
DEVOTIONAL PRAYERS

PREPARATION FOR MASS

PRAYER OF SAINT THOMAS AQUINAS

Almighty eternal God, behold, I come to the Sacrament of your Only Begotten Son, our Lord Jesus Christ, as one sick to the physician of life, as one unclean to the fountain of mercy, as one blind to the light of eternal brightness, as one poor and needy to the Lord of heaven and earth. I ask, therefore, for the abundance of your immense generosity, that you may graciously cure my sickness, wash away my defilement, give light to my blindness, enrich my poverty, clothe my nakedness, so that I may receive the bread of Angels, the King of kings and Lord of lords, with such reverence and humility, such contrition and devotion, such purity and faith, such purpose and intention as are conducive to the salvation of my soul. Grant, I pray, that I may receive not only the Sacrament of the Lord's Body and Blood, but also the reality and power of that Sacrament. O most gentle God, grant that I may so receive the Body of your Only Begotten Son, our Lord Jesus Christ, which he took from the Virgin Mary, that I may be made worthy to be incorporated into his Mystical Body and to be counted among its members. O most loving Father, grant that I may at last gaze for ever upon the unveiled face of your beloved Son, whom I, a wayfarer, propose to receive now veiled under these species: Who lives and reigns with you for ever and ever. Amen.

PRAYER OF SAINT AMBROSE

I draw near, loving Lord Jesus Christ, to the table of your most delightful banquet in fear and trembling, a sinner, presuming not upon my own merits, but trusting rather in your goodness and mercy. I have a heart and body defiled by my many offenses, a mind and tongue over which I have kept no good watch. Therefore, O loving God, O awesome Majesty, I turn in my misery, caught in snares, to you the fountain of mercy, hastening to you for healing, flying to you for protection; and while I do not look forward to having you as Judge, I long to have you as Savior. To you, O Lord, I display my wounds; to you I uncover my shame. I am aware of my many and great sins, for which I fear, but I hope in your mercies, which are without number. Look upon me, then, with eyes of mercy, Lord Jesus Christ, eternal King, God and Man, crucified for mankind. Listen to me, as I place my hope in you; have pity on me, full of miseries and sins, you, who will never cease to let the fountain of compassion flow. Hail, O Saving Victim, offered for me and for the whole human race on the wood of the Cross. Hail, O noble and

precious Blood, flowing from the wounds of Jesus Christ, my crucified Lord, and washing away the sins of all the world. Remember, Lord, your creature, whom you redeemed by your Blood. I am repentant of my sins; I desire to put right what I have done. Take from me, therefore, most merciful Father, all my iniquities and sins, so that, purified in mind and body, I may worthily taste the Holy of Holies. And grant that this sacred foretaste of your Body and Blood which I, though unworthy, intend to receive, may be the remission of my sins, the perfect cleansing of my faults, the banishment of shameful thoughts, and the rebirth of right sentiments; and may it encourage a wholesome and effective performance of deeds pleasing to you and be a most firm defense of body and soul against the snares of my enemies. Amen.

GUIDELINES FOR THE RECEPTION OF COMMUNION

For Catholics

As Catholics, we fully participate in the celebration of the Eucharist when we receive Holy Communion. We are encouraged to receive Communion devoutly and frequently. In order to be properly disposed to receive Communion, participants should not be conscious of grave sin and normally should have fasted for one hour. A person who is conscious of grave sin is not to receive the Body and Blood of the Lord without prior sacramental confession except for a grave reason where there is no opportunity for confession. In this case, the person is to be mindful of the obligation to make an act of perfect contrition, including the intention of confessing as soon as possible (canon 916). A frequent reception of the Sacrament of Penance is encouraged for all.

For our fellow Christians

We welcome our fellow Christians to this celebration of the Eucharist as our brothers and sisters. We pray that our common baptism and the action of the Holy Spirit in this Eucharist will draw us closer to one another and begin to dispel the sad divisions which separate us. We pray that these will lessen and finally disappear, in keeping with Christ's prayer for us "that they may all be one" (*Jn 17: 21*).

Because Catholics believe that the celebration of the Eucharist is a sign of the reality of the oneness of faith, life, and worship, members of those churches with whom we are not yet fully united are ordinarily not admitted to Holy Communion. Eucharistic sharing in exceptional circumstances by other Christians requires permission according to the directives of the diocesan bishop and the provisions of canon law (canon 844 §4). Members of the Orthodox Churches, the Assyrian Church of the East, and the Polish National Catholic Church are urged to respect the discipline of their own Churches. According

to Roman Catholic discipline, the Code of Canon Law does not object to the reception of Communion by Christians of these Churches (canon 844 §3).

For those not receiving Holy Communion

All who are not receiving Holy Communion are encouraged to express in their hearts a prayerful desire for unity with the Lord Jesus and with one another.

For non-Christians

We also welcome to this celebration those who do not share our faith in Jesus Christ. While we cannot admit them to Holy Communion, we ask them to offer their prayers for the peace and the unity of the human family.

THANKSGIVING AFTER MASS

PRAYER OF SAINT THOMAS AQUINAS

I give you thanks, Lord, holy Father, almighty and eternal God, who have been pleased to nourish me, a sinner and your unworthy servant, with the precious Body and Blood of your Son, our Lord Jesus Christ: this through no merits of mine, but due solely to the graciousness of your mercy. And I pray that this Holy Communion may not be for me an offense to be punished, but a saving plea for forgiveness. May it be for me the armor of faith, and the shield of good will. May it cancel my faults, destroy concupiscence and carnal passion, increase charity, patience, humility, obedience, and all the virtues; may it be a firm defense against the snares of all my enemies, both visible and invisible, the complete calming of my impulses, both of the flesh and of the spirit, a firm adherence to you, the one true God, and the joyful completion of my life's course. And I beseech you to lead me, a sinner, to that banquet beyond all telling, where with your Son and the Holy Spirit you are the true light of your Saints, the fullness of satisfied desire, eternal gladness, consummate delight and perfect happiness. Through Christ our Lord. Amen.

PRAYER TO THE MOST HOLY REDEEMER

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 thy wounds conceal me. Do not permit me to be parted from thee. From the evil foe protect me. At the hour of my death call me. And bid me come to thee, to praise thee with all thy saints for ever and ever. Amen.

PRAYER AFTER COMMUNION BEFORE A CRUCIFIX

En Ego, O Bone et Dulcissime Iesu

Here, O good and gentle Jesus, I kneel before you, and with all the fervor of my soul I pray that you engrave within my heart lively sentiments of faith, hope, and love, true repentance for my sins, and a firm purpose of amendment. While I see and I ponder your five wounds with great affection and sorrow in my soul, I have before my eyes those words of yours that David prophesied about you: "They have pierced my hands and feet; I can count all my bones" (*Ps 22 [21]: 17*). Amen.

PRAYER OF SELF-OFFERING

Saint Ignatius Loyola

Receive, Lord, my entire freedom. Accept the whole of my memory, my intellect, and my will. Whatever I have or possess, it was you who gave it to me; I restore it to you in full, and I surrender it completely to the guidance of your will. Give me only love of you together with your grace, and I am rich enough and ask for nothing more. Amen.

THE UNIVERSAL PRAYER

Attributed to Pope Clement XI

I believe, O Lord, but may I believe more firmly; I hope, but may I hope more securely; I love, but may I love more ardently; I sorrow, but may I sorrow more deeply. I adore you as my first beginning; I long for you as my last end; I praise you as my constant benefactor; I invoke you as my gracious protector. By your wisdom direct me, by your righteousness restrain me, by your indulgence console me, by your power protect me. I offer you, Lord, my thoughts, to be directed to you, my words, to be about you, my deeds, to respect your will, my trials, to be endured for you. I will whatever you will, I will it because you will it, I will it in the way you will it, I will it for as long as you will it. Lord, enlighten my understanding, I pray: arouse my will, cleanse my heart, sanctify my soul. May I weep for past sins, repel future temptations, correct evil inclinations, nurture appropriate virtues. Give me, good God, love for you, hatred for myself, zeal for my neighbor, contempt for the world. May I strive to obey superiors, to help those dependent on me, to have care for my friends and forgiveness for my enemies. May I conquer sensuality by austerity, avarice by generosity, anger by gentleness, lukewarmness by fervor. Render me prudent in planning, steadfast in dangers, patient in adversity, humble in prosperity. Make me, O Lord, attentive at prayer, moderate at meals, diligent in work, steadfast in intent. May I be careful to maintain interior innocence, outward modesty, exemplary behavior, a regular life. May I be

always watchful in subduing nature, in nourishing grace, in observing your law, in winning salvation. May I learn from you how precarious are earthly things, how great divine things, how fleeting is time, how lasting things eternal. Grant that I may prepare for death, fear judgment, flee hell, gain paradise. Through Christ our Lord. Amen.

PRAYER TO THE BLESSED VIRGIN MARY

O Mary, Virgin and Mother most holy, behold, I have received your most dear Son, whom you conceived in your immaculate womb, brought forth, nursed, and embraced most tenderly. Behold him at whose sight you used to rejoice and be filled with all delight; him whom, humbly and lovingly, once again I present and offer him to you to be clasped in your arms, to be loved by your heart, and to be offered up to the Most Holy Trinity as the supreme worship of adoration, for your own honor and glory and for my needs and for those of the whole world. I ask you therefore, most loving Mother: entreat for me the forgiveness of all my sins and, in abundant measure, the grace of serving him in the future more faithfully, and, at the last, final grace, so that with you I may praise him for all the ages of ages. Amen.

FORMULAS OF CATHOLIC DOCTRINE

THE TEN COMMANDMENTS

(*Ex 20: 1-17; Deut 5: 6-21*)

1. I am the LORD your God. You shall not have strange gods before me.
2. You shall not take the name of the LORD your God in vain.
3. Remember to keep holy the LORD's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

THE TWO COMMANDMENTS OF LOVE (*Mt 22: 37, 39*)

1. You shall love the LORD your God with all your heart, with all your soul, and with all your mind.
2. You shall love your neighbor as yourself.

THE GOLDEN RULE (*Mt 7: 12*)

Do to others as you would have them do to you.

THE BEATITUDES (*Mt 5: 3-12*)

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

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the pure of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward will be great in heaven.

THE THREE THEOLOGICAL VIRTUES

1. Faith
2. Hope
3. Charity

THE FOUR CARDINAL VIRTUES

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

GIFTS OF THE HOLY SPIRIT

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

FRUITS OF THE HOLY SPIRIT

1. Charity
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Generosity
8. Gentleness
9. Faithfulness
10. Modesty
11. Self-control
12. Chastity

THE FIVE PRECEPTS OF THE CHURCH

1. You shall attend Mass on Sundays and on holy days of obligation and remain free from work or activity that could impede the sanctification of such days.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.

5. You shall help to provide for the needs of the Church.

THE SEVEN CORPORAL WORKS OF MERCY

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

THE SEVEN SPIRITUAL WORKS OF MERCY

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the afflicted.
5. Forgive offenses.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

THE FOUR LAST THINGS

1. Death
2. Judgment
3. Hell
4. Heaven

THE SEVEN CAPITAL SINS

1. Pride
2. Covetousness
3. Lust
4. Anger
5. Gluttony
6. Envy
7. Sloth

PRAYERS BEFORE CONFESSION

GOD'S MERCY

Saint Catherine of Siena

Merciful Lord, it does not surprise me that you forget completely the sins of those who repent. I am not surprised that you remain faithful to those who hate and revile you. The mercy which pours forth from you fills the whole world. It was by your mercy that we were created, and by your mercy that you redeemed us by sending your Son. Your mercy is the light in which sinners find you and good people come back to you. Your mercy is everywhere, even in the depths of hell where you offer to forgive the tortured souls. Your justice is constantly tempered with mercy, so you refuse to punish us as we deserve. O mad Lover! It was not enough for you to take on our humanity; you had to die for us as well.

REFLECTING YOUR BRIGHTNESS

William of Saint Thierry

Loving you, O God, brings its own reward here on earth, as well as the eternal reward of heaven. And failure to love you, even when we can offer a thousand excuses, brings its own punishment. By becoming mirrors of your love, by wearing the mask of your likeness, and by allowing you to make us perfect, we can know the joy of heaven, even while we abide here on earth. Our consciences are sullied by our many sins; cleanse them, that we may reflect your infinite brightness.

A SEED OF LOVE

Saint Teresa of Jesus

Although I have often abandoned you, O Lord, you have never abandoned me. Your hand of love is always outstretched towards me, even when I stubbornly look the other way. And your gentle voice constantly calls me, even when I obstinately refuse to listen. When the sins in my soul are increasing, I lose the taste for virtuous things. Yet even at such moments, Lord, I know I am failing you and failing myself. You alone can restore my taste for virtue. There are so many false friends willing to encourage sin. But your friendship alone can give the strength of mind to resist and defeat sin. What a good friend you are, Lord! You are so patient, willing to wait as long as necessary for me to turn to you. You rejoice at the times when I love you, but you do not hold against me the times when I ignore you. Your patience is beyond my understanding. Even when I pray, my mind fills with worldly concerns and vain daydreams. Yet you are happy if I give

only a single second of honest prayer, turning that second into a seed of love. O Lord, I enjoy your friendship so much; why is it not possible for me to think of you constantly?

