

TABLE OF CONTENTS

What Is A Retreat?.....	Pg 2
Calling All To Christ.....	Pg 3
A Welcome From Bishop Campbell.....	Pg 4
Morning Prayer (Option A)	Pg 5
Morning Prayer (Option B).....	Pg 12
The Way Of The Cross	Pg 17
The Rosary	Pg 34
The Chaplet Of Divine Mercy	Pg 38
The Ten Commandments.....	Pg 39
Examination Of Conscience	Pg 40
Sacrament Of Penance And Reconciliation	Pg 48
The Angelus/Regina Coeli	Pg 51
Holy Hour: Exposition-Benediction	Pg 53
Night Prayer (Option A)	Pg 56
Night Prayer (Option B).....	Pg 62
Additional Meditations And Prayers	Pg 66
Hymns	Pg 77

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Diocese of Columbus

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WHAT IS A RETREAT?

A retreat is about YOU but it's not a selfish thing. A retreat should cause you to think about your life. It can benefit you ... and others too.

So, try to leave the “outside world” out there, and instead seek a deep inner feeling of asking God about your life. Are you living it the way He would want you to?

Seek God's spiritual direction for yourself. That's what it's all about. Really get the good life.

The word “retreat” seems to be a misnomer, but it isn't. We necessarily go backward to examine our life at a retreat, but then we go forward as we lead the kind of life for which we were created.

Historical Note: St. Ignatius of Loyola, Spain was the founder of the Society of Jesus. Ignatius' chief work, Spiritual Exercises, was published in 1548. It applied Gospel precepts to the individual but used a new method of examination and meditation.

(Visit www.jesuit.org or www.creighton.edu/CollaborativeMinistry)

CALLING ALL TO CHRIST

Saint Therese, Little Flower of Jesus, intercede to bring a strong desire for making an annual retreat to more men and women each year.

Blessed Mother Mary, we pray for the graces needed to overcome worldly obstacles and excuses which might interfere with attendance at retreats.

Lord Jesus, guide my path and my determination to spend a weekend with You at least once a year, so that I may share the tremendous blessings that await me there.

St. Therese's Retreat Center provides an ideal setting for a retreat. It is named after Therese (tur'res) of Lisieux (la'zoo), Normandy, France. Born in 1873, her persistence enabled her to join the Carmelite order when only 15. She died nine years later of tuberculosis on Sept. 30 1897.

Despite her obscure, short life, she became widely known through her spiritual autobiography, *Historie d'un ame*. In English, it is titled *Story of a Soul*. St. Therese promoted the value of doing little things perfectly in daily life. She is often called the "The Little Flower" or "Therese of the Child Jesus." She was canonized in 1925 and is the patron of foreign missions. Her feast day is Oct. 1.

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Prayer is, at its most fundamental level, the act of communicating with God. Through genuine and sincere prayer, we direct our thoughts and concerns to God and we also open ourselves to God's own Word by listening carefully and faithfully. The practice of prayer is as important now as it ever was. It is a key to our journey of faith that moves us through our days in this world toward our goal of eternal and joyful union with God. --

I invite you to take full advantage of this retreat. You are following in the footsteps of Jesus, who took time to be away from the activities of his daily life in order to be alone and pray to His Father. You too keep a busy schedule that includes your career and family, as well as many other activities, and you too need time away.

Make **this** retreat a time of renewal and refreshment, but also make it a time to renew and develop your prayer life. This prayer manual is given to you with that in mind. I invite you to use it both now and in the months and years ahead.

I welcome you to this retreat, and I challenge you to make prayer and retreat a regular part of your life as a man who follows Jesus Christ. May God bless you and your loved ones.

With best wishes, I remain,

Sincerely yours in Christ,



Most Reverend Frederick F. Campbell, D.D., Ph.D.
Bishop of Columbus

Morning Prayer

Option A

[* Asterisk indicates pause.]

Leader: O God, come to my assistance.

All: O Lord, make haste to help me. Glory be to the Father and to the Son * and to the Holy Spirit. * As it was in the beginning, is now and ever shall be, * world without end. Amen.

HYMN: (Optional)

Leader: Now that the daylight fills the sky,

All: We raise our hearts to God on high,
That He, in all we do and say,
May keep us from all harm today.

May healing grace our tongue restrain
From vicious words and speech profane.
God's loving care protect our eyes
From vanity and sin's disguise.

To God the Father let us sing,
To God the Son, our risen King,
And equally let us adore
The Spirit, God forevermore. Amen.

PSALM 25; DAVID'S CONFIDENT PRAYER FOR FORGIVENESS AND GUIDANCE

[Designations 1 and 2 are for the convenience of groups wishing to use the verses of the psalm in alternate choral recitation.]

Leader: To you I lift up my soul, O Lord, my God.

All: To you I lift up my soul, O Lord, my God.

- 1- In you, O Lord, I trust; let me not be put to shame, *
let not my enemies exult over me,
- 2- No one who waits for you shall be put to shame; * those
shall be put to shame who heedlessly break faith.
- 1- Your ways, O Lord, make known to me; * teach me
your paths.
- 2- Guide me in your truth and teach me, for you are God
my savior, and for you I wait all the day.
- 1- Remember that your compassion, O Lord, * and your
kindness are from of old.
- 2- The sins of my youth and my frailties remember not; *
in your kindness remember me, because of your good-
ness, O Lord.
- 1- Good and upright is the Lord; * that he shows sinners
the way.
- 2- He guides the humble to justice, * he teaches the hum-
ble the way.

- 1- All the paths of the Lord are kindness and constancy * toward those who keep his covenant and his decrees.
- 2- For your name's sake, O Lord, * you will pardon my guilt, great as it is.
- 1- When a man fears the Lord, * he shows him the way he should choose.
- 2- He abides in prosperity, * and his descendants inherit the land.
- 1- The friendship of the Lord is with those who fear him, * and his covenant, for their instruction.
- 2- My eyes are ever toward the Lord, * for he will free my feet from the snare.
- 1- Look toward me, and have pity on me, * for I am alone and afflicted.
- 2- Relieve the troubles of my heart, * and bring me out of my distress.
- 1- Put an end to my affliction and my suffering, * and take away all my sins.
- 2- Behold, my enemies are many, * and they hate me violently.
- 1- Preserve my life, and rescue me; * let me not be put to shame, for I take refuge in you.
- 2- Let integrity and uprightness preserve me, * because I wait for you, O Lord.

1- Redeem Israel, O Lord, * from all its distress.

2- Glory be to the Father, and to the Son, * and to the Holy Spirit.

1- As it was in the beginning, is now and ever shall be, * world without end. Amen.

Leader: To the King of ages, immortal and invisible, the only God, be honor and glory for ever and ever.

All: Thanks be to God.

Meditation Responses

Leader: Christ, Son of the living God, have mercy on us.

All: Christ, Son of the living God, have mercy on us.

Leader: You who sit at the right hand of the Father,

All: Have mercy on us.

Leader: Glory be to the Father, and to the Son, and to the Holy Spirit.

All: Christ, Son of the living God, have mercy on us.

Leader: Arise, O Christ, and help us,

All: And deliver us for your name's sake.

Leader: O Lord, hear my prayer,

All: And let my cry come to you.

Leader: Let us pray:

All: Lord God almighty, you have safely brought us to the beginning of this day. Let your powerful grace so conduct us through it that we may not fall into any sin. May all our words, thoughts, and works be guided by the rules of your heavenly justice and result in observing your law. Through Christ our Lord. Amen.

Leader: O Lord, hear my prayer,

All: And let my cry come to you.

Leader: Let us bless the Lord.

All: Thanks be to God.

REMEMBRANCE OF THE SAINTS

Leader: May holy Mary and all the saints intercede for us with the Lord, that we may deserve to be helped and saved by him who lives and reigns for ever and ever.

All: Amen.

PRAYER FOR OUR DAILY WORK

Leader: O God, come to my assistance.

All: O Lord, make haste to help me. Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.

Leader: Lord, have mercy on us.

All: Christ, have mercy on us. Lord, have mercy on us.

Leader: Our Father,

All: 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 have trespassed against us, and lead us not into temptation, but deliver us from evil. Amen.

Leader: Look upon your servants, Lord, and upon their works, and direct their children.

All: And may the glorious beauty of the Lord our God be upon us. Direct the works of our hands for us; yes, direct the works of our hands. Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.

Leader: Let us pray.

