the dead and the life of the world to come. Amen.

The Apostolic and Ecclesiastical traditions and all other observances and constitutions of that same Church I firmly admit to and embrace.

I also accept the Holy Scripture according to that sense which holy mother the Church hath held, and doth hold, and to whom it belongeth to judge the true sense and interpretations of the Scriptures. Neither will I ever take and interpret them otherwise than according to the unanimous consent of the Fathers.

I also profess that there are truly and properly Seven Sacraments of the New Law, instituted by Jesus Christ our Lord, and necessary for the salvation of mankind, though not all are necessary for everyone; to wit, Baptism, Confirmation, Eucharist, Penance, Extreme Unction, Holy Orders, and Matrimony; and that they confer grace; and that of these, Baptism, Confirmation, and Holy Orders cannot be repeated without sacrilege. I also receive and admit the accepted and approved ceremonies of the Catholic Church in the solemn administration of the aforesaid sacraments.

I embrace and accept each and everything which has been defined and declared in the holy Council of Trent concerning original sin and justification.

I profess, likewise, that in the Mass there is offered to God a true, proper, and propitiatory sacrifice for the living and the dead; and that in the most holy sacrament of the Eucharist there is truly, really, and substantially, the Body and Blood, together with the soul and divinity, of our Lord Jesus Christ; and that a conversion takes place of the whole substance of the bread into the Body, and of the whole substance of the wine into the Blood, which conversion the Catholic Church calls Transubstantiation. I also confess that under either species alone Christ is received whole and entire, and a true sacrament.

I steadfastly hold that there is a Purgatory, and that the souls therein detained are helped by the suffrages of the faithful. Likewise, that the saints, reigning together with Christ, are to be honored and invoked, and that they offer prayers to God for us, and that their relics are to be venerated. I most firmly assert that the images of Christ, of the Mother of God, ever virgin, and also of other Saints, ought to be kept and retained, and that due honor and veneration is to be given them.

I also affirm that the power of indulgences was left by Christ in the Church, and that the use of them is most wholesome to Christian people.

I acknowledge the Holy Catholic Apostolic Roman Church as the mother and teacher of all churches; and I promise true obedience to the Bishop of Rome, successor to St. Peter, Prince of the Apostles, and Vicar of Jesus Christ.

I likewise undoubtedly receive and profess all other things delivered, defined, and declared by the sacred Canons, and general Councils, and particularly by the holy Council of Trent, and by the ecumenical Council of the Vatican, particularly concerning the primacy of the Roman Pontiff and his infallible teaching. I condemn, reject, and anathematize all things contrary thereto, and all heresies which the Church hath condemned, rejected, and anathematized.

This true Catholic faith, outside of which no one can be saved, which I now freely profess and to which I truly adhere, I do so profess and swear to maintain inviolate and with firm constancy with the help of God until the last breath of life. And I shall strive, as far as possible, that this same faith shall be held, taught, and professed by all those over whom I have charge. I N. do so pledge, promise, and swear, so help me God and these Holy Gospels of God.

Ego N. firma fide credo et profiteor omnia et singula, quae continentur in Symbolo, quo Sancta Romana ecclesia utitur, videlicet:

Credo in unum Deum, Patrem omnipotentem, factorem caeli et terrae, visibilium omnium et invisibilium. Et in unum Dominum Iesum Christum, Filium Dei unigenitum, et ex Patre natum ante omnia saecula. Deum de Deo, Lumen de Lumine, Deum verum de Deo vero, genitum non factum, consubstantialem Patri; per quem omnia facta sunt. Qui propter nos homines et propter nostram salutem descendit de caelis. Et incarnatus est de Spiritu Sancto ex Maria Virgine, et homo factus est. Crucifixus etiam pro nobis sub Pontio Pilato, passus et sepultus est, et resurrexit tertia die, secundum Scripturas, et ascendit in caelum, sedet ad dexteram Patris. Et iterum venturus est cum gloria, iudicare vivos et mortuos, cuius regni non erit finis. Et in Spiritum Sanctum, Dominum et vivificantem, qui ex Patre Filioque procedit. Qui cum Patre et Filio simul adoratur et conglorificatur: qui locutus est per prophetas. Et unam, sanctam, catholicam et apostolicam Ecclesiam. Confiteor unum baptisma in remissionem peccatorum. Et expecto resurrectionem mortuorum, et vitam venturi saeculi. Amen.

Apostolicas et Ecclesiasticas traditiones reliquasque eiusdem ecclesiae observationes et constitutiones firmissime admitto et amplector.

Item sacram Scripturam iuxta eum sensum, quem tenuit et tenet sancta Mater Ecclesia, cuius est iudicare de vero sensu et interpretatione sacrarum Scripturarum, admitto; nec eam umquam nisi iuxta unanimem consensum Patrum, accipiam et interpretabor.

Profiteor quoque septem esse vere et proprie Sacramenta novae legis a Iesu Christo Domino nostro instituta, atque ad salutem humani generis, licet non omnia singulis, necessaria: scilicet Baptismum, Confirmationem, Eucharistiam, Paenitentiam, Extremam Unctionem, Ordinem et Matrimonium; illaque gratiam conferre; et ex his Baptismum, Confirmationem et Ordinem sine sacrilegio reiterari non posse. Receptos quoque et approbatos Ecclesiae catholicae ritus in supradictorum omnium Sacramentorum solemnem administrationem recipio et admitto.

Omnia et singula, quae de peccato originali et de iustificatione in sacrosancta Tridentina Synodo definita et declarata fuerunt, amplector et recipio.

Profiteor pariter, in Missa offerri Deo verum, proprium et propitiatorium sacrificium pro vivis et defunctis. Atque in sanctissimo Eucharistiae Sacramento esse vere, realiter et substantialiter Corpus et Sanguinem, una cum anima et divinitate Domini nostri Iesu Christi, fierique conversionem totius substantiae panis in Corpus ac totius substantiae vini in Sanguinem, quam conversionem Ecclesia catholica transubstantiationem appellat. Fateor etiam sub altera tantum specie totum atque integrum Christum verumque Sacramentum sumi.

Constanter teneo, Purgatorium esse, animasque ibi detentas fidelium suffragiis iuvari. Similiter et Sanctos, una cum Christo regnantes, venerandos atque invocandos esse, eosque orationes Deo pro nobis offerre, atque eorum reliquias esse venerandas. Firmiter assero, imagines Christi ac Deiparae semper Virginis, necnon aliorum Sanctorum habendas et retinendas esse, atque eis debitum honorem et venerationem impertiendam.

Indulgentiarum etiam potestatem a Christo in Ecclesia relictam fuisse, illarumque usum Christiano populo maxime salutarem esse affirmo.

Sanctam, catholicam et apostolicam Romanam Ecclesiam omnium ecclesiarum matrem et magistram agnosco, Romanoque Pontifici, beati Petri Apostolorum principis successori, ac Iesu Christi Vicario, veram oboedientiam spondeo ac iuro.

Cetera item omnia a sacris canonibus et oecumenicis Conciliis, ac praecipue a sacrosancta Tridentina Synodo, et ab oecumenico Concilio Vaticano tradita, definita et declarata, praesertim de Romani Pontificis Primatu et infallibili Magisterio, indubitanter recipio ac profiteor; simulque contraria omnia, atque haereses quascumque ab Ecclesia damnatas et reiectas et anathematizatas ego pariter damno, reicio, et anathematizo.

Hanc veram Catholicam Fidem, extra quam nemo salvus esse potest, quam in praesenti sponte profiteor et veraciter teneo, eandem integram, et immaculatam usque ad extremum vitae spiritum, constantissime, Deo adiuvante, retinere et confiteri, atque a meis subditis, vel illis, quorum cura ad me in munere meo spectabit, teneri, doceri et praedicari, quantum in me erit, curaturum, ego idem N. spondeo, voveo ac iuro. Sic me Deus adiuvet et haec sancta Dei Evangelia.

Troparion to the Holy Angels
from the Byzantine Liturgy

O leaders of the heavenly armies, although we are always unworthy, we beseech you that with your prayers you may encircle us with the protection of the wings of your angelic glory. Watch over us as we bow low and earnestly cry out to you: Deliver us from trouble, O princes of the heavenly armies.

Two Prayers for Travelers
by Rev. F.X. Lasance

I

May the Almighty and merciful Lord direct us on our journey; may He make it prosper and maintain us in peace.
May the Archangel Raphael accompany us along the way, and may we return to our homes in peace, joy, and health.

"Kyrie eleison, Christe eleison, Kyrie eleison"

II

O, God Who didst cause the children of Israel to traverse the Red Sea dry shod; Thou Who didst point out by a star to the Magi the road that led them to Thee; grant us we beseech Thee, a prosperous journey and propitious weather; so that, under the guidance of Thy holy angels, we may safely reach that journey's end and later the haven of eternal salvation.

Hear, O Lord the prayers of Thy servants. Bless their journeyings. Thou Who art everywhere present, shower everywhere upon them the effects of Thy mercy; so that insured by Thy protection against all dangers, they may return to Thee their thanksgiving. Through Jesus Christ our Lord.

**Under Thy Patronage
Sub tuum praesidium**
from the Divine Liturgy (c. 250 A.D.)

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

Sub tuum praesidium confugimus,
Sancta Dei Genetrix.
Nostras deprecationes ne despicias
in necessitatibus nostris,
sed a periculis cunctis
libera nos semper,
Virgo gloriosa et benedicta.

Uniformity to God's Holy Will

*Kiss the feet of your Crucifix and lay it upon your pillow,
after you have made your bed, saying:*

I freely and joyfully pick up the Cross which Thou hast given me to carry today, O Merciful God. Permit me to carry it today for Thy Greater Honor and Glory so that by this, my Cross, Thy Most Holy Will may be done fully in me and by me. Let not prosperity lift me up nor adversity cast me down.

Virgin Mary Prayer

Mother of mercy and love, blessed Virgin Mary, I am a poor and unworthy sinner, and I turn to you in confidence and love. You stood by your Son as he hung dying on the cross. Stand also by me, a poor sinner, and by all the priests who are offering Mass today here and throughout the

entire Church. Help us to offer a perfect and acceptable sacrifice in the sight of the holy and undivided Trinity, our most high God.

When Taking Holy Water

By the sprinkling of Thy Precious Blood, O Lord Jesus Christ, and by the merit of thy Passion, wash me from every stain, and cleanse me from all sin.

When Taking Holy Water, var.

By this Holy Water and by Thy Most Precious Blood, Lord Jesus, wash me free from sin and succor the holy souls in purgatory.

Prayer before Martyrdom
of St. Polycarp of Smyrna

Lord God almighty, Father of Jesus Christ, your dear Son through whom we have come to know you, God of the angels and powers, God of all creation, God of those who live in your presence, the race of the just: I bless you. You have considered me worthy of this day and hour, worthy to be numbered with the martyrs and to drink the cup of your Anointed One, and thus to rise and live forever, body and soul, in the incorruptibility of the Holy Spirit.

Invocation
of St. Bridget of Sweden

O Lady, by the love which you bear Jesus, help me to love Him.

'O Father of Lights!'
of St. Alphonsus Maria de Liguori

O Father of lights! who enlightenest every man that comes into the world, send into my heart a ray of light, of love, and of sorrow, that I may know, detest, and confess the sins which I have committed against Thee.

Invocation
avored by Bl. Pope Pius IX

Jesus, my God, I love Thee above all things.

Jesus, Deus meus, super omnia amo te.

We Give You Thanks
Agimus tibi gratias

We give you thanks, Almighty God, for all your blessings: who live and reign for ever and ever.

Lord God Almighty
Domine, Deus omnipotens

Lord, God Almighty, you have brought us safely to the beginning of this day. Defend us today by your mighty power, that we may not fall into any sin, but that all our words may so proceed and

all our thoughts and actions be so directed, as to be always just in your sight. Through Christ our Lord.

Look down upon me, good and gentle Jesus

En ego, o bone et dulcissime Iesu

Look down upon me, good and gentle Jesus, while before your face I humbly kneel, and with 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" (Ps 21, 17-18).

A Prayer Before the Reading of Any Part of the Holy Scriptures

Come, O Holy Spirit, fill the hearts and minds of thy faithful servants, and inflame them with the fire of thy divine love.

Let us pray

O God, who by the inspiration of the Holy Ghost, didst instruct the hearts of thy faithful servants; grant us in the same Spirit, to discern what is right, and enjoy his comfort for ever, Through our Lord Jesus Christ, who liveth and reigneth one God, with thee and the same Spirit, world without end. Amen.

Invocation to the Three Hearts

Heart of Jesus I adore thee; Heart of Mary, I implore thee; Heart of Joseph, pure and just; In these three hearts I put my trust.

From Lands that See the Sun Arise

A solis ortus cardine

hymn from the Roman Breviary (5th century)

FROM lands that see the sun arise, to earth's remotest boundaries, the Virgin-born today we sing,
the Son of Mary, Christ the King.

Blest Author of this earthly frame, to take a servant's form he came, that liberating flesh by flesh,
whom he had made might live afresh.

In that chaste parent's holy womb, celestial grace hath found its home: and she, as earthly bride
unknown, yet call that Offspring blest her own.

The mansion of the modest breast becomes a shrine where God shall rest: the pure and undefiled
one conceived in her womb the Son.

That Son, that royal Son she bore, whom Gabriel's voice had told afore: whom, in his Mother yet
concealed, the Infant Baptist had revealed.

The manger and the straw he bore, the cradle did he not abhor: a little milk his infant fare who
feedeth even each fowl of air.

The heavenly chorus filled the sky, the Angels sang to God on high, what time to shepherds
watching lone they made creation's Shepherd known.

All honor, laud, and glory be, O Jesu, Virgin-born, to Thee; all glory, as is ever meet, to the
Father and to Paraclete. Amen.

A solis ortus cardine adusque terrae limitem Christum canamus Principem, natum Maria Virgine.

Beatus auctor saeculi servile corpus induit, ut carne carnem liberans non perderet quod condidit.

Clausae parentis viscera caelestis intrat gratia; venter puellae baiulat secreta quae non noverat.

Domus pudici pectoris templum repente fit Dei; intacta nesciens virum verbo concepit Filium.

Enixa est puerpera quem Gabriel praedixerat, quem matris alvo gestiens clausus Ioannes
senserat.

Feno iacere pertulit, praesepe non abhorruit, parvoque lacte pastus est per quem nec ales esurit.

Gaudet chorus caelestium et Angeli canunt Deum, palamque fit pastoribus Pastor, Creator
omnium.

Iesu, tibi sit gloria, qui natus es de Virgine, cum Patre et almo Spiritu, in sempiterna saecula.
Amen.

Act of Spiritual Communion
by Raphael Cardinal Merry del Val

AT Thy feet, O my Jesus, I prostrate myself and I offer Thee repentance of my contrite heart,
which is humbled in its nothingness and in Thy holy presence. I adore Thee in the Sacrament of
Thy love, the ineffable Eucharist. I desire to receive Thee into the poor dwelling that my heart
offers Thee. While waiting for the happiness of sacramental communion, I wish to possess Thee
in spirit. Come to me, O my Jesus, since I, for my part, am coming to Thee! May Thy love
embrace my whole being in life and in death. I believe in Thee, I hope in Thee, I love Thee.
Amen.

The Lamb's High Banquet We Await
Ad cenam Agni providi
from the Roman Breviary, 6th century

THE Lamb's high banquet we await in snow-white robes of royal state: and now, the Red Sea's
channel past, to Christ our Prince we sing at last.

Upon the Altar of the Cross His Body hath redeemed our loss: and tasting of his roseate Blood,
our life is hid with Him in God.

That Paschal Eve God's arm was bared, the devastating Angel spared: by strength of hand our
hosts went free from Pharaoh's ruthless tyranny.

Now Christ, our Paschal Lamb, is slain, the Lamb of God that knows no stain, the true Oblation

offered here, our own unleavened Bread sincere.

O Thou, from whom hell's monarch flies, O great, O very Sacrifice, Thy captive people are set free, and endless life restored in Thee.

For Christ, arising from the dead, from conquered hell victorious sped, and thrust the tyrant down to chains, and Paradise for man regains.

We pray Thee, King with glory decked, in this our Paschal joy, protect from all that death would fain effect Thy ransomed flock, Thine own elect.

To Thee who, dead, again dost live, all glory Lord, Thy people give; all glory, as is ever meet, to Father and to Paraclete. Amen.

Ad cenam Agni providi, stolis salutis candidi, post transitum maris Rubri Christo canamus
principi.

Cuius corpus sanctissimum in ara crucis torridum, sed et cruorem roseum gustando, Dei vivimus.

Protecti paschae vespero a devastante angelo, de Pharaonis aspero sumus erepti imperio.

Iam pascha nostrum Christus est, agnus occisus innocens; sinceritatis azyma qui carnem suam obtulit.

O vera, digna hostia, per quam franguntur tartara, captiva plebs redimitur, redduntur vitae
praemia!

Esto perenne mentibus paschale, Iesu, gaudium et nos renatos gratiae tuis triumphis aggrega.

Iesu, tibi sit gloria, qui morte victa praenites, cum Patre et almo Spiritu, in sempiterna saecula.
Amen.

**O Come, All Ye Faithful
Adeste, Fideles**

O come, all ye faithful, joyful and triumphant: o come ye to Bethlehem, come and behold Him,
born the King of Angels.

R. O come let us adore Him; O come let us adore Him, O come let us adore Him, Christ the Lord.

God of God eternal, Light from Light proceeding, Lo, He deigns in the Virgin's womb to lie; God
uncreated, very God begotten. R.

Forsaking the sheepfold, to his lowly cradle, obedient and swiftly run the shepherd throng, with
exultation let our footsteps follow. R.

Lo! star led chieftains, Magi, Christ adoring, offer Him incense, gold, and myrrh; We to the
Christ Child bring our hearts' oblations. R.

The splendor Immortal, Son of God Eternal, now hidden in mortal flesh our eyes shall view. See
there the Infant, swaddling clothes enfold him. R.

For man poor and needy cradled in a manger, O let us in loving arms enfold Him fast! So true a lover shall we not requite Him? R.

Sing, choirs of Angels, sing in exultation, sing all ye citizens of heaven above, Glory to God in the highest. R.

Yea, Lord we greet Thee, born this happy morning; Jesu, to Thee be glory given; Word of the Father, now in flesh appearing. R.

ADESTE fideles laeti triumphantes; venite, venite in Bethlehem; Natum videte Regem Angelorum:

R. Venite, adoremus, venite, adoremus, venite, adoremus Dominum.

Deum de Deo, Lumen de Lumine, gestant puellae viscera, Deum verum, Genitum non factum. R.

En, grege relicto, humiles ad cunas, vocati pastores approperant; et nos ovanti gradu festinemus. R.

Stella duce, Magi Christum adorantes aurum, tus et myrrham dant munera. Iesu infanti corda praebeamus; R.

Aeterni Parentis splendorem aeternum, velatum sub carne videbimus; Deum infantem pannis involutum. R.

Pro nobis egenum et faeno cubantem, piis foveamus amplexibus. Sic nos amantem quis non redamaret? R.

Cantet nunc Io chorus Angelorum; cantet nunc aula caelestium, gloria in excelsis Deo. R.

Ergo qui natus die hodierna, Iesu, tibi sit gloria, Patris aeterni Verbum caro factum. R.

Assist us, O Lord

Adesto nobis

from the Roman Missal

Assist us, O Lord our God; and defend us evermore by the might of Thy holy Cross, in whose honor Thou makest us to rejoice. Through Christ our Lord. Amen.

Adesto nobis, Domine Deus noster; et quos sanctae Crucis laetari facis honore, eius quoque perpetuis defende subsidiis. Per Christum Dominum nostrum. Amen.

Antiphon: We Adore Thee

Adoramus te

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. Amen.

Adoramus te, sanctissime Domine Iesu Christe, hic et ad omnes Ecclesias tuas, quae sunt in toto mundo, et benedicimus tibi; quia per sanctam Crucem tuam redemisti mundum. Amen.

Hidden God
Adoro Te Devote
hymn by St. Thomas Aquinas

Hidden God, devoutly I adore Thee, truly present underneath these veils: all my heart subdues itself before Thee, since it all before Thee faints and fails.

Not to sight, or taste, or touch be credit hearing only do we trust secure; I believe, for God the Son has said it - Word of truth that ever shall endure.

On the cross was veiled Thy Godhead's splendor, here Thy manhood lies hidden too; unto both alike my faith I render, and, as sued the contrite thief, I sue.

Though I look not on Thy wounds with Thomas, Thee, my Lord, and Thee, my God, I call: make me more and more believe Thy promise, hope in Thee, and love Thee over all.

O memorial of my Savior dying, Living Bread, that gives life to man; make my soul, its life from Thee supplying, taste Thy sweetness, as on earth it can.

Deign, O Jesus, Pelican of heaven, me, a sinner, in Thy Blood to lave, to a single drop of which is given all the world from all its sin to save.

Contemplating, Lord, Thy hidden presence, grant me what I thirst for and implore, in the revelation of Thy essence to behold Thy glory evermore. Amen.

Adoro te devote, latens Deitas, quae sub his figuris vere latitas: tibi se cor meum totum subiicit, quia te contemplan totum deficit.

Visus, tactus, gustus in te fallitur, sed auditu solo tuto creditur; credo quidquid dixit Dei Filius: nil hoc verbo Veritatis verius.

In cruce latebat sola Deitas, at hic latet simul et humanitas; ambo tamen credens atque confitens, peto quod petivit latro paenitens.

Plagas, sicut Thomas, non intueor; Deum tamen meum te confiteor; fac me tibi semper magis credere, in te spem habere, te diligere.

O memoriale mortis Domini! panis vivus, vitam praestans homini! praesta meae menti de te vivere et te illi semper dulce sapere.

Pie pellicane, Iesu Domine, me immundum munda tuo sanguine; cuius una stilla salvum facere totum mundum quit ab omni scelere.

Iesu, quem velatum nunc aspicio, oro fiat illud quod tam sitio; ut te revelata cernens facie, visu sim beatus tuae gloriae. Amen.

We Have Come
Adsumus
partial indulgence
from the Roman Pontifical

We have come, O God the Holy Spirit, we have come before Thee, hampered indeed by our many and grievous sins, but for a special purpose gathered together in Thy name. Come to us and be with us and enter our hearts. Teach us what we are to do and where we ought to tend; show us what we must accomplish, in order that, with Thy help, we may be able to please Thee in all things. Be Thou alone the author and the finisher of our judgments, Thou who alone with God the Father and his Son dost possess a glorious name.

Do not allow us to disturb the order of justice, Thou who lovest equity above all things. Let not ignorance draw us into devious paths. Let not partiality sway our minds, nor respect of riches nor persons pervert our judgment. But unite us to Thee effectually by the gift of Thy grace alone, that we may be one in Thee and never forsake the truth; inasmuch as we are gathered together in Thy name, so may we in all things hold fast to justice tempered by mercy, so that in this life our judgment may in no wise be at variance with Thee and in the life to come we may attain everlasting rewards for deeds well done. Amen.

Adsumus, Domine Sancte Spiritus, adsumus peccati quidem immanitate detenti, sed in nomine tuo specialiter congregati. Veni ad nos et esto nobiscum et dignare illabi cordibus nostris; doce nos quid agamus, quo gradiamur et ostende quid efficere debeamus, ut, te auxiliante, tibi in omnibus placere valeamus. Esto solus suggestor et effector iudiciorum nostrorum, qui solus cum Deo Patre et eius Filio nomen possides gloriosum.

Non nos patiaris perturbatores esse iustitiae qui summam diligis aequitatem; non in sinistram nos ignorantia trahat, non favor inflectat, non acceptio muneris vel personae corrumpat; sed iunge nos tibi efficaciter solius tuae gratiae dono, ut simus in te unum et in nullo deviemus a vero; quatenus in nomine tuo collecti, sic in cunctis teneamus cum moderamine pietatis iustitiam, ut et hic a te in nullo dissentiat sententia nostra et in futurum pro bene gestis consequamur praemia sempiterna. Amen.

**O Christ, Whose Glory Fills the Heaven
Aeterna caeli gloria**

hymn from the Roman Breviary, 5th century

O Christ, whose glory fills the heaven, our only hope, in mercy given; Child of a Virgin meek and pure; Son of the Highest evermore:

Grant us Thine aid Thy praise to sing, as opening days new duties bring; that with the light our life may be renewed and sanctified by Thee.

The morning star fades from the sky, the sun breaks forth; night's shadows fly: O Thou, true Light, upon us shine: our darkness turn to light divine.

Within us grant Thy light to dwell: and from our souls dark sins expel; Cleanse Thou our minds from stain of ill, and with Thy peace our bosoms fill.

To us strong faith forever give, with joyous hope, in Thee to live; That life's rough way may ever be made strong and pure by charity.

All laud to God the Father be; All praise, Eternal Son, to Thee; All glory, as is ever meet, to God the Holy Paraclete.

Aeterna caeli gloria, beata spes mortalium, celsi Parentis Unice, castaeque proles Virginis:

Da dexteram surgentibus, exurgat et mens sobria. flagrans et in laudem Dei grates rependat
debitas.

Ortus refulget lucifer, ipsamque lucem nuntiat, cadit caligo noctium, lux sancta nos illuminet.

Manensque ostris sensibus noctem repellat saeculi omnique fine temporis purgata servet pectora.

Quaesita iam primum fides radicet altis sensibus, secunda spes congaudeat, tunc4 maior exstat
caritas.

Sit, Christe, rex piissime, tibi Patrique gloria, cum Spiritu Paraclito, in sempiterna saecula. Amen.

Eternal Light, Divinity
Aeterna Lux, Divinitas
18th century liturgical hymn

Eternal Light, Divinity, O Unity in Trinity, Thy holy name Thy servants bless, to Thee we pray,
and Thee confess.

We praise the Father, mighty One; we praise the sole-begotten Son; we praise the Holy Ghost
above, who joins Them in one bond of love.

O Verity! O Charity! O Ending and Felicity! in Thee we hope, in Thee believe, Thyself we love,
to Thee we cleave.

Thou First and Last, from whom there springs the Fount of all created things, Thou art the Life
which moves the whole, sure hope of each believing soul.

Thou who alone the world hast made, art still its one sufficing aid, the only Light for gazing eyes,
and, unto them that hope, the Prize.

O Father, Source of God the Word, O Word with Him co-equal Lord, O Spirit of like majesty, O
Triune God, all praise to Thee. Amen.

Aeterna lux, divinitas, in unitate Trinitas, te confitemur debiles, te deprecamur supplices

Summum Parentem credimus Natumque Patris unicum, et caritatis vinculum qui iungit illos
Spiritum.

O veritas, o caritas, o finis et felicitas, sperare fac et credere, amare fac et consequi.

Qui finis et exordium rerumque fons es omnium, tu solus es solacium, tu certa spes credentium.

Qui cuncta solus efficis cunctisque solus sufficis, tu sola lux es omnibus et praemium sperantibus.

Christum rogamus et Patrem, Christi Patrisque Spiritum; unum potens per omnia, fove precantes,
Trinitas. Amen.

Maker of All, Eternal King

Aeterne rerum conditor
from the Roman Breviary, by St. Ambrose

Maker of all, eternal King, who day and night about dost bring: who weary mortals to relieve,
dost in their times the seasons give:

Now the shrill cock proclaims the day, and calls the sun's awakening ray, the wandering pilgrim'
guiding light, that marks the watches night by night.

Roused at the note, the morning star heaven's dusky veil uplifts afar: night's vagrant bands no
longer roam, but from their dark ways hie them home.

The encouraged sailor's fears are o'er, the foaming billows rage no more: Lo! e'en the very
Church's Rock melts at the crowing of the cock.

O let us then like men arise; the cock rebukes our slumbering eyes, bestirs who still in sleep
would lie, and shames who would their Lord deny.

New hope his clarion note awakes, sickness the feeble frame forsakes, the robber sheathes his
lawless sword, faith to fallen is restored.

Look in us, Jesu, when we fall, and with Thy look our souls recall: if Thou but look, our sins are
gone, and with due tears our pardon won.

Shed through our hearts Thy piercing ray, our soul's dull slumber drive away: Thy Name be first
on every tongue, to Thee our earliest praises sung.

All laud to God the Father be; all praise, Eternal Son, to Thee; all glory, as is ever meet, to God
the Holy Paraclete. Amen.

Aeterne rerum conditor, noctem diemque qui regis, et temporum das tempora, ut alleves
fastidium;

Praeco diei iam sonat, noctis profundae pervigil, nocturna lux vianibus a nocte noctem
segregans.

Hoc excitatus lucifer solvit polum caligine, hoc omnis erronum chorus vias nocendi deserit.

Hoc nauta vires colligit pontique mitescunt freta, hoc ipsa petra ecclesiae canente culpam diluit.

Surgamus ergo strenue! Gallus iacentes excitat, et somnolentos increpat, Gallus negantes arguit.

Gallo canente spes redit, aegris salus refunditur, mucro latronis conditur, lapsis fides revertitur.

Iesu, labantes respice, et nos videndo corrige, si respicis, lapsus cadunt, fletuque culpa solvitur.

Tu lux refulge sensibus, mentisque somnum discute, te nostra vox primum sonet et ore psallamus
tibi.

Sit, Christe, Rex piissime, tibi Patrique gloria cum Spiritu Paraclito, in sempiterna saecula. Amen.

Heaven Opened by the Three Hail Marys

Hail Mary Ave Maria

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Ave Maria, gratia plena, Dominus tecum. Benedicta tu in mulieribus, et benedictus fructus ventris tui, Iesus. Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc, et in hora mortis nostrae.

One of the greatest means of salvation, and one of the surest signs of predestination, is, unquestionably, the devotion to the Most Blessed Virgin. All the holy doctors of the Church are unanimous in saying with St. Alphonsus of Liguori: "A devout servant of Mary shall never perish." The chief thing is to persevere faithfully till death in this devotion. Can there be an easier or a more adaptable practice for all than the recitation each day of three Hail Marys in honor of the privileges conferred by the Adorable Trinity on the Blessed Virgin?

Immaculate Lily of the Holy Trinity. Pray for us.

One of the first to say the three Hail Marys and to recommend them to others was the illustrious St. Anthony of Padua. His special aim in this practice was to honor the spotless Virginity of Mary and to preserve a perfect purity of mind, heart and body in the midst of the dangers of the world. Many, like him, have felt its salutary effects.

Later on, St. Leonard of Port-Maurice, the celebrated missionary, had the three Hail Marys recited morning and evening in honor of Mary Immaculate, to obtain the grace of avoiding all mortal sins during the day or night; moreover, he promised in a special manner eternal salvation to all those who proved constantly faithful to this practice.

After the example of those two great Franciscan Saints, St. Alphonsus Maria of Liguori adopted this pious practice and gave it his most ardent and powerful support. He counseled its use and even imposed it as a penance on those who had not adopted this good habit.

The holy Doctor exhorts, in particular, parents and confessors to watch carefully that children be faithful in reciting each day their three Hail Marys, morning and evening. Or rather, like St. Leonard of Port-Maurice, he earnestly recommends it to all, to the devout and to sinners, to the young and old."

Even persons consecrated to God will derive from this practice much precious and salutary fruit. Numerous examples may show how agreeable the three Hail Marys are to the Divine Mother and what special graces they draw, during life and at the hour of death, on those who never omit them for a single day.

This practice has been revealed to St. Melchilde (13th Century) with the promise of a good death, if she was faithful to it, every day.

It is written, also, in St. Gertrude's revelations: "While this Saint sang the Hail Mary, at the matins of the Annunciation, she suddenly saw spring out from the Heart of the Father and the Son, and of the Holy Spirit, three bright flames which penetrated the Heart of the Holy Virgin."

Then she heard the following words: After the Power of the Father, the Wisdom of the Son and the merciful Tenderness of the Holy Spirit, nothing approaches the Power, the Wisdom and the merciful Tenderness of Mary."

His Holiness Benedict XV has raised the Confraternity of the Three Hail Marys to an Archconfraternity by according it precious indulgences with the power to aggregate to itself all Confraternities of the same kind, and to communicate them its own indulgences.

Practice: Recite, morning and evening, three Hail Marys in honor of the three great privileges, with this invocation at the end: for the morning: O my Mother, preserve me from mortal sin during this day, for the evening: O my Mother, preserve me from mortal sin during this night."

(Indulgences of 200 days granted by Leo XIII, 300 days for the members of the Archconfraternity of the Three Hail Marys by Benedict XV, and Apostolic Benediction by Pius X.)

Prayers for Hope and Comfort

by St. Augustine

Watch, dear Lord, with those who wake or watch or weep tonight, and give your angels charge over those who sleep. Tend your sick ones, O Lord Jesus Christ, rest your weary ones, bless your dying ones, soothe your suffering ones, shield your joyous ones, and all for your love's sake.

'I love You, O my God'

by St. Jean-Marie Vianney

I love You, O my God, and my only desire is to love You until the last breath of my life. I love You, O my infinitely lovable God, and I would rather die loving You, than live without loving You. I love You, Lord and the only grace I ask is to love You eternally. . . My God, if my tongue cannot say in every moment that I love You, I want my heart to repeat it to You as often as I draw breath.'

Invocation to Jesus, Mary, and Joseph

(favored by Pope Pius VII)

from 'With God' by Fr. F.X. Lasance

Jesus, Mary, and Joseph, I give you my heart and my soul; Jesus, Mary, and Joseph, assist me in my last agony; Jesus, Mary, and Joseph, may I breathe forth my soul in peace with you.

Come, Holy Ghost (Veni, Sancte Spiritus)

Come, Holy Ghost, fill the hearts of Thy faithful and kindle in them the fire of Thy love.

V. Send forth Thy Spirit and they shall be created.

R. And Thou shalt renew the face of the earth.

Let Us Pray

O God, Who didst instruct the hearts of the faithful by the light of the Holy Spirit, grant that, by

the gift of the same Spirit, we may be always truly wise and ever rejoice in His consolation.
Through Christ Our Lord.

The Jesus Prayer

Lord Jesus Christ, Son of the Living God, have mercy on me a sinner.

Prayer for Grace for Responsibilities

O Holy Lord grant me the graces and helps I need to be faithful to all of the responsibilities and duties of my vocation and my state in life and in the faithful living of the true Spiritual Life.

The Troparia to the Holy Trinity *from the Eastern morning prayer rule*

As we rise from sleep we worship Thee, O good and powerful Lord, and to thee we sing the Angel's hymn; Holy, Holy, Holy art thou, O God; through the Mother of God, have mercy on us.

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

Having raised me from bed and sleep, O Lord, enlighten my mind, and open my heart and lips to praise Thee, O Holy Trinity: Holy, Holy, Holy art thou O God; through the Mother of God, have mercy on us.

Now and ever, and to the ages of ages. Amen.

Suddenly the Judge will come, and the deeds of each will be laid bare; but at midnight let us cry with fear; Holy, Holy, Holy art Thou, O God; through the Mother of God, have mercy on us.

Lord, have mercy. (12 times.)

Prayer for the Protection of Our Lady of Mount Carmel

I humbly beseech thee, O Lady of Mount Carmel, to continue to keep thy mantle of protection around me and around each of my loved ones. I thank thee for having done so in the past and for all of your continued help and protection in the future.

Subjects for Daily Meditation.

Remember, Christian soul, that thou hast this day,
and every day of thy life:

God to glorify,
Jesus to imitate,
The Angels and Saints to invoke,
A soul to save,
A body to mortify,
Sins to expiate,
Virtues to acquire,
Hell to avoid,
Heaven to gain,

Eternity to prepare for,
Time to profit by,
Neighbors to edify,
The world to despise,
Devils to combat,
Passions to subdue,
Death perhaps to suffer,
And Judgment to undergo.

Seven Thanksgivings for the Seven Sheddings of Our Lord's Blood

Against the Seven Deadly Sins

I. O Most humble Lord and Master, Jesus Christ, true God and true Man, eternal praise and thanksgiving be to Thee, because in Thy tenderest age, on the eighth day of Thy mortal life, Thou didst vouchsafe to shed Thy precious and innocent Blood for us, and as a true Son of Abraham to bear the pain of circumcision.

By this most holy shedding of Thy Blood, I beg of Thee the grace of humility against all pride and worldly vanity.

Our Father. . .

O Saviour of the world, who by Thy Cross and precious Blood hast redeemed us: save us, and help us, we humbly beseech Thee, O Lord.

II. O THOU whose love is like the pelican's for her young, Jesus Christ, true God and true Man, eternal praise and thanksgiving be to Thee, because in the Garden, out of exceeding anguish of Thy Heart, Thou didst pour forth a bloody sweat, and, wholly resigning Thyself to death, didst offer it to Thy Father.

By this most holy shedding of Thy Blood, I ask of Thee the grace of liberality against all covetousness and avarice.

Our Father. . .

O Saviour of the world, who by Thy Cross and precious Blood hast redeemed us: save us, and help us, we humbly beseech Thee, O Lord.

III. O MOST chaste Spouse, Jesus Christ, true God and true Man, eternal praise and thanksgiving be to Thee, because Thou didst suffer Thyself to be mercilessly bound in Pilate's judgement hall, and Thy virginal flesh to be cruelly scourged and mangled.

By this most holy shedding of Thy Blood, I implore Thee the grace of chastity against all sensuality and lust.

Our Father. . .

O Saviour of the world, who by Thy Cross and precious Blood hast redeemed us: save us, and help us, we humbly beseech Thee, O Lord.

IV. O MOST meek Lamb, Jesus Christ, true God and true Man, eternal praise and thanksgiving

be to Thee, because Thou didst suffer Thy sacred Head to be crowned with piercing thorns and struck with a hard reed.

By this most holy shedding of Thy Blood, I pray Thee for the grace of meekness against all anger and desire of revenge.

Our Father. . .

O Saviour of the world, who by Thy Cross and precious Blood hast redeemed us: save us, and help us, we humbly beseech Thee, O Lord.

V. O MOST sweet Jesus Christ, Pattern of temperance and self-denial, true God and true Man, eternal praise and thanksgiving be to Thee, because Thou didst allow Thy garments to be torn from Thy bleeding body both before and after the carrying of Thy Cross, which opened Thy wounds again, and caused them to bleed afresh.

By this most holy shedding of Thy Blood, I beseech of Thee the grace of temperance and abstinence against all greediness and gluttony.

Our Father. . .

O Saviour of the world, who by Thy Cross and precious Blood hast redeemed us: save us, and help us, we humbly beseech Thee, O Lord.

VI. O GOOD and faithful Samaritan, Jesus Christ, true God and true Man, eternal praise and thanksgiving be to Thee, because out of Thy burning love for us Thou didst suffer Thy sacred Hands and Feet to be pierced and nailed to the Cross for our redemption.

By this most holy shedding of Thy Blood, I beg of Thee the grace of brotherly love against all envy and jealousy.

Our Father. . .

O Saviour of the world, who by Thy Cross and precious Blood hast redeemed us: save us, and help us, we humbly beseech Thee, O Lord.

VII. O Most zealous High-Priest, true God and true Man, eternal praise and thanksgiving be to Thee, because Thou didst suffer Thy sacred side to be pierced, opened, and wounded with a spear.

By this most holy shedding of Thy Blood, I earnestly pray Thee for the grace of holy zeal and fervor against all sloth and weariness in Thy service, and in every religious exercise.

Our Father. . .

O Saviour of the world, who by Thy Cross and precious Blood hast redeemed us: save us, and help us, we humbly beseech Thee, O Lord. Amen.

Take and Receive
by St. Ignatius of Loyola

Take and receive, o Lord, my liberty,
Take all my will, my mind, my memory.
All things I hold, and all I own are Thine.
Thine was the gift, to Thee, I all resign.

Do Thou direct and govern all in sway,
Do what Thou wilt command, and I obey.
Only Thy grace, Thy love on me bestow,
These make me rich, all else will I forego.

Canticle of Creatures
by St. Francis of Assisi

Most High, All-powerful, All-Good, Lord!
All praise is Yours,
all glory, all honor
And all blessing.