WHO WILL HELP ME?

Saint Hildegard von Bingen

Where am I? How did I get here? Who can I ask to comfort me? How will I break these chains of sin that enslave me? Whose eye can bear to look at these ugly spiritual wounds that disfigure me? Whose hands will anoint me with oil, that I may be healed? Who will help me unless it is you, O God? Whenever I think of the glorious freedom which you promise, my slavery to sin seems ever more oppressive. Whenever I think of the beauty of your Son, my spiritual ugliness seems even more terrible. Whenever I think of the joyful music of your love, my soul sinks into despair. Dear God, what will become of me?

FORM FOR THE EXAMINATION OF CONSCIENCE

From the Order of Penance

When an examination of conscience is made before the Sacrament of Penance, it is appropriate that each should ask himself (herself) the following questions before all others:

1. Do I come to the Sacrament of Penance with a sincere desire for purification, conversion, renewal of life, and deeper friendship with God, or do I consider it rather as a burden to be undertaken as seldom as possible?
2. Did I forget, or deliberately fail to mention, any grave sins in previous confessions?
3. Have I performed the penance imposed on me? Have I made reparation for injuries committed? Have I put into practice the purpose of amendment of life, according to the Gospel?

In the light of the word of God, each individual should examine his (her) life.

I

The Lord says: "You shall love the Lord your God with all your heart" (Mt 22: 37).

1. Is my heart directed to God, so that I truly love him above all things by the faithful keeping of his commandments, as a son loves his father, or am I more concerned with worldly matters? Do I have a right intention in what I do?
2. Do I have firm faith in God, who has spoken to us through his Son? Have I adhered firmly to the teaching of the Church? Have I taken care to be instructed in the Christian faith, listening to the word of God, participating in catechesis, avoiding things harmful to the faith? Have I always professed my faith in God and the Church boldly, without fear? Have I been willing to be known as a Christian in my private and public life?
3. Have I said my morning and evening prayers, or not? Is my prayer a true conversation with God, in mind and heart, or merely an exterior observance? Have I offered to God my difficulties, my joys, and my sorrows? Do I turn to him in temptations?
4. Do I have reverence and love for God's name, or have I offended God by blasphemy, by swearing falsely, or by taking his name in vain? Have I been irreverent to the Blessed Virgin Mary or to the Saints?

5. Do I keep the Lord's Day and the feasts of the Church by actively, reverently, and attentively participating in public worship, especially the Mass? Have I obeyed the precept of annual confession and Communion at Easter?
6. Do I perhaps have other gods, that is to say, things for which I care more, or in which I trust more than God, such as money, superstitions, spirit-worship, or other occult practices?

II

*The Lord says: "This is my commandment,
that you love one another as I have loved you" (Jn 15: 12).*

1. Do I have a genuine love for my neighbor, or do I misuse them for my own ends, or do to them what I do not wish to be done to me by others? Have I given grave scandal to them by my words and actions?
2. Consider whether, within your family, you have contributed to the good and joy of others through patience and genuine love, whether as children you have been obedient to your parents, showing them honor and offering them help in their spiritual and material needs; or whether, as parents, you have been careful to bring your children up in the Christian faith, helping them by good example and parental discipline; or as spouses, you have been faithful to one another in your hearts and in your dealings with others?
3. Do I share my goods with others who are poorer than myself? As far as I can, do I defend the oppressed, comfort the sorrowful, help those in need, or have I despised my neighbor, especially the poor, the frail, the old, strangers, and people of a different race?
4. Am I mindful, in my life, of the mission I received at my Confirmation? Have I taken part in the apostolic and charitable works of the Church and in the life of the parish? Have I helped to meet the needs of the Church and prayed for them, e.g., for the unity of the Church, for the evangelization of peoples, for peace and justice, etc.?
5. Am I concerned for the good and prosperity of the human community in which I live, or do I spend my life caring only for myself? Do I take part, to the best of my ability, in promoting justice, morality, concord, and charity in human society? Have I done my civic duty? Have I paid my taxes?
6. In my work or profession am I just, industrious, honest, offering my services to society out of love? Have I given a fair wage to my employees and those who serve me? Have I kept my promises and contracts?

7. Have I obeyed the lawful authorities and shown them due respect?
8. If I am in a position of responsibility or authority, do I use it for my own benefit or for the good of others, in a spirit of service?
9. Have I been truthful and faithful, or have I done harm to others by lies, calumny, detraction, rash judgment, or breaking confidentiality?
10. Have I violated the life, physical health, reputation or honor, or goods of others? Have I caused them any loss? Have I advised or procured an abortion? Have I fostered hatred towards others? Have I cut myself off from others through quarrels, enmity, insults, or anger? Have I, through culpable selfishness, neglected to bear witness to the innocence of my neighbor?
11. Have I stolen things that do not belong to me? Have I unjustly and inordinately desired them or damaged them? Have I made restitution of stolen goods and reparation for damage?
12. If I have suffered injuries, have I been ready, for the love of Christ, to grant peace and forgiveness, or do I harbor hatred and the desire for revenge?

III

Christ the Lord says: "Whoever has my commandments and observes them is the one who loves me" (Jn 14: 21).

1. What is the fundamental motivating force of my life? Am I inspired by the hope of eternal life? Have I tried to grow in the spiritual life by prayer, by listening to and meditating on the word of God, by partaking in the Sacraments, by self-denial? Have I tried to control my vices, my evil passions and inclinations, such as envy or the love of food and drink? Have I, motivated by pride and boastfulness, exalted myself in the sight of God and had contempt for others, considering myself better than them? Have I imposed my will on others, not respecting the liberty and rights of others?
2. What use have I made of my time, of my powers, of the gifts which I have received from God like the talents of the Gospel? Do I use these things to make myself more perfect day by day? Have I been lazy and slothful?
3. Have I borne the sorrows and difficulties of life patiently? To what extent have I disciplined myself so as to "make up those things which are lacking in the Passion of Christ"? Have I kept the law of fasting and abstinence?
4. Have I preserved my senses and my whole body in purity and chastity as a temple of the Holy Spirit destined for resurrection and glory and as a sign

of the love which the faithful God has for his people, as is clearly manifest in the Sacrament of Matrimony? Have I debased my flesh by fornication, impurity, unworthy words and thoughts, or disordered desires or actions? Have I indulged my appetites? Have I indulged in readings, conversations, or watched things contrary to Christian and human decency? Have I incited others to sin by my own indecency? Have I kept the moral law in married life?

5. Have I acted contrary to my conscience through fear or hypocrisy?
6. Have I always tried to act truly in the freedom of the children of God, according to the law of the Spirit, or am I the slave of any passion?

ACTS OF CONTRITION

From the Order of Penance

1. O MY GOD, I AM SORRY

O my God, I am sorry and repent with all my heart for all the wrong I have done and for the good I have failed to do, because by sinning I have offended you, who are all good and worthy to be loved above all things. I firmly resolve, with the help of your grace, to do penance, to sin no more, and to avoid the occasions of sin. Through the merits of the Passion of our Savior Jesus Christ, Lord, have mercy.

2. REMEMBER, LORD, THE COMPASSION

Remember, Lord, the compassion and mercy you showed long ago. Do not recall my sins and failings. In your mercy remember me, Lord, because of your goodness. (*Ps 25 [24]: 6-7*)

3. WASH ME, O LORD

Wash me, O Lord, from my iniquity and cleanse me from my sin. I acknowledge my offense; my sin is before me always. (*Ps 51 [50]: 4-5*)

4. FATHER, I HAVE SINNED

Father, I have sinned against you and I am not worthy to be called your son. Be merciful to me, a sinner. (*Lk 15: 18; 18: 13*)

5. O GOD, MOST MERCIFUL FATHER

O God, most merciful Father, like the Prodigal Son, I turn to you and say: I have sinned against you; I am no longer worthy to be called your child. O Jesus Christ, Savior of the world, like the thief to whom you opened the gates of paradise, I beg you: Lord, remember me in your Kingdom. O Holy Spirit, fount of love, with trust I call upon you: Purify me; make me walk as a child of the light.

6. LORD JESUS, WHO OPENED

Lord Jesus, who opened the eyes of the blind, healed the sick, forgave the sinful woman, and, after his denial, confirmed Peter in your love, hear my plea: forgive all my sins, renew me in your love, and grant that I may live in perfect communion with my brothers and sisters and so proclaim your salvation to all.

7. LORD JESUS, WHO CHOSE

Lord Jesus, who chose to be called the friend of sinners, through the mystery of your Death and Resurrection, free me from my sins. May your peace grow strong in me, that I may bear the fruits of charity, justice, and truth.

8. LORD JESUS CHRIST, LAMB OF GOD

Lord Jesus Christ, Lamb of God, who take away the sin of the world, through the grace of the Holy Spirit be pleased to reconcile me with your Father; cleanse me in your Blood from every fault and make me fully alive to the praise of your glory.

9. HAVE MERCY ON ME, O GOD

Have mercy on me, O God, according to your merciful love; turn your face from my sins and blot out all my guilt; create a pure heart in me, O God, renew an upright spirit deep within me.

10. THE JESUS PRAYER

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

11. O MY GOD, I AM HEARTILY SORRY

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

PRAYERS AFTER CONFESSION

PRAYER AFTER CONFESSION

Saint Odo of Cluny

O Only Begotten Son of the sovereign Father, look upon us with a benign countenance. It is you who called the penitent heart of the Magdalene to the pinnacle of glory. The lost penny is again restored to the royal treasury; and the gem wiped clean from mire surpasses the stars in brilliance. O Jesus, balm on our wounds and sole hope of the penitent, through the tears of the Magdalene wash away our sins. O most gracious Mother of God, take us, the weeping descendants of Eve, from a thousand waves in this life to a haven of safety. To God alone be glory for his manifold graces—to God who forgives the sins of sinners and bestows rewards. Amen.

PRAYER OF FIRM PURPOSE OF AMENDMENT

Saint Benedict of Nursia

O Lord, I place myself in your hands and dedicate myself to you. I pledge myself to do your will in all things: To love the Lord God with all my heart, all my soul, all my strength. Not to kill. Not to steal. Not to covet. Not to bear false witness. To honor all persons. Not to do to another what I would not wish done to myself. To chastise the body. Not to seek after pleasures. To love fasting. To relieve the poor. To clothe the naked. To visit the sick. To bury the dead. To help in trouble. To console the sorrowing. To hold myself aloof from worldly ways. To prefer nothing to the love of Christ. Not to give way to anger. Not to foster a desire for revenge. Not to entertain deceit in the heart. Not to make a false peace. Not to forsake charity. Not to swear, lest I swear falsely. To speak the truth with heart and tongue. Not to return evil for evil. To do no injury: Yea, even to bear patiently any injury done to me. To love my enemies. Not to curse those who curse me, but rather to bless them. To bear persecution for justice's sake. Not to be proud. Not to be given to intoxicating drink. Not to be an overeater. Not to be lazy. Not to be slothful. Not to be a murmurer. Not to be a detractor. To put my trust in God. To refer the good I see in myself to God. To refer any evil in myself to myself. To fear the day of judgment. To be in dread of hell. To desire eternal life with spiritual longing. To keep death before my eyes daily. To keep constant watch over my actions. To remember that God sees me everywhere. To call upon Christ for defense against evil thoughts that arise in my heart. To guard my tongue against wicked speech. To avoid much speaking. To avoid idle talk. To read only what is good to read. To look at only what is good to see. To pray often. To ask forgiveness

daily for my sins, and to seek ways to amend my life. To obey my superiors in all things rightful. Not to desire to be thought holy, but to seek holiness. To fulfill the commandments of God by good works. To love chastity. To hate no one. Not to be jealous or envious of anyone. Not to love strife. Not to love pride. To honor the aged. To pray for my enemies. To make peace after a quarrel, before the setting of the sun. Never to despair of your mercy, O God of Mercy. Amen.

PRAYER OF RESOLUTION

Saint Frances de Sales

O my God: Henceforth I resolve to strive earnestly to be patient and gentle, and not to allow the waters of contradiction to extinguish the fire of that charity which I owe to my neighbor. Amen.

THE SEVEN PENITENTIAL PSALMS

PSALM 6

O LORD, do not rebuke me in your anger; / reprove me not in your rage. / Have mercy on me, LORD, for I languish. / LORD, heal me; my bones are shaking, / and my soul is greatly shaken. / But you, O LORD, how long? / Return, LORD, rescue my soul. / Save me in your merciful love. / For in death there is no remembrance of you; / who can give you praise from Sheol? / I am exhausted with my groaning; / every night I drench my bed with tears, / I bedew my couch with weeping. / My eyes waste away with grief; / they have grown weak surrounded by all my foes. / Leave me, all who do evil, / for the LORD heeds the sound of my weeping. / The LORD has heard my plea; / the LORD will receive my prayer. / All my foes will be shamed and greatly shaken, / suddenly put to shame.

