

A PRAYER BOOK
FOR THE
SICK



CENTENARY EDITION

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*Meehan, Edmund T.
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**A PRAYER BOOK
FOR THE
SICK**

By

REV. EDMUND T. MEEHAN



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P R E F A C E

IT is impossible to write much about Frederic Ozanam, founder of the St. Vincent de Paul Society, within the space of a few sentences. Perhaps the best way to describe him would be to say he lived in Christ. And in this he followed the saint of two hundred years before, whose name Ozanam used as the title for his organization.

Vincent de Paul could have idled and dried to dust in luxury. Instead, he plunged his energies in God: founded the Sisters of Charity, set up hospitals and homes, established food kitchens, gathered alms. And Frederic Ozanam, two hundred years later, carried out what the kindly saint had started. With a group of eight young men who met in the editorial office of the Paris "Catholic Tribune" he began the work which has continued to the present day.

It has been a great work. Of course, statistics can be impressive. The numbers of those aided in every way through the many years since the society was organized would make a thrilling sight—to those interested only in cold figures. But it takes more than that to achieve good. It takes a heart, and many hearts all beating together to the metronome of God.

This one united heart has been the secret of the St. Vincent de Paul Society. It has

been the basis for all its efforts in behalf of those in want, whether that want be physical, material, or spiritual. The sick and the aged have found friends in its members; the troubled, listeners to whom they may confide; the weary, those with whom to share their burdens. These men do not merely sigh "I see your problem" and then go on in haste—they stop, and try to help in its solution. They also live in Christ, following the print of footsteps made by Ozanam and by the saint who was his inspiration.

They are not self-righteous, nor are they arrogant, thundering at those who make mistakes, or turning from the sight of those in pain. They know the value of a laugh, a smile, a word of cheer and hope, those little things which mean so much when some one else is feeling very low. And they know, too, the worth of every prayer, however small, spoken from a heart that humbly turns to **God.**

That is why they offer you this book of prayer to be your own, your words to whisper whether roads be smooth or rocky. That you may have the meaning of each day supplied by your own life in Christ.

So do they hope that you will use this little book, these Vincentians of the Loving Master—that, with it, you may quicken joy and lighten sorrow—that, with it, you may bring all Heaven a little nearer to your heart.

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EXPLANATION OF INDULGENCES

As you turn the pages of this book, you will notice that it contains many indulgenced aspirations and prayers. These have been compiled directly from "Preces et Pia Opera"—the Official Collection of Indulgences recently published by the Holy See.

WHAT IS AN INDULGENCE?

I. An Indulgence is a remission by the Church to those who are *free from mortal sin*, of the whole (a Plenary Indulgence), or a part (a Partial Indulgence) of the temporal punishment due to sin.

II. By *temporal punishment* is meant a limited penalty (as distinguished from eternal punishment which is an unlimited penalty) incurred for sin. Temporal punishment may be remitted in this life; if not remitted, it must be satisfied either in this world by patiently enduring the ills of life, or in the next by suffering the pains of purgatory.

III. A Partial Indulgence of 300 Days means that by such an indulgence we cancel as much punishment as we could have cancelled in the early days of the Church by performing 300 days of severe penance.

IV. "All indulgences may be applied to the suffering souls unless otherwise specified."—Canon 930.

V. Indulgences attached to aspirations can be gained for mental recitation.

VI. The prayer for the intention of the Pope must be *vocal*.

VII. As no indulgence, plenary or partial, can be obtained without the intention of gaining it, each morning form the intention of gaining all the indulgences you can. In this way, your soul and the souls of the faithful departed shall be enriched in return.

TRUTHS TO KNOW

TRUTHS of Faith which every Christian should know and believe are these:

I believe in one God. I believe that God rewards the good, and punishes the wicked.

I believe that in God there are three Divine Persons—God the Father, God the Son, and God the Holy Ghost.

I believe that God the Son became Man, without ceasing to be God. I believe that He is my Lord and my Saviour, the Redeemer of the human race, that He died on the Cross to save all men, that He died also for me.

MORNING PRAYERS

✠ In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

—Indulgence: 100 Days.

The length of Morning, Evening and other prayers through the day will depend on the condition of the patient. One will scarcely be able to say anything; another may have the time and energy to recite many. We herewith submit a number of prayers, and leave the saying of them to your judgment and strength. At any rate, at the outset of each day, let every one, even the weakest patient, try to “offer God all my prayers, works and sufferings of the day.” Then, even if you are unable to say one other prayer, that offering will take care of everything.

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 of my sins, the help of Thy grace, and life everlasting, my Lord and Redeemer.

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 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.

Thank God for all favors and offer your self to Him.

O MY God, I most humbly thank Thee for all the favors Thou hast bestowed upon me up to the present moment. I give Thee thanks from the bottom of my heart that Thou hast created me after Thine own image and likeness, and that Thou hast redeemed me by the precious blood of Thy dear Son, and that Thou hast preserved me and brought me safe to another day. I offer to Thee, O Lord, my whole being, and in particular all my thoughts, words, actions, and sufferings of this day. I con-

secrete them all to the glory of Thy name, beseeching Thee that through the infinite merits of Jesus Christ, my Saviour, they may all find acceptance in Thy sight. May Thy divine love animate them, and may they all tend to Thy greater glory.

Resolve to avoid sin and to practise good.

ADORABLE Jesus, my Saviour and Master, model of all perfection, I resolve and will endeavor this day to imitate Thy example; to be, like Thee, mild, humble, chaste, zealous, charitable, and resigned. I will redouble my efforts that I may not fall this day into any of those sins which I have heretofore committed (here name any besetting sin), and which I sincerely desire to forsake. I have the intention to gain all the indulgences I can in favor of the poor souls in purgatory.

Ask God for the necessary helps.

O MY God, Thou knowest my poverty and weakness, and that I am unable to do anything good without Thee; deny me not, O God, the help of Thy grace; proportion it to my necessities, give me strength to avoid anything evil which Thou forbiddest, and to practise the good which Thou hast commanded, and enable me to bear patiently all the trials which it may please Thee to send me.

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 among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now, and at the hour of our death. Amen.

THE 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 rose 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 the life everlasting. Amen.

PRAYER TO THE BLESSED VIRGIN

HOLY Virgin, Mother of God, my mother and patroness, I place myself under thy protection, I throw myself with confidence into the arms of thy compassion. Be to me, O mother of mercy, my refuge in distress, my consolation under suffering, my advocate with thy adorable Son, now, and the hour of my death.

PRAYER TO YOUR 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. —Indulgence: 300 Days.

PRAYER TO YOUR PATRON SAINT

O GREAT saint whose name I bear,
protect me, pray for me, that like
thee I may serve God faithfully on earth,
and glorify Him eternally with thee in
heaven. Amen.

ST. JOSEPH

ST. JOSEPH, foster father of our Lord
Jesus Christ, and true spouse of Mary
ever Virgin, pray for us.

—Indulgence: 300 days once a day.

LITANY OF THE MOST HOLY NAME OF JESUS

Lord, have mercy on us.
 Christ, have mercy on us.
 Lord, have mercy on us.
 Jesus, hear us.
 Jesus, 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.

Jesus, Son of the living God,
 Jesus, splendor of the Father,
 Jesus, brightness of eternal light,
 Jesus, King of Glory,
 Jesus, sun of justice,
 Jesus, Son of the Virgin Mary,
 Jesus, most amiable,
 Jesus, most admirable,
 Jesus, mighty God,
 Jesus, Father of the world to come,

Jesus, Angel of great counsel,
 Jesus, most powerful,
 Jesus, most patient,
 Jesus, most obedient,
 Jesus, meek and humble of heart,
 Jesus, lover of chastity,
 Jesus, lover of us,
 Jesus, God of peace,
 Jesus, Author of life,
 Jesus, example of virtues,
 Jesus, zealous lover of souls,
 Jesus, our God,
 Jesus, our refuge,
 Jesus, father of the poor,
 Jesus, treasure of the faithful,
 Jesus, good shepherd,
 Jesus, true light,
 Jesus, eternal wisdom,
 Jesus, infinite goodness,
 Jesus, our way and our life,
 Jesus, joy of Angels,
 Jesus, King of Patriarchs,
 Jesus, Master of the Apostles,
 Jesus, Teacher of Evangelists,

Have mercy on us

Have mercy on us

Jesus, strength of
Martyrs,
Jesus, light of Con-
fessors,
Jesus, purity of Vir-
gins,
Jesus, crown of all
Saints,

Have mercy on us

Through Thine
Agony and Passion,
Through Thy Cross
and dereliction,
Through Thy suffer-
ings,
Through Thy death
and burial,
Through Thy Resur-
rection,
Through Thine As-
cension,
Through Thy joys,
Through Thy glory,

Jesus deliver us

Be merciful unto us,
spare us, O Jesus.
Be merciful unto us,
graciously hear us,
O Jesus.