To You alone, Most High, do they belong.
No mortal lips are worthy
To pronounce your name.

All praise be Yours, my Lord, through all that You have made,
And first my lord Brother Sun,
Who brings the day; and light you give to us through him.
How beautiful is he, how radiant in all his splendor!
Of You, Most High, he bears the likeness.

All praise be Yours, my Lord, through Sister Moon and Stars;
In the heavens You have made them, bright
And precious and fair.

All praise be Yours, my Lord, through Brothers Wind and Air,
And fair and stormy, all the weather's moods,
By which You cherish all that You have made.

All praise be Yours, my Lord, through Sister Water,
So useful, lowly,
precious, and pure.

All praise be Yours, my Lord, through Brother Fire,
Through whom You brighten up the night.
How beautiful he is, how happy!
Full of power and strength.

All praise be Yours, my Lord, through Sister Earth, our mother,
Who feeds us in her sovereignty and produces
Various fruits and colored flowers and herbs.

All praise be Yours, my Lord,
through those who grant pardon

For love of You;
through those who endure
Sickness and trial.

Happy those who endure in peace,
By You, Most High,
they will be crowned.

All praise be Yours, my Lord,
through Sister Death-of-the-Body,
From whose embrace
no mortal can escape.
Woe to those who die
in mortal sin,
Happy those She finds
doing Your holy will!
The second death can do
no harm to them.

Praise and bless my Lord,
and give Him thanks,
And serve Him with great humility.

Prayer That We May Seek God and Find Him
by St. Ambrose of Milan, Bishop, Writer, Doctor

Lord, teach me to seek you, and reveal yourself to me when I seek you. For I cannot seek you unless you first teach me, nor find you unless you first reveal yourself to me. Let me seek you in longing and long for you in seeking. Let me find you in love, and love you in finding.

Daily Prayer to the Holy Spirit

Creator Spirit, come and visit the souls that are Yours:
fill with heavenly grace the hearts that You created.

You are called by the names of Paraclete,
gift of God most high, spring of life,
fire, love and the soul's anointing.

Seven gifts are Yours to give.
You are the finger of the Father's right hand.
You, the clear promise of the Father,
give men's tongues the grace of speech.

Kindle a light in our minds,
pour love into our hearts
and uphold with Your unfailing strength
the frailty of our human nature.

Drive our enemy far from us
and give us always the gift of peace;

so may it be that,
with Your grace ever guiding us in this way,
we may avoid all that is sinful.

Grant that through You
we may know the Father and the Son,
and may we ever believe You
to be the Spirit of both
the Father and the Son.

Glory be to God the Father,
and to the Son,
who rose from the dead,
and to the Paraclete
for ever and ever.

Daily Prayer to the Holy Spirit, *short version*

O Holy Spirit,
I humbly implore You,
be with me always
so that in all things,
I may act under the influence
of Your holy inspiration.

O Saving Victim
O Salutaris Hostia
by St. Thomas Aquinas

O Saving Victim, op'ning wide
The gate of heaven here below;
Our foes press on from ev'ry side;
Your aid supply, your strength bestow.

To your great Name be endless praise,
Immortal Godhead, One in Three;
O grant us endless length of days
In our true native land to be.

O Salutaris Hostia

Quae caeli pandis ostium;
Bella premunt hostilia,
Da robur, fer auxilium.

Uni trinoque Domino
Sit sempiterna gloria
Qui vitam sine termino
Nobis donet in patria.

Down in Adoration Falling

Tantum Ergo
by St. Thomas Aquinas

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

To the everlasting Father
And the Son who reigns on high,
With the Spirit still proceeding
Age to age eternally,
Be salvation, honor, blessing,
Might and endless majesty.

Tantum ergo Sacramentum
Veneremur cernui
Et antiquum documentum
Novo cedat ritui;
Praestet fides supplementum,
Sensuum defectui.

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

Thirty Days' Prayer to St. Joseph
for any special intention

In honor of the years he spent with Jesus and Mary

Ever blessed and glorious Joseph, kind and loving father, and helpful friend of all in sorrow! You are the good father and protector of orphans, the defender of the defenseless, the patron of those in need and sorrow. Look kindly on my request. My sins have drawn down on me the just displeasure of my God, and so I am surrounded with unhappiness. To you, loving guardian of the Family of Nazareth, do I go for help and protection.

Listen, then, I beg you, with fatherly concern, to my earnest prayers, and obtain for me the favor I ask.

I ask it by the infinite mercy of the eternal Son of God, which moved Him to take our nature and to be born into this world of sorrow.

I ask it by the weariness and suffering you endured when you found no shelter at the inn of Bethlehem for the holy Virgin, nor a place where the Son of God could be born. Then, being everywhere refused, you had to allow the Queen of Heaven to give birth to the world's Redeemer

in a cave.

I ask it by the loveliness and power of that sacred Name, Jesus, which you conferred on the adorable Infant.

I ask it by that painful torture you felt at the prophecy of holy Simeon, which declared the Child Jesus and his holy Mother future victims of our sins and of their great love for us.

I ask it through your sorrow and pain of soul when the angel declared to you that the life of the Child Jesus was sought by His enemies. From their evil plan you had to flee with Him and His Blessed Mother into Egypt. I ask it by all the suffering, weariness, and labors of that long and dangerous journey.

I ask it by all your care to protect the Sacred Child and His immaculate Mother during your second journey, when you were ordered to return to your own country. I ask it by your peaceful life in Nazareth where you met with so many joys and sorrows.

I ask it by your great distress when the adorable Child was lost to you and His Mother for three days. I ask it by your joy at finding Him in the Temple, and by the comfort you found at Nazareth, while living in the company of the Child Jesus. I ask it by the wonderful submission He showed in His obedience to you.

I ask it by the perfect love and conformity you showed in accepting the Divine order to depart from this life, and from the company of Jesus and Mary. I ask it by the joy which filled your soul, when the Redeemer of the world, triumphant over death and hell, entered into the possession of His kingdom and led you into it with special honors.

I ask it through Mary's glorious Assumption, and through that endless happiness you have with her in the presence of God.

O good father! I beg you, by all your sufferings, sorrows, and joys, to hear me and obtain for me what I ask. (Here name your petitions or think of them.)

Obtain for all those who have asked my prayers everything that is useful to them in the plan of God. Finally, my dear patron and father, be with me and all who are dear to me in our last moments, that we may eternally sing the praises of

JESUS, MARY AND JOSEPH

"a blameless life,
St. Joseph
may we lead,
by your kind patronage
from danger freed."

Prayer Against Storms (revised)

Jesus Christ a King of Glory has come in Peace. + God became man, + and the Word was made flesh. + Christ was born of a Virgin. + Christ suffered. + Christ was crucified. + Christ died. + Christ rose from the dead. + Christ ascended into Heaven. + Christ conquers. + Christ reigns. + Christ orders. + May Christ protect us from all storms and lightning + Christ went through their

midst in Peace, + and the word was made flesh. + Christ is with us with Mary. + O let the Angels say, "Flee you enemy spirits because the Lion of the Generation of Judah, the Root David, has won!" + Holy God! + Holy Powerful God! + Holy Immortal God! + Have mercy on us.

Mary the Dawn, Christ the Perfect Day

Mary the dawn, Christ the Perfect Day;
Mary the gate, Christ the Heavenly Way!

Mary the root, Christ the Mystic Vine;
Mary the grape, Christ the Sacred Wine!

Mary the wheat, Christ the Living Bread;
Mary the stem, Christ the Rose blood-red!

Mary the font, Christ the Cleansing Flood;
Mary the cup, Christ the Saving Blood!

Mary the temple, Christ the temple's Lord;
Mary the shrine, Christ the God adored!

Mary the beacon, Christ the Haven's Rest;
Mary the mirror, Christ the Vision Blest!

Mary the mother, Christ the mother's Son
By all things blest while endless ages run.

Prayer to the Holy Spirit

Byzantine

O Heavenly King, the Comforter, the Spirit of Truth,
Who are everywhere and fill all things,
Treasury of blessings, and Giver of life!
Come and abide in us,
Cleanse us from all our sins,
And save our souls, O Good One!

O Heavenly King, the Comforter, the Spirit of Truth,
Who are everywhere and fill all things,
Treasury of blessings, and Giver of life!
Come and abide in us,
Cleanse us from all our sins,
And save our souls, O Good One!

**O God We Praise Thee
Te Deum**

O God, we praise Thee, and acknowledge Thee to be the supreme Lord.
Everlasting Father, all the earth worships Thee.

All the Angels, the heavens and all angelic powers,

All the Cherubim and Seraphim, continuously cry to Thee:
Holy, Holy, Holy, Lord God of Hosts!
Heaven and earth are full of the Majesty of Thy glory.

The glorious choir of the Apostles,
The wonderful company of Prophets,
The white-robed army of Martyrs, praise Thee.
Holy Church throughout the world acknowledges Thee:
The Father of infinite Majesty;
Thy adorable, true and only Son;
Also the Holy Spirit, the Comforter.
O Christ, Thou art the King of glory!
Thou art the everlasting Son of the Father.
When Thou tookest it upon Thyself to deliver man,
Thou didst not disdain the Virgin's womb.
Having overcome the sting of death, Thou opened the Kingdom of Heaven to all believers.
Thou sittest at the right hand of God in the glory of the Father.
We believe that Thou wilt come to be our Judge.
We, therefore, beg Thee to help Thy servants whom Thou hast redeemed with Thy Precious
Blood.
Let them be numbered with Thy Saints in everlasting glory.

V. Save Thy people, O Lord, and bless Thy inheritance!
R. Govern them, and raise them up forever.

V. Every day we thank Thee.
R. And we praise Thy Name forever, yes, forever and ever.

V. O Lord, deign to keep us from sin this day.
R. Have mercy on us, O Lord, have mercy on us.

V. Let Thy mercy, O Lord, be upon us, for we have hoped in Thee.
R. O Lord, in Thee I have put my trust; let me never be put to shame.

Te Deum laudamus: te Dominum confitemur.
Te aeternum Patrem omnis terra veneratur.
Tibi omnes Angeli; tibi caeli et universae Potestates;
Tibi Cherubim et Seraphim incessabili voce proclamant:
Sanctus, Sanctus, Sanctus, Dominus Deus Sabaoth.
Pleni sunt caeli et terra maiestatis gloriae tuae.
Te gloriosus Apostolorum chorus,
Te Prophetarum laudabilis numerus,
Te Martyrum candidatus laudat exercitus.
Te per orbem terrarum sancta confitetur Ecclesia,
Patrem immensae maiestatis:
Venerandum tuum verum et unicum Filium;
Sanctum quoque Paraclitum Spiritum.
Tu Rex gloriae, Christe.
Tu Patris sempiternus es Filius.
Tu ad liberandum suscepturus hominem, non horruisti Virginis uterum.
Tu, devicto mortis aculeo, aperuisti credentibus regna caelorum.

Tu ad dexteram Dei sedes, in gloria Patris.
Iudex crederis esse venturus.
Te ergo quaesumus, tuis famulis subveni: quos pretioso sanguine redemisti.
Aeterna fac cum sanctis tuis in gloria numerari.

V. Salvum fac populum tuum, Domine, et benedic hereditati tuae.
R. Et rege eos, et extolle illos usque in aeternum.

V. Per singulos dies benedicimus te.
R. Et laudamus nomen tuum in saeculum, et in saeculum saeculi.

V. Dignare, Domine, die isto sine peccato nos custodire.
R. Miserere nostri, Domine, miserere nostri.

V. Fiat misericordia tua, Domine, super nos, quemadmodum speravimus in te.
R. In te, Domine, speravi: non confundar in aeternum.

Act of Consecration to Our Lady of the Blessed Trinity

With all my heart I praise Thee, Most Holy Virgin above all angels and saints in Paradise,
Daughter of the Eternal Father, and I consecrate to Thee my soul with all its faculties.

Hail Mary. . .

With all my heart I praise Thee, Most Holy Virgin above all angels and saints in paradise, beloved
Mother of the Son of God. I consecrate to Thee my body with all its senses.

Hail Mary. . .

With all my heart I praise Thee, Most Holy Virgin above all angels and saints in Paradise, beloved
Spouse of the Holy Ghost, I consecrate to Thee my heart, with all its affections and beseech Thee
to obtain for me from the Most Holy Trinity all the graces necessary for salvation.

Hail Mary. . .

Troparion

Heavenly King, Consoler Spirit, Spirit of Truth, present everywhere and filling all things, treasure
of all good and source of all life, come dwell in us, cleanse and save us, you who are All-Good.

Mortification Prayer

Dearest Jesus, I offer You this (whatever it is) in atonement for my sins, for the conversion of
sinners, in reparation for (whatever sin you care to mention) and in union with (whatever
suffering of Christ's Passion most closely resembles yours).

Prayer to St. John of the Cross

O glorious St. John of the Cross, through a pure desire of being like Jesus crucified, you longed
for nothing so eagerly as to suffer, to be despised, and to be made little of by all, and your thirst
after sufferings was so burning that your noble heart rejoiced in the midst of the cruelest torments

and afflictions. Grant, I beseech you, O dear Saint, by the glory which your many sufferings have gained for you, to intercede for me and obtain from God for me a love of suffering, together with strength and grace to bear with firmness of mind all the trials and adversities which are the sure means to the happy attainment of all that awaits me in heaven. Dear Saint, from your most happy place in glory, hear, I beseech you, my prayers, so that after your example, full of love for the cross I may deserve to be your companion in glory.

Miraculous Infant of Prague Prayer
Composed by Rev. Cyrillus a Matre Dei
The first and most devoted venerator of the
Holy Infant of Prague

Jesus unto Thee I flee,
Through Thy Mother praying Thee,
In my need to succor me.
Truly, I believe of Thee
God Thou art with strength to shield me;
Full of trust, I hope of Thee
Thou Thy grace wilt give to me.
All my heart I give to Thee,
Therefore, do my sins repent me;
From them breaking, I beseech Thee,
Jesus, from their bonds to free me.
Firm my purpose is to mend me;
Never more will I offend Thee.
Wholly unto Thee I give me,
Patiently to suffer for Thee,
Thee to serve eternally.
And my neighbor like to me
I will love for love of Thee.
Little Jesus, I beseech Thee,
In my need to succor me,
That with Joseph and with Mary
And the angels, I may Thee
Once enjoy eternally.

To Jesus Abandoned

With Mary Immaculate, let us adore, thank, implore and console the Most Beloved and Sacred Heart of Jesus in the Blessed Sacrament. O Divine Jesus, lonely today (tonight) in so many Tabernacles, without visitor or worshiper, I offer You my poor but loving heart. May its every beat be an infinite act of love for You.

You are always watching beneath the Sacramental Veils; in Your Love You never sleep and You are never weary of Your vigil for sinners. O lonely Jesus, may the flame of my heart burn and beam always in company with You. O Sacrament Most Holy, O Sacrament Divine! All praise and all thanksgiving be every moment Thine!

The Last Agony

When the soul is about to depart from the body, then more than ever ought they who are to pray

earnestly around the dying person's bed; and if he be unable to speak, the Holy Name of JESUS should constantly be invoked, and such words as the following again and again repeated in his ear:

INTO Thy hands, O Lord, I commend my spirit. – O Lord Jesus Christ, receive my spirit. – Holy Mary, pray for me. – O Mary, mother of grace, mother of mercy, do thou protect me from the enemy, and receive me at the hour of death. – St. Joseph, pray for me. - St. Joseph, in company with the blessed Virgin thy Spouse, open to me the bosom of divine mercy.

Jesus, Mary, Joseph, to you I commend my heart and my soul.
Jesus, Mary, Joseph, assist me in my last agony.
Jesus, Mary, Joseph, let me depart and rest with you in peace.

When the soul has departed, the following may be said:

Come to his assistance, ye Saints of God, come forth to meet him, ye Angels of the Lord:
Receiving his soul:
Offering it in the sight of the Most High.

V. May Christ receive thee, who hath called thee, and may the Angels bear thee into Abraham's bosom.
R. Receiving, etc.

V. Eternal rest grant unto him, O Lord, and let perpetual light shine upon him.
R. Offering, etc.
V. Lord, have mercy.
R. Christ, have mercy.
V. Lord, have mercy.

Our Father (inaudibly)

V. And lead us not into temptation.
R. But deliver us from evil.
V. Eternal rest grant unto him, O Lord.
R. And let perpetual light shine upon him.
V. From the gates of hell.
R. Deliver his soul, O Lord.
V. May he rest in peace.
R. Amen.
V. O Lord hear my prayer.
R. And let my cry come unto thee.
V. The Lord be with you.
R. And with thy spirit..

Let us pray

To Thee, O Lord, do we commend the soul of Thy servant N., that being dead to the world he may live unto Thee; and whatsoever sins he has committed through the frailty of his mortal nature, do Thou, by the pardon of Thy most merciful love, wash away.

R. Amen.

Meanwhile, according to the custom of the place, let the Passing-Bell be rung, reminding all who hear it to pray for the Christian soul. Then let the body be decently laid out, with lighted candles near. Let a small cross be placed upon the breast, between the hands or else let the hands themselves be folded one upon another, in the form of a cross. The body is sprinkled with holy water, and thenceforward until the time of burial, let all who are present pray for the repose of the departed soul.

Prayer to Defeat the Work of Satan

O Divine Eternal Father, in union with your Divine Son and the Holy Spirit, and through the Immaculate Heart of Mary, I beg You to destroy the Power of your greatest enemy - the evil spirits.

Cast them into the deepest recesses of hell and chain them there forever! Take possession of your Kingdom which You have created and which is rightfully yours.

Heavenly Father, give us the reign of the Sacred Heart of Jesus and the Immaculate Heart of Mary.

I repeat this prayer out of pure love for You with every beat of my heart and with every breath I take.

O Jesus, Sweetest Love

from My Prayer-Book by Rev. F. X. Lasance

O Jesus, sweetest Love, come Thou to me;
Come down in all Thy beauty unto me;
Thou Who didst die for longing love of me;
And never, never more depart from me.

Free me, O beauteous God, from all but Thee;
Sever the chain that holds me back from Thee;
Call me. O tender Love, I cry to Thee;
Thou art my all! O bind me close to Thee.

Commendation

from My Prayer-Book by Rev. F. X. Lasance

O HOLY guardian! at thy feet
This wreath of humble flowers I lay;
O that their odor were as sweet
As he desires, who sings the lay,
Protect me at death's awful hour,
Receive my soul to thy embrace,
Rich with the wonders of thy power,
To thank, to praise thee, face to face.

Thanksgiving for the Rosary

There is one harp that any hand can play,

And from its strings what harmonies arise!
There is one song that any mouth can say -
A song that lingers when all singing dies,
When on their beds our Mother's children pray,
Immortal music charms the grateful skies.

Sweet, blessed beads! I would not part
With one of you for richest gem
That gleams in kingly diadem:
Ye know the history of my heart.

Prayer to St. Joseph for Success in Work
by Pope Saint Pius X

Glorious St. Joseph,
model of all those who are devoted to labour,
obtain for me the grace to work conscientiously,
putting the call of duty above my many sins;
to work with thankfulness and joy,
considering it an honour to employ and develop,
by means of labour,
the gifts received from God;
to work with order,
peace, prudence and patience,
never surrendering to weariness or difficulties;
to work, above all, with purity of intention,
and with detachment from self,
having always death before my eyes
and the account which I must render of time lost,
of talents wasted,
of good omitted,
of vain complacency in success
so fatal to the work of God.
All for Jesus,
all for Mary,
all after thy example,
O Patriarch Joseph.
Such shall be my motto in life and death.

Novena to Our Lady of Good Remedy

O QUEEN OF HEAVEN AND EARTH,

Most Holy Virgin, we venerate thee.
Thou art the beloved Daughter of the Most High God,
the chosen Mother of the Incarnate Word,
the Immaculate Spouse of the Holy Spirit,
the Sacred Vessel of the Most Holy Trinity.

O Mother of the Divine Redeemer, who under the title of Our Lady of Good Remedy comes to the aid of all who call upon thee, extend thy maternal protection to us. We depend on thee, Dear

Mother, as helpless and needy children depend on a tender and caring mother.

Hail Mary. . .

O LADY OF GOOD REMEDY,

source of unfailing help, grant that we may draw from thy treasury of graces in our time of need.

Touch the hearts of sinners, that they may seek reconciliation and forgiveness. Bring comfort to the afflicted and the lonely; help the poor and the hopeless; aid the sick and the suffering. May they be healed in body and strengthened in spirit to endure their sufferings with patient resignation and Christian fortitude.

Hail Mary. . .

DEAR LADY OF GOOD REMEDY,

source of unfailing help, thy compassionate heart knows a remedy for every affliction and misery we encounter in life. Help me with thy prayers and intercession to find a remedy for my problems and needs, especially for. . .

On my part, O loving Mother, I pledge myself to a more intensely Christian lifestyle, to a more careful observance of the laws of God, to be more conscientious in fulfilling the obligations of my state in life, and to strive to be a source of healing in this broken world of ours.

Dear Lady of Good Remedy, be ever present to me, and through thy intercession, may I enjoy health of body and peace of mind, and grow stronger in the faith and in the love of thy Son, Jesus.

Hail Mary. . .

V. Pray for us, O Holy Mother of Good Remedy,

R. That we may deepen our dedication to thy Son, and make the world alive with His Spirit.

Over the centuries millions of Christians have been kidnapped by Moslems to be made slaves. In the Year of Our Lord 1198, St. John de Matha founded the Order of the Holy Trinity for the Redemption of Captives to ransom Christian slaves from their captors. And to gain the funds necessary to pay, they turned to the Blessed Virgin under the title of Our Lady of Good Remedy, who aided them beyond measure. From the time of its foundation, until the year 1787, over 900,000 slaves were ransomed by the Trinitarians.

Also founded for this purpose was the Mercedarian Order, or the Order of Our Lady of Ransom, by St. Peter Nolasco, which ransomed 490,736 slaves between the years 1218 and 1632. The Mercedarians added to their three religious vows, a fourth: To be come a hostage if necessary in the hands of the infidels, if that is necessary for the deliverance of Christ's faithful. Many Mercedarians kept their vows even to martyrdom.

The Feast of Our Lady of Good Remedy is October 8th. When in need - for whatever reason, but especially where you have had difficulty obtaining help - invoke the aid of Our Lady of Good Remedy, and you will surely experience the power of her intercession.

Act of Thanksgiving
from Fr. Stedman

Accept, O most merciful God, the Sacrifice of Thy Son,
in thanksgiving for all the benefits Thou hast granted me.

Thou hast created me to Thine Own Image and Likeness.
Thou hast redeemed me with Thy Son's Precious Blood.
Thou hast called me to the true faith, and preserved me from eternal death, which I so often
deserved for my sins.

What return shall I make Thee for these and all Thy favors?

I offer Thee Thine Only Son,
Who offered His Lifeblood on the Altar this morning,
uniting my little sacrifices with His great Sacrifice;
and thus I am able to make a real thanksgiving for all the blessings
Thou hast bestowed on me and on all mankind.

*But where are the nine who did not return to give thanks?"asked Jesus, of the lepers He healed
by a miracle. We petition God For Graces needed. Do we thank God for graces received? If
not, we offend God by ingratitude.*

Act of Confidence
from Fr. Stedman

Heart of Jesus, I adore Thee,
Heart of Mary, I implore thee,
Heart of Joseph, meek and just,
In these three Hearts I place my trust.

Prayer to Obtain the Grace of all the World's Masses

Eternal Father we humbly offer Thee our poor presence and that of the whole of humanity from
the beginning to the end of the world at all the Masses that ever have and ever will be prayed.
We offer Thee all the pains, suffering, prayers, sacrifices, joys and relaxations of our lives, in
union with those of our dear Lord Jesus here on earth. May the Most Precious Blood of Christ,
all His blood and wounds and agony save us, through the sorrowful and Immaculate Heart of
Mary.

Anima Christi
by St. Ignatius of Loyola

SOUL of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Thy wounds hide me.
Suffer me not to be separated from Thee.

From the malignant enemy defend me.
In the hour of my death, call me,
And bid me come to Thee,
That, with Thy Saints, I may praise Thee,
For ever and ever.

Prayer After Receiving the Eucharist

Most Sacred Heart of Jesus, may the whole world burn with love for You!

A Prayer in Suffering

O LORD JESUS CHRIST, accept my sufferings which I desire to unite with Thine. Sanctify this affliction, so that every pang I feel may purify my soul and bring it nearer to Thee, to be made more one with Thee; grant that I may welcome the sufferings which will make me more like to Thee.

O my Lord, stand Thou by me with Thy supporting grace; sanctify each pang, sustain my weakness. And then order for me what Thou pleasest. Come now to my help, O Lord, and so purify my soul that I may be spared the last, the eternal suffering; let me fly to the embrace of Thy love forever.

Prayer for the Dying

Most merciful Jesus, lover of souls, I pray Thee, by the agony of Thy most Sacred Heart and by the sorrows of Thine Immaculate Mother, wash in Thy Blood the sinners of the whole world who are now in their agony and are to die this day. Amen.

Heart of Jesus, once in agony, have mercy on the dying.

Good Night To Our Blessed Mother

Night is falling dear Mother, the long day is o'er!
And before thy loved image I am kneeling once more
To thank thee for keeping me safe through the day
To ask thee this night to keep evil away.
Many times have I fallen today, Mother Dear,
Many graces neglected, since last I knelt here;
Wilt thou not in pity, my own Mother mild,
Ask Jesus to pardon the sins of thy child?
I am going to rest, for the day's work is done,
Its hours and its moments have passed one by one;
And the God who will judge me has noted them all,
He has numbered each grace, He has counted each fall.
In His book they are written against the last day,
O Mother, ask Jesus to wash them away;
For one drop of His blood which for sinners was spilt,
Is sufficient to cleanse the whole world of its guilt.
And if ere the dawn I should draw my last breath
And the sleep that I take be the long sleep of death,
Be near me, dear Mother, for dear Jesus' sake

When my soul on Eternity's shore shall awake.

**O Joyous Light
Phos Hilarion**

O joyful Light! Light and Holy

Glory of the Father immortal, the heavenly, holy, the Blessed One; O Jesus Christ. Now that we have reached the setting of the sun, and see the evening light, we sing to God, Father + Son, and Holy Spirit. It is fitting at all times to raise a song of praise in measured melody to You, O Son of God, the giver of life. Behold the universe sings your glory.

Lucunda lux tu gloriae, fons luminis de lumine, beate Iesu caelitus a Patre sancto prodiens. Fulgor diei lucidus solisque lumen occidit, et nos ad horam vesperam te confitemur cantico. Laudamus unicum Deum, Patrem potentem, Filium cum Spiritu Paraclito in Trinitatis gloria. O digne linguis qui piis lauderis omni tempore, Fili Dei, te saecula vitae datorem personent.

Universal Prayer for All Things Necessary for Salvation

Composed by Pope Clement XI., A.D. 1721

O My God, I believe in thee; do thou strengthen my faith. All my hopes are in thee; do thou secure them. I love thee; teach me to love thee daily more and more. I am sorry that I have offended thee; do thou increase my sorrow.

I adore thee as my first beginning; I espouse after thee as my last end. I give thee thanks as my constant benefactor; I call upon thee as my sovereign protector.

Vouchsafe, O my God, to conduct me by thy wisdom, to restrain me by thy justice, to comfort me by thy mercy, to defend me by thy power.

To thee I desire to consecrate all my thoughts, works, actions, and sufferings; that henceforward I may think of thee, speak of thee, refer all my actions to thy greater glory, and suffer willingly whatever thou shalt appoint.

Lord, I desire that in all things thy will may be done, because it is thy will, and in the manner that thou willest.

I beg to thee to enlighten my understanding, to inflame my will, to purify my body, and to sanctify my soul.

Give me strength, O my God, to expiate my offences, to overcome my temptations, to subdue my passions, and to acquire the virtues proper for my state.

'O Lord My God, Grant . . .' Prayer

by St. Thomas Aquinas

O Lord my God, Grant me a mind to know Thee.
A heart to seek Thee. Wisdom to find Thee.
Conduct pleasing to Thee.
Faithful perseverance in waiting for Thee.
And hope of finally embracing Thee.

Heartbeat Reparation Prayer

Eternal Father, I desire to rest in your heart this night.
I make the intention of offering you every beat of my heart, joining to them as many acts of love
and desire.

I pray that even while I'm asleep, I will bring back to You souls that offend You.

I ask forgiveness for the whole world,
especially for those who know You and yet sin.
I offer to You my every breath and heartbeat,
as a prayer of reparation.

Evening Prayer to the Holy Spirit

by St. Antiochus

O Holy Spirit, most merciful Comforter: You proceed from the Father in a manner beyond our understanding. Come, I beseech You, and take up your abode in my heart. Purify and cleanse me from all sin, and sanctify my soul. Cleanse it from every impurity, water its dryness, melt its coldness, and save it from its sinful ways. Make me truly humble and resigned, that I may be pleasing to You, and that You might abide with me forever. Most Blessed Light, most Amiable Light, enlighten me. O Rapturous Joy of Paradise, Fount of Purest Delight, My God, give yourself to me and kindle in my innermost soul the fire of Your love. My Lord, instruct, direct, and defend me in all things. Give me strength against all immoderate fears and against despondency. Bestow upon me a true faith, a firm hope, and a sincere and a perfect love. Grant that I always do Thy Most Gracious Will.

Evening Prayer to God the Father

by St. Macarius

O eternal God and Ruler of all creation, You have allowed me to reach this hour. Forgive the sins I have committed this day by word, deed or thought. Purify me, O Lord, from every spiritual and physical stain. Grant that I may rise from this sleep to glorify You by my deeds throughout my entire lifetime, and that I be victorious over every spiritual and physical enemy. Deliver me, O Lord, from all vain thoughts and from evil desires, for yours is the kingdom, and the power, and the glory, Father, Son, and Holy Spirit, now and ever, and forever.

Renewal of Baptismal Promises

+

I, N. N., who through the tender mercy of the Eternal Father was privileged to be baptized "in the name of the Lord Jesus" (Acts 19, 5) and thus to share in the dignity of his divine Sonship, wish now in the presence of this same loving Father and of his only-begotten Son to renew in all sincerity the promises I solemnly made at the time of my holy Baptism.

I, therefore, now do once again renounce Satan; I renounce all his works; I renounce all his allurements.

I believe in God, the Father almighty, Creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord, who was born into this world and who suffered and died for my sins and rose again. 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.

Having been buried with Christ unto death and raised up with him unto a new life, I promise to live no longer for myself or for that world which is the enemy of God but for him who died for me and rose again, serving God, my heavenly Father, faithfully and unto death in the holy Catholic Church.

Taught by our Savior's command and formed by the word of God, I now dare to say:

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.

Powerful Prayer to the Holy Magi

(to be said with faith three times. For spiritual and financial intercession.)

O Almighty God, we raise our voices to You, that You may hear and have pity on us. You can assist us in a wonderful manner.

God of sanctity, God of strength, immortal God, have pity on us. We implore You through the merits of Jesus Christ, through the intercession of the Blessed Virgin, Saint Joseph, of the Holy Magi Kings, Kasper, Melchior, and Baltassar, and all Your Angels and Saints, to grant us here below, temporal blessings, and above, the blessings of eternal life.

Address of Ruth to Naomi

Entreat me not to leave thee,
Or to return from following after thee:
For whither thou goest,
I will go;
And where thou lodgest,
I will lodge.
Thy people shall be my people,
And thy God my God.
Where thou diest, will I die,
And there will I be buried.
The Lord do so to me, and more also
If ought but death part thee and me.

Devotions

Prayer of the Green Scapular for Conversions

Ten years after the manifestation of the Miraculous Medal to Sister Catherine Laboure in 1830, the Blessed Mother entrusted the Green Scapular of the Immaculate Heart to Sister Justine Bisqueyburu, likewise a daughter of Charity of St. Vincent de Paul. This "scapular" is not a badge of a confraternity but simply a double image attached to a single piece of cloth and

suspended from a cord, investiture is not required. It suffices that it be blessed by a priest and worn by one for whom it is intended. It may be placed in the clothing, on the bed, or simply in a room. Although wonderful graces are obtained, they are proportionate to the confidence with which the prayer is given.

Immaculate Heart of Mary, pray for us now and at the hour of our death.

Amen.

Devotion to the Dolors of Mary

Many are the promises given to those who show devotion to the Mother of God in the light of her sorrows. It is clearly revealed of the Lord that He has an especial love for the honor given to His Mother's sorrows, and throughout history He has promised to those who show this love special graces.

The Seven Dolors of Mary

The dolors of Mary have often been honored under the title of the Seven Dolors, these particular seven occasions of great sorrow are:

- I. The circumcision of Our Lord, when she saw His blood shed for the first time and heard the Prophecy of Simeon.
- II. The Holy Family's flight into Egypt to save the life of the little Infant Jesus when Herod was seeking to kill Him.
- III. The three days the Holy Family lost the Christ Child in Jerusalem.
- IV. When she saw Christ carrying His Cross.
- V. The death of Christ on the cross.
- VI. When Christ was taken down from the Cross.
- VII. When Christ was laid in the sepulchre.

The Promises of Grace to those who are Devoted to the Dolors of Mary

St. Alphonsus Liguori, writes that Our Lord revealed to St. Elizabeth of Hungary four special graces that are given to those who are devoted to the dolors of Mary:

- That those who before death invoke the Blessed Mother in the name of her sorrows, should obtain true repentance of all their sins.
- That He would protect in their tribulations all who remember this devotion, and that He would protect them especially at the hour of death.
- That He would impress upon their minds the remembrance of His Passion, and that they should have their reward for it in Heaven.
- That He would commit such devout clients to the hands of Mary, so that she might obtain for these souls all the graces she wanted to lavish upon them.

St. Bridget of Sweden has related that the Blessed Virgin Mary grants these graces to the souls *who honor her daily by saying seven Hail Marys and meditate on her tears and dolors:*

- I will grant peace to their families.
- They will be enlightened about the divine mysteries.
- I will console them in their pains and I will accompany them in their work.

I will give them as much as they ask for as long as it does not oppose the adorable will of my divine Son or the sanctification of their souls.

I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives.

I will visibly help them at the moment of their death, they will see the face of their Mother.

I have obtained from my divine Son, that those who propagate this devotion to my tears and dolours, will be taken directly from this earthly life to eternal happiness since all their sins will be forgiven and my Son and I will be their eternal consolation and joy.

Prayers in Honor of the Seven Sorrows of the Blessed Virgin Mary

approved by Pope Pius VII

V. O God, come to my assistance.

R. O Lord, make haste to help me.

V. Glory be to the Father. . .

R. As it was in the beginning. . .

I. I grieve for you, O Mary most sorrowful, in the affliction of your tender heart at the prophecy of the holy and aged Simeon. Dear Mother, by your heart so afflicted, obtain for me the virtue of humility and the gift of the holy fear of God.

Hail Mary. . .

II. I grieve for you, O Mary most sorrowful, in the anguish of your most affectionate heart during the flight into Egypt and your sojourn there. Dear Mother, by your heart so troubled, obtain for me the virtue of generosity, especially toward the poor, and the gift of piety.

Hail Mary. . .

III. I grieve for you, O Mary most sorrowful, in those anxieties which tried your troubled heart at the loss of your dear Jesus. Dear Mother, by your heart so full of anguish, obtain for me the virtue of chastity and the gift of knowledge.

Hail Mary. . .

IV. I grieve for you, O Mary most sorrowful, in the consternation of your heart at meeting Jesus as He carried His Cross. Dear Mother, by your heart so troubled, obtain for me the virtue of patience and the gift of fortitude.

Hail Mary. . .

V. I grieve for you, O Mary most sorrowful, in the martyrdom which your generous heart endured in standing near Jesus in His agony. Dear Mother, by your afflicted heart obtain for me the virtue of temperance and the gift of counsel.

Hail Mary. . .

VI. I grieve for you, O Mary most sorrowful, in the wounding of your compassionate heart, when the side of Jesus was struck by the lance before His Body was removed from the Cross. Dear

Mother, by your heart thus transfixed, obtain for me the virtue of fraternal charity and the gift of understanding.

Hail Mary. . .

VII. I grieve for you, O Mary most sorrowful, for the pangs that wrenched your most loving heart at the burial of Jesus. Dear Mother, by your heart sunk in the bitterness of desolation, obtain for me the virtue of diligence and the gift of wisdom.

Hail Mary. . .

Let us pray

Let intercession be made for us, we beseech You, O Lord Jesus Christ, now and at the hour of our death, before the throne of Your mercy, by the Blessed Virgin Mary, Your Mother, whose most holy soul was pierced by a sword of sorrow in the hour of Your bitter Passion. Through You, O Jesus Christ, Savior of the world, Who with the Father and the Holy Spirit lives and reigns forever and ever.

Consecration to Our Lady of Sorrows

Most holy Virgin and Queen of Martyrs, Mary, would that I could be in Heaven, there to contemplate the honors rendered to thee by the Most Holy Trinity and by the whole Heavenly Court! But since I am still a pilgrim in this vale of tears, receive from me, thy unworthy servant and a poor sinner, the most sincere homage and the most perfect act of vassalage a human creature can offer thee. In thy Immaculate Heart, pierced with so many swords of sorrow, I place today my poor soul forever; receive me as a partaker in thy dolors, and never suffer that I should depart from that Cross on which thy only begotten Son expired for me. With thee, O Mary, I will endure all the sufferings, contradictions, infirmities, with which it will please thy Divine Son to visit me in this life. All of them I offer to thee, in memory of the Dolors which thou didst suffer during thy life, that every thought of my mind, every beating of my heart may henceforward be an act of compassion to thy Sorrows, and of complacency for the glory thou now enjoyest in Heaven. Since then, O Dear Mother, I now compassionate thy Dolors, and rejoice in seeing thee glorified, do thou also have compassion on me, and reconcile me to thy Son Jesus, that I may become thy true and loyal son (daughter); come on my last day and assist me in my last agony, even as thou wert present at the Agony of thy Divine Son Jesus, that from this painful exile I may go to Heaven, there to be made partaker of thy glory. Amen.

Prayer of the Miraculous Medal

Even though a person be the worst sort, if only he agrees to wear the medal, give it to him.. and then pray for him, and at the proper moment strive to bring him closer to his Immaculate Mother, so that he have recourse to her in all difficulties and temptations."

– St. Maximilian Kolbe

O Mary, conceived without sin, pray for us who have recourse to thee.

Amen.

Militia of the Immaculata, Prayer of Marian Consecration

by St. Maximilian Kolbe

O Immaculata, Queen of Heaven and earth, refuge of sinners and our most loving Mother, God has willed to entrust the entire order of mercy to you. I, (name), a repentant sinner, cast myself at your feet, humbly imploring you to take me with all that I am and have, wholly to yourself as your possession and property. Please make of me, of all my powers of soul and body, of my whole life, death and eternity, whatever most pleases you. If it pleases you, use all that I am and have without reserve, wholly to accomplish what was said of you: "She will crush your head," and "You alone have destroyed all heresies in the whole world." Let me be a fit instrument in your immaculate and merciful hands for introducing and increasing your glory to the maximum in all the many strayed and indifferent souls, and thus help extend as far as possible the blessed kingdom of the most Sacred Heart of Jesus. For wherever you enter you obtain the grace of conversion and growth in holiness, since it is through your hands that all graces come to us from the most Sacred Heart of Jesus.

