

ADH 6006

741069

FATHER JOHN A. O'BRIEN'S



MASS
and
PRAYER
BOOK

AVE MARIA PRESS
Notre Dame, Indiana

Lewis Palmer

FATHER JOHN A. O'BRIEN'S

MASS
and
PRAYER
BOOK



AVE MARIA PRESS
Notre Dame, Indiana

NIHIL OBSTAT
John L. Reedy, C.S.C.
Censor Deputatus

IMPRIMATUR

✠ Most Rev. Leo A. Pursley, D.D.
Bishop of Ft. Wayne

March 4, 1959

Copyright by John A. O'Brien, Ph.D.
University of Notre Dame

Contents

GETTING THE MOST OUT OF PRAYER	5
HOW TO PRAY	
NO PRAYER IS WASTED	
PRAYER LEADS TO HOLINESS	
THINGS TO REMEMBER	7
THE GREAT COMMANDMENT	
DAILY PRAYERS	9
SIGN OF THE CROSS	
MORNING OFFERING	
THE LORD'S PRAYER	
HAIL MARY	
THE APOSTLES' CREED	
THE CONFITEOR	
AN ACT OF FAITH	
AN ACT OF HOPE	
AN ACT OF LOVE	
AN ACT OF CONTRITION	
THE BLESSING BEFORE MEALS	
GRACE AFTER MEALS	
PRAYER TO THE HOLY SPIRIT	
PRAYER TO THE GUARDIAN ANGEL	
MEMORARE	
AN EVENING PRAYER	
PRAYERS AT MASS	12
CONFESSION AND COMMUNION	20
PRAYER BEFORE CONFESSION	
PRAYER AFTER CONFESSION	
PRAYER BEFORE COMMUNION	
THANKSGIVING AFTER COMMUNION	
ANIMA CHRISTI	
INDULGENCED PRAYER BEFORE THE CRUCIFIX	
VISIT TO THE BLESSED SACRAMENT	
EJACULATORY PRAYERS	
THE WAY OF THE CROSS	25
DEVOTION TO THE SACRED HEART	30
ACT OF CONSECRATION TO THE SACRED HEART	
LITANY TO THE SACRED HEART	
PRAYER FOR LIGHT	

FAVORITE PRAYERS	34
A PRAYER FOR CHRISTIAN UNITY	
PRAYER FOR A HAPPY DEATH	
PRAYER OF ST. FRANCIS	
OFFERING YOURSELF TO GOD	
PRAYER FOR COURAGE	
PRAYER TO CHRIST THE KING	
BENEDICTION HYMNS AND PRAYERS	36
O SALUTARIS HOSTIA	
TANTUM ERGO	
THE DIVINE PRAISES	
LAUDATE DOMINUM	
DEVOTION TO THE BLESSED VIRGIN MARY	39
THE HOLY ROSARY	
DEDICATION TO MARY	
CONSECRATION TO MARY	
INVOCATIONS	
FOR PURITY	
LITANY OF THE BLESSED VIRGIN MARY	
DEVOTION TO ST. JOSEPH	43
A PRAYER TO ST. JOSEPH	
LITANY OF ST. JOSEPH	
ACT OF CONSECRATION TO ST. JOSEPH	
FOR ALL THINGS NECESSARY TO SALVATION	45
FAVORITE HYMNS	46
HOLY GOD, WE PRAISE THY NAME	
COME HOLY GHOST, CREATOR BLEST	
O LORD, I AM NOT WORTHY!	
ON THIS DAY, O BEAUTIFUL MOTHER	
DEAR GUARDIAN OF MARY	

GETTING THE MOST OUT OF PRAYER

Prayer is the lifting up of the mind and heart to God to adore and praise Him, to thank Him for His countless blessings and graces, to ask pardon for our offenses, and to petition Him for favors and blessings. As a child turns to its father to express its love and its wants, so should we turn to our Heavenly Father.

There are two general kinds of prayer: mental and vocal. Mental prayer consists in meditating upon God, His goodness, His works, His mysteries, and His love for us. "Let thy thoughts be upon the precepts of God, and meditate continually on his commandments: and he will give thee a heart; and the desire of wisdom shall be given to thee." (*Ecclesiasticus 6:37*)

Vocal prayer comes from the mind and heart and is spoken by the lips. By vocal prayer man recognizes God's sovereignty over the whole man, body and soul. It excites fervor of soul and makes prayer in common possible. "O Lord, open my lips, and my mouth shall proclaim your praise." (*Psalms 50:17*) "Where two or three," said Christ, "are gathered together for my sake, there am I in the midst of them." (*Matthew 18:20*) We should engage in both forms of prayer. Always supplement your vocal prayer by meditation, no matter how brief.

HOW TO PRAY

We should pray with attention, with a conviction of our own helplessness and dependence upon God, with a great desire for the graces we beg of Him, with loving trust in His goodness, and with perseverance. "The prayer of the humble and the meek hath always pleased thee." (*Judith 9:16*) While distractions will come to all, we should concentrate to the best of our ability upon the thoughts and words we address to our Heavenly Father.

Prayer is a Christian's most powerful means of securing strength, graces, blessings and achieving growth in holiness. "If you ask me anything in my name," said Jesus, "I will do it." (*John 14:14*) "If you abide in me," He said, "and if my words abide in you, ask whatever you will and it shall be done to you." (*John 15:7*) Prayer is a protection in time of danger. "Watch and pray," said Christ, "that you may not enter into temptation." (*Matthew 26:41*) We should pray, too, for one another. "Pray for one another, that you may be saved. For the unceasing prayer of a just man is of great avail." (*James 5:16*)

NO PRAYER IS WASTED

We do not always obtain what we pray for, either because we have not prayed properly or because God sees that what we are asking would not be for our good. No prayer is ever unanswered by God, though it is not always answered according to our petitions. "You ask and do not receive, because you ask amiss, that you may spend it upon your passions." (*James 4:3*)

Do not pray merely to ask God for favors. Love seeks to give rather than to receive. Pour out your love to God in homage, in thanksgiving, in adoration, and in praise. "Out of the abundance of the heart the mouth speaketh." The more we love God, the more eager will we be to commune with Him and to tell Him of our love.

PRAYER LEADS TO HOLINESS

We pray not to change God's will but rather to change our own and make it conform to God's will. "The perfect prayer," points out Bishop Fulton Sheen, "is not one in which we tell God what we wish from Him, but rather one in which we ask God what He wishes from us."

Prayer is not a monologue but a dialogue. We should speak to God, and then we should listen to Him. He will tell us what to do and how we can become more Christlike.

Prayer should show its fruitfulness in our daily life and in all our actions. Our deeds should be in conformity with our verbal expressions of love and loyalty to God. "Not every one," said Christ, "that saith to me, Lord, Lord, shall enter into the king-

dom of heaven: but he that doth the will of my Father who is in heaven, he shall enter into the kingdom of heaven." (*Matthew 7:21*) We shall best prove the sincerity of our prayers by living upright, virtuous, and Christlike lives here on earth and thus prepare ourselves for everlasting life with God in heaven.

THINGS TO REMEMBER

1. There is but one rule of conduct: always do the right thing. The cost may be high in money, in friends and in sacrifice. But the cost to do wrong is infinitely greater: for a temporal gain we barter the eternities.

2. Remember to say your morning and evening prayers; for prayer is necessary for perseverance and is certain to obtain it. "Ask and ye shall receive," says Our Lord. (*John 16:14*).

