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# IN STEP WITH CHRIST

A Soldier's Daily Prayerbook

by

Reverend Paul McConnell Klohr

*Give Three Minutes To God  
Morning and Evening*

BONAVENTURE BOOKLETS

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FEAST OF THE RESURRECTION

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## MORNING PRAYERS

**M**Y GOD, I acknowledge Thee as my Sovereign Lord. I resolve to spend this day in Thy service, as well as in the service of my country. I offer to Thee the many tasks I will do today, whether they be routine or some special duty. Help me to accomplish these tasks well, so that when this day is over I may earn my rating of a soldier of Jesus Christ. Mother Mary, keep me pure and help me take my place along side the men of valor who call you their Queen and who treasure your love. I am entered into the service of my God and my Country and I pray for help today to do my best for God and Country.

## THE APOSTLE'S CREED

I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord; who was conceived by the Holy 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 forgiveness of sins, the resurrection of the body, and life everlasting. 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.

## THE 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 GLORIA PATRI

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.

## 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.

## PRAYER TO OUR BLESSED MOTHER

O Holy Mary, my Mother, to Thy blessed trust and special custody and to the bosom of Thy mercies I, this day, every day and at the hour of my death commend my soul and my body. To Thee I commit all my anxieties and miseries, my life and the end of my life, that by Thy most holy intercession and by Thy merits all my actions may be directed and disposed according to Thy will and that of Thy Son. Amen.

*Finish your prayers with the appropriate day's morning reflection.*

## SUNDAY MORNING

### Orders for the Day

**W**HEN Our Saviour walked the earth it was to a soldier that he first gave the highest praise: "Such Faith I have not seen in Israel." At His death upon Mount Calvary another soldier spoke the words: "Truly this must be the Son of God."

The soldier with his military training is alert to recognize and to respect authority. When he comes into the presence of a superior officer it makes a difference to him. He salutes and stands at attention. He never passes by carelessly. He is trained to notice authority and to salute his officers.

So when a soldier realizes that he is a creature in the presence of His Creator, that he is a man in the presence of His God, then his reaction is soldierlike.

Now Almighty God speaks through His Church and the soldier listens and obeys. The Church gives the orders for doing good and avoiding evil. They are the orders for the day. The soldier obeys them for they are "Orders"—"God's Orders."

## SUNDAY EVENING

### Regulations

**I**T OFTEN happens that an order given will be referred to as "Army Regulations." You may never see or know the ones who compiled these Army Regulations, but just try to ignore them and see what happens. It is this strict justice of Army life that makes it so easy for a good soldier to be a good Catholic. You know what to do and you don't dare omit it. It is the result of training and discipline. It is more than that—it appeals to a man's sense of honor. You would be ashamed to be found neglecting your duty. This sense of honor is even greater than your fear of reprisals. God gave you this sense of honor and decency. It is your conscience. He expects you to make your moral life just as precise as you make your military one. His regulations are to be respected and obeyed.



## MONDAY MORNING

### Preparation for Battle

**S**AINT PAUL tells us there is no authority except from God. The authority that is in the individual has been given by God, and it is the duty of the individual to pray to God to help him use his authority properly. Those who are under authority should be humble, loyal and faithful. They should pray, too, for God's grace for their superiors as well as for themselves. Saint Paul uses the soldier as an example for every Catholic. He compares the Catholic to a soldier getting ready to fight. And by the authority of God the Catholic, too, must wear certain equipment. As the soldier dons his equipment each implement of warfare is like unto a Catholic putting similar equipment on his soul in order to fight sin. The breastplate of charity, for kindness saves a man from many a mortal wound; the helmet of salvation, for thought of your future life will help you keep your head; the sword of truth and chastity, for these are fighting virtues, powerful against lying, cowardice and unfair play.