All: Lord, our God, King of heaven and earth, for this day please direct and sanctify, set right and govern our hearts and our bodies, our sentiments, our words and our actions in conformity with your law and your commandments. Thus we shall be able to

attain salvation and deliverance, in time and in eternity by your help, O Savior of the world, who lives and reigns forever. Amen.

Leader: May the all-powerful Lord order our days and deeds in His peace.

All: May the Lord direct our hearts and bodies in the love of God and the patience of Christ.

Leader: Our help is in the name of the Lord,

All: Who made heaven and earth.

Leader: Let us pause and ask for a blessing.(Pause):

All: May God bless us.

Leader: We adore You, O Christ, and we praise You.

All: May the Lord bless us and defend us from all evil, and bring us to life everlasting. And may the souls of the faithful departed through the mercy of God rest in peace. Amen.

HYMN: (Optional)

Morning Prayer

Option B

Leader: Begin the Morning Prayer with the Angelus (Substitute Regina Coeli during Eastertide). See pages 51 & 52.

Leader: Come, Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of Your love. Send forth Your Spirit and they shall be created.

All: And You shall renew the face of the earth.

Leader: Let us pray.

All: O God, who by the light of the Holy Spirit did instruct the hearts of your faithful, grant that by the same Holy Spirit we may be truly wise, and ever rejoice in Your consolation, through Christ our Lord. Amen.

Adoration And Thanksgiving

Leader: Most holy and adorable Trinity,

All: One God in three Divine Persons, I believe that You are here present. I adore You with reverence and love; I most humbly thank You for all the favors You have bestowed upon me. I give You thanks from the bottom of my heart that You have created me after Your Own image and likeness, that You have redeemed me by the precious blood of Your beloved Son, and sanctified my soul in baptism by the infusion of the Holy Spirit. I thank You for Your wise and kindly guidance in my past life, for Your Fatherly protection during the past night, and for the new day which You have granted me. Out of gratitude for all these graces and favors, I wish to love You with my whole heart, my whole soul, my whole mind and all my strength.

Morning Offering

Leader: O Jesus, through the Immaculate Heart of Mary,

All: I offer You my prayers, works and sufferings of this day, for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all our associates, and in particular for the intention of the Holy Father.

An Act Of Faith

My God, I firmly believe all the sacred truths which Your holy Catholic Church believes and teaches, because You have revealed them, Who can neither deceive nor be deceived.

An Act Of Hope

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

An Act Of Love

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

Prayers In Honor Of Mary And The Saints

Leader: O Holy Virgin Mary, Mother of Jesus Christ,

All: Be and remain my Mother. Keep me from all sin, protect me in all dangers of soul and body, help me today to perform my duties most conscientiously. Obtain for me the grace of perseverance until death and a great zeal to live and labor for the honor and glory of God.

Leader: Consecration To The Blessed Virgin

All: O my Queen and my Mother, I give myself entirely to you, and to show my devotion to you I consecrate to you this day my eyes, my ears, my mouth, my heart, and my whole being without reserve. Wherefore, good Mother, as I am your own, keep me, guard me, as your property and possession. Amen.

Leader: Let Us Pray In Honor Of St. Michael.

All: St. Michael the Archangel, defend us in this day of battle; be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, cast into hell Satan and all the other evil spirits who roam through the world seeking the ruin of souls. Amen.

Leader: Let Us Pray To Our Guardian Angel.

All: 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.

Leader: All You Angels And Saints Of God,

All: Assist me, that I may today serve my God faithfully and that I may not fall into any grievous sin.

Prayer For The Sick

Leader: Father of goodness and love,

All: Hear the prayer I offer You for all who are sick or in need, especially those who have no one to pray for them. Amid mental and physical suffering, may they know the consolation of Your healing presence. Close their wounds, cure their illness, make their broken bodies whole, and free their downcast spirits. May these special people find lasting health and deliverance and join us in thanking You for all your gifts. We ask this through the Lord Jesus who healed those who believe. Amen.

Prayer For The Dying

Leader: My God,

All: I offer You all the Masses which are being celebrated today throughout the whole world for sinners who are in their agony, and who are to die this day. May the Precious Blood of Jesus, their Redeemer, obtain mercy for them.

The Blessing

Leader: May the blessing of Almighty God,

All: Father, Son, and Holy Spirit, come down upon us and abide with us forever. Amen.

Leader: Praised be Jesus Christ.

All: Now and forever. Amen.

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



THE WAY OF THE CROSS

By St. Alphonsus Liguori

The Way of the Cross is a devotion to the Sacred Passion, in which we accompany, in spirit, our Blessed Lord in His sorrowful journey from the house of Pilate to Calvary, and recall to mind, with sorrow and love, all that took place from the time when He was condemned to death to His being laid in the tomb. There are fourteen Stations, or places, in the Way of the Cross, at which something took place. At each Station we should say the *Our Father* and the *Hail Mary* with love and sorrow for our sins, meditating on the suffering of our Lord represented to us at the Station.

Historical Note: St. Alphonsus Ligouri (1696-1787) was born near Naples, Italy. He wrote on prayer, the spiritual life, and doctrinal subjects in response to controversy. He was a bishop (1762-1775), founder of the Redemptorists, and canonized 1839. His Way of the Cross was published in Italian in 1761. His feast day is August 1.

(Visit www.redemptorists.com)

Photos accompanying the Stations in this manual were taken at the Station sites of St. Therese's Retreat Center.

THE WAY OF THE CROSS

Kneeling before the altar, make an Act of Contrition, and then say:

My Lord Jesus Christ, * You have made this journey to die for me with unspeakable love, * and I have so many times ungratetfully abandoned You; * but now I love You with my whole heart, * and because I love You, I repent sincerely for having ever offended You. * Pardon me, my God, * and permit me to accompany You on this journey. * You go to die for love of me; * I want, my beloved Redeemer, to die for love of You. * My Jesus, I will live and die always united to You. *

*Dear Jesus You go to die
For the very love of me.
Let me bear You company;
I wish to die with Thee.*

1. JESUS IS CONDEMNED TO DEATH

V.
We adore
You,
O Christ,
and we
bless You.



R.
Because
by Your
holy cross,
You have
redeemed
the world.

Consider how Jesus, after having been scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross.

My Jesus, it was not Pilate, * no, it was my sins that condemned You to die. * I beg You, by the merits of this sorrowful journey, * to assist my soul in its journey toward eternity. * I love You, Jesus my love, above all things. * I repent with my whole heart for having offended You.* Never permit me to separate myself from You again. * Grant that I may love You always; * and then do with me what You will.

Our Father, Hail Mary, and Glory Be to the Father.

At the cross her station keeping,
Stood the mournful mother weeping,
Close to Jesus to the last.

2. JESUS CARRIES HIS CROSS

V.
We adore
You,
O Christ,
and we
bless You.



R.
Because
by Your
holy cross,
You have
redeemed
the world.

Consider how Jesus, in making this journey with the cross on His shoulders, thought of us, and for us offered to His Father the death He was about to undergo.

My beloved Jesus, * I embrace all the tribulations You have destined for me until death. * I beg You, * by the merits of the pain You suffered in carrying Your cross, * to give me the necessary help * to carry mine with perfect patience and resignation. * I love You, Jesus my love, above all things. * I repent with my whole heart for having offended You. * Never permit me to separate myself from You again. * Grant that I may love You always; * and then do with me what You will.

Our Father, Hail Mary, and Glory Be to the Father.

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

3. JESUS FALLS THE FIRST TIME

V.
We adore
You,
O Christ,
and we
bless You.



R.
Because
by Your
holy cross,
You have
redeemed
the world.

Consider this first fall of Jesus under His cross. His flesh was torn by the scourges, His head crowned with thorns, and He had lost a great quantity of blood. He was so weakened that He could scarcely walk, and yet He had to carry this great load upon His shoulders. The soldiers struck Him rudely, and thus He fell several times in His journey.

My beloved Jesus, * it is not the weight of the cross, but my sins, * which have made You suffer so much pain. * By the merits of this first fall, * deliver me from the misfortune of falling into mortal sin. * I love You, Jesus my love, above all things. * I repent with my whole heart for having offended You. * Never permit me to separate myself from You again. * Grant that I may love You always; * and then do with me what You will.

Our Father, Hail Mary, and Glory Be to the Father.

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

4. JESUS MEETS HIS SORROWFUL MOTHER

V.
We adore
You,
O Christ,
and we
bless You.



R.
Because
by Your
holy cross,
You have
redeemed
the world.

Consider the meeting of the Son and the Mother, which took place on this journey. Jesus and Mary looked at each other, and their looks became as so many arrows to wound those hearts which loved each other so tenderly.