3. Remember that it is appointed for you once to die—you know not when, nor where, nor how; only this you know, that if you die in mortal sin, you will be lost forever; if you die in the state of grace, you will be happy forever. "In all thy works remember thy last end, and thou shalt never sin." (*Ecclesiasticus 7:40*)

4. Never neglect to hear Mass on Sundays and holydays of obligation. By uniting our hearts with all the faithful in Mass, we offer, first, an act of infinite adoration to God; and, second, we bring down the choicest blessings of heaven. *A dark cloud hangs over the Catholic family that neglects Mass.*

5. Be careful about what you read, for bad reading is poison to the soul. Provide yourself with Catholic books. Take a Catholic newspaper.

6. Remember that a man is known by his company. Fly from the danger of sin: for "he that loveth danger shall perish in it." (*Ecclesiasticus 3:27*)

7. When you are tempted by bad thoughts say quickly: "Jesus and Mary help me!" Then say the Hail Mary till you have banished the temptation. God sees you at every instant.

8. If you are so unhappy as to fall again into sin, be not discouraged; quickly beg pardon of God, and seek the first opportunity to go to Confession and start again in a new life. "Be thou faithful until death; and I will give thee the crown of life." (*Apocalypse 2:10*)

9. Go to Confession and Communion once a week, if possible; at least never allow a month to pass without approaching the Sacraments. By Confession our souls are cleansed from sin, and strengthened to resist temptation. By Communion our souls are nourished by the Sacred Body and Blood of Jesus Christ. "He that eateth My Flesh and drinketh My Blood hath everlasting life: and I will raise him up in the last day." (*John 6:55*)

THE GREAT COMMANDMENT

"This is My commandment, that you love one another as I have loved you. Greater love than this no one has, that one lay down his life for his friends. You are my friends if you do the things I command you. No longer do I call you servants, because the servant does not know what his master does. But I have called you friends, because all things that I have heard from My Father I have made known to you.

"You have not chosen Me, but I have chosen you, and have appointed you that you should go and bear fruit, and that your fruit should remain; that whatever you ask the Father in My name He may give you. These things I command you, that you may love one another.

"If the world hates you, know that it has hated Me before you. If you were of the world, the world would love what is its own. But because you are not of the world, therefore the world hates you.

"Remember the word that I have spoken to you: No servant is greater than his master. If they have persecuted Me, they will persecute you also; if they have kept My word, they will keep yours also. But all these things they will do to you for My name's sake, because they do not know Him who sent Me." (*John 15:12-21*)

DAILY PRAYERS

(Say these devoutly each morning and evening.)

SIGN OF THE CROSS

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

MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer Thee my prayers, works and sufferings of this day for all the intentions of Thy Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all our Associates and in particular for the intention of the Apostleship of Prayer.

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.

HAIL MARY

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

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 Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified; died and was buried. He descended into hell; the third day He arose again from the dead; He ascended into heaven, sitteth at the right hand of God, the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Ghost, the Holy Catholic Church, the communion of saints, the forgive-

ness of sins, the resurrection of the body, and life everlasting. Amen.

THE CONFITEOR

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

AN ACT OF FAITH

O my God! I firmly believe that thou art one God in three Divine Persons, Father, Son and Holy Ghost. I believe that Thy 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 Thou hast revealed them, who canst neither deceive nor be deceived.

AN ACT OF HOPE

O my God! Relying on Thy infinite goodness and promises, I hope to obtain pardon for my sins, the help of Thy grace and life everlasting through the merits of Jesus Christ, my Lord and Savior. Amen.

AN ACT OF LOVE

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

AN ACT OF CONTRITION

O my God! I am heartily sorry for having offended Thee and I detest all my sins, because I dread the loss of heaven and

the pains of hell; but most of all because they offend Thee, my God, who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance and to amend my life. Amen.

THE BLESSING BEFORE MEALS

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

GRACE AFTER MEALS

We give Thee thanks, O Almighty God, for these and all the benefits which we have received from Thy bounty through Christ our Lord. Amen.

PRAYER TO THE HOLY SPIRIT

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

Send forth Thy Spirit and they shall be created. And Thou shalt renew the face of the earth.

Let us pray:

O God, who hast taught the hearts of the faithful by the light of Thy Holy Spirit, grant us to have a right judgment in all things, and evermore to rejoice in His consolation, through Christ, our Lord. Amen.

PRAYER TO THE GUARDIAN ANGEL

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

MEMORARE

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

AN EVENING PRAYER

O my God, I return Thee thanks for all the benefits which I have ever received from Thee, and particularly this day. Give me light to see what sins I have committed this day, and grant me grace to be truly sorry for them.

(Here wait a little, and think over what faults you have committed during the day.)

O my God, I am very sorry that I have offended Thee; I love Thee with all my heart because Thou art so good, and I will not sin again.

(After retiring say:)

Into Thy hands, O Lord, I commend my spirit. Lord Jesus, receive my soul. In the name of our Lord Jesus Christ crucified, I lay me down to rest. May He bless, govern and protect me; and, after this short pilgrimage, bring to me everlasting happiness. Amen.

PRAYERS AT MASS

AT THE BEGINNING

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

O almighty and everlasting God, I, Thy unworthy creature, appear here before the throne of Thy grace, desiring to pour out my heart before Thee, and to adore Thee, my God, as well and as perfectly as I can. Wherefore I begin and will faithfully continue to hear this holy Mass in union with the love, wherewith Thy Son worshipped Thee, and wrought the entire work of our redemption, imploring Thee that I may be enabled to pay Thee a tribute of honor and praise, like that which the most precious humanity of Jesus and the most holy Virgin Mary rendered Thee unceasingly. And to this end I offer my prayers to Thee, in the virtue and merit of the Sacred Heart of Jesus, in His name, and in that of all the angels and saints, to Thy eternal

praise and glory. I humbly beseech Thee to preserve me from all distraction and dryness of spirit, and to enable me duly to bring Thee this my appointed tribute of prayers. Amen.

AT THE CONFITEOR

O Jesus, my Savior, who didst sweat blood in the Garden of Olives at the prospect of Thy sufferings and of my sins; O loving Redeemer, who hast afflicted Thy Sacred Heart, in order to console mine: I adore Thee, trembling as Thou art, and bathed in Thy blood. Alas, I have afflicted Thee more cruelly than the Jews. They only tortured Thy body; but I have torn Thy Heart by the sorrow, which my sins have caused. Ah, my God, with a sorrowful heart, and with all the affections of my soul, I abhor and detest my most grievous sins; and I offer for them the same satisfaction which Jesus presents Thee on this altar.

AT THE KYRIE

Lord have mercy on me, and pardon me the faults, I have committed against Thy holy name. Compassionate Heart of Jesus, grant me true contrition for my past sins, and grace never more to offend Thee. Divine Savior, have pity on a soul that has cost Thee so dear. Jesus, Son of David, have mercy on me.

AT THE GLORIA

Glory be to God on high and on earth peace to men of good will. Yes, my Jesus, I bless Thee, I adore Thee, I glorify Thee, and I wish to join with the angels in thanksgiving for the great mysteries of our redemption. I desire to render to Thee the glory, which is due to Thee alone: I conjure Thee to give me that interior peace, that repose of conscience, that peace of God, which proceeds from perfect charity, and which Thou alone canst bestow.