*Saint Paul, pray for us.*

## MONDAY EVENING

### The Makings of a Soldier

**S**T. FRANCIS DE SALES tries to tell us in a simple manner just how very complex we are. He likens each man to a lord of an estate. The lord is in charge, or should be in charge. He has many servants to do his will. If the lord is a sensible man the whole estate shows it and everything runs smoothly.

We are in charge of ourselves. We have many servants: our intelligence, our knowledge, our experience, and our powers of speech. If we are sensible our lives can be very good. Besides servants the lord has irrational animals: horses and hounds. If they are trained they can be very useful. If they are left to go wild they can destroy the estate and even the lord himself. Such are the passions inside of us—the urge to do this, the desire for that. They can be put to good use when held in check and directed properly, but if they are left to themselves they will cause our ruin.

God Himself will say: "Very good, sir" if we keep our lives in order.

*St. Francis de Sales, pray for us.*

## TUESDAY MORNING

### The Call to Arms

**S**T. IGNATIUS, the founder of the Jesuits, was a great soldier. He had training and skill and felt right at home in the thrill and savagery of battle. But one day he was wounded and he was told that it would be a long time before he could bear arms again. And so, while he was convalescing, he thought about the things that were going on in his mind. He wanted this, and he didn't want that. He became violently angered over one or another trifle, while the truly important matters of his life didn't bother him at all. After much thought he gradually realized that the human soul is like a battleground, where the forces of God and the forces of Satan are continually in conflict. Evil and the suggestions of evil are from the devil. Good and the suggestions of good are from God. He suddenly saw his Master, Christ, as his leader in battle; saw Him die in a bloody manner on the cross. From then on he could not leave off this battle. He must follow his great Captain, no matter how hard the battle against temptation and sin. Whenever temptation would come he would see his Leader nailed to the cross and he would know where his duty lay. The destiny of each man is settled by the battle in his heart. This is the real world war.

*St. Ignatius, pray for us.*

## The Rosary—The Christian's Weapon

**H**UNDREDS of years before Christ was born there lived a young man named David. David was too young to join the Army and he spent his time working for his father, tending his flocks. He used a sling-shot to protect the sheep from the wolves. He always carried the slingshot with him, keeping himself in practise so as to be sure of his aim in times of need. One day he brought provisions to the Army and heard the news that was going around. The opposing army had suggested that one man from each camp fight, and that the winner should take all; the camp of the loser would surrender completely to the army of the winner. The opposing side had made the proposition, and as was to be expected, they were sure they had a winner. A great big mountain of a man, named Goliath, marched up and down before the camp, and the men in the camp where David was were very much afraid. David looked the situation over and then offered to fight Goliath. As no one else would volunteer, it was decided to let David try. With nothing more than

the slingshot and a few smooth stones, he went out to do battle with Goliath and killed him.

This story from the Bible shows the real power of God over his enemies. No matter how great a temptation may be, no matter how it may be decked out to overcome our better selves, we can overcome it by prayer. The slingshot of David reminds us of our Rosary.

Saying the Rosary will keep us in trim to fight the enemies of our soul. We have, and will have, many temptations to practise on, just as David had many wolves to destroy with his slingshot. Then when a great danger threatens our whole moral life we will fall back instinctively upon the use of our Rosary. It is a weapon of spiritual warfare and should be daily inspected and practised by every Catholic soldier.

*(See explanation of Rosary on page 26.)*

## WEDNESDAY MORNING

God's Inspection—"Walk Before Me and Be Perfect"

**W**HEN the call for Inspection is sounded, everything is generally in place. When the Commanding Officer comes around it is usually some small item he may have to correct. Even with your customary diligence and Army discipline, there is always something that could be a bit better. And your readiness for Inspection is the result of constant work, daily checking things over, fixing whatever needs to be repaired, cleaning whatever needs to be cleaned. Can you imagine yourself standing for Inspection in a uniform covered with dirt and missing a couple of buttons, shoes that hadn't been shined for a week, a hat that hadn't been brushed? Can you imagine yourself waiting for your Commanding Officer to inspect your quarters when you hadn't done a tap of work to clean them for months? What about getting ready for God's Inspection! You see how even a day's wear leaves much to be done in the way of fixing your clothes and your quarters. You have to give the same daily constant care to your soul. To be able to stand brightly for

inspection each day, you have to check your daily prayers, your conduct as a soldier of Jesus Christ, your readiness to fight temptation, your general fitness as a Catholic Gentleman.