My most loving Jesus, * by the sorrow You experienced in this meeting, * grant me the grace of a truly devoted love for Your most holy Mother. * And you, my Queen, who were overwhelmed with sorrow, * obtain for me by your intercession a continual remembrance of the passion of your Son. * I love You, Jesus my love, above all things.* I repent with my whole heart for having offended You.* Never permit me to separate myself from You again. * Grant that I may love You always; * and then do with me what You will.

Our Father, Hail Mary, and Glory Be to the Father.

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

5. SIMON HELPS JESUS TO CARRY HIS CROSS

V.
We adore
You,
O Christ,
and we
bless You.



R.
Because
by Your
holy cross,
You have
redeemed
the world.

Consider how the Jews, seeing that at each step Jesus from weakness was on the point of expiring, and fearing that He would die on the way, when they wished Him to die the ignominious death of the cross, constrained Simon the Cyrenian to carry the cross behind our Lord.

My beloved Jesus, * I will not refuse the cross, as the Cyrenian did; * I accept it, I embrace it. * I accept in particular the death You have destined for me; * with all the pains that may accompany it; * I unite it to Your death, I offer it to You. * You have died for love of me; * I will die for love of You, and to please You. * Help me by Your grace. * I love You, Jesus my love, above all things.* I repent with my whole heart for having offended You.* Never permit me to separate myself from You again. * Grant that I may love You always; * and then do with me what You will.

Our Father, Hail Mary, and Glory Be to the Father..

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

6. VERONICA WIPES THE FACE OF JESUS

V.
We adore
You,
O Christ,
and we
bless You.



R.
Because
by Your
holy cross,
You have
redeemed
the world.

Consider how the holy woman named Veronica, seeing Jesus so afflicted, and His face bathed in sweat and blood, presented Him with a towel, with which He wiped His adorable face, leaving on it the impression of His holy countenance.

My beloved Jesus, * Your face was beautiful before, * but in this journey it has lost all its beauty, * and wounds and blood have disfigured it. * My soul also was once beautiful, * when it received Your grace in Baptism; * but I have disfigured it since by my sins; * You alone, my Redeemer, can restore it to its former beauty. * Do this by Your passion, * I love You, Jesus my love, above all things. * I repent with my whole heart for having offended You. * Never permit me to separate myself from You again. * Grant that I may love You always; * and then do with me what You will.

Our Father, Hail Mary, and Glory Be to the Father.

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

7. JESUS FALLS A SECOND TIME

V.
We adore
You,
O Christ,
and we
bless You.



R.
Because
by Your
holy cross,
You have
redeemed
the world.

Consider the second fall of Jesus under the cross - a fall which renews the pain of all the wounds of the head and members of our afflicted Lord.

My most gentle Jesus, * how many times You have pardoned me, * and how many times have I fallen again, and begun again to offend You! * By the merits of this new fall, * give me the necessary help to persevere in Your grace until death. * Grant that in all temptations which assail me, * I may always commend myself to You. * I love You, Jesus my love, above all things. * I repent with my whole heart for having offended You. * Never permit me to separate myself from You again. * Grant that I may love You always; * and then do with me what You will.

Our Father, Hail Mary, and Glory Be to the Father.

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

8. WOMEN OF JERUSALEM WEEP OVER JESUS

V.
We adore
You,
O Christ,
and we
bless You.



R.
Because
by Your
holy cross,
You have
redeemed
the world.

Consider how these women wept with compassion at seeing Jesus in such a pitiable state, streaming with blood, as He walked along. But Jesus said to them, “Weep not for Me, but for your children.”

My Jesus, laden with sorrows, * I weep for the offenses I have committed against You, * because of the pains they have deserved, * and still more because of the displeasure they have caused You, * Who have loved me so much. * It is Your love, more than the fear of hell, * which causes me to weep for my sins. * I love You, Jesus my love, above all things. * I repent with my whole heart for having offended You. * Never permit me to separate myself from You again. * Grant that I may love You always; * and then do with me what You will.

Our Father, Hail Mary, and Glory Be to the Father.

For the sins of his own nation
Saw Him hang in desolation
Till His Spirit forth He sent.

9. JESUS FALLS THE THIRD TIME

V.
We adore
You,
O Christ,
and we
bless You.



R.
Because
by Your
holy cross,
You have
redeemed
the world.

Consider the third fall of Jesus Christ. His weakness was extreme, and the cruelty of His executioners excessive, who tried to hasten His steps when He had scarcely strength to move.

My outraged Jesus, * by the merits of the weakness You suffered in going to Calvary, * give me strength sufficient to conquer all human respect, * and all my wicked passions, * which have led me to despise Your friendship. * I love You, Jesus my love, above all things. * I repent with my whole heart for having offended You. * Never permit me to separate myself from You again. * Grant that I may love You always; * and then do with me what You will.

Our Father, Hail Mary, and Glory Be to the Father.

O sweet Mother, Fount of Love
Touching Spirit from above
Make my heart with yours accord.

10. JESUS IS STRIPPED OF HIS GARMENTS

V.
We adore
You,
O Christ,
and we
bless You.



R.
Because
by Your
holy cross,
You have
redeemed
the world.

Consider the violence with which the executioners stripped Jesus. His inner garments adhered to His torn flesh, and they dragged them off so roughly that the skin came with them. With compassion for the Savior thus cruelly treated, say to Him:

My innocent Jesus, * by the merits of the torment You have felt, * help me to strip myself of all affection for things of earth, * in order that I may place all my love in You, * Who are so worthy of my love. * I love You, Jesus my love, above all things. * I repent with my whole heart for having offended You. * Never permit me to separate myself from You again. * Grant that I may love You always; * and then do with me what You will.

Our Father, Hail Mary, and Glory Be to the Father.

Make me feel as You have felt;
Make my soul to glow and melt
With the love of Christ, my Lord.

11. JESUS IS NAILED TO THE CROSS

V.
We adore
You,
O Christ,
and we
bless You.



R.
Because
by Your
holy cross,
You have
redeemed
the world.

Consider how Jesus, after being thrown on the cross, extended His hands, and offered to His Eternal Father the sacrifice of His death for our salvation. These barbarians fastened Him with nails, and then, raising the cross, allowed Him to die with anguish on this infamous gibbet.

My Jesus, loaded with contempt, * nail my heart to Your feet, that it may ever remain there, * to love You, and never leave You again. * I love You, Jesus my love, above all things. * I repent with my whole heart for having offended You. * Never permit me to separate myself from You again. * Grant that I may love You always; * and then do with me what You will.

Our Father, Hail Mary, and Glory Be to the Father.

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

12. JESUS IS RAISED UPON THE CROSS AND DIES

V.
We adore
You,
O Christ,
and we
bless You.



R.
Because
by Your
holy cross,
You have
redeemed
the world.

Consider how your Jesus, after three hours' agony on the cross, consumed at length with anguish, abandons Himself to the weight of His body, bows His head, and dies.

O my dying Jesus, * I kiss devoutly the cross on which you died for love of me. * I have merited by my sins to die a miserable death; * but Your death is my hope. By the merits of Your death, * give me grace to die, embracing Your feet,* and burning with love for You. * I yield my soul into Your hands. * I love You, Jesus my love, above all things.* I repent with my whole heart for having offended You.* Never permit me to separate myself from You again. * Grant that I may love You always; * and then do with me what You will.

Our Father, Hail Mary, and Glory Be to the Father.

Let me share with you His pain,
Who for all our sins was slain,
Who for me in torment died.

13. JESUS IS TAKEN DOWN FROM THE CROSS

V.

We adore
You,
O Christ,
and we
bless You.



R.

Because
by Your
holy cross,
You have
redeemed
the world.

Consider how, after the death of our Lord, two of His disciples, Joseph and Nicodemus, took Him down from the cross, and placed Him in the arms of His afflicted Mother, who received Him with unutterable tenderness, and pressed Him to her bosom.

O Mother of sorrow, for the love of this Son, * accept me for your servant, and pray to Him for me. * And You, my Redeemer, * because You have died for me, * permit me to love You; * I wish only for You, and nothing more. * I love You, Jesus my love, above all things. * I repent with my whole heart for having offended You. * Never permit me to separate myself from You again. * Grant that I may love You always; * and then do with me what You will.

Our Father, Hail Mary, and Glory Be to the Father.

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

14. JESUS IS LAID IN THE SEPULCHER

V.
We adore
You,
O Christ,
and we
bless You.



R.
Because
by Your
holy cross,
You have
redeemed
the world.

Consider how the disciples carried the body of Jesus to bury it, accompanied by His holy Mother, who arranged it in the sepulcher with her own hands. They then closed the tomb, and all withdrew.