AT THE EPISTLE

O my Sovereign Good, have mercy on me, and grant that, being instructed in Thy law, and in Thy holy will, I may endeavor to fulfill them in all things, so that what Thou teachest may be the rule of my conduct. Amen.

AT THE GOSPEL

Speak, O Lord, for Thy servant heareth. Grant me grace to understand and profit by the doctrine of Thy holy Gospel, lest, at the day of judgment, it be brought against me, to my confusion and eternal reprobation. I regret sincerely that I have hitherto closed my ears to Thy inspiration, and I promise Thee to be for the future more faithful.

AT THE CREDO

What thanks shall I return to Thee, O my God, for having admitted me into the true faith and enlightened me with its divine light, in preference to so many others, who sit in darkness, and in the shadow of death? What have I done to deserve such a favor and what am I not bound to do, to testify my just, and eternal acknowledgment for it? By a new benefit you have deigned to open to your Church the ineffable riches of your Sacred Heart; grant that we may return love for love to this adorable Heart, and by worthy homages, repair all the outrages that the ingratitude of man caused it to experience. Preserve in me the gift of faith: that, during life, it may be the rule of my conduct, and at death receive my parting sighs, return my soul into Thy hands and introduce it into the mansions of the elect.

AT THE OFFERTORY

Eternal Father, receive, I beseech Thee, the offering that I make of the Heart of Jesus, Thy beloved Son, as He offers Himself to Thee in sacrifice. Be pleased to receive this offering for me, with all the desires, all the sentiments, all the affections, all the beatings, all the actions of this Sacred Heart. They are all mine, since He immolates Himself for me: and I desire, for the future, never to have any other intentions but His. Receive them in satisfaction for my sins, and in thanksgiving for all Thy benefits. Receive them, and grant me, through their merits, all the graces that are necessary for me, and particularly the grace of final perseverance. Receive them as so many acts of love, adoration and praise, which I offer to Thy divine majesty, since it is by Him alone that Thou art worthily honored and glorified in all eternity. Amen.

AT THE LAVABO

Wash me yet more from my iniquities, O my God, and cleanse me from my sins. Grant that the blood and water, which flowed from the wounded heart of my Savior, may be efficaciously applied to me and to all poor sinners. By the merits of Thy precious death, give me Thy grace, which shall transform me from a sinner into a saint.

AT THE ORATE FRATRES

May this adorable sacrifice serve to extend the glory of Thy name, and the interests of Thy holy Church; may it tend to infuse into our souls the great gift of true piety to the Sacred Heart of Jesus, and draw upon Thy mercy on poor sinners.

AT THE PREFACE

What are thy thoughts, O my soul, at this awful moment, when thy Redeemer, thy God, is about to descend on the altar? Eternal Word, made man for love of us, humbly prostrate at Thy feet, I adore Thee with my whole heart, and with the most profound veneration. To atone for my ingratitude, I offer to Thee all the merits of Jesus: Jesus entirely, God and Man, who is here about to be immolated for me. Let the insufficiency of my Thanksgivings and love be abundantly supplied by that homage, which all the saints and angels continually offer Thee; with those voices we beseech Thee to permit also ours to unite, saying in lowly acknowledgment: Holy, holy, holy, Lord God of Hosts! Heaven and earth are full of Thy majesty! Hosanna in the highest! Blessed is He that cometh in the name of the Lord. Hosanna in the highest!

AT THE CANON

Eternal Father, I offer Thee that immolation of Thy beloved Son, which was once made on the cross and is renewed now upon this altar; and I offer Thee, in the name of all creatures, all the Masses that are celebrated or which shall be celebrated in the whole world, in order to adore Thee and render Thee that homage which is Thy due, in thanksgiving for Thy innumerable benefits, to appease Thy justice violated by our sins,

and to furnish it with the satisfaction it has a right to expect; finally, to obtain all graces for myself and those who are dear to me, for the Church, for the whole world and for the souls in purgatory.

AT THE ELEVATION

My Lord and my God!*

O Immaculate Lamb, immolated for us on the cross, remember that I am one of those souls, whom Thou hast redeemed by so many sorrows, and by so painful a death. I offer myself to Thee without reserve, that Thou mayest do with me what Thou pleasest. I love Thee, O my dear Savior, with my whole heart. I love Thee, because Thou dost desire to be loved by me, and because Thou art worthy of all my love. It grieves me that I do not love Thee as much as Thou deservest. O Sacred Heart of Jesus, burning furnace of divine love, receive my soul into your sacred wound, that, in this school of charity, I may learn to love a God, who has given me such proofs of His love.

AFTER THE ELEVATION

My Jesus, I thank Thee with all the powers of my soul, for having been pleased to die for me, in order to deliver me from the eternal punishment my sins deserved. I thank Thy Sacred Heart for having loved me so tenderly as to deprive Itself of all the consolations of life, in order to merit for me the joys of paradise. Eternal Father, now that Thy dear Son, really present on this altar, has vouchsafed to become a sacrifice for our sins, I offer Thee His precious Body and Blood, His merits and perfections, His passion and death, in union with the love with which He offered Himself on this altar.

AT THE MEMENTO FOR THE DEAD

O God, the Author of mercy, and lover of the salvation of mankind, we address Thy clemency on behalf of our parents, brethren, relations and benefactors, who are gone before us with

* *These words are to be said with faith, piety and love while looking upon the Blessed Sacrament, either during the Elevation in the Mass, or when exposed on the altar. (7 years)*

the sign of faith, that, by the intercession of blessed Mary, ever Virgin, and of all the saints, Thou wouldst receive them into the enjoyment of eternal happiness: parents, brethren, relations through Christ, our Lord. Amen.

AT THE PATER NOSTER

Father, I have sinned against heaven and before Thee. I am not worthy to be called Thy child: make me as one of Thy hired servants. O God of all goodness, how could I ever have offended Thee? I now most sincerely detest my sins, and resolve to repair them to the utmost of my power. Assist me only to accomplish Thy holy will, and in all my trials grant me the aid of Thy strengthening grace: for Thou knowest of myself I can do nothing. May I spend the remainder of my life in the spirit of sincere repentance, and thus merit eternally to sing Thy mercies in heaven. O adorable Heart of Jesus, my refuge and asylum, grant me shelter from all my enemies.

AT THE AGNUS DEI

Lamb of God, who takest away the sins of the world, adorable Victim, who alone canst satisfy the justice of an angry God: vouchsafe to let us partake of the merits of Thy sacrifice and Thy innocence. Efface, O Jesus, by Thy precious Blood, all sinful excesses, that place so wide a barrier between Thee and Thy children.

AT THE DOMINE, NON SUM DIGNUS

O Lord, Jesus, the soul Thou lovest is sick: the soul Thou hast redeemed with Thy Blood, and so frequently fed with Thy Body, is a prey to the assaults of Satan and its own corrupt inclinations: and consequently in extreme need of Thy special grace. Shall it be the first which placed its trust in Thee, and was confounded? I have no courage to oppose the enemies of my salvation, and pursue the rugged path of duty. I am tepid in Thy service; prone to pride, envy and anger; the victim of spiritual maladies, at once numerous and inveterate. But Thou, heavenly Physician, canst heal them if Thou wilt; say then the word, and my soul shall be cleansed and strengthened.