V. Allow me to praise you, O Sacred Virgin.

R. Give me strength against your enemies.

The Five-Fold Scapular Devotion

In 1190, St. John of Matha, a Spaniard, was saying his first holy Mass, when he saw over the altar the figure of an angel wearing a white robe, with a blue and red cross on the breast and the shoulder. This became the habit of the order of The Holy Trinity. (White Scapular)

In 1240, the Blessed Virgin appeared to seven prominent citizens of Florence who bound themselves by vow to honor the Mother of God in her sorrows. She handed them the black habit of the Servites and said, "...these garments shall be to you a perpetual memory of the sufferings of my heart." (Black Scapular)

In 1251, Our Lady appeared to St. Simon Stock, Holding in her hands the Brown habit of the Carmelites, she made this promise: "Whoever dies in this habit shall not suffer everlasting fire..." (Brown Scapular)

In 1605, Our Lord appeared to Sr. Ursula Benincasa, and made great promises if she and her fellow nuns would adopt as their religious habit one of a light blue color in honor of the Immaculate Conception of His Mother. Sister Ursula then asked Him if He would grant similar favors of those of the Laity or of other religious orders who would wear, in honor of the Immaculate Conception, a small Blue scapular; and Our Lord did so promise. (Blue Scapular)

In 1846, Our Blessed Lord appeared to Sr. Appoline Andriveau, showing her the red scapular of the Passion, promising that a great increase of faith, hope and charity would be reserved every Friday for those who wore the scapular. This vision was several times repeated; and the extraordinary thing about it is the rapidity with which it was approved in Rome. (Red or Passion Scapular)

These five scapulars have been approved separately and together by the Church. The fivefold are one single devotion, approved by the Church.

Rededication Prayers for the Five-Fold Scapular
partially adapted from the Investiture Prayers

I receive *the habit of the Order of The Most Holy Trinity* with an increase of *Faith, Hope, and Charity*, that I may put on the new man, created in the likeness of God, in holiness and righteousness.

I receive *the Scapular of the devoted Servants of Our Lady of the Seven Dolors*, so that, through diligent meditation on her sorrows, I may be imbued in heart and body with the Passion of Our Lord Jesus Christ, always remaining steadfast in my devotion.

I receive *the habit of the Society and Confraternity of Our Lady of Mount Carmel*, beseeching the Most Holy Virgin, that through her merits I may wear it without stain, being protected by her from all adversity and brought to the joys of Life Everlasting.

I receive *the Scapular of the devoted clients of the Blessed Virgin Mary*, conceived without sin, that by her intercession I may be cleansed from every defilement and attain Life Everlasting.

I receive *the Scapular of the Passion of Our Lord Jesus Christ*, so that having laid aside the old man and put on the new, I may wear it worthily and come to Life Everlasting.

I ask for all the spiritual favors of these congregations and associations that may be best for me to obtain, begging for the greater blessing of God and renewal of us if it so please Him, and thanking the Lord and all Heaven above for the love and mercy shown us especially through these gifts.

Amen.

Prayers and Remembrances for the Wearer of the Scapulars

The following contains original information and extracts from various sources.

I. The White Scapular of the Most Blessed Trinity

Almighty Everlasting God

God, whom it has pleased to found, through your saints John and Felix, the Order of the Most Holy Trinity for ransoming captives from the power of the Saracens; grant, we pray, that by their merits and intercession, and by your aid, we may be delivered from the slavery of both body and soul, and so be free to ever adore the Most Holy Trinity.

Amen.

St. John de Matha and St. Felix of Valois, holy founders, pray for us.

Its color is white, with a cross of red and blue in the center. About seven or eight centuries ago the Moors were very powerful; they often landed on the coast of Southern Europe, seized upon many defenseless Christians, and sold them as slaves. They also attacked Christian vessels,

plundered them, and sold the crew into bondage. There lived at this time in Paris a holy priest name John de Matha. During the first Mass (1190) he was honored by a heavenly vision. He beheld a bright angel, clad in a robe of snowy whiteness; on his breast shimmered a cross of blue (transverse) and crimson (vertical). He held his hands extended over a Moor and a Christian who stood beside him. The saint understood from this vision that he was called by God to ransom the Christian captives. In order, then, to prepare himself for this generous undertaking, he quitted Paris and retired to a wilderness, where he sought the company of St. Felix, a holy hermit, who was heir to the crown of France, but had quitted all to secure his salvation. As these holy men were one day seated near a cool spring that gushed forth beside their hermitage, and were discoursing of heavenly things, they suddenly beheld a snow-white stag. Between it's antlers glittered a brilliant cross of blue and crimson. St John de Matha now told his astonished companion the vision he had seen during his first Mass.

The two holy men then agreed to obey the voice of Heaven and to found an order for the redemption of the Christian captives. They therefore set out for Rome to receive the approbation of the Pope. On their arrival they were graciously received, and on the following morning the Pope also, during Mass, had the same vision which John de Matha beheld in Paris. The Holy Father then approved the new order, and gave it the name of the Order of the Most Holy Trinity. As the faithful were desirous of partaking in the merits and good works of this order, the Scapular of the Most Holy Trinity was instituted and approved of and enriched by the Church with many indulgences.

II. The Black Scapular of Our Lady of Sorrows

On Good Friday evening, as they were meditating on the sorrows of the Mother of God, they were again wrapped into an ecstasy, and beheld the Blessed Virgin descending from heaven, accompanied by a great multitude of angels carrying with them the instruments of Our Savior's Passion. One of them bore a palm branch, the emblem of victory. Another carried a shield, on which the words Servants of Mary were written in letters of gold. The Blessed Virgin herself held in her hand a religious habit of black cloth. Her beautiful countenance bore an expression of unutterable compassion and love. She presented the habit to the pious religious, saying: My children, receive this habit, and with it the name of my servant; persevere as you have begun, and this palm of victory shall one day be yours. As the faithful were now desirous of sharing in the merits and good works of this pious order, these good religious instituted the black Scapular, which was approved of by the Church and enriched with many indulgences.

O Lady, Donning This Scapular, We Don with You the Robes of Sorrow

O Lady, mindful of the charisms of the Servants of Mary to whom you promised the crown of victory to the persevering in love through all woe:

We remember, and pray to console you.

We recall your journey, feeling the sorrow in your heart at the first blood shed in the circumcision of Our Lord. . .

Your flight into Egypt to save the life of the little Infant Jesus from Herod's killers. . .

Experiencing with you the mournful lack of your child the three days he was lost in Jerusalem. . .

Walking with you as you saw Christ carrying His Cross, along that terrible Way, your heart with his every footstep. . .

You Before Him, in His death. . .

Full of pity and heart piercing sorrow, the agony amidst the ecstasy. . .

When He was taken down from the Cross, and you cradled His broken body in your arms. . .
And relinquishing Him, when He was laid in the sepulchre. . .

What did you feel then? Teach us O Lady, let us remember your sorrows, and so love Jesus better, and all. Let no longer the fullness of sorrow and pain be unknown to us, our love forbids us not to know Jesus in all the ways we are privileged to in this mortal coil.

We remember, and pray to console you.

Amen.

III. The Brown Scapular of Our Lady of Mt. Carmel

O Lord, may we ever be the devoted servants of the Blessed Virgin Mary conceived without sin, so that by her intercession we may be cleansed from every stain of sin and attain everlasting life.

. . .all those who out of true veneration and love for the Blessed Virgin constantly wear the scapular in a spirit of fidelity and confiding faith, after they have been placed by the Church itself with this habit or badge under the special protection of the Mother of God, shall enjoy this special protection in the matter and crisis which most concerns them for time and eternity. Whoever, therefore, even though he be now a sinner, wears the badge of the Mother of God throughout life as her faithful servant, not presumptuously relying on the scapular as on a miraculous amulet, but trustfully confiding in the power and goodness of Mary, may securely hope that Mary will through her powerful and motherly intercession procure for him all the necessary graces for true conversion and for perseverance in good. Such is the meaning and importance of the first privilege of the Carmelite Scapular, which is wont to be expressed in the words: "Whoever wears the scapular until death, will be preserved from hell." The second privilege of the scapular otherwise known as the Sabbatine privilege, may be briefly defined as meaning that Mary's motherly assistance for her servants in the Scapular Confraternity will continue after death, and will find effect especially on Saturday (the day consecrated to her honor), provided that the members fulfill faithfully the not easy conditions necessary for obtaining this privilege.

- The Catholic Encyclopedia

Just as men take pride in having others wear their livery, so the Most Holy Mary is pleased when Her servants wear Her Scapular as a mark that they have dedicated themselves to Her service, and are members of the Family of the Mother of God."

- St. Alphonsus Maria de Liguori

Those who wear the Brown Scapular may wish to gain the Sabbatine Privilege:

- 1. Wear the Brown Scapular continuously.*
- 2. Observe chastity according to one's state in life.*
- 3. Recite daily the Little Office of the Blessed Virgin.*

Or, A) To observe the fasts of the church together with abstaining from meat on Wednesdays and Saturdays.

Or, B) With permission of a Priest to say five decades of Our Lady's Most Holy Rosary

Or C) With permission of a Priest to substitute some other good work.

IV. The Blue Scapular of the Immaculate Conception

O Immaculate Heart of Mary, may we ever love you.

It was on the Feast of Candlemas, a few centuries ago, that Our Blessed Lady appeared to a pious maiden named Ursula Benincasa. Our Lady was clad in a robe of dazzling whiteness, over which she wore a mantel of heavenly blue. A troop of beautiful virgins, clad in the same attire, surrounded their Virgin Queen, who bore her Divine Infant in her arms. The Holy Mother of God smiled graciously upon the pious maiden, who was at the time bitterly bewailing her sins, and consoled her.

My daughter,"said she, dry up thy tears; thy sorrow shall now be changed into pure and heavenly joy. Harken to the words of my Divine son, whom thou has chosen for thy Spouse."The Infant Jesus now commanded Ursula to found a new order bearing the name of Theatine Nuns in honor of the Immaculate Conception. (1605) This order was to be composed of thirty virgins, who were to wear a Habit similar to that in which the Blessed Virgin Mary appeared. The Divine Infant promised especial graces to all those who would join this order.

Our Lord made great promises to Ven. Sr. Ursula Benincasa if she and her fellow nuns would adopt as their religious habit one of a light blue color in honor of the Immaculate Conception of His Mother. Sister Ursula then asked Him if He would grant similar favors of those of the Laity or of other religious orders who would wear, in honor of the Immaculate Conception, a small Blue scapular; and Our Lord did so promise.

It is said there are hundreds of indulgences attached to this scapular [this information is from before the revisions]. You must be enrolled and wearing the Blue Scapular and you must say:

6 Our Father's, 6 Hail Mary's, and 6 Glory Be's in honor of The Holy Trinity and Mary Immaculate.

V. The Red Scapular of the Passion

"Holy Passion of Our Lord Jesus Christ, save us."

"Sacred Hearts of Jesus and Mary, protect us."

The Red Scapular, or the Scapular of the Passion and of the Sacred Hearts of Jesus and Mary. It was in the evening, about the year 1840, that a Sister of Charity of St. Vincent de Paul, Sr. Appoline Andriveau, was praying before the Blessed Sacrament. Our Blessed Savior appeared to her, holding in his hand the red Scapular, with bands of red wool braid; on one part of the Scapular was represented the Crucifixion; at the foot of the Cross lay the instruments of Our Lord's Passion. Around the cross were the words, Holy Passion of Our Lord Jesus Christ, save us."On the other part of the Scapular were represented the Sacred Hearts of Jesus and Mary. Between these Hearts arose a Cross, and around them were the words, Sacred Hearts of Jesus and Mary, protect us."This apparition was renewed several times

One day Our Lord revealed to the Sister that all those who wear this Scapular shall receive a

great increase of Faith, Hope, and Charity, which would be reserved for them on every Friday.

At another time, while this religious was meditating on the Passion during the Holy Mass, she had another apparition, which she relates as follow; I thought,"said she, I saw Our Lord Jesus hanging on the cross. The ghastly paleness of His countenance made a deep impression on me, and my whole body became covered with a cold sweat. Our Lord's head was bowed down. His brow was pierced by long and sharp thorns. On a sudden He raised His head, and the thorns were violently forced into His eyes and temples. Never can I forget that sight. There was something terrible in the pain He must have endured in the rude shock of His adorable head against the wood of the cross. I was filled with anguish and trembling. From that moment, the Passion of Our Lord has always been before my eyes."

One evening, this Sister was making the Way of the Cross. At the thirteenth station, the Blessed Virgin Mary put into her arms the mangled body of her Divine Son. The Blessed Mother of God then uttered these remarkable words; The world is going to ruin because it does not think of the Passion of Jesus Christ. Do all you can to get men to think of the Passion. Do all you can for the world's salvation."

One Sunday, Our Divine Savior showed this religious a beautiful river, clearer than crystal. Many persons were on its banks. Those that plunged in became all resplendent with brilliancy. Diamonds and gold seem to fall from their hands. Those that fled away became enveloped in a black smoke which made them hideous to the sight. Our Savior then told her that this beautiful river represented his mercy, always ready to receive the repentance of the sinner and to give it a value.

The Cross or Brief of St. Anthony of Padua

A cloth or linen upon which a cross is inscribed along with the words "Ecce crucem Domini fugite Partes adversae / Vicit Leo de tribu Juda Radix David. Alleluia! Alleluia!" are written, which means "Behold the Cross of the Lord! Begone hostile enemies! The Lion of Juda, the Offspring of David has triumphed! Alleluia! Alleluia!"

The story of the brief of St. Anthony is as follows: In Portugal, in the reign of King Denis, there was a certain person exposed to the attacks of the devil. The enemy of our salvation appeared often under the figure of Jesus Crucified and persuaded her to throw herself into the Tagus, to obtain the remission of her sins, and the happiness of Heaven. The unfortunate creature, deceived by satan's lies, decided one day to destroy herself. On her way to the river she entered a Franciscan Chapel, prostrating herself before the Altar of St. Anthony of Padua, she entreated the saint to help to save her soul, then terrified by the prospect of death, and overcome by fatigue, she fell asleep.

During her sleep, St. Anthony appeared to her and persuaded her to turn away from her fatal project, giving her a piece of parchment (cloth), which she was always to wear. On awakening, she found the precious leaflet hanging around her neck, on which was inscribed a few lines, known afterwards as the Brief or letter of St. Anthony. She immediately felt the efficacy of this Heavenly remedy; the temptation and obsession of Satan entirely disappeared.

St. Anthony of Padua is also known as the Hammer of Heretics and Wonderworker, a golden tongued Franciscan preacher, during his life St. Gregory IX had called him the "Ark of the

Testament" because of his singular knowledge of the Scriptures. In 1946 he was declared a Doctor of the Church.

By wearing the brief one reminds satan of the everlasting victory inflicted upon him by the Lion of Juda.

I Consecrate My House & Novena

Most Blessed virgin, whose Heart is Sorrowful and Immaculate, we recognize Thee as the Lady and Queen of this house.

Have the kindness to preserve it from any evil; from fire, water, thunder, storms, earthquakes, from robbers, wicked people, from revolutions, war, raids, from persecution and taxes, from any other evil known by Thee.

Bless, protect, defend and preserve as Thy personal property, those who live and will live here. Keep them from adversity and misfortune, but above all preserve them from offending God. Let not a single mortal sin be ever committed in this house. And may all those who enter it work for the Glory of God, for the Reign of Jesus and Mary.

Let this house be forever consecrated to You, O Jesus and Mary. Let it be blessed with all those who inhabit it.

Amen.

Novena for Protection of Your House

1 Hail Holy Queen
7 St. Michael Prayers
9 Glory Be's
3 "Lord Have Mercy On Us"

During the 1st World War, in France, some of the faithful Catholics were known to have this prayer tacked on their front door. These homes and residents were not harmed or invaded during the time of war.

It is recommended, have in your house: holy water, blessed wax candles, and upon the doors the blessed crucifix.

For the Lord will pass through striking the Egyptians: and when he shall see the blood on the transom, and on both the posts, he will pass over the door of the house, and not suffer the destroyer to come into your houses and to hurt you. [Exodus, xii]

The St. Benedict medal among the most helpful of medals for protection. Bury one at each of the four corners of the house, and wear and keep them about. Be certain your medals are properly and fully blessed from the old Roman Ritual. Not all blessings are the same.

The Devotion of the Seven Sorrows and Joys of St. Joseph

1. O chaste Spouse of Mary most holy, glorious St. Joseph, great was the trouble and anguish of

thy heart when thou wert minded to put away privately thine inviolate Spouse, yet thy joy was unspeakable when the surpassing mystery of the Incarnation was made known to thee by the Angel!

By this sorrow and this joy, we beseech thee to comfort our souls, both now and in the sorrows of our final hour, with the joy of a good life and a holy death after the pattern of thine own, in the arms of Jesus and Mary.

Our Father, Hail Mary, Glory Be . . .

2. O most blessed Patriarch, glorious St. Joseph, who was chosen to be the foster father of the Word made flesh, thy sorrow at seeing the Child Jesus born in such poverty was suddenly changed into heavenly exultation when thou didst hear the angelic hymn and beheld the glories of that resplendent night.

By this sorrow and this joy, we implore thee to obtain for us the grace to pass over from life's pathway to hear the angelic songs of praise, and to rejoice in the shining splendor of celestial glory.

Our Father, Hail Mary, Glory Be . . .

3. O glorious St. Joseph, thou faithfully obeyed the law of God, and thy heart was pierced at the sight of the Precious Blood that was shed by the Infant Savior during His Circumcision, but the Name of Jesus gave thee new life and filled thee with quiet joy.

By this sorrow and this joy, obtain for us the grace to be freed from all sin during life, and to die rejoicing, with the Holy Name of Jesus in our hearts and on our lips.

Our Father, Hail Mary, Glory Be . . .

4. O most faithful Saint who shared the mysteries of our Redemption, glorious St. Joseph, the prophecy of Simeon regarding the sufferings of Jesus and Mary caused thee to shudder with mortal dread, but at the same time filled thee with a blessed joy for the salvation and glorious which, he foretold, would be attained by countless souls.

By this sorrow and this joy, obtain for us that we may be among the number of those, who through merits of Jesus and the intercession of Mary the Virgin Mother, are predestined to a glorious resurrection.

Our Father, Hail Mary, Glory Be . . .

5. O most watchful Guardian of the Incarnate Son of God, glorious St. Joseph, what toil was thine in supporting and waiting upon the Son of the most high God, especially in the flight into Egypt! Yet at the same time, how thou didst rejoice to have always near you God Himself, and to see the idols of the Egyptians fall prostrate to the ground before Him.

By this sorrow and this joy, obtain for us the grace of keeping ourselves in safety from the infernal tyrant, especially by flight from dangerous occasions; may every idol of earthly affection fall from our hearts; may we be wholly employed in serving Jesus and Mary, and for them alone may we live and happily die.

Our Father, Hail Mary, Glory Be . . .

6. O glorious St. Joseph, an angel on earth, thou didst marvel to see the King of Heaven obedient to thy commands, but thy consolation in bringing Jesus out of the land of Egypt was troubled by the fear of Archelaus; nevertheless, being assured by the Angel, thou dwelt in gladness at Nazareth with Jesus and Mary.

By this sorrow and this joy, obtain for us that our hearts may be delivered from harmful fears, so that we may rejoice in peace of conscience and may live in safety with Jesus and Mary and may, like thee, die in their company.

Our Father, Hail Mary, Glory Be . . .

7. O glorious St. Joseph, pattern of all holiness, when thou didst lose, through no fault of thine own, the Child Jesus, thou sought Him sorrowing for the space of three days, until with great joy, thou didst find Him again in the Temple, sitting in the midst of the doctors.

By this sorrow and this joy, we supplicate thee, with our hearts upon our lips, to keep us from ever having the misfortune to lose Jesus through mortal sin; but if this supreme misfortune should befall us, grant that we may seek Him with unceasing sorrow until we find Him again, ready to show us His great mercy, especially at the hour of death; so that we may pass over to enjoy His presence in Heaven; and there in company with thee, may we sing the praises of His Divine mercy forever.

Our Father, Hail Mary, Glory Be . . .

Antiphon. And Jesus Himself was beginning about the age of thirty, being (as it was supposed) the Son of Joseph.

V. Pray for us, O holy Joseph,
R. That we may be made worthy of the promises of Christ.

Let Us Pray

O God, Who in Thine ineffable Providence didst vouchsafe to choose Blessed Joseph to be the spouse of Thy most holy Mother, grant we beseech Thee, that he whom we venerate as our protector on earth may be our intercessor in Heaven. Who lives and reigns forever and ever.

Amen.

The 3 Hail Marys in Honor of the Holy Trinity

This devotion was practiced and promoted by St. Mechtilde, St. Gertrude the Great, St. Alphonsus Liguori, St. Anthony of Padua, and St. Leonard of Port-Maurice. Our Lady appeared to St. Mechtilde and requested the daily recitation of 3 Hail Mary's in honor of the Holy Trinity.

Our Lady said:

"The first Hail Mary will be in honor of God the Father, whose omnipotence raised my soul so high above every creature that after God, I have the greatest power in Heaven and on earth. In

the hour of your death I will use that power of God the Father to keep any hostile power far from you."

"The second Hail Mary will be in honor of God the Son, who communicated His inscrutable wisdom to me ... In the hour of your death I will fill your soul with the light of that wisdom so that all the darkness of ignorance and error will be dispelled." "The third Hail Mary will be in honor of God the Holy Ghost, who filled my soul with the sweetness of His love and tenderness and mercy ... In your last hour I will then change the bitterness of death into divine sweetness and delight."

Promise Made to St. Gertrude by Our Lady:

To any soul who faithfully prays the Three Hail Marys I will appear at the hour of death in a splendor of beauty so extraordinary that it will fill the soul with heavenly consolation."

Eucharistic Prayer of Akita

"Most Sacred Heart of Jesus, truly present in the Holy Eucharist, I consecrate my body and soul to be entirely one with Your Heart, being sacrificed at every moment on all the altars of the world and giving praise to the Father, pleading for the coming of His Kingdom. Please receive this humble offering of myself. Use me as You will for the glory of the Father and the salvation of souls. Most Holy Mother of God, never let me be separated from Your Divine Son. Please defend and protect me as your special child.

Amen.

The Fatima Devotion & Prayers

Our Lady of Fatima

The following are the words from the visions that occurred to three children, during the time of the 1st World War, in which the Virgin Mother of God confirmed her mission and words with many miracles. One, the Miracle of the Sun was seen by near one hundred thousand. The next, a sign of the coming 2nd World War, was seen by the world and caused much fear. The Northern Lights came down, down further than they had ever been before, causing the major papers to report it and astonishment.

First Apparition

"Fear not! I will not harm you."

"I am from heaven."

"I came to ask you to come here for six consecutive months, on the thirteenth day, at this same hour. I will tell you later who I am and what I want. And I shall return here again a seventh time."

Lucia said: "Do you come from heaven. . . and will I go to heaven ?"

"Yes, you'll go."

"And Jacinta?"

"As well"

"And Francisco?"

"Him too, but he will have to say many rosaries."

"Do you wish to offer yourselves to God, to endure all the suffering that He may please to send you, as an act of reparation for the sins by which He is offended, and to ask for the conversion of sinners?"

"Yes, we do." said the children.

"You will have to suffer a lot, but the grace of God will be your comfort."

"Recite the rosary every day to obtain the peace for the world and the end of the war."

Second Apparition

"I wish you to come here the 13th of next month; that you say the Rosary every day, and that you learn to read. In succeeding months I will tell you what else I want."

"Yes, Jacinta and Francis will be among the few, but you must stay here for a long time. Jesus wants to help Himself of you to make Me known and loved. God wishes you to remain in the world for some time because He wants to use you to establish in the world a devotion to my Immaculate Heart. I promise salvation to those who embrace it, and their souls will be loved by God as flowers placed by myself to adorn His throne."

"Don't be discouraged, I will not abandon you ever. My Immaculate Heart will be your refuge and through it will conduct you to God."

Third Apparition

"That you come the 13th of the next month, that you continue to recite the Rosary every day to our Lady of the Rosary to obtain peace in the world and the end of the war, because only She will be able to aid you."

"You continue to come here. In October I will tell you who I am, that which I want, and I will do a miracle that all can see and believe. Sacrifice yourselves for sinners, and say often this prayer, especially during any sacrifice:"

Ø my Jesus, I offer this for love of Thee, for the conversion of poor sinners, and in reparation for all the sins committed against the Immaculate Heart of Mary"

"You have seen Hell, where the souls of poor sinners go. To save future souls God wishes to establish in the world the devotion to My Immaculate Heart. If people do what I tell you, many souls will be saved."

"If my requests are granted, Russia will be converted and there will be peace. If not, she will

scatter her errors throughout the world, provoking wars and persecution of the Church. The good will be martyred, the Holy Father will have much to suffer, and various nations will be destroyed. . . But in the end, my Immaculate Heart will triumph. The Holy Father will consecrate Russia to me, Russia will be converted, and a certain period of peace will be granted to the world".

"Do you want to learn a prayer? When you recite the Rosary, say at the end of each decade:

Oh My Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Your Mercy."

Fourth Apparition

"I want you to continue to go to the Cova da Iria on the 13th, that you continue to say the Rosary every day. I, in the last month will make the miracle that all will believe. Pray, pray a lot and offer sacrifices for the sinners. You know that many souls go the hell because there is none who pray for them."

Fifth Apparition

"I want you to come here on October 13 and that you continue to recite the Rosary to obtain the end of the war. In October the Lord, the sorrowful Lady, the Lady of Mt. Carmel, and St. Joseph with the child Jesus, will also come to bless the world. God is glad of your sacrifices, He does not want you to sleep with the cord to the sides, use it only during the day."

Sixth Apparition

13 October 1917

"I am the Lady of the Rosary, I desire here a chapel in my honor to be built, that people continue to recite the Rosary every day. Will the war finish. The war is going to end, and the soldiers will soon return to their homes."

Lucy asked: May I ask you for cures and conversions, will you grant them?"

"Some yes, others no. It is necessary that they ask pardon for their sins, that they don't offend God our Lord, and that He is already too much offended."

"I do not want anything more."

Here are some of the statements which Jacinta claimed were spoken to her personally by Our Lady:

More souls go to hell because of sins of the flesh than for any other reason.

Certain fashions will be introduced that will offend Our Lord very much.

Many marriages are not good; they do not please Our Lord and are not of God.

Priests must be pure, very pure. They should not busy themselves with anything except what concerns the Church and souls. The disobedience of priests to their superiors and to the Holy Father is very displeasing to Our Lord.

The Blessed Mother can no longer restrain the hand of her Divine Son from striking the world with just punishment for its many crimes.

Tell everybody that God gives graces through the Immaculate Heart of Mary. Tell them to ask

graces from her, and that the Heart of Jesus wishes to be venerated together with the Immaculate Heart of Mary.

Apparition to Sister Lucy

December 10, 1925

"See, My daughter, My heart surrounded by thorns which ungrateful men pierce at every moment by their blasphemies and ingratitude. . .

Say to all those who:

For five months, on the first Saturday, confess,
receive Holy Communion,
recite the Rosary
and keep Me company for 15 minutes while meditating on the fifteen mysteries of the Rosary, in
a spirit of reparation,

I promise to assist them at the hour of death with all the graces necessary for the salvation of
their souls."

Pardon Prayer

of the Angel of Peace

My God, I believe, I adore, I hope and I love Thee! I beg pardon for those who do not believe, do
not adore, do not hope, and do not love Thee.

Angel's Prayer

O Most Holy Trinity, Father, Son, and Holy Spirit, I adore Thee profoundly. I offer Thee the most
precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the
world, in reparation for the outrages of the world, in reparation for the outrages, sacrileges and
indifferences by which He is offended. By the infinite merits of the Sacred Heart of Jesus and the
Immaculate Heart of Mary, I beg for the conversion of poor sinners.

Eucharistic Prayer

Most Holy Trinity, I adore Thee! My God, my God, I love Thee in the Most Blessed Sacrament!

Sacrifice Prayer

(taught the children by Our Lady for when they had some sacrifice to offer)

O my Jesus, it is for love of Thee, in reparation for the offenses committed against the
Immaculate Heart of Mary, and for the conversion of poor sinners.

Decade Prayer

(asked by Our Lady to be placed at the end of each decade of the Rosary)

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

Amen.

First Saturday Reparation

The Blessed Mother then said: My daughter, look at my heart surrounded by the thorns with which ungrateful men pierce it at every moment by their blasphemies and ingratitude. You, at least, try to console me, and say that I promise to assist at the hour of death with all the graces necessary for salvation all those who, on the first Saturday of five consecutive months, go to Confession and receive Holy Communion, recite five decades of the Rosary, and keep me company for fifteen minutes while meditating on the fifteen mysteries of the Rosary with the intention of making reparation to me."

* Confession

* Communion

* 5 decades of the Rosary

* Keep Mary company by meditation for fifteen minutes on the Rosary mysteries.

* All this done with the intention of making reparation to the Immaculate Heart of Mary

AN ACT OF REPARATION FOR THE FIRST SATURDAYS OF THE MONTH

O Most Holy Virgin,
and Our Mother,
we listen with grief to the complaints
of your Immaculate Heart
surrounded with the thorns placed therein
at every moment by the blasphemies
and ingratitude of ungrateful humanity.
We are moved by the ardent desire
of loving you as Our Mother
and of promising a true devotion
to Your Immaculate Heart.

We therefore kneel before You
to manifest the sorrow we feel
for the grievances that people cause You,
and to atone by our prayers
and sacrifices for the offenses
with which they return your love.
Obtain for them
and for us the pardon of so many sins.
Hasten the conversion of sinners
that they may love Jesus Christ
and cease to offend the Lord,
already so much offended.
Turn you eyes of mercy toward us,
that we may love God
with all our heart on earth
and enjoy Him forever in Heaven.

Amen.

The Twelve Promises of the Sacred Heart to St. Margaret Mary

1. I will give them all the graces necessary for their state of life.
2. I will give peace in their families.
3. I will console them in all their troubles.
4. They shall find in My heart an assured refuge during life and especially at the hour of death.
5. I will pour abundant blessings on all their undertakings.
6. Sinners shall find in My Heart the source and infinite ocean of mercy.
7. Tepid souls shall become fervent.
8. Fervent souls shall speedily rise to great perfection.
9. I will bless the homes in which the image of My Sacred Heart shall be exposed and honoured.
10. I will give to priests the power to touch the most hardened hearts.
11. Those who propagate this devotion shall have their name written in My Heart, and it shall never be effaced.
12. The all-powerful love of My Heart will grant to all those who shall receive Communion on the First Friday of nine consecutive months the grace of final repentance; they shall not die under My displeasure, nor without receiving their Sacraments; My Heart shall be their assured refuge at the last hour.

“And He showed me that it was His great desire of being loved by men and of withdrawing them from the path of ruin into which Satan hurls such crowds of them, that made Him form the design of manifesting His Heart to men, with all the treasures of love, of mercy, of grace, of sanctification and salvation which It contains, in order that those who desire to render Him and procure for Him all the honour and love possible, might themselves be abundantly enriched with those divine treasures of which this Heart is the source. He should be honoured under the figure of this Heart of flesh, and Its image should be exposed . . . He promised me that wherever this image should be expose with a view towards showing It special honour, He would pour forth His blessings and graces. This devotion was the last effort of His love that He would grant to men in these latter ages, in order to withdraw them from the empire of Satan which He desired to destroy, and thus to introduce them into the sweet liberty of the rule of His love, which He wished to restore in the hearts of all those who should embrace this devotion.”

– St. Margaret Mary

The Fifteen Promises of Mary to Christians Who Recite the Rosary *given to St. Dominic and Blessed Alan de Roche*

1. Whoever shall faithfully serve me by the recitation of the Rosary, shall receive signal graces.
2. I promise my special protection and the greatest graces to all those who shall recite the Rosary.
3. The Rosary shall be a powerful armor against hell, it will destroy vice, decrease sin, and defeat heresies.
4. It will cause virtue and good works to flourish; it will obtain for souls the abundant mercy of God; it will withdraw the hearts of men from the love of the world and its vanities, and will lift them to the desire of eternal things. Oh, that souls would sanctify themselves by this means.

5. The soul which recommends itself to me by the recitation of the Rosary, shall not perish.
6. Whoever shall recite the Rosary devoutly, applying himself to the consideration of its sacred mysteries shall never be conquered by misfortune. God will not chastise him in His justice, he shall not perish by an unprovided death; if he be just he shall remain in the grace of God, and become worthy of eternal life.
7. Whoever shall have a true devotion for the Rosary shall not die without the sacraments of the Church.
8. Those who are faithful to recite the Rosary shall have during their life and at their death the light of God and the plenitude of His graces; at the moment of death they shall participate in the merits of the saints in paradise.
9. I shall deliver from purgatory those who have been devoted to the Rosary.
10. The faithful children of the Rosary shall merit a high degree of glory in heaven.
11. You shall obtain all you ask of me by the recitation of the Rosary.
12. All those who propagate the holy Rosary shall be aided by me in their necessities.
13. I have obtained from my Divine Son that all the advocates of the Rosary shall have for intercessors the entire celestial court during their life and at the hour of death.
14. All who recite the Rosary are my sons, and brothers of my only Son Jesus Christ.
15. Devotion of my Rosary is a great sign of predestination.

Quotations, Readings & Pious Remembrances

Keep your heart free and raise it up to God, for you have not here a lasting home.

Thomas à Kempis

There is a story to this effect in the "Lives of the Fathers" about a farmer whose crops were more plentiful than those of his neighbors. On being asked how this happened with such unvarying regularity, he said he was not surprised because he always had the kind of weather he wanted. He was asked to explain. He said: "It is so because I want whatever kind of weather God wants, and because I do, He gives me the harvests I want." If souls resigned to God's will are humiliated, says Salvian, they want to be humiliated; if they are poor, they want to be poor; in short, whatever happens is acceptable to them, hence they are truly at peace in this life. In cold and heat, in rain and wind, the soul united to God says: "I want it to be warm, to be cold, windy, to rain, because God wills it."

This is the beautiful freedom of the sons of God, and it is worth vastly more than all the rank and distinction of blood and birth, more than all the kingdoms in the world. This is the abiding peace

which, in the experience of the saints, "surpasseth all understanding." It surpasses all pleasures rising from gratification of the senses, from social gatherings, banquets and other worldly amusements; vain and deceiving as they are, they captivate the senses for the time being, but bring no lasting contentment; rather they afflict man in the depth of his soul where alone true peace can reside.

St. Alphonsus Maria de Liguori

O Jesus, teach me to understand the holy Jealousy of heavenly Love! Free me from earthly attachments and raise all my affections up to you. May my crucified heart be forever lost in your own and hidden away in the mysterious wound made by the spear.

St. Bernadette Soubirous

When you see a condemned man on his way to the gallows, it moves you to pity. If you could do something to free him, you would do it. Well, brothers and sisters, when I see a person in mortal sin, I see someone drawing nearer with every step to the gallows of hell. And seeing him in this unhappy state, I happen to know the way to free him: that he be converted to God, ask God's pardon, and make a good confession. Woe betide me if he does not.

St. Anthony Mary Claret

And when the malign one saw that through all this he could not obtain her damnation, it seems that he received from God the freedom to redouble his rage against her. Knowing how and how much she loved the honor of this monastery from her heart and the common good of all the sisters, he sought to afflict her in another way. So, one night, when the other sisters slept, she heard him walking around the monastery like a madman yelling with frightful and terrible voice. And after this, when he didn't receive from God freedom to destroy the monastery to the ground as happened to blessed Job, he did so much that, in a short while, the monastery was empty of both goods and sisters. . .

St. Catherine of Bologna

That Thy beloved may be delivered."

I wish to terrify them, says God, in order that struck by fear they may rise from the bed of sin and return to me.

In their affliction they will rise early to Me."

Yes, the Lord, although he sees us so ungrateful and worthy of punishment, is eager to free us from it, because however ungrateful we may be, he loves us and wishes us well. *Give us help from trouble.* Thus, in sum, prayed David; and thus ought we to pray. Grant, O Lord, that this scourge which now afflicts us may open our eyes, so that we depart from sin; because if we do not here abandon it, sin will lead us to eternal damnation, which is a scourge enduring forever.

St. Alphonsus Maria de Liguori

Another force that drives me to preach and hear confessions is my desire to make my neighbor happy. If there is so much joy in healing the sick, freeing the prisoner, consoling the afflicted, and cheering the sad, then there is far greater joy in bringing one's neighbor to the glory of heaven. It

means saving him from every evil and bringing him to the enjoyment of every good -- and for all eternity. Mortals cannot understand this just now, but when they are in glory they will know the great good that was offered them and that they will have, happily, attained. Then they will sing the everlasting mercies of the Lord and bless those who have been merciful to them.

St. Anthony Mary Claret

Know then that I despise thee and would rather choose to be condemned to hell without thee, than to possess God through thy means. For a pure mind cannot suffer anything to come between itself and God, for it desires to possess Him entirely and to be as pure and simple as He is himself. And this being so, how could it endure to be assisted by thee who art so hideous, and who would always glorify thyself unworthily over thy achievements? And although I know that such a thing could never be, it fills me with indignation to find that I have even imagined it or that any mind should ever conceive it possible!

Thus scorned, my *self* knew not what to answer, and never more had courage to assert itself: it no longer looked either at the body or the soul, toward heaven or toward earth; but I saw it remain always by itself with all its malicious inclinations, and had God permitted it, it would have done more evil against him than Lucifer himself. Yet, as I saw that God continually restrained it, this sight gave me no uneasiness, nor did it ever cause me any torment or suffering. Rather was the effect directly contrary, for he who loves justice is rejoiced when robbers are punished, and surely he who, being evil by nature, desires to become good by his own efforts, is a robber worthy to be punished in hell-fire. . .

But, for one who desires to approach God, it is necessary to become the enemy of His enemies; and, as I find nothing that is worse than myself, nor that is more inimical to Him, I am compelled to hold myself in more aversion than anything else whatever, and will even despise myself and count it to be worthless. And, on the other hand, I will detach my spirit from all the goods of both this world and the other, which I will henceforth regard as if they had no existence. I have implored God neither to suffer me to rejoice interiorly nor to grieve over any created thing, so that I may never be seen to shed a single tear. And I have begged Him to take away from me the freedom of my will, so that I may no longer do what pleases me, but only what is according to His pleasure: all these things I have obtained from his clemency.

St. Catherine of Genoa

'The first weapon I call zeal, that is solicitude in doing good, since the Holy Scripture condemns those who are negligent and lukewarm in the way of God (Apoc 3.15-16). The office of the Holy Spirit is to inspire in us good inspirations, while our duty is to accept them and put them into operation by waging continual violence against our sensuality which always invites us to what is contrary to what the spirit wills. Therefore, it is necessary to resist it with true diligence and not to let the time granted to us pass by without acquiring the fruit of good works, as it is written:

Whoever wishes to go up, let him rest not
From thoughts, from speaking words and doing deeds
And always exerting himself in God

but with discretion, so that when our adversary, like a wicked traitor, assails us from ambush, we can defend ourselves. By "from ambush" I mean, when under the appearance of good he wishes to kill you, for there is as much danger in too much as in too little. And so I tell you "with discretion," aware that this virtue establishes and perfects all the other virtues according to what

was said by the glorious teacher of the ancient holy fathers, that is, St. Antonio of Vienna.'

St. Catherine of Bologna

Many begin will, but few there are who persevere.

St. Jerome

Behold how many there are who are called, and how few who are chosen! And behold, if you have no care for yourself, your perdition is more certain than your amendment, especially since the way that leads to eternal life is so narrow.

St. John of the Cross

What did Our Lord answer the curious man in the Gospel who asked Him, "Lord, is it only a few to be saved?" Did He keep silence? Did He answer haltingly? Did He conceal His thought for fear of frightening the crowd? No. Questioned by only one, He addresses all of those present. He says to them: "You ask Me if there are only few who are saved?" Here is My answer: "Strive to enter by the narrow gate; for many, I tell you, will seek to enter and will not be able." Who is speaking here? It is the Son of God, Eternal Truth, who on another occasion says even more clearly, "Many are called, but few are chosen." He does not say that all are called and that out of all men, few are chosen, but that many are called; which means, as Saint Gregory explains, that out of all men, many are called to the True Faith, but out of them few are saved. Brothers, these are the words of Our Lord Jesus Christ. Are they clear? They are true. Tell me now if it is possible for you to have faith in your heart and not tremble.