Oh, my buried Jesus, * I kiss the stone that encloses You.
* But You rose again the third day. * I beg You, by Your resurrection, * make me rise glorious with You at the last day, * to be always united with You in heaven, * to praise You and love You forever. * I love You, Jesus my love, above all things. * I repent with my whole heart for having offended You. * Never permit me to separate myself from You again. * Grant that I may love You always; * and then do with me what You will.

Our Father. Hail Mary, and Glory Be to the Father.

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

Prayer To Jesus Christ Crucified

All: Behold, O kind and most sweet Jesus, I cast myself on my knees in Your sight, and with the most fervent desire of my soul, I pray and beg You to impress upon my heart lively sentiments of faith, hope, and charity, with true repentance for my sins, and a firm desire of amendment, while with deep affection and grief of soul I ponder within myself and mentally contemplate Your five most precious Wounds; having before my eyes that which David spoke in prophecy: “They pierced my hands and my feet; they have numbered all my bones.”

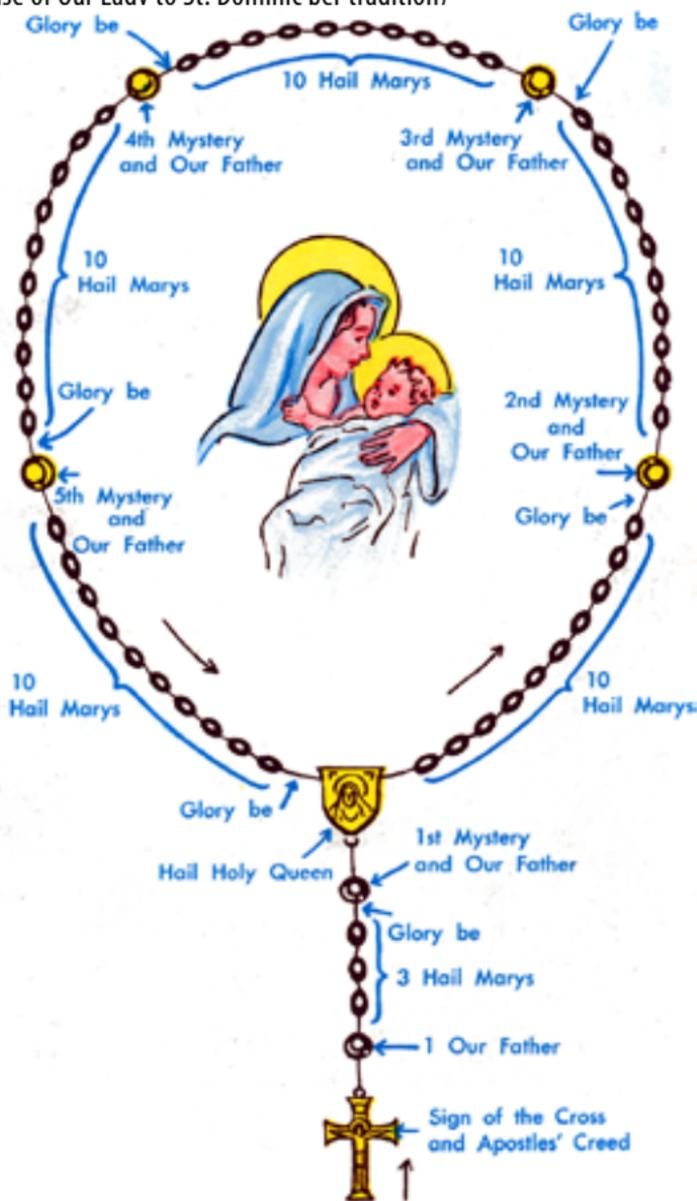
Historical Note: The Stations originated from the practice of Holy Land pilgrims returning home and making representations of what they had seen as early as the fifth century. The Franciscans began custody of the Holy Places in 1342 and promote this meditation devotion widely. The general features of the devotion were established by Clement XII in 1731.

From St. Therese’s pen: Regarding a Christian death: “*I am not dying; I am entering life.*”

ROSARY
(Visit www.newadvent.org)

“Whatever you ask through the rosary shall be granted.”

(Promise of Our Lady to St. Dominic per tradition)



Praying the rosary should be done while meditating on the following mysteries, which recount the events in the lives of Jesus and Mary.

Joyful Mysteries

(Monday and Saturday and on all Sundays from the first Sunday of Advent until Lent)

1. Annunciation to Mary
2. Visitation to Elizabeth
3. Nativity of Jesus
4. Presentation in the Temple
5. Finding in the Temple

Sorrowful Mysteries

(Tuesdays and Fridays and on all Sundays of Lent)

1. Agony in the Garden
2. Scourging at the Pillar
3. Crowning with Thorns
4. Jesus Carries His cross
5. Crucifixion and Death of Jesus

Glorious Mysteries

(Wednesdays and on all Sundays from Easter to Advent)

1. Resurrection from the Dead
2. Ascension into Heaven
3. Coming of the Holy Spirit upon the Apostles
4. Assumption of the Blessed Virgin into Heaven
5. Coronation of the Blessed Virgin in Heaven

Luminous Mysteries

(Thursdays. Luminous Mysteries established by Pope John Paul II)

1. The Baptism of Christ
2. The Wedding at Cana
3. Christ Proclaiming the Kingdom of God
4. Transfiguration of Our Lord on the Mountain
5. Institution of the Eucharist at the Last Supper

Apostles' Creed

I believe in God the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only son, our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried.

He descended into hell; 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 Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen

Hail, Holy Queen

Hail, holy Queen, Mother of mercy, our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, O most gracious Advocate, your eyes of mercy toward us; and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O holy Mother of God.

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

Prayer After The Rosary

O God, whose only-begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech Thee, that, meditating upon these mysteries of the most holy rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen

V. May the divine assistance remain always with us.

R. Amen.

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

R. Amen.

The Memorare

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

(For Marian Hymns, see pages 77-80)

The Chaplet Of Divine Mercy

(Visit www.marian.org)

The Chaplet is said using a rosary. Begin by making the Sign of the Cross while holding a crucifix.

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

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

All: O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You. (three times)

All: (Pray one Our Father, one Hail Mary, and the Apostles' Creed, pg. 36).

(On the large beads, recite the following:)

Leader: Eternal Father, I offer thee the Body and Blood, Soul and Divinity of Your dearly beloved Son, our Lord Jesus Christ.

All: In atonement for our sins and those of the whole world.

(On the small beads, recite the following:)

Leader: For the sake of His sorrowful passion,

All: Have mercy on us and on the whole world.

(In conclusion, say this prayer three times:)

Leader: Holy God, Holy Mighty One, Holy Immortal One.

All: Have mercy on us and on the whole world.

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

(End with the Sign of the Cross).

Historical Note: Pope John Paul II, on April 30, 2000, declared the Second Sunday of Easter to henceforth be called Divine Mercy Sunday in response to the wishes of St. Faustina and other Christian faithful.

THE TEN COMMANDMENTS

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

Examination Of Conscience

(See pages 48-50 for the elements of the Sacrament of Penance).

Part 1: Thanksgiving

Almighty God, Father, Son, and Holy Spirit, from the bottom of my heart I offer You my thanks for all your countless gifts and blessings to me.

Thank You for the precious gift of life. Thank You for my own individuality. Thank You for giving me my mind, my free will. Thank You for giving me the instrument of sharing your love, my body. Thank You for all the opportunities you have given me through my parents, friends and family. May I be worthy of these gifts and never abuse my life or the lives of others by my inconsiderate acts.

Thank You, loving Father, for the gift of redemption: for the blessed Incarnation of Your only begotten Son, for all the perfect things He said and did on earth, for His passion, death and resurrection. Thank You for the gift of the Holy Spirit who came to me in Baptism and Confirmation, and who will dwell in me as long as I live, if only I avoid serious sin.

Dear God, thank You for the faith which makes all the difference, for the treasure that is Holy Mother Church, especially for Confession and Holy Communion. Thank You for the sure hope of seeing You one day face to face in complete and everlasting happiness. Thank You especially for being always so patient with me.

Mother of God, please thank Him for me. St. Joseph, father in the Holy Family, please pray for me.