PSALM 32 (31)

Blessed is he whose transgression is forgiven, / whose sin is remitted. / Blessed the man to whom the LORD imputes no guilt, / in whose spirit is no guile. / I kept it secret and my frame was wasted. / I groaned all day long, / For your hand, by day and by night, / lay heavy upon me. / Indeed, my strength was dried up / as by the summer's heat. / To you I have acknowledged my sin; / my guilt I did not hide. / I said, "I will confess my transgression to the LORD." / And you have forgiven the guilt of my sin. / So let each faithful one pray to you / in the time of need. / The floods of water may reach high, / but such a one they shall not reach. / You are a hiding place for me; / you keep me safe from distress; / you surround me

with cries of deliverance. / I will instruct you and teach you / the way you should go; / I will fix my eyes upon you. / Be not like horse and mule, unintelligent, / needing bridle and bit, / or else they will not approach you. / Many sorrows has the wicked, / but loving mercy surrounds the one who trusts in the LORD. / Rejoice in the LORD; exult, you just! / Ring out your joy, all you upright of heart!

PSALM 38 (37)

O LORD, do not rebuke me in your anger; / reprove me not in your rage. / For your arrows have sunk deep in me; / your hand has come down upon me. / There is no soundness in my flesh because of your anger: / there is no health in my bones because of my sin. / My guilt towers higher than my head; / it is a weight too heavy to bear. / My wounds are foul and festering, / the result of my own folly. / I am bowed and brought to my knees. / I go mourning all the day long. / All my frame is burning with fever; / there is no soundness in my flesh. / I am spent and utterly crushed, / I cry aloud in anguish of heart. / O LORD, all my longing lies before you; / my groans are not hidden from you. / My heart throbs, my strength is spent; / the very light has gone from my eyes. / Friends and companions stand aloof from my illness; / those closest to me stand afar off. / Those who plot against my life lay snares; / those who seek my ruin speak of harm, / planning treachery all the day long. / But I, like someone deaf, do not hear; / like someone mute, I do not open my mouth. / I am like one who hears nothing, / in whose mouth is no defense. / But in you, O LORD, I hope; / it is you, LORD my God, who will answer. / I pray, "Let them not gloat over me, / exult if my foot should slip." / For I am on the point of falling, / and my pain is always with me. / I confess that I am guilty; / and I am grieved because of my sin. / My enemies live on and grow strong, / and many hate me without cause. / They repay me evil for good, / and attack me for seeking what is good. / Forsake me not, O LORD! / My God, be not far from me! / Make haste and come to my help, / my LORD and my salvation!

PSALM 51 (50)

Have mercy on me, O God, / according to your merciful love; / according to your great compassion, / blot out my transgressions. / Wash me completely from my iniquity, / and cleanse me from my sin. / My transgressions, truly I know them; / my sin is always before me. / Against you, you alone, have I sinned; / what is evil in your sight I have done. / So you are just in your sentence, / without reproach in your judgment. / Behold, in guilt I was born, / a sinner when my mother conceived me. / Behold, you delight in sincerity of heart; / in secret you teach me wisdom. / Cleanse me with hyssop, and I shall be pure; / wash me, and

I shall be whiter than snow. / Let me hear rejoicing and gladness, / that the bones you have crushed may exult. / Turn away your face from my sins, / and blot out all my guilt. / Create a pure heart for me, O God; / renew a steadfast spirit within me. / Do not cast me away from your presence; / take not your holy spirit from me. / Restore in me the joy of your salvation; / sustain in me a willing spirit. / I will teach transgressors your ways, / that sinners may return to you. / Rescue me from bloodshed, O God, / O God of my salvation, / and then my tongue shall ring out your justice. / O Lord, open my lips / and my mouth shall proclaim your praise. / For in sacrifice you take no delight; / burnt offering from me would not please you. / My sacrifice to God, a broken spirit: / a broken and humbled heart, / you will not spurn, O God. / In your good pleasure, show favor to Zion; / rebuild the walls of Jerusalem. / Then you will delight in right sacrifice, / burnt offerings wholly consumed. / Then you will be offered young bulls on your altar.

PSALM 102 (101)

Hear my prayer, O LORD, / and let my cry come to you. / Do not hide your face from me / in the day of my distress. / Turn your ear toward me; / on the day when I call, / speedily answer me. / For my days are vanishing like smoke; / my bones burn away like a furnace. / My heart is withered and dried up like the grass. / I forget to eat my bread. / Because of the sound of my groaning, / my bones hold fast to my flesh. / I have become like a vulture in the desert, / like an owl among the ruins. / I lie awake and I moan, / like a bird alone on a roof. / All day long my foes revile me; / those who deride me use my name as a curse. / I have eaten ashes like bread, / and mingled tears with my drink. / Because of your anger and fury, / you have lifted me up and thrown me down. / My days are like a fading shadow, / and I wither away like the grass. / But you, O LORD, are enthroned forever, / and your renown is from age to age. / You will arise and take pity on Zion, / for this is the time to have mercy; / yes, the time appointed has come. / Behold, your servants love her very stones, / are moved to pity for her dust. / The nations shall fear the name of the LORD, / and all the earth's kings your glory. / When the LORD shall build up Zion, / he will appear in all his glory. / Then he will turn to the prayers of the helpless; / he will not despise their prayers. / Let this be written for ages to come, / that a people yet unborn may praise the LORD; / the LORD looked down from his holy place on high, / looked down from heaven to the earth, / to hear the groans of the prisoners, / and free those condemned to die. / May the name of the LORD be proclaimed in Zion, / and his praise in Jerusalem, / when peoples and kingdoms are gathered as one / to offer their worship to the LORD. / He has broken my strength in midcourse; / he has shortened my days. / I say: "My God, do not take me away / before half of my days are complete, / you, whose days last

from age to age. / Long ago you founded the earth, / and the heavens are the work of your hands. / They will perish but you will remain. / They will all wear out like a garment. / You will change them like clothes, and they change. / But you are the same, and your years do not end.” / The children of your servants shall dwell untroubled, / and their descendants established before you.

PSALM 130 (129)

Out of the depths I cry to you, O LORD; / Lord, hear my voice! / O let your ears be attentive / to the sound of my pleadings. / If you, O LORD, should mark iniquities, / Lord, who could stand? / But with you is found forgiveness, / that you may be revered. / I long for you, O LORD, / my soul longs for his word. / My soul awaits the Lord / more than watchmen for daybreak. / More than watchmen for daybreak, / let Israel hope for the LORD. / For with the LORD there is mercy, / in him is plentiful redemption. / It is he who will redeem Israel / from all its iniquities.

PSALM 143 (142)

Listen, O LORD, to my prayer; / turn your ear to my appeal. / You are faithful, you are just; give answer. / Do not call your servant to judgment, / for no one is righteous in your sight. / The foe has pursued my soul; / he has crushed my life to the ground. / He has made me dwell in darkness, / like those long dead. / Therefore my spirit fails; / my heart is desolate within me. / I remember the days that are past; / I ponder all your works. / I muse on what your hand has wrought, / and to you I stretch out my hands. / My soul is like a parched land before you. / O LORD, make haste and answer me, / for my spirit fails within me. / Do not hide your face from me, / lest I become like those going down to the pit. / In the morning, let me hear your loving mercy, / for in you I place my trust. / Make me know the way I should walk; / to you I lift up my soul. / Rescue me, O LORD, from my foes; / to you have I fled for refuge. / Teach me to do your will, / for you are my God. / Let your good spirit guide me / upon ground that is level. / LORD, save my life for the sake of your name; / in your justice, lead my soul out of distress. / In your mercy make an end of my foes; / destroy all those who oppress my soul, / for I am your servant.

COMMON PRAYERS

THE SIGN OF THE CROSS

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

THE 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.

THE HAIL MARY

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. Amen.

THE LORD'S PRAYER

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.

ANGEL OF GOD

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

ETERNAL REST

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

THE APOSTLES' CREED

I believe in God, the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son,
our Lord,
who was conceived by the Holy
Spirit, born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on 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 there he will come to judge the
living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.

COME, HOLY SPIRIT

Come, Holy Spirit,
fill the hearts of your faithful
and enkindle in them the fire of your
love.

Send forth your Spirit
and they shall be created.

And you shall renew the face of the
earth. Amen.

THE MEMORARE

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

Inspired by this confidence
I fly unto you, O Virgin of virgins, my
Mother.

To you do I come, before you I stand,
sinful and sorrowful.

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

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 are eternal truth and
wisdom, who can neither deceive
nor be deceived. In this faith I
intend to live and die. Amen.

ACT OF HOPE

O Lord God,
I hope by your grace for the pardon of
all my sins,
and after life here to gain eternal
happiness,
because you have promised it
who are infinitely powerful, faithful,
kind, and merciful.
In this hope I intend to live and die.
Amen.

ACT OF LOVE

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.
Amen.

THE ANGELUS

℣. The Angel of the Lord declared unto Mary.

℟. And she conceived by the Holy Spirit. Hail, Mary...

℣. Behold the handmaid of the Lord.

℟. Be it done unto me according to thy word. Hail Mary...

℣. And the Word was made flesh.

℟. And dwelt among us. Hail Mary...

℣. Pray for us, O holy Mother of God.

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

Let us pray.

Pour forth, we beseech thee, O Lord,

thy grace into our hearts;

that we, to whom the Incarnation of Christ, thy Son,

was made known by the message of an Angel,

may by his Passion and Cross

be brought to the glory of his Resurrection.

Through the same Christ, our Lord. Amen

THE ROSARY

1. *Make the Sign of the Cross.*
2. *Holding the Crucifix, say the Apostles' Creed.*
3. *On the first bead, say an Our Father.*
4. *Say one Hail Mary on each of the next three beads.*
5. *Say the Glory Be*
6. *For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the Our Father.*

The Joyful Mysteries

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation in the Temple
5. The Finding in the Temple

The Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of Mary

The Sorrowful Mysteries

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death

The Luminous Mysteries

1. The Baptism of Christ in the Jordan
2. The Wedding Feast at Cana
3. Jesus' Proclamation of the Coming of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

7. *While fingering each of the ten beads of the decade, next say ten Hail Marys while meditating on the Mystery. Then say a Glory Be. After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima:*

O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.

8. *After saying the five decades, say the Hail, Holy Queen, followed by this dialogue and prayer:*

ƿ. Pray for us, O holy Mother of God.

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

Let us pray. O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

THE CHAPLET OF DIVINE MERCY
Saint Faustina Kowalska (1905-1938)

Opening Prayer

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

Repeat three times:

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

Recite one Our Father, one Hail Mary, and the Apostle's Creed. Then, on the Our Father beads of the rosary, say the following words:

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

On the Hail Mary beads, say the following words:

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

At the conclusion of the chaplet, say three times:

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

Closing Prayer

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

TE DEUM

For the last day of the calendar year

Te De - um lau - dá - mus: te Dó-mi-num con - fi - té-mur. Te
 æ - tér-num Pa - trem, om-nis ter - ra ve - ne - rá - tur. Ti - bi om - nes
 án - ge - li, ti - bi cæ - li et u - ni - vér - sæ po - tes - tá - tes: ti -
 bi ché - ru - bim et sé - ra - phim in - ces - sá - bi - li vo - ce pro - clá - mant:
 “San - ctus, San - ctus, San - ctus, Dó - mi - nus De - us Sá - ba -
 oth. Ple - ni sunt cæ - li et ter - ra ma - ies - tá - tis gló - ri - æ tu - æ.”
 Te glo - ri - ó - sus a - pos - tol - ó - rum cho - rus, te pro - phe - tá - rum
 lau - dá - bi - lis nú - me - rus, te már - ty - rum can - di - dá - tus lau - dat e -
 xér - ci - tus. Te per or - bem ter - rá - rum san - cta con - fi - té - tur Ec - clé -
 si - a, Pa - trem im - mén - sæ ma - ies - tá - tis; ve - ne - rá - ndum tu -
 um ve - rum et ú - ni - cum Fí - li - um; Sanctum quoque Pa - rá - cli - tum
 Spí - ri - tum. Tu rex gló - ri - æ, Christe. Tu Pa - tris sem - pi - tér - nus

es Fi - li - us. Tu, ad li - be - rán - dum sus - cep - tú - rus hó - mi - nem,

non hor - rú - is - ti Vir - gi - nis ú - te - rum. Tu, de - ví - c - to mor - tis a -

cú - le - o, a - pe - ru - ís - ti cre - dén - ti - bus reg - na cæ - ló - rum. Tu

ad dēx - te - ram De - i se - des, in gló - ri - a Pa - tris. Iu - dex cré -

de - ris es - se ven - tú - rus. Te er - go quæ - sū - mus, tu - is fá - mu - lis

súb - ve - ni, quos pre - ti - ó - so sán - gui - ne re - de - mí - sti. Æ - tér -

na fac cum san - ctis tu - is in gló - ri - a nu - me - rá - ri. Sal -

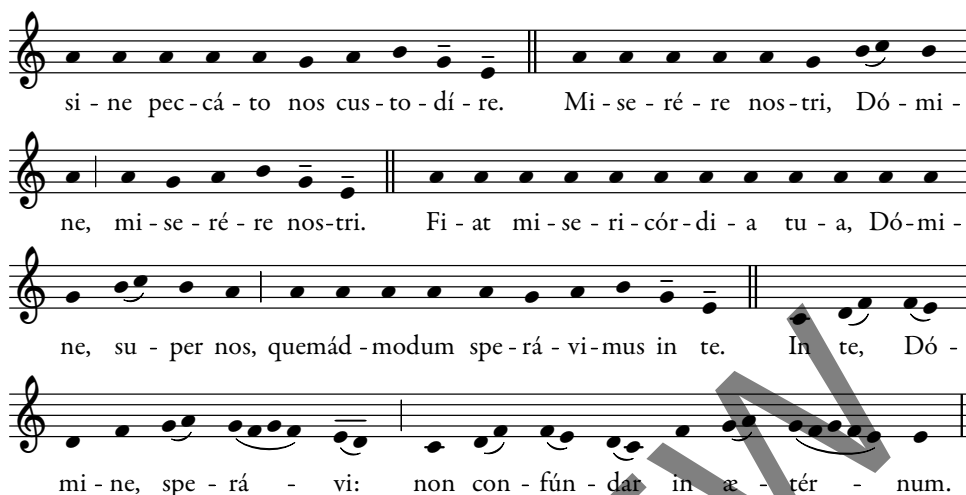
vum fac pó - pu - lum tu - um, Dó - mi - ne, et bé - ne - dic he - re -

di - tá - ti tu - æ. Et re - ge e - os, et ex - tól - le

il - los us - que in æ - tér - num. Per sín - gu - los di - es be - ne -

dí - ci - mus te; et lau - dá - mus no - men tu - um in sæ - cu - lum, et

in sæ - cu - lum sæ - cu - li. Dig - ná - re, Dó - mi - ne, di - e is - to



si - ne pec - cá - to nos cus - to - dí - re. Mi - se - ré - re nos - tri, Dó - mi -
 ne, mi - se - ré - re nos - tri. Fi - at mi - se - ri - cór - di - a tu - a, Dó - mi -
 ne, su - per nos, quemád - modum spe - rá - vi - mus in te. In te, Dó -
 mi - ne, spe - rá - vi: non con - fún - dat in æ - tér - num.