Army life teaches you the need of being particular about every detail. It is up to you to see the need of using the same discipline in regard to yourselves. Sunday Mass, daily prayers, monthly Confession and Communion, checking of passions, sweeping out temptations—these are the items that are important in your daily inspection for God. Otherwise sins will accumulate like dirt.

*Blessed are the clean of heart, for they shall see God.*

## WEDNESDAY EVENING

### The Soldier's Code of Purity

**T**HERE are few who do not thrill to see a soldier. There is something strong and manly about him. What a wonderful thing it would be if the sight of a soldier would impress one also with the great moral strength, the force of fine character in Army life. You are training and you are ready to fight for your country. Your country to you means the fine, decent lives of people all over this land. You are not ready to die so that men can philander away their lives or so that women can live sinfully. Your country means something honest and clean and honorable. That is why you love and respect it. As a true patriot you will condemn bad conduct and bad associations. You love your country because it is good. Setting a good example, avoiding the occasions of sin, are fundamental requirements for a soldier worthy of this glorious, free, decent land. Leading a good life is a soldier's duty.

*Mother Mary, help me.*



## THURSDAY MORNING

### On the Alert!

**ON**LY a little reflection is needed to see how closely the life of a good soldier parallels the life of a good Catholic. It is a hard life, full of personal sacrifice, and subject to a call to duty at any time of the day or night. There is no weakness about a good Catholic. He has to become tough and strong because his enemies are powerful. This strength and toughness comes only from training and discipline. The Catholic is always a fighter; there's always some kind of spiritual battle on his hands. To a regular Catholic man, military training and discipline should be a constant reminder of the need of being alert and smart about his duties in the service of God. May Christ say to you as He did to the soldier of Rome: "Such Faith I have not seen in the whole world."

*My Patron Saint, pray for me.*

## THURSDAY EVENING

### Dress Parade

**C**ONFIRMATION is a Sacrament in which we receive the Holy Ghost to make us strong and perfect Christians and soldiers of Jesus Christ. You learned this in your catechism. How much more it means to you now! A soldier of Jesus Christ! Your camp is the world in which you live, your equipment comes in the form of the Gifts and Fruits of the Holy Ghost which you receive in the Sacrament of Confirmation. A uniform does not mean much to you personally until you wear it; equipment isn't much good to you until you use it, and practice using it over and over again. In the spiritual world you wear the uniform of God's Army. The seven gifts: Wisdom, Understanding Counsel, Fortitude, Knowledge, Piety and Fear of the Lord; and the twelve fruits: Charity, Joy, Peace, Patience, Benignity, Goodness, Long Suffering, Mildness, Faith, Modesty, Continency and Chastity—these are your equipment. You shine them up and put them in order by thinking about each one; then practicing them. What good is your equipment if you neglect it or have forgotten about it. You can be proud of this equipment. Never allow it to rust out. What a glorious sight indeed is the soldier of Jesus Christ in full regalia!

*God the Holy Ghost, Inspire us.*

## FRIDAY MORNING

### The Soldier's Prayer

**W**HEN you are at Mass and just before you approach the Altar to receive Holy Communion the priest holds aloft the Sacred Body of Christ and says aloud: "Domine non sum dignus . . ." "O Lord, I am not worthy that Thou shouldst enter under my roof; say but the word and my soul shall be healed." This prayer was inspired by a soldier. It is candid, outspoken and full of Faith. The man who said it was an officer in the Roman Army, and Our Lord, when He heard it, commended his great Faith. Now throughout all the world as people gather themselves around the altar and are about to receive Holy Communion, the prayer is repeated by the priest. A soldier has become the spokesman for the whole world. This is a prayer of humility, faith, and hope. You have a special claim to use it. It is a soldier's prayer.