From all evil,
From all sin,
From Thy wrath,
From the snares of
the devil,
From the spirit of
uncleanness,
From everlasting
death,
From the neglect of
Thy inspirations,
Through the mystery
of Thy holy In-
carnation,
Through Thy Nativ-
ity,
Through Thine in-
fancy,
Through Thy most
divine life,
Through Thy labors,

Jesus deliver us

Lamb of God, who
takest away the
sins of the World,

Spare us, O Jesus.

Lamb of God, Who
takest away the
sins of the World,
Graciously hear us,
O Jesus.

Lamb of God, Who
takest away the
sins of the World,
Have mercy on us, O
Jesus.

Jesus, hear us.
Jesus, graciously hear
us.

Let us pray

O LORD Jesus Christ, Who hast said: Ask, and ye shall receive; seek, and ye shall find; knock, and it shall be opened unto you; give, we beseech Thee, to us who ask, the gift of Thy most divine love, that with all our hearts, words, and works, we may love Thee, and never cease to praise Thee.

Make us, O Lord, to have a perpetual fear and love of Thy holy Name; for Thou dost solidly establish in Thy love. Who livest and reignest, world without end. Amen.

—Indulgence: 7 Years.

PRAYERS DURING THE DAY

“IT is an old custom with the servants of God always to have some little prayers ready and to be darting them up to heaven frequently during the day, lifting their minds to God out of the filth of this world. He who adopts this plan will get great fruit with little pains.”—*St. Philip Neri*.

GRACE BEFORE MEALS

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

✠ *Make the sign of the cross.*

GRACE AFTER MEALS

WE give Thee thanks, Almighty God, for all Thy benefits, who livest and reignest forever world without end.

✠ *Make the sign of the cross.*

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

THE ANGELUS

To be said three times a day; in the early morning, at noon, and in the evening.

THE Angel of the Lord declared unto Mary. And she conceived of the Holy Ghost.

Say the "Hail Mary."

Behold the handmaid of the Lord. Be it done unto me according to Thy word.

Say the "Hail Mary."

And the Word was made flesh. And dwelt amongst us.

Say the "Hail Mary."

VERSE: Pray for us, O Holy Mother of God.

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

Let us pray

POUR forth, we beseech Thee, O Lord, Thy grace into our hearts, that we, to whom the Incarnation of Christ, Thy Son, was made known by the message of an angel, may by His passion and cross be brought to the glory of His resurrection; through the same Christ, our Lord. Amen.

—Indulgence: 10 Years Daily.

PRAYER TO THE HOLY GHOST

COME Holy Ghost, fill the hearts of Thy faithful, and enkindle in them the fire of Thy love.

VERSE: Send forth Thy Spirit and they shall be created.

RESPONSE: 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 the Holy Spirit, grant that by the gift of the same Spirit we may be always truly wise, and ever rejoice in His consolations, through Christ, our Lord. Amen.

—Indulgence: 5 Years.

A PETITION WHICH WILL GIVE US THE PROPER ATTITUDE TOWARDS PRAYER

LET Thy merciful ears, O Lord, be open to the prayers of Thy suppliants; and in order that to those who seek, Thou mayest surely give that for which they ask, make them ask only for those things which are well-pleasing to Thee. (*From the Roman Missal.*)

PRAYER IN AFFLICTION

KEEP me from bitterness. It is so easy to nurse sharp, bitter thoughts each dull, dark hour! Against self-pity, Man of Sorrows, defend me with Thy deep sweetness and Thy gentle power! And, out of all this hurt and heartbreak, help me to harvest a new sympathy for suffering humankind; a wiser pity for those who lift a heavier cross with Thee!

IN SICKNESS

The Church is a wise mother. She assigns Patron Saints for our various needs, and through Pope Leo XIII designated Saint Camillus (1550-1614) as our Patron in times of illness. His Feast-day is July 18.

GLORIOUS St. Camillus, special protector of poor sick people, who for forty years, with a charity truly heroic, didst devote thyself to lightening their spiritual and corporal miseries; be pleased to help them still more generously, now that thou art happy in Heaven and that they have been confided by the Church to Thy powerful protection. Obtain for them from God either that they may be healed of the evils from which they are suffering, or that by patience and Christian resignation they may be sanctified and strengthened in the hour of their death; and obtain also for us the grace to live and die, after thy example, in the practice of divine love. Amen.

Add an Our Father and a Hail Mary.

—Indulgence: 300 Days.

PRAYER FOR THE DYING

One day inevitably we shall be among the dying. We most certainly shall appreciate prayers for ourselves then. The Golden Rule is, in this instance, practical: "Do unto others as you would have others do unto you." Pray now for the dying.

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

Heart of Jesus, once in agony, pity the dying. —Indulgence: 300 Days.

ST. JOSEPH

St. Joseph is patron of the universal Church, that is, of the Church everywhere. He is also Patron of a happy death. Under both titles it is well for us to have devotion to the spouse of Our Lady and the foster-father of our Blessed Lord.

“I do not remember,” says St. Teresa of Avila, “ever to have asked anything of St. Joseph, which he did not obtain for me.”

LITANY OF ST. JOSEPH

For a happy death and the conversion of dying sinners.

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, pray for us.

St. Joseph,
 Renowned offspring
 of David,
 Light of Patriarchs,
 Spouse of the Mother
 of God,
 Chaste guardian of
 the Virgin,
 Foster-father of the
 Son of God,
 Diligent protector of
 Christ,
 Head of the Holy
 Family,
 Joseph most just,
 Joseph most chaste,
 Joseph most prudent,
 Joseph most strong,
 Joseph most obedi-
 ent,
 Joseph most faithful,
 Mirror of patience,
 Lover of poverty,
 Model of laborers,
 Glory of home life,
 Guardian of virgins,
 Pillar of families,

Pray for us

Solace of the wretch-
 ed,
 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.

V. He made him
 the lord of his
 household.

R. And prince over
 all His possessions.

Let us pray

O GOD, Who in Thy ineffable provi-
 dence didst vouchsafe to choose
 Blessed Joseph to be the spouse of Thy
 most holy Mother; grant, we beseech Thee,
 that we may have for our advocate in
 heaven him whom we venerate as our pro-
 tector on earth: Who livest and reignest
 world without end. Amen.

—Indulgence: 5 Years.

INDULGENCED ASPIRATIONS

JESUS!

—Indulgence: 300 Days.

MARY!

—Indulgence: 300 Days.

JESUS! MARY! JOSEPH!

—Indulgence: 7 Years.

My God and my all!

—Indulgence: 300 Days.

Jesus, my God, I love Thee above all things!

—Indulgence: 300 Days.

Thou art Christ, the Son of the living God! (St. Matthew 16:16).

—Indulgence: 500 Days.

O God, come to my assistance: O Lord make haste to deliver me (Psalm 69:2).

—Indulgence: 500 Days.

Keep me, O Lord, as the apple of Thy eye; protect me under the shadow of Thy wings. (Psalm 16:8).

—Indulgence: 500 Days.

Holy, Holy, Holy, Lord God of Hosts: the heavens and the earth are full of Thy glory. (Roman Missal).

—Indulgence: 300 Days.

Benediction, and glory, and wisdom, and thanksgiving, honor and power, and strength to our God forever and ever. Amen. (Apocalypse 7:12).

—Indulgence: 500 Days.

These promises should encourage all to wear the Scapular of our Lady of Mt. Carmel.