Part 2: Prayer for Self-Knowledge

Blessed Trinity, please help me to know my deeds and myself without deception. Save me, dear God, from falsehood and pretension, not only in the eyes of others, but in the depths of my soul. I am weak and faulty; make me at least honest. I ask the grace to know clearly how I have sinned, how I have failed you. Most particularly I beg to realize the roots and reasons and sources of my sins, to begin to see myself as I really am, to acknowledge the deep flaws and weaknesses of character that lie under the surface of my behavior. What kind of person am I, God? Tell me; tell me unsparingly; hurt me with this knowledge that I may be even shamed into a better life.

Lord, help me also to be completely sorry once again for all the ugly, hateful, unspeakable past evil of my life. You and I alone know what that wretched evil has been; make me sorrier for it than I have ever been.

Come Holy Spirit, fill my mind with light and my heart with honesty. Immaculate Mother of Christ and honest St. Joseph, please pray for me.

Part 3: Examination

My Duty to God:

Have I prayed today? How do I pray? Too fast - without thinking? In what kind of posture? Just to get it over with? Should I perhaps vary my prayers? Do I think of the events in the life of our Lord and His Mother as I say the Rosary? How often do I go to Mass? Am I attentive? Is it time to read something about the Mass? On Sunday, maybe, instead of that unnecessary work? Do I carelessly use the name of Jesus? Or the name, God? How about my language in general? What is my method of "thanksgiving" after Holy Communion? And, do I ever talk to God during the day? Do I ever visit the Blessed Sacrament as I pass by the church - am I aware that our Lord waits inside for me?

My Duty toward My Neighbor:

Anger? Impatience? Sharp words? Have I embarrassed anyone, been inconsiderate, highhanded, intolerant, dogmatic? Exactly how selfish have I been today? Have I been kind to anyone, praised anyone, smiled at anyone? How have I acted today toward those I like least and who annoy me most? Have I been kind? Do I really thank people? And, how do I talk about people? Do I ridicule or belittle or habitually criticize others? Is everyone else always wrong? Slander can be very serious. Have I been of help to anyone? Could I interest anyone in the Catholic faith? Am I honest in my work?

My Duty toward My Family:

Is my family environment truly a Catholic Christian home? Do I set an example of leading a prayerful life? Do we say family prayers each day? Do I pay any attention to the religious education of my children or completely entrust it to others? Am I truly the primary religious educator of my children? Does a spirit of penance characterize our family observances during Lent?

Do I teach my children proper reverence and behavior in church? Do I fulfill my role as a parent in disciplining our children? Do we support one another in discipline? Do I leave all discipline to my spouse?

Do I criticize authority in the presence of children and youth? Do I respect and support the authority of Church, government, school? As a parent am I permissive, refusing to exercise my God-given authority with consistency, firmness and love? Am I just in administering or accepting authority? Have I been jealous of others in the exercise of authority?

Am I so occupied with my work that I forget to give time and attention to my family? Do I spend any time with them, respecting each one as a person with individual needs? Do I teach my children Christian values in life? Do I scandalize my children by word or act? With my older children, do I show patience and understanding for their developing personalities?

Is there opportunity for good Catholic reading in our home? Do I supervise family entertainment -TV, movies, reading?

Do I understand love in a spirit of sacrifice and giving of self? Is my love more a self-centeredness? Do I try to view sex according to God's plan? Have I deliberately practiced artificial birth control?

Have I tried to rationalize away the Church's official teachings on the use of sex, permitting the world's way and opinion to form my conscience, rather than Christ who said to His Church, "He who hears you, hears me"? Have I sought out a priest who I thought might agree with my point of view or that of the world, rather than seeking truth itself in a true conscience? Have I been unfaithful to my spouse? Encouraged advances from others? What was the cause of my unfaithfulness? Did I contribute to my spouse's infidelity?

Do I encourage the family to participate in the sacraments? Am I understanding and forgiving of the faults of my spouse? Do I try to encourage my spouse in moments of trial and frustration? Do I build on my spouse's good points or tear them down?

My Duty toward Myself:

Am I always truthful? Do I exaggerate? Am I boastful, conceited, vain, self-complacent? Do I talk too much? Do I tell shady stories? What about purity: in thought, word, action? Do I watch my reading? Guard my eyes? Am I lazy? Do I drink too much, or abuse my body by other excesses? Would it be better in this connection to avoid certain persons, places, things?

My Duty toward the Church:

Have I been a source of encouragement to priests and religious? Have I caused disunity in the parish? Do I look to the Church only to receive, not to give? Do I criticize the Church while making no positive contributions? Do I strive to bring others closer to Christ? Am I indifferent about the salvation of others? Am I concerned about the poor, the oppressed? What do I personally do for these? Do I realize that I, too, am the Church? Do I pray for or merely criticize those who have given scandal? Am I honest, open and humble in discussing my problems with my confessor?

Am I doing my share to preach the Gospel to every creature and spread the Church to the ends of the earth, as our Lord commanded?

Is there anything else? ... Reflect ... look deeply into your soul!

Part 4: Contrition

(Sorrow of the Soul and Detesting Sins Committed)

My God, I am sorry for all my sins, offenses, and negligence. I am sincerely sorry for the good I have not done, for the good I have done poorly, for any evil I have done. I am sorry for all the failures of today, even for the faults I do not remember; and, I am especially sorry for..(specific faults and sins) . . Lord Christ, I cannot pretend that I have shown in my actions the love I claim to have for You in my heart. I cannot be proud of myself; once again I see in my life the record of sloth and self-seeking and smallness and mean habits and cheap ways. I am not surprised, for I know my petty weaknesses and really ugly impulses, and secret, hidden hatefulness. My God, You have spent a lot of grace on me, and I show little gain for it.

And yet, most dear and holy Father, do not give up on me, I plead. I have said it so often, yet I say it again: My God, I am sorry. I am sorry for everything in me that displeases You. I am sorry for my sins because I am truly afraid of your absolute and terrible and inescapable justice. I am sorry because I am truly ashamed of the deeds I have done. But, dear God, I am sorry most of all because I have offended You. You are infinitely good; and, in spite of all, I love You. Lord Jesus, I am sorry for sending You to the cross. Holy Spirit, I am sorry for all the times I have driven You out of my soul by mortal sin.

Most loving God, Father, Son and Holy Spirit, I beg You in Your love and mercy to forgive me. Mary, refuge of sinners, pray for me. St. Joseph, pray for me.

Part 5: Resolution

“And I firmly resolve, with the help of Thy grace, never to sin again.”

Dear God, how often have I said those words! Too often they have not amounted to much; yet now, once more, I say them, and I want to mean them. I do wish to avoid all evil. I do desire to pray better, be better. I would like to love You, Lord, as I should. I want to be a better Christian.

“With the help of Thy grace” ... Those are the words that count, my God! All my resolutions are breath and words and halting, feeble desires, but Your grace is no such thing. Lord Christ, You are the same mighty One who made saints of Magdalene and Peter and the Good Thief, and Your grace does not grow weak with the years. Jesus, I beg You, please do something with me and to me and about me and in me. Lord Christ, change me; make me everything You want me to be.

Loving Father, please help me to do my small part. Holy Spirit, come to me with Your rich gifts, and especially the gift of fortitude. Make me strong with Your overpowering strength and kindle in my heart the fire of Your love.

Mother of Christ, Virgin most powerful, Mother of divine grace, pray for me! Good Saint Joseph, pray for me.

The Elements Of The Sacrament Of Penance And Reconciliation

(also called Confession)

Penitent's Preparation

The penitent should prepare for the celebration of the sacrament by prayer, reading of Scripture, and silent reflection. The penitent should think over and should regret all sins since the last celebration of the sacrament.

The penitent must intend to do the assigned penance and resolve to amend his life.

Greeting and Blessing by the Priest

The penitent enters the confessional or other place set aside for the celebration of the sacrament. After the welcoming of the priest, the penitent makes the sign of the cross, saying:

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

The penitent is invited to have trust in God and replies:

Amen.

The Priest has an option of reading from Scripture

Penitent then confesses his sins.

Prayer of the Penitent

After confessing his sins, the penitent expresses sorrow in any of the following, or similar, Acts of Contrition.

Lord Jesus, You chose to be called the friend of sinners. By Your saving death and resurrection free me from my sins. Make Your peace take root in my heart and bring forth a harvest of love, holiness and truth,

Father, I have sinned against You and am not worthy to be called Your son. Be merciful to me, a sinner.

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

O My God, I am heartily sorry for having offended You, and I detest all my sins, because I dread the loss of heaven and the pains of hell. But most of all, because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

The Priest imposes a penance upon the Penitent.