"O LORD, I AM NOT WORTHY THAT THOU SHOULDST COME TO ME, BUT SAY THE WORD OF COMFORT AND MY SOUL SHALL BE HEALED."

# Communion Prayer

## 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 when the foe assails me;  
Call me when my life shall fail me;  
Bid me come to Thee above,  
With Thy Saints to sing Thy love, world without end,  
Amen.

## PRAYER TO JESUS CRUCIFIED

Look down upon me, good and gentle Jesus, while before Thy Face I humbly kneel, and with burning soul 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; and while I contemplate with great love and tender pity Thy five Wounds, pondering over them within me, and calling to mind 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."

*Those who recite this prayer devoutly before a picture or an image of Christ crucified, after having received Holy Communion, and say an Our Father, Hail Mary and the Glory be to the Father, etc., for the intention of the Holy Father can gain a plenary indulgence which is applicable to the souls in purgatory.*

## FRIDAY EVENING

### Stop and Go: God's Traffic Lights

**I**T IS interesting to note that lights are signals for the stopping and the going of vehicles in modern traffic. When you are driving along if you see a red signal you stop; if you see a green signal you go ahead. No one else stops the car. You do it, and you are guided by the law of the lights. Most of the time you observe the lights unconsciously because you know that they are really a help in driving, but sometimes you are tempted to "go through" a red light. It is then that you feel fear of being caught and you generally refrain from the impulse, especially if you see a Police Officer near by. Now on the highway of your life God has given you signals to stop and signals to go ahead. These are His Commandments. Some of the Commandments are stop signals. "Don't do that!" they say to you. Others are go signals. "Go ahead! Keep moving! What are you waiting for! Don't park here!" they shout at you. Read over these commandments and see how reasonable they are. If you should ever be tempted to break one let the fear of God cause you to resist the impulse. Stop when they say stop; Go when they say go. They are God's rules on the highway of life. Form your conscience on these:

## THE TEN COMMANDMENTS OF GOD

1. I am the Lord thy God. Thou shalt not have strange gods before me.
2. Thou shalt not take the name of the Lord thy God in vain.
3. Remember that thou keep holy the Sabbath day.
4. Honor thy father and thy mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbor's wife.
10. Thou shalt not covet thy neighbor's goods.

## THE SIX PRECEPTS OF THE CHURCH

1. To hear Mass on Sundays, and all holy days of obligation.
2. To fast and abstain on the days commanded.
3. To confess our sins at least once a year.
4. To receive the blessed Eucharist during Easter time.
5. To contribute to the support of our pastors.
6. Not to solemnize marriage at the forbidden times; nor to marry persons within the forbidden degrees of kindred, or otherwise prohibited by the Church nor before anyone but a duly authorized priest.

*"If you love Me, keep My Commandments."*

## SATURDAY MORNING

### Fall In!

**W**HEN the command, "Fall In!", is heard everyone drops what he is doing and immediately steps into line. There is no hesitation. You don't say, "Wait a minute" or "I'm coming." You're there!

When a group gets together and men are enjoying their recreation as real soldiers will, there sometimes comes the sound of uncharitable words, indecent conversation, or worse. This is the moment that God tells you, through your conscience, "Fall In!"; and you involuntarily say to yourself, "Break it up, Bud!"

Other times when you will hear the command of your conscience saying, "Fall In," are the times for your morning prayer, your evening prayer, your Sunday Mass, your Confession and Communion. Every good Catholic has a good soldier's heart and he obeys punctiliously the commands of his God.