Text: Trad. Latin. Melody: TE DEUM.

Or:

O God, we praise you; O Lord, we
 acclaim you.
 Eternal Father, all the earth reveres you.
 All the angels, the heavens and the
 Powers of heaven,
 Cherubim and Seraphim cry out to
 you in endless praise:
 Holy, Holy, Holy Lord God of hosts,
 heaven and earth are filled with the
 majesty of your glory.

The glorious choir of Apostles sings
 to you,
 the noble company of prophets
 praises you,
 the white-robed army of martyrs
 glorifies you,
 Holy Church throughout the earth
 proclaims you,
 Father of boundless majesty,
 with your true and only Son, worthy
 of adoration,
 and the Holy Spirit, Paraclete.

You, O Christ, are the King of glory,
 you are the Father's everlasting Son;
 when you resolved to save the human race,
 you did not spurn the Virgin's womb;
 you overcame the sting of death
 and opened wide the Kingdom of
 Heaven
 to those who put their faith in you.
 You are seated at the right hand of God
 in the glory of the Father.

We believe you are the Judge who is
 to come.

And so we beg you, help your servants,
 redeemed by your most precious blood.
 Number them among your saints in
 eternal glory.

The last part of the hymn may be omitted.

Save your people, Lord, and bless
 your inheritance.
 Shepherd them and raise them to
 eternal life.

Day by day, we bless you
and praise your name for endless ages
evermore.

Be gracious, Lord, on this day,
and keep us from all sin.

Have mercy on us, O Lord, have mercy.
May your mercy be upon us, Lord,
as we place our trust in you.
In you, O Lord, I rest my hope:
let me never be put to shame.

VENI CREATOR SPIRITUS

For the first day of the calendar year



1. Ve - ni Cre - á - tor Spí - ri - tus, Men - tes tu - ó -
2. Qui dí - ce - ris Pa - rá - cli - tus, Do - num De - i
3. Tu sep - ti - fór - mis mú - ne - re, Dex - tra De - i
4. Ac - cén - de lu - men sén - si - bus, In - fún - de a - mó -
5. Hos - tem re - pél - las lón - gi - us, Pa - cém - que do -
6. Per te sci - á - mus da Pa - trem, Nos - cá - mus at -
7. De - o Pa - tri sit gló - ri - a, Et Fí - li - o,

1. rum ví - si - ta: Im - ple su - pér - na grá - ti -
2. al - tís - si - mi, Fons vi - vus, ig - nis, cá - ri -
3. tu dí - gi - tus, Tu ri - te pro - mís - sum Pa -
4. rem cór - di - bus, In - fir - ma nos - tri cór - po -
5. nes pró - ti - nus: Duc - tó - re sic te prá - vi -
6. que Fí - li - um Te u - tri - ús - que Spí - ri -
7. qui a mór - tu - is Sur - ré - xit, ac Pa - rá - cli -

1. a Quæ tu cre - ás - ti péc - to - ra.
2. tas, Et spi - ri - tá - lis ún - cti - o.
3. tris, Ser - mó - ne di - tans gút - tu - ra.
4. ris Vir - tú - te fir - mans pér - pe - ti.
5. o, Vi - té - mus om - ne nó - xi - um.
6. tum Cre - dá - mus om - ni tém - po - re.
7. to, In sæ - cu - ló - rum sæ - cu - la. A - men.

Text: Rabanus Maurus. Melody: VENI CREATOR SPIRITUS, 8.8.8.8. (L.M.).

Or:

1. O Come, Creator Spirit blest,
come, visit souls that are your own;
fill all the hearts that you have made
with grace and blessing from on high.

2. For you are called the Paraclete,
the holy gift of God most High,
the living wellspring, love, and fire,
the soul's anointing from above.

3. In graces you are sevenfold,
the Finger of God's strong right hand,
and you, the Father's promised one,
adorn our tongues with gracious
speech.

4. Come, fill our senses with your light,
pour forth your love into our hearts,
the weakness of our mortal frame
make strong with power that never fails.

5. Drive far from us our deadly foe
and swiftly grant us lasting peace;
with you to guide and lead the way,
may we avoid all harm and sin.

6. Now through your presence may
we know
and love the Father and the Son;
and you, the Spirit of them both,
may we profess throughout all time.
Amen.

LITANIES

LITANY OF THE SACRED HEART OF JESUS

℣. Lord, have mercy.

℟. Lord, have mercy.

℣. Christ, have mercy.

℟. Christ, have mercy.

℣. Lord, have mercy.

℟. Lord, have mercy.

God our Father in heaven,

℟. *Have mercy on us.*

God the Son, Redeemer of the world,

God the Holy Spirit,

Holy Trinity, one God,

Heart of Jesus, Son of the eternal Father,

Heart of Jesus, formed by the Holy Spirit
in the womb of the Virgin Mother,

Heart of Jesus, one with the eternal
Word,

Heart of Jesus, infinite in majesty,

Heart of Jesus, holy temple of God,

Heart of Jesus, tabernacle of the
Most High,

Heart of Jesus, house of God and gate
of heaven,

Heart of Jesus, aflame with love
for us,

Heart of Jesus, source of justice
and love,

Heart of Jesus, full of goodness
and love,

Heart of Jesus, wellspring of all virtue,

Heart of Jesus, worthy of all praise,

Heart of Jesus, king and center of
all hearts,

Heart of Jesus, treasure-house of
wisdom and knowledge,

Heart of Jesus, in whom there dwells
the fullness of God,

Heart of Jesus, in whom the Father
is well pleased,

Heart of Jesus, from whose fullness
we have all received,

Heart of Jesus, desire of the eternal hills,

Heart of Jesus, patient and full
of mercy,

Heart of Jesus, generous to all who
turn to you,

Heart of Jesus, fountain of life
and holiness,

Heart of Jesus, atonement for
our sins,

Heart of Jesus, overwhelmed with
insults,

Heart of Jesus, broken for our sins,

Heart of Jesus, obedient even to death,

Heart of Jesus, pierced by a lance,

Heart of Jesus, source of all
consolation,

Heart of Jesus, our life and
resurrection,

Heart of Jesus, our peace and
reconciliation,

Heart of Jesus, victim of our sins,

Heart of Jesus, salvation of all who
trust in you,

Heart of Jesus, hope of all who
die in you,

Heart of Jesus, delight of all
the saints,

Lamb of God, you take away the sins
of the world,

℟. Have mercy on us.

Lamb of God, you take away the sins
of the world,

℟. Have mercy on us.

Lamb of God, you take away the sins
of the world,

℟. Have mercy on us.

Jesus, gentle and humble of heart.

℟. Touch our hearts and make them
like your own.

Let us pray.

Grant, we pray, almighty God,
that we, who glory in the Heart of
your beloved Son

and recall the wonders of his love
for us,

may be made worthy to receive
an overflowing measure of grace
from that fount of heavenly gifts.

Through Christ our Lord.

℟. Amen.

LITANY OF THE MOST HOLY NAME OF JESUS

℣. Lord, have mercy.

℟. Lord, have mercy.

℣. Christ, have mercy.

℟. Christ, have mercy.

℣. Lord, have mercy.

℟. Lord, have mercy.

God our Father in heaven,

℟. *Have mercy on us.*

God the Son, Redeemer of the world,

God the Holy Spirit,

Holy Trinity, one God,

Jesus, Son of the living God,

Jesus, splendor of the Father,

Jesus, brightness of everlasting light,

Jesus, king of glory,

Jesus, dawn of justice,

Jesus, Son of the Virgin Mary,

Jesus, worthy of our love,

Jesus, worthy of our wonder,

Jesus, mighty God,

Jesus, father of the world to come,

Jesus, prince of peace,

Jesus, all-powerful,

Jesus, pattern of patience,

Jesus, model of obedience,

Jesus, gentle and humble of heart,

Jesus, lover of chastity,

Jesus, lover of us all,

Jesus, God of peace,

Jesus, author of life,

Jesus, model of goodness,

Jesus, seeker of souls,

Jesus, our God,

Jesus, our refuge,

Jesus, father of the poor,

Jesus, treasure of the faithful,

Jesus, Good Shepherd,

Jesus, the true light,

Jesus, eternal wisdom,

Jesus, infinite goodness,

Jesus, our way and our life,

Jesus, joy of angels,

Jesus, king of patriarchs,

Jesus, teacher of apostles,

Jesus, master of evangelists,

Jesus, courage of martyrs,
 Jesus, light of confessors,
 Jesus, purity of virgins,
 Jesus, crown of all saints,

Lord, be merciful,

R. Jesus, save your people.

From all evil,
 From every sin,
 From the snares of the devil,
 From your anger,
 From the spirit of infidelity,
 From everlasting death,
 From neglect of your Holy Spirit,
 By the mystery of your incarnation,
 By your birth,
 By your childhood,
 By your hidden life,
 By your public ministry,
 By your agony and crucifixion,
 By your abandonment,
 By your grief and sorrow,
 By your death and burial,
 By your rising to new life,
 By your return in glory to the Father,

By your gift of the holy Eucharist,
 By your joy and glory,

V. Christ, hear us.

R. Christ, hear us.

V. Lord Jesus, hear our prayer.

R. Lord Jesus, hear our prayer.

Lamb of God, you take away the sins
 of the world,

R. Have mercy on us.

Lamb of God, you take away the sins
 of the world,

R. Have mercy on us.

Lamb of God, you take away the sins
 of the world,

R. Have mercy on us.

Let us pray,

As we venerate the most holy Name
 of Jesus,

mercifully grant us, Lord,
 that, savoring its sweetness in this life,
 we may be filled with everlasting joy
 in our heavenly homeland.

Through Christ our Lord.

R. Amen.

LITANY OF THE BLESSED VIRGIN MARY

Litany of Loretto

V. Lord, have mercy.

R. Lord, have mercy.

V. Christ, have mercy.

R. Christ, have mercy.

V. Lord, have mercy.

R. Lord, have mercy.

God our Father in heaven,

R. Have mercy on us.

God the Son, Redeemer of the world,
 God the Holy Spirit,
 Holy Trinity, one God,

Holy Mary,

R. pray for us.

Holy Mother of God,
 Most honored of virgins,
 Mother of Christ,
 Mother of the Church,
 Mother of mercy,
 Mother of divine grace,
 Mother of hope,
 Mother most pure,
 Mother of chaste love,
 Mother and virgin,
 Sinless Mother,
 Dearest of mothers,
 Model of motherhood,
 Mother of good counsel,
 Mother of our Creator,
 Mother of our Savior,
 Virgin most wise,
 Virgin rightly praised,
 Virgin rightly renowned,
 Virgin most powerful,
 Virgin gentle in mercy,
 Faithful Virgin,
 Mirror of justice,
 Throne of wisdom,
 Cause of our joy,
 Shrine of the Spirit,
 Glory of Israel,
 Vessel of selfless devotion,
 Mystical Rose,
 Tower of David,
 Tower of ivory,
 House of gold,
 Ark of the covenant,
 Gate of heaven,
 Morning Star,
 Health of the sick,
 Refuge of sinners,
 Solace of migrants,
 Comfort of the troubled,

Help of Christians,
 Queen of angels,
 Queen of patriarchs,
 Queen of prophets,
 Queen of apostles,
 Queen of martyrs,
 Queen of confessors,
 Queen of virgins,
 Queen of all saints,
 Queen conceived without sin,
 Queen assumed into heaven,
 Queen of the Rosary,
 Queen of families,
 Queen of peace,

Lamb of God, you take away the sins
of the world,

℟. Have mercy on us.