PROMISES OF OUR LADY OF MT. CARMEL

FIRST:—Words of the Blessed Virgin to St. Simon Stock: “Whoever dies wearing piously this Scapular, shall not suffer eternal flames.”

SECOND:—Promise of the Blessed Virgin to Pope John XXII: “I will, as their tender Mother descend in the midst of Purgatory at least on the Saturday after their death, and I will deliver them and bring them to the holy mountain, in the happy sojourn of life eternal.”

FREDERIC OZANAM

This prayer book comes to you under the auspices of the Society of St. Vincent de Paul. It is fitting then that these facts be mentioned:

Frederic Ozanam (born at Milan April 23, 1813; died at Marseilles, September 8, 1853) founded with other young students in 1833 the Society of St. Vincent de Paul. You are requested in your charity to pray that one day soon he may be raised by the Church to the rank of SAINT. The prayer for this purpose is:

○ GOD, who didst fill the hearts of Frederic Ozanam and his companions with the love of the poor, and didst inspire them to found a Society for the relief of the spiritual and corporal necessities of the destitute, deign to bless this work of Apostolic Charity, and if it be pleasing to Thee that Thy holy servant Frederic Ozanam should be raised by the Church to the honors of the Altar, vouchsafe, we beseech Thee, to manifest by heavenly favors how pleasing he was in Thy sight. Through Jesus Christ, Our Lord. Amen.

ST. VINCENT DE PAUL

Since Pope Leo XIII appointed St. Vincent de Paul (1576-1660) Patron Saint of all charitable societies, it is natural that he should be Patron of the Society named in his honor, the Society of St. Vincent de Paul. His Feast-day is July 19.

○ GLORIOUS St. Vincent, heavenly patron of all charitable associations and father of all the unfortunate, who in

thy lifetime didst not reject anyone who had recourse to thee; see now by how many evils we are oppressed, and come to our assistance. Obtain from our Lord help for the poor, solace for the sick, consolation for the afflicted, protection for the abandoned, charity for the rich, conversion for sinners, zeal for priests, peace for the Church, tranquillity among nations, and salvation for all. May all feel the effects of thy merciful intercession, so that sustained by thee in the miseries of this life, we may be able to join thee above, where there will be no more strife, lamentation or sorrow, but joy, exultation, and happiness forever. Amen.

—Indulgence: 300 Days.

PRAYERS FOR PEACE

O GOD, Author and Lover of peace, to know Whom is to live, to serve Whom is to rule; defend Thy suppliants from all attacks; and may we who put our trust in Thy defense, fear not the power of any earthly enemy. Through Christ our Lord. Amen. (*From the Roman Missal.*)

—Indulgence: 3 Years.

GRANT us peace in our days, that assisted by the aid of Thy mercy, we may be ever free from sin and secure from all disturbance. Through the same Christ our Lord. Amen. (*From the Roman Missal.*) —Indulgence: 3 Years.

JESUS, King and center of all hearts, through the coming of Thy Kingdom, grant us peace.

—Indulgence: 300 Days.

NIGHT PRAYERS

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

Blessed be the Holy Trinity, one God, now and forever. Amen.

Glory be to the Father, Who created me; glory be to the Son, Who redeemed me; glory be to the Holy Ghost, Who sanctified me.

ACT OF ADORATION AND THANKSGIVING

ALMIGHTY and Eternal God, I adore Thee, and I thank Thee for all the benefits I have received this day and all the days of my life, through Thy infinite goodness and mercy. Give me light to know my faults and grant me grace to be truly sorry for my sins.

Here examine your conscience on the faults of the day; on the offenses committed against God and against your neighbor; on the commandments of God and of the Church; and particularly with regard to your predominant passion.

If you have sinned seriously, resolve to go to confession at the first opportunity.

Think for a few minutes on death, judgment, heaven and hell, mindful of the advice of the Holy Spirit: "In all thy works, O man, remember thy last end and thou will never sin." Make an act of contrition.

ACT OF CONTRITION

O MY God, I am truly sorry for having sinned, because Thou art all good and sin displeases Thee. I am firmly resolved with the help of Thy grace, never more to offend Thee, and I will carefully avoid the occasions of sin.

ACT OF LOVE

I LOVE Thee, my Lord and my God, with my whole heart and above all things, and for the love of Thee I love my neighbor as myself. Grant that I may love Thee more and more; give me Thy grace that I may live a holy life, die a happy death, and glorify Thee eternally in heaven.

Jesus, meek and humble of heart, make my heart like unto Thine.

—Indulgence: 300 Days.

THE MEMORARE

REMEMBER, O most gracious Virgin Mary! that never was it known that any one who fled to thy protection, implored thy help, or sought thy interces-

sion, 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 clemency, hear and answer me. Amen.

—Indulgence: 3 Years.

PRAYER FOR BENEFACTORS

GRANT, O Lord, to reward with eternal life all those who do us good, for Thy name's sake.

TO OUR LADY OF GOOD SUCCESS

OUR Lady, Our Queen, Our Mother, in the name of Jesus and for the love of Jesus, we implore thee to take our cause in hand and to grant it good success.

ASPIRATIONS

JESUS, Mary, and Joseph, I give you my heart and my soul.

Jesus, Mary, and Joseph, assist me in my last agony.

Jesus, Mary, and Joseph, may I breathe forth my soul in peace with you. Amen.

—Indulgence: 7 Years for Each.

May the blessed Virgin Mary, St. Joseph, and all the saints pray for us to Our Lord, that we may be preserved this night from sin and evil. Amen.

O my Good Angel, whom God has appointed to be my guardian, watch over me during this night.

May Our Lord bless us and preserve us from all evil and bring us to life everlasting.

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

- A NIGHT PRAYER,
by St. Alphonsus Ligouri

JESUS CHRIST, my God, I adore Thee and I thank Thee for all the favors Thou hast bestowed on me this day. I offer Thee my sleep and every moment of this night, and I beseech Thee to keep me free from sin. Therefore I place myself in Thy most sacred side and under the protecting mantle of our Lady, my Mother. May Thy Holy Angels help me and keep me in peace, and may Thy blessing be upon me.

PRAYERS FOR THE DEAD

The Psalm "De Profundis"

OUT of the depth have I cried unto Thee, O Lord: Lord hear my voice.

Let Thine ears be attentive to the voice of my supplication.

If Thou, O Lord, wilt mark iniquities: Lord, who shall abide it?

For with Thee there is merciful forgiveness; and by reason of Thy law I have waited for Thee, O Lord.

My soul hath relied on His word; my soul hath hoped in the Lord.

From the morning watch even until night; let Israel hope in the Lord.

Because with the Lord there is mercy; and with Him is plenteous redemption.

And He shall redeem Israel from all its iniquities.

Eternal rest give to them, O Lord, and let perpetual light shine upon them.

—Indulgence: 3 Years.

Let us pray

O GOD, the Creator and Redeemer of all the faithful, grant to the souls of Thy servants departed the remission of all their sins, that through pious supplications they may obtain that pardon which they have always desired; Who livest and reignest for ever and ever. Amen.

May they rest in peace. Amen.

PRAYER FROM COMPLINE

VISIT, we beseech Thee, O Lord, this habitation, and drive from it all the snares of the enemy: Let Thy Holy Angels dwell herein, to keep us in peace, and may Thy blessing be always upon us.

—Indulgence: 5 Years.

Sprinkle your bed with holy water, and, blessing yourself, say when you lie down to rest:

Lord, into Thy hands I commend my spirit.

Blessed be the Holy Name of Jesus! Sweetest Jesus, be to me not a judge, but a Saviour.

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,
God, the Son, Redeemer of the world,
God the Holy Ghost,
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,

} *Pray for us*

Mother undefiled,
Mother most amiable,
Mother most admirable,
Mother of good counsel,
Mother of our Creator,
Mother of our Redeemer,
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,
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,

Pray for us

Queen of Confessors,
Queen of Virgins,
Queen of all Saints,
Queen conceived without original sin,
Queen of the most holy Rosary,
Queen of peace,

} 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.

VERSE: Pray for us, O holy Mother of God.