St. Leonard of Port Maurice

Let the end of life be considered, and there will be nothing in this world to be loved.

St. Lawrence Justinian

Consider every day that you are then for the first time beginning; and always act with the same fervor as on the first day you began.

St. Anthony of Padua

I saw the snares that the enemy spreads out over the world and I said groaning, "What can get through from such snares?" Then I heard a voice saying to me, "Humility."

St. Anthony of Egypt

Continency is denial of the body, and confession to God. It withdraws from anything mortal, like a body which has the Spirit of God. It is without rivalry and envy, and causes us to be united to God. He who loves a body envies another. He who has not admitted the disease of corruption into his heart, is for the future strong enough to endure any labour, and though he have died in the body, he lives in incorruption. Verily, if I rightly apprehend the matter, God seems to me to be continency, because He desires nothing, but has all things in Himself. He reaches after nothing, nor has any sense in eyes or ears; wanting nothing, He is in all respects complete and full. Concupiscence is a disease of the soul; but continency is its health.

And continency must not be regarded only in one species, as, for instance, in matters of sensual love. It must be regarded in everything which the soul lusts after in an evil manner, not being content with what is needful for it. Envy is caused for the sake of gold, and innumerable wrongs for the sake of other lusts. Not to be drunken is continency. Not to overeat one's self is continency.

To subdue the body is continency, and to keep evil thoughts in subjection, whenever the soul is disturbed by any fancy false and bad, and the heart is distracted by vain cares. Continency makes men free, being at once a medicine and a power, for it does not teach temperance; it gives it. Continency is a grace of God.

St. Basil the Great

I shall speak first about control of the stomach, the opposite to gluttony, and about how to fast and what and how much to eat. I shall say nothing on my own account, but only what I have received from the Holy Fathers. They have not given us only a single rule for fasting or a single standard and measure for eating, because not everyone has the same strength; age, illness or delicacy of body create differences. But they have given us all a single goal: to avoid over-eating and the filling of our bellies... A clear rule for self-control handed down by the Fathers is this: stop eating while still hungry and do not continue until you are satisfied.

St. John Cassian

'He who loves God lives the angelic life on earth, fasting and keeping vigils, praying and singing psalms and always thinking good of every man. . . Stop defiling your flesh with shameful deeds and polluting your soul with wicked thoughts; then the peace of God will descend upon you and bring you love. Afflict your flesh with hunger and vigils and apply yourself tirelessly to psalmody and prayer; then the sanctifying gift of self-restraint will descend upon you and bring you love.'

St. Maximos the Confessor

'All the arts and sciences, said he [Abba Moses], have some goal or mark; and end or aim of their own, on which the diligent pursuer of each art has his eye, and so endures all sorts of toils and dangers and losses, cheerfully and with equanimity. . . And our profession too has its own goal and end, for which we undergo all sorts of toils not merely without weariness but actually with delight; on account of which the want of food in fasting is no trial to us, the weariness of our vigils becomes a delight; reading and constant meditation on the Scriptures does not pall upon us; and further incessant toil, and self-denial, and the privation of all things, and the horrors also of this vast desert have no terrors for us. And doubtless for this it was that you yourselves despised the love of kinsfolk, and scorned your fatherland, and the delights of this world, and passed through so many countries, in order that you might come to us, plain and simple folk as we are, living in this wretched state in the desert.'

St. John Cassian

Let us charge into the good fight with joy and love without being afraid of our enemies. Though unseen themselves, they can look at the face of our soul, and if they see it altered by fear, they take up arms against us all the more fiercely. For the cunning creatures have observed that we are scared. So let us take up arms against them courageously. No one will fight with a resolute fighter.

St. John Climacus

What more is to be said then? That to be persecuted again is to be crowned again; and that where sufferings are multiplied, there too the consolations of the Holy Spirit are multiplied; for the Apostle says, For just as the sufferings of Christ are abundant for us, so also our consolation is abundant through Christ. If we are being afflicted, it is for your consolation and salvation which you experience when you patiently endure the same sufferings that we are also suffering, and our hope for you is sure; if we are being consoled, it is for your consolation and salvation, for we know that as you share in our sufferings, so also you share in our consolation. See how by these words he showed that we are partakers with one another in sufferings and in consolations, as being one body and one spirit, as we have also been called in one hope of our calling. So then, brethren, let us not fall, let us not lose heart, but let us all stand together, as good soldiers of Christ, bearing our arms, not physical ones, but ones empowered by God, for the destruction of strongholds, that is to say: prudence, courage, temperance and justice; and with them fulfilling that which was said by God, When they persecute you in one city, flee to another. And as we depart there, let us not worry what we shall eat, or what we shall drink, or how we shall be clothed. For he himself has said, I shall not leave you, or desert you. So that there too he would be opening a door for us and helping us in all ways. Do we not rejoice then, having such promises? Are we not leaping for joy that we are the Lord's disciples. Thus they persecuted the holy apostles also, to whom the Lord said, Blessed are you, when they revile you and persecute you and say all manner of evil against you falsely for my sake; rejoice and leap for joy on that day. So the present situation is one for joy and gladness; for it is for us the cause of inexpressible joy and eternal life and the kingdom which has no end.

St. Theodore the Studite

After knowing the will of God in regard to a work which we undertake, we should continue courageously, however difficult it may be. We should follow it to the end with as much constancy as the obstacles we encounter are great. . . We should never abandon, on account of the difficulties we encounter, an enterprise undertaken with due reflection. . . That which we suffer in the accomplishment of a good work, merits for us the necessary graces to insure its success.

St. Vincent de Paul

If you have the courage to imitate Mary Magdalene in her sins, have the courage to imitate her penance!

St. Padre Pio

And while they were wont to desire to do much penance, they are now attacked by sensuality and greed, so much so that they hardly dare to take the bread which is placed before them because the devil arouses them so. And for a short while, they are deprived of every taste of devotion so that they enter into great sadness, saying: "Truly I was better off before I came here, and I served God better and with greater devotion than I do now."

And so, under the appearance of good, the enemy strives to make them turn back by showing them that the way is too narrow or too long. But in no way should the spouse of Christ consent to such deceits, but with fortitude and readiness of spirit, she should steel her will and say to herself: "If my Lord God permits that I be always tempted to the end of my life, I will never consent, but I will stand firm."

St. Catherine of Bologna

God wills only our good; God loves us more than anybody else can or does love us. His will is that no one should lose his soul, that everyone should save and sanctify his soul: "Not willing that any should perish, but that all should return to penance." (2 Peter 3:9) "This is the will of God, your sanctification." (1 Thes. 4:3) God has made the attainment of our happiness, his glory. Since he is by his nature infinite goodness, and since as St. Leo says goodness is diffusive of itself, God has a supreme desire to make us sharers of his goods and of his happiness. If then he sends us suffering in this life, it is for our own good: "All things work together unto good." (Rom. 8:28) Even chastisements come to us, not to crush us, but to make us mend our ways and save our souls: "Let us believe that these scourges of the Lord have happened for our amendment and not for our destruction." (Judith 8:27)

St. Alphonsus Maria de Liguori

Thank and sweetly kiss the hand of God that strikes you, because it is always the hand of a Father who strikes you because He loves you.

St. Padre Pio

We give our youth to the devil, and the remains of our life to the Good God, who is so good that He deigns to be content with even that. . . but, happily, everyone does not do so. A great lady has been here, of one of the first families in France; she went away this morning. She is scarcely three-and-twenty, and she is rich-very rich indeed. . . She has offered herself in sacrifice to the good God for the expiation of sins, and for the conversion of sinners. She wears a girdle all armed with iron points; she mortifies herself in a thousand ways; and her parents know nothing of it. She is white as a sheet of paper. Hers is a beautiful soul, very pleasing to the good God, such as are still to be found now and then in the world, and they prevent the world from coming to an end.

St. Jean Marie Baptiste Vianney, the Cure of Ars

Do not wait for old age to mortify your body and your passions. First, are you sure of reaching it? Again, how shall you do penance at that age?

St. Ignatius of Loyola

If you consider the sacrament of penance, there are so many distorted confessions, so many studied excuses, so many deceitful repentances, so many false promises, so many ineffective resolutions, so many invalid absolutions! Would you regard as valid the confession of someone who accuses himself of sins of impurity and still holds to the occasion of them? Or someone who accuses himself of obvious injustices with no intention of making any reparation whatsoever for them? Or someone who falls again into the same iniquities right after going to confession? Oh, horrible abuses of such a great sacrament! One confesses to avoid excommunication, another to make a reputation as a penitent. One rids himself of his sins to calm his remorse, another conceals them out of shame. One accuses them imperfectly out of malice, another discloses them out of habit. One does not have the true end of the sacrament in mind, another is lacking the necessary sorrow, and still another firm purpose. Poor confessors, what efforts you make to bring the greater number of penitents to these resolutions and acts, without which confession is a sacrilege, absolution a condemnation and penance an illusion?

St. Leonard of Port Maurice

A good Christian watches continually, sword in hand. The devil can do nothing against him, for he resists him like a warrior in full armour; he does not fear him, because he has rejected from his heart all that is impure. Bad Christians are idle and lazy, and stand hanging their heads; and you see how they give way at the first assault: the devil does what he pleases with them; he presents pleasures to them, he makes them taste pleasure, and then, to drown the cries of their conscience, he whispers to them in a gentle voice, "You will sin no more." And when the occasion presents itself, they fall again, and more easily than the first time. If they go to confession he makes them ashamed, they speak only in half-words, they lower their voice, they explain away their sins, and, what is more miserable, they perhaps conceal some. The good Christian, on the contrary, groans and weeps over his sins, and reaches the tribunal of Penance already half justified.

St. Jean Marie Baptiste Vianney, the Cure of Ars

Consider beforehand what occupations, duties and occasions are likely this day to enable you to serve God; what temptations to offend Him, either by vanity, anger, etc., may arise; and make a fervent resolution to use all means of serving Him and confirming your own piety; as also to avoid and resist whatever might hinder your salvation and God's Glory. Nor is it enough to make such a resolution, -- you must also prepare to carry it into effect. Thus, if you foresee having to meet someone who is hot-tempered and irritable, you must not merely resolve to guard your own temper, but you must consider by what gentle words to conciliate him. If you know you will see some sick person, consider how best to minister comfort to him, and so. . .

St. Francis de Sales

Before I proceed farther I exhort every one of you to make a general confession, if you have not as yet made one. And I now speak not only of those whose confessions have been sacrilegious on account of having concealed sins, or invalid for want of sufficient examination of conscience, or of sufficient sorrow; but I speak of all who wish to be permanently converted to God. A general confession is a great means of bringing about a true change of life. After her conversion to God, St. Margaret of Cortona told all her sins to her confessor, and thereby made herself so pleasing and dear to God, that our Lord himself spoke to her and called her, "My sinful one; my poor little one." She one day said to Jesus Christ: "Lord, when wilt Thou call me Thy daughter?" Jesus Christ answered: "When thou hast made a general confession of thy whole life then I will call you my daughter." She made a general confession, and from that time Jesus Christ always called her his child.

St. Alphonsus Maria de Liguori

If the penitent is living in the proximate occasion of sin without making a firm resolution to reform, or without giving signs of contrition, you must give him no encouragement to make a general confession, for the proximate occasion must first be removed and the habit overcome at least for a time. It would else be but labor lost, for general confession is not merely an institution for setting right past confessions, but also for reforming one's life. If no purpose of the sort is in the mind of the penitent, there cannot even be a reasonable certainty that he will persevere in his reform, and there is no foundation upon which to build up virtue.

Exhort him, and suggest means for avoiding the occasions of evil and for overcoming sin; show him the utter impossibility of reform unless the occasions are given up, or, if this cannot be, unless they are made remote; urge him to pray and put off the general confession to another time. Only on quite special occasions, e.g. missions, or where there are extraordinary signs of

penitence may any fruit be expected from the general confessions of those who live in occasions of sin and show no signs of improvement. St. Leonard of Port Maurice What? The cross make us lose our inward peace? Surely it is the cross that bestows it on our hearts. All our miseries come from our not loving it. . . Whether we will or no, we must suffer. There are some who suffer like the good thief, and others like the bad thief.

St. Jean Marie Baptiste Vianney, the Cure of Ars

How are you to meet the swarm of foolish attachments, triflings, and undesirable inclinations which beset you? By turning sharply away, and thoroughly renouncing such vanities, flying to the Saviour's Cross, and clasping His Crown of thorns to your heart, so that these little foxes may not spoil your vines. Beware of entering into any manner of treaty with the Enemy; do not delude yourself by listening to him while intending to reject him. For God's Sake, my daughter, be firm on all such occasions; the heart and ear are closely allied, and just as you would vainly seek to check the downward course of a mountain torrent, so difficult will you find it to keep the smooth words which enter in at the ear from finding their way down into the heart. . . If unhappily you are already entangled in the nets of any unreal affection, truly it is hard to set you free! But place yourself before His Divine Majesty, acknowledge the depth of your wretchedness, your weakness and vanity, and then with all the earnestness of purpose you can muster, arrest the budding evil, abjure your own empty promises, and renounce those you have received, and resolve with a firm, absolute will never again to indulge in any trifling or dallying with such matters. If you can remove from the object of your unworthy affection, it is most desirable to do so. He who has been bitten by a viper cannot heal his wound in the presence of another suffering from the like injury, and so one bitten with a false fancy will not shake it off while near to his fellow-victim. Change of scene is very helpful in quieting the excitement and restlessness of sorrow or love. St. Ambrose tells a story in his Second Book on Penitence, of a young man, who coming home after a long journey quite cured of a foolish attachment, met the unworthy object of his former passion, who stopped him, saying, "Do you not know me, I am still myself?" "That may be," was the answer, "but I am not myself" - so thoroughly and happily was he changed by absence.

St. Francis de Sales

Man is like a tree, bodily asceticism is the foliage, interior vigilance the fruit. According to that which is written, "Every tree that bringeth not forth good fruit shall be cut down and cast into the fire" (Matt. 3:10) it is clear that all our care should be directed toward the fruit, that is to say, guard of the spirit; but it needs the protection and the embellishment of the foliage, which is bodily asceticism.

St. Agathon

That great saint, St. Charles Borromeo, had in his apartment a fine cardinal's bed, which everybody saw; but, besides that, there was one which nobody could see, made of bundles of wood; and that was the one he made use of. He never warmed himself; when people came to see him, they remarked that he placed himself so as not to feel the fire. That is what the saints were like. They lived for heaven and not for earth: they were all heavenly; and as for us, we are all earthly.

St. Jean Marie Baptiste Vianney, the Cure of Ars

Do not let any occasion of gaining merit pass without taking care to draw some spiritual profit

from it; as, for example, from a sharp word which someone may say to you; from an act of obedience imposed against your will; from an opportunity which may occur to humble yourself, or to practice charity, sweetness, and patience. All of these occasions are gain for you, and you should seek to procure them; and at the close of that day, when the greatest number of them have come to you, you should go to rest most cheerful and pleased, as the merchant does on the day when he had had most chance for making money; for on that day business has prospered with him.

St. Ignatius of Loyola

Verily all the inhabitants of earth do die, young men and old, little children and adults, for no age or bodily stature is exempt from death. Why, then, is man tormented by this exceeding grief?

Doubtless the very aspect of death begets sadness; for we behold in a dead man the face changed, the figure dead, the body shrunk up with emaciation, the mouth silent, the skin cold, the carcass prostrate on the ground, the eyes sunken, the limbs immoveable, the flesh wasted away, the veins congealed, the bones whitened, the joints dissolved, all parts of him reduced to dust, and the man no longer existing. What, then, is man? A flower, I say, that is but for a little time, which in his mothers' womb is not apparent, in youth flourishes, but which in old age withers and departs in death.

St. Alexander of Alexandria

Believe me, he who does not think of the wants of the poor is not a member of the Body of Christ. For if one member suffers, all suffer.

St. Alphege of Canterbury

As it is impossible to arrive at perfection in any art or science, without ardent desires of its attainment, so no one has ever yet become a saint, but by strong and fervent aspirations after sanctity. "God," observes St. Teresa, "ordinarily confers his signal favors on those only who thirst after his love." Blessed, says the royal prophet, is the man whose help is from thee: in his heart he hath disposed to ascend by steps in the vale of tears. . . They shall go from virtue to virtue."

Happy the man who has resolved in his soul to mount the ladder of perfection: he shall receive abundant aid from God, and will ascend from virtue to virtue. Such has been the practice of the saints, and especially of St. Andrew Avellino, who even bound himself by vow "to advance continually in the way of Christian perfection." St. Teresa used to say, that "God rewards, even in this life, every good desire." It was by good desires that the saints arrived in a short time at a sublime degree of sanctity.

St. Alphonsus Maria de Liguori

A lady wishing to have a widow live with her to take care of, asked St. Athanasius to find her one among his poor. Afterwards meeting the Bishop, she reproached him that he had treated her ill, because this person was too good, and gave her nothing to do by which she could gain heaven; and she begged him to give her another. The saint chose the worst he could find; of a cross, grumbling temper, never satisfied with what was done for her. This is the way we must act, for there is no great merit in doing good to one who values it, who thanks us and is grateful.

There are some persons who think they are never treated well enough; they seem as if they had a right to every thing. They are never pleased with what is done for them; they repay everybody with ingratitude. . . Well! those are the people to whom we should do good by preference.

St. Jean Marie Baptiste Vianney, the Cure of Ars

There is nothing more pleasing to God, than to see a soul who patiently and serenely bears whatever crosses it is sent; this is how love is made, by putting lover and loved one on the same level. . . A soul who loves Jesus Christ desires to be treated the way Christ was treated--desires to be poor, despised and humiliated.

St. Alphonsus Maria de Liguori

We may refrain from warming ourselves; if we are sitting uncomfortably, we need not try to place ourselves better; if we are walking in our garden, we may deprive ourselves of some fruit that we should like; in preparing the food, we need not eat the little bits that offer themselves; we may deprive ourselves of seeing something pretty, which attracts our eyes, especially in the streets of great towns. There is a gentleman who sometimes comes here. He wears two pairs of spectacles, that he may see nothing. . . But some heads are always in motion, some eyes are always looking about. . . When we are going along the streets, let us fix our eyes on our Lord carrying His cross before us; on the Blessed Virgin, who is looking at us; on our guardian angel, who is by our side.

St. Jean Marie Baptiste Vianney, the Cure of Ars

If no poor could be found in the world, men ought to go in search of them, and dig them up from underground to do them good, and to be merciful to them.

St. Camillus de Lellis

There was once a solitary who had built himself a royal palace in the trunk of an oak-tree; he had placed thorns inside of it, and he had fastened three stones over his head, so that when he raised himself or turned over he might feel the stones or the thorns. And we, we think of nothing but finding good beds, that we may sleep at our ease.

St. Jean Marie Baptiste Vianney, the Cure of Ars

Let us read the lives of the saints; let us consider the penances which they performed, and blush to be so effeminate and so fearful of mortifying our flesh.

St. Alphonsus Maria de Liguori

Go to the cemetery and see what you love, when you love your body.

St. Jean Marie Baptiste Vianney, the Cure of Ars

The air that we breathe, the bread that we eat, the heart which throbs in our bosoms, are not more necessary for man that he may live as a human being, than is prayer for the Christian that he may live as a Christian.

St. Jean Eudes

A spiritual communion acts on the soul as blowing does on a cinder - covered fire which was about to go out. Whenever you feel your love of God growing cold, quickly make a spiritual

communion.

St. Jean Marie Baptiste Vianney, the Cure of Ars

She was full of faith, and yet all her life long she had been tormented by thoughts against it. Nor did she once relax in the fidelity God asked of her. And so I regard her as one of the holiest souls I have ever met on this earth.

St. Vincent de Paul, of St. Jeanne Frances de Chantal

It is not surprising, then, that the devil should do everything possible to influence us to give up prayer or to pray badly, because he knows better than we do how terrible it is for hell and how impossible it is that God should refuse us what we ask Him for in prayer. How many sinners would get out of sin if they managed to have recourse to prayer!

St. Jean Marie Baptiste Vianney, the Cure of Ars

In the matter of piety, poverty serves us better than wealth, and work better than idleness, especially since wealth becomes an obstacle even for those who do not devote themselves to it. Yet, when we must put aside our wrath, quench our envy, soften our anger, offer our prayers, and show a disposition which is reasonable, mild, kindly, and loving, how could poverty stand in our way? For we accomplish these things not by spending money but by making the correct choice. Almsgiving above all else requires money, but even this shines with a brighter luster when the alms are given from our poverty. The widow who paid in the two mites was poorer than any human, but she outdid them all.

St. John Chrysostom

Every day you provide your bodies with good to keep them from failing. In the same way your good works should be the daily nourishment of your hearts. Your bodies are fed with food and your spirits with good works. You aren't to deny your soul, which is going to live forever, what you grant to your body, which is going to die.

Pope St. Gregory the Great

With what hope will we meet Christ if we are still enslaved to the pleasures of the flesh? Hardship and distress, whether of our own choosing or providential, destroy sensual pleasure. The amassing of money fuels the passions, for it leads to increasing indulgence in all kinds of sensual pleasure. The failure to secure sensual pleasure breeds dejection, while sensual pleasure itself is linked with all the passions. How God treats you depends upon how you treat your body. God's justice is a fair requital for what we have done through our bodies. . . If you wish to attain salvation, renounce sensual pleasure and learn self-control, love and how to pray with concentration.

St. Thalassios the Libyan

Well and good if all things change, Lord God, provided we are rooted in You.

St. John of the Cross

Nothing created can bring to the soul joy equal to that of the Holy Ghost.

St. Ignatius of Loyola

Brethren and fathers, the season of Lent, when compared to the whole year, may be likened to a storm-free harbour, in which all who are sailing together enjoy a spiritual calm.

St. Theodore the Studite

To reach satisfaction in all desire satisfaction in nothing. To come to possess all desire the possession of nothing. To arrive at being all desire to be nothing. To come to the knowledge of all desire the knowledge of nothing. To come to enjoy what you have not you must go by a way in which you enjoy not. To come to the knowledge you have not you must go by a way in which you know not. To come to the possession you have not you must go by a way in which you possess not. To come to be what you are not you must go by a way in which you are not.

St. John of the Cross

This is the mark of Christianity -- however much a man toils, and however many righteousneses he performs, to feel that he has done nothing, and in fasting to say, "This is not fasting," and in praying, "This is not prayer," and in perseverance at prayer, "I have shown no perseverance; I am only just beginning to practice and to take pains"; and even if he is righteous before God, he should say, "I am not righteous, not I; I do not take pains, but only make a beginning every day."

St. Macarius the Great

The soul that really loves God and Christ, though it may do ten thousand righteousneses, esteems itself as having wrought nothing, by reason of its insatiable aspiration after God. Though it should exhaust the body with fastings, with watchings, its attitude towards the virtues is as if it had not yet even begun to labour for them.

St. Macarius the Great

To suffer and not to suffer for God is torment.

St. Gerard Majella

Pray with great confidence, with confidence based upon the goodness and infinite generosity of God and upon the promises of Jesus Christ. God is a spring of living water which flows unceasingly into the hearts of those who pray.

St. Louis Marie de Montfort

It is not surprising, then, that the devil should do everything possible to influence us to give up prayer or to pray badly, because he knows better than we do how terrible it is for hell and how impossible it is that God should refuse us what we ask Him for in prayer. How many sinners would get out of sin if they managed to have recourse to prayer!

St. Jean Marie Baptiste Vianney, the Cure of Ars

What toil we must endure, what fatigue, while we are attempting to climb hills and the summits of mountains! What, that we may ascend to heaven! If you consider the promised reward, what

you endure is less. Immortality is given to the one who perseveres; everlasting life is offered; the Lord promises His Kingdom.

St. Cyprian

"In the company of the innocent, you will be innocent; in the company of the elect, you will be elect; and in a crooked man's company you will go wrong." [Ps. 18:26,27]

Let us, then, follow the innocent and the upright. They, it is, who are God's elect.

Pope St. Clement I of Rome

Do not go into the way of the nations, he says, and do not enter a city of the Samaritans. This is to be understood of the heretics; then let us not enter their churches, nor their houses; but where the son of peace is, the seed of true religion, there let us stay, and there let us pass our time, as in times past. Let us guard ourselves from those who counterfeit the truth, from those who call themselves guides and are not guides, but deceivers who both deceive and are deceived, mislead and are misled, whose condemnation is deserved. Let us guard the faith unswerving and our way of life intact, not maltreating the one by the other, but being safe and perfect on either hand.

St. Theodore the Studite

How happy I would have been to fight at the time of the Crusades or, later on, to fight against the heretics. Be assured that I should not have been afraid of the fire. Oh, is it possible that I should die in bed!

St. Therese of Lisieux

Not to oppose error is to approve it; and not to defend truth is to suppress it; and indeed to neglect to confound evil men, when we can do it, is no less a sin than to encourage them.

Pope St. Felix III

For to despise the present age, not to love transitory things, unreservedly to stretch out the mind in humility to God and our neighbor, to preserve patience against offered insults and, with patience guarded, to repel the pain of malice from the heart, to give one's property to the poor, not to covet that of others, to esteem the friend in God, on God's account to love even those who are hostile, to mourn at the affliction of a neighbor, not to exult in the death of one who is an enemy, this is the new creature whom the Master of the nations seeks with watchful eye amid the other disciples, saying: "If, then, any be in Christ a new creature, the old things are passed away. Behold all things are made new." (2 Cor. 5:17).

Pope St. Gregory the Great

He, therefore, who sets himself to act evilly and yet wishes others to be silent, is a witness against himself, for he wishes himself to be loved more than the truth, which he does not wish to be defended against himself. There is, of course, no man who so lives as not sometimes to sin, but he wishes truth to be loved more than himself, who wills to be spared by no one against the truth. Wherefore, Peter willingly accepted the rebuke of Paul; David willingly hearkened to the reproof of a subject. For good rulers who pay no regard to self-love, take as a homage to their humility the free and sincere words of subjects. But in this regard the office of ruling must be tempered

with such great art of moderation, that the minds of subjects, when demonstrating themselves capable of taking right views in some matters, are given freedom of expression, but freedom that does not issue into pride, otherwise, when liberty of speech is granted too generously, the humility of their own lives will be lost.

Pope St. Gregory The Great

Since they attack the very root of faith either by openly denying, hypocritically undermining, or misrepresenting revealed doctrine, we should above all recall the truth Charles often taught. "The primary and most important duty of pastors is to guard everything pertaining to the integral and inviolate maintenance of the Catholic Faith, the faith which the Holy Roman Church professes and teaches, without which it is impossible to please God." Again: "In this matter no diligence can be too great to fulfill the certain demands of our office." We must therefore use sound doctrine to withstand "the leaven of heretical depravity," which if not repressed, will corrupt the whole. That is to say, we must oppose these erroneous opinions now deceitfully being scattered abroad, which, when taken all together, are called Modernism. With Charles we must be mindful "of the supreme zeal and excelling diligence which the bishop must exercise in combating the crime of heresy."

Pope St. Pius X, 'Editae Saepe'

The devil has always attempted by means of heretics to deprive the world of the Mass, making them precursors of the antichrist, who before anything else will try to abolish and will actually abolish the Holy Sacrifice of the Mass as a punishment for the sins of men, according to the prediction of Daniel, "And strength was given him against the continual sacrifice." (Daniel 8:12)

St. Alphonsus Maria de Liguori

We believe in the holy Church, that is, the Catholic Church; for heretics and schismatics call their own congregations churches. But heretics violate the faith itself by a false opinion about God; schismatics, however, withdraw from fraternal love by hostile separations, although they believe the same things we do. Consequently, neither heretics nor schismatics belong to the Catholic Church; not heretics, because the Church loves God, and not schismatics, because the Church loves neighbor.

St. Augustine

Keep careful watch, to ensure that the enemy does not make off with any who are off guard or remiss; and that no heretic may pervert part of what you have been given. Accepting the faith is like putting into the bank the money we have given you; God will ask you for an account of this deposit.

St. Cyril of Jerusalem

Heretics are to be converted by an example of humility and other virtues far more readily than by any external display or verbal battles. So let us arm ourselves with devout prayers and set off showing signs of genuine humility and go barefooted to combat Goliath.

St. Dominic

The declared enemies of God and His Church, heretics and schismatics, must be criticized as

much as possible, as long as truth is not denied. It is a work of charity to shout: "Here is the wolf!" when it enters the flock or anywhere else.

St. Francis de Sales

The heretics have made their false theology popular and presented it in a way that is within the capacity of the common people. They preach it to the people and teach it in the schools, and scatter pamphlets that can be bought and understood by many; they influence people by their writings when they cannot reach them by preaching. Their success is largely due to the negligence of those who should have shown some interest, and the bad example and the ignorance of Catholics, especially the clergy, have made such ravages in the vineyard of the Lord. . .

Whoever calls the heretics Evangelicals should pay some kind of fee, so that the Devil may not rejoice at having the enemies of the Gospel and the Cross of Christ being given a name contrary to their works.

Heretics should be called by that name in order to raise horror of those who are such and cover their deadly venom with the veil of a name of salvation.

St. Ignatius of Loyola

We truly love God and keep His commandments if we restrain ourselves from our pleasures. For he who still abandons himself to unlawful desires certainly does not love God, since he contradicts Him in his own intentions. . . Therefore, he loves God truly, whose mind is not conquered by consent to evil delight. For the more one takes pleasure in lower things, the more he is separated from heavenly love.

Pope St. Gregory the Great

As I follow no leader save Christ, so I communicate with none but your blessedness, that is, with the Chair of Peter. For this, I know, is the rock on which the Church is built. . . This is the ark of Noah, and he who is not found in it shall perish when the flood prevails. . . And as for heretics, I have never spared them; on the contrary, I have seen to it in every possible way that the Church's enemies are also my enemies.

St. Jerome

If you say the Rosary faithfully until death, I do assure you that, in spite of the gravity of your sins "you shall receive a never-fading crown of glory." Even if you are on the brink of damnation, even if you have one foot in hell, even if you have sold your soul to the devil as sorcerers do who practice black magic, and even if you are a heretic as obstinate as a devil, sooner or later you will be converted and will amend your life and save your soul, if - and mark well what I say - if you say the Rosary devoutly every day until death for the purpose of knowing the truth and obtaining contrition and pardon for your sins.

St. Louis Marie de Montfort

A greedy appetite for food is terminated by satiety and the pleasure of drinking ends when our thirst is quenched. And so it is with the other things. . . But the possession of virtue, once it is solidly achieved, cannot be measured by time nor limited by satiety. Rather, to those who are its

disciples it always appears as something ever new and fresh.

St. Gregory of Nyssa

When an archer desires to shoot his arrows successfully, he first takes great pains over his posture and aligns himself accurately with his mark. It should be the same for you who are about to shoot the head of the wicked devil. Let us be concerned first for the good order of sensations and then for the good posture of inner thoughts.

St. John Chrysostom

This is the Great Work of a man: always to take the blame for his own sins before God and to expect temptation to his last breath.

Whoever has not experienced temptation cannot enter into the Kingdom of Heaven.

Without temptation, no one can be saved.

Do not trust in your own righteousness, do not worry about the past, but control your tongue and your stomach.

I saw the snares that the enemy spreads out over the world and I said groaning, 'What can get through from such snares?' Then I heard a voice saying to me, 'Humility.'

Some have afflicted their bodies by asceticism, but they lack discernment, and so they are far from God.

St. Anthony of Egypt

'He who fears God will pay careful attention to his soul and will free himself from communion with evil. If you abandon God and are a slave to the passions you cannot reap God's mercy. Even if we do not wish to believe Him, it was Jesus who said that no one can serve two masters (cf. Matt. 6:24). A soul defiled by the passions becomes obdurate: it has to undergo knife and cautery before it recovers its faith. Fearful afflictions await the hard of heart, for without great sufferings they cannot become pliable and responsive. A wise man pays careful attention to himself, and by freely choosing to suffer escapes the suffering that comes unsought.'

St. Thalassios the Libyan

The soul has followed Moses and the cloud, both of these serving as guides for those who would advance in virtue; Moses her represents the commandments of the Law; and the cloud that leads the way, its spiritual meaning. The soul has been purified by crossing the Sea; it has removed from itself and destroyed the enemy army. It has tasted of the waters of Marah, that is, of life deprived of all sinful pleasure; and this at first had seemed bitter and unpleasant to the taste but offered a sensation of sweetness to those who accepted the wood. Next it enjoyed the beauty of the palm trees of the gospel and the springs; it filled itself with the living water, that is, the rock. It took within itself the bread of heaven. It overwhelmed the foreign host - a victory due to the extended arms of the Lawgiver, which thus foreshadowed the mystery of the Cross. Only then can the soul go on to the contemplation of transcendent Being.

St. Gregory of Nyssa

Few souls understand what God would accomplish in them if they were to abandon themselves unreservedly to Him and if they were to allow His grace to mold them accordingly.

St. Ignatius Loyola

If God causes you to suffer much, it is a sign that He has great designs for you, and that He certainly intends to make you a Saint.

St. Ignatius Loyola

Brother, I am most grateful for the kindness you wished to do me. I appreciate it very highly; but, if God has given me the great sufferings I am enduring, why wish to soothe and lessen them by music? For the love of Our Lord, thank those gentlemen for the kindness they had wished to do me: I look upon it as having been done. Pay them, and send them away, for I wish to endure without any relief the gracious gifts which God sends me in order that, thanks to them, I may the better merit.

St. John of the Cross

I see now, that true charity consists in bearing with the faults of those about us, never being surprised at their weaknesses, but edified at the least sign of virtue. I see above all that charity must not remain hidden in the bottom of our hearts: 'nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house.' It seems to me that this lamp is the symbol of charity; it must shine out not only to cheer those we love best but all in the house.

St. Therese of Lisieux

Poor men and women who are sinners, I, a greater sinner than you, wish to give you this rose, a crimson one, because the precious blood of our Lord has fallen upon it. Please God that it may bring true fragrance into your lives - but above all, may it save you from the danger that you are in. Every day unbelievers and un-repentant sinners cry, "Let us crown ourselves with roses." But our cry should be, "Let us crown ourselves with the roses of the holy Rosary."

How different are theirs from ours! Their roses are pleasures of the flesh, worldly honours and passing riches which wilt and decay in no time, but ours, which are the Our Father and Hail Mary which we have said devoutly over and over again, and to which we have added good penitential acts, will never wilt or die, and they will be just as exquisite thousands of years from now as they are today.

St. Louis Marie de Montfort

Prayer is, beyond doubt, the most powerful weapon the Lord gives us to conquer evil passions and temptations of the devil; but we must really put ourselves into our prayer: it is not enough just to say the words, it must come from the heart. And also prayer needs to be continuous, we must pray no matter what kind of situation we find ourselves in: the warfare we are engaged in is on-going, so our prayer must be on-going also.

St. Alphonsus Maria de Liguori

My daughters must believe that it is for their own good that the Lord has enabled me to realize in some small degree what blessings are to be found in holy poverty. Those of them who practice it will also realize this, though perhaps not as clearly as I do; for, although I had professed poverty, I was not only without poverty of spirit, but my spirit was devoid of all restraint. Poverty is good and contains within itself all the good things in the world. It is a great domain -- I mean that he who cares nothing for the good things of the world has dominion over them all. What do kings

and lords matter to me if I have no desire to possess their money, or to please them, if by so doing I should cause the least displeasure to God? And what do their honours mean to me if I have realized that the chief honour of a poor man consists in his being truly poor?

St. Teresa of Avila

What a weakness it is to love Jesus Christ only when He caresses us, and to be cold immediately once He afflicts us. This is not true love. Those who love thus, love themselves too much to love God with all their heart.

St. Margaret Mary Alacoque

When you sit down to eat, pray. When you eat bread, do so thanking Him for being so generous to you. If you drink wine, be mindful of Him who has given it to you for your pleasure and as a relief in sickness. When you dress, thank Him for His kindness in providing you with clothes. When you look at the sky and the beauty of the stars, throw yourself at God's feet and adore Him who in His wisdom has arranged things in this way. Similarly, when the sun goes down and when it rises, when you are asleep or awake, give thanks to God, who created and arranged all things for your benefit, to have you know, love and praise their Creator.

St. Basil the Great

The reason why sometimes you have asked and not received, is because you have asked amiss, either inconsistently, or lightly, or because you have asked for what was not good for you, or because you have ceased asking.

St. Basil the Great

In your prayers, if you would quickly and surely draw upon you the grace of God, pray in a special manner for our Holy Church and all those connected with it. . . The best of all prayers is that in which we ask that God's holy will be accomplished, both in ourselves and in others.

St. Louis de Blois

In this dark vale of tears, I wish solely to feed upon this secret manna, this delicious substance.

St. Cajetan

We believe in the holy Church, that is, the Catholic Church; for heretics and schismatics call their own congregations churches. But heretics violate the faith itself by a false opinion about God; schismatics, however, withdraw from fraternal love by hostile separations, although they believe the same things we do. Consequently, neither heretics nor schismatics belong to the Catholic Church; not heretics, because the Church loves God, and not schismatics, because the Church loves neighbor.

St. Augustine

The perfect person does not only try to avoid evil. Nor does he do good for fear of punishment, still less in order to qualify for the hope of a promised reward. The perfect person does good through love. His actions are not motivated by desire for personal benefit, so he does not have personal advantage as his aim. But as soon as he has realized the beauty of doing good, he does it

with all his energies and in all that he does. He is not interested in fame, or a good reputation, or a human or divine reward. The rule of life for a perfect person is to be in the image and likeness of God.

St. Clement of Alexandria

Virtues are formed by prayer.
Prayer preserves temperance.
Prayer suppresses anger.
Prayer prevents emotions of pride and envy.
Prayer draws into the soul the Holy Spirit, and raises man to Heaven.

St. Ephrem of Syria

When we have handled something fragrant, our hands perfume whatever they touch, let our prayers pass through the Blessed Virgin's hands, and she will give them fragrance.

St. Jean Marie Baptiste Vianney, the Cure of Ars

During the night you will rest in My Heart! My Heart will listen to the beats of yours, which will be so many acts of love and desire. Thus even while you are sleeping, you will bring back to Me souls that so offend Me ... Ask forgiveness for the whole world, especially for those that know Me and yet sin; offer your self in reparation! Our Lord to Sr. Josefa Menendez

This Rosary will be your little wreath of roses, your crown for Jesus and Mary.

St. Louis Marie de Montfort

Ever since Blessed Alan de la Roche re-established this devotion the voice of the people, which is the voice of God, called it the Rosary. The word Rosary means "Crown of Roses, that is to say that every time people say the Rosary devoutly they place a crown of one hundred and fifty-three red roses and sixteen white roses upon the heads of Jesus and Mary. Being heavenly flowers these roses will never fade or lose their exquisite beauty.

St. Louis Marie de Montfort

A great means to preserve continual peace and tranquility of soul is to receive everything from the hands of God, both great and small, and in whatever way it comes.

St. Dorotheus

You well know that I preferred his company to all the delights of the world. But since it has pleased You to take him from me, I accept Your will completely.

St. Elizabeth (on the death of her husband)

I do not desire to die soon, because in Heaven there is no suffering. I desire to live a long time because I yearn to suffer much for the love of my Spouse.

St. Mary Magdalene de Pazzi

There is a higher prayer -- that of the perfect -- which is a certain ravishing of the mind, its complete separation from all sensory things, when with unutterable sighings of the spirit it approaches God, Who sees the heart open like a written book, wherein its will is expressed in wordless images. Thus Paul was ravished to the third heaven, not knowing "whether in the body" or "whether out of the body" [II Corinthians 12:2].

St. Nilus of Sinai

Prayer ought to be humble, fervent, resigned, persevering, and accompanied with great reverence. One should consider that he stands in the presence of a God, and speaks with a Lord before whom the angels tremble from awe and fear.