The Priest's Absolution

If the penitent is not kneeling, he bows his head as the priest extends his hands (or at least extends his right hand) as he pronounces the words of absolution.

“God, the Father of mercies, through the death and resurrection of His Son, has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.”

The penitent then replies: Amen.

A Prayer of Thanksgiving and Dismissal

Penitent and priest give praise to God as follows:

Priest: Give thanks to the Lord, for he is good.

Penitent: His mercy endures forever.

Then the penitent is dismissed with the blessing of the priest.

The Angelus

(The Angelus is said morning, noon and evening in memory of the mystery of the Incarnation. On Saturday evening and Sunday it should be said standing, otherwise kneeling.)

Leader: The angel of the Lord declared unto Mary.

All: And she conceived by the Holy Spirit.

Leader: Hail Mary, full of grace, the Lord is with thee.

All: 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.

Leader: Behold the handmaid of the Lord.

All: Be it done to me according to thy word.

Leader: Hail Mary, full of grace, etc.

And the Word was made flesh.

All: And dwelt among us.

Leader: Hail Mary, full of grace, etc.

Pray for us, O Holy Mother of God.

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

Leader: Let us pray.

All: Pour forth, we beseech Thee, O Lord, Your 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.

Regina Coeli (Queen Of Heaven)

(Visit www.marianist.com)

(The Regina Coeli is recited only during Eastertide, from noon on Easter Saturday to noon on the Saturday before Trinity Sunday. During this time, the Angelus is not said).

Leader: O Queen of Heaven, rejoice! Alleluia.

All: For He whom you merited to bear, Alleluia.

Leader: Has risen, as He said. Alleluia.

All: Pray for us to God. Alleluia.

Leader: Rejoice and be glad, O Virgin Mary. Alleluia.

All: For the Lord has risen indeed . Alleluia.

Leader: Let us pray.

All: O God, Who gave joy to the world through the resurrection of Your Son, our Lord Jesus Christ, grant that we may obtain, through His Virgin Mother Mary, the joys of everlasting life, through the same Christ our Lord. Amen.

Eucharistic Holy Hour
Exposition Of The Blessed Sacrament

O Salutaris Hostia
(O Saving Victim)

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

O Saving Victim, opening wide
The gate of heaven to man below;
Our foes press on from every side;
Your aid supply, your strength bestow.

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

To your great name be endless praise,
Immortal Godhead, One in Three;
O, grant us endless length of days
In our true native land with thee. Amen.

*(Holy Hour may include Scripture readings, songs,
prayers, silent prayer, and possibly a homily.)*

Benediction Of The Blessed Sacrament

Tantum Ergo

**Tantum ergo sacramentum, veneremur cernui;
Et antiquum documentum, novo cedat ritui;
Praestet fides supplementum, sensuum defectui.**

Humbly let us voice our homage
For so great a sacrament;
Let all former rites surrender
To the Lord's New Testament;
What our senses fail to fathom,
Let us grasp through faith's consent.

**Genitori, genitoque, laus et jubilatio,
Salus, honor, virtus quoque, sit et benedictio;
Procedenti ab utroque, compar sit laudatio. Amen.**

Glory, honor, adoration
Let us sing with one accord.
Praised be God, almighty Father;
Praised be Christ His Son, Our Lord;
Praised be God the Holy Spirit,
Triune Godhead be adored. Amen.

V. Panem de caelo praestitisti eis.
You have given them bread from heaven.

R. Omne delectamentum in se habentem.
Having within it all sweetness.

Let Us Pray

Lord Jesus Christ, you gave us the Eucharist as the memorial of your suffering and death. May our worship of this sacrament of your body and blood help us to experience the salvation you won for us and the peace of the kingdom where you live with the Father and the Holy Spirit, one God, for ever and ever. Amen.

Divine Praises

Blessed be God; blessed be His holy name; blessed be Jesus Christ, true God and true man; blessed be the name of Jesus; blessed be His most Sacred Heart; blessed be His most precious blood; blessed be Jesus in the most Holy Sacrament of the altar; blessed be the Holy Spirit, the Consoler; blessed be the great Mother of God, Mary most holy; blessed be her holy and immaculate conception; blessed be her glorious assumption; blessed be the name of Mary, virgin and mother; blessed be St. Joseph, her most chaste spouse; blessed be God in His angels and in His saints.

Reposition

(“Holy God, We Praise Thy Name” on page 79 or other suitable hymn is sung after the Blessed Sacrament is reposed.)

Night Prayer

Option A

Leader: Lord, give us a blessing.

All: May the all-powerful Lord grant us a peaceful night and a perfect end to the day. Amen.

Leader: Brethren, be sober and watchful. For your enemy, the devil, goes about like a roaring lion, seeking someone to devour. Resist him firm in faith. Have mercy now on us, O Lord.

All: Thanks be to God.

Leader: Our help is in the name of the Lord.

All: Who made heaven and earth.

(All pause for a few minutes for a personal examination of conscience. Then all say the Confiteor together.)

Leader: I confess to almighty God,

All: to blessed Mary, ever Virgin, to blessed Michael the Archangel, to blessed John the Baptist, the holy Apostles Peter and Paul, and to all the saints, that I have sinned exceedingly in thought, word and action, through my fault, through my fault, through my most grievous fault. Therefore, I beseech blessed Mary, ever Virgin, blessed Michael the archangel, blessed John the Baptist, the holy Apostles Peter and Paul, and all the saints, to pray to the Lord our God for me.

Leader: May almighty God have mercy on us, forgive us our sins and bring us to life everlasting.

All: Amen.

Leader: May the almighty and merciful God grant us pardon, absolution and remission of our sins.

All: Amen.

Leader: Make us turn to you, O God, our Savior.

All: And turn away your anger from us.

Leader: O God, come to my assistance.

All: O Lord, make haste to help me. * Glory be to the Father, and to the Son, and to the Holy Spirit. * As it was in the beginning, is now and ever shall be, * world without end. Amen.

Psalm 86; David's Prayer During A Time Of Distress

Leader: O Lord, you are kind and gentle.

All: O Lord, you are kind and gentle.

1- Incline your ear, O Lord, and answer me, * For I am afflicted and poor.

2- Keep my life, for I am devoted to you; * Save your servant who trusts in you.

1- You are my God; have pity on me, O Lord, * For to you I call all the day.

2- Gladden the soul of your servant, * For to you, O Lord, I lift up my soul.

- 1- For you, O Lord, are good and forgiving, *abounding in kindness to all who call upon you.
- 2- Hearken, O Lord, to my prayer * And attend to the sound of my pleading.
- 1- In the day of my distress I call upon you, * For you will answer me.
- 2- There is none like you among the gods, O Lord, * and there are no works like yours.
- 1- All the nations you have made shall come and worship you, Lord, and glorify your name.
- 2- For you are great and you do wondrous deeds: * You alone are God.
- 1- Teach me, O Lord, your way that I may walk in Your truth; * direct my heart that it may fear your name.
- 2- I will give thanks to you, O Lord my God, with all my heart, * and I will glorify your name forever.
- 1- Great has been your kindness toward me; you have rescued me from the depths of the nether world.
- 2- O God, the haughty have risen up against me, And the company of fierce men seek my life, * Nor do they set you before their eyes.
- 1- But you, O Lord, are God, merciful and gracious, * slow to anger, abounding in kindness and fidelity.

- 2- Turn toward me, and have pity on me: * give strength to your servant, and save the son of your handmaid.
- 1- Grant me a proof of your favor, that my enemies may see to their confusion, * that You, O Lord, have helped and comforted me.
- 2- Glory be to the Father, and to the Son, * and to the Holy Spirit.
- 1- As it was in the beginning, is now and ever shall be, * world without end. Amen.

All: O Lord, to You we pray.
As twilight brings the end of day,
That you in your great mercy might
Protect and guard us through the night.

Keep far from us disturbing dreams,
All fantasies and Satan's schemes,
Lest by him tempted and beguiled,
Our souls and bodies are defiled.

O loving Father, hear our prayer,
Through Christ your only Son, our Lord,
Who with the Holy Spirit reign,
One God eternally adored. Amen.

Leader: O Lord, you are in the midst of us, and we call upon your holy name. Do not leave us, O Lord, our God.

All: Thanks be to God.

(Night Prayer, Option A continued)

Leader: Into your hands, O Lord, I commend my spirit.

All: Into your hands, O Lord, I commend my spirit.

Leader: You have redeemed us, O lord God of truth.

All: Into your hands, O Lord, I commend my spirit.

Leader: Glory be to the Father, and to the Son, and to the Holy Spirit.