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

Let us pray

GRANT unto us, Thy servants, we beseech Thee, O Lord God, at all times to enjoy health of soul and body; and by the glorious intercession of blessed Mary, ever a virgin, when freed from the sorrows of this present life, to enter into that joy which hath no end. Through Christ, our Lord. Amen.

—Indulgence: 7 Years.

ANTIPHON: We fly to thy patronage, O holy Mother of God: despise not our petitions in our necessities, but deliver

us from all dangers, O ever glorious and blessed Virgin.

—Indulgence: 5 Years.

PRAYER

BLESS, O Lord, the repose I am going to take in order to renew my strength that I may be better able to serve Thee. O all ye Saints and Angels, but chiefly thou, O Mother of God, intercede for me this night and during the rest of my life, but particularly at the hour of death.

May the divine assistance remain always with us. Amen. And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

THE SACRAMENT OF PENANCE

PENANCE, better known as CONFES-
SION, is the Sacrament in which we
tell our sins to a duly authorized priest for
the purpose of obtaining forgiveness.

We should approach the matter of Confession with common sense. True it is we should live the best kind of life we know how, but many fall by the way-side, and it is for these especially that the Sacrament of Penance has been established: "They that are in health need not a physician, but they that are ill. . . . For I am not come to call the just but sinners."—St. Matthew IX, 12-13. Again we are told that ". . . there shall be joy in heaven upon one sinner that doth penance, more than upon ninety-nine just who need not penance."—St. Luke XV, 7. It may have been years since you were to confession last, your sins may be as scarlet ("but they shall be made as white as snow"), you may be covered with shame and confusion, but you have before you for your encouragement other penitents who were treated mercifully and kindly: Mary

Magdalene, the Prodigal Son, the woman taken in sin.

THE MERCY OF GOD

(Two Examples)

I

THE STORY OF THE PRODIGAL SON

(Luke, Chapter 15)

“**A**ND not many days after, the younger son . . . went abroad into a far country; and there wasted his substance, living riotously. . . . And after he had spent all, there came a mighty famine in that country; and he began to want. . . . And he would fain have filled his belly with the husks the swine did eat; and no man gave unto him. And returning to himself, he said: How many hired servants in my father’s house abound with bread, and I here perish with hunger? I will arise, and will go to my father, and say to him: Father, I have sinned against heaven and before thee: I am not worthy to be called thy son: make me as one of thy hired servants.

“And arising up he came to his father. And when he was yet a great way off, his father saw him, and was moved with compassion, and running to him fell upon his neck, and kissed him. And the son said to him: Father, I have sinned against heaven and before thee, I am not worthy to be called thy son.

“And the father said to his servants: Bring forth quickly the first robe, and put it on him; and put a ring on his hand and shoes on his feet: And bring hither the fatted calf, and kill it, and let us eat and make merry: Because this my son was dead, and is come to life again: was lost, and is found. And they began to be merry.”

II

THE WOMAN TAKEN IN ADULTERY

(John, Chapter 8)

“**A**ND Jesus went unto Mount Olivet. And early in the morning He came again into the temple, and all the people came to Him, and sitting down He taught them. And the scribes and Pharisees bring unto Him a woman taken in adultery: and they set her in the midst, and said to Him: Master, this woman was even now taken in adultery. Now Moses in the law commanded us to stone such a one. But what sayest Thou?

“And this they said tempting Him, that they might accuse Him. But Jesus bowed Himself down, wrote with His finger on the ground. When therefore they continued asking Him, He lifted up Himself, and said to them: He that is without sin among you, let him first cast a stone at her. And again stooping down, He wrote on the ground. But they hearing this, went out one by one, beginning at the eldest. And Jesus

remained, and the woman standing in the midst.

“Then Jesus lifting up Himself, said to her: Woman, where are they that accused thee? Hath no man condemned thee? Who said? No man, Lord. And Jesus said: Neither will I condemn thee. Go, and now sin no more.”

There are ample opportunities for—
A GOOD CONFESSION.

DON'T RUSH AND DON'T BE AFRAID OF THE
PRIEST.

The priest who loves souls, who believes he is Another Christ and a Fisher of Men will try to treat men as Our Lord and the Apostles did. Approach any priest you prefer. If you are in trouble, he will not be busy. If you think a General Confession is necessary or advisable, ask him to help you. Be unafraid.

Go now, make a clean breast of things; ask the Holy Ghost for light and Our Lady for courage and confidence:

PRAYER TO THE HOLY GHOST

COME, Holy Ghost, enlighten my mind, that I may clearly know my sins; move my heart that I may be sorry for them, honestly confess them, and from now on lead a better life.

OUR LADY

O MARY, conceived without sin, pray for us who have recourse to thee.

—Indulgence: 300 Days.

EXAMINATION OF CONSCIENCE

HERE once again: COMMON SENSE!
If you find that the examination is discouraging rather than helping you; if you find it is tying you up in a knot, and is confusing you, then discard it entirely, and simply go to the priest and say: "Father, it is such and such a time (mentioning the time) since I last told my sins; kindly help me now to make a good confession."

And the priest will be only too glad to help you.

Think seriously and ask yourself: When did I make my last confession? Was this confession a worthy one? Did I perform the penance?

In passing we might review for you the facts that a **MORTAL SIN** is a serious offense against the law of God; Venial sin is a slight offense.

Three conditions that go to make a sin mortal are these: (1) It must be a serious matter; (2) It was done with sufficient reflection, and (3) full consent of the will.

EXAMINATION OF CONSCIENCE
In the Order of the Ten Commandments

1st: "I am the Lord thy God: thou shalt not have strange gods before me."
—Exodus 20:3.

Did I without good reason omit my ordinary prayers (morning and night prayers)?

Did I make bad confessions, that is, hide a mortal sin from the priest?

Did I receive Holy Communion in mortal sin?

Did I believe in fortune-tellers?

Did I deny that I was a Catholic?

Did I ever join a secret society (free-masons, etc.)?

2nd: "Thou shalt not take the name of the Lord thy God in vain."—Exodus 20:7.

Did I take God's name in vain, curse, swear or use bad language?

Did I take a false oath (Perjury)?

3rd: "Remember that thou keep holy the sabbath day."—Exodus 20:8.

Did I miss Mass on Sundays or Holy Days through my own fault?

Did I make my Easter Duty?

Did I work on Sundays for a long time without necessity?

4th: "Honor thy father and thy mother."
—Exodus 20:12.

Have I been disobedient, disloyal, or insulting to my parents, or any to whom I owe respect? Have I neglected my parents in their old age? Have I done my duty to my children, or any under my care?

5th: "Thou shalt not kill."—Exodus 20:13.

Killing or trying to kill oneself, killing another except in self-defense—are most serious sins.

Did I injure anyone by acts of violence? Did I give way to bad temper, or to feelings of hatred or revenge?

Did I get drunk?

Did I give scandal to others?

6th: "Thou shalt not commit adultery."

9th: "Thou shalt not covet thy neighbor's wife."—Exodus 20:14, 17.

Did I sin against purity

(A) by deliberate thoughts or desires?

(B) by word: bad conversations, stories or songs?

Did I teach others to do wrong?

(C) by act: alone or with another?
deliberately look at wrong pictures or things?

visit occasions of sin?
misuse the rights of married life?
get a divorce?
marry a divorced person?

7th: "Thou shalt not steal."

10th: "Thou shalt not covet thy neighbor's goods."—Exodus 20:15, 17.

Did I steal anything? How much? Help or tell others to steal? Keep stolen goods given to me by others? Did I fail to return valuable articles when found? Did I damage another's property? Did I cheat? If an employer, did I pay my workmen a just wage? If an employee, did I put in an honest day's work?

Was I jealous or envious? Did I wish to get the belongings of another in a wrongful way?

8th: "Thou shalt not bear false witness against thy neighbor."—Exodus 20:16.

Have I told lies? Have I hurt anyone's character? Have I talked about the sins of another without necessity? Have I judged another guilty of serious sin *without good reason?*

THE COMMANDMENTS OF THE CHURCH

Did I deliberately eat meat on Fridays or other forbidden days?

If married, was I married before the priest?