St. Mary Magdalen de Pazzi

He who walks along a precipice, although he may not fall over, yet he trembles and often falls through that very fear. Even so, he who flies not far from sin, but keeps near to it, lives in continual fear, and often falls."

St. John Chrysostom

A little drop of simple obedience is worth a million times more than a whole vase of the choicest contemplation.

St. Mary Magdalene de Pazzi

I say we have been given a guide. I mean the only-begotten incarnate Word, God's Son, who shows us how to walk along this road that is so well lighted. He says, you know "I am the way and truth and life. Whoever walks in me walks not in darkness but in light." He is Truth, and there is no falsehood in him. And what road has this gentlest of teachers built? He has built a road of hatred and of love. He so hated and despised sin that he avenged it on his own body with great pain, derision, torture, and reproach, his passion and death--and not for himself (for the poison of sin was not in him) but only as a service to us, to satisfy for our sins. He gives us back the light of grace and relieves us of the darkness that had entered our soul because of sin."

St. Catherine of Siena

Come, Holy Spirit. Spirit of truth, you are the reward of the saints, the comforter of souls, light in the darkness, riches to the poor, treasure to lovers, food for the hungry, comfort to those who are wandering; to sum up, you are the one in whom all treasures are contained. Come! As you descended upon Mary that the Word might become flesh, work in us through grace as you worked in her through nature and grace. Come! Food of every chaste thought, fountain of all mercy, sum of all purity. Come! Consume in us whatever prevents us from being consumed in you.

St. Mary Magdalen de Pazzi

Without a doubt, obedience is more meritorious than any other penance. And what greater penance can there be than keeping one's will continually submissive and obedient?

St. Catherine of Bologna

The most important thing upon which to concentrate in order to mortify it and eradicate it entirely is our predominant passion, that is, that affection, desire, inclination, vice or bad habit which drags us down and most frequently causes us to fall into sin. Once this king of our faults has been conquered, the battle will be won.

St. Alphonsus Rodriguez

If we only knew the precious treasure hidden in infirmities, we would receive them with the same joy with which we receive the greatest benefits, and we would bear them without ever complaining or showing signs of weariness.

St. Vincent de Paul

The prayers of the Saints in heaven and of the just on earth are a perfume which never will be lost.

St. Padre Pio

During mental prayer, it is well, at times, to imagine that many insults and injuries are being heaped upon us, that misfortunes have befallen us, and then strive to train our heart to bear and forgive these things patiently, in imitation of our Saviour. This is the way to acquire a strong spirit.

St. Philip Neri

In this temple of God, in this divine dwelling place, God alone rejoices with the soul in the deepest silence. There is no reason for the intellect to stir or seek anything, for the Lord who created it wishes to give it repose here.

St. Teresa of Avila

It is by the path of love, which is charity, that God draws near to man, and man to God. But where charity is not found, God cannot dwell. If, then, we possess charity, we possess God, for "God is Charity"

St. Albert the Great

Just as the blessings promised by God are unutterably great, so their acquisition requires much hardship and toil undertaken with hope and faith. This is clear from Christ's words: "if any man will come after me, let him deny himself, take up his cross, and follow me" (Matt. 16:24); and: "he who does not hate father and mother, brothers and sisters, wife and children, and even his own soul, cannot be a disciple of mine" (Luke 14:26). Most people are so lacking in intelligence as to want to attain the great and inconceivable blessing of the kingdom of God, and to inherit eternal life and reign for ever with Christ, while living according to their own desires - or rather, according to him who sows within them these clearly noxious vanities.

St. Symeon Metaphrastic

A double-minded person is one who kneels down to ask God for things and beseeches Him to grant them, and yet feels so accused by his conscience that he distrusts his ability to pray. A double-minded person is also one who, when he does good deeds, looks for external approval

rather than interior reward. The wise man is right when he says, 'Woe to the sinner who walks along two ways!' (Sirach 2:12) People of this type are inconstant in all their ways, for they are very easily overpowered by adverse circumstance and entrapped by favorable ones, with the result that they stray from the true path.

St. Bede

Lord Jesus Christ, pierce my soul with your love so that I may always long for you alone, who are the bread of angels and the fulfillment of the soul's deepest desires. May my heart always hunger and feed upon you, so that my soul may be filled with the sweetness of your presence.

May my soul thirst for you, who are the source of life, wisdom, knowledge, light and all the riches of God our Father. May I always seek and find you, think upon you, speak to you and do all things for the honor and glory of your holy name. Be always my only hope, my peace, my refuge and my help in whom my heart is rooted so that I may never be separated from you.

St. Bonaventure

Come, Lord, work upon us, set us on fire and clasp us close, be fragrant to us, draw us to your loveliness, let us love, let us run to you.

St. Augustine

It is important that you choose your career with care, so that you may really follow the vocation that God has destined for you. No day should pass without some prayer to this end. Often repeat with St. Paul: "Lord, what will you have me do?"

St. John Bosco

Do you see that glass of water or that piece of bread which a holy soul gives to a poor person for God's sake; it is a small matter, God knows, and in human judgment hardly worthy of consideration: God, notwithstanding, recompenses it, and forthwith gives for it some increase of charity.

St. Francis de Sales

He who prays most receives most.

St. Alphonsus Maria de Liguori

This is the business of our life. By labor and prayer to advance in the grace of God, till we come to that height of perfection in which, with clean hearts, we may behold God.

St. Augustine

Question the beauty of the earth, the sea, the air distending and diffusing itself, the sky... question all these realities. All respond: 'See, we are beautiful.' These beauties are subject to change. Who made them if not the Beautiful One who is not subject to change?

St. Augustine

As for those who radiate the beauty of the soul, the longer time goes by and test their proper

nobility, the warmer they make their husband's love and the more they strengthen their affection for him. Since this is so, and since a warm and genuine friendship holds between them, every kind of immorality is driven out. Not even any thought of wantonness ever enters the mind of the man who truly loves his own wife, but he continues always content with her. By his chastity he attracts the good will and protection of God for his whole household. This is how the good men of ancient times used to take wives, seeking nobility of soul rather than monetary wealth.

St. John Chrysostom

Without prayer it is impossible to resist temptations and to keep the commandments.

St. Alphonsus Maria de Ligouri

As the king," says St. Bonaventure, "would think it faithlessness of an officer, when his post was attacked, not to ask him for reinforcements, he would be reputed a traitor if he did not request help from the king;" so God thinks himself betrayed by the man who, when he finds himself surrounded by temptations, does not run to him for assistance.

St. Alphonsus Maria de Ligouri

For me prayer is a surge of the heart, it is a simple look towards Heaven, it is a cry of recognition and of love, embracing both trial and joy.

St. Therese of Lisieux

Pray, hope, and don't worry.

St. Padre Pio

My dear brethren, this is how: listen well and you will understand if you have religion as God wants you to have it in order to lead you to Heaven. If a person has true virtue, nothing whatever can change him; he is like a rock in the midst of a tempestuous sea. If anyone scorns you, or calumniates you, if someone mocks at you or calls you a hypocrite or a sanctimonious fraud, none of this will have the least effect upon your peace of soul. You will love him just as much as you loved him when he was saying good things about you. You will not fail to do him a good turn and to help him, even if he speaks badly of your assistance. You will say your prayers, go to Confession, to Holy Communion, you will go to Mass, all according to your general custom

St. Jean Marie Baptiste Vianney, the Cure of Ars

The love of Christ arouses us, urges us to run, and to fly lifted on the wings of holy zeal . . . The man who burns with the fire of divine love is a son of the Immaculate Heart of Mary, and wherever he goes, he enkindles that flame; he desires and works with all his strength to inflame all men with the fire of God's love. Nothing deters him: he rejoices in poverty; he labors strenuously; he welcomes hardships; he laughs off false accusations; he rejoices in anguish. He thinks only of how he might follow Jesus Christ and imitate Him by his prayers, his labors, his sufferings, and by caring always and only for the glory of God and the salvation of souls.

St. Anthony Claret

You will not see anyone who is really striving after his advancement who is not given to spiritual

reading. And as to him who neglects it, the fact will soon be observed by his progress.

St. Athanasius

Preach the gospel at all times use words when necessary.

St. Francis of Assisi

We must show charity towards the sick, who are in greater need of help. Let us take them some small gift if they are poor, or, at least, let us go and wait on them and comfort them.

St. Alphonsus Maria de Liguori

God is your business and language. Whoever wants to speak to you must learn this language; and if he doesn't, be on your guard that you don't learn his; it will be a hell.

St. Teresa of Avila

The number of the elect is so small --so small-- that were we to know how small it is, we should faint away with grief. The number of the elect is so small that were God to assemble them together, He would cry to them, as He did of old by the mouth of His prophet, 'Gather yourselves together, one by one - one from this province, one from that kingdom.

St. Louis Marie de Montfort

Like the sun which shines on all alike, vainglory beams on every occupation. What I mean is this. I fast, and turn vainglorious. I stop fasting so that I will draw no attention to myself, and I become vainglorious over my prudence. I dress well or badly, and am vainglorious in either case. I talk or I hold my peace, and each time I am defeated. No matter how I shed this prickly thing, a spike remains to stand up against me.

St. John Climacus

Thus then, as we have said, the Creator fashioned the race of men, and thus meant it to remain. But men, making light of better things, and holding back from apprehending them, began to seek in preference things nearer to themselves. 2. But nearer to themselves were the body and its senses; so that while removing their mind from the things perceived by thought, they began to regard themselves; and so doing, and holding to the body and the other things of sense, and deceived as it were in their own surroundings, they fell into lust of themselves, preferring what was their own to the contemplation of what belonged to God. Having then made themselves at home in these things, and not being willing to leave what was so near to them, they entangled their soul with bodily pleasures, vexed and turbid with all kind of lusts, while they wholly forgot the power they originally had from God. 3. But the truth of this one may see from the man who was first made, according to what the holy Scriptures tell us of him. For he also, as long as he kept his mind to God, and the contemplation of God, turned away from the contemplation of the body. But when, by counsel of the serpent, he departed from the consideration of God, and began to regard himself, then they not only fell to bodily lust, but knew that they were naked, and knowing, were ashamed. But they knew that they were naked, not so much of clothing as that they were become stripped of the contemplation of divine things, and had transferred their understanding to the contraries. For having departed from the consideration of the one and the true, namely, God, and from desire of Him, they had thenceforward embarked in divers lusts and

in those of the several bodily senses. 4. Next, as is apt to happen, having formed a desire for each and sundry, they began to be habituated to these desires, so that they were even afraid to leave them: whence the soul became subject to cowardice and alarms, and pleasures and thoughts of mortality. For not being willing to leave her lusts, she fears death and her separation from the body. But again, from lusting, and not meeting with gratification, she learned to commit murder and wrong. We are then led naturally to shew, as best we can, how she does this.

St. Athanasius

The Church is only one, and this one true Church is the congregation of men bound together by the profession of the same Christian Faith, and by the communion of the same Sacraments, under the rule of the legitimate pastors and especially under the one Vicar of Christ on earth, the Roman Pontiff. From this definition, it can easily be ascertained which men belong to the Church and which do not. For there are three parts to this definition:

1) the profession of the true Faith, 2) the communion of the Sacraments, 3) and subjection to the legitimate Pastor, the Pope.

By reason of the first part, all infidels are excluded, as well as those who have never been in the Church, such as Jews, Mohammedans, and pagans, and such as have been in the Church but fallen away, such as heretics and apostates.

By reason of the second part, catechumens and excommunicates are excluded, because the former are not to be admitted to the communion of the Sacraments and the latter have been cut off from them.

By reason of the third part, schismatics are excluded, who have faith and sacraments, but are not subject to the lawful Pastor, the Roman Pontiff; therefore, they profess faith and receive Sacraments outside the Church.

St. Robert Bellarmine

In the Catholic Church, there are many other things which most justly keep me in her bosom. The consent of peoples and nations keeps me in the Church; so does her authority, inaugurated by miracles, nourished by hope, enlarged by love, established by age. The succession of priests keeps me, beginning from the very seat of the Apostle Peter, to whom the Lord, after His resurrection, gave it in charge to feed His sheep, down to the present episcopate. And so, lastly, does the name itself of Catholic, which, not without reason, amid so many heresies, the Church has thus retained; so that, though all heretics wish to be called Catholics, yet when a stranger asks where the Catholic Church meets, no heretic will venture to point to his own chapel or house. Such then in number and importance are the precious ties belonging to the Christian name which keep a believer in the Catholic Church, as it is right they should.... With you, where there is none of these things to attract or keep me.... No one shall move me from the faith which binds my mind with ties so many and so strong to the Christian religion.... For my part, I should not believe the gospel except as moved by the authority of the Catholic Church.

St. Augustine

If you want to be certain of being in the number of the Elect, strive to be one of the few, not one of the many. And if you would be quite sure of your salvation, strive to be among the fewest of the few; that is to say: do not follow the great majority of mankind, but follow those who enter upon the narrow way, who renounce the world, who give themselves to prayer, and who never relax their efforts by day or night, so that they may attain everlasting blessedness.

St. Anselm

All vices must first be eradicated by the practice of good works in the active life, so that, the mind's eye being purified, one may advance to the contemplation of God in the contemplative life

St. Isidore

How beautiful then is modesty and what a gem among virtues it is.

St. Bernard

When we hear people talk of riches, honors and amusements of the world, let us remember that all things have an end, and let us then say: "My God, I wish for You alone and nothing more."

St. Alphonsus Maria de Liguori

He who trusts himself is lost. He who trusts in God can do all things.

St. Alphonsus Maria de Liguori

It was as if you opened to me the heart in your most sacred body. I seemed to see it directly before my eyes. You told me to drink from this fountain, inviting me, that is, to draw the waters of my salvation from your wellsprings, my Savior. I was most eager that streams of faith, hope, and love should flow into me from that source. I was thirsting for poverty, chastity, obedience. I asked to be made wholly clean by you, to be clothed by you, to be made resplendent by you. So, after daring to approach your most loving heart, and to plunge my thirst into it, I received a promise from you of a garment made of three parts: these were to cover my soul in its nakedness, and to belong especially to my religious profession. They were peace, love, and perseverance. Protected by this garment of salvation, I was confident that I would lack nothing but all would succeed and give you glory.

St. Peter Canisius

If you have too much to do, with God's help you will find time to do it all.

St. Peter Canisius

We must be pure. I do not speak merely of the purity of the senses. We must observe great purity in our will, in our intentions, in all our actions.

St. Peter Julian Eymard

He who communicates most frequently will be freest from sin, and will make farthest progress in Divine Love.

St. Alphonsus Maria de Liguori

If we should be saved and become saints, we ought always to stand at the gates of the Divine mercy to beg and pray for, as an alms, all that we need.

St. Alphonsus Maria de Liguori

Pray, pray very much, and make sacrifices for sinners; for many souls go to hell, because there are none to sacrifice themselves and pray for them.

Our Lady of Fatima

Lord, increase my sufferings, and with them increase Your love in my heart.

St. Rose of Lima

As the body without the soul cannot love, so the soul without prayer is dead and emits an offensive odor.

St. John Chrysostom

After baptism, continual prayer is necessary to man, in order that he may enter heaven; for though by baptism our sins are remitted, there still remains concupiscence to assail us from within, and the world and the devil to assail us from without.

St. Thomas Aquinas

Blessed the one who has not been made drunk by wine like a prodigal, but has been made glad each day by the memory of the Lord, in whom all the Saints rejoice continually.

St. Ephrem of Syria

The deceitful charms of prosperity destroy more souls than all the scourges of adversity.

St. Bernard of Clairvaux

Far be it from us to desert the law and the ordinances. We will not obey the king's words by turning aside from our religion to the right hand or to the left.

1 Maccabees 2:21-22

Man by prayer merits to receive that which God had from all eternity determined to give him.

St. Gregory

As the flesh is nourished by food, so is man supported by prayers.

St. Augustine

Heretics are to be converted by an example of humility and other virtues far more readily than by any external display or verbal battles. So let us arm ourselves with devout prayers and set off showing signs of genuine humility and go barefooted to combat Goliath.

St. Dominic

Let us, then, come back from that table like lions breathing out fire, thus becoming terrifying to the Devil, and remaining mindful of our Head and of the love he has shown for us. . . This Blood, when worthily received, drives away demons and puts them at a distance from us, and even

summons to us angels and the Lord of angels. . . This Blood, poured out in abundance, has washed the whole world clean. . . This is the price of the world; by it Christ purchased the Church... This thought will check in us unruly passions. How long, in truth, shall we be attached to present things? How long shall we remain asleep? How long shall we not take thought for our own salvation? Let us remember what privileges God has bestowed on us, let us give thanks, let us glorify him, not only by faith, but also by our very works.

St. John Chrysostom

Lord, those are your best servants who wish to shape their life on Your answers rather than to shape your answers on their wishes.

St. Augustine

Either we must speak as we dress, or dress as we speak. Why do we profess one thing and display another? The tongue talks of chastity, but the whole body reveals impurity.

St. Jerome

Our Lord and Savior lifted up his voice and said with incomparable majesty: "Let all men know that grace comes after tribulation. Let them know that without the burden of afflictions it is impossible to reach the height of grace. Let them know that the gifts of grace increase as the struggles increase. Let men take care not to stray and be deceived. This is the only true stairway to paradise, and without the cross they can find no road to climb to heaven."

When I heard these words, a strong force came upon me and seemed to place me in the middle of a street, so that I might say in a loud voice to people of every age, sex and status: "Hear, O people; hear, O nations. I am warning you about the commandment of Christ by using words that came from his own lips: We cannot obtain grace unless we suffer afflictions. We must heap trouble upon trouble to attain a deep appreciation in the divine nature, the glory of the sons of God and perfect happiness of soul." If only mortals would learn how great it is to possess divine grace, how beautiful, how noble, how precious. How many riches it hides within itself, how many joys and delights! No one would complain about his cross or about troubles that may happen to him, if he would come to know the scales on which they are weighed when they are distributed to men.

St. Rose of Lima

Eternal Trinity, Godhead, mystery deep as the sea, you could give me no greater gift than the gift of yourself. For you are a fire ever burning and never consumed, which itself consumes all the selfish love that fills my being. Yes, you are a fire that takes away the coldness, illuminates the mind with its light, and causes me to know your truth. And I know that you are beauty and wisdom itself. The food of angels, you gave yourself to man in the fire of your love.

St. Catherine of Siena

Everything comes from love, all is ordained for the salvation of man, God does nothing without this goal in mind.

St. Catherine of Siena

We must faithfully keep what we have promised. If through human weakness we fail, we must always without delay arise again by means of holy penance, and give our attention to leading a good life and to dying a holy death. May the Father of all mercy, the Son by his holy passion, and the Holy Spirit, source of peace, sweetness and love, fill us with their consolation. Amen.

St. Colette

If there be a true way that leads to the Everlasting Kingdom, it is most certainly that of suffering, patiently endured.

St. Colette

Obviously the need of this Christian instruction is accentuated by the decline of our times and morals. It is even more demanded by the existence of those public schools, lacking all religion, where everything holy is ridiculed and scorned. There both teachers' lips and students' ears are inclined to godlessness. We are referring to those schools which are unjustly called neutral or lay.

In reality, they are nothing more than the stronghold of the powers of darkness.

Pope St. Pius X

Mortification in eating is the alphabet of a spiritual life; and he who knows not how to subdue his gluttony will find it no easy matter to triumph over other vices which are much more difficult to conquer.

St. Vincent de Paul

The greater part of men choose to be damned.

St. Alphonsus Maria de Liguori

I had the greatest sorrow for the many souls that condemn themselves to Hell, especially those Lutherans ... I saw souls falling into Hell like snowflakes.

St. Teresa of Avila

You carry your snare everywhere and spread your net in all places. You allege that you never invited others to sin. You did not indeed by your words, but you have done so by your dress and your deportment. And much more effectively than you could by your voice. When you have made another sin in his heart, how can you be innocent? Tell me whom does this world condemn?

Whom do the judges in court punish? Those who drink poison or those who prepare it and administer the fatal potion? You are more criminal than those who poison the body. You have given the death-dealing drink. You murder not the body but the soul, and it is not to enemies do you do this nor are you urged on by any imaginary necessity nor provoked by injury. But you do it out of foolish vanity and pride.

St. John Chrysostem

Be still and know that I AM.

Psalm 45:10

That man attains to spiritual freedom, clearness of judgment, repose, tranquillity and peaceful confidence, together with true worship and obedience of the will when he represses all joy in passing things. Man has greater joy and comfort in creatures if he detaches himself from them.

St. John of the Cross

He who has become aware of his sins has controlled his tongue, but a talkative person has not yet come to know himself as he should."

St. John Climacus

The Church is the entrance to life; all others are thieves and robbers. On this account we are bound to avoid them... We hear it declared of the unbelieving and the blinded of this world that they shall not inherit the world of life which is to come...Resist them in defense of the only true and life giving faith, which the Church has received from the Apostles and imparted to her sons.

St. Irenaeus

All graces given to those outside the Church are given them for the purpose of bringing them inside the Church.

St. Augustine

As I follow no leader save Christ, so I communicate with none but your blessedness, that is, with the Chair of Peter. For this, I know, is the rock on which the Church is built ...This is the ark of Noah, and he who is not found in it shall perish when the flood prevails. ...And as for heretics, I have never spared them; on the contrary, I have seen to it in every possible way that the Church's enemies are also my enemies.

St. Jerome

Let us love God, but let it be with the strength of our arms and the sweat of our brow.

St. Vincent de Paul

It is a good thing to induce others to exercise charity. To do so is to practice all virtues at once.

St. Vincent de Paul

Give me a person of prayer, and such a one will be capable of accomplishing anything.

St. Vincent de Paul

O Priest! You are not yourself because you are God. You are not of yourself because you are the servant and minister of Chri

St. You are not you own because you are the spouse of the Church. You are not yourself because you are the mediator between God an man. You are not from yourself because you are nothing. What then are you? Nothing and everything. O Priest! Take care lest what was said to Christ on the cross be said to you: "He saved others, himself he cannot save!"

St. Norbert

If the salvation of one soul is of such importance that we should endanger our temporal life in order to procure it, how could we abandon so great a number through fear of incurring some expense?

St. Vincent de Paul

It would be preferable to suffer all the possible torments of Earth until the Judgement Day than pass one day in Purgatory.

St. Cyril of Alexandria

In dangers, in doubts, in difficulties, think of Mary, call upon Mary. Let not her name depart from your lips, never suffer it to leave your heart. And that you may obtain the assistance of her prayer, neglect not to walk in her footsteps. With her for guide, you shall never go astray; while invoking her, you shall never lose heart; so long as she is in your mind, you are safe from deception; while she holds your hand, you cannot fall; under her protection you have nothing to fear; if she walks before you, you shall not grow weary; if she shows you favor, you shall reach the goal.

St. Bernard of Clairvaux

Actions speak louder than words; let your words teach and your actions speak. We are full of words but empty of actions, and therefore are cursed by the Lord, since he himself cursed the fig tree when he found no fruit but only leaves. It is useless for a man to flaunt his knowledge of the law if he undermines its teaching by his actions.

But the apostles "spoke as the Spirit gave them the gift of speech." Happy the man whose words issue from the Holy Spirit and not from himself!

We should speak, then, as the Holy Spirit gives us the gift of speech. Our humble and sincere request to the Spirit for ourselves should be that we may bring the day of Pentecost to fulfillment, insofar as he infuses us with his grace, by using our bodily senses in a perfect manner by keeping the commandments. Likewise we shall request that we may be filled with a keen sense of sorrow and with fiery tongues for confessing the faith so our deserved reward may be to stand in the blazing splendor of the saints and to look upon the triune God.

St. Anthony of Padua

Look at that clever calumniator! He begins by fetching a deep sigh, he affects to be humble, and puts on a modest look, and with a voice choking with sobs tries to gloss over the slander which is on the tip of his tongue. One would fancy that he expressly assumed a calm and easy demeanor; for when he speaks against his brother, it is in a tender and compassionate tone. I am really hurt, says he, to find that our brother has fallen into such a sin; you all know how much I love him, and how often I have tried to correct him. It is not today that I have noticed his failing; for I should always be on my guard to speak of others, but others have spoken of it too. It would be in vain to disguise the fact; it is only too true, and with tears in my eyes I tell it to you. This poor unfortunate brother has talent, but it must be confessed that he is very guilty, and however great may be our friendship for him, it is impossible to excuse him.

St. Bernard of Clairvaux

Consider every day that you are then for the first time beginning; and always act with the same fervor as on the first day you began.

St. Anthony of Padua

You have forgotten what you are.

St. Severinus Boethius

Whoever wishes to listen well to divine speech must enclose himself in great silence.

St. Umilta of Faenza

Up to my fifteenth year I saw much, and related some of the things seen to others, who would inquire with astonishment, whence such things might come. I also wondered and during my sickness I asked one of my nurses whether she also saw similar things. When she answered no, a great fear befell me. Frequently, in my conversation, I would relate future things, which I saw as if present, but, noting the amazement of my listeners, I became more reticent.

Bl. Hildegard

I have my room, some books and a nearby chapel. That is complete happiness.

St. Miguel of Ecuador

Ignorance of Scripture is ignorance of Christ.

St. Jerome

A man who is well-grounded in the testimonies of Scriptures is the bulwark of the Church.

St. Jerome

My dear brethren, I call that man bad company who is without religion, who does not concern himself with either the commandments of God or those of the Church, who does not recognize Lent or Easter, who seldom comes to church or, if he does come, then only to scandalize others by his irreligious ways. You ought to shun his company; otherwise you will not be long in becoming like him without your even noticing it.

St. Jean Marie Baptiste Vianney, the Cure of Ars

Often tell Jesus that you love him very much, and that you wish to die for love of him. Behold our love, Jesus; behold our life, Jesus; behold our all, Jesus. Let us accompany Jesus in all his ways. When we are alone, let it be with Jesus in the solitude of Bethlehem when we are traveling, let us think that we are with Jesus in Palestine or on the way to Calvary; when we are lashed by biting criticisms, behold us scourged with Jesus; when we are fixed to the cross, behold we are crucified with Jesus.

St. Gaspar

With Jesus let us think, with Jesus let us speak; let us labor with Jesus, let us rest with Jesus; with

Jesus let us weep, with Jesus let us keep silence; let us pray with Jesus; with Jesus let us live, with Jesus let us die. May Jesus live in our minds. May Jesus live on our tongues. May Jesus live in our hearts. May Jesus live in our souls. May Jesus live at all times. May Jesus live in all places. May Jesus live in all hearts. Yes, let us always say: May Jesus live!"

St. Gaspar

Almost all our rebellious passions spring from unguarded looks; for, generally speaking, *it is by the sight* that all inordinate affections and desires are excited.

Hence, holy Job made a covenant with his eyes, that he would not so much as think upon a virgin.

Why did he say that he would not so much as think upon a virgin? Should he not have said that he made a covenant with his eyes not to look at a virgin? No; he very properly said that he would not think upon a virgin; because thoughts are so connected with looks, that the former cannot be separated from the latter, and therefore, to escape the molestation of evil imaginations, *he resolved never to fix his eyes on a woman.*

St. Alphonsus Maria de Liguori

The covering of the head with a veil symbolizes the reality of woman sheltered in the side of her Source and becoming one with Him. She becomes covered and hidden in her Divine Spouse.

St. John Chrysostom

The proof of love is in the works. Where love exists, it works great things. But when it ceases to act, it ceases to exist.

Pope St. Gregory the Great

Oh my Lord! How true it is that whoever works for you is paid in troubles! And what a precious price to those who love you if we understand its value.

St. Teresa of Avila

There is no such thing as bad weather. All weather is good because it is God's.

St. Teresa of Avila

There is more value in a little study of humility and in a single act of it than in all the knowledge in the world.

St. Teresa of Avila

We need no wings to go in search of Him, but have only to look upon Him present within us.

St. Teresa of Avila

Let nothing disturb thee.
Let nothing affright thee.
All things are passing.
Patience obtains all things.

He who has God has everything.
God alone suffices.

St. Teresa of Avila

Do not, then, regard the eucharistic elements as ordinary bread and wine. They are in fact the Body and Blood of the Lord, as He himself has declared. Whatever your senses may tell you, be strong in faith. You have been taught and are firmly convinced that what looks and tastes like bread and wine is not bread and wine but the Body and Blood of Christ

St. Cyril of Jerusalem

But the Lord had given her such a living faith that when she heard some person saying they would have liked to have lived at the time Christ our Good walked in the world, she used to laugh to herself. She wondered what more they wanted since in the most Blessed Sacrament they had Him just as truly present as He was then.

St. Teresa of Avila

Let us therefore leave the devil's deceitful service and take nothing at his hand. For he nothing giveth but trifles; nor giveth half an inch of pleasure without one whole ell of pain.

St. Thomas More

Enjoy yourself as much as you like - if only you keep from sin.

St. John Bosco

Weak, lazy penitents abstain regretfully for a while from sin. They would very much like to commit sins if they could do so without being damned. They speak about sin with a certain petulance and with a liking for it and think those who commit sins are at peace with themselves.

St. Francis de Sales

The hostility of the perverse sounds like praise for our life because it shows that we have at least some rectitude if we are an annoyance to those who do not love God; no one can be pleasing to God and to God's enemies at the same time. He who seeks to please those who oppose God is no friend of God; and he who submits himself to the truth will fight against those who strive against truth.

Pope St. Gregory the Great

Dream that the more you struggle, the more you prove the love that you bear your God, and the more you will rejoice one day with your Beloved, in a happiness and rapture that can never end.

St. Teresa of Avila

Hope, O my soul, hope. You know neither the day nor the hour. Watch carefully, for everything passes quickly, even though your impatience makes doubtful what is certain, and turns a very short time into a long one.

St. Teresa of Avila

You ought to make every effort to free yourselves even from venial sin, and to do what is most perfect.

St. Teresa of Avila

If Christ Jesus dwells in a man as his friend and noble leader, that man can endure all things, for Christ helps and strengthens us and never abandons us. He is a true friend. And I clearly see that if we expect to please him and receive an abundance of his graces, God desires that these graces must come to us from the hands of Christ, through his most sacred humanity, in which God takes delight.

All blessings come to us through our Lord. He will teach us, for in beholding his life we find that he is the best example.

What more do we desire from such a good friend at our side? Unlike our friends in the world, he will never abandon us when we are troubled or distressed. Blessed is the one who truly loves him and always keeps him near.

Whenever we think of Christ we should recall the love that led him to bestow on us so many graces and favors, and also the great love God showed in giving us in Christ a pledge of his love; for love calls for love in return. Let us strive to keep this always before our eyes and to rouse ourselves to love him. For if at some time the Lord should grant us the grace of impressing his love on our hearts, all will become easy for us and we shall accomplish great things quickly and without effort.

St. Teresa of Avila

Show me the icons that you venerate, that I may be able to understand your faith.

St. John of Damascus

Those who are saved are in the minority.

St. Thomas Aquinas

. . . the end for which God has instituted the priesthood has been to appoint on earth public persons to watch over the honor of his divine majesty, and to procure the salvation of souls.

St. Alphonsus Maria de Liguori

There is nothing colder than a Christian who is not concerned about the salvation of others [...]. Do not say, I cannot help others: for, if you are truly a Christian it is impossible not to. Natural objects have properties that cannot be denied; the same is true of what I have just said, because it is the nature of a Christian to act in that way. Do not offend God by deception. If you said that the sun cannot shine, you would be committing an offense against God and making a liar of Him. It is easier for the sinner to shine or give warmth than for a Christian to cease to give light: it is easier for that to happen than for light to become darkness. Do not say that that is impossible: what is impossible is the contrary [...]. If we behave in the correct way, everything else will follow as a natural consequence. The light of Christians cannot be hidden, a lamp shining so brightly cannot be hidden.

St. John Chrysostom

We read in the chronicles of the discalced Carmelites that a Father, named Julian of St. Paul, although he had studied but little, preached with such success that the people came in crowds to hear him and were converted, every one of them deriving much fruit from his sermons. Some one having asked what good could be found in this preacher, whom every one went to hear, the following answer was given to him: "We go to hear him, because he is a saint: he sheds tears during Mass, he sleeps little, he always goes about with his eyes cast down, he is always praying, he speaks only of God and of our welfare; and therefore we do what he tells us." John de Avila had then reason to say that the first and most important rule for preaching well is to love God.

St. Alphonsus Maria de Liguori

You have preached, you have prayed, but have you fasted? Have you taken the discipline [a self imposed scourge]? Have you slept on the floor? So long as you have done none of these things, you have no right to complain.

St. Jean Marie Vianney, *to a priest complaining about the indifference of his parish*

The author of the Imperfect Work says that all that see a tree covered with pale and withered leaves immediately infer that its roots have been injured; and when we see a people immoral, we may justly conclude, without danger of rash judgment, that the priest is a man without virtue.

St. Alphonsus Maria de Liguori

All that the beginner in prayer has to do -- and you must not forget this, for it is very important -- is to labour and be resolute and prepare himself with all possible diligence to bring his will into conformity with the will of God. As I shall say later, you may be quite sure that this comprises the very greatest perfection which can be attained on the spiritual road.

St. John Chrysostom

Perfect love of God renders death agreeable, making the soul taste the greatest sweetness therein.

The soul that loves is inundated with a torrent of delights at the approach of that moment when she is about to enjoy the full possession of her Beloved. On the point of being delivered from this prison of the body, she seems already to contemplate the glories of Paradise and all within her is transformed into love.

St. John of the Cross

These things I have spoken to you, while I am still with you. But the Counselor, the Holy Spirit, whom the Father will send in My name, He will teach you all things and bring to your remembrance all that I have said to you.

John 14:(25-26)

When the Arimathean lifted You, lifeless from the Cross, O Lord of Life, he anointed You, O Christ, with myrrh, and wrapped You in a shroud. He was moved by heartfelt love to kiss your body not subject to decay; but was restrained by fear, and rejoicing, he cried out to You: 'Glory to Your condescension, O Lover of Mankind.'

from the Vespers of Great and Holy Friday

Our own evil inclinations are far more dangerous than any external enemies.

St. Ambrose

Prayer is the bulwark of chastity.

St. Gregory of Nyssa

Moreover, know that just as all mortal sins are very serious, so too a venial sin is made mortal if a human being delights in it with the intention of persevering. Wherefore, know that two sins, which I now name to you, are being practiced and that they draw after them other sins that all seem as if venial. But because the people delight in them with the intention of persevering, they are therefore made mortal. . .

The first of the two sins is that the faces of rational human creatures are being painted with the various colors with which insensible images and statues of idols are colored so that to others, these faces may seem more beautiful than I made them.

The second sin is that the bodies of men and women are being deformed from their natural state by the unseemly forms of clothing that the people are using.

Our Lord Jesus Christ, 'The Revelations of St. Bridget of Sweden'

Nor can any one be excused who, by ceasing to pray, has shown that he did not wish to overcome his enemy.

St. John Chrysostom

. . . in tranquility of spirit rest lovingly in the wounded side of Jesus, and do not be anxious about your soul, but preserve interior calm by kissing that loving Wound and pressing to your heart so dear a Good.

St. Gaspar

If you would be good Christians, be good Romans.

St. Patrick

I exhort you to speak little and to pray very much.

St. Gaspar

Wait upon God with loving and pure attentiveness, working no violence on yourself lest you disturb the soul's peace and tranquillity. God will feed your soul with heavenly food since you put no obstacle in His way. The soul in this state must remember that if it is not conscious of making progress, it is making much more than when it was walking on foot, because God Himself is bearing it in His arms. Although outwardly it is doing nothing, it is in reality doing more than if it were working, since God is doing the work within it. And it is not remarkable that the soul does not see this, for our senses cannot perceive what God does in the soul. . . if the soul stays in God's care it will certainly make progress.

St. John of the Cross

Never do anything in a hurry; do everything quietly and in a calm spirit. Do not lose your inward peace for anything whatsoever, even if your whole world seems upset. Commend all to God and then lie still and be at rest in His Heart.

St. Francis de Sales

Half an hour's meditation is essential except when you are very busy. Then a full hour is needed.

St. Francis de Sales

Humility, which Christ recommended to us both by word and example, ought to include three conditions. First, we are to consider ourselves, in all sincerity, worthy of the contempt of men; secondly, to be glad that others should see what is imperfect in us and what might cause them to despise us; thirdly, when the Lord works any good in us or by our means, to conceal it, if possible, at the sight of our baseness, and if this cannot be done, to ascribe it to the Divine Mercy, and to the merits of others. Whoever shall attain to this humility, happy is he! And to him who shall not attain it, griefs will never be wanting.

St. Vincent de Paul

Diseases of the soul come posting in on horseback, but leave slowly and on foot.

St. Francis de Sales

But if these beings angels guard you, they do so because they have been summoned by your prayers.

St. Ambrose

The Church of the Lord is built upon the rock of the apostles among so many dangers in the world; it therefore remains unmoved. The Church's foundation is unshakable and firm against assaults of the raging sea. Waves lash at the Church but do not shatter it. Although the elements of this world constantly beat upon the Church with crashing sounds, the Church possesses the safest harbor of salvation for all in distress.

There is a stream which flows down on God's saints like a torrent. There is also a rushing river giving joy to the heart that is at peace and makes for peace. He who reads much and understands much, receives his fill. He who is full, refreshes others. So Scripture says: "If the clouds are full, they will pour rain upon the earth."

Therefore, let your words be rivers, clean and limpid, so that you may charm the ears of people.

And by the grace of your words win them over to follow your leadership. Solomon says: "The weapons of the understanding are the lips of the wise"; and in another place he says: "Let your lips be bound with wisdom." That is, let the meaning of your words shine forth, let understanding blaze out. Let no word escape your lips in vain or be uttered without depth of meaning.

St. Ambrose

To avoid dissensions we should be ever on our guard, more especially with those who drive us to argue with them, with those who vex and irritate us, and who say things likely to excite us to

anger. When we find ourselves in company with quarrelsome, eccentric individuals, people who openly and unblushingly say the most shocking things, difficult to put up with, we should take refuge in silence, and the wisest plan is not to reply to people whose behavior is so preposterous. Those who insult us and treat us contumeliously are anxious for a spiteful and sarcastic reply: the silence we then affect disheartens them, and they cannot avoid showing their vexation; they do all they can to provoke us and to elicit a reply, but the best way to baffle them is to say nothing, refuse to argue with them, and to leave them to chew the cud of their hasty anger. This method of bringing down their pride disarms them, and shows them plainly that we slight and despise them.

St. Ambrose

It is impossible for us who have fallen into the pit of iniquities ever to be drawn out of it, unless we sink into the abyss of the humility of the repentant.

St. John Climacus

Justice was above the world when the devil offered all the kingdoms of the world and all its glory. He was above the world Who touched nothing concerning the world, Who said: The prince of this world is coming, but in Me he shall find nothing. Learn, therefore, to be above the world even while in this world, and if you bear a body, may your interior wings soar up. He is above the world who bears God in his body.

St. Ambrose of Milan

When God wishes, He becomes fire, burning up every coarse passion that has taken root in the soul. "For our God is a consuming fire" (Dt. 4:24; Heb. 12:29). When He wishes, He becomes an inexpressible and mysterious rest so that the soul may find rest in God's rest. When He wishes, he becomes joy and peace, cherishing and protecting the soul.

St. Macarius the Great

Apart from the cross there is no other ladder by which we may get to heaven.

St. Rose of Lima

"There are many souls who close their ears against Him because they prefer to speak and hurry through vocal prayers as if a task had been set them to say a certain amount everyday. Do not imitate them. You are doing more by occasionally repeating a single petition of the Our Father than by repeating the whole of it many times in a hurry and not thinking [or willing] what you are saying."

St. Teresa of Avila

If you believe in the Gospel that you like, and reject what you don't like, it is not the Gospel you believe in, but yourself.

St. Augustine

The soul that truly loves God loves all good, seeks all good, protects all good, praises all good, joins itself to good men, helps and defends them, and embraces all the virtues: it loves only what is true and worth loving. Do you think it possible that one who truly loves God cares, or can care,

for vanities, or riches, or worldly things, or pleasures or honors? Neither can such a soul quarrel or feel envy, for it aims at nothing save pleasing its Beloved.