(If you are not prepared to communicate sacramentally, do so spiritually, by saying the prayer of St. Alphonsus:

My Jesus, I believe that Thou art present in the most Holy Sacrament. I love Thee above all things. I desire to receive Thee in my soul. Since I cannot now receive Thee sacramentally, come at least spiritually into my heart. I embrace Thee, and I unite myself entirely to Thee, as if Thou hadst already come; do not permit me to be ever separated from Thee.

AFTER THE COMMUNION

Thou, my Jesus, hast consummated the sacrifice of Thy Body and Blood, the same in substance to that which Thou didst consummate on the cross, in obedience to Thy heavenly Father. Grant that I, too, may give my life as a victim sacrificed to Thy glory, and immolated to Thy holy will. I wish for nothing but what may be according to Thy holy will and pleasure; and I desire to live and die in the manner most conformable to Thy sacred appointments.

AT THE BLESSING

Vouchsafe, O Eternal Father, to grant me Thy blessing for myself and all who are dear to me. Give me, with it, the grace to serve Thee faithfully in all things to the end; and may I be found worthy to share in the benediction, reserved for Thy elect at the last day.

AT THE LAST GOSPEL

I entreat Thee, O Lord, by the torments Thou didst endure for me; by the prayer Thou didst offer up for Thy enemies; by the sorrows and afflictions of Thy holy Mother; by the grace Thou didst show the dying thief; by Thy thirst and the vinegar and gall, which were presented to Thee; by Thy tears; by Thy precious Blood, which Thou didst shed even to the last drop: to pardon me my sins; to have mercy on me; not to abandon me in my last agony, but to visit me, to console me, to promise me paradise, as Thou didst to that illustrious penitent who died beside Thee. Amen.

PRAYERS AFTER LOW MASS

Hail, Mary . . . (*thrice*).

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, O most gracious advocate, thine eyes of mercy towards us; and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O Clement, O loving, O sweet Virgin Mary.

Pray for us, O holy Mother of God.

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

Let us pray:

O God, our refuge and our strength, look down in mercy on Thy people, who cry to Thee; and by the intercession of the glorious and immaculate Virgin Mary, Mother of God, of Saint Joseph, her spouse, of Thy blessed Apostles Peter and Paul, and of all the saints, in mercy and goodness hear the prayers we pour forth to Thee for the conversion of sinners, and for the liberty and exaltation of our holy mother the Church. Through Christ, our Lord. Amen.

Holy Michael Archangel, defend us in the day of battle; be our safeguard against the wickedness and the snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God, thrust down to hell Satan and all wicked spirits who wander through the world for the ruin of souls. Amen.

Sacred Heart of Jesus, have mercy on us. (*three times*)

CONFESSION AND COMMUNION

PRAYER BEFORE CONFESSION

O most merciful God, I most humbly thank Thee for all Thy mercies unto me; and, particularly at this time, for Thy forbearance and long-suffering with me, notwithstanding my many and grievous sins. It is of Thy great mercy that I have not fallen into greater and more grievous sins than those which I have committed, and that I have not been cut off and cast into hell.

O my God, although I have been so ungrateful to Thee in times past, yet now I beseech Thee to accept me, returning to Thee with an earnest desire to repent, and to devote myself to Thee, my Lord, and my God, and to praise Thy holy Name forever.

Grant me, I beseech Thee, perfect contrition for my sins, that I may detest them with the deepest sorrow of heart. Send forth Thy light into my soul, and discover to me all those sins which I ought to confess at this time. Assist me by Thy grace, that I may be able to declare them to the priest, fully, humbly and with a contrite heart, and to obtain perfect remission of them all through Thine infinite goodness. Amen.

O most gracious Virgin Mary, beloved Mother of Jesus Christ, my Redeemer, intercede for me with Him. Obtain for me the full remission of my sins, and perfect amendment of life; to the salvation of my soul, and the glory of His Name.

(Considerations for Sorrow:)

God is very good. He made you and gave you your soul and body, and everything that you have. He is also very holy and just, and He hates sin. He made heaven for the good people, and hell for the wicked. He loves you very much. He was made man for you, and died upon the Cross, with great nails in His Hands and Feet, and a crown of thorns upon His Head, to help you to be good and to get to heaven. And when you sin you offend this good God who loves you so much.

Try now to be very sorry for your sins, make up your mind not to sin any more, and say the act of contrition.

PRAYER AFTER CONFESSION

O almighty and most merciful God, who, according to the multitude of Thy tender mercies, hast been pleased once more to receive me, after so many times going astray from Thee, and to admit me to this Sacrament of forgiveness, I give Thee thanks with all the powers of my soul for this and all other mercies, graces and blessings bestowed on me; and casting myself at Thy Sacred Feet, I offer myself to be henceforth forever Thine. Let nothing in life or death ever separate me from Thee.

I renounce, with my whole soul, all the sins of my past life. I renew my promises made in baptism, and from this moment I give myself eternally to Thy love and service. Grant that for the time to come I may hate sin more than death itself, and avoid all such occasions and company as have unhappily brought me to it. This I resolve to do by the aid of Thy divine grace, without which I can do nothing. Supply, also, by Thy mercy, whatever defects have been in this my Confession, and give me grace to be now and always a true penitent; through Jesus Christ Thy Son. Amen.

PRAYER BEFORE COMMUNION

(Prayer of St. Thomas Aquinas)

Almighty and everlasting God, behold I come to the Sacrament of Thine only-begotten Son, our Lord Jesus Christ: I come as one infirm to the physician of life, as one unclean to the fountain of mercy, as one blind to the light of everlasting brightness, as one poor and needy to the Lord of heaven and earth. Therefore, I implore the abundance of Thy measureless bounty that Thou wouldst vouchsafe to heal my infirmity, wash my uncleanness, enlighten my blindness, enrich my poverty and clothe my nakedness, that I may receive the Bread of angels, the King of kings, the Lord of lords, with such reverence and humility, with such sorrow and devotion, with such purity and faith, with such purpose and intention as may be profitable to my soul's salvation. Grant unto me, I pray, the grace of receiving not only the Sacrament of our Lord's Body and Blood, but also the grace and power of the Sacrament. O most gracious

God, grant me so to receive the Body of Thine only-begotten Son, our Lord Jesus Christ, which He took from the Virgin Mary, as to merit to be incorporated into His Mystical Body, and to be numbered amongst His members. O most loving Father, give me grace to behold forever Thy beloved Son with unveiled face, whom hidden under the sacramental veils on earth I am now about to receive. (*3 years*)

THANKSGIVING AFTER COMMUNION

(*Prayer of St. Thomas Aquinas*)

I give Thee thanks, O most holy, Almighty Father and Eternal God, for having in Thy mercy nourished me, who am but a sinner and an unworthy servant, with the Body and Blood of Thy Divine Son. I pray thee, O my God, that this Communion may not draw down upon me Thy wrath, but that it may be on the contrary a salutary means of obtaining Thy grace and the forgiveness of my sins; that it may be the armor of my faith and the buckler of my will; that it may correct my vices, extinguish my evil desires, and mortify my concupiscence; that it may strengthen me daily more and more in charity, patience, humility, obedience—in all virtues; that it may prove an impregnable defense against my enemies, visible and invisible; that it may attach me to Thee alone, during life, and obtain for me the grace of dying in Thy peace! I pray Thee, my God, to conduct me, unworthy though I am, to that eternal banquet where with Thy Son and the Holy Ghost Thou art the eternal light, the immortal food, the infinite joy and perfect happiness of all Thy saints; and this favor I ask Thee through Jesus, our Lord and Savior. Amen. (*3 years; plenary once a month*)

ANIMA CHRISTI

Soul of Christ, be my sanctification,
Body of Christ, be my salvation,
Blood of Christ, fill all my veins,
Water from Christ's side, wash out my stains,
Passion of Christ, my comfort be—
O good Jesus, listen to me!