THE CONFESSION ITSELF

ON entering the confessional, or if you are a bed patient, when the priest comes to you, say:

“Bless me Father, for I have sinned. My last confession was —”

Confess all your sins, giving the number of times committed as nearly as you can, and then say:

“For these and all the sins of my past life, especially those against (here mention some serious sin of the past or some Commandment).

“I am heartily sorry, and I humbly ask for penance and forgiveness.”

The priest will then give you your penance, and will tell you to say

THE 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.

While you say the Act of Contrition the priest recites the words of Absolution.

AFTER CONFESSION

After you leave the confessional, or after the priest leaves your bedside, say the penance which the priest gave you, and resolve to avoid hereafter the sins confessed.

The following short prayers might also be said:

“Have mercy on me, O God, according to Thy great mercy, and according to the multitude of Thy tender mercies blot out my iniquity.” (Psalm 50)

“O God be merciful to me a sinner.”
(Luke 18, 13) —Indulgence: 500 Days.

“Father, I have sinned against heaven and before Thee; I am not worthy to be called Thy son.” (Luke 15:21)

I have committed serious sins in my life, but now I turn away from them, and hate them. I am sorry, truly sorry for all of them, because I have offended Thee, my God, Who art all-good, all-perfect, all-holy, all-merciful and kind, and Who died on the Cross for me.

I love Thee, O my God, with all my heart. Please forgive me for having offended Thee.

I promise, O God that with Thy help I will never again commit serious sin.

MY GOD, HAVE MERCY ON ME

Glory be to the Father, and to the Son,
and to the Holy Ghost.

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 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.

—Indulgence: 3 Years.

HOLY MASS

IF during an illness you are unable to attend Holy Mass, you can always in your own mind join in offering to God all the Masses that are being said in Catholic churches throughout the world. For every single member of the Church has his share in the offering of every Mass that is said.

If you have a Missal it is a good thing, at least on Sundays and Holy Days, to read through the prayers of the Mass for the day.

350,000 Masses are offered every 24 hours throughout the world. Four elevations every second. Unite yourself to them and they are yours.

“O Eternal Father, I unite myself to Jesus in the Holy Sacrifice of the Mass being offered at this moment.”

“From the rising of the sun even to the going down, my Name is great among the Gentiles; and in every place there is sacrifice, and there is offered to my Name a clean oblation.”

—Malachias I, 11.

SEND YOUR ANGEL TO HOLY MASS

O holy Angel at my side,
Go to the church for me.
Kneel in my place at Holy Mass,
Where I desire to be.

At Offertory in my stead,
Take all I am and own,
And place it as a sacrifice,
Upon the Altar Throne.

At holy Consecration's bell,
Adore with Seraph's love,
My Jesus hidden in the Host,
Come down from heaven above.

Then pray for those I dearly love,
And those that cause me grief,
That Jesus' Blood may cleanse all hearts,
And suffering souls relieve.

And when the priest Communion takes,
Oh, bring my Lord to me,
That His sweet Heart may rest on mine,
And I His temple be.

Pray that this Sacrifice Divine,
May mankind's sin efface;
Then bring me Jesus' blessing home,
The pledge of every grace. Amen.

—Anon.

HOLY COMMUNION

Holy Communion is the receiving of the Body and Blood of Christ.

OUR Lord instituted the sacrament of the Holy Eucharist at His Last Supper, when taking bread into His hands, He said: "This is My Body," and afterwards over the chalice of wine and water: "This is My Blood of the New Testament, which shall be shed for many." In Holy Communion, therefore, we receive, under the appearance of bread, the true Body and Blood of Jesus Christ, together with His Soul and Divinity. "He that eateth my flesh," said Our Lord, "and drinketh my blood, abideth in me, and I in him."—St. John VI, 57.

Those dangerously ill may receive Holy Communion at any time of day and after any kind of food. In this case, Communion is known as, and is given under the form of, Viaticum. This word pertains to a journey; and Viaticum is to fortify us for our last journey. It may be given more than once, even daily, as long as the danger lasts.

Apart from any actual danger, anyone who has been sick for an entire month, and has no immediate prospect of being able to go out, may, with permission of his confessor, receive Holy Communion after

liquid food or any kind of medicine. *Apart from these cases we must be fasting from midnight.*

PREPARATION

While awaiting the priest's arrival with Holy Communion, you should keep your thoughts on what you are about to do.

1—Do not be reading papers and magazines before Communion. This is an insult to God.

2—Do not laugh or talk with nurses, attendants or other patients. To do so is to give bad example and make your faith and your church a laughing-stock with unbelievers.

PRAYERS FOR HOLY COMMUNION

1—Say these Prayers slowly, a few words at a time.

2—It is well to stop after every few words that they may sink into the heart.

3—Each Prayer may be said several times.

BEFORE HOLY COMMUNION

Act of Faith: I believe, O Jesus, You are coming to me. I believe it because You tell me it is true. Help me to believe it better and better.

Act of Meekness: Dear Lord Jesus, I am a sinner. I have done wrong in the

past. I am not fit to receive You. Still, despite my unworthiness, You want to come to me. Help me then to have a clean and pure heart.

Act of Sorrow: O my God, I am very sorry for all my sins. I am sorry because I have hurt You. Never let me commit any great sin. Help me even to avoid any little sins. For I know all sins hurt You.

TO JESUS

JESUS, Thou art coming,
Holy as Thou art,
Thou the God Who made me,
To my little heart.
Jesus, I believe it
On Thy only word,
Humbly, I adore Thee,
As my King and Lord.

Take my body, Jesus,
Eyes and ears and tongue,
Never let them, Jesus,
Help to do Thee wrong.
Take my heart and fill it,
Full of love for Thee;
All I have I give Thee,
Give Thyself to me.

Dear Jesus, in the Blessed Sacrament, give me grace and strength to bear my sickness, my trials and my crosses, for love of Thee.

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

May the Body of our Lord Jesus Christ keep my soul unto life everlasting. Amen.

THE GIVING OF HOLY COMMUNION

The priest entering the ward or room says:

VERSE: Peace be to this house.

RESPONSE: And to all that dwell therein.

Placing the Blessed Sacrament on a table, he sprinkles the sick person with holy water saying: "Thou shalt sprinkle me with hyssop, O Lord, and I shall be clean, Thou shalt wash me and I shall be made whiter than snow."

He then hears the person's confession, or, if this has already been done, the "Confiteor" is at once said by the patient and those in attendance:

THE "CONFITEOR"

■ CONFESS to Almighty God, to blessed Mary ever Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy Apostles Peter and Paul, to all the saints and to thee, Father, 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, and thee Father, to pray to the Lord our God for me.

Then the priest says:

May the Almighty God be merciful to you, and forgiving you your sins, bring you to life everlasting. Amen.

May the Almighty and most merciful Lord grant you pardon, absolution, and forgiveness of your sins. Amen.

Then holding up the Blessed Sacrament, he says:

“Ecce Agnus Dei.” Behold the Lamb of God, behold Him Who taketh away the sins of the world.

Then he says three times:

“Domine, non sum dignus.” Lord, I am not worthy that Thou shouldst enter under my roof; say but the word, and my soul shall be healed.

Giving the Blessed Sacrament, he says:

“May the body of Our Lord Jesus Christ preserve thy soul to life everlasting.” Amen.

OR: “Receive, brother (or sister) the Viaticum of the Body of Our Lord Jesus Christ, that He may protect thee from the malicious foe, and bring thee safe into everlasting life.”

Afterwards he says the prayer "Domine Sancte." O Holy Lord, Father Almighty, Eternal God, we earnestly beseech Thee that the Body of Our Lord, Jesus Christ Thy Son, that our brother (or sister) has received, may avail him (her) as an eternal remedy both for body and for soul, who liveth and reignest with Thee, in the unity of the Holy Spirit, God, world without end. Amen.

If a particle of the Blessed Sacrament is left the priest blesses the sick person with It in silence; otherwise he gives the blessing in the usual form.

AFTER HOLY COMMUNION

OUR Lord is now your Guest. Let nothing interfere. Spend ten to fifteen minutes with your mind on Jesus Christ. Ask him for the favors you need. Then use the following prayers.