St. Teresa of Avila

There is no other way to God except through the burning love of the crucified.

St. Bonaventure

In her voyage across the ocean of this world, the Church is like a great ship being pounded by the waves of life's different stresses. Our duty is not to abandon ship but to keep her on her course.

St. Boniface

Let us stand fast in what is right, and prepare our souls for trial. Let us wait upon God's strengthening aid and say to him: "O Lord, you have been our refuge in all generations."

St. Boniface

Let us trust in him who has placed this burden upon us. What we ourselves cannot bear let us bear with the help of Christ. For he is all-powerful, and he tells us: "My yoke is easy, and my burden light."

St. Boniface

Let us continue the fight on the day of the Lord. The days of anguish and of tribulation have overtaken us; if God so wills, "let us die for the holy laws of our fathers," so that we may deserve to obtain an eternal inheritance with them.

St. Boniface

Fix your minds on the passion of our Lord Jesus Christ. Inflamed with love for us, he came down from heaven to redeem us. For our sake he endured every torment of body and soul and shrank from no bodily pain. He himself gave us an example of perfect patience and love. We, then, are to be patient in adversity. Take pains to refrain from sharp words. Pardon one another so that later on you will not remember the injury. The recollection of an injury is itself wrong. It adds to our anger, nurtures our sins and hates what is good. It is a rusty arrow and poison for the soul. It puts all virtue to flight.

Be peace-loving. Peace is a precious treasure to be sought with great zeal. You are well aware that our sins arouse God's anger. You must change your life, therefore, so that God in his mercy will pardon you. What we conceal from men is known to God. Be converted, then, with a sincere heart. Live your life that you may receive the blessing of the Lord. Then the peace of God our Father will be with you always.

St. Francis of Paola

Be careful to give no credit to yourself for anything; if you do, you are stealing from God, to whom alone every good thing is due.

St. Vincent de Paul

Keep careful watch, to ensure that the enemy does not make off with any who are off guard or remiss; and that no heretic may pervert part of what you have been given. Accepting the faith is like putting into the bank the money we have given you; God will ask you for an account of this deposit.

St. Cyril of Jerusalem

If you wish to arrive speedily at the summit of perfection, animate yourself to a true love of shame, insults and calumny.

St. Ignatius

"I will only warn you that, when you learn or hear that God is granting souls these graces [visions etc], you must never beseech or desire Him to lead you along this road. Even if you think it is a very good one, and to be greatly prized and revered, there are certain reasons why such a course is not wise. It shows a lack of humility, one leaves self open to great danger since the devil will take any opening, there is also danger of autosuggestion; it is presumption to want to choose one's own path; very heavy trials usually go with such favors and, there are many saintly people who have never known what it is to receive a favor of this kind, and there are others who receive such favors, although they are not saintly. . . . It is true that to have these favors must be the greatest help towards attaining a high degree of perfection in the virtues; but anyone who has attained the virtues at the cost of his own toil has earned much more merit."

St. Teresa of Avila

The greater and more persistent your confidence in God, the more abundantly you will receive all that you ask.

St. Albert the Great

What could be more out of keeping with our holy religion than impure language? It outrages God. It scandalizes our neighbor. Can a Christian really afford to occupy his mind with such horrible images?

St. Jean Marie Baptiste Vianney, the Cure of Ars

The proof of love is in the works. Where love exists, it works great things. But when it ceases to act, it ceases to exist.

Pope St. Gregory the Great

Believe that others are better than you in the depths of their soul, although outwardly you may appear better than they.

St. Augustine

He commands some things which we cannot do that we may know what we ought to ask of him.

St. Augustine

If we wish to love Jesus with the heart of the Immaculata, receive Him with her heart, praise Him

with her acts, make reparation and at the same time give thanks through her... Then with her heart, with her acts we praise Jesus, or actually, it is she who loves and praises Jesus through us. We are then her instruments.

St. Maximilian Kolbe

Modern times are dominated by Satan and will be more so in the future. The conflict with hell cannot be engaged by men, even the most clever. The Immaculata alone has from God the promise of victory over Satan. However, assumed into Heaven, the Mother of God now requires our cooperation. She seeks souls who will consecrate themselves entirely to her, who will become in her hands effective instruments for the defeat of Satan and the spreading of God's kingdom upon earth.

St. Maximilian Kolbe

Where there is no love, put love and you will find love.

St. John of the Cross

Remember that sacrifice exists in the will; and although force of habit may dull the sting of sacrifice, the merit last and increases with the repetition of the sacrifice.

St. Peter Julian Eymard

Furthermore, while the soul is withdrawn from everything and is turned within, the eye of contemplation is opened and sets itself up a ladder by which it can pass to the contemplation of God. By this contemplation the soul is set on fire for eternal things by the heavenly and divine good things it experiences, and views all the things of time from a distance and as if they were nothing. Hence when we approach God by the way of negation, we first deny Him everything that can be experienced by the body, the senses and the imagination, secondly even things experienceable by the intellect, and finally even being itself in so far as it is found in created things. This, so far as the nature of the way is concerned, is the best means of union with God, according to Dionysius. And this is the cloud in which God is said to dwell, which Moses entered, and through this came to the inaccessible light.

St. Albert the Great

It is the height of holy disinterestedness to be content with naked, dry, and insensible acts carried out in the higher will alone. You have told me well about your suffering and there is nothing to do to help it but what you are doing: affirming to our Lord, sometimes out loud and sometimes in song, that you even will to live and to eat as the dead do, without taste, feeling or knowledge. In the end, the Savior wants us to be His so perfectly that nothing else is left for us, and to abandon ourselves entirely to the mercy of His providence without reservation.

St. Francis de Sales

God knows how useful it is to us to be obliged to pray, in order to keep us humble, and to exercise our confidence; and he therefore permits us to be assaulted by enemies too mighty to be overcome by our own strength, that by prayer we may obtain from his mercy aid to resist them; and it is especially to be remarked that no one can resist the impure temptations of the flesh, without recommending himself to God when he is tempted.

St. Alphonsus Maria de Ligouri

It is most laudable in a married woman to be devout, but she must not forget that she is a housewife; and sometimes she must leave God at the altar to find Him in her housekeeping.

St. Frances of Rome

If we knew at what time we were to depart from this world, we would be able to select a season for pleasure and another for repentance. But God, who has promised pardon to every repentant sinner, has not promised us tomorrow. Therefore we must always dread the final day, which we can never foresee. This very day is a day of truce, a day for conversion. And yet we refuse to cry over the evil we have done! Not only do we not weep for the sins we have committed, we even add to them. . . If we are, in fact, now occupied in good deeds, we should not attribute the strength with which we are doing them to ourselves. We must not count on ourselves, because even if we know what kind of person we are today, we do not know what we will be tomorrow. Nobody must rejoice in the security of their own good deeds. As long as we are still experiencing the uncertainties of this life, we do not know what end may follow. . . we must not trust in our own virtues.

Pope St. Gregory the Great

Help yourself during this troubled period by reading holy books. This reading provides excellent food for the soul and conduces to great progress along the path of perfection. By no means is it inferior to what we obtain through prayer and holy meditation. In prayer and meditation it is ourselves who speak to the Lord, while in holy reading it is God who speaks to us. Before beginning to read, raise your mind to the Lord and implore Him to guide your mind Himself, to speak to your heart and move your will.

St. Padre Pio

To abstain from sinful actions is not sufficient for the fulfillment of God's law. The very desire of what is forbidden is evil.

St. John Baptist de la Salle

Jesus invited us to be like Him, humble of heart. But what is humility of the heart? It consists in receiving humiliations from God with a submissive love, in accepting one's state of life and one's duties whatever they are, and in not being ashamed of one's condition.

St. Peter Julian Eymard

The Father spoke one Word, which was His Son, and this Word He speaks always in eternal silence, and in silence must it be heard by the soul.

St. John of the Cross

That you may have pleasure in everything, seek your own pleasure in nothing. That you may know everything, seek to know nothing. That you may possess all things, seek to possess nothing. That you may be everything, seek to be nothing. . . Desire to be empty and poor for Christ's sake. This state must be embraced with a perfect heart and you must really want it. If your heart is

truly engaged in these efforts you shall speedily attain to great joy and consolation. Be continually careful and earnest in imitating Christ in everything, making your life conform to His.

St. John of the Cross

Prayer is to our soul what rain is to the soil. Fertilize the soil ever so richly, it will remain barren unless fed by frequent rains.

St. Jean Marie Baptiste Vianney, the Cure of Ars

I am He Who Is, and you are she who is not.

heard by St. Catherine of Siena in a vision

Let your baptism be ever your shield, your faith a helmet, your charity a spear, your patience a panoply. Let your works be deposits, so that you may receive the sum that is due you.

St. Ignatius of Antioch

Those who profess to be Christ's will be recognized by their actions. For what matters is not a momentary act of professing, but being persistently motivated by faith

St. Ignatius of Antioch

Deny your desires and you will find what your heart longs for. For how do you know if any desire of yours is according to God?

St. John of the Cross

God desires the least degree of obedience and submissiveness more than all those services you think of rendering him.

St. John of the Cross

O Lord, my God, who will seek You with simple and pure love and not find You are All he desires. . .

St. John of the Cross

From a letter by St. Margaret Mary Alacoque

The sacred heart of Christ is an inexhaustible fountain and its sole desire is to pour itself out into the hearts of the humble so as to free them and prepare them to lead lives according to his good pleasure.

From this divine heart three streams flow endlessly. The first is the stream of mercy for sinners; it pours into their hearts sentiments of contrition and repentance. The second is the stream of charity which helps all in need and especially aids those seeking perfection in order to find the means of surmounting their difficulties. From the third stream flow love and light for the benefit

of his friends who have attained perfection; these he wishes to unit to himself so that they may share his knowledge and commandments and, in their individual ways, devote themselves wholly to advancing his glory.

This divine heart is an abyss filled with all blessings, and into the poor should submerge all their needs. It is an abyss of joy in which all of us can immerse our sorrows. It is an abyss of lowliness to counteract our foolishness, an abyss of mercy for the wretched, an abyss of love to meet our every need. Are you making no progress in prayer? The you need only offer God the prayers which the Savior has poured out for us in the sacrament of the altar. Offer God his fervent love in reparation for your sluggishness. In the course of every activity pray as follows:

"My God, I do this or I endure that in the heart of your Son and according to his holy counsels. I offer it to you in reparation for anything blameworthy or imperfect in my actions." Continue to do this in every circumstance of life. But above all preserve peace of heart. This is more valuable than any treasure. In order to preserve it there is nothing more useful than renouncing your own will and substituting for it the will of the divine heart. In this way his will can carry out for us whatever contributes to his glory, and we will be happy to be his subjects and to trust entirely in him.

**A Rule of Life for Those
Consecrated to the Immaculate Virgin**
by St. Maximilian Mary Kolbe

1. It is my duty to be a saint and a great saint.
2. For the glory of God, I must save myself and all souls, present and future, through the Immaculate.
3. Before anything else flee not only from mortal but also from deliberate venial sin.
4. Do not permit: a. that evil remain without reparation and destruction; or b. that good be without fruit or increase.
5. Let your rule be obedience_the will of God through the Immaculate_I am nothing but an instrument.
6. Think of what you are doing. Do not be concerned about anything else, whether bad or good.
7. Preserve order, and order will preserve you.
8. Peaceful and benevolent action.
9. Preparation—Action—Conclusion.
10. Remember that you belong exclusively, unconditionally, absolutely, irrevocably to the Immaculate: Whoever you are, whatever you have or can, whatever you do (thoughts, words, action) and endure (pleasant, unpleasant, indifferent things) belong to the Immaculate. Consequently, may she dispose of them according to her will (and not yours). In the same way it belongs to her all your intentions; therefore, may she transform them, add others, take them away, as she likes (in fact, she does not offend justice).

You are an instrument in her hand, therefore do only what she wants; accept everything like a child to his own mother, trust her in everything. Take an interest about her, her veneration, her things and let her take care of you and your loved ones. Recognize that everything you have comes from her and nothing from you. All the fruits of your activities depend on the union with her, in the same way as she is an instrument of the divine mercy. O Immaculate, my life (every moment of it), my death (where, when and how) and my eternity belongs totally to you. Of everything you do whatever you like.

The Spiritual Pilgrim's Guidebook

St. John Climacus

A firm faith is the mother of the renunciation of the world; the opposite, obviously, produces the opposite effect.

Unwavering hope is the door to the renunciation of every earthly affection; the opposite, obviously produces the opposite effect.

The love of God is the basis of detachment from the world; and here too the opposite, obviously, has the opposite effect.

Self-control is the mother of spiritual health. The mother of self-control is the thought of death combined with the remembrance of the sharpness of the wrath of the Lord our God.

Solitude and silence help to maintain purity; fasting pours water on the fire of the passions.

Contrition is the enemy of evil and base thoughts.

The death of avarice is attained by faith and flight from the world.

Perseverance in prayer is the annihilation of sloth.

The thought of judgment stirs the will to good purpose.

Love of humiliation is the cure for anger.

Detachment from visible things is to open your eyes to the invisible.

Silence and solitude are the enemies of pride; if you are involved with people, keep an eye out for occasions of humiliation.

Visible pride is cured by an attitude that is empty of arrogance; invisible pride is cured by the Eternal Invisible.

Resolutions of a Novice

by St. Conrad of Parzham

Resolutions taken with great deliberation and full confidence in the assistance of Jesus and Mary to help me keep them.

1. I will strive earnestly to form the habit of always placing myself in the presence of God and of often asking myself: Would I do this or that if my confessor or my superior were observing me, and especially in the presence of God and my guardian angel?
2. I will often ask myself when crosses and pain come upon me: Conrad, why are you here?
3. I will avoid as much as possible going out of the monastery, unless love of neighbor or obedience or health demand it, or for some other good reason.
4. I will earnestly strive to preserve brotherly charity in myself and in others. I will be careful never to utter a word against charity. I will patiently bear with the faults, defects and weaknesses of others and as far as possible I will cover them with the mantle of charity, whenever there is no

- obligation to reveal them to one who has the power to correct them.
5. I will carefully observe silence as much as possible. I will always be sparing of my words in conversation and thereby avoid many faults and be able to converse the better with God.
 6. At table I will always place myself in the presence of God and conduct myself with great reserve, denying myself those dishes that I would relish most and practising especially those mortifications which are least noticeable. Outside of mealtime I will take no food unless commanded by holy obedience.
 7. I will always go to the choir immediately when the signal is given, if not otherwise prevented.
 8. I will avoid association with persons of the other sex as much as possible, unless obedience imposes on me a duty which requires association with them. In that case I will be very serious and keep my eyes in strict control.
 9. I will always practise obedience exactly and punctually, and will strive particularly to conquer my own will in all things.
 10. I will earnestly try to be faithful even in small matters and abhor every voluntary imperfection. I will scrupulously observe the Holy Rule and never depart from it by even a hair's breadth, no matter what happens.
 11. I will ever strive to cultivate a tender devotion to the Blessed Virgin Mary and endeavor to imitate Her virtues

St. John Chrysostom on Fasting

"The value of fasting consists not only in avoiding certain foods, but in giving up of sinful practices. The person who limits his fast only to abstaining from meat is the one who especially lowers the value of it.

"Do you fast? Prove it by doing good works. If you see someone in need, take pity on them. If you see a friend being honored, don't get jealous of him or her. For a true fast, you cannot fast only with your mouth. You must fast with your eyes, your ears, your feet, your hands, and all parts of your body.

"You fast with your hands by keeping them pure from doing greedy things. You fast with your feet by not going to see forbidden shows or plays. You fast with your eyes by not letting them look upon impure pictures. Because if this is forbidden or unlawful, it mars your fast and threatens the safety of your soul. But if you look at things which are lawful and safe you increase your fast, for what you see with your eyes influences your conduct. It would be very stupid to eliminate or give up meat and other foods because of the fast but feed with your eyes upon other things which are forbidden.

"You don't eat meat, you say? But you allow yourself to listen to lewd things. You must fast with your ears, too. Another way of fasting with your ears is not to listen to those who speak evil or untrue things about others. 'Thou shalt not receive an idle report.' This is especially true of rumors, gossip, untruths which are spoken to harm another.

"Besides fasting with your mouth by not eating certain foods, your mouth should also fast from foul language or telling lies about others. For what good is it if you don't eat meat or poultry, and yet you bite and devour your fellow man?"

St. Benedict's Degrees of Humility

THE FIRST DEGREE OF HUMILITY: Keep the fear of GOD before your eyes, altogether shunning forgetfulness. Consider that GOD is always beholding you from Heaven, that your actions are everywhere visible to Him, and are constantly being reported by the angels.

THE SECOND DEGREE OF HUMILITY: A man should not love his own will, nor delight in fulfilling his own desires. Let us carry out in deed the saying of the Lord: "I came not to do my own will, but the will of him who sent me, (John 6:38)." GOD is calling us to follow His holy Will. We are all part of His great plan of salvation, we all have a special role to play, therefore let us set our hearts on that which lasts forever and that is Heaven. Those who desire to follow their own will shall never leave the ground and shall always be part of the world.

THE THIRD DEGREE OF HUMILITY: For the love of GOD, one should subject himself to his superior in all obedience, imitating the Lord, of whom the apostle Paul says: "He was made obedient even unto death," (Phil 2:8). JESUS was obedient to the Father by following His Will and offering Himself on our behalf that we (sinners), may be reconciled with the Father and our sins be forgiven.

THE FOURTH DEGREE OF HUMILITY: Meeting in this obedience with difficulties and contradictions and even injustice, one should with a quiet mind hold fast to patience...Moreover, in adversities and injuries, patiently fulfil the Lord's commands; when struck on one cheek offer the other, when robbed of tunic surrender also your cloak, when forced to go a mile go two, and with the St. Paul, bear with false brethren, and bless those that curse you.

THE FIFTH DEGREE OF HUMILITY: Humbly confess and do not conceal from the superior any evil thoughts that enter the heart, and any secret sins committed. The religious and laity are called to humble themselves before a priest to confess their sins. Therefore when that day comes, we can say to the Lord: "I have made known my sins to thee, and my faults I have not concealed."

THE SIXTH DEGREE OF HUMILITY: A man be content with the meanest and worst of everything, and esteem himself, in regard to work that is given him, as a bad and unworthy workman, saying to himself with the prophet: "I am brought to nothing; I am all ignorance; I am become as a dumb beast before thee; yet am I ever close to thee," (Ps 72: 22-23).

THE SEVENTH DEGREE OF HUMILITY: One should not only in his speech declare himself lower and of less account than all others, but should in his own inmost heart believe it, humbling himself with the prophet: "But I am a worm, and no man, the reproach of men, and the outcast of the people," (Ps 21:7).

THE EIGHTH DEGREE OF HUMILITY: Do nothing except what is commended by the common rules of the order or apostolate and the examples of the superior, living under rules which increases the desire to live and labor for the glory of GOD.

THE NINTH DEGREE OF HUMILITY: Restrain the tongue and keep silence, not speaking until questioned. For the scripture shows "the talkative man shall not prosper on the earth," (Ps 139:12).

THE TENTH DEGREE OF HUMILITY: Be not ready and prompt to laughter, for it is written: "The fool lifteth up his voice in laughter," (Sir 21:23).

THE ELEVENTH DEGREE OF HUMILITY: When you speak, do so gently and without laughter, humbly and seriously, in few and sensible words, and with clamor. It is written: "A wise man is known by the fewness of his words."

THE TWELFTH DEGREE OF HUMILITY: Not only should one be humble of heart, but should

also in behavior always manifest humility to those who look upon you. That is to say, whether at the Work of GOD, in the oratory, in the monastery, in the garden, on the road, in the fields, or anywhere else, and whether sitting, walking, or standing, you should always have your head bowed and eyes downcast. Constantly say in your heart what was said by the publican who would not so much as lift up his eyes towards Heaven: " O' GOD, be merciful to me a sinner," (Luke 18:13).

FINALLY, when all these degrees of humility have been climbed, you will presently come to that perfect love of GOD which casts out all fear. Let us now imitate JESUS in his humility and follow in His example, for as Our Lord said:

"Learn from me, for I am meek and humble of heart."

St. Patrick and the Royal Daughters
from the Catholic Encyclopedia

Close by the clear fountain of Clebach, not far from the royal abode, Patrick and his venerable companions had pitched their tents and at early dawn were chanting the praises of the Most High, when the two daughters of the Irish monarch — Ethne, the fair, and Fedelm, the ruddy — came thither, as was their wont, to bathe. Astonished at the vision that presented itself to them, the royal maidens cried out: "Who are ye, and whence do ye come? Are ye phantoms, or fairies, or friendly mortals?" St. Patrick said to them: "It were better you would adore and worship the one true God, whom we announce to you, than that you would satisfy your curiosity by such vain questions." And then Ethne broke forth into the questions:

"Who is God?"

"And where is God?"

"Where is His dwelling?"

"Has He sons and daughters?"

"Is He rich in silver and gold?"

"Is He everlasting? is He beautiful?"

"Are His daughters dear and lovely to the men of this world?"

"Is He on the heavens or on earth?"

"In the sea, in rivers, in mountains, in valleys?"

"Make Him known to us. How is He to be seen?"

"How is He to be loved? How is He to be found?"

"Is it in youth or is it in old age that He may be found?"

But St. Patrick, filled with the Holy Ghost, made answer:

"God, whom we announce to you, is the Ruler of all things."

"The God of heaven and earth, of the sea and the rivers."

"The God of the sun, and the moon, and all the stars."

"The God of the high mountains and of the low lying valleys."

"The God who is above heaven, and in heaven, and under heaven."

"His dwelling is in heaven and earth, and the sea, and all therein."

"He gives breath to all."

"He gives life to all."

"He is over all."

"He upholds all."

"He gives light to the sun."
"He imparts splendour to the moon."
"He has made wells in the dry land, and islands in the ocean."
"He has appointed the stars to serve the greater lights."
"His Son is co-eternal and co-equal with Himself."
"The Son is not younger than the Father."
"And the Father is not older than the Son."
"And the Holy Ghost proceeds from them."
"The Father and the Son and the Holy Ghost are undivided."
"But I desire by Faith to unite you to the Heavenly King, as you are daughters of an earthly king."

The maidens, as if with one voice and one heart, said: "Teach us most carefully how we may believe in the Heavenly King; show us how we may behold Him face to face, and we will do whatsoever you shall say to us."

Thoughts on Holy Water

by St. Teresa of Avila

"From long experience I have learned that there is nothing like holy water to put devils to flight and prevent them from coming back again. They also flee from the cross, but return; so holy water must have great value. For my own part, whenever I take it, my soul feels a particular and most notable consolation.

In fact, it is quite usual for me to be conscious of a refreshment which I cannot possibly describe, resembling an inward joy which comforts my whole soul. This is not fancy, or something which has happened to me only once it has happened again and again and I have observed it most attentively. It is let us say, as if someone very hot and thirsty were to drink from a jug of cold water: he would feel the refreshment throughout his body.

I often reflect on the great importance of everything ordained by the Church and it makes me very happy to find that those words of the Church are so powerful that they impart their power to the water and make it so very different from water which has not been blessed."

"One night, too, about this time, I thought the devils were stifling me; and when the nuns had sprinkled a great deal of holy water about I saw a huge crowd of them running away as quickly as though they were about to fling themselves down a steep place."

"I will only describe something that happened to me one night of All Souls. I was in an oratory: I had said one nocturn and was repeating some very devotional prayers which follow it -- they are extremely devotional: we have them in our office-book -- when actually the devil himself alighted on the book, to prevent me from finishing the prayer. I made the sign of the Cross and he went away. I then began again and he came back.

I think I began that prayer three times and not until I had sprinkled some holy water on him could I finish it. At the same moment I saw several souls coming out of purgatory: their time there must have been nearly up and I thought that perhaps the devil was trying to impede their deliverance."

Keep your soul beautifully pure in God's sight by making the Sign of the Cross carefully while saying, "By this holy water and by Thy Precious Blood wash away all my sins, O Lord."

The Prayer of Longing *by St. John Chrysostom*

"Prayer is the light of the spirit "Prayer and converse with God is a supreme good: it is a partnership and union with God. As the eyes of the body are enlightened when they see light, so our spirit, when it is intent on God, is illumined by his infinite light. I do not mean the prayer of outward observance but prayer from the heart, not confined to fixed times, or periods but continuous throughout the day and night.

Our spirit should be quick to reach out toward God not only when it is engaged in meditation; at other times also, when it is carrying out its duties, caring for the needy, performing works of charity, giving generously in the service of others, our spirit should long for God, and call him to mind, so that these works may be seasoned with the salt of God's love, and so make a palatable offering to the Lord of the universe. Throughout the whole of our lives we may enjoy the benefit that comes from prayer if we devote a great deal of time to it.

Prayer is the light of the spirit, true knowledge of God, mediating between God and man. The spirit, raised up to heaven by prayer, clings to God with the utmost tenderness; like a child crying tearfully for its mother, it craves the milk that God provides. It seeks the satisfaction of its own desires, and receives gifts outweighing the whole world of nature.

Prayer stands before God as an honored ambassador. It gives joy to the spirit, peace to the heart. I speak of prayer, not words. It is the longing for God, love too deep for words, a gift not given by man but by God's grace. The apostle Paul says: "We do not know how we are to pray but the Spirit himself pleads for us with inexpressible longings." Rom. 8:26.

When the Lord gives this kind of prayer to [someone]; he gives him riches that cannot be taken away, heavenly food that satisfies the spirit. One who tastes this food is set on fire with an eternal longing for the Lord: his spirit burns as in a fire of the utmost intensity.

Practice prayer from the beginning. Paint your house with the colors of modesty and humility. Make it radiant with the light of justice. Decorate it with the finest gold leaf of good deeds. Adorn it with the walls and stones of faith and generosity. Crown it with the pinnacle of prayer. In this way you will make it a perfect dwelling place for the Lord. You will be able to receive him as in a splendid palace, and through his grace you will already possess him, his image enthroned in the temple of your spirit."

Obedience *by St. John Climacus*

"Obedience is the Child of Trust:

"Obedience is the complete renunciation of one's own soul, demonstrated, however, by actions. More exactly, it is the death of the senses in a living soul.

"Obedience is a freely chosen death, a life without cares, danger without fears, unshakable trust in God, no fear of death. It is a voyage without perils, a journey in your sleep.

"Obedience is the burial of the will and the resurrection of humility.

"Obedience is to give up one's own judgment but to do it with wise consultation.

"It is very costly, beginning to die to the will and the senses. To continue dying is hard but not

indefinitely so. In the end all aversion stops and absolute peace takes command."

Listing of 255 Titles of Our Lady

Adam's Deliverance
Advocate of Eve
Advocate of Sinners
All Chaste
All Fair and Immaculate
All Good
Annunciation of the Blessed Virgin
Aqueduct of Grace
Archetype of Purity and Innocence
Ark Gilded by the Holy Spirit
Ark of the Covenant
Assumption of the Blessed Virgin
Basilica of Saint Mary Major
Blessed Among Women
Blessed Virgin Mary
Bridal Chamber of the Lord
Bride of Christ
Bride of Heaven
Bride of the Canticle
Bride of the Father
Bride Unbrided
Cause of Our Joy
Chosen Before the Ages
Comfort of Christians
Comforter of the Afflicted
Conceived Without Original Sin
Consoler of the Afflicted
Co-Redemptrix
Court of the Eternal King
Created Temple of the Creator
Crown of Virginity
Daughter of Men
David's Daughter
Deliverer From All Wrath
Deliverer of Christian Nations
Destroyer of Heresies
Dispenser of Grace
Dwelling Place for God
Dwelling Place Meet for God
Dwelling Place of the Illimitable
Dwelling Place of the Spirit
Earth Unsown
Earth Untouched and Virginal
Eastern Gate
Ever Green and Fruitful
Ever Virgin

Eve's Tears Redeeming
Exalted Above the Angels
Feast of the Immaculate Conception
Fleece of Heavenly Rain
Flower of Jesse's Root
Formed Without Sin
Forthbringer of God
Forthbringer of the Ancient of Days
Forthbringer of the Tree of Life
Fountain of Living Water
Fountain Sealed
Free From Every Stain
Full of Grace
Garden Enclosed
Gate of Heaven
God's Eden
God's Olive Tree
God's Vessel
Handmaid of the Lord
Healing Balm of Integrity
Health of the Sick
Helper of All in Danger
Holy in Soul and Body
Holy Mountain of Our Lady
Hope of Christians
House Built by Wisdom
House of Gold
Immaculate
Immaculate Conception
Immaculate Heart
Immaculate Heart of Mary
Immaculate Mary
Immaculate Mother
Immaculate Virgin
Incorruptible Wood of the Ark
Inventrix of Grace
Inviolable
Joseph's Spouse
Kingly Throne
King's Mother
Lady Most Chaste
Lady Most Venerable
Lady of Good Help
Lady of Grace
Lady of Mercy
Lady of Peace
Lady of Perpetual Help
Lady of the Rosary
Lady of Sorrows
Lady of Victory
Lamp Unquenchable

Life-Giver to Posterity
Light Cloud of Heavenly Rain
Lily Among Thorns
Living Temple of the Diety
Loom of the Incarnation
Madonna of Saint Luke
Marketplace for Salutary Exchange
Mary of the Assumptions
Mary of the Hurons
Mary the Blessed Virgin
Mary, Blessed Virgin
Mary, Help of Christians
Mary, Mother of God
Mary, Queen of Africa
Mary, Queen of Angels
Mary, Queen of Peace
Mary, Star of the Sea
Mediatrix
Mediatrix and Conciliatrix
Mediatrix of All Graces
Mediatrix of Salvation
Mediatrix of the Mediator
Minister of Life
Mirror of Justice
More Beautiful Than Beauty
More Glorious Than Paradise More Gracious Than Grace
More Holy Than the Cherubim, the Seraphim, and the Entire Angelic Hosts
Morning Star
Most Venerable
Mother and Virgin
Mother Most Admirable
Mother Most Amiable
Mother Most Chaste
Mother Most Pure
Mother Inviolate
Mother of Christians
Mother of Christ's Members
Mother of Divine Grace
Mother of God
Mother of Good Counsel
Mother of Jesus Christ
Mother of Men
Mother of Our Creator
Mother of Our Head
Mother of Our Savior
Mother of the Church
Mother of the Mystical Body
Mother of Wisdom
Mother undefiled
My Body's Healing
My Soul's Saving

Mystical Rose
Nativity of the Blessed Virgin
Nature's Re-Creation
Nature's Restoration
Neck of the Mystical Body
Never Fading Wood
New Eve
Notre Dame Cathedral of Paris
Notre Dame of Chartres
Notre Dame of Easton
Nourisher of God and Man
Olive Tree of the Father's Compassion
Only Bridge of God to Men
Our Immaculate Queen
Our Lady, Gate of Heaven
Our Lady, Help of Christians
Our Lady, Mother of the Church
Our Lady, Queen of All Saints
Our Lady, Queen of the Apostles
Our Lady in America
Our Lady Mediatrix of All Grace
Our Lady of Africa
Our Lady of Altotting
Our Lady of Arabia
Our Lady of Bandel
Our Lady of Bandra
Our Lady of Banneux
Our Lady of Baeuraing
Our Lady of Bethlehem
Our Lady of Calvary
Our Lady of Charity (statue found in a fisherman's net in 1605)
Our Lady of Consolation
Our Lady of Copacabana
Our Lady of Coromoto Our Lady of Czestochowa
Our Lady of Europe
Our Lady of Fatima
Our Lady of Good Counsel
Our Lady of Good Help
Our Lady of Grace
Our Lady of Guadalupe
Our Lady of Guadalupe of Estramadura
Our Lady of High Grace
Our Lady of Hungary
Our Lady of Japan
Our Lady of Kevelaer
Our Lady of Knock
Our Lady of La Leche
Our Lady of La Vang
Our Lady of Las Vegas
Our Lady of LaSalette
Our Lady of Limerick

Our Lady of Loreto
Our Lady of Lourdes
Our Lady of Lujan (statue disappeared from Buenos Aires, Argentina, and appeared in Lujan)
Our Lady of Madhu
Our Lady of Marizell
Our Lady of Mercy
Our Lady of Montserrat
Our Lady of Mount Carmel
Our Lady of Mount Carmel at Aylesford
Our Lady of Nazareth
Our Lady of Peace
Our Lady of Perpetual Help
Our Lady of Pompeii
Our Lady of Pontmain
Our Lady of Prompt Succor
Our Lady of Providence
Our Lady of Ransom
Our Lady of Safe Travel
Our Lady of Salambao
Our Lady of Shongweni
Our Lady of Sorrows
Our Lady of Tears
Our Lady of Victory
Our Lady of Walsingham
Our Lady of the Americas
Our Lady of the Assumption
Our Lady of the Cape
Our Lady of the Gulf
Our Lady of the Hermits
Our Lady of the Highways
Our Lady of the Holy Rosary
Our Lady of the Holy Souls
Our Lady of the Immaculate Conception
Our Lady of the Incarnation
Our Lady of the Kodiak and the Islands
Our Lady of the Milk and Happy Delivery
Our Lady of the Miraculous Medal
Our Lady of the Pillar of Saragossa
Our Lady of the Pines
Our Lady of the Prairie
Our Lady of the Presentation
Our Lady of the Rosary
Our Lady of the Snows
Our Lady of the Turumba
Our Lady of the Valley
Our Lady of the Wayside
Our Lady of the Woods
Our Lady Who Appeared
Our Own Sweet Mother
Paradise Fenced Against the Serpent
Paradise of Innocence and Immortality

Paradise of the Second Adam
Paradise Planted by God
Patroness and Protectress
Perfume of Faith
Preserved From All Sin
Protectress From All Hurt
Queen of All Saints
Queen of Angels
Queen of Creation
Queen of Heaven
Queen of Heaven and Earth
Queen of Martyrs
Queen of Nigeria
Queen of Peace
Queen Unconquered
Refuge in Time of Danger
Refuge of Sinners
Reparatrix
Reparatrix of Her Parents
Reparatrix of the Lord World
Rich in Mercy
Rose Ever Blooming
Immaculate Heart of Mary
Sanctuary of the Holy Spirit
Scepter of Orthodoxy
Seat of Wisdom
Second Eve
Singular Vessel of Devotion
Sister and Mother
Source of Virginity
Spiritual Vessel
Spotless Dove of Beauty
Star of the Sea
Star That Bore the Sea
Suppliant for Sinners
Surpassing Eden's Gardens
Surpassing the Heavens
Surpassing the Seraphim
Sweet Flowering and Gracious Mercy
Tabernacle of God
Tabernacle of the Word
Temple Divine
Temple Indestructible
Temple of the Lord's Body
Theotokos
Throne of the King
Tower of David
Tower of Ivory
Tower Unassailable
Treasure House of Life
Treasure of Immortality

Treasure of the World Undeiled
Undeiled Treasure of Virginitie
Undug Well of Remission's Waters
Unlearned in the Ways of Eve
Unplowed Field of Heaven's Bread
Unwatered Vineyard of Immortality's Wine
Vessel of Honor
Victor Over the Serpent
Virgin Inviolatē
Virgin Most Faithful
Virgin Most Merciful
Virgin Most Powerful
Virgin Most Prudent
Virgin Most Pure
Virgin Mother
Virgin of Charity
Virgin of Copacabana
Virgin of Sheshan
Virgin of Virgins
Wedded to God
Woman Clothed With the Sun
Workshop of the Incarnation

Holy Verses

He who is sick with love
Whom God Himself has touched,
Finds his tastes so changed
That they fall away
Like a fevered man's
Who loathes any food he sees
And desires I-don't-know-what
Which is so gladly found.

For when once the will
Is touched by God Himself
It cannot be satisfied
Except by God;
But since His Beauty is open
To faith alone, the will
Tastes Him in I-don't-know-what
Which is so gladly found.

Tell me, then, would you pity
A man so in love,
For he takes no delight

In all of creation...

I will never lose myself
For that which the sense
Can take in here,
Nor for all the mind can hold,
No matter how lofty,
Nor for grace or beauty,
But only for I-don't-know-what
Which is so gladly found.

- St. John of the Cross

The Symphonia
Antiphon for the Redeemer

“O cruer sanguinis”

O shed blood
that rang on high
when all the elements
clashed together
voicing their woe
and trembling
as the blood of their Creator
touched them,
salve our sickness.

- Bl. Hildegard of Bingen

Hymn to the Holy Ghost

“O ignee spiritus, laus tibi sit”

O fiery spirit, praise be to You
who work in timbrels and lutes!
The minds of men take fire from You
And the tabernacles of their souls contain their strength.

Whence will ascends and imparts a taste to the soul
and his light is desire.
Understanding calls to You with sweetest sound,
and prepares buildings for You with Reason distilling golden deeds.

You always hold the sword to sever
what the poisoned apple brought through blackest murder
when will and desire are clouded
and the soul flaps and circles,
but the mind is the bridle

of will and desire.

Now when the spirit raises itself as it seeks
to see the pupil of evil and the jawbone of wickedness
You swiftly burn it in fire
when You wish.

But when Reason through ill deeds lies prone
You strain and beat upon it with force
and restore it by the infusion of experience.

When evil draws a sword against You,
You strike it to the heart
just as You did with the first fallen angel
when You cast the tower of his pride into Hell.

And there You raised another tower
of publicans and sinners
who confess their sins and deeds to You.

Whence all creatures
receiving life from You, praise You,
for You are the treasured ointment
for broken and stinking wounds
when You convert them into treasured gems.

Now deign to gather us to You
And guide us to proper paths. Amen.

- Bl. Hildegard of Bingen

Antiphon for the Virgin

“O frondens virga”

O leafy branch,
standing nobly
in the coming dawn;
now be glad and rejoice
and deign to free our frailty
from evil ways
and reach out your hand
to raise us up.

- Bl. Hildegard of Bingen

Antiphon for St. Boniface

“O Bonifaci”

O Boniface
the Living Light saw in you
the likeness of a wise man
who returned to their source
the pure streams flowing from God
when you watered the greenness of the flowers.
so in your friendship for the living God
you are a crystal shining
in the benevolence of righteous ways
where you ran wisely.

- Bl. Hildegard of Bingen

Antiphon for St. John the Evangelist

“O speculum columbe”

O mirror of the dove
of form undefiled,
who gazed on the mystical gifts
in the purest fountain;

O wondrous flowering
that never faded and fell
sent by the most High Gardener.

O most sweet repose
of the embrace of the sun:
you are the special son of the Lamb
in chosen friendship
of the new lineage.

- Bl. Hildegard of Bingen

Let every lover who loves the Lord
Come to the dance singing of love,
Let her come dancing all afire
Desiring only him who created her
And separated her from the dangerous worldly state.

- St. Catherine dei Vigri

Lines in her Breviary

Let nothing disturb thee,
Nothing affright thee;
All things are passing;

God never changeth;
Patient endurance
Attaineth to all things;
Who God possesseth
In nothing is wanting;
Alone God sufficeth.

- St. Teresa of Avila

St. Ita's Vision

after a text attributed to St. Ita (from the 8th century)

"I will take nothing from my Lord," said she,
"unless He gives me His Son from Heaven
In the form of a Baby that I may nurse Him".
So that Christ came down to her
in the form of a Baby and then she said:
"Infant Jesus, at my breast,
Nothing in this world is true
Save, O tiny nursling, You. Infant Jesus at my breast,
By my heart every night,
You I nurse are not a churl
But were begot on Mary the Jewess
By Heaven's light.
Infant Jesus at my breast,
What King is there but You who could
Give everlasting good?
Wherefore I give my food.
Sing to Him, maidens, sing your best!
There is none that has such right
To your song as Heaven's King
Who every night Is
Infant Jesus at my breast."

