

### **SIGN OF THE CROSS**

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

### **OUR FATHER**

Our Father, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

### **HAIL MARY**

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

### **GLORY BE**

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

### **APOSTLE'S CREED**

I believe in God, the Father almighty Creator of heaven and earth. And in Jesus Christ, his only Son, our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell.

On the third day he rose again. He ascended into heaven and is seated at the right hand of the Father.

He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.

Amen.

### **PRAYER TO THE HOLY SPIRIT**

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

O God, who did instruct the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of that same Spirit, we may be truly wise and ever rejoice in his consolation.

Through Christ our Lord.

Amen.

### **ACT OF CONTRITION**

O my God, I am heartily sorry for having offended you.

And I detest all my sins because I dread the loss of Heaven and the pains of hell, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance, and to amend my life. Amen.

### **HAIL HOLY QUEEN**

Hail, holy queen, mother of mercy; our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears.

Turn then, most gracious advocate, thine eyes of mercy 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. Amen.

### **MEMORARE**

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

### **THE FATIMA PRAYER**

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls into heaven, especially those in most need of Thy mercy. Amen.

### **PRAYER BEFORE MEALS**

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

Amen.

### **PRAYER AFTER MEALS**

We give thee thanks for all thy benefits, Almighty God, who lives and reigns for ever and ever. Amen and may the souls of the faithful departed through the mercy of God rest in peace. Amen

### **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 offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sins, and the reunion of all Christians. I offer them for the intentions of our Bishops and of all Apostles of Prayer, and in particular for those recommended by our Holy Father this month.  
Amen.

### **PRAYER TO ST MICHAEL**

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 evil spirits who prow about the world seeking the ruin of souls.  
Amen.

### **PRAYER TO THE GUARDIAN ANGEL**

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

### **PRAYER FOR THE POOR SOULS IN PUGATORY**

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

### **ACT OF FAITH**

O my God, I firmly believe that you are one God in three Divine Persons, Father, Son, and Holy Spirit. I believe that your Divine Son became man, and died for our sins, and that He will come to judge the living and the dead.  
I believe these and all the truths which the Holy Catholic Church teaches, because you have revealed them, who can neither deceive nor be deceived. Amen

### **ACT OF HOPE**

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

### **ACT OF LOVE**

O my God, I love you above all things, with my whole heart and soul, because you are all-good and worthy of all my love. I love my neighbor as myself for love of you.  
I forgive all who have injured me, and I ask pardon of all whom I have injured. Amen.

### **NICENE CREED**

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.  
I believe in one Lord Jesus Christ. the Only Begotten Son of God, born of the Father before all ages.  
God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made.  
For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.  
For our sake he was crucified under Pontius Plate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures, He ascended into heaven and is seated 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.  
I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.  
I believe in one, holy, catholic and apostolic Church, I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen

### **ANIMA CHRISTI**

Soul of Christ, sanctify me. Body of Christ, save me.  
Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me, O good Jesus, hear me. Within your wounds, hide me.  
Separated from you, let me never be. From the evil one, protect me. At the hour of death, call me. And close to you bid me, that with your saints I may praise you for ever and ever.