"My God, I love You."

—Indulgence: 300 Days.

Act of Adoration: O Jesus, my God, my Creator, I adore Thee, because from Thy hands I came and with Thee I am to be happy forever.

Act of Humility: O Jesus, I am but dust and ashes, and yet Thou hast come to me, and my poor heart may speak to Thee.

Act of Love: Sweet Jesus, I love Thee;

I love Thee with all my heart, Thou knowest that I love Thee, and wish to love Thee daily more and more.

Act of Thanksgiving: My good Jesus, I thank Thee with all my heart. How good, how kind Thou art to me, sweet Jesus! Blessed be Jesus in the most holy Sacrament of the Altar.

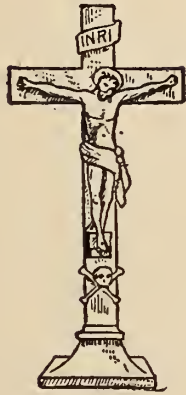
Act of Offering: O Jesus, receive my poor offering. Jesus, Thou hast given Thyself to me, and now I give Thee myself in life and in death, that I may be Thine for ever and ever.

PRAYER OF ST. IGNATIUS

SOUL of Christ, make me holy;
Body of Christ, save me;
Blood of Christ, cleanse me;
Water from Jesus' side, wash me;
Passion of Christ, make me strong;
O good Jesus, hear me!
Do not let me hurt You;
From the evil spirit, defend me;
In the hour of my death, call me,
And bid me come to You,
That with your saints, I may praise
You,
Forever and ever. Amen.

—Indulgence: 300 Days.

PRAYER BEFORE A CRUCIFIX



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." (Psalm 21:17, 18)

To gain a Plenary Indulgence after Communion, say one Our Father, Hail Mary, and Gloria, for the Intention of the Holy Father.

PRAYER FOR PERSEVERANCE

GOOD Jesus, my Lord and Master, what strength Thou hast imparted to my

soul in this sacred banquet! But, Oh, how much I need this grace of Thine! Keep me in Thy love; keep me in Thy grace to the end of my life. The road I have to travel is so difficult that without Thee I should fear to venture upon it. In a short time I shall return to my daily occupations; I shall continue my life of yesterday; I shall be exposed to the same temptations, I shall find myself with my usual faults. But, Jesus, Thou Who didst help the Saints, Thou hast come to me. Stay, Oh, stay with me, and do Thou by Thy grace help me to preserve in all my words and actions, modesty, meekness, and humility! Help me to make Thy presence within me visible to all; let others see in me the sweetness of Thy charity and kindness.

During the day, recall you have received Holy Communion in the morning. And show by your actions and your quiet devotion that you are grateful.

The physical condition of some may prevent them from receiving Holy Communion sacramentally. For these, and for all others who have the desire to receive more frequently than they do, we suggest Spiritual Communion. The necessary acts of desire, faith and love will be found in the—

ACT OF SPIRITUAL COMMUNION

of St. Alphonsus Liguori

MY Jesus, I believe that Thou art truly present in the Most Blessed Sacrament. I love Thee above all things and I desire to possess Thee within my soul. Since I am unable now to receive Thee sacramentally, come at least spiritually into my heart. I embrace Thee as being already there, and unite myself wholly to Thee; never permit me to be separated from Thee.

Jesus, my good, my sweet love,
Wound, inflame this heart of mine,
So that it may be always and all on
fire for Thee.

THE DEVOTION FOR THE NINE FIRST FRIDAYS

THE First Friday "Communion of Reparation" was established in response to Our Lord's repeated injunctions to St. Margaret Mary in His numerous appearances to her. The First Friday is the monthly Feast of the Sacred Heart, on which Our Lord wishes us to receive Him and make amends for the ingratitude, coldness, contempt, indignities, irreverences, offenses and sacrileges to which He has been subjected in the Most Blessed Sacrament.

Of the twelve Promises made by Our Lord through St. Margaret Mary in favor of those devoted to His Sacred Heart, the last is called the Great Promise, and runs thus:

“I promise in the excessive mercy of My Heart, that My all-powerful love will grant to all those who receive Holy Communion on the First Friday of nine consecutive months, the grace of final perseverance; they shall not die in My displeasure, nor without their Sacraments; My Divine Heart shall be their secure refuge at that last hour.”

This is indeed a great promise! Let us make it better known, that more and more may profit by the graces attached to the devotion of the nine First Fridays.

In large, or even small, hospitals, it may not be convenient for the priest or priests, by reason of other duties, to give Holy Communion to all, or even to any, on the First Friday. In this case, we recommend to you the Act of Spiritual Communion (see page 59). The Great Promise, however, pertains to Sacramental Communion only.

EXTREME UNCTION

EXTREME Unction is a sacrament, which, through the prayer and anointing of the priest, gives comfort and strength to the soul, and sometimes to the body, of one who is dangerously ill.

Some day a priest may enter your room or ward and after a few preliminary remarks may say: "John" or "Mary, I am going to anoint you today."

Now, this shouldn't be the signal to jump out the window, or to grow panicky, or to burst into tears. You have been anointed before, and nothing but good was the result. You were anointed at Baptism, when you were made a child of God. You were anointed at Confirmation, when you were made a soldier of God. The priest was anointed on his ordination day, when he became one of God's Anointed. And the day comes in every Catholic's life, when he is to be prepared for death, OR to be given the help to grow better; whichever be God's holy will.

It does not always happen of course, but we have seen many a patient get stronger

after Extreme Unction. The important thing is this: be anointed in time. A man to be operated on for an appendectomy has 100% more chance of success before the appendix bursts than he has afterwards. Likewise, the patient who is conscious and has some strength remaining, even though he is in danger, is a much better candidate for Anointing, so far as the healing effects of the sacrament are concerned, than the one who is unconscious, and who is just a few minutes away from death.

At any rate, be the person in his Last Agony or not, the spiritual effects of the sacrament are always present, namely:

- (1) It gives or increases grace in the soul.

It may be difficult for the average layman to understand this word "grace." We can understand it better by comparing it with its opposite—"disgrace." When a person is in sin, he might be said to be in God's disgrace. When he is free from sin, he possesses the grace or favor or the pleasure of God.

- (2) It remits:
 - (a) Venial sins;
 - (b) Mortal sins when the sick person is unable to confess.
- (3) It removes the remains of sin. These are:

- (a) The temporal punishment due to sin (see page 6) ;
- (b) It removes the distaste for what is good, and the attraction for what is evil.

(4) It consoles and strengthens the soul.

We should, therefore, be glad to receive this sacrament, and receive it with the most complete confidence in God's goodness.

The priest gives the sick person the crucifix to kiss, and sprinkles the room with holy water. While he says the opening prayers, you could be making acts of faith, hope, charity and contrition, such as are given on pages 9, 10 and 45 of this book.

After four prayers in which he blesses the sick-room with signs of the cross, and prays that all the spirits of evil may depart and that the angels of peace may dwell there, the Confiteor (page 53) is said. The priest then anoints the sick person, first on the eyelids, saying:

THROUGH THIS HOLY ANOINTING AND HIS MOST LOVING MERCY MAY GOD FORGIVE YOU WHATEVER YOU HAVE SINNED BY—SIGHT.

Then he does the same on the ears, nostrils, lips, hands, and feet, ending the above words with:

BY HEARING — BY SMELL — BY TASTE OR TALK—BY TOUCH—BY YOUR STEPS.

Afterwards he says the Our Father and certain responses, followed by four prayers, of which the first is as follows:

“**O** LORD God, who through Thine Apostle, James, didst say: “Is any sick among you? Let him bring in the priests of the Church, and let them pray over him, anointing him with oil in the name of the Lord, and the prayer of faith shall save the sick man, and the Lord shall raise him up; and if he be in sins, they shall be forgiven him”—heal we pray Thee, our Redeemer, the pains of this sick man, by the Grace of Thy Holy Spirit, and cure his wounds and dismiss his sins and drive out from him all pains of mind and body and mercifully restore to him complete health within and without, so that, made strong again, by the help of Thy mercy, he may be fitted once more for his former duties, who with the Father and the Holy Spirit livest and reignest, God forever and ever. Amen.”