All: Into your hands, O Lord, I commend my spirit.

Leader: Watch us, O Lord, as the apple of your eye.

All: Shelter us under the shadow of your wings.

Leader: Save us, O Lord, while we are awake and safeguard us while we sleep, that we may keep watch with Christ and rest in peace.

All: And, Lord, we ask you to provide comfort through the night to those with cancer, pulmonary disease, and other physical disabilities. Remember in Your mercy those suffering from severe depression. We ask you to give strength to caregivers struggling under their burden. Prompt us to remember those who have lost a spouse, are poor and homeless, or are seeking a better way of life in our country through their darkness of nights and days. Provide agencies to help the helpless. Open our eyes to see the needs that we could fill within our own community. Cause us to recall your words, "Love is the greatest commandment" that we will share with others. Amen.

1 - Glory be to the Father, and to the Son, * and to the Holy Spirit,

2 - As it was in the beginning, is now and ever shall be, * world without end. Amen.

All: Save us, O Lord, while we are awake, safeguard us while we sleep, * that we may keep watch with Christ and rest in peace.

Leader: Lord, hear my prayer.

All: And let my cry come to you.

Leader: Let us pray:

All: Visit, O Lord, this house and drive from it all influence of the devil. * Let your holy angels dwell here to keep us in peace. * And may your blessings be always upon us. * This we ask through our Lord Jesus Christ, * who lives and reigns with the Father, in the unity of the Holy Spirit, * world without end. Amen.

Leader: O Lord, hear my prayer.

All: And let my cry come to you.

Leader: Let us bless the Lord.

All: Thanks be to God.

Leader: May the almighty and merciful Lord, the Father, the Son, and the Holy Spirit, bless and keep us.

All: Amen.

Night Prayer

Option B

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

All: Replenish the hearts of the faithful and enkindle in them the fire of Thy love.

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

All: And Thou shalt renew the face of the earth.

Leader: Let us pray.

All: O God, Who by the light of the Holy Spirit did instruct the hearts of the faithful, grant us by the same Spirit a love and relish of what is right and just, and a constant enjoyment of His comforts. Through Christ our Lord. Amen.

Acts of Thanksgiving and Adoration

Leader: O my God,

All: I present myself before Thee at the end of another day, to offer anew the homage of my heart. I humbly adore Thee, my Creator, my Redeemer, and my Judge. I believe in Thee because Thou art Truth itself; I hope in Thee, because Thou art faithful to Thy promises; I love Thee with my whole heart, because Thou art infinitely worthy of being loved; and for Thy sake I love my neighbor as myself.

What return, O my God, can I make for my shameful ingratitude. Thou hast sanctified my soul by Thy grace and I have desecrated it by failings and sins. Out of thousands, Thou hast called me to the true Church, and I have been so unfaithful. From all eternity Thou hast loved me and from childhood I have grieved Thee.

Pardon me, O God, and according to the multitude of Thy tender mercies, blot out my iniquity. Cast me not away from Thy face and take not Thy Holy Spirit from me. I am firmly resolved never to offend Thee again. Help me with Thy grace.

O Jesus, for Thee I live, O Jesus, for Thee I die, O Jesus, I am Thine in life and death.. Amen.

Evening Offering

Leader: O most Holy Trinity,

All: I offer up to Thee this night's rest in union with the eternal rest of Jesus in the bosom of His Heavenly Father and the nightly rest He took on earth, to sanctify my night's rest. I unite myself with all the praises and services which during this night will be rendered to Thee, O Holy and Triune God, and with all the Holy Masses that will be celebrated in other parts of the world. Every beat of my heart, every breath of my mouth, take as an act of veneration to Thee.

Leader: O Holy Spirit, Father of love and holiness, fill my veins and my heart with the fire of Thy love that I may serve Thee with a chaste body and please Thee with a pure heart.

All: Holy Virgin Mary, my Guardian Angel, St. Joseph, my holy Patron Saint, and all ye Angels and Saints of heaven, pray for me, protect me during this night and my whole life, especially in the hour of death. Amen.

Petitions for Others

(Visit www.salesianmissions.org)

Leader: Bless, O Lord,

All: my parents and relatives, my benefactors, my wife, my children, friends and enemies, living and dead. Take under Thy protection all who are near and dear to me and all who wish that I pray for them. Bless our Holy Father, the bishops and priests, bless the labors of the missionaries in other countries, and spread Thy holy Church over the whole earth. Have mercy also on all poor sinners, comfort the dying and relieve the poor souls in purgatory, especially my deceased relatives.

Leader: Let us pray for those who are to die within the next 24 hours.

All: May all find their way to God. We pray also for an inner drive that we might serve those who are mentally ill, homebound, suffering loss of vision, and lonely. May they some day be with you. And we ask for mental and physical strength for family members and friends who provide care to the dying and disabled. May they, and we, gain heaven. Amen.

Prayers for the Departed/The De profundis (Psalm 130)

Psalmist tells of his profound misery and deep anguish

Leader: Out of the depths I have cried to you, O Lord;
Lord, hear my voice.

All: Let your ears be attentive to my cry for mercy

Leader: If You, O Lord, shall mark our sins; Lord, who shall stand it?

All: For with You there is merciful forgiveness and by reason of Your law I have waited for You, O Lord.

Leader: My soul has relied on His word; my soul has hoped in the Lord.

All: From the morning watch even unto night, let Israel hope in the Lord.

Leader: Because with the Lord there is mercy, and with Him plentiful redemption.

All: And He shall redeem Israel from all her iniquities.

Leader: Eternal rest grant unto them, O Lord.

All: And let perpetual light shine upon them.

Leader: May they rest in peace.

All: Amen.

Leader: O Lord, hear my prayer.

All: And let my cry come unto Thee.

Leader: Let us pray.

All: O God, the Creator and Redeemer of all the faithful, grant to the souls of Your servants departed the remission of all their sins, that through pious supplications, they may obtain that pardon which they have always desired. Who lives and reigns forever and ever. Amen.

(Night Prayer Option B continued)

Leader: O My Jesus!

All: Forgive us our sins, save us from the fire of hell, lead all souls to heaven, especially those who have most need of Thy mercy.

The Blessing

Leader: May the blessing of Almighty God,

All: Of the Father, of the Son, and of the Holy Spirit come down upon us and abide with us forever.

Leader: Mary, with her loving Son, bless us each and every one.

All: St. Joseph, foster-father of our Lord Jesus Christ, and true spouse of Mary ever Virgin, pray for us.

Leader: Praised be Jesus Christ.

All: Now and forever. Amen.

Additional Meditations And Prayers

From St. Therese's pen: *"I am a very little soul, who can only offer very little things to the Lord;" "I have never given the good God aught but love, and it is with love that He will repay;" and "My 'little way' is the way of spiritual childhood, the way of trust and absolute self-surrender."*

From Pope Benedict XVI, Oct. 19, 2005

Reflect with me on the *De profundis*, Psalm 130. It is a celebration of the mercy of God, who is always ready to forgive and to be reconciled with sinners. Even from the depths of his suffering, the psalmist recognizes that God is a loving father, and for this he reveres him. From this confidence in God's love springs hope, both for the individual and for the whole people of Israel. Even though they often sin against him, the Lord has redeemed them from slavery and from "all their iniquity." Saint Ambrose says this: "Never lose hope in divine forgiveness, however great your sin. With God there can always be a change of heart, if you acknowledge your offense."

Prayer for Generosity

By St. Ignatius of Loyola

Dear Lord, teach me to be generous. Teach me to serve You as You deserve; to give and not count the cost; to fight and not to heed the wounds; to labor and not to seek for rest; to toil and not to ask for any reward, except only that of knowing I am doing Your holy Will.

Prayer for Vocations by Pope John Paul II (1978 – 2005)

Jesus, bless all our parishes with numerous priests and deacons, and men and women in religious life according to the needs of the entire world. Assist our pastors and all who live a consecrated life. Guide the steps of those who have responded to your call. Look with love on young people and call them to follow you. Help them to understand that in you alone can they attain complete fulfillment. Amen.

Prayer of Abandonment

(By Charles de Foucauld, visit www.JesusCaritas.info)

Father,
I abandon myself into your hands; do with me what you will.
Whatever you may do, I thank you:
I am ready for all, I accept all.
Let only your will be done in me, and in all your creatures
I wish no more than this, O Lord.
Into your hands I commend my soul;
I offer it to you with all the love of my heart,
For I love you, Lord, and so need to give myself,
To surrender myself into your hands without reserve,
And with boundless confidence, for you are my Father.