*"Not my will but Thine be done."*

## Two Kinds of Sickness

**W**HEN a soldier is stricken with sickness he has plenty of time to think. He misses that freedom of his body which is given him in health and he becomes dependent on others to help him. There is concern over a sick soldier and a whole hospital detail has been organized to help him get well and keep him physically fit. Now why shouldn't we be concerned for those who are sick with the sickness of sin? We can really help them by our private prayers and by our good example.

There is no thought better calculated to help us understand the need of health in our soul than the thought of sickness. Sin is the sickness of the soul. It takes our soul out of the vigor of health and puts it in the hospital where it lies crippled. If our Lord were to come again among the physically sick and give them immediate health there would indeed be much longing for the presence of Christ among us. Today Our Lord is just as much in our midst by means of His Sacraments. He moves about among men performing miracles, giving health and life and vigor to the soul in the Sacrament of a good Confession.

*Mary, Comforter of the Afflicted, pray for us!*



## EVENING PRAYERS

**M**Y GOD, I thank Thee for this day which Thou hast given me. If I have not done so well, it is my own fault. How much better I would have kept this day if I had only turned to Thee from time to time. At its close I stand before Thee for inspection and I feel embarrassed and ashamed at my imperfections. Thou hast chosen me for Thy eternal service and I pray Thee to be patient with me. So many times I have acted as a raw recruit after all these years of training in Your service. Help me to do all my duties better in the future.

### ACT OF FAITH

O My God, I firmly believe all the sacred truths which Thy Holy Catholic Church believes and teaches, because Thou hast revealed them, who canst neither deceive nor be deceived.

### ACT OF HOPE

O My God, relying on Thy infinite goodness and promises, I hope to obtain the pardon of my sins, the assistance of Thy grace, and life everlasting, through the merits of Jesus Christ, our Lord and Saviour.

### ACT OF CHARITY

O My God, I love Thee above all things, with my whole heart and soul, because Thou art infinitely worthy and deserving of all love. I love also 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.

## 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 HAIL MARY (3 times)

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.

For my family and friends living and dead and for all whom I am bound to pray, I say this prayer from Holy Scripture:

"The Lord bless thee and keep thee.

The Lord show His face to thee, and have mercy on thee.

The Lord turn His countenance to thee and give thee peace."

*Finish your prayers with the appropriate day's evening reflection.*

## THE SOLDIER AT MASS

**T**HE Sacrifice of the Mass is the renewal of the Sacrifice of Our Lord on the Cross. It is another Calvary. There are many ways of devoutly attending Mass. Using the missal, the same as the priest uses it, is the best way. Some will say the Sorrowful Mysteries of the Rosary. Others will try to realize the importance of the scene before them, calling to mind the scene of the first Mass on Calvary.

The Mass is the central act of Christian worship. No matter which method we use in attending Mass we should include in our devotion the four acts of worship: Adoration, Contrition, Thanksgiving and Supplication. It will be noted that the first letters of these four spell the word A-C-T-S.

If you happen to attend Mass without a missal, prayerbook or beads, the following suggestions may be helpful. The priest begins Mass with prayers at the foot of the Altar—Prayers of humility in the Confiteor, prayers of devotion in the psalm. David composed this particular psalm while in exile and it expresses his longing to be in God's Temple, just as we long to be on Calvary with Our Saviour. Here say your act of contrition.

“When we pray we speak to God, and when we read the Scriptures God speaks to

us." Noting the care that God has taken to reach us with His word in the Epistle and Gospel, and appreciating the divine love that has willed to renew this Sacrifice here for you, you now express sincere sentiments of thanksgiving to your most good God.

At the Consecration adore God and repeat the words of St. Thomas: "My Lord and My God." Here too, in adoration, may be said the acts of Faith, Hope and Love.

After Communion make an act of supplication, imploring God to make you a good soldier for the honor of God and your Country.