Lamb of God, you take away the sins
of the world,

℟. Have mercy on us.

Lamb of God, you take away the sins
of the world,

℟. Have mercy on us.

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

Let us pray.

Grant, Lord God, that we, your servants,
 may rejoice in unfailing health of
 mind and body,
 and, through the glorious intercession
 of Blessed Mary ever-Virgin,
 may we be set free from present sorrow
 and come to enjoy eternal happiness.
 Through Christ our Lord.
 ℟. Amen.

LITANY OF SAINT JOSEPH

℣. Lord, have mercy.

℟. Lord, have mercy.

℣. Christ, have mercy.

℟. Christ, have mercy.

℣. Lord, have mercy.

℟. Lord, have mercy.

God our Father in heaven,

℟. *Have mercy on us.*

God the Son, Redeemer of the world,

God the Holy Spirit,

Holy Trinity, one God,

Holy Mary,

℟. *pray for us.*

Saint Joseph,

Illustrious son of David,

Light of Patriarchs,

Spouse of the Mother of God,

Guardian of the Redeemer,

Pure guardian of the Virgin,

Provider for the Son of God,

Zealous defender of Christ,

Servant of Christ,

Minister of salvation,

Head of the Holy Family,

Joseph, most just,

Joseph, most chaste,

Joseph, most prudent,

Joseph, most brave,

Joseph, most obedient,

Joseph, most loyal,

Mirror of patience,

Lover of poverty,

Model for workers,

Glory of family life,

Guardian of virgins,

Cornerstone of families,

Support in difficulties,

Comfort of the sorrowing,

Hope of the sick,

Patron of exiles,

Patron of the afflicted,

Patron of the poor,

Patron of the dying,

Terror of demons,

Protector of the Holy Church,

Lamb of God, you take away the sins
of the world,

℟. spare us, O Lord.

Lamb of God, you take away the sins
of the world,

℟. hear us, O Lord.

Lamb of God, you take away the sins
of the world,

℟. have mercy on us.

He made him master of his house,

℟. and ruler of all his possessions.

Let us pray.

O God, who in your inexpressible
providence

were pleased to choose Saint Joseph

as spouse of your most holy Mother,

grant, we pray,

that we, who revere him as our protector
on earth,

may be worthy of his heavenly intercession.

Who live and reign for ever and ever.

℟. Amen.

STATIONS OF THE CROSS

The readings and prayers of these Stations of the Cross are taken from the Way of the Cross at the Colosseum in Rome, Italy, on Good Friday 2005, composed by Joseph Cardinal Ratzinger (Pope Benedict XVI).

FIRST STATION

Jesus is condemned to death

℣. We adore you, O Christ, and we praise you.

℟. Because by your holy cross you have redeemed the world.

READING

Mt 27: 22-23, 26

Pilate said to them, "Then what shall I do with Jesus called Messiah?" They all said, "Let him be crucified!" But he said, "Why? What evil has he done?" They only shouted the louder, "Let him be crucified!" Then he released Barabbas to them, but after he had Jesus scourged, he handed him over to be crucified.

PRAYER

Lord, you were condemned to death because fear of what other people may think suppressed the voice of conscience. So too, throughout history, the innocent have always been maltreated, condemned, and killed. How many times have we ourselves preferred success to the truth, our reputation to justice? Strengthen the quiet voice of our conscience, your own voice, in our lives. Look at me as you looked at Peter after his denial. Let your gaze penetrate our hearts and indicate the direction our lives must take. On the day of Pentecost you stirred the hearts of those who, on Good Friday, clamored for your death, and you brought them to conversion. In this way you gave hope to all. Grant us, ever anew, the grace of conversion.

At the Cross her station keeping,
Stood the mournful Mother weeping,
Close to Jesus to the last.

SECOND STATION

Jesus carries his Cross

℣. We adore you, O Christ, and we praise you.

℟. Because by your holy cross you have redeemed the world.

READING

Mt 27: 27-31

Then the soldiers of the governor took Jesus inside the praetorium and gathered the whole cohort around him. They stripped off his clothes and threw a scarlet military cloak about him. Weaving a crown out of thorns, they placed it on his head, and a reed in his right hand. And kneeling before him, they mocked him, saying, "Hail, King of the Jews!" They spat upon him and took the reed and kept striking him on the head. And when they had mocked him, they stripped him of the cloak, dressed him in his own clothes, and led him off to crucify him.

PRAYER

Lord, you willingly subjected yourself to mockery and scorn. Help us not to ally ourselves with those who look down on the weak and suffering. Help us to acknowledge your face in the lowly and the outcast. May we never lose heart when faced with the contempt of this world, which ridicules our obedience to your will. You carried your own Cross and you ask us to follow you on this path (*see Mt 10: 38*). Help us to take up the Cross, and not to shun it. May we never complain or become discouraged by life's trials. Help us to follow the path of love and, in submitting to its demands, to find true joy.

Through her heart, his sorrow sharing,
All his bitter anguish bearing,
Now at length the sword has passed.

THIRD STATION

Jesus falls the first time

℣. We adore you, O Christ, and we praise you.

℟. Because by your holy cross you have redeemed the world.

READING

Is 53: 4-6

Yet it was our pain that he bore, / our sufferings he endured. / We thought of him as stricken, / struck down by God and afflicted, / But he was pierced for our sins, / crushed for our iniquity. / He bore the punishment that makes us whole, / by his wounds we were healed. / We had all gone astray like sheep, / all following our own way; / But the LORD laid upon him / the guilt of us all.

PRAYER

Lord Jesus, the weight of the cross made you fall to the ground. The weight of our sin, the weight of our pride, brought you down. But your fall is not a tragedy, or mere human weakness. You came to us when, in our pride, we were laid low. The arrogance that makes us think that we ourselves can create human beings has turned man into a kind of merchandise, to be bought and sold, or stored to provide parts for experimentation. In doing this, we hope to conquer death by our own efforts, yet in reality we are profoundly debasing human dignity. Lord help us; we have fallen. Help us to abandon our destructive pride and, by learning from your humility, to rise again.

O how sad and sore distressed
Was that Mother, highly blest,
Of the sole-begotten One.

FOURTH STATION

Jesus meets his afflicted mother

℣. We adore you, O Christ, and we praise you.

℟. Because by your holy cross you have redeemed the world.

READING

Lk 2: 34-35, 51

Simeon blessed them and said to Mary his mother, “Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted (and you yourself a sword will pierce) so that the thoughts of many hearts may be revealed.”

And his mother kept all these things in her heart.

PRAYER

Holy Mary, Mother of the Lord, you remained faithful when the disciples fled. Just as you believed the angel’s incredible message—that you would become the Mother of the Most High—so too you believed at the hour of his greatest abasement. In this way, at the hour of the Cross, at the hour of the world’s darkest night, you became the Mother of all believers, the Mother of the Church. We beg you: teach us to believe, and grant that our faith may bear fruit in courageous service and be the sign of a love ever ready to share suffering and to offer assistance.

Christ above in torment hangs,
She beneath beholds the pangs
Of her dying glorious Son.

FIFTH STATION

Simon helps Jesus to carry his Cross

℣. We adore you, O Christ, and we praise you.

℟. Because by your holy cross you have redeemed the world.

READING

Mt 27: 32; 16: 24

As they were going out, they met a Cyrenian named Simon; this man they pressed into service to carry his cross.

Then Jesus said to his disciples, “Whoever wishes to come after me must deny himself, take up his cross, and follow me.”

PRAYER

Lord, you opened the eyes and heart of Simon of Cyrene, and you gave him, by his share in your Cross, the grace of faith. Help us to aid our neighbors in need, even when this interferes with our own plans and desires. Help us to realize that it is a grace to be able to share the cross of others and, in this way, know that we are walking with you along the way. Help us to appreciate with joy that, when we share in your suffering and the sufferings of this world, we become servants of salvation and are able to help build up your Body, the Church.

Is there one who would not weep,
Whelmed in miseries so deep,
Christ's dear Mother to behold?

SIXTH STATION

Veronica wipes the face of Jesus

℣. We adore you, O Christ, and we praise you.

℟. Because by your holy cross you have redeemed the world.

READING

Is 53: 2-3

He had no majestic bearing to catch our eye, / no beauty to draw us to him. / He was spurned and avoided by men, / a man of suffering, knowing pain, / Like one from whom you turn your face, / spurned, and we held him in no esteem.

PRAYER

Lord, grant us restless hearts, hearts which seek your face. Keep us from the blindness of heart which sees only the surface of things. Give us the simplicity and purity which allow us to recognize your presence in the world. When we are not able to accomplish great things, grant us the courage which is born of humility and goodness. Impress your face on our hearts. May we encounter you along the way and show your image to the world.

Can the human heart refrain
From partaking in her pain,
In that Mother's pain untold?

SEVENTH STATION

Jesus falls the second time

∇. We adore you, O Christ, and we praise you.

✠. Because by your holy cross you have redeemed the world.

READING

Lam 3: 1-2, 9, 16

I am one who has known affliction / under the rod of God's anger, / One whom he has driven and forced to walk / in darkness, not in light.

He has hemmed in my ways with fitted stones, / and made my paths crooked.

He has made me eat gravel, / trampled me into the dust.

PRAYER

Lord Jesus Christ, you have borne all our burdens and you continue to carry us. Our weight has made you fall. Lift us up, for by ourselves we cannot rise from the dust. Free us from the bonds of lust. In place of a heart of stone, give us a heart of flesh, a heart capable of seeing. Lay low the power of ideologies, so that all may see that they are a web of lies. Do not let the wall of materialism become unsurmountable. Make us aware of your presence. Keep us sober and vigilant,

capable of resisting the forces of evil. Help us to recognise the spiritual and material needs of others, and to give them the help they need. Lift us up, so that we may lift others up. Give us hope at every moment of darkness, so that we may bring your hope to the world.

Bruised, derided, cursed, defiled,
She beheld her tender Child
All with bloody scourges rent.

EIGHTH STATION

Jesus meets the women of Jerusalem

Ÿ. We adore you, O Christ, and we praise you.

℞. Because by your holy cross you have redeemed the world.

READING

Lk 23: 28-31

Jesus turned to them and said, “Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children, for indeed, the days are coming when people will say, ‘Blessed are the barren, the wombs that never bore and the breasts that never nursed.’ At that time people will say to the mountains, ‘Fall upon us!’ and to the hills, ‘Cover us!’ for if these things are done when the wood is green what will happen when it is dry?”

PRAYER

Lord, to the weeping women you spoke of repentance and the Day of Judgment, when all of us will stand before your face: before you, the Judge of the world. You call us to leave behind the trivialization of evil, which salves our consciences and allows us to carry on as before. You show us the seriousness of our responsibility, the danger of our being found guilty and without excuse on the Day of Judgment. Grant that we may not simply walk at your side, with nothing to offer other than compassionate words. Convert us and give us new life. Grant that in the end we will not be dry wood, but living branches in you, the true vine, bearing fruit for eternal life (*See Jn 15: 1-10*).

For the sins of his own nation,
Saw him hang in desolation,
Till his spirit forth he sent.

NINTH STATION

Jesus falls a third time

✠. We adore you, O Christ, and we praise you.

✠. Because by your holy cross you have redeemed the world.

READING

Lam 3: 27-32

It is good for a person, when young, / to bear the yoke, / To sit alone and in silence, / when its weight lies heavy, / To put one's mouth in the dust – / there may yet be hope – / To offer one's cheek to be struck, / to be filled with disgrace. / For the Lord does not / reject forever; / Though he brings grief, he takes pity, / according to the abundance of his mercy.

PRAYER

Lord, your Church often seems like a boat about to sink, a boat taking in water on every side. In your field we see more weeds than wheat. The soiled garments and face of your Church throw us into confusion. Yet it is we ourselves who have soiled them! It is we who betray you time and time again, after all our lofty words and grand gestures. Have mercy on your Church; within her too, Adam continues to fall. When we fall, we drag you down to earth, and Satan laughs, for he hopes that you will not be able to rise from that fall; he hopes that being dragged down in the fall of your Church, you will remain prostrate and overpowered. But you will rise again. You stood up, you arose and you can also raise us up. Save and sanctify your Church. Save and sanctify us all.

O thou Mother! fount of love!
 Touch my spirit from above,
 Make my heart with thine accord.

TENTH STATION

Jesus is stripped of his clothes

✠. We adore you, O Christ, and we praise you.

✠. Because by your holy cross you have redeemed the world.

READING

Mt. 27: 33-36

And when they came to a place called Golgotha (which means Place of the Skull), they gave Jesus wine to drink mixed with gall. But when he had tasted it, he refused to drink. After they had crucified him, they divided his garments by casting lots; then they sat down and kept watch over him there.

PRAYER

Lord Jesus, you were stripped of your garments, exposed to shame, cast out of society. You took upon yourself the shame of Adam, and you healed it. You also take upon yourself the sufferings and the needs of the poor, the outcasts of our world. And in this very way you fulfill the words of the prophets. This is how you bring meaning into apparent meaninglessness. This is how you make us realize that your Father holds you, us, and the whole world in his hands. Give us a profound respect for man at every stage of his existence, and in all the situations in which we encounter him. Clothe us in the light of your grace.