At St. Patrick's Purgatory

an anonymous Irish author (13th century)

Pity me on my pilgrimage to Loch Derg!
O King of the churches and the bells
bemoaning your sores and your wounds,
but not a tear can I squeeze from my eyes!
Not moisten an eye after so much sin!
Pity me, O King!
What shall I do with a heart that seeks only its own ease?
O only begotten Son by whom all men were made,
who shunned not the death by three wounds, pity me on my pilgrimage to Loch Derg
and I with a heart not softer than a stone!

Church Bell at Night

an anonymous Irish author (12th century)

Sweet little bell, struck on a windy night,
I would liefer keep tryst with thee
than be with a light and foolish woman.

The Heavenly Banquet

from a text attributed to St. Brigid (10th century)

I would like to have the men of Heaven in my own house;
with vats of good cheer laid out for them.
I would like to have the three Mary's,
their fame is so great.
I would like people from every corner of Heaven.
I would like them to be cheerful in their drinking.
I would like to have Jesus sitting here among them.
I would like a great lake of beer for the King of Kings.
I would like to be watching Heaven's family
Drinking it through all eternity.

The Crucifixion

After a text by an anonymous Irish author from The Speckled Book (12th century)

At the cry of the first bird
They began to crucify Thee, O Swan!
Never shall lament cease because of that.
It was like the parting of day from night.
Ah, sore was the suffering borne
By the body of Mary's Son,
But sorer still to Him was the grief
Which for His sake
Came upon His Mother.

Sea-snatch

after a text by an anonymous Irish author (8th-9th century)

It has broken us, it has crushed us,
it has drowned us, O King of the starbright
Kingdom of Heaven! The wind has consumed us, swallowed us,
as timber is devoured by crimson fire from Heaven.
It has broken us, it has crushed us, it has drowned us,
O King of the starbright Kingdom of Heaven!

The Monk and his Cat

after a text by an anonymous Irish author (8th or 9th century)

Pangur, white Pangur,
How happy we are
Alone together, Scholar and cat.
Each has his own work to do daily;
For you it is hunting, for me study.
Your shining eye watches the wall;
my feeble eye is fixed on a book.
You rejoice when your claws entrap a mouse;
I rejoice when my mind fathoms a problem.
Pleased with his own art
Neither hinders the other;
Thus we live ever without tedium and envy.
Pangur, white Pangur,
How happy we are
Alone together, Scholar and cat.

The Praises of God

after a text by an anonymous Irish author (12th century)

How foolish the man who does not raise
His voice and praise with joyful words,
As he alone can, Heaven's High King.
To whom the light birds with no soul but air,
All day, everywhere laudations sing.

The Desire for Hermitage

after a text by an anonymous Irish author (8th or 9th century)

Ah! To be all alone in a little cell with nobody near me;
beloved that pilgrimage before the last pilgrimage to death.
Singing the passing hours to cloudy Heaven;
Feeding upon dry bread and water from the cold spring.
That will be an end to evil when I am alone
in a lovely little corner among tombs far from the houses of the great.
Ah! To be all alone in a little cell, to be alone, all alone:
Alone I came into the world alone I shall go from it.

The Songs of St. Godric (11th-12th Century Saint)

The brief song Sainte Nicholaes by Godric is one of the oldest in the English language, and is believed to be the earliest surviving example of lyric poetry.

Words and phrases in the original old English texts which might be difficult for the modern listener to understand are italicized. Their translations appear to the right in parentheses.

CRIST AND SAINTE MARIE

Crist and Sainte Marie

Swa on *scamel* me *iledde* (stool, lead)

That ic on thisse erde *ne silde* (unshielded)

Wid mine bare fote *itredie*. (tread)

SAINTE MARIE VIRGINE

Sainte Marie Virgine

Moder Jesu

Cristes Nazarene

Onfo schild help thin Godric (Receive shield)

Onfang bring hegelic

With thein Godes *riche*. (kingdom)

SAINTE MARIE CRISTES BUR

Sainte Marie Cristes *bur* (bower)

Maidenes *clenhad* moderes *flur* (cleanliness (of) flower (of))

Dillie min sinne rix in min *mod* (Efface, mind)

Bring me to winne with the *selfd* God. (very)

SAINTE NICOLAES GODES DRUD

Sainte Nicolaes Godes *drud* (darling)

Tymbre us faire *scone* hus (Build, polish)

At thi burth at thi *bare* (bier)

Sainte Nicolaes bring us wel thare.

Psalter of the Blessed Virgin Mary

by St. Bonaventure

Psalm 1

Blessed is the man, O Virgin Mary,
who loves thy name;
thy grace will comfort his soul.

He will be refreshed as by fountains of water;
thou wilt produce in him the fruit of justice.

Blessed art thou among women;
by the faith of thy holy heart.

By the beauty of thy body thou surpassest all women;
by the excellence of thy sanctity thou surpassest all angels and archangels.

Thy mercy and thy grace are preached everywhere;
God has blessed the works of thy hands.

Psalm 2

Why have our enemies raged and our adversaries devised vain things?

May thy right hand protect us, O Mother of God:
as a line of battle terrible in aspect, confounding and destroying them.

Come ye to her, all who labor and are in trouble:
and she will give refreshment to your souls.

Draw nigh to her in your temptations:
and the serenity of her countenance will bring you peace and confidence.

Bless her with your whole heart:
for the earth is full of her mercy.

Psalm 3

O Lady, why are they multiplied who afflict me?
By thy might thou shalt follow them and scatter them.

Loose the bands of our impiety:
take away the burden of our sins.

Have mercy on me, O Lady, and heal my sickness:
take away the grief and anguish of my heart.

Deliver me not into the hands of my enemies:
and in the day of my death strengthen thou my soul.

Lead me into the harbor of salvation:

and give up for me my spirit to my Maker and Creator.

Psalm 4

When I called upon thee, thou didst hear me, O Lady:
and from thy throne on high thou hast deigned to be mindful of me.

From the roaring of the wild beasts prepared to devour me:
and from the hands of them that sought me, thy grace will deliver me.

For thy mercy is kind and thy heart loving:
towards all who invoke thy holy name.

Blessed art thou, O Lady, forever:
and thy majesty for evermore.

Glorify her, all ye nations in your strength:
and all ye peoples of the earth, extol her magnificence.

Psalm 5

Incline thine ear, O Lady, to hear my prayers:
and turn not away from me the beauty of thy face.

Turn our mourning into rejoicing:
and our tribulation into joy.

May our enemies fall down at our feet:
by thy power may their heads be crushed.

Let every tongue praise thee:
and let all flesh bless thy holy name.

For thy spirit is sweet above honey:
and thy inheritance above the honey and the honeycomb.

Psalm 6

Lady, let me not be corrected in the wrath of God:
nor be judged by Him in His anger.

For the honor of thy name, O Lady:
may the Fruit of thy glorious womb be propitious to us.

From the gate of hell and from the depths of the abyss:
by thy holy prayers deliver us.

May the eternal gates be opened unto us:

that we may declare forever thy wondrous works.

For it is not the dead, nor those in hell, who will praise thee, O Lady:
but those who by thy grace will obtain eternal life.

Psalm 7

O my Lady, in thee have I hoped:
from my enemies deliver me.

Shut thou the mouth of the lion and his teeth:
restrain the lips of those that persecute me.

For thy name's sake delay not to accomplish thy mercy in us.

May the brightness of thy countenance shine upon us:
that the Most High may keep remembrance of us.

If the enemy should persecute my soul, O Lady, may I be strengthened by thy help:
lest his sword should strike me.

Psalm 8

O Lady, Our Lord has become our brother and our Savior.

Like the flame in the burning bush, and the dew in the fleece:
the Word of God descends into thee forever.

The Holy Spirit hath made thee fruitful:
the power of the Most High hath overshadowed thee.

Blessed be thy most pure conception:
blessed be thy virginal bringing forth.

Blessed be the purity of thy body:
blessed be the sweetness of the mercy of thy heart.

Psalm 9

I will praise thee, O Lady, with my whole heart:
and I will declare among the nations thy praise and glory.

For to thee is due glory, and thanksgiving, and the voice of praise.

May sinners find grace with God by thee, the finder of grace and salvation.

May the humble penitents hope for pardon:
heal thou the bruises of their hearts.

In the beauty of peace and wealth rest:
thou shalt feed us after the toil of our pilgrimage.

Psalm 10

I trust in our Lady;
because of the sweetness of the mercy of her name.

Her eyes look upon the poor:
and her hands are stretched out to the orphan and the widow.

Seek after her from your youth:
she will glorify you before the face of the peoples.

Her mercy will deliver us from the multitude of our sins:
and will bestow on us fruitfulness of merits.

Stretch out to us thy arm, O glorious Virgin:
and do not turn away from us thy glorious face.

Psalm 11

Save me, O Mother of fair love:
fount of clemency and sweetness of piety.

Thou alone makest the circuit of the earth:
that thou mayst help those that call upon thee.

Beautiful are thy ways:
and thy paths are peaceful.

In thee shine forth the beauty of chastity, the light of justice, and the splendor of truth.

Thou art clothed with the sunrays as with a vesture:
resplendent with a shining twelve-starred crown.

Psalm 12

How long, O Lady, wilt thou forget me and not deliver me in the day of tribulation?
How long will my enemy be exalted above me?
By the might of thy strength do thou crush him.

Open the eyes of thy mercy:
lest our enemy prevail against us.

We magnify thee, the finder of grace, by whom the ages of the world are restored.

Thou art exalted above the choirs of angels:
pray for us before the throne of God.

Psalm 13

Our foolish enemy hath said in his heart:
I will follow after and take him, and my hand shall slay him.

Arise, O Lady, and prevent him, and supplant him:
destroy all his machinations.

Thy beauty astonishes the sun and the moon;
the angelic powers serve and obey thee.

By thy gentle touch the sick are healed:
by thy rose-sweet fragrance the dead revive.

Virgin Mother of God, He whom the whole world cannot contain was enclosed within thee, being
made Man.

Psalm 14

O Lady, who shall dwell in the tabernacle of God?
or who shall rest with the leaders of the people?
The poor in spirit, and the pure of heart, the meek, the peaceful, and the mourners.

Be mindful, O Lady, that thou speak for us good things:
and that thou mayest turn away the indignation of thy Son from us.

O sinners, let us embrace the footprints of Mary, and cast ourselves at her blessed feet.

Let us hold her fast, nor let her go:
until we deserve to be blessed by her.

Psalm 16

Hear, O Lady, my justice and my love:
remove from me my tribulations.

I will give praise to thee in the voice of rejoicing:
when thou shalt magnify thy mercy in me.

Imitate her, ye holy virgins of God:
as Agnes, Barbara, Dorothy, and Catherine have done.

Give honor to her by the voice of your lips:
thus have Agatha, Lucy, Margaret, and Cecilia received her grace.

She will give you as your Spouse the Son of the Father:
and a crown incomparably radiant with the lilies of Paradise.

Psalm 17

I will love thee, O Lady of heaven and earth:
and I will call upon thy name in the nations.

Give praise to her, ye who are troubled in heart:
and she will strengthen you against your enemies.

Distil upon us, O Lady, the favour that flows from thy breast:
and may the milk of thy mercy refresh the inmost souls of thy children.

Honor her, O all ye religious:
for she is your helper and your special advocate.

Be thou our refreshment, glorious Mother of Christ:
for thou art the admirable foundation of the religious life.

Psalm 18

The heavens declare thy glory:
and the fragrance of thine unguents is spread abroad among the nations.

Sigh ye unto her, ye lost sinners:
and she will lead you to the harbor of pardon.

In hymns and canticles knock at her heart:
and she will rain down upon you the grace of her sweetness.

Glorify her, ye just, before the throne of God:
for by the fruit of her womb you have worked justice.

Praise ye her, ye heaven of heavens:
and the whole earth will glorify her name.

Psalm 19

Thou shalt hear us, O Lady, in the day of tribulation:
and by our prayers turn to us thy merciful countenance.

Cast us not off in the time of our death:
but help the soul, when it shall have left the body.

Send an angel to meet it:
by whom it may be defended from the enemy.

Show unto it the most serene Judge of ages:
who for thy grace will bestow pardon.

Let it feel thy refreshment in its torments:
and grant to it a place among the elect of God.

Psalm 20

O Lady, in thy strength our heart shall rejoice:
and in the sweetness of thy name our soul shall be consoled.

From thy throne send us wisdom:
by which we shall be sweetly enlightened in all truth.

Give us grace to abstain from carnal desires:
that the light of thy grace may arise in our hearts.

How sweet are thy words, O Lady, to them that love thee:
how sweet is the shower of thy graces.

I will sing unto thy glory and honor:
and in thy name I will glory forever.

Psalm 21

O God, my God:
let Him look at thy merits in me, ever Virgin Mary.

O my Lady, I have cried to thee by day and by night:
and thou hast done mercy with thy servant.

Because I have hoped in thy mercy:
thou hast taken away from me everlasting reproach.

Mine enemies have mocked me on every side:
but thou under the shadow of thy hand hast bestowed good refreshment on me.

Let all the families of the peoples adore thee:
and let all the orders of the angels glorify thee.

Psalm 22

The Lord rules me, O Virgin Mother of God:
because thou hast turned on me thy gracious countenance.

Blessed are thy most resplendent eyes:
which thou deignest to turn on sinners.

Blessed is the light and the splendor of thy countenance:
blessed is the grace of thy face.

Blessed be the mercy of thy hands:
blessed be the stream of thy virginal milk.

Let the prophets and apostles of God bless thee:
let martyrs, confessors, and virgins sing praise to thee.

Psalm 23

The earth is the Lord's and the fullness thereof:
but thou, O most holy Mother, reignest with Him forever.

Thou art clothed with glory and beauty:
every precious stone is thy covering and thy clothing.

The brightness of the sun is upon thy head:
the beauty of the moon is beneath thy feet.

Shining orbs adorn thy throne:
the morning stars glorify thee forever.

Be mindful of us, O Lady, in thy good pleasure:
and make us worthy to glorify thy name.

Psalm 24

To thee, O Lady, have I lifted up my soul:
in the judgment of God, by the help of thy prayers, I shall not be ashamed.

Let not my adversaries make game of me:
for those who trust in thee are strengthened.

Let not the snares of death prevail against me:
and the camps of the malignant not hinder my steps.

Crush their violence in thy might:
and with mildness meet my soul.

Be my guide unto my fatherland:
and deign to join me to thy angelic hosts.

Psalm 25

Judge me, O Lady, for I have departed from my innocence:
but because I have hoped in thee I shall not become weak.

Enkindle my heart with the fire of thy love:
and with the girdle of chastity bind my reins.

For thy mercy and thy clemency are before my eyes:
and I was delighted in the voice of thy praise.

O Lady, I have loved the beauty of thy face:
and I have revered thy sacred majesty.

Praise ye her name, for she is holy:
let her wonders be declared forever.

Psalm 26

O Lady, may thy light be the splendor of my countenance:
and let the serenity of thy grace shine upon my mind.

Raise up my head:
and I will sing a psalm to thy name.

Turn not away thy face from me:
for from my youth up I have greatly desired thy beauty and thy grace.

I have loved thee and sought after thee, O Queen of Heaven:
withdraw not thy mercy and thy grace from thy servant.

I will give praise to thee in the nations:
and I will honor the throne of thy glory.

Psalm 27

To thee, O Lady, will I cry, and thou shalt hear me:
in the voice of thy praise thou wilt make me glad.

Have mercy on me in the day of my trouble:
and in the light of thy truth deliver me.

Blessed be thou, O Lady:
to the uttermost ends of the earth.

The sanctuary which thy hands have established:
is the holy temple of thy body.

Thy conscience is pure and undefiled:
a place of propitiation and the holy dwelling of God.

Psalm 28

Bring to Our Lady, O ye sons of God:
bring to Our Lady praise and reverence.

Give strength to thy saints, O holy Mother:
and thy blessing to those who praise and glorify thee.

Hear the groans of those who sigh to thee:
and despise not the prayers of those who invoke thy name.

Let thy hand be ready to help me:
and thy ear inclined to my prayer.

Let the heavens and the earth bless thee:
the sea and the world.

Psalm 29

I will exalt thee, O Lady, for thou hast taken me up:
thou wilt deliver me from the wicked enemy.

Turn to me and quicken me, from the gates of death lead me back:
and from the rivers of tribulation which have surrounded me.

For the sake of thy empire and the magnificence of thy right hand:
break and scatter all my enemies.

And I will offer thee a sacrifice of praise:
and I will most devoutly exalt thy glory.

Rejoice, ye Heavens, and be glad, O Earth:
because Mary will console her servants and will have mercy on her poor.

Psalm 30

In thee, O Lady, have I hoped, let me never be confounded:
receive me in thy grace.

Thou art my strength and my refuge:
my consolation and my protection.

To thee, O Lady, have I cried, when my heart was in anguish:
and thou hast heard me from the heights of the eternal hills.

Thou shalt draw me out of the snares which they hid for me:
for thou art my helper.

Into thy hands, O Lady, I commend my spirit:
my whole life and my last day.

Psalm 31

Blessed are they whose hearts love thee, O Virgin Mary:
their sins will be mercifully washed away by thee.

Holy, chaste, and fruitful is thy womb:
which produces a perpetual verdant flower.

The beauty of thy grace will never see corruption:
and the grace of thy countenance will never fade.

Blessed art thou, O sublime Rod of Jesse:
for thou hast raised thyself unto Him who sits in the highest.

O Virgin Queen, thou thyself art the way by which salvation from on high hath visited us.

Psalm 32

Rejoice, ye just, in the Virgin Mary:
and in uprightness of heart praise ye her together.

Give unto her the sacrifice of praise:
and let your heart be delighted in her salutation.

Consecrate to her a sacrifice of praise: and intoxicate thyself with the milk of her sweetness. or
she sheds upon you the rays of her loving kindness:
and she will enlighten you with the splendors of her mercy.

Her fruit is most sweet:
it grows ever sweeter in the mouth and the heart of the wise.

Psalm 33

I will bless Our Lady at all times:
and her praise shall never fail in my mouth.

Magnify her with me:
all ye who are nourished with the milk and honey of her refreshment.

In dangers and doubts invoke her:
and in necessities you will find sweet help and refreshment.

Take example from her conversation:
and be zealous to imitate her charity and humility.

Because thou wast most humble, O Lady:
thou hast induced the Uncreated Word to take flesh from thee.

Psalm 34

Judge, O Lady, them that harm me:
arise against them and avenge my cause.

My soul will rejoice in thee:
and I will devoutly exult in thy benefits.

The heavens and the earth are full of thy grace and sweetness:
from every side thy kindness surrounds us.

For wherever we may walk:
the fruit of thy virginal womb meets us.

Let us run, therefore, dearly beloved, and salute the noble Virgin overflowing with sweetness:
that we may rest in the bosom of her sweetness.

Psalm 35

The unjust man said that he would sin in secret:
by thee let him depart from his impious purpose, O Mother of God.

Incline towards us the countenance of God:
impel Him to have mercy.

O Lady, in heaven is thy mercy:
and thy grace is spread abroad in the earth.

Power and strength are in thy arm:
vigor and fortitude in thy right hand.

Blessed be thy empire over the heavens:
blessed be thy magnificence upon the earth

Psalm 36

Be not angry with the wicked, O Lady:
sweeten their fury by thy grace.

O ye religious and cloistered souls, hope in her:
confide in her, ye priests and seculars.

Take delight in her praises:
and she will grant the petitions of your heart.

Better is a little with her grace:
than treasures of silver and precious stones.

Glory be to thee forever, O Queen of Heaven:
and never forget us at any time.

Psalm 37

O Lady, let not the Lord rebuke me in His anger:
obtain for us pardon for our sins.

Let all our desire be in thy sight:
our hope and our confidence.

My heart is troubled within me:
light departs from my interior, Enlighten with thy brightness my blindness:
sweeten with thy sweetness my contrite heart.

Forsake us not, O Lady, Mother of God:
let thy grace and thy power be at my right hand.

Psalm 38

I said:
I will keep my ways, O Lady:
when by thee the grace of Christ was given to me.

By thy sweetness my soul was melted:
my bowels are inflamed by thy love.

Hear my prayer, O Lady, and my supplication:
and let mine enemies pine away.

Have mercy on me from Heaven and from the height of thy throne:
and permit me not to be troubled in the valley of misery.

Keep my foot, lest it should be injured:
and may thy grace be with my end.

Psalm 39

Expecting, I have expected thy grace:
and thou hast done with me according to the multitude of the mercies of thy name.

Thou hast heard my prayers:
and thou hast led me out of the den of misery, and from the pit of the enemy.

Manifold and wonderful are thy gifts, O Lady:
incomparable are the gifts of thy graces.

Let all those exult and rejoice in thee who love thee:

let them who have hated thy name, fall into hell.

Blessed be thou forever, O Lady:
forever, world without end.

Psalm 40

Blessed Mary understandeth concerning the needy and the poor:
who remains faithful in her praises.

Lady of the angels, Queen of the world:
purify my heart with the fire of love and of thy charity.

Thou art the mother of the illumination of my heart:
thou art the nurse who refreshes my mind.

My mouth longs to praise thee:
my mind devoutly aspires to venerate thee with ardent affection.

My soul longs to pray to thee:
because the whole of my being commends itself to thy guidance and teaching.

Psalm 41

As the hart longs for the water-brooks, so doth my soul pine for thy love.

For thou art the mother of my life:
and the sublime repairer of my flesh.

For thou art the feeder of the Savior of my soul:
the beginning and the end of all my salvation.

Hear me, O Lady, let my stains be cleansed:
enlighten me, O Lady, that my darkness may be illuminated.

Let my tepidity be enkindled by thy love:
let my torpor be expelled by thy grace.

Psalm 42

Judge me, O Lady, and discern my cause from the perverse nation:
from the malignant serpent and the pestiferous dragon deliver me.

Let thy holy fecundity scatter him:
let thy blessed virginity bruise his head.

Let thy holy prayers strengthen us against him:
let thy merits put to nought his strength.

Send the persecutor of my soul into the abyss:
let the infernal pit swallow him alive.

But I and my soul will bless thy name in the land of my captivity:
and I will glorify thee forever and ever.

Psalm 43

O Lady, we have heard with our ears:
and our fathers have told it unto us.

For thy merits are ineffable:
and thy wonders exceedingly stupendous.

O Lady, innumerable are thy virtues:
and inestimable are thy mercies.

Exult, O my soul, and rejoice in her:
for many good things are prepared for those who praise her.

Blessed be thou, O Queen of the Heavens and the angels:
and let those who praise thy magnificence be blessed by God.

Psalm 44

My heart hath uttered a good word, Lady:
it is sweetened with honey-flowing dew.

By thy sanctity let my sins be purged:
by thy integrity may incorruption be bestowed upon me.

By thy virginity may my soul be loved by Christ:
and joined to him by the bond of love.

By thy fecundity I, a captive, am redeemed:
by thy virginal bringing forth I am delivered from eternal death.

By thy most worthy Son I, a lost one, am restored:
and from the exile of misery I am led back to the homeland of beatitude.

Psalm 45

O Lady, thou art our refuge in all our needs:
and a most powerful force bruising and crushing our enemy.

The world is full of thy benefits:
they surpass the heavens and penetrate the depths.

By the fullness of thy grace those who were in the abyss rejoice to find themselves liberated.

By the power of thy virginal fecundity, those who were above this world:
rejoice to find themselves freed.

By the glorious Son of thy most holy virginity:
men are made companions and fellow-citizens of the angels.

Psalm 46

All ye nations, clap your hands:
sing in jubilee to the glorious Virgin.

For she is the gate of life, the door of salvation, and the way of our reconciliation.

The hope of the penitent:
the comfort of those that weep:
the blessed peace of hearts, and their salvation.

Have mercy on me, O Lady, have mercy on me:
for thou art the light and the hope of all who trust in thee.

By thy salutary fecundity let it please thee:
that pardon of my sins may be granted unto me.

Psalm 47

Great art thou, O Lady, and exceedingly to be praised:
in the city of the God of Heaven:
in the entire Church of His elect.

Thou hast ascended, hymned by the angelic choirs:
buoyed by the archangels, crowned with lilies and roses.

Meet her, ye Powers and Principalities:
go to welcome her, ye Virtues and Dominations.

Cherubim, and Thrones, and Seraphim, exalt her:
and place her at the right hand of the Spouse, her most loving Son.

Oh, with how joyful a soul, with how serene an aspect hast thou received her, O God of angels
and men:
and given her the principality over every place of thy domination.

Psalm 48

Hear ye these things, all ye nations:

give ear, all ye who desire to enter the kingdom of God.

Honor the Virgin Mary:
and ye will find life and perpetual salvation.

Keep thy poor servants, O Lady:
join them with a happy union to Christ.

By the fruit of thy womb, refresh and sustain the hunger of thy little ones.

For after thy bringing forth thou hast remained incorrupt:
and after thy Son, inviolate.

Psalm 49

The God of gods hath spoken to Mary:
by Gabriel, his messenger, saying:
Hail, full of grace, the Lord is with thee:
by thee the salvation of the world is repaired.

The Son of the Most High hath greatly desired thy beauty and thy comeliness.

Adorn thy bridal chamber, O Daughter of Sion:
prepare to meet thy God.

Thou shalt conceive by the Holy Ghost:
who will make thy delivery virginal and joyful.

Psalm 50

Have mercy on me, O Lady:
for thou art called the Mother of Mercy.

And according to thy mercy:
cleans me from all my iniquities.

Pour forth thy grace upon me:
and withdraw not from me thine accustomed clemency.

For I will confess my sins to thee:
and I will accuse myself of all my crimes before thee.

Reconcile me to the Fruit of thy womb:
and make peace for me with Him who has created me.

Psalm 51

Why dost thou glory in malice:

O malignant serpent and infernal dragon?

Submit thy head to the Woman:
by whose power thou art plunged into hell.

Crush him, O Lady, with the foot of thy power:
arise and scatter his malice.

Extinguish his might:
and reduce his strength to ashes, That living, we may exult in thy name:
and with joyful soul we may give praise to thee.

Psalm 52

The foolish enemy hath said in his soul:
I will cast men out from the tabernacle of the sons of God.

I will go forth, and I will be a lying spirit in the mouth of the serpent:
and by the woman I will cast out the man, her husband.

O wretched one, as the heavens are exalted above the earth:
so are the thoughts of God above thy thoughts.

Be not lifted up because of the woman's fall:
for it is a woman who shall crush thy head.

Thou hast prepared a pit for her:
and in her snare thou shalt be caught.

Psalm 53

O Lady, save me in thy name:
and deliver me from my injustices.

That the craft of the enemy may not hurt me:
hide me under the shadow of thy wings.

O my Lady, help me!
bestow thy grace upon my soul!

Willingly I will offer thee a sacrifice of praise:
and I will give praise to thy name, for it is good.

For thou shalt deliver me from all tribulation:
and my eye shall despise mine enemies.

Psalm 54

Hear my prayer, O Lady:
and do not despise my supplications.

I am become sad in my thoughts:
because the judgments of God have terrified me.

The darkness of death has overtaken me:
and the fear of hell has invaded me.

But in solitude I will expect thy consolation:
and in my chamber I will wait for thy mercy.

Glorify thy arm and thy right hand:
that our enemies may be prostrated by us.

Psalm 55

Have mercy on me, O Lady, for my enemies have trodden upon me every day:
all their thoughts are turned to evil against me.

Stir up fury, and be mindful of war:
and pour out thy anger upon them.

Renew wonders and change marvelous things:
let us feel the help of thine arm.

Glorify thy name upon us:
that we may know that thy mercy is forever.

Distill upon us the drops of thy sweetness:
for thou art the cupbearer of the sweetness of grace.

Psalm 56

Have mercy on me, O Lady, have mercy on me:
for my heart is prepared to seek out thy will.

And I will rest in the shelter of thine arms:
for sweet to me is thy refreshment.

Thy hands have distilled the first myrrh:
and thy fingers the unguents of graces.

And a fragment of pomegranate is thy throat:
and thy breath is sweet as an amalgam of choice smelling herbs.

For thou art the mother of fair love and the anchor of hope:
the harbor of safety, indulgence or pardon, and the gate of salvation.

Psalm 57

If indeed you will truly speak justice:
honor the Queen of justice and mercy.

For this belongs to the praise and the glory of the Savior:
whatever of honor is bestowed upon the Mother.

The roses of martyrs surround thee, O Queen:
and the lilies of virgins encompass thy throne.

Praise ye her, all together, ye morning stars:
the seas and the rivers and the foundations of the world.

Psalm 58

Deliver me from mine enemies, O Lady of the world:
arise to meet me, O Queen of piety.

The purest gold is thy ornament:
the sardine stone and the topaz are thy diadem.

The jasper and the amethyst are in thy right hand:
the beryl and the chrysolite in thy left.

The hyacinths are on thy breast:
shining carbuncles are the jewels of thy bracelets.

Myrrh, frankincense, and balsam are on thy hands:
the sapphire and the emerald on thy fingers.

Psalm 59

O God, thou hast cast us off because of our sins:
thou hast had mercy on us by the Virgin Mary.

Intercede for us, O saving Mother of God:
who hast brought forth salvation for men and angels.

For thou infusest joy into the sad:
and joy and sweetness into the mourners.

Rejoice us by the sweet sounds of thy speech:
and pour thy balm of roses forth into our hearts.

Thunder, ye heavens, from above, and give praise to her:
glorify her, ye earth, with all the dwellers therein.

Psalm 60

Hear my prayer, O Lady:
upon a firm rock establish my mind.

Be thou to me a tower of strength:
protect me from the face of the cruel destroyer.

Be thou to him terrible as an army in battle array:
and may he fall living into the depths of hell.

For thou art shining and terrible:
a cloud full of dew, and the rising dawn.

Thou art beautiful and bright as the full moon:
thy sacred aspect is as when the sun shines in its strength.

Psalm 61

O Lady, shall not my soul be subject to thee:
who hast brought forth the Savior of all?
Be mindful of us, O savior of the lost:
hear thou the weeping of our hearts.

Pour forth graces from thy treasury:
and with thine unguents soothe our grief.

Give us joy and peace:
that thou mayest confound the enemies of the good.

Wash away all our sins:
heal all our infirmities.

Psalm 62

O God, my God:
I will glorify thee by Thy Mother.

For she hath conceived thee in virginity:
and without travail she hath brought Thee forth.

Blessed be thou, O Lady:
stand for us before the throne of God.

Beauty and brightness are in thy sight.

Keep my soul, O Lady:
that it may never fall into sin.

Psalm 63

Hear my prayer, O Lady, when I beseech thee:
from the fear of the cruel one deliver my soul.

Obtain for us peace and salvation:
in the last day.

Blessed be thou above all women:
and blessed be the fruit of thy womb.

Enlighten, O Lady, mine eyes:
and illumine my blindness.

Give me firm confidence in thee:
in my life and in mine end.

Psalm 64

A hymn becometh thee, O Lady, in Sion:
praise and jubilation in Jerusalem.

The Lord hath given thee the blessing of all nations:
praise and glory in the sight of all peoples.

The Lord hath blessed thee in His mercy:
and hath set thy throne above all the orders of angels.

He hath placed grace and beauty in thy lips:
and with a mantle of glory he hath clothed thy body.

He hath set a resplendent crown upon thy head:
and hath adorned thee with the jewels of virtues.

Psalm 65

Shout with joy to Our Lady, all the earth:
sing ye a psalm to her name:
give honor to her majesty.

Blessed be thy heart, O Lady:
with which thou hast ardently and sincerely loved the Son of God.

Look upon my poverty, O glorious Virgin:
delay not to remove my misery and my difficulties.

Take away my tribulations:

sweeten my weariness.

Let all flesh bless thee:
let every tongue glorify thee.

Psalm 66

May God have mercy on us and bless us:
by her who brought Him forth.

Have mercy on us, O Lady, and pray for us:
turn our sadness into joy.

Enlighten me, O Star of the sea:
shed thy brightness upon me, O resplendent Virgin.

Extinguish the burning of my heart:
refresh me with thy grace.

Let thy grace ever protect me:
let thy presence give light to my end.

Psalm 67

Let Mary arise, and let her enemies be scattered:
let them all be crushed beneath her feet.

Break thou the attack of our enemies:
destroy all their iniquity.

To thee, O Lady, have I cried in my tribulation:
and thou hast given serenity to my conscience.

Let not thy praise fail in our mouths:
nor thy love in our hearts.

There is much peace to them that love thee, O Lady:
their souls shall not see death forever.

Psalm 68

Save me, O Lady:
for the waters of concupiscence have entered into my very soul.

I am stuck fast in the mire of sin:
and the waters of pleasure have encompassed me.

Weeping, I have wept in the night:

and the day of joy has arisen for me.

Save my soul, O Mother of the Savior:
for by thee true salvation was given to the world.

While thou wast overshadowed when the Angel spoke to thee:
and becamest pregnant with the Wisdom of the Father.

Psalm 69

O Lady, come to my assistance:
and by the light of thy mercy enlighten me.

Teach us to seek thy goodness:
that we may declare thy wonders.

Show forth thy power against our enemies:
that thou mayest be praised among the distant nations.

In the flames of thy wrath let them be plunged into hell:
and may they who trouble thy servants find perdition.

Have mercy on thy servants, upon whom thy name is invoked!
and do not permit them to be straitened in their temptations.

Psalm 70

In thee, O Lady, have I hoped:
let me never be confounded:
in thy mercy deliver me and free me.

Because of the multitude of my iniquities:
I am vehemently oppressed.

Mine enemies have acted above my head:
they have mocked me and derided me day by day.

See, O Lady, how I am troubled:
stretch forth thy hands, and succor him who perishes.

Delay not, for the sake of the grace of thy name:
and thou shalt become unto me joy and salvation.

Psalm 71

Give to the King thy judgment, O God:
and thy mercy to the Queen, His Mother.

In thy hand are life and salvation:
perpetual joy and glorious eternity.

Sprinkle my heart with thy sweetness:
make me forget the miseries of this life.

Draw me after thee by the bands of thy mercy:
and with the bandages of thy grace and loving kindness heal my pain.

Stir up in me a desire for Heaven:
and inebriate my soul with the joy of Paradise.

Psalm 72

How good is God to Israel:
to those who pay homage to His Mother and venerate her.

For she is our comfort:
she is the most excellent of help in labor.

The enemy hath overspread my soul with darkness:
O Lady, make light arise within me.

Let the wrath of God be turned away from me by thee:
placate him by thy merits and thy prayers.

Stand for me in the day of judgment:
in His presence take up my cause, and be my advocate.

Psalm 73

O Lady, why hast thou cast us off?
and why wilt thou not help us in the day of tribulation?
Let my prayer come into thy sight:
and despise not the voices of those who groan.

The enemy hath stretched his bow against us:
he has strengthened his right hand, and there is no consoler.

Break for us the bonds of his malicious doings:
and deliver us by thy right hand.

Drive him back into the place of perdition:
let eternal damnation possess him.

Psalm 74

We will praise thee, O Lady:

and we will praise thy name:
make us to delight in thy praises.

Sing ye to her, ye dwellers upon earth:
and announce her praise to the peoples.

Praise and magnificence are before her:
fortitude and exultation are in her throne.

Adore ye her in her beauty:
glorify the Maker of her beauty.

Be mindful in eternity of her mercy:
keep in mind her virtues and her wonders.

Psalm 75

In Judea God is known:
in Israel the honor of His Mother.

Sweet is the memory of her above honey and the honeycomb:
and her love is above all aromatic perfumes.

Health and life are in her house:
and in her dwelling are peace and eternal glory.

Honor her, ye heavens and earth:
because the supreme artificer has wonderfully honored her.

Give to her praise, all ye creatures:
and joyfully celebrate her astonishing mercy.

Psalm 76

With my voice I cried to the Lady:
and by her grace she bowed down to me.

She hath taken sorrow and grief from my heart:
and she hath soothed my heart by her sweetness.

She hath turned my fear into a sweet confidence:
and by her honey-flowing aspect she hath calmed my mind.

By her holy help I have avoided the dangers of death:
and I have escaped the cruel hand.

Thanks be to God and to thee, O loving Mother, for all things which I have obtained:
for thy piety and thy mercy.

Psalm 77

Attend, O people of God, to His commandments:
and forget not the Queen of grace.

Open your heart to search her out:
and your lips to glorify her.

Let her love come down into your hearts:
long to please her.

Her beauty outshines the sun and the moon:
she is adorned with the ornaments of virtues.

Have mercy on me, O Queen of glory and honor:
and keep my soul from all danger.

Psalm 78

O Lady, the heathen have come into the inheritance of God:
which thou hast established in Christ by thy merits.

Let thy speech be sweet before Him:
and unite me to Him who hath redeemed me.

Stretch forth thine arm against the cruel enemy:
and unfold to me his craft.

Thy voice is sweet above every melody:
the angelic harmony cannot be compared with it.

Drop down on me the sweetness of thy graces:
and the fragrance of thy heavenly gifts.

Psalm 79

Give ear to me, thou who rulest Israel:
praise thy Mother with me.

Arise and shake thyself from the dust, O my soul:
go forth to meet the Queen of Heaven.

Loose the bands of thy neck, O poor little soul of mine:
and welcome her with glorious praises.

The odor of life comes forth from her:
and all salvation springs out of her heart.

By the sweet fragrance of her spiritual gifts:
dead souls are raised to life.

Psalm 80

Rejoice to the Lady, our helper:
sing aloud in the joy of your heart.

Let your affections be enkindled in her:
and she will overwhelm your enemies with confusion.

Let us imitate her humility:
her obedience and her meekness.

All graces shine forth in her:
for her capacity was immense.

Run ye to her with holy devotion:
and she will share her good things with you.

Psalm 81

God has stayed in the congregation of Jews:
from whom, as a rose, is come forth the Mother of God.

Wipe away my stains, O Lady:
thou who art ever resplendent in purity.

Make the fountain of life flow into my mouth:
whence the living waters take their rise and flow forth.

All ye who thirst, come to her:
she will willingly give you to drink from her fountain.

He who drinketh from her, will spring forth unto life everlasting:
and he will never thirst.

Psalm 82

O my Lady, who shall be like unto thee?
In grace and glory thou surpasses all.

As the heavens are above the earth:
so art thou high above all, and exceedingly exalted.

Wound my heart with thy charity:
make me worthy of thy grace and thy gifts.

May my heart melt in thy fear:
and may the desire of thee enkindle my soul.

Make me desire thy honor and thy glory:
that I may be received by thee into the peace of Jesus Christ.

Psalm 83

How lovely are thy tabernacles, O Lady of hosts:
how delightful are the tents of thy redemption.

Honor her, O ye sinners:
and she will obtain grace and salvation for you.

Her prayer is incense above frank-incense and balsam:
her supplications will not return to her bare, void, or empty.

Intercede for me, O Lady, with thy Christ:
neither do thou forsake me in death or in life.

For thy spirit is kind:
thy grace fills the whole world.

Psalm 84

O Lady, thou hast blessed thy house:
thou hast consecrated thy dwelling.

This one is fair among the daughters of Jerusalem:
whose memory is in blessing.

The holy angels have proclaimed her blessed:
glorify her, ye Virtues and Dominations.

Ye peoples and nations, seek out her prudence:
and search out the treasures of her mercy.

Think of her in goodness:
and seek her in simplicity of heart.

Psalm 85

Incline thine ear, O Lady, and hear me:
turn thy face to me, and have mercy on me.

May the inflowing of thy sweetness delight the souls of the saints:
and the infusion of thy charity be sweet above the sweetest honey.

The resplendence of thy glory enlightens the mind:
and the light of thy mercies leads to salvation.

The fountain of thy goodness inebriates the thirsty:
and the aspect of thy countenance draws men away from sin.

To know thee and to learn thee is the root of immortality:
and to declare thy virtues is the way of salvation.

Psalm 86

The foundations of life in the soul of the just:
are to persevere in charity unto the end.

Thy grace raises up the poor man in adversity:
and the invocation of thy name inspires him with confidence.