In Thy wounds I fain would hide,
Ne'er to be parted from Thy side,
Guard me should the foe assail me,
Call me when my life shall fail me,
Bid me come to Thee above,
With Thy saints to sing my love
World without end. Amen.

*(300 days; after Holy Communion, 7 years;
plenary once a month)*

INDULGENCED PRAYER BEFORE THE CRUCIFIX

Behold, O kind and most sweet Jesus, I cast myself upon my knees in Thy sight, and with the most fervent desire of my soul I pray and beseech Thee to fix deep in my heart lively sentiments of faith, hope and charity, true contrition for my sins and a firm purpose of amendment. Meanwhile, I contemplate with deep love and tender pity Thy five most precious wounds, having before my eyes the words which David, Thy prophet, said of Thee, my Jesus, "They have pierced My hands and My feet, they have numbered all My bones."*

VISIT TO THE BLESSED SACRAMENT

I adore Thee and I love Thee with all my heart, O my God and my Divine Savior, truly God and truly man; I adore Thee and I love Thee with the profound respect which faith inspires; I adore Thee and I love Thee in reparation of all the irreverences, of all the profanations, and of all the sacrileges I may have unfortunately committed up to the present time, and of all the others that have been committed and that may be committed hereafter.

I adore Thee, then, O my God; not as Thou meritest, not as I should, but as much as I can. I would wish to adore Thee with that perfection of which all rational creatures are capable.

I have furthermore the intention of adoring Thee now and

* *Plenary indulgence once a day when said after Holy Communion, saying for the intentions of the Holy Father the Our Father, Hail Mary and Glory be to the Father, once. One should always say this prayer after Holy Communion.*

forever, not only for Catholics who do not adore Thee, but also to supply the place of all—heretics, schismatics, infidels, atheists, blasphemers, sorcerers, Mohametans, Jews and idolaters—who do not adore Thee, and for their conversion. Oh, yes, my Jesus! mayst Thou be known to all; adored, loved and thanked at every moment, in the most holy and most divine Sacrament. Amen.

EJACULATORY PRAYERS

I adore Thee at every moment, O living Bread of Heaven, great Sacrament!

Jesus, Heart of Mary, I pray you, bless my soul.

Holiest Jesus, my Savior, I give Thee my heart.

THE WAY OF THE CROSS

AN ACT OF CONTRITION

My Lord Jesus Christ, Thou hast made this journey to die for me with love unutterable, and I have so many times unworthily abandoned Thee; but now I love Thee with my whole heart, and sincerely repent of ever having offended Thee. Pardon me, my God, and permit me to accompany Thee on this journey. Thou goest to die for love of me; I wish also, my beloved Redeemer, to die for love of Thee. My Jesus, I will live and die always united to Thee.

BEFORE EACH STATION

We adore Thee, O Christ, and bless Thee.

Because by Thy Holy Cross Thou hast redeemed the world.

AFTER EACH STATION

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

Have mercy on us, O Lord.

Have mercy on us.

And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

FIRST STATION.

JESUS IS CONDEMNED TO DEATH

My adorable Jesus, it was not Pilate: no, it was my sins that condemned Thee to die. I beseech Thee, by the merits of this sorrowful journey, to assist my soul in her journey towards eternity. I love Thee, my Jesus, above all things. I repent with my whole heart of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

SECOND STATION.

JESUS IS MADE TO BEAR HIS CROSS

My most beloved Jesus, I embrace all the tribulations Thou hast destined for me until death. I beseech Thee, by the merits

of the pain Thou didst suffer in carrying Thy Cross, to give me the necessary help to carry mine with perfect patience and resignation. I love Thee, my Jesus, above all things. I repent with my whole heart of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always and then do with me what Thou wilt.

THIRD STATION.

JESUS FALLS THE FIRST TIME UNDER HIS CROSS

My Jesus, it is not the weight of the Cross, but of my sins, which has made Thee suffer so much pain. Ah, by the merits of this first fall, deliver me from the misfortune of falling into mortal sin. I love Thee, my Jesus, above all things. I repent with my whole heart of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

FOURTH STATION.

JESUS MEETS HIS AFFLICTED MOTHER

My sweet Jesus, by the sorrow Thou didst experience in this meeting, grant me the grace of a truly devoted love for Thy most holy Mother. And thou, my Queen, who wast overwhelmed with sorrow, obtain for me a continual and tender remembrance of the Passion of thy Son. I love Thee, my Jesus, above all things. I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

FIFTH STATION.

SIMON HELPS JESUS TO CARRY HIS CROSS

My most beloved Jesus, I will not refuse the Cross as the Cyrenean did. I accept it, I embrace it. I accept in particular the death Thou hast destined for me, with all its pains. I unite it to Thy death, I offer it to Thee. Thou hast died for love of me, I will die for love of Thee. Help me by Thy grace. I love Thee, my Jesus, above all things. I repent with my whole heart of having offended Thee. Never permit me to offend Thee again.

Grant that I may love Thee always; and then do with me what Thou wilt.

SIXTH STATION.

VERONICA WIPES THE FACE OF JESUS

My most beloved Jesus, Thy face was beautiful before, but in this journey it has lost all its beauty, and wounds and blood have disfigured it. Alas, my soul also was once beautiful, when it received Thy grace in baptism! But I have disfigured it since by my sins. Thou alone, my Redeemer, canst restore it to its former beauty! Do this by Thy Passion. I love Thee, my Jesus, above all things. I repent with my whole heart of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

SEVENTH STATION.

JESUS FALLS THE SECOND TIME

My most sweet Jesus, how many times Thou hast pardoned me and how many times have I fallen again, and begun again to offend Thee! Oh, by the merits of this second fall, give me the necessary help to persevere in Thy grace until death. Grant that in all temptations which assail me, I may always commend myself to Thee. I love Thee, my Jesus, above all things. I repent with my whole heart of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

EIGHTH STATION.

JESUS SPEAKS TO THE DAUGHTERS OF JERUSALEM

My Jesus, laden with sorrow, I weep for the offences I have committed against Thee, because of the pains they have deserved, and still more because of the displeasure they have caused Thee, who hast loved me so much. It is Thy love, more than the fear of hell, which causes me to weep for my sins. My Jesus, I love Thee above all things. I repent with my whole heart of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

NINTH STATION.

JESUS FALLS THE THIRD TIME

O my outraged Jesus, by the merits of the weakness Thou didst suffer in going to Calvary, give me strength sufficient to conquer all human respect, and all my wicked passions, which have led me to despise Thy friendship. I love Thee, O my Jesus, above all things! I repent with my whole heart of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

TENTH STATION.

JESUS IS STRIPPED OF HIS GARMENTS

My innocent Jesus, by the merits of the torments Thou hast felt, help me to strip myself of all affection to things of earth, in order that I may place all my love in Thee, who art so worthy of my love. I love Thee, my Jesus, above all things, I repent with my whole heart of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

ELEVENTH STATION.

JESUS IS NAILED TO THE CROSS

My Jesus, loaded with contempt, nail my heart to Thy feet, that it may ever remain there to love Thee, and never quit Thee again. I love Thee above all things. I repent with my whole heart of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

TWELFTH STATION.