Make me feel as thou hast felt;
 Make my soul to glow and melt
 With the love of Christ my Lord.

ELEVENTH STATION

Jesus is nailed to the Cross

℣. We adore you, O Christ, and we praise you.

℟. Because by your holy cross you have redeemed the world.

READING

Mt 27: 37-42

And they placed over his head the written charge against him: This is Jesus, the King of the Jews. Two revolutionaries were crucified with him, one on his right and the other on his left. Those passing by reviled him, shaking their heads and saying, "You who would destroy the temple and rebuild it in three days, save yourself, if you are the Son of God, [and] come down from the cross!" Likewise the chief priests with the scribes and elders mocked him and said, "He saved others; he cannot save himself. So he is the king of Israel! Let him come down from the cross now, and we will believe in him."

PRAYER

Lord Jesus Christ, you let yourself be nailed to the Cross, accepting the terrible cruelty of this suffering, the destruction of your body and your dignity. You allowed yourself to be nailed fast; you did not try to escape or to lessen your suffering. May we never flee from what we are called to do. Help us to remain faithful to you. Help us to unmask the false freedom which would distance us from you. Help us to accept your “binding” freedom, and, “bound” fast to you, to discover true freedom.

Holy Mother! pierce me through,
In my heart each wound renew
Of my Savior crucified.

TWELFTH STATION

Jesus dies on the Cross

℣. We adore you, O Christ, and we praise you.

℟. Because by your holy cross you have redeemed the world.

READING

Mt 27: 45-50

From noon onward, darkness came over the whole land until three in the afternoon. And about three o'clock Jesus cried out in a loud voice, “Eli, Eli, lema sabachthani?” which means, “My God, my God, why have you forsaken me?” Some of the bystanders who heard it said, “This one is calling for Elijah.” Immediately one of them ran to get a sponge; he soaked it in wine, and putting it on a reed, gave it to him to drink. But the rest said, “Wait, let us see if Elijah comes to save him.” But Jesus cried out again in a loud voice, and gave up his spirit.

PRAYER

Lord Jesus Christ, at the hour of your death the sun was darkened. Ever anew you are being nailed to the Cross. At this present hour of history we are living in God's darkness. Through your great sufferings and the wickedness of men, the face of God, your face, seems obscured, unrecognizable. And yet, on the Cross, you have revealed yourself. Precisely by being the one who suffers and loves, you are exalted. From the Cross on high you have triumphed. Help us to recognize your face at this hour of darkness and tribulation. Help us to believe in you and

to follow you in our hour of darkness and need. Show yourself once more to the world at this hour. Reveal to us your salvation.

Let me share with thee his pain,
Who for all my sins was slain,
Who for me in torments died.

THIRTEENTH STATION

The body of Jesus is taken down from the Cross

℣. We adore you, O Christ, and we praise you.

℟. Because by your holy cross you have redeemed the world.

READING

Mt 27: 54-55

The centurion and the men with him who were keeping watch over Jesus feared greatly when they saw the earthquake and all that was happening, and they said, “Truly, this was the Son of God!” There were many women there, looking on from a distance, who had followed Jesus from Galilee, ministering to him.

PRAYER

Lord, you descended into the darkness of death. But your body is placed in good hands and wrapped in a white shroud (*Mt 27: 59*). Faith has not completely died; the sun has not completely set. How often does it appear that you are asleep? How easy it is for us to step back and say to ourselves: “God is dead.” In the hour of darkness, help us to know that you are still there. Do not abandon us when we are tempted to lose heart. Help us not to leave you alone. Give us the fidelity to withstand moments of confusion and a love ready to embrace you in your utter helplessness, like your Mother, who once more holds you to her breast. Help us, the poor and rich, simple and learned, to look beyond all our fears and prejudices, and to offer you our abilities, our hearts, and our time, and thus to prepare a garden for the Resurrection.

Let me mingle tears with thee,
Mourning him who mourned for me,
All the days that I may live.

FOURTEENTH STATION

Jesus is laid in the tomb

Ÿ. We adore you, O Christ, and we praise you.

R. Because by your holy cross you have redeemed the world.

READING

Mt 27: 59-61

Taking the body, Joseph wrapped it in clean linen and laid it in his new tomb that he had hewn in the rock. Then he rolled a huge stone across the entrance to the tomb and departed. But Mary Magdalene and the other Mary remained sitting there, facing the tomb.

PRAYER

Lord Jesus Christ, in your burial you have taken on the death of the grain of wheat. You have become the lifeless grain of wheat which produces abundant fruit for every age and for all eternity. From the tomb shines forth in every generation the promise of the grain of wheat which gives rise to the true manna, the Bread of Life, in which you offer us your very self. The eternal Word, through his Incarnation and death, has become a Word which is close to us: you put yourself into our hands and into our hearts, so that your word can grow within us and bear fruit. Through the death of the grain of wheat you give us yourself, so that we too can dare to lose our life in order to find it, so that we too can trust the promise of the grain of wheat. Help us grow in love and veneration for your Eucharistic mystery to make you, the Bread of heaven, the source of our life. Help us to become your “fragrance,” and to make known in this world the mysterious traces of your life. Like the grain of wheat which rises from the earth, putting forth its stalk and then its ear, you could not remain enclosed in the tomb: the tomb is empty because he—the Father—“did not abandon you to the nether world, nor let your flesh see corruption” (*Acts 2: 31; Ps 16 (15): 10*). No, you did not see corruption. You have risen, and have made a place for our transfigured flesh in the very heart of God. Help us to rejoice in this hope and bring it joyfully to the world. Help us to become witnesses of your resurrection.

By the Cross with thee to stay,
There with thee to weep and pray,
Is all I ask of thee to give.

EUCCHARISTIC PROCESSION

In processions in which the Eucharist is carried through the streets in a solemn rite with singing, the Christian people bear public witness of faith and devotion to the Most Blessed Sacrament.

While on the way, if the custom is in effect and pastoral advantage suggests, there may be stations where a Eucharistic blessing is given. Songs and prayers that are offered should be so ordered, that all may show their faith in Christ and direct their attention to the Lord alone.

1 JESUS, MY LORD, MY GOD, MY ALL

1. Je - sus, my Lord, my God, my all, How can I
 2. Had I but Mar - y's sin - less heart With which to
 3. Thy Bod - y, Soul and God - head, all; O mys - ter -
 4. Sound, then, his prais - es high - er still, And come, ye

1. love thee as I ought? And how re - vere this
 2. love thee, dear - est King, Oh, with what bursts of
 3. y of love di - vine; I can - not com - pass
 4. an - gels, to our aid; For this is God, the

1. won - drous gift, So far sur - pas - sing hope or thought?
 2. fer - vent praise, Thy good-ness, Je - sus, would I sing.
 3. all I have, For all thou hast and art is mine.
 4. ver - y God Who hath both men and an - gels made.

Sweet Sac - ra - ment, we thee a - dore; Oh, make us love thee

more and more. Oh, make us love thee more and more.

Text: Frederick W. Faber. Melody: SWEET SACRAMENT, 8.8.8.8. (L.M.) with refrain.

SOUL OF MY SAVIOR

2



1. Soul of my Sav - ior sanc - ti - fy my breast,
2. Strength and pro - tec - tion may thy pas - sion be,
3. Guard and de - fend me from the foe ma - lign,



1. Bod - y of Christ, be thou my sav - ing guest,
2. O bless - ed Je - sus, hear and an - swer me;
3. In death's dread mo - ments make me on - ly thine;



1. Blood of my Sav - ior, bathe me in thy tide,
2. Deep in thy wounds, Lord, hide and shel - ter me,
3. Call me and bid me come to thee on high



1. Wash me with wa - ters stream - ing from thy side.
2. So shall I nev - er, nev - er part from thee.
3. Where I may praise thee with thy saints for aye.

Text: Anima Christi, 14th c. Latin; Tr. Edward Caswall. Melody: ANIMA CHRISTI (MAHER), 10.10.10.10.

FIRST STATION

I am the living bread that came down from heaven.

John 6: 47-51

All kneel for a moment of silent adoration.

Jesus said to the crowds: "No one can come to me unless the Father who sent me draw him, and I will raise him on the last day. It is written in the prophets: / *They shall all be taught by God.* / Everyone who listens to my Father and learns from him comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Amen, amen, I say to you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die. I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my Flesh for the life of the world."

℣. The Gospel of the Lord.

℟. Praise to you, Lord Jesus Christ.

Let us pray. / O God, who in this wonderful sacrament / have left us a memorial of your Passion, / grant us, we pray, / so to revere the sacred mysteries of your Body and Blood / that we may always experience in ourselves / the fruits of your redemption. / Who live and reign with God the Father / in the unity of the Holy Spirit, / God, for ever and ever. ℟. Amen.

3 LET ALL MORTAL FLESH KEEP SILENCE



1. Let all mor - tal flesh keep si - lence, And with fear and
2. King of kings, yet born of Mar - y, As of old on
3. Rank on rank the host of heav - en Spreads its van-guard
4. At his feet the six - winged ser - aph, Cher - u - bim with



1. trem - bling stand; Pon - der noth - ing earth - ly mind - ed,
2. earth he stood, Lord of lords, in hu - man ves - ture,
3. on the way, As the Light of light de - scend - eth
4. sleep - less eye, Veil their fac - es to the pres - ence,



1. For with bless-ing in his hand, Christ our God to earth de -
2. In the Bod - y and the Blood; He will give to all the
3. From the realms of end - less day, That the pow'rs of hell may
4. As with cease-less voice they cry: "Al - le - lu - ia, Al - le -



1. scend - - eth, Our full hom-age to de - mand.
2. faith - - ful His own self for heav'n - ly food.
3. van - - ish As the dark-ness clears a - way.
4. lu - - ia, Al - le - lu - ia, Lord Most High!"

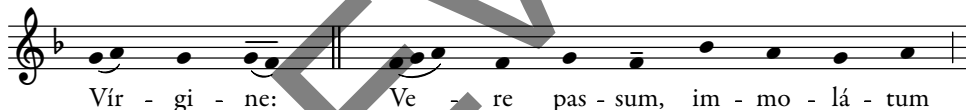
Text: Cherubic Hymn, Liturgy of St. James, 4th c. Greek; Tr. Gerard Moultrie.
Melody: PICARDY, 8.7.8.7.8.7.

AVE VERUM CORPUS

4



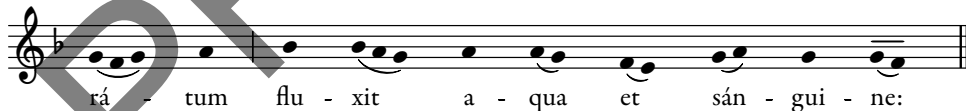
A - ve ve - rum Cor - pus na - tum de Ma - rí - a



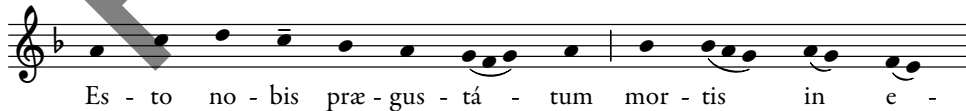
Vír - gi - ne: Ve - re pas - sum, im - mo - lá - tum



in cru - ce pro hó - mi - ne: Cu - ius la - tus per - fo -



rá - tum flu - xit a - qua et sán - gui - ne:



Es - to no - bis præ - gus - tá - tum mor - tis in e -



xá - mi - ne. O Ie - su dul - cis, O Ie - su



pi - e, O Ie - su fi - li Ma - rí - æ.

Text: 14th c. Latin. Melody: AVE VERUM CORPUS, Irregular.

SECOND STATION

They all ate and were satisfied.

Mark 6: 34; 39-44

All kneel for a moment of silent adoration.

When Jesus saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things. So he gave orders to have them sit down in groups on the green grass. The people took their places in rows by hundreds and by fifties. Then, taking the five loaves and the two fish and looking up to heaven, he said the blessing, broke the loaves, and gave them to his disciples to set before the people; he also divided the two fish among them all. They all ate and were satisfied. And they picked up twelve wicker baskets full of fragments and what was left of the fish. Those who ate of the loaves were five thousand men.

V. The Gospel of the Lord.

R. Praise to you, Lord Jesus Christ.

Priest:

Let us pray. / O God, life of the faithful, / glory of the humble, blessedness of the just, / listen kindly to the prayers / of those who call on you, / that they who thirst for what you generously promise / may always have their fill of your plenty. / Through our Lord Jesus Christ, your Son, / who lives and reigns with you in the unity of the Holy Spirit, / God, for ever and ever. R. Amen.

5

O SACRAMENT MOST HOLY



1. O Je - sus, we a - dore thee, Who, in thy love di - vine, Con -
2. O Je - sus, we a - dore thee, Our Vic - tim and our Priest, Whose
3. O Je - sus, we a - dore thee, Our Sav - ior and our King, And
4. O Je - sus, we a - dore thee; Come, live in us we pray, That



1. ceal thy might - y God - head In forms of bread and wine.
2. pre - cious Blood and Bod - y Be - come our sa - cred feast.
3. with the saints and an - gels Our hum - ble hom - age bring.
4. all our thoughts and ac - tions Be thine a - lone to - day.