Paradise is filled with thy tender mercies:
and by the fear of thee the infernal enemy is confounded.

He who hopes in thee, will find treasures of peace:
and he who invokes thee not in this life, will not attain to the kingdom of God.

Grant, O Lady, that we may live in the grace of the Holy Ghost:
and lead our souls to a holy end.

Psalm 87

Lady, thou art the helper of my salvation:
by day and by night I have cried to thee.

Let my prayer enter into thy sight:
console my sadness with the sight of thee.

Evils are multiplied in my soul:
cleanse it from filth and sin.

May thy power overcome our enemies:
lest they hinder our salvation.

Bestow on us thy grace to resist them:
strengthen our hearts against the concupiscence of the flesh.

Psalm 88

Thy mercies, O Lady, I will sing forever.

With the ointment of thy tender mercy heal the broken in heart:

and with the oil of thy mercy console our griefs.

May thy gracious countenance appear to me in my end:
may the beauty of thy face rejoice my spirit in its going forth.

Stir up my spirit to love thy goodness:
excite my mind to extol thy nobility and worth.

Deliver me from evil and tribulation:
and from all sin keep thou my soul.

Psalm 89

O Lady, thou art made unto us refreshment:
in all our needs.

The diffusion of thy grace produces thy holy operations in us:
and the gentle dropping of thy sweetness maketh holy affections.

I will be mindful, O Lady, of thy tender mercies:
I will sing unto thee a sacrifice of praise and a song of joy.

They who honor thee will obtain a perennial crown for ashes:
and the mantle of praise for the spirit of mourning.

They who hope in thee will be clothed with light:
joy and perpetual rejoicing will be their lot.

Psalm 90

He that dwelleth in the help of the Mother of God:
will abide under her protection.

The concourse of enemies will not harm him:
the flying arrow will not touch him.

For she will deliver him from the snare of the hunter:
and under her wings she will protect him.

Cry out to her in your dangers:
and the scourge will not come nigh your dwelling.

He who has placed his hope in her, will find the fruit of grace:
the gate of paradise will be opened to him.

Psalm 91

It is good to give praise to the Virgin Mary:

and to sing glory to her is the prosperity of the mind.

To declare her merits rejoices the mind:
and to imitate her works makes glad the angels of God.

He who obtains her favor:
is recognized by the dwellers in Paradise.

And he who shall bear the character of her name, shall be written in the book of life.

Arise, O Lady, and judge our cause:
and deliver us from those who rise up against us.

Withdraw not thy right hand from the sinner:
and meet with thy sword the darts of the destroyer.

Psalm 92

The Lord hath reigned, He is clothed with beauty:
He hath crowned His Mother with the ornaments of virtues.

May the Mother of peace fulfill in us his propitiation:
and may she teach her servants the way of equity.

Ye who desire the wisdom of Christ:
serve His Mother with a reverent soul.

Who will suffice to relate thy works, O Lady?
and who shall search out the treasures of thy mercy?
Do thou uphold those who are fainting away in their temptations:
and appoint them a lot in truth.

Psalm 93

The Lord is a God to whom revenge belongeth:
but thou, O Mother of mercy, inclinest Him to mercy.

Thy magnificence, O Lady, is preached forever:
and they who venerate thee shall find the way of peace.

Serve her reverently with rejoicing:
and the Most Blessed Fruit of her womb shall heal you.

Look, O Lady, upon the humility of thy servants:
and they shall praise thee in the generations of ages.

Magnify thy name in the multiplication of thy graces:
and permit not thy servants to be subject to perils.

Psalm 94

Come, let us rejoice to Our Lady:
let us joyfully sing to the saving Mary, our Queen.

Let us come before her presence with joy:
and in canticles let us all praise her together.

Come, let us adore, and fall down before her:
let us confess our sins to her with tears.

Obtain for us a full pardon, stand for us before the tribunal of God.

Receive our souls at our end:
and lead us into eternal rest.

Psalm 95

Sing a new song to her who is full of grace:
sing to Mary all ye of the earthly world.

For she excels in sanctity all the angels:
and those born of women in her wonders and miracles.

Beauty and glory are in her countenance:
and grace is in her eyes.

Bring ye to her glory, ye fathers of the peoples:
rejoice in her, all ye creatures of God.

You have an admirable exchange worked by her means:
by reason of which you are called the sons of the Most High God.

Psalm 96

The Lord hath reigned, let Mary rejoice:
in all the empire under her rule.

Adore her, all ye citizens of the heavenly commonwealth:
exalt her, ye fair virgins, her daughters.

For she is raised above principalities and dominations:
she is exalted above angels and the embassies of archangels.

Patriarchs and prophets, break forth in her praise:
make a harmony, Apostles and martyrs of Christ.

Confessors and virgins, sing canticles to her from the songs of Sion:

and congratulate her, holy monks, for the triumphs she has won.

Psalm 97

Sing to Our Lady a new song:
for she hath done wonderful things.

In the sight of nations she hath revealed her mercy:
her name is heard even to the ends of the earth.

Be mindful, O Lady, of the poor and the wretched:
and support them by the help of thy holy refreshment.

For thou, O Lady, art sweet and true:
exceedingly patient and full of compassion.

Tread upon the enemies of our souls:
and crush with thy holy arm their contumacy.

Psalm 98

The Lord hath reigned, let the people be angry:
Mary sits at the right hand under the Cherubim.

Great in Sion is thy glory, O Lady:
and in Jerusalem thy magnificence.

Sing before her, ye virginal choirs:
and adore her throne, for it is holy.

In her right hand is the fiery law:
and round about her are millions of saints.

Her commands are before his eyes:
and the rule of justice is in her heart.

Psalm 99

Sing with joy to Our Lady, ye men of the earth:
serve her in joy and pleasantness.

With all your soul draw nigh unto her:
and in all your strength keep her ways.

Search her out, and she will be manifested to you:
be clean of heart, and you will take hold of her.

To them whom thou shalt help, O Lady, will be the refreshment of peace:

and they from whom thou turnest away thy face shall have no hope of salvation.

Be mindful of us, O Lady, and let evil not take hold of us:
help us in the end, and we shall find eternal life.

Psalm 100

To thee, O Lady, will I sing mercy and judgment:
I will sing to thee in joy of heart, when thou shalt have made my soul glad.

I will praise thee and thy glory:
and thou shalt bestow refreshment upon my soul.

I have been zealous for thy love and thy honor:
therefore wilt thou defend my cause before the judge of ages.

I am drawn by thy goodness and grace:
I pray thee, let me not be defrauded of my hope and good confidence.

Strengthen thou my soul in my last days:
and in this my flesh make me to behold my Savior.

Psalm 101

O Lady, hear my prayer:
and let my cry come unto thee.

Turn not thy sacred countenance away from me:
nor hate me because of my uncleanness.

Forsake me not in the thought and counsel of mine enemies:
and permit me not to fall in their wicked attacks.

Those who trust in thee, will not fear the tortuous snake:
and those who exalt thee in praises will escape the hand of Acheron.

By thy virginal conception give me a good confidence in thee:
and by thy admirable delivery rejoice my soul.

Psalm 102

Bless, O my soul, the Mother of Jesus Christ:
and all that is within me, glorify her name.

Forget not her benefits:
nor her grace and consolation.

By her grace sins are forgiven:

and by her mercy maladies are healed.

Bless her, all ye powers of Heaven:
glorify her, ye choirs of the Apostles and Prophets.

Bless her, O ye sea, and the islands of the nations:
sing a hymn to her, all ye heavens and the dwellers therein.

Psalm 103

Bless, O my soul, the Virgin Mary:
her honor and her magnificence forever.

Thou hast clothed thyself with beauty and comeliness:
thou art clad, O Lady, with a shining garment.

From thee proceeds the healing of sins:
and the discipline of peace, and the fervor of charity.

Fill us, thy servants, with holy virtues:
and let the wrath of God not come nigh unto us.

Give eternal joy to thy servants:
and forget them not in the death struggle.

Psalm 104

Give praise to Our Lady and call upon her name:
sing gloriously unto her, declaring her virtues.

Praise and exalt her, O Virgins, daughters of Sion:
because she will espouse to you the King of Angels.

Honor ye the Queen full of all grace:
and contemplate with reverence her most holy countenance.

Eternal salvation is in thy hand, O Lady:
those who honor thee worthily will receive it.

Thy clemency will not fail in the eternal years:
and thy mercy is from generation to generation.

Psalm 105

Give praise to Our Lady, for she is good:
in all the tribes of the earth relate her mercies.

Far from the impious is her conversation:

her foot has not declined from the way of the Most High.

A fountain of fertilizing grace comes forth from her mouth:
and a virginal emanation sanctifying chaste souls.

The hope of the glory of Paradise is in her heart:
for the devout soul who shall have honored her.

Have mercy on us, O resplendent Queen of Heaven:
and give consolation from thy glory.

Psalm 106

Give praise to the Lord, for He is good:
give praise to His Mother, for her mercy endureth for ever.

Show us, O Lady, the innocence and the way of prudence:
and point out the way of understanding to thy servants.

The fear of God enlightens the mind:
and thy love rejoices it.

Blessed is the man whose speech is pleasing to thee:
his bones shall be fattened with marrow and fatness.

Thy word shall uphold the feeble soul:
and thy lips shall refresh the thirsty soul.

Psalm 107

My heart is ready, O Lady, my heart is ready:
to sing praises to thee and to chant.

Greater is thy love than all riches:
and thy grace is above gold and precious stones.

Beatitude and justice are given by God:
for those who turn away from their sins to thee shall obtain the remedy of penance.

Thy fruits are grace and peace:
and those who please thee shall be far from perdition.

Be to us a shade of protection in our temptations:
let the spreading of thy wings defend us from him who devours.

Psalm 108

O Lady, despise not my praise:

and deign to accept this Psalter dedicated to thee.

Look upon the will of my heart:
and make my affection well-pleasing to thee.

Hasten to visit thy servants:
under the protection of thy hand may they be preserved unhurt.

May they receive through thee the illumination of the Holy Spirit:
and refreshment against the heat of cupidity.

Heal, O Lady, the contrite of heart:
and revive them by the ointment of piety.

Psalm 109

The Lord said to Our Lady:
Sit at my right hand, O my Mother!

Goodness and sanctity have pleased thee:
therefore thou shalt reign with me forever.

The crown of immortality is on thy holy head:
whose brightness and glory shall not be extinguished.

Have mercy on us, O Lady, mother of light and splendor:
enlighten us, O Lady of truth and virtue.

From thy treasures pour into us the wisdom of God:
and the understanding of prudence, and the model of discipline.

Psalm 110

I will give praise to thee, O Lady, with my whole soul:
I will glorify thee with my whole mind.

The works of thy grace will remain:
and the testament of thy mercy before the throne of God.

By thee redemption has been sent from God:
the repentant people shall have the hope of salvation.

A good understanding to all who honor thee:
and their lot is among the angels of peace.

Glorious and admirable is thy name:
those who keep it will not fear in the moment of death.

Psalm 111

Blessed is the man who feareth the Lady:
and blessed is the heart that loves her.

Happy the man who is never satiated with thy praise:
and grows not weary of the narration of thy virtues.

In his heart has arisen the light of God:
the Holy Spirit enlightens his understanding.

Bestow, O Lady, thy grace upon thy poor:
revive the hungry and the needy.

By thee names shall be in eternal remembrance:
our heart shall not fear the evil hearing.

Psalm 112

Praise, ye children, the Mother of God:
ye old men, glorify her name.

Blessed be Mary, the Mother of Christ:
for she is the way to the homeland of sanctity.

Her throne is high above the Cherubim:
her throne is above the hinges of heaven.

Her countenance is upon the humble:
and her looks upon those who trust in her.

Her mercy is over all flesh:
and her almsgiving until the ends of the earth.

Psalm 113

In the going forth of my soul from this world:
meet it, O Lady, and receive it.

Console it with thy holy countenance:
let not the sight of the demons terrify it.

Be to it a ladder to Heaven:
and a straight way to the Paradise of God.

Obtain for it from the Father the pardon of peace:
and a throne of light among the servants of God.

Uphold the devout before the tribunal of Christ:

take their cause into thy hands.

Psalm 114

I have loved the Mother of the Lord my God:
and the light of her compassions she hath shined upon me.

The sorrows of death have encompassed me:
and the visitation of Mary hath rejoiced me.

I have incurred grief and danger:
and I have been recreated by her grace.

Let her name and her memory be in the midst of our heart:
and the blow of the malignant will not injure us.

Be converted, my soul, unto her praise:
and thou shalt find refreshment in thy last end.

Psalm 115

I believed, therefore I have spoken:
thy glory, O Lady, to the whole world.

Have compassion on my soul, and guide it:
deign in thy good pleasure to take possession of it.

Assign to it the testament of thy peace and thy love:
give to it the memory of thy name.

Of the blessing of thy womb give me support:
and from the fatness of thy grace sweeten my soul.

Break thou the bonds of my sins:
and with thy virtues adorn the face of my soul.

Psalm 116

Praise ye our Lady, all ye nations:
glorify her, all ye peoples.

For her grace and her mercy are confirmed upon us:
and her truth remaineth forever.

He who shall worthily have venerated her, will be justified:
but he who shall have neglected her, will die in his sins.

The lips of angels shall relate her wisdom:

and all the citizens of Paradise will sing her praises.

Those who approach her with a good soul:
will not be seized by the devastating angel.

Psalm 117

Give praise to the Lord, for He is good:
give praise to His Mother, for her mercy endureth forever.

The love of her driveth out sin from the heart:
and her grace purifieth the conscience of the sinner.

The way to come to Christ is to approach her:
he who shall fly her shall not find the way of Peace.

Let him who is hardened in sins, often call upon her:
and light shall arise in his darkness.

He who is sad in his heart, let him cry out to her:
and he will be inebriated with a sweet-flowing dew.

Psalm 118

Blessed are the undefiled in the way:
who imitate the Mother of God.

Blessed are the imitators of her humility:
blessed are the sharers in her charity.

Blessed are the searchers into her virtues:
blessed are they who are conformed to her image.

Blessed are they who venerate her conception and her birth:
blessed are they who devoutly serve her.

Blessed are they who have hope and confidence in her:
blessed are they who receive through her eternal happiness.

Psalm 118 A

Give bountifully to thy servant, O Lady:
enliven me, and I shall do thy will.

I am a sojourner on the earth:
hide nothing of thy love from me.

My soul hath longed to desire thy praise:

at all times.

For thou art my salvation in the Lord:
who hast delivered me, one condemned to death.

What shall I give back for these things, except my whole self?
O Lady receive me.

Psalm 118 B

Set before me for a law, O Lady, the holy of holies of thy will:
and I shall always seek after it.

Lead me into the path of thy tender mercies, O most beautiful of women:
for this same have I desired.

Incline my soul to the love of those above, O Lady:
and not to unchasteness.

Behold I have coveted thy chastity from my youth up:
in thy mercy strengthen me.

And I will keep the way of thy testimonies forever:
and I will search out the commandments of thy Son, which I have loved.

Psalm 118 C

Be mindful of thy word, O Princess of all ladies:
in which thou hast given me hope.

In the stormy waves of tempests it hath powerfully held me:
for thy word hath quickened me.

Lying men have surrounded me, and scourges are gathered together upon me:
and behold thy hand hath delivered me.

I have communicated all good things to them that fear thee:
and to those who earnestly kept thy commandments.

The earth is full of thy tender mercies:
therefore, have I sought out the way of thy justifications.

Psalm 118 D

Thou hast done well with thy servant, O Lady:
and because of this the angels rejoice.

Teach me the discipline of thy manners and thy equity:

because I have believed in thy words above all others.

It is good for me that with thy burden thou hast humbled me:
that I may follow thy conversation.

Those who love thy servants, shall be venerated:
but he who shall hate them, will fall in eternity.

Let the drops of thy clemency ever fall upon me from above, and I shall live:
for thy holy law is my meditation.

Psalm 118 E

My soul hath fainted in thy ways, O Lady:
and unless thou didst have the greatest compassion on me, I should indeed have perished in my
weakness.

My eyes have failed in thy contemplation:
like a bottle in the frost my soul has been before thee.

According to thy goodness quicken thou me:
and I shall not forget thy words, because to cling to thee is good.

By thy ruling the world goes on:
which thou together with God hast founded from the beginning.

I am all thine, o Lady;
save me:
for thy praises were desirable to me in the time of my pilgrimage.

Psalm 118 F

How have I loved thy law, O Lady:
it is forever in my sight.

The abundance of thy sweetness has drawn my heart out of me:
and my flesh hath wonderfully rejoiced in thee.

How sweet to sinners are thy words, O Lady:
above all melody thy refection is sweet to my mouth.

Thy word is a light to my steps:
and an ineffable illumination to my paths.

How often have sinners of hell exasperated me, because I would not stray from thy charity:
but in thee, O Lady have I hoped.

Psalm 118 G

I have hated the unjust:
and I have loved thy way, O gracious Lady.

Help me, O Lady of the world, and I shall be saved:
and I shall meditate the honor of thy commandments.

Make me always stand in thy fear:
and deliver me not up, O Virgin, to those who calumniate me.

I am of thy own tongue:
I am the least in thy family.

Keep me, O Lady, from those who neglect the judgments of thy justice.

Thou despisest all who depart from thy service:
because their thought is unjust.

Psalm 118 H

Wonderful are thy testimonies, O kind Mother:
and by thy words my heart is enlightened.

All the rich of the people shall entreat thy countenance:
and the daughters of kings shall praise thy face.

The word of thy lips is burning exceedingly:
He who shall make haste to come to thee, shall share in it.

I am as a trembling reed before thee:
hold me, Lady, under thy yoke, and I shall not be confounded.

The dragons of hell attack thy servants above all others:
but do thou, O Lady, defend us.

Psalm 118 I

I have cried out to thee with my whole heart, O Lady:
mercifully deliver me from my necessities.

Hear the voice of my groaning, O my Lady:
teach me what is acceptable to thee at all times.

Salvation is far from those who know thee not:
but he who perseveres in thy service is far from perdition.

Thy mercy rules all things:
O Lady, in thy salvation quicken me.

The beginning of thy words is truth at all times:
and I have not forgotten thine immaculate law.

Psalm 118 J

Princes have persecuted me without cause:
and the wicked spirit fears the invocation of thy name.

There is much peace to them that keep thy name, O Mother of God:
and to them there is no stumbling-block.

At the seven hours I have sung praises to thee, O Lady:
according to thy word give me understanding.

Let my prayer come into thy sight, that I may not forsake thee, O Lady, all the days of my life:
for thy ways are mercy and truth.

I will long forever to praise thee, O Lady:
when thou shalt have taught me thy justifications.

Psalm 119

I cried to Our Lady when I was in trouble:
and she heard me.

Lady, deliver us from all evil:
all the days of our life.

Crush the head of our enemies:
with the insuperable power of thy foot.

As thy spirit hath rejoiced in God thy Savior:
so do thou deign to pour true joy into my heart.

Approach to Our Lord to pray for us:
that by thee our sins may be blotted out.

Psalm 120

To thee I have raised mine eyes, O Mother of Christ:
by whom comfort cometh to all flesh.

Bestow on us thy help and thy grace:
in all our tribulations.

Keep us, O Lady:
lest we be caught in the snare of sinners.

The pupil of thine eye neither slumbers nor sleeps:
that we may always be kept under thy protection.

The tongues of men and angels praise thee:
and before thee every knee shall bow.

Psalm 121

I rejoiced in thee, O Queen of Heaven:
because under thy leadership we shall go into the house of the Lord.

Jerusalem the heavenly city:
may we attain to the rewards of Mary.

Obtain for us, O Lady, peace and pardon:
and the victory over our enemies, and triumph.

Strengthen and console our hearts:
by the sweetness of thy piety.

So, Lady, pour into us thy mercy:
that we may devoutly die in the Lord.

Psalm 122

To thee have I raised up mine eyes, O Queen:
who reignest in Heaven.

Let our help be in the power of thy name:
let all our works be directed by thee.

Blessed be thou in Heaven and on earth:
in the sea and in all abysses.

Blessed be thy fecundity:
blessed be thy virginity and purity.

Blessed be thy holy body:
blessed be thy most holy soul.

Psalm 123

Unless our Lady was in us:
many dangers would have overtaken us.

O Virgin, be our defender:
and a propitious advocate before God.

Show us, O Lady, thy mercy:
and strengthen us in thy holy service.

Let the holy angels bless thee in Heaven:
let all men bless thee upon earth.

Give not up to the beasts the souls of them that trust in thee:
let not the mouths of them that sing to thee be closed.

Psalm 124

Those who trust in thee, O Mother of God:
shall not fear at the face of the enemy.

Rejoice and exult, all ye who love her:
because she will help you in the day of your trouble.

Be mindful of thy tender mercies, O Lady:
and relieve us in the pilgrimage of our sojourning.

Turn thine amiable countenance towards us:
confound and destroy all our enemies.

Blessed be all the works of thy hands, O Lady:
blessed be all thy holy miracles.

Psalm 125

When thou shalt turn thy most serene countenance upon us:
thou shalt rejoice us, O virginal Mother of God.

Blessed be thou, O treasury of Christ:
above all women upon earth.

Blessed be thy glorious name:
which the mouth of the Lord hath wonderfully named.

Let not thy praise fail from our lips:
nor thy charity from our hearts.

Those who love thee will be blessed by God:
and those who wish to love thee, will not be defrauded of their confidence.

Psalm 126

Unless, O Lady, thou shalt build the house of our heart:
its edifice shall not remain.

Build us up by thy grace and thy power:
that we may remain firm forever.

Blessed be thy word:
and blessed be all the words of thy lips.

Let them be blessed by God, who shall bless thee:
and let them be reckoned in the number of the just.

Bless, O Lady, them that bless thee:
and never turn thy gracious countenance away from them.

Psalm 128

My enemies have often troubled me from my youth up:
deliver me, O Lady, and vindicate my cause from them.

Give them not power over my soul:
keep my interior and my exterior.

Obtain for us pardon for our sins:
let it be given to us by the grace of the Holy Spirit.

Make us do penance worthily and praiseworthy:
that we may come to God by a blessed end.

Show us then with a gracious and serene countenance:
the glorious fruit of thy womb.

Psalm 129

Out of the depths I have cried to thee, O Lady:
Lady, hear my prayer.

Let thine ears be attentive:
to the voice of praise and of thy glorification.

Deliver me from the hand of my adversaries:
confound their plans and their attempts against me.

Deliver me in the evil day:
and in the day of death forget not my soul.

Lead me unto the harbor of salvation:
may my name be written among the just.

Psalm 130

Lady, my heart hath not been exalted:
nor have mine eyes been lifted up.

The Lord hath blessed thee in His power:
who by thee hath reduced to naught our enemies.

Blessed be He who hath sanctified thee:
and who hath brought thee forth pure from thy mother's womb.

Blessed be He who hath overshadowed thee:
and by His grace hath given thee fecundity.

Bless us, O Lady, and strengthen us in thy grace:
that by thee we may be presented before the sight of the Lord.

Psalm 131

Be mindful, O Lady, of David:
and of all who invoke thy name.

Give us confidence in thy name:
and let our adversaries be confounded.

Console us in the land of our pilgrimage:
and relieve our poverty.

Give us, O holy Virgin, the bread of tears:
and sorrow for our sins in the land of our sojourning.

Make the Blessed Fruit of thy womb propitious to us:
that we may be filled with the grace of the Holy Spirit.

Psalm 132

Behold how good and how pleasant, O Mary, it is:
to love thy name.

Thy name is as oil poured out, and as an aromatic fragrance:
to those who love it.

How great is the multitude of thy sweetness, O Lady:
which thou hast prepared for those who love and hope in thee.

Be a refuge to the poor in tribulation:
because thou art a staff to the poor and wretched.

Let them, I beseech thee, find grace with God:
who invoke thy help in their needs.

Psalm 133

Behold now, bless ye the Lady:
all ye who hope in her holy name.

Rejoice with a great joy, you who exalt and glorify her:
because you will be rejoiced by the plentifulness of her consolations.

Behold now with an overflowing bounty she will come down upon you:
to console and to make glad your hearts.

Bless her, all her servants:
and let her memory be the desire of your soul.

Bless her, all ye angels and saints of God:
praise her wonders forever.

Psalm 134

Praise the name of the Lord:
bless the name of Mary, His Mother.

Be diligent in prayer to Mary:
and she will raise up for you eternal delights.

Let us come to her in a contrite soul:
and sinful cupidity will not besiege us.

He who thinks of her in tranquillity of mind:
shall find sweetness and the rest of peace.

Let us breathe forth our souls to her in our end:
and she will lay open to us the courts of them that triumph.

Psalm 135

Give praise to the Lord, for He is good:
because by His most sweet Mother, the Virgin Mary, mercy is given to us.

Obtain for us, O Lady, the friendship of Jesus Christ:
and keep us lest we should lose our innocence.

Repress our enemy by thy command:
lest he should destroy in us the virtue of charity.

Illumine our ways and our paths:
that we may know what is pleasing to God.

Preserve in us what is naturally good:
and may good graces be multiplied in us.

Psalm 136

On the rivers of Babylon the Hebrews wept:
but let us weep over our sins.

Let us cry out humbly to the Virgin and Mother:
let us offer her our complaints and our sighs.

There is no propitiation to be found without her:
nor salvation apart from her fruit.

By her, sins are purged away:
and by her fruit, souls are made white.

By her is made satisfaction for sins;
by her fruit health is bestowed.

Psalm 137

I will praise thee, O Lady, with my whole heart:
because by thee I have experienced the clemency of Jesus Christ.

Hear, O Lady, my words and prayers:
and in the sight of angels I will sing praise to thee.

In whatever day thou shalt invoke me, hear me:
and multiply thy power in my soul.

Let all tribes and tongues praise thee:
because by thee salvation is restored to us.

From all trouble save thy servants:
and make them live under thy protection and peace.

Psalm 138

O Lady, thou hast tried me and known me:
my ruin and my transgression.

Thy mercy is plentiful above me:
and thy clemency is great to me.

Thine eye hath beheld mine imperfect being:
and thine eyebrows have known my ways.

We have from the Holy Spirit an abundance of holy desires:
and the stain of sin does not trouble our conscience.

The light of thy mercy makes serene our heart:
and the sweetness of thy peace recreates us.

Psalm 139

Deliver me, O Lady, from all evil:
and from the infernal enemy defend me.

Against me he hath drawn his bow:
and in his craftiness he hath laid snares for me.

Restrain his evil power:
and powerfully crush his craft.

Turn back his iniquity on his own head:
and let him speedily fall into the pit which he hath made.

But we will rejoice in thy service:
and we will glory in thy praise.

Psalm 140

O Lady, I have cried to thee, hear me:
incline unto my prayer and to my supplication.

Let my supplication be directed as incense before thy face:
both in the time of the evening sacrifice and in the morning.

Let not my heart turn aside into spiteful words:
and let not the thought of wickedness upset my mind.

Make me submissive to the good pleasure of thy heart:
and let me be conformed to thy actions.

With the sword of understanding pierce my heart:
and with the dart of charity inflame my mind.

Psalm 141

With my voice I have cried to Our Lady:
I have humbly entreated her.

I have poured out my tears in her sight:
and I have set before her my grief.

The enemy lieth in wait for my heel:
he has spread his net before me.

Help me, O Lady, lest I fall before him:
let-him be crushed beneath my feet.

Lead my soul out of prison:
that it may praise thee and sing to the mighty God forever.

Psalm 142

O Lady, hear my prayer:
incline thine ear to my supplication.

The spiteful enemy hath persecuted my life:
he hath cast on to the ground my ways.

He hath blackened me with his darkness:
and my spirit is exceedingly troubled.

Turn not thy face away from me:
that I may not fall together with them that tumble into the abyss.

Send forth thy light and thy grace:
and repair anew my life and my conscience.

Psalm 143

Blessed be thou, O Lady, who teachest thy servants to fight:
and strengthenest them against the enemy.

With thy lightnings and thy brightness scatter him:
send forth thy darts, that thou mayest confound him.

Glorify from on high thy hand:
and let thy servants sing thy praise and thy glory.

Raise up from earthly things our affection:
from these eternal delights refresh our interior.

Kindle in our hearts the longing for heavenly things:
and deign to refresh us with the joys of Paradise.

Psalm 144

I will exalt thee, O Mother of the Son of God:
and every day I will sing thy praises.

Generations and peoples will praise thy works:
and the islands shall expect thy mercy.

The angels will utter the abundance of thy sweetness:
and the saints will pronounce thy sweetness.

Our eyes hope in thee, O Lady:
send us food and delightful nourishment.

My tongue shall speak thy praise:
and I will bless thee for ever and ever.

Psalm 145

My soul, praise Our Lady:
I will glorify her as long as I live.

Never cease from her praises:
and think of her every moment.

When my spirit shall go forth, Lady, let it be commended to thee:
and in the unknown land be thou its guide.

Let not past sins trouble it:
nor let it be disturbed by the meeting with the malignant one.

Lead it to the harbor of salvation:
there let it await securely the coming of the Redeemer.

Psalm 146

Praise the Lady, for a psalm is good:
let the praise of her be pleasant and beautiful.

For she heals the broken- hearted:
and she refreshes them with the ointment of piety.

Great is her power:
and her clemency has no end.

Sing to her in jubilation:
and in her praise sing a psalm to her.

Those who hope in the Lord are a good pleasure to her:
and those who hope in her mercy.

Psalm 147

Praise, O Jerusalem, Our Lady:
glorify her also, O Sion.

For she buildeth up thy walls:
and blesseth thy sons.

Let her grace nourish thee:
let her give peace to thy borders.

The Most High hath sent forth His Word:
and His power hath overshadowed her.

Let us raise our hearts and hands up to her:
that we may feel her influence.

Psalm 148

Let us praise Our Lady in the heavens:
glorify her in the highest.

Praise her, all ye men and beasts:
birds of the air, and fishes of the sea.

Praise her, sun and moon:
stars, and the orbs of the planets.

Praise her, Cherubim and Seraphim:
thrones and dominations and powers.

Praise her, all ye legions of angels:
praise her all order of heavenly dwellers.

Psalm 149

Sing a new song to Our Lady:
her praise in the congregation of the just.

Let the heavens rejoice in her glory:
the isles of the sea and the whole world.

Fire and water praise her:
cold and heat, splendor and light.

Let her praises be in the mouth of the just:
and her glory in the band of the triumphant.

City of God, be joyful in her:
and for thy dwellers sing her a constant song.

Psalm 150

Praise Our Lady in her saints:
praise her in her virtues and miracles.

Praise her, ye bands of Apostles:
praise her, ye choirs and patriarchs and prophets.

Praise her, ye army of martyrs;
praise her, ye bands of doctors and confessors.

Praise her in the college of virgins and the chaste:
praise her, ye orders of monks and holy anchorites.

Praise her, ye monasteries of all religious:
praise her, all the souls of all heavenly dwellers.

Let every spirit praise Our Lady.

Hymns

MORNING

from 'Breviary Hymns of Old Uses'

GOD of everlasting light,
That art more bright than all things bright,
Thou Judge to whom in thy great day
All hearts their secrets shall display,

THOU art in halls of heaven the Lord
Who holdest all things by thy word,
Who rulest all things through thy Son,
Fount of the Spirit with thee One.

THREEFOLD in praise, beholding all.
Single in might and worshipful,
Thou rulest the world in light divine
Through the blest Cross's wondrous sign,

THOU formdest the world of old alone,
And in the seventh heaven thy throne,
O Judge that earnest from on high
In humble guise, for us to die.

To thee, O Lord of heavenly might,

Hosanna soundeth in the height;
To thee our sweetest praises tend
Who all began and all shalt end.

INCREASE of faith thou dost impart:
Thou lookest on the meek of heart:
To thee on thy celestial throne
All praise divine and laud is done.

To Christ the Lord for evermore,
The Father and the Comforter,
Life s every gift and blessing be
From age to age eternally.

DEVS aeterni luminis,
Candor inennarabilis,
Venturus diei iudex
Qui mentis occulta uides,

TV regnum coelorum tenes,
Et totus in uerbo tu es,
Per Filium cuncta regis,
Sancto Spiritui fons es.

TRINVM nomen alta uides,
Vnum per omnia potens,
Mirumque per signum crucis
Tu rector immensae lucis.

TV mundi constitutor es,
Tu in septimo throno sedes,
Iudex, ex alto humilis
Venisti pati pro nobis.

TV Sabaoth omnipotens
Osanna summi culminis,
Tibi laus est mirabilis,
Tu es prima anastasis.

TV fidei adiutor es,
Et humiles tu respicis,
Tibi alta sedes thronus,
Tibi diuinus est honor.

CHRISTO aeternoque Domino
Patri cum Sancto Spiritu
Vitae soluamus munera
A saeculis in saecula.

EVENING

from 'Breviary Hymns of Old Uses'

CHRIST, very Light and Might, the world's Salvation,
Filling the day with radiance of the bright sun,
Thou who dost make the dark night, and adorn it
With the starshining,

HUMBLY we pray thee, meetly order all things
That in due time we welcome light's returning,
And that thou sink in resting at the twilight
Toils of the noonday.

Lo at the day's end now the sun is setting,
Blessing the eve with pledge of resurrection,
And in high heaven choirs of stars appearing
Hallow the nightfall.

THEREFORE with holy rites we come before thee,
Now doth each voice in holy hymns proclaim thee,
Hearts with our lips in fair accord uniting
Sing to thine honour.

THAT thou mayst hear our prayer and bring us healing,
That thou mayst grant us pardon of offences,
Strengthen our hearts, and wrap in peace our bodies,
Soothing the weary.

AND though the shadows of the eve surround us,
And though the world be wrapt in fears of nightfall,
Yet shall our souls be clothed with faith, arising
Splendent from heaven.

GRANT that all sins be banished, and all weakness
Drive from our minds, that they be ever watchful,
Lest some foul spirit, lurking in the shadow
Waiteth to harm them.

CHRISTE, lux mundi, salus et potestas,
Qui diem solis radiis adimplet,
Noctem et fuluam faciens corusco
Sidere pingis.

CERTIS ut totum motibus peractum
Temperes mundum vicibus recursus
Atque resoluas omnium labores
Sorte quietis.

ECCE, uergentem rotat hora solem,
Vesperis rursus remeantis ortum,

Hinc et astrorum chorus omnis alto
Surgit Olympo.

Nos pio cultu tibi praecinentes
Vocibus sacris modulamus hymnis,
Sensibus totis simul excitamur
Pangere laudes.

PRAESTET ut uotum, ferat ut medelam,
Donet ut nostris ueniam delictis,
Firmet ut sensum, placida quiete
Mulceat artus.

ET licet noctis subeant profunda,
Horridis mundi tenebris operta,
Mens tamen nostra fidei supernae
Splendeat ortu.

DESINANT culpae, uigilet uicissim
Noster illabens animus, nee ulla
Sensum inuoluat grauior uagantum
Spirituum turma.

BODIES may sleep, but hearts shall keep their vigil
Resting at peace in Christ the Lord for ever,
In light and darkness holy psalms and anthems
Chanting to Jesus.

GLORY for ever unto God the Father,
Glory to Christ and to the equal Spirit,
Whose trinal name our choirs of loving voices
Sound through the ages.

COR enim nostrum uigilet sopore,
Somniet Christum Dominumque semper
Insonet psalmis, meditetur hymnis
Nodle dieque.

GLORIA summo celebret parenti,
Gloria Christo pariterque sandlo,
Praedicet trinum pia uoce nomen
Omne per aeuum.

The Stabat Mater
(hymn)

At the cross
her station keeping,

Stood the mournful
Mother weeping,
Close to Jesus
to the last.

Through her heart,
his sorrow sharing,
All his bitter
anguish bearing.
Now at length the
sword had passed

Oh, how sad and sore distressed
Was that Mother highly blessed
Of the sole begotten One!

Christ above in torment hangs,
She beneath beholds the pangs
Of her dying, glorious Son.

Is there one who would not weep,
'Whelmed in miseries so deep,
Christ's dear Mother to behold?

Can the human heart refrain
From partaking in her pain,
In that mother's pain untold?

Bruised, derided, cursed, defiled,
She beheld her tender Child,
All with bloody scourges rent.

For the sins of his own nation
Saw him hang in desolation
Till his spirit forth he sent.

O sweet Mother! Font of love,
Touch my spirit from above,
Make my heart with yours accord.

Make me feel as you have felt;
Make my soul to glow and melt
With the love of Christ, my Lord.

Holy Mother, pierce me through,
In my heart each wound renew
Of my Savior crucified.

Let me share with you his pain,
Who for all our sins was slain,
Who for me in torments died.

Let me mingle tears with you
Mourning him who mourned for me,
All the days that I may live.

By the cross with you to stay,
There with you to weep and pray,
Is all I ask of you to give.

Virgin of all virgins blest!
Listen to my fond request:
Let me share your grief divine.

Let me to my latest breath,
In my body bear the death
Of that dying Son of yours.

Wounded with his every wound,
Steep my soul till it has swooned
In his very blood away.

Be to me, O Virgin, nigh,
Lest in flames I burn and die,
In his awful judgment day.

Christ, when you shall call me hence,
Be your Mother my defense,
Be your cross my victory.

While my body here decays,
May my soul your goodness praise,
Safe in heaven eternally.

Amen.

(Alleluia.)

Stabat Mater dolorosa
Juxta Crucem lacrimosa,
Dum pendebat Filius.

Cujus animam gementem,
Contristatam et dolentem,
Pertransivit gladius.

O quam tristis et afflicta
Fuit illa benedicta
Mater Unigeniti!

Quem maerebat, et dolebat,
Pia Mater, dum videbat

Nati paenas inclyti.

Quis est homo, qui non fleret,
Matrem Christi si videret
In tanto supplicio?

Quis non posset contristari,
Christi Matrem contemplari
Dolentem cum Filio?

Pro peccatis suae gentis
Vidit Jesum in tormentis,
Et flagellis subditum.

Vidit suum dulcem natum
Moriendo desolatum,
Dum emisit spiritum.

Eia Mater, fons amoris,
Me sentire vim doloris
Fac, ut tecum lugeam.

Fac, ut ardeat cor meum
In amando Christum Deum,
Ut sibi complaceam.

Sancta Mater, istud agas,
Crucifixi fige plagas
Cordi meo valide.

Tui nati vulnerati,
Tam dignati pro me pati,
Paenas mecum divide.
Fac me tecum pie flere,
Crucifixo condolere,
Donec ego vixero.

Juxta Crucem tecum stare,
Et me tibi sociare
In planctu desidero.

Virgo virginum praeclara,
Mihi jam non sis amara:
Fac me tecum plangere.

Fac, ut portem Christi mortem
Passionis fac consortum,
Et plagas recolare.

Fac me plagis vulnerari
Fac me cruce inebriari,

Et cruore Filii.

Flammis ne urar succensus
Per te, Virgo, sim defensus
In die iudicii.

Christe, cum sit hinc exire,
Da per Matrem me venire,
Ad palmam victoriae.

Quando corpus morietur,
Fac, ut animae donetur
Paradisi gloria.

Amen.

A Morning Hymn

The star of morn to night succeeds,
We therefore meekly pray,
May God, in all our words and deeds,
Keep us from harm this day.

Hymn from the Little Office of the B.V.M.

The Lord, Whom earth, and air, and sea
With one adoring voice resound;
Who rules them all majesty;
In Mary's heart cloister found.
Lo! In a humble Virgin's womb,
Overshadowed by Almighty power;
He Whom the stars, and sun, and moon,
Each serve in their appointed hour.
O Mother blest! To whom was given
Within your compass to contain
The Architect of Earth and Heaven,
Whose hands the universe sustain:
To you was sent an Angel down;
In you the Spirit was enshrined;
From you came forth that Mighty One,
The long-desired of all mankind.
O Jesu! Born of Virgin bright,
Immortal glory be to You;
Praise to the Father Infinite,
And Holy Spirit eternally.