JESUS DIES ON THE CROSS

O my dying Jesus, I kiss devoutly the Cross upon which Thou didst die for love of me. I have merited by my sins to die a miserable death, but Thy death is my hope. Ah! by the merits of Thy death, give me the grace to die embracing Thy feet, and burning with love for Thee. I commit my soul into Thy hands.

I love Thee, my Jesus, above all things. I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

THIRTEENTH STATION.

JESUS IS TAKEN DOWN FROM THE CROSS

O Mother of Sorrow, for the love of thy Son, accept me for thy servant, and pray for me. And Thou, my Redeemer, since Thou hast died for me, permit me to love Thee: for I wish only Thee, and nothing more. I love Thee, O my Jesus, above all things. I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

FOURTEENTH STATION.

JESUS IS LAID IN THE TOMB

O my buried Jesus, I kiss the stone that encloses Thee. But Thou didst rise again the third day. I beseech Thee, by Thy resurrection, to make me rise gloriously with Thee at the last day, to be united with Thee in heaven, there to praise Thee and love Thee forever. I love Thee, my Jesus, above all things. I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

PRAYER

O God, who for the world's redemption wast pleased to be born, and to suffer the ignominious death of the Cross, by this death and by Thy Cross, which, unworthy as I am, I thus commemorate, deliver me, O Lord, from the pains of hell, and deign to lead me there, where Thou didst lead the thief, crucified by Thy side: Thou who with the Father and the Holy Spirit, livest and reignest, world without end. Amen.

DEVOTION TO THE SACRED HEART

ACT OF CONSECRATION TO THE SACRED HEART

Most sweet Jesus, Redeemer of the human race, look down upon us, humbly prostrate before Thy altar. We are Thine and Thine we wish to be; but to be more surely united with Thee, behold, each one of us freely consecrates himself today to Thy Most Sacred Heart. Many indeed have never known Thee; many, too, despising Thy precepts, have rejected Thee. Have mercy on them all, most merciful Jesus, and draw them to Thy Sacred Heart.

Be Thou King, O Lord, not only of the faithful who have never forsaken Thee, but also of the prodigal children who have abandoned Thee; grant that they may quickly return to their Father's house, lest they die of wretchedness and hunger.

Be Thou King of those who are deceived by erroneous opinions, or whom discord keeps aloof, and call them back to the harbor of truth and unity of faith, so that soon there may be but one flock and one Shepherd.

Be Thou King of all those who are still involved in the darkness of idolatry or of Islamism and refuse not to draw them all into the light and kingdom of God. Turn Thine eyes of mercy toward the children of that race, once Thy chosen people; of old they called down upon themselves the Blood of the Savior; may it now descend upon them a laver of redemption and of life.

Grant, O Lord, to Thy Church, assurance of freedom and immunity from harm; give peace and order to all nations, and make the earth resound from pole to pole with one cry: Praise to the Divine Heart that wrought our salvation; to It be glory and honor forever. Amen. (*5 years*)

LITANY OF THE SACRED HEART

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us; Christ hear us.
Christ, graciously hear us.
God the Father of heaven,
God the Son, Redeemer of the world,
God the Holy Ghost,
Holy Trinity, one God,
Heart of Jesus, Son of the eternal Father,
Heart of Jesus, formed by the Holy Ghost
in the womb of the Virgin Mother,
Heart of Jesus, substantially united to the
Word of God,
Heart of Jesus, of infinite majesty,
Heart of Jesus, sacred temple of God,
Heart of Jesus, tabernacle of the Most
High,
Heart of Jesus, house of God and gate of
heaven,
Heart of Jesus, burning furnace of
charity,
Heart of Jesus, abode of justice and love,
Heart of Jesus, full of goodness and love,
Heart of Jesus, abyss of all virtues,
Heart of Jesus, most worthy of all praise,
Heart of Jesus, king and center of all
hearts,
Heart of Jesus, in whom are all the treas-
ures of wisdom and knowledge,
Heart of Jesus, in whom dwells the fulness
of the divinity,
Heart of Jesus, in whom the Father was
well pleased,
Heart of Jesus, of whose fulness we have
all received,
Heart of Jesus, desire of the everlasting
hills,

Have mercy on us.

Heart of Jesus, patient and most merciful,
 Heart of Jesus, enriching all who invoke
 Thee,
 Heart of Jesus, fountain of life and
 holiness,
 Heart of Jesus, propitiation for our sins,
 Heart of Jesus, loaded down with
 opprobrium,
 Heart of Jesus, bruised for our offenses,
 Heart of Jesus, obedient unto death,
 Heart of Jesus, pierced with 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 for sin,
 Heart of Jesus, salvation of those who
 trust in Thee,
 Heart of Jesus, hope of those who
 die in Thee,
 Heart of Jesus, delight of all the saints,

Have mercy on us.

Lamb of God, who takest away the sins
 of the world, *spare us, O Lord.*

Lamb of God, who takest away the sins
 of the world, *graciously hear us, O Lord.*

Lamb of God, who takest away the sins
 of the world, *have mercy on us.*

Jesus, meek and humble of heart,
Make our hearts like unto Thine.

Let us pray:

O Almighty and eternal God, look upon the Heart of Thy dearly beloved Son and upon the praise and satisfaction He offers Thee in the name of sinners, and being appeased, grant pardon to those who seek Thy mercy, in the name of the same Jesus Christ, Thy Son, who liveth and reigneth with Thee in the unity of the Holy Ghost, God, world without end. Amen.

(7 years; plenary once a month)

PRAYER FOR LIGHT

O Holy Spirit of God, take me as Thy disciple: guide me, illuminate me, sanctify me. Bind my hands, that they may do no evil; cover my eyes, that they may see it no more; sanctify my heart, that evil may not dwell within me. Be Thou my God; be Thou my guide. Whithersoever Thou leadest me I will go; whatsoever Thou forbiddest me I will renounce; and whatsoever Thou commandest me in Thy strength I will do. Lead me, then, unto the fulness of Thy truth. Amen.

FAVORITE PRAYERS

A PRAYER FOR CHRISTIAN UNITY

O God the Holy Ghost, Spirit of Truth and Love, who desirest that all nations should be brought into one faith, we beseech Thee to enlighten our understanding and strengthen our will, that we may zealously work and pray for the conversion of our beloved country. Grant us the privilege of helping our fellow countrymen to believe the doctrines which our Lord Jesus Christ taught by His Apostles, and to accept the means of salvation which, through their successors, He administers unto men's souls that all may belong to that one Fold of which Christ is the one Shepherd, and go onward by the one Way of Truth of life everlasting. Amen.

PRAYER FOR A HAPPY DEATH

O Lord Jesus Christ, through that bitterness which Thou didst suffer on the Cross, when Thy sacred soul was separated from Thy blessed body, have pity on my sinful soul, when it shall depart from my miserable body and enter into eternity. Amen.

PRAYER OF ST. FRANCIS

Lord, make me an instrument of Your peace; where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; for it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.

OFFERING YOURSELF TO GOD

Take, O Lord, into Thy hands my entire liberty, my memory, my understanding and my will. All that I am, and have, Thou hast given me, and I surrender them to Thee, to be so disposed in accordance with Thy holy will.

Give me Thy love and Thy grace; with these I am rich enough, and desire nothing more.