O Sac - rament most ho - ly, O Sac - rament di - vine, All



praise and all thanks - giv - ing Be eve - ry mo - ment thine!

Text: John Rodgers. Melody: FULDA MELODY, 7.6.7.6 with refrain.

JESU DULCIS MEMORIA

6



1. Je - su, dul - cis me - mó - ri - a, Dans ve - ra cor -
2. Nil cá - ni - tur su - á - vi - us, Nil áu - di - tur
3. Je - su, spes pæ - ni - tén - ti - bus, Quam pi - us es
4. Nec lin - gua va - let dí - ce - re, Nec lít - te - ra
5. Sis, Je - su, nos - trum gáu - di - um, Qui es fu - tú -



1. dis gáu - di - a: Sed su - per mel et óm - ni - a
2. ju - cún - di - us, Nil co - gi - tá - tur dúl - ci - us,
3. pe - tén - ti - bus! Quam bo - nus te quæ - rén - ti - bus!
4. ex - prí - me - re: Ex - pér - tus po - test cré - de - re,
5. rus præ - mi - um: Sit nos - tra in te gló - ri - a,



1. E - jus dul - cis præ - sén - ti - a.
2. Quam Je - sus De - i Fí - li - us.
3. Sed quid in - ve - ni - én - ti - bus?
4. Quid sit Je - sum di - lí - ge - re.
5. Per cun - cta sem - per sá - cu - la. A - men.

Text: Bernard of Clairvaux. Melody: JESU DULCIS MEMORIA, 8.8.8.8. (L.M.).

THIRD STATION

Do this in memory of me.

Matthew 26: 26-29

All kneel for a moment of silent adoration.

While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body." Then he took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins. I tell you, from now on I shall not drink this fruit of the vine until the day when I drink it with you new in the kingdom of my Father."

℣. The Gospel of the Lord.

℟. Praise to you, Lord Jesus Christ.

Priest:

Let us pray. / O God, who by the Precious Blood of your Only Begotten Son / have redeemed the whole world, / preserve in us the work of your mercy, / so that, ever honoring the mystery of our salvation, / we may merit to obtain its fruits. / Through our lord Jesus Christ, your Son, / who lives and reigns with you in the unity of the Holy Spirit, / God, for ever and ever. ℟. Amen.

7

O LORD, I AM NOT WORTHY

1. O Lord, I am not wor - thy That
 2. "O come, all you who la - bor In
 3. O Je - sus, we a - dore thee, Our
 4. O Sac - ra - ment most ho - ly, O

1. thou should'st come to me, But speak the words of
 2. sor - row and in pain. Come, eat this Bread from
 3. Vic - tim and our Priest, Whose pre - cious Blood and
 4. Sac - ra - ment di - vine! All praise and all thanks -



1. com - fort, My spir - it healed shall be.
2. heav - en; Thy peace and strength re - gain."
3. Bod - y Be - come our sa - cred Feast.
4. giv - ing Be eve - ry mo - ment thine.

Text: O Herr ich bin nicht würdig, 18th c. German; Tr. Anon. Melody: NON DIGNUS, 7.6.7.6.

THE VERY THOUGHT OF JESUS CHRIST

8



1. The ver - y thought of Je - sus Christ To trou - bled soul brings
2. No sweet - er Name the voice can sing, More pleas - ing sound the
3. O Je - sus, joy of eve - ry heart, True fount of life and
4. And when you vis - it us un - seen, Our hearts are bathed in
5. In - crease the ar - dor of our love, And heal our wounds with
6. Christ Je - sus Lord, we praise your Name, Be - lov - ed Son, for



1. peace and cheer, Be - yond all hon - ey and de - lights
2. ear finds none, No bet - ter thought can come to mind
3. sa - cred fire, The thought of you sur - pass - es all
4. truth and light, The joys of earth grow cold and dim
5. par - don blest; May we one day your glo - ry see
6. us you died, But with the Spir - it now you reign



1. It is to feel his pres - ence near.
2. Than that of Je - sus, God the Son.
3. Our long - ings and the soul's de - sire.
4. As love for you as - serts its right.
5. And ev - er in your pres - ence rest.
6. For ev - er by the Fa - ther's side. A - men.

Text: Dulcis Iesu memoria, 12th-13th c.; Tr. St. Cecilia's Abbey, Ryde, Isle of Wight, UK,
 © St Cecilia's Abbey, Ryde, Isle of Wight, UK. All rights reserved. Used with permission.
 Melody: JESU DULCIS MEMORIA, 8.8.8.8. (L.M.).

FOURTH STATION

They recognized Jesus in the breaking of bread.

Luke 24: 28-35

All kneel for a moment of silent adoration.

[The two disciples] urged him, "Stay with us, for it is nearly evening and the day is almost over." So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, "Were not our hearts burning within us while he spoke to us on the way and opened the Scriptures to us?" So they set out at once and returned to Jerusalem where they found gathered together the Eleven and those with them who were saying, "The Lord has truly been raised and has appeared to Simon!" Then the two recounted to them what had taken place on the way and how he was made known to them in the breaking of bread.

℣. The Gospel of the Lord.

℟. Praise to you, Lord Jesus Christ.

Priest:

Let us pray. / O God, who have accomplished the work of human redemption / through the Paschal Mystery of your Only Begotten Son, / graciously grant that we, who confidently proclaim, / under sacramental signs, the Death and Resurrection of Christ, / may experience continued increase of your saving grace. / Through our Lord Jesus Christ, your Son, / who lives and reigns with you in the unity of the Holy Spirit, / God, for ever and ever. ℟. Amen.

ALLELUIA! SING TO JESUS

9



1. Al - le - lu - ia! Sing to Je - sus; His the scep - ter,
2. Al - le - lu - ia! Not as or - phans Are we left in
3. Al - le - lu - ia! Bread of heav - en, Here on earth our
4. Al - le - lu - ia! King e - ter - nal, You the Lord of



1. his the throne; Al - le - lu - ia! His the tri - umph, His the
2. sor - row now; Al - le - lu - ia! He is near - us, Faith be -
3. food, our stay; Al - le - lu - ia! Here the sin - ful Flee to
4. lords we own; Al - le - lu - ia! Born of Mar - y, Earth your



1. vic - to - ry a - lone. Hark! The songs of peace-ful Zi - on
2. lieves, nor ques - tions how. Though the cloud from sight re - ceived him
3. you from day to day. In - ter - ces - sor, Friend of sin - ners,
4. foot-stool, heav'n your throne. You with - in the veil have en - tered,



1. Thun - der like a might y flood: "Je - sus out of
2. When the for - ty days were o'er: Shall our hearts for -
3. Earth's Re - deem - er, plead for me, Where the songs of
4. Robed in flesh, our great High Priest, Here on earth both



1. ev - ery na - tion Has re - deemed us by his blood."
2. get his prom - ise, "I am with you ev - er - more"?
3. all the sin - less Sweep a - cross the crys - tal sea.
4. Priest and Vic - tim In the Eu - cha - ris - tic feast.

Text: William C. Dix. Melody: HYFRYDOL, 8.7.8.7 D.

10

Godhead Here in Hiding

1. God - head here in hid - ing, whom I do a -
 2. See - ing, touch - ing, tast - ing are in thee de -
 3. On the cross thy God - head made no sign to
 4. I am not like Thom - as, wounds I can - not
 5. O thou our re - mind - er of Christ cru - ci -

1. dore, Masked by these bare shad - ows, shape and noth - ing
 2. ceived: How says trust - y hear - ing? that shall be be -
 3. men, Here thy ver - y man - hood steals from hu - man
 4. see, But can plain - ly call thee Lord and God as
 5. fied, Liv - ing Bread, the life of us for whom he

1. more, See, Lord, at thy ser - vice low lies here a
 2. lieved; What God's Son has told me, take for truth I
 3. ken: Both are my con - fes - sion, both are my be -
 4. he; This faith each day deep - er be my hold - ing
 5. died, Lend this life to me then: feed and feast my

1. heart Lost, all lost in won - der at the God thou art.
 2. do; Truth him - self speaks tru - ly or there's noth - ing true.
 3. lief, And I pray the pray - er of the dy - ing thief.
 4. of, Dai - ly make me hard - er hope and dear - er love.
 5. mind, There be thou the sweet - ness man was meant to find.

6. Bring the tender tale true of the Pelican;
 Bathe me, Jesus Lord, in what thy bosom ran
 Blood whereof a single drop has pow'r to win
 All the world forgiveness of its world of sin.
7. Jesus, whom I look at shrouded here below,
 I beseech thee, send me what I thirst for so,
 Some day to gaze on thee face to face in light
 And be blest for ever with thy glory's sight. Amen.

Text: *Adoro te devote*, St. Thomas Aquinas; Tr. Gerard M. Hopkins, S.J., alt.
 Melody: ADORO TE DEVOTE, 11.11.11.11; Anon.

PANGE LINGUA

11

1. Pan - ge, lin - gua, glo - ri - ó - si Cór - po - ris
 2. No - bis da - tus, no - bis na - tus Ex in - tác -
 3. In su - pré - mæ noc - te cœ - næ Re - cúm - bens
 4. Ver - bum ca - ro, pa - nem ve - rum Ver - bo car -

1. mys - té - ri - um, San - gui - nís - que pre - ti - ó -
 2. ta Vír - gi - ne, Et in mun - do con - ver - sá -
 3. cum frá - tri - bus Ob - ser - vá - ta le - ge ple -
 4. nem éf - fi - cit: Fit - que san - guis Chris - ti me -

1. si, Quem in mun - di pré - ti - um Fruc - tus ven -
 2. tus, Spar - so ver - bi sé - mi - ne, Su - i mo -
 3. ne Ci - bis in le - gá - lí - bus, Ci - bum tur -
 4. rum, Et si sen - sus dé - fi - cit, Ad fir - mán -

1. tris ge - ne - ró - si Rex ef - fú - dit gén - ti - um.
 2. ras in - co - lá - tus Mí - ro clau - sit ór - di - ne.
 3. bæ du - o - dé - næ Se dat su - is má - ni - bus.
 4. dum cor sin - cé - rum So - la fi - des súf - fi - cit.

Text: St. Thomas Aquinas. Melody: PANGE LINGUA, 8.7.8.7.8.7.

EUCCHARISTIC ADORATION & BENEDICTION

EXPOSITION

After the minister exposes the Blessed Sacrament according to the ritual, an appropriate hymn is sung.

Melody 1

1. O sa - lu - tá - ris Hós - ti - a, Quae cae - li
 2. U - ni tri - nó - que Dó - mi - no Sit sem - pi -

1. pan - dis ós - ti - um: Bel - la pre - munt hos -
 2. tér - na gló - ri - a, Qui vi - tam si - ne

1. tí - li - a, Da ro - bur, fer au - xí - li - um.
 2. tér - mi - no No - bis do - net in pá - tri - a.

Text: St. Thomas Aquinas. Melody: DUGUET, 8.8.8.8. (L.M.).

Melody 2

1. O sa - lu - tá - ris Hós - ti - a, Quae cae - li pan - dis
 2. U - ni tri - nó - que Dó - mi - no Sit sem - pi - tér - na

1. ós - ti - um: Bel - la pre - munt hos - tí - li - a,
 2. gló - ri - a, Qui vi - tam si - ne tér - mi - no

1. Da ro - bur, fer au - xí - li - um.
 2. No - bis do - net in pá - tri - a. A - men.

Text: St. Thomas Aquinas. Melody: WERNER, 8.8.8.8. (L.M.).

ADORATION

There follows a suitable period of adoration, consisting of moments of silence, which may also be accompanied by Scripture readings with a homily or brief exhortation, litanies, prayers, or hymns.

BENEDICTION

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

Melody 1

1. Tan - tum er - go Sa - cra - mén - tum ve - ne - ré - mur
 2. Ge - ni - tó - ri, Ge - ni - tó - que laus et iu - bi -

1. cér - nu - i: et an - tí - quum do - cu - mén - tum no -
 2. lá - ti - o, sa - lus, ho - nor, vir - tus quo - que sit

1. vo ce - dat rí - tu - i: præ - stet fi - des sup - ple -
 2. et be - ne - díc - ti - o: Pro - ce - dén - ti ab u -

1. mén - tum sén - su - um de - féc - tu - i.
 2. tró - que com - par sit lau - dá - ti - o. A - men.

Text: St. Thomas Aquinas. Melody: PANGE LINGUA, 8.7.8.7.8.7.

Melody 2

1. Tan - tum er - go Sa - cra - mén - tum ve - ne - ré - mur cér - nu - i:
 2. Ge - ni - tó - ri, Ge - ni - tó - que laus et ju - bi - lá - ti - o,

1. et an - tí - quum do - cu - mén - tum no - vo ce - dat rí - tu - i:
 2. sa - lus, ho - nor, vir - tus quo - que sit et be - ne - díc - ti - o:

1. præ - tet fi - des sup - ple - mén - tum sén - su - um de - féc - tu - i.
 2. Pro - ce - dén - ti ab u - tró - que com - par sit lau - dá - ti - o.