NOTE WELL: In cases of sudden death, the priest should be called immediately. No one can say exactly when death occurs. Even when persons appear to have died, they may still be alive. In such a case the priest will anoint the person conditionally, and so if death has not occurred the per-

son can receive the benefits of this Sacrament. If really dead, the ceremony is not an empty one, for it is all done conditionally. Many persons in eternity will thank their friends who quickly called a priest to afford them the last rites of their Church, even though apparently dead.

THE APOSTOLIC BLESSING

EVERY priest who assists the dying has powers from the Pope to give a special blessing to which is attached a plenary indulgence. (A plenary indulgence is the taking away of *all* penalties sometimes required by God for sin even after the sin has been forgiven.) Therefore, the Apostolic or Last Blessing means this: If the sick person has properly received it with sincere devotion and is free from sin when dying, he or she is freed from all remaining punishment and penalties due to sin, and the soul goes immediately into the holy presence and eternal happiness of God in Heaven.

This indulgence is gained only at the actual point of death, but in order to have the dispositions mentioned above, or, in other words, in order to gain it, two things are necessary:

- (1) That we should accept death from God's hands as the punishment due to sin.
- (2) That we should invoke the Holy Name of Jesus.

You may therefore make use of a prayer like the following:

“O Good Jesus, I believe in You, I hope in You, I love You with my whole heart, and I am sorry with all my heart for my sins. I have received life as Your gift, and I now accept death, as it shall come to me, as the penalty of sin. I accept it without the least fear because it comes from Your hands. My Jesus, mercy. O Good Jesus, be to me not a judge, but a Saviour.”

The priest sprinkles the patient with holy water, and a prayer follows in which he asks full remission and pardon of all sins. The “Confiteor” (see page 53) is said. Then the priest, with his right hand raised, says:

May our Lord Jesus Christ, Son of the Living God, who to blessed Peter, His Apostle, granted the power of binding and loosing, through His most tender mercy accept thy confession, and restore to thee that first white robe that thou didst receive at baptism. And I, by the powers entrusted to me by the Apostolic See, grant to thee a plenary indulgence and remission of all thy sins. In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

Through the holy mysteries of the redemption of mankind, may Almighty God remit to thee all penalties in this world and the next, open to thee the gates of

Paradise and bring thee through to everlasting joy. Amen.

May the Almighty God bless thee ✠
Father, Son, and Holy Ghost. Amen.

An aspiration which should be on our lips frequently during life, and particularly in illness, is:

“MY GOD, I LOVE YOU”

—Indulgence: 300 Days.

These were the last words uttered by The Little Flower before she died.

STATIONS OF THE CROSS

ONE who is in the state of grace gains a plenary indulgence every time he says the Stations, and if he has received Holy Communion that day, he gains a second plenary indulgence. The Stations may be made several times a day, and the indulgences gained as often. All that is necessary is to walk from station to station and meditate on the Passion of Christ.

However, many people have what is known as a Station Crucifix, that is, a little crucifix properly blessed, so that through its use the indulgences of the Way of the Cross can be gained. If one is reasonably prevented, as in sickness, from going to church or chapel in which the Stations are erected, all that is required is to hold the crucifix in the hand, while saying twenty Our Fathers, Hail Marys and Glories (once for each of the fourteen stations, five times in honor of the Five Holy

Wounds, and once for the Pope's intention). If for any reason one is prevented from holding the crucifix in his hand, it suffices to have the crucifix on his person and to say the twenty prayers as noted.

When a Station Crucifix is held by the leader in a group, all who respond gain the indulgences of the Stations.

THE ROSARY

SOME will be too sick to recite the Rosary; others, more able, will find it a great source of consolation and help.

For those who do not know, let us say that the Rosary is a form of prayer in honor of Our Lady made up of a series of ten "Hail Marys" or decades, each beginning with an "Our Father" and ending with a "Glory be to the Father." During the recitation of these prayers the mind dwells on the principal mysteries of the life, death and resurrection of our blessed Lord. The complete rosary is made up of fifteen decades, but as a rule five decades are recited daily in this wise:

On Monday and Thursday:

I—*The Five joyful Mysteries*

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

On Tuesday and Friday:

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

On Wednesday, Saturday, and as a rule, on Sunday:

III—*The Five Glorious Mysteries*

1. The Resurrection
2. The Ascension
3. The Coming of the Holy Ghost
4. The Assumption of the Blessed Virgin
5. The Coronation of the Blessed Virgin

NOTE: For the recitation of a third of the Rosary (five decades) there is an indulgence of five years.

For the same recitation in the presence of the Blessed Sacrament, reserved or exposed, there is a Plenary Indulgence on the conditions of Confession and Communion only. A visit to a church and prayers for the Pope's Intention are not necessary conditions here. Also, one has a week's time in which to comply with the conditions of Confession and Communion.

One can gain the indulgences of the Rosary if he cannot hold the beads in his hands, but has them on his person and says the necessary prayers.

A PIOUS REFLECTION

For Each Day of the Month

1. For what is your life. It is a vapor which appeareth for a little while, and afterwards shall vanish away. For that you should say: If the Lord will, and if we shall live, we will do this or that. But now you rejoice in your arrogancies. All such rejoicing is wicked (James 4: 15, 16).

2. Naked came I out of my mother's womb, and naked shall I return thither: the Lord gave, and the Lord hath taken away: as it hath pleased the Lord so is it done: blessed be the name of the Lord. (Job I: 21).

3. We have not here a lasting city, but we seek one that is to come (Hebrews 13: 14).

4. Boast not for tomorrow, for thou knowest not what the day to come may bring forth (Proverbs 27: 1).

5. Behold short years pass away, and I am walking in a path by which I shall not return (Job 16: 23).

6. The praise of the wicked is short, and the joy of the hypocrite but for a moment.

If his pride mount up even to heaven, and his head touch the clouds, in the end he shall be destroyed like a dunghill, and they that had seen him shall say: Where is he? (Job 22: 5-7).

7. Though I should walk in the midst of the shadow of death, I will fear no evils, for Thou art with me (Psalm 23: 4).

8. Precious in the sight of the Lord is the death of His saints (Psalm 115: 15).

9. To me to live is Christ, and to die is gain (Philippians 1: 21).

10. The souls of the just are in the hands of God, and the torment of death shall not touch them. In the sight of the unwise they seemed to die, and their departure was taken for misery, and their going away from us for utter destruction; but they are in peace (Wisdom 3: 1-4).

11. We will not have you ignorant, brethren, concerning them that are asleep, that you may be not sorrowful, even as others who have no hope. For if we believe that Jesus died, and rose again, even so them who have slept through Jesus, God will bring with Him (I Thessalonians 4: 12, 13).

12. He was taken away, lest wickedness should alter his understanding, or deceit beguile his soul (Wisdom 4: 11).

13. His soul pleased God; therefore He hastened to bring him out of the midst of

iniquities; but the people see this, and understand not, nor lay up such things in their heart (Wisdom 4: 13, 14).

14. It is good for us now and then to have some troubles and adversities; for oftentimes they make a man enter into himself, that he may know that he is in exile, and place not his hopes in anything of the world. (Imitation of Christ, Book I, Chap. 12).

15. It is good for us sometimes to suffer contradictions, and to allow people to think ill and slightingly of us, even when we do and mean well. These are often helps to humility, and rid us of vain glory. For then we more earnestly seek God to be witness of what passes within us, when outwardly we are slighted by men, and incur their discredit. (Imitation of Christ, Book I, Chap. 12).

16. Therefore ought a man so firmly to establish himself in God, as to have no need of seeking many human consolations.

When a man of good will is troubled, tempted, or afflicted with evil thoughts then he best understandeth what need he hath of God, and that without Him he is incapable of any good. (Imitation of Christ, Book I, Chap. 12).

17. Then also is he sorrowful; he sigheth and prayeth by reason of the miseries he suffereth. Then he is weary of longer life and wisheth death to come, that he may

be dissolved and be with Christ. Then also he well perceiveth, that perfect security and full peace cannot be realized in this world. (Imitation of Christ, Book I, Chap. 12).