(3 years; plenary once a month)

PRAYER FOR COURAGE

Dear Lord, teach me to be generous; teach me to serve You as You deserve, to give and not to count the cost, to fight and not to heed the wound, to toil and not to seek for rest, to labor and not to seek reward, save that of feeling that I do Your will.

PRAYER TO CHRIST THE KING

O Jesus Christ, I acknowledge Thee as universal King. All that has been made, has been created for Thee. Exercise all Thy rights over me. I renew my baptismal vows. I renounce Satan, his pomps and his works; and I promise to live as a good Christian. And in particular do I pledge myself to labor, to the best of my ability, for the triumph of the rights of God and Thy Church. Divine Heart of Jesus, to Thee do I proffer my poor services and endeavors, that all hearts may acknowledge Thy Sacred Kingship, and that thus the reign of Thy peace be established throughout the whole universe. *(Plenary indulgence once a day after Holy Communion. Say for the intentions of the Holy Father the Our Father, Hail Mary and Glory be to the Father, once.)*

BENEDICTION HYMNS AND PRAYERS

O SALUTARIS HOSTIA

*O salutaris Hostia,
Quae caeli pandis ostium:
Bella premunt hostilia,
Da robur, fer auxilium.*

(O saving Victim, opening wide,
The gate of heaven to man below,
Our foes press on from every side:
Thine aid supply, Thy strength bestow.)

*Uni trinoque Domino
Sit sempiterna gloria:
Qui vitam sine termino
Nobis donet in patria.*

(To Thy great name be endless praise,
Immortal Godhead, one in three.
Oh, grant us endless length of days,
In our true native land with Thee.)

TANTUM ERGO

*Tantum ergo Sacramentum,
Veneremur cernui;
Et antiquum documentum,
Novo cedat ritui;
Praestet fides supplementum
Sensuum defectui.*

(Down in adoration falling,
Lo, the Sacred Host we hail.
Lo, o'er ancient forms departing,
Newer rites of grace prevail:
Faith for all defects supplying,
Where the feeble senses fail.)

*Genitori, Genitoque
Laus et jubilatio:
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio. Amen.*

(To the everlasting Father,
And the Son, who reigns on high,
With the Holy Spirit, proceeding
Forth from each eternally,
Be salvation, honor, blessing,
Might and endless majesty. Amen.)

*Panem de caelo praestitisti eis.
Omne delectamentum in se habentem.*

Thou gavest them bread from heaven.
Having in it the sweetness of every taste.)

Let us pray:

O God, who, under a wonderful Sacrament, has left us a memorial of Thy passion: grant us, we beseech Thee, so to venerate the sacred mysteries of Thy Body and Blood, that we may ever feel within ourselves the fruit of Thy redemption. Who livest and reignest, world without end. Amen.

THE DIVINE PRAISES

Blessed be God.

Blessed be His holy name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the name of Jesus.

Blessed be His most Sacred Heart.

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

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

Blessed be her holy and Immaculate Conception.

Blessed be her Glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in His angels and in His saints.

LAUDATE DOMINUM

*Laudate Dominum, omnes gentes;
Laudate eum, omnes populi.
Quoniam confirmata est super nos
misericordia ejus
Et veritas Domini manet in aeternum.*

(O praise the Lord, all ye nations;
Praise Him all ye people.
For His mercy is confirmed upon us:
And the truth of the Lord endureth forever.)

*Gloria Patri, et Filio, et Spiritui
Sancto, sicut erat in principio et
nunc et semper, et in saecula
saeculorum. Amen.*

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

DEVOTION TO THE BLESSED VIRGIN MARY

THE HOLY ROSARY

The Rosary is a devotion to the Incarnation of our Lord and to His Blessed Mother. It is composed of fifteen decades, each decade consisting of the Our Father, ten Hail Marys, and the Glory be to the Father, and each being recited in honor of some mystery in the life of our Lord and of His Blessed Mother. During each decade we should call to mind the mystery which it is intended to honor, and pray that we may learn to practice the virtue specially taught us by the mystery.

(Many indulgences can be gained by saying the Rosary devoutly.)

I. The Five Joyful Mysteries:

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

II. The Five 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.*

III. The Five Glorious Mysteries:

1. *The Resurrection.*
2. *The Ascension.*
3. *The coming of the Holy Ghost on the Apostles.*
4. *The Assumption of the Blessed Virgin.*
5. *The Coronation of the Blessed Virgin.*

DEDICATION TO MARY

My Queen, my Mother, I give myself entirely to thee; and to show my devotion to thee, I consecrate to thee my eyes, my

ears, my mouth, my heart, my whole self. Wherefore, good Mother, as I am thine, keep me, guard me, as thy property and possession. Amen. (*500 days*)

CONSECRATION TO MARY

Most holy Mary, my Lady, to thy faithful care and special keeping, and to the bosom of thy mercy, today and every day and particularly at the hour of my death, I commend myself, both soul and body. All my hope and consolation, all my trials and miseries, my life and the end of my life, I commit to thee, that through thy most holy intercession and by thy merits, all my actions may be directed and ordered according to thy will and that of thy divine Son. Amen. (*3 years*)

INVOCATIONS

Sweet Heart of Mary, be my salvation. (*300 days*)

O Mary, conceived without sin, pray for us who have recourse to thee. (*300 days*)

Mother of Perpetual Help, pray for us. (*300 days*)

By thy Immaculate Conception, O Mary, make my body pure and my spirit holy. (*300 days*)

O Mary, make me live in God, with God and for God. (*300 days*)

Immaculate Queen of Peace, pray for us. (*300 days*)

Queen of Apostles, pray for us. (*300 days*)

Blessed be the holy and Immaculate Conception of the Blessed Virgin Mary, Mother of God. (*300 days*)

FOR PURITY

Purest of virgins and most blessed of mothers, your perfect innocence never was sullied by the slightest stain of sin from the first instant of your Immaculate Conception until your most pure soul went forth into eternity. Obtain for us, then, most pitiful and tender Mother, the grace of a stainless purity like unto your own.

LITANY OF THE BLESSED VIRGIN

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us; Christ hear us.
Christ, graciously hear us.
God, the Father of heaven,
have mercy on us.
God, the Son, Redeemer of the world,
have mercy on us.
God, the Holy Ghost, *have mercy on us.*
Holy Trinity, one God, *have mercy on us.*
Holy Mary,
Holy Mother of God,
Holy Virgin of virgins,
Mother of Christ,
Mother of divine grace,
Mother most pure,
Mother most chaste,
Mother inviolate,
Mother undefiled,
Mother most amiable,
Mother most admirable,
Mother of good counsel,
Mother of our Creator,
Mother of our Savior,
Virgin most prudent,
Virgin most venerable,
Virgin most renowned,
Virgin most powerful,
Virgin most merciful,
Virgin most faithful,
Mirror of justice,
Seat of wisdom,
Cause of our joy,
Spiritual vessel,
Vessel of honor,
Singular vessel of devotion,
Mystical rose,

Pray for us.

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,
Comforter of the afflicted,
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 original sin,
Queen assumed into Heaven,
Queen of the most holy Rosary,
Queen of peace,

Pray for us.