## THE ROSARY

**Y**OU begin your Rosary by looking at the Crucifix and then blessing yourself in the form of a cross. Next you fearlessly declare what side you are on by saying the Apostle's Creed. Then you say the Our Father, making it a family affair. Then the Hail Mary, honoring your Mother and your Queen and asking for help now and at the hour of your death. The Glory be to the Father is a battle cry to rouse you to your duty of honoring God everywhere and at all times. The Hail Holy Queen fills you with the thought that heaven is well worth fighting for.

On Monday you say the Joyful Mysteries; on Tuesday, the Sorrowful; and on Wednesday, the Glorious. Starting over you say the Joyful on Thursday, the Sorrowful on Friday, the Glorious on Saturday. On Sunday the Glorious Mysteries are said.

## THE JOYFUL MYSTERIES

1. **The Annunciation.** The Archangel Gabriel hails Mary with the message that she is to be the Mother of God.
2. **The Visitation.** Mary visits her cousin Elizabeth. St. Elizabeth takes up the words of the Angel saying "Blessed art thou amongst women and blessed is the fruit of thy womb!"
3. **The Birth of Our Lord.** The well organized Roman army had brought peace to the world. In the midst of this peace, our Saviour is born in Bethlehem.
4. **The Presentation.** Mary, in accordance with the law, takes the Infant Jesus to the temple to present Him to God.
5. **The Finding in the Temple.** Mary says: "Thy father and I have sought Thee sorrowing." If we have lost Jesus through sin we will find Him in the Sacraments in His Church.

## THE SORROWFUL MYSTERIES

1. **The Agony in the Garden.** Worry and anxiety can cause more suffering than physical pain. Jesus is worried about your salvation.
2. **The Scourging at the Pillar.** Listen as you say the Hail Marys and you can almost hear the scourges thud into Our Lord's body. He suffered for you.
3. **The Crowning With Thorns.** They are making a mockery of the King of Kings. O that I may honor Jesus and wipe away these indignities.
4. **The Carrying of the Cross.** "Take up your Cross daily, and follow me."
5. **The Crucifixion.** Jesus has made the supreme sacrifice for my salvation. His arms are extended to hold me back from sin.

## THE GLORIOUS MYSTERIES

1. **The Resurrection.** How great is this mystery, St. Paul says: "If Christ be not risen, then is my preaching vain." We honor Our risen Saviour.
2. **The Ascension.** Christ sits at the right hand of the Father in heaven. But He remains with us still and will make possible our joyful entrance into our heavenly home.
3. **The Descent of the Holy Ghost Upon Our Blessed Mother and the Apostles.** This is the Birthday of the Church. Christ has said to the Apostles: "He who heareth you, heareth me." Strengthened by the Holy Ghost they go forth to teach the world.
4. **The Assumption.** Mary whose holy body was the tabernacle of the Most High is brought immediately to heaven before her body is touched with corruption.
5. **The Coronation.** We salute our Queen and our Mother.

## THE SALVE REGINA

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

Pray for us, O holy mother of God,

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

### LET US PRAY

Oh God, who by the life, death, and resurrection of Thine Only Begotten Son, has purchased for us, the rewards of Eternal Life, grant we beseech Thee, that whilst meditating upon these mysteries of the most Holy Rosary of The Blessed Virgin Mary, that we may both imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

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# NOTES

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## NOTES

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## NOTES

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## PRAYER OF A SOLDIER

By JOYCE KILMER

*My shoulders ache beneath my pack  
(Lie easier, Cross, upon His back)*

*I march with feet that burn and smart  
(Tread, Holy Feet, upon my heart)*

*Men shout at me who may not speak  
(They scourged Thy back and smote Thy  
cheek)*

*I may not lift a hand to clear  
My eyes of salty drops that sear.*

*(Then shall my fickle soul forget  
Thy Agony of Bloody Sweat)*

*My rifle hand is stiff and numb  
(From Thy pierced palm red rivers come)*

*Lord, Thou didst suffer more for me  
Than all the hosts of land and sea.*

*So, let me render back again  
This millionth of Thy gift. Amen.*