18. Be sober and watch; because your adversary, the devil, as a roaring lion, goeth about seeking whom he may devour. Whom resist ye, strong in faith. (I Peter V, 8-9).

19. All the Saints passed through many tribulations and temptations, and profited by them. . . .

There is no order so holy, nor place so retired, where there are not temptations or adversities. (Imitation of Christ, Book I, Chap. 13).

20. Still we must watch, especially in the beginning of temptation; for then the enemy is more easily overcome, if he be not suffered to enter the door of the mind, but is withstood upon the threshold the very moment that he knocketh. (Imitation of Christ, Book I, Chap. 13).

21. "My trust is in Thee, O infinite holiness, to preserve me from any thought which might sully the brightness of my soul." —*St. Gerard Majella.*

22. "I will say nothing either good or bad about myself. I will attack no one in

conversation, nor will I make any reference to the faults of others, even by way of a joke. . . . I will defend others especially in their absence.”

—*St. Gerard Majella.*

23. And why seest thou the mote in thy brother's eye, but the beam that is thy own eye thou considerest not? . . . Cast first the beam out of thy own eye and then shalt thou see clearly to take out the mote from thy brother's eye. (St. Luke 6: 41, 42).

24. Let us therefore love God, because God hath first loved us. If any man say, I love God and hateth his brother, he is a liar. For he that loveth not his brother whom he seeth, how can he love God whom he seeth not. And this commandment we have from God, that he who love God love also his neighbor. (I John, 4: 19, 21).

25. St. Philip Neri quite approved of his niece praying to get better. “Because we can do a great many things in health that we cannot in sickness.”

26. “Cast yourself into the arms of God and be very sure of this that if He wants anything of you, He will fit you for the work and give you strength.”

—*St. Philip Neri.*

27. “My health is very bad, but God does so much through me that I laugh at myself sometimes.”

—*St. Teresa of Avila.*

28. "Teresa by herself can do nothing but Teresa plus God can do everything."

—*St. Teresa of Avila.*

29. We read of St. Vincent de Paul that he had no desire but that God should be glorified in all things, and as a token of his love, every time the clock struck he signed himself with the sign of the cross. A valuable practice indeed! When one makes this sign, and says the words: "In the name of the Father, and of the Son, and of the Holy Ghost,"—he gains 100 days indulgence. When Holy Water is also used, this indulgence is increased to 300 days.

30. "Who never ate his bread in sorrow,
Who never spent the midnight
hours

Weeping and waiting for the mor-
row;

He knows ye not ye heavenly
powers."

—*Anon.*

31. May God support us all the day long, till the shades lengthen, and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done! Then in His mercy, may He give us a safe lodging and a holy rest, and peace at last!

—*Cardinal Newman.*

CONCLUSION

To sum up all that has been said, a few thoughts are now included under the title "The Day with God." There will come days when you will feel like reading very little. It may be all you can do even to say your Morning and Night Prayers. If at such times you can glance over these final pages, all your religious tasks will be reviewed for you briefly, and you will not forget to spend —

THE DAY WITH GOD

If you knew that today were to be your last on earth you would make it well nigh perfect. Since life must be spent one day at a time, why not try to make each day your best. Be concerned only with **THIS** day; let tomorrow take care of itself. This is the idea expressed by Our Blessed Lord: "Be not therefore solicitous for tomorrow; for the morrow will be solicitous for itself. Sufficient for the day is the evil thereof." —(Matthew 6:34).

The Bible contains the inspired word of God. Let it be seen how faithful souls,

according to His word, spend their DAY WITH GOD.

On arising: Faithful soul: “Lord, what wilt thou have me to do?—(Acts 9:6).
Our Lord: “If any man will come after me, let him deny himself, and take up his cross, and follow me.”—(Matthew 16:24).

Morning Prayer: “Hearken to the voice of my prayer, O my King and my God. For to thee will I pray: O Lord, in the morning thou shalt hear my voice.”—(Psalm 5:3-5).

Meditation: “Give me understanding, and I will search thy law: and I will keep it with my whole heart.”—(Psalm 118:34).

Holy Mass: “For from the rising of the sun even to the going down, my name is great among the Gentiles, and in every place there is sacrifice, and there is offered to my name a clean oblation.”—(Malachias I, 11).

Holy Communion: “I am come that they may have life, and may have it more abundantly.”—(John X,10). “My Flesh is meat indeed, and My Blood is drink indeed. He that eateth My Flesh, and drinketh My Blood, abideth in Me, and I in him.”—(John 6:56,57). “What have I in heaven? and besides Thee what do I desire upon earth? For Thee my flesh and my heart fainteth away. Thou art the God of my heart, and the God that is my portion for-

ever.”—(Ps. 72:25). “My Lord and my God.”—(John 20:28).

Duties: “Take up My yoke upon you . . . For My yoke is sweet and My burden light.”—(Matt. 11:29,30). “I must work the works of him that sent me while it is day: the night cometh when no man can work.”—(John 9:4).

Noonday Examination of Conscience: “Lord, that I may see.”—(Luke 18:41). “I have hated and abhorred iniquity; but I have loved thy law.”—(Ps. 118:163).

Meals: “Therefore, whether you eat or drink, or whatsoever else you do, do all to the glory of God.”—(I Cor. 10:31). Imitate the primitive Christians who “took their meat with gladness and simplicity of heart.”—(Acts 2:46).

Spiritual Reading: “Thy word is a lamp to my feet: and a light to my paths.”—(Ps. 118:105). “Not in bread alone doth man live, but in every word that proceedeth from the mouth of God.”—(Matthew 4:4).

Tribulations or Sufferings: The bottom step of the golden staircase to heaven. The 2nd step is PATIENCE; 3rd, TRIAL or APPROVAL; 4th, HOPE; and the last, HEAVEN. “But we glory also in tribulations, knowing that tribulation worketh patience, and patience trial, and trial hope,

and hope confoundeth not, for the charity of God is poured forth in our hearts by the Holy Ghost who is given us.”—(Romans 5:3-5).

Sermons: “. . . Blessed are they who hear the word of God, and keep it.”—(Luke 11:28).

Misunderstandings: “Blessed are ye when men shall revile and persecute you, and say all that is evil against you, untruly, for my sake. Be glad and rejoice, for your reward is very great in heaven. For so they persecuted the prophets that were before you.”—(Matthew 5:11,12).

Visits: Go with joyful eagerness to your Father’s house: “I will go to the altar of God, to God who giveth joy to my youth.”—(Ps. 42:4). Lay before Him all your wants and pious aspirations: “Let my request come in before Thee; deliver Thou me according to Thy word.”—(Ps. 118:170). Listen to His comforting voice: “Be of good heart, son . . .”—(Matt. 11,2).

Temptations: “Let no temptation take hold on you . . . And God is faithful, who will not suffer you to be tempted above that which you are able; but will make also with temptation issue, that you may be able to bear it.”—(I Cor. 10:13). “Uphold me according to Thy word and I shall live . . . Help me and I shall be saved.”—

(Ps. 118:116). Say instantly, as Our Lord did: "Begone Satan."—(Matthew 4:10).

Recreation: "There is no riches above the health of the body: and there is no pleasure above the joy of the heart.—The joyfulness of the heart is the life of a man, and a never-failing treasure of holiness: and the joy of man is length of life.—For sadness hath killed many, and there is no profit in it."—(Ecclesiasticus 30:16,23,25).

Night Prayer: "In thee, O Lord, do I put my trust; let me never be confounded; deliver me in Thy justice. Bow down Thine ear to me; make haste to deliver me. Be Thou unto me a God, a protector, and a house of refuge: to save me."—(Ps. 30:2,3). "In peace in the selfsame I will sleep and I will rest."—(Ps. 4:9). "Into Thy hands I commend my spirit: Thou hast redeemed me, O Lord, God of truth."—(Ps. 30:6).

Thus ends THE DAY WITH GOD. After a succession or a life of such days, comes the Master's commendation and your reward:

"Well done, good and faithful servant, because thou hast been faithful over a few things, I will place thee over many things: enter thou in the joy of the Lord."—(Matthew 25:21).

MAY GOD BE WITH YOU!