Lamb of God, who takes away the sins of
the world, *spare us, O Lord.*

Lamb of God, who takes away the sins of
the world, *graciously hear us, O Lord.*

Lamb of God, who takes 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, we beseech Thee, O Lord God, that we, Thy servants,
may enjoy perpetual health of mind and body, and by the inter-
cession of the Blessed Mary ever Virgin, may be delivered from
present sorrow and attain eternal joy. Through Christ our Lord.
Amen. (*7 years; plenary once a month*)

DEVOTION TO ST. JOSEPH

A PRAYER TO ST. JOSEPH

Guardian of virgins and father, holy Joseph, to whose faithful care Christ Jesus, innocence itself and Mary, Virgin of virgins were committed: I pray and beg of thee by these dear pledges, Jesus and Mary, free me from all uncleanness, and make me with spotless mind, pure heart and chaste body, ever most chastely to serve Jesus and Mary all the days of my life. Amen.

LITANY OF ST. JOSEPH

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us; Christ, hear us.
Christ, graciously hear us.
God, the Father of Heaven,
have mercy on us.
God, the Son, Redeemer of the world,
have mercy on us.
God, the Holy Ghost, *have mercy on us.*
Holy Trinity, one God, *have mercy on us.*
Holy Mary,
Holy Joseph,
Illustrious Son of David,
Light of Patriarchs,
Spouse of the Mother of God,
Chaste Guardian of the Virgin,
Foster Father of the Son of God,
Zealous defender of Christ,
Head of the Holy Family,
St. Joseph most just,
St. Joseph most chaste,
St. Joseph most prudent,
St. Joseph most valiant,
St. Joseph most obedient,
St. Joseph most faithful,
Mirror of patience,

Pray for us.

Lover of poverty,
Model of laborers,
Honor of domestic life,
Guardian of virgins,
Safeguard of families,
Solace of the afflicted,
Hope of the sick,
Patron of the dying,
Terror of demons,
Protector of Holy Church,

Pray for us.

Lamb of God, who takest away the sins of
the world, *spare us, O Lord.*

Lamb of God, who takest away the sins of
the world, *graciously hear us, O Lord.*

Lamb of God, who takest away the sins of
the world, *have mercy on us.*

He appointed him Lord over his house-
hold.

And the ruler of all his possessions.

Let us pray:

O God, who in Thine ineffable providence didst vouchsafe to choose blessed Joseph to be the spouse of Thy most holy Mother: grant, we beseech Thee, that we may be made worthy to have him for our intercessor in heaven, whom on earth we venerate as our Protector. Who livest and reignest, world without end. Amen. (*5 years; plenary once a month*)

ACT OF CONSECRATION TO ST. JOSEPH

O dearest St. Joseph, I consecrate myself to thy honor and give myself to thee, that thou mayest always be my Father, my Protector, and my Guide in the way of Salvation. Obtain for me a great purity of heart, and a fervent love of the interior life.

After thy example, may I do all my actions for the greater glory of God, in union with the Divine Heart of Jesus, and with the Immaculate Heart of Mary. And do thou, O blessed St. Joseph, pray for me, that I may share in the peace and joy of thy holy death. Amen.

FOR ALL THINGS NECESSARY TO SALVATION

O my God, I believe in Thee; do Thou strengthen my faith. All my hopes are in Thee; do Thou secure them. I love Thee; teach me to love Thee daily more and more. I am sorry that I have offended Thee; do Thou increase my sorrow.

I adore Thee as my first beginning; I aspire after Thee as my last end. I give Thee thanks as my constant benefactor; I call upon Thee as my sovereign protector.

Vouchsafe, O my God, to conduct me by Thy wisdom, to restrain me by Thy justice, to comfort me by Thy mercy, to defend me by Thy power.

To Thee I desire to consecrate all my thoughts, words, actions and sufferings; that henceforward I may think of Thee, speak of Thee, refer all my actions to Thy greater glory, and suffer willingly whatever Thou shalt appoint.

Lord, I desire that in all things Thy will may be done, because it is Thy will, and in the manner that Thou willest.

I beg of Thee to enlighten my understanding, to inflame my will, to purify my body, and to sanctify my soul.

Give me strength, O my God, to expiate my offenses, to overcome my temptations, to subdue my passions and to acquire the virtues proper for my state.

Fill my heart with tender affection for Thy goodness, hatred of my faults, love of my neighbor and contempt of the world.

Let me always remember to be submissive to my superiors, courteous to my inferiors, faithful to my friends and charitable to my enemies.

Assist me to overcome sensuality by mortification, avarice by almsdeeds, anger by meekness and tepidity by devotion.

O my God, make me prudent in my undertakings, courageous in dangers, patient in affliction and humble in prosperity.

Grant that I may be ever attentive at my prayers, temperate at my meals, diligent in my employments and constant in my resolutions.

Let my conscience be ever upright and pure, my exterior modest, my conversation edifying and my deportment regular.

Assist me, that I may continually labor to overcome nature, to correspond with Thy grace, to keep Thy Commandments and to work out my salvation.

Discover to me, O my God, the nothingness of this world, the greatness of heaven, the shortness of time and the length of eternity.

Grant that I may prepare for death; that I may fear Thy judgments, escape hell and in the end obtain heaven: through Jesus Christ our Lord. Amen.

FAVORITE HYMNS

HOLY GOD, WE PRAISE THY NAME

Holy God, we praise Thy name!
Lord of all, we bow before Thee!
All on earth Thy sceptre claim,
All in heaven above adore Thee;

Infinite Thy vast domain,
Everlasting is Thy name.

Hark the loud celestial hymn,
Angel choirs above are singing!
Cherubim and Seraphim,
In unceasing chorus praising;

Fill the heavens with sweet accord:
Holy! Holy! Holy Lord!

COME, HOLY GHOST, CREATOR BLEST

Come, Holy Ghost, Creator blest,
And in our hearts take up Thy rest;
Come with Thy grace and heavenly aid,
To fill the hearts which Thou hast made.
To fill the hearts which Thou hast made.

O Comforter, to Thee we cry;
Thy heavenly Gift of God Most High;
Thou Fount of life and Fire of love,
And sweet anointing from above.
And sweet anointing from above.

O LORD, I AM NOT WORTHY!

O Lord, I am not worthy
That Thou shouldst come to me,
But speak the words of comfort,
My spirit healed shall be.

And humbly I'll receive Thee,
The Bridegroom of my soul,
No more by sin to grieve Thee,
Or fly Thy sweet control.

And when Thy heart, dear Jesus,
Is beating close to mine,
O cleanse my heart in mercy,
And make it worthy Thine.

ON THIS DAY, O BEAUTIFUL MOTHER

On this day, O beautiful Mother,
On this day we give thee our love.
Near thee, Madonna, fondly we hover,
Trusting thy gentle care to prove.

On this day we ask to share,
Dearest Mother, thy sweet care;
Aid us ere our feet astray,
Wander from thy guiding way.

Queen of Angels, deign to hear
Lispings children's humble pray'r;
Young hearts gain, O Virgin pure,
Sweetly to thyself allure.

DEAR GUARDIAN OF MARY

Dear Guardian of Mary, dear nurse of her child,
Life's ways are full weary, the desert is wild,
Bleak sands are all 'round us, no home can we see;
Sweet Spouse of our Lady! we lean upon thee.

For thou to the pilgrim art father and guide,
And Jesus and Mary felt safe at thy side;
Ah, blessed Saint Joseph, how safe should I be,
Sweet Spouse of our Lady! if thou were with me.

O blessed Saint Joseph! how great was thy worth;
The one chosen shadow of God upon earth;
The father of Jesus — ah; then with thou be,
Sweet Spouse of our Lady; a father to me.