Text: St. Thomas Aquinas. Melody: ST. THOMAS (WADE), 8.7.8.7.8.7.

The following verse and response are sometimes added:

℣. You have given them bread from heaven (E.T. alleluia).

℟. Having all sweetness within it (E.T. alleluia).

The minister stands and continues:

Let us pray. / O God, who in this wonderful sacrament / have left us a memorial of your Passion, / grant us, we pray, / so to revere the sacred mysteries of your Body and Blood / that we may always experience in ourselves / the fruits of your redemption. / Who live and reign with God the Father / in the unity of the Holy Spirit, / God, for ever and ever. ℟. Amen.

After the prayer, the priest or deacon puts on the humeral veil, genuflects, and, taking the monstrance, makes a sign of the cross over the people in silence.

The minister then reposes the Blessed Sacrament according to the customary ritual. The Divine Praises may be recited during or after the reposition.

THE DIVINE PRAISES

Blessed be God.

Blessed be his holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be his Most Sacred Heart.

Blessed be his Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste Spouse.

Blessed be God in his Angels and in his Saints.

The minister then reposes the Blessed Sacrament according to the customary ritual. There may follow an appropriate hymn or acclamation.

Holy God, We Praise Thy Name



1. Ho - ly God, we praise thy name; Lord of all, we
2. Hark! the loud ce - les - tial hymn An - gel choirs a -



1. bow be - fore thee. All on earth thy scep - ter claim,
2. bow are rais - ing; Cher - u - bim and Ser - a - phim,



1. All in heav'n a - bove a - dore thee. In - fi - nite thy
2. In un - ceas - ing cho - rus prais - ing, Fill the heav'ns with



1. vast do - main, Ev - er - last - ing is thy reign. In - fi -
2. sweet ac - cord: "Ho - ly, ho - ly, ho - ly Lord!" Fill the



1. nite thy vast do - main, Ev - er - last - ing is thy reign.
2. heav'ns with sweet ac - cord: "Ho - ly, ho - ly, ho - ly Lord!"

Text: *Grosser Gott, wir loben Dich (Te Deum)*, Ignaz Franz; Tr. Clarence Walworth, Public Domain.
Melody: GROSSER GOTT, 7.8.7.8.7.7; *Katholisches Gesangbuch*, Vienna, 1774; Public Domain.

MARIAN ANTIPHONS

ALMA REDEMPTORIS MATER *Advent through the Presentation of the Lord*



Al - ma Re - dem - ptó - ris Ma - ter, quæ pér - vi - a cæ - li

Por - ta ma - nes, et stel - la ma - ris, suc - cúr - re ca - dén - ti,

Súr - ge - re qui cu - rat pó - pu - lo: tu quæ ge - nu - ís - ti,

Na - tú - ra mi - rán - te, tu - um san - ctum Ge - ni - tó - rem,

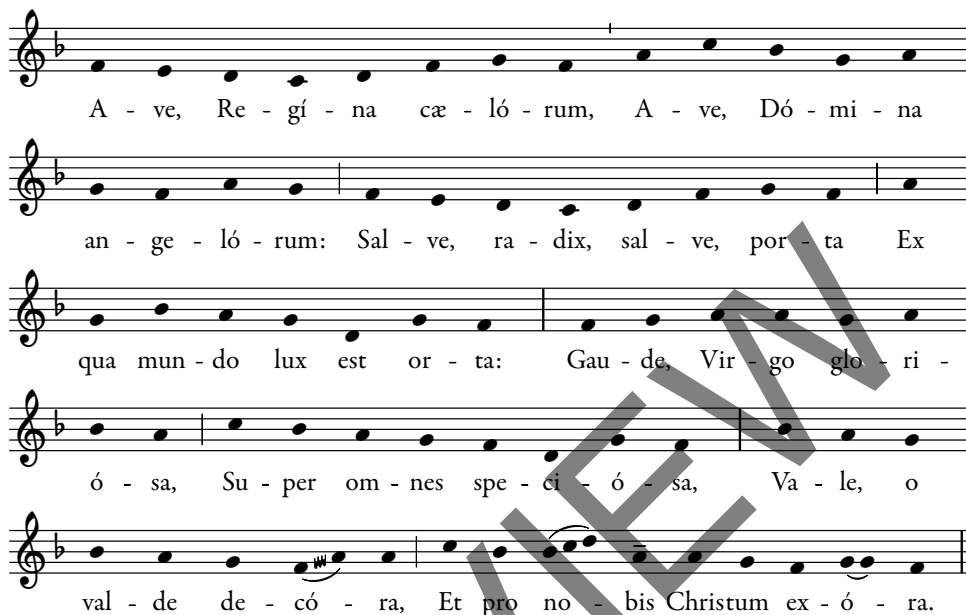
Vir - go pri - us ac pòs - té - ri - us, Ga - bri - é - lis ab o -

re Su - mens il - lud A - ve, pec - ca - tó - rum mi - se - ré - re.

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

Text: *Trad. Latin*, Hermannus Contraecus. Melody: ALMA REDEMPTORIS MATER, Irregular.

AVE REGINA CAELORUM

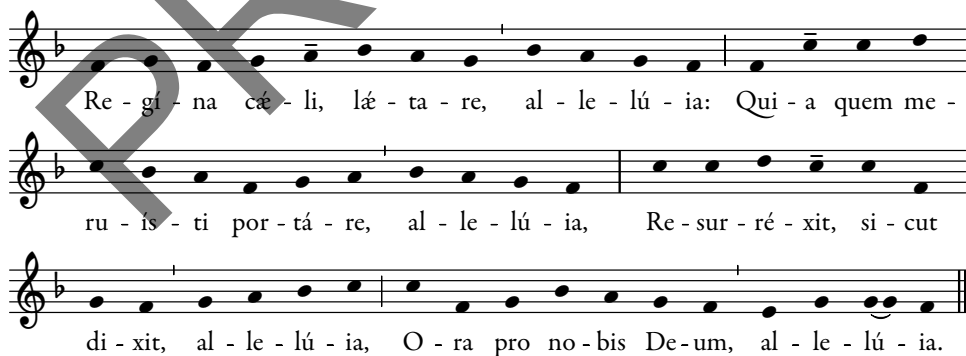
Presentation of the Lord until the Easter Vigil


A - ve, Re - gí - na cæ - ló - rum, A - ve, Dó - mi - na
 an - ge - ló - rum: Sal - ve, ra - dix, sal - ve, por - ta Ex
 qua mun - do lux est or - ta: Gau - de, Vir - go glo - ri -
 ó - sa, Su - per om - nes spe - ci - ó - sa, Va - le, o
 val - de de - có - ra, Et pro no - bis Christum ex - ó - ra.

Hail, Queen of heaven, hail Lady of the angels. Hail root and gate from which the Light of the world was born. Rejoice, glorious Virgin, fairest of all. Fare thee well, most beautiful, and pray for us to Christ.

Text: Trad. Latin. Melody: AVE REGINA CAELORUM, Irregular.

REGINA CAELI

Easter Vigil through Pentecost Sunday


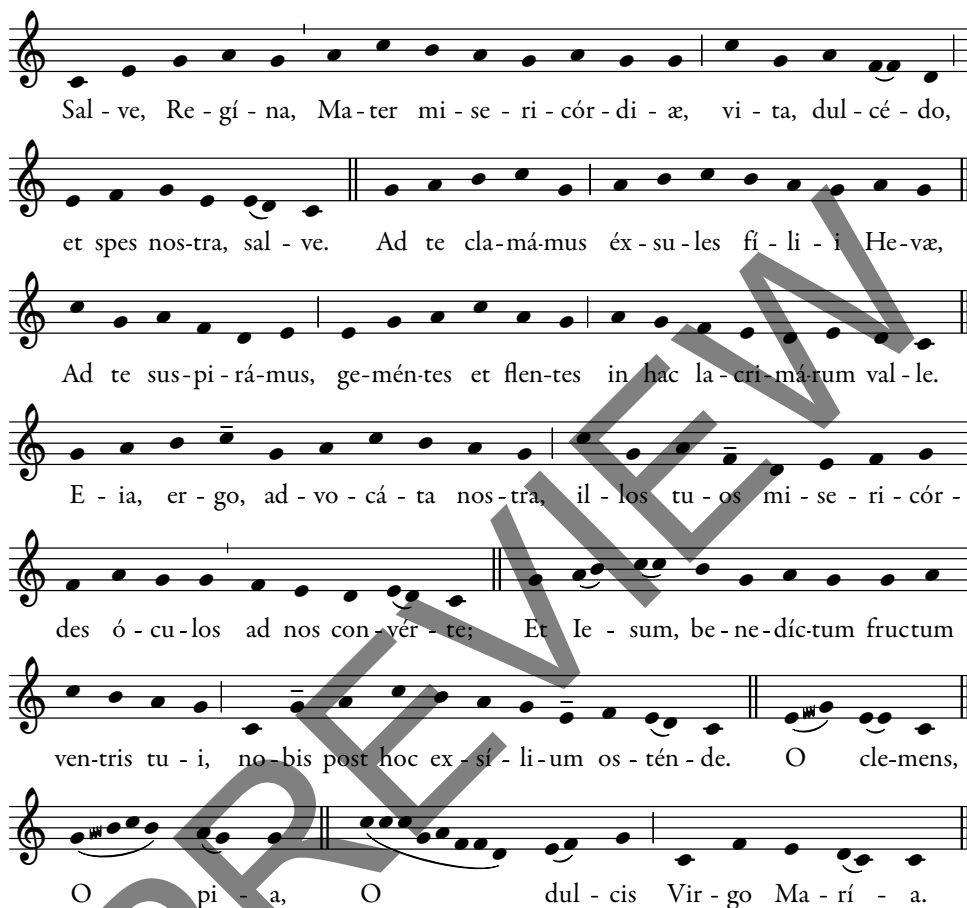
Re - gí - na cæ - li, læ - ta - re, al - le - lú - ia: Qui - a quem me -
 ru - is - ti por - tá - re, al - le - lú - ia, Re - sur - ré - xit, si - cut
 di - xit, al - le - lú - ia, O - ra pro no - bis De - um, al - le - lú - ia.

O queen of heaven, rejoice! alleluia: For he whom you merited to bear, alleluia, Has risen as he said, alleluia. Pray for us to God, alleluia.

Text: 12th c. Latin. Melody: REGINA CAELI (CHANT), Irregular.

SALVE REGINA

*Day after Pentecost Sunday until the
First Sunday of Advent*



Sal - ve, Re - gí - na, Ma - ter mi - se - ri - cór - di - æ, vi - ta, dul - cé - do,
et spes nos - tra, sal - ve. Ad te cla - má - mus éx - su - les fí - li - i He - væ,
Ad te sus - pi - rá - mus, ge - mén - tes et fien - tes in hac la - cri - má - rum val - le.
E - ia, er - go, ad - vo - cá - ta nos - tra, il - los tu - os mi - se - ri - cór -
des ó - cu - los ad nos con - yér - te; Et Ie - sum, be - ne - díc - tum fructum
ven - tris tu - i, no - bis post hoc ex - sí - li - um os - tén - de. O cle - mens,
O pi - a, O dul - cis Vir - go Ma - rí - a.

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.

Text: Hermann of Reichenau. Melody: SALVE REGINA, Irregular.

for use with pointed antiphon texts

The image displays the eight modes of the Dorian scale, labeled I through VIII, arranged in two columns. Each mode is represented by a musical staff in treble clef, showing the first two measures of the scale. The modes are: I (Dorian, one flat), II (Dorian #9, two sharps), III (Dorian #11, one flat), IV (Dorian #12, no sharps or flats), V (Dorian #13, two sharps), VI (Dorian #14, one flat), VII (Dorian #15, one sharp), and VIII (Dorian #16, two sharps). A large, stylized, semi-transparent watermark 'N' is overlaid on the right side of the image, partially obscuring the notation for modes VI, VII, and VIII.

Optional verse for Entrance and Communion Antiphons:

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.



Listen to the music in the
Source & Summit Missal on

Hallow

hallow.com/sourceandsummit

PRAYER TO ST. MICHAEL THE ARCHANGEL

Saint Michael the Archangel, defend us in battle;
be our protection against the wickedness and snares of the devil.

May God rebuke him, we humbly pray:
and do thou, O Prince of the heavenly host,
by the power of God,
cast into hell Satan and all the evil spirits
who prowl about the world seeking the ruin of souls. Amen.

ACT OF CONTRITION

O my God, I am sorry and repent with all my heart
for all the wrong I have done and for the good I have failed to do,
because by sinning I have offended you,
who are all good and worthy to be loved above all things.

I firmly resolve, with the help of your grace,
to do penance, to sin no more, and to avoid the occasions of sin.
Through the merits of the Passion of our Savior Jesus Christ,
Lord, have mercy. Amen.

ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that you are present in the Most Holy Sacrament.
I love you above all things, and I desire to receive you into my soul.

Since I cannot at this moment receive you sacramentally,
come at least spiritually into my heart.

I embrace you as if you were already there
and unite myself wholly to you.

Never permit me to be separated from you. Amen.



source & summit

sourceandsummit.com