Prayer of Trust and Confidence

(By Thomas Merton, visit www.mertoninstitute.org)

My Lord God,
I have no idea where I am going
I do not see the road ahead of me.
I cannot know for certain where it will end.
Nor do I really know myself, and the fact that I think that
I am following your will does not mean that I am actually
doing so.
But I believe that the desire to please you does in fact please you.
And I hope that I have that desire in all that I am doing.
I hope that I will never do anything apart from that desire.
And I know that if I do this you will lead me by the right
road though I may know nothing about it.
Therefore will I trust you always though I may seem to be
lost and in the shadow of death.
I will not fear; for you are ever with me, and you will never
leave me to face my perils alone. Amen.

Petition to the Holy Spirit

(Visit www.aoths.org)

Come Holy Spirit, give me a Spirit of Wisdom that I will not be attached to the materialistic things of this world but seek only God's eternal values.

Come Holy Spirit, grant me a Spirit of Understanding to enlighten my mind with the light of God's divine truth.

Come Holy Spirit, give me a Spirit of Counsel so that Your input and good counsel helps me to make good judgments.

Come Holy Spirit, grant me a Spirit of Fortitude so that I will have courage to face obstacles that threaten my sanctity.

Come Holy Spirit, give me a Spirit of Knowledge to know more about God and myself as I try to please God and gain Heaven.

Come Holy Spirit, grant me a Spirit of Piety that I live the life God wants me to live and I become a model of goodness to others.

Come Holy Spirit, give me a Spirit of Fear so I do not knowingly offend God Who is all-good and is the Way, the Truth, and the Light. Amen.

Saint Anne, Bless My Family

(Prayer to Anne, mother of Mary; visit www.ssadb.qc.ca)

My family is the heart of my life. It is my little church. Saint Anne, guard the members of my family against all physical and spiritual danger.

You lived in the presence of your husband Joachim and your little daughter Mary. Later you welcomed your son-in-law, St. Joseph, and above all your beloved Grandson, Jesus, our Saviour.

May your family inspire our families. May we remain united in a deep mutual love. If my family is broken by separation or divorce, remain for us the Saint of tenderness and lead us to God.

Saint Anne, you were a spouse, a mother and a grandmother; bless all the members of my family. Keep us faithful to the Lord.

May we remain attentive to the needs of other families. Protect all families. Amen.

Prayer to St. Joseph

(St. Joseph's Oratory; view www.saint-joseph.org/)

O Blessed Saint Joseph, you are the patron and model of all workers. St Joseph, father and guardian of Jesus, chaste spouse of the Mother of God, I pray you join with me in praising God the Father through his divine Son who died on the cross and rose again to give us sinners new life. Through the holy Name of Jesus, pray with me that we may obtain from the eternal Father the favor I ask for (state your intention).

The Universal Prayer

Attributed to Pope Clement XI (1700-1721)

Lord,
I believe in you: increase my faith.
I trust in you: strengthen my trust.
I love you: let me love you more and more.
I am sorry for my sins: deepen my sorrow.

I worship you as my first beginning,
I long for you as my last end,
I praise you as my constant helper,
And call on you as my loving protector.

Guide me by your wisdom,
Correct me with your justice,
Comfort me with your mercy,
Protect me with your power.

I offer you, Lord, my thoughts to be fixed on you;
My words: to have you for their theme;
My actions: to reflect my love for you;
My sufferings: to be endured for your greater glory.

I want to do what you ask of me:
In the way you ask,
For as long as you ask,
Because you ask it.

Lord,
Enlighten my understanding,
Strengthen my will,
Purify my heart,
And make me holy.

Help me to repent of my past sins
And to resist temptation in the future.
Help me to rise above my human weaknesses
And to grow stronger as a Christian.

Let me love you, my Lord and my God,
And see myself as I really am:
A pilgrim in this world,
A Christian called to respect and love
All whose lives I touch,
Those in authority over me,
Or those under my authority,
My friends and my enemies.

Make me to conquer anger with gentleness,
Greed by generosity,
Apathy by fervor.
Help me to forget myself
And reach out toward others.

Make me prudent in planning,
Courageous in taking risks.
Make me patient in suffering,
Unassuming in prosperity.

Keep me Lord,
Attentive at prayer,
Temperate in food and drink,
Diligent in my word,
Firm in my good intentions.

Let my conscience be clear,
My conduct without fault,
My speech blameless,
My life well-ordered.

Put me on guard against my human weaknesses,
Let me cherish your love for me,
Keep your law,
And come at last to your salvation.

Teach me:
To realize that this world is passing,
That my true future is the happiness of heaven,
That life on earth is short,
And the life to come eternal.

Help me to prepare for death,
With a proper fear of judgement,
But a greater trust in your goodness.
Lead me safely through death
To the endless joy of heaven.

The Anima Christi

Leader: The Prayer of St. Ignatius.

All: Soul of Christ, sanctify me!
 Body of Christ, save me!
 Blood of Christ, inebriate me!
 Water from the side of Christ, wash me!
 Passion of Christ, strengthen me!
 O good Jesus, hear me!
 Within Thy wounds, hide me!
 Suffer me not to be separated from Thee!
 From the malignant enemy defend me!
 At the hour of my death call me,
 And bid me come to Thee,
 That with Thy saints I may praise Thee,
 For all eternity! Amen.

Renewal Of Baptismal Promises

Priest: St. Paul teaches us that we have been buried with Christ into death by baptism. (Romans 6:4) As Christ, then, has risen from the dead, so we too must walk now in newness of life. For we know that our old self has been crucified with Christ, that we may no longer be slaves to sin. Let us remember always that we have died to sin, but are to live for God, in Christ Jesus our Lord.

Therefore, let us now proceed to renew the promises of our holy baptism. By these promises, we once renounced Satan and all his works, as well as that world which is the enemy of God; we vowed, furthermore, to serve God faithfully in the holy Catholic Church, and so I ask again:

Priest: **Do you renounce Satan?**

All: We do renounce Him.

Priest: **And all his works?**

All: We do renounce them.

Priest: **Do you believe in God, the Father almighty, creator of heaven and earth?**

All: We do believe.

Priest: **Do you believe in Jesus Christ, His only Son, our Lord, who was born into this world and suffered for us?**

All: We do believe.

Priest: And do you believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting?

All: We do believe.

Priest: Let us now together pray to God, as our Lord Jesus Christ has taught us:

All: Our Father, who art in heaven ...

Priest: And may almighty God, the Father of our Lord Jesus Christ, who caused us to be born anew by water and the Holy Spirit, and who granted us remission of sins, keep us by His grace unto everlasting life in the same Christ our Lord.

All: Amen.

Prayer of St. Francis of Assisi, Italy

(Founder of the Franciscans in 1209, visit www.franciscans.org)

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

O Divine Master,
Grant that I may not so much seek
To be consoled, as to console,
To be understood, as to understand,
To be loved, as to love.

For it is in giving that we receive,
In pardoning that we are pardoned,
In dying that we are born to eternal life.

Prayer for Families

God, our Father, loving and merciful, bring together and keep all families in perfect unity of love and mutual support. Infuse in each member the spirit of understanding, forbearance, and affection for each other.

Instill in children such self-respect that they may respect others, obey their parents and those in authority, and grow in mature independence and the tender joys of friendship.

Make the mutual affection and respect of families a sign of Christian life here and hereafter, through Jesus Christ, our Lord and Savior. Amen.

Prayer of St. Gertrude the Great (1256-1302)

(She spread devotion to the Sacred Heart)

Eternal Father, I offer thee the most precious blood of thy divine son, Jesus, in union with the Masses said throughout the world today, for all the holy souls in Purgatory, for the sinners everywhere, for sinners in the universal Church, those in my own home and within my family. Amen.

Sources of Additional Prayers: The *Imitation of Christ* by Thomas à Kempis has been the most popular spiritual book for six centuries, second only to the Sacred Scriptures. You simply select from a large list of topics and it has readings to help you find comfort, insight and guidance. It is available at many bookstores and through www.CatholicFirst.com. The web site includes links to the Vatican and EWTN.

Hymns

Mother Dear, O Pray For Me

Mother dear, O pray for me!
 Whilst far from heaven and thee
I wander in a fragile bark
 O'er life's tempestuous sea.
O Virgin Mother, from thy throne,
 So bright in bliss above,
Protect thy child and cheer my path
 With thy sweet smile of love.

Chorus:

Mother dear, remember me,
 And never cease thy care,
Till in heaven eternally
 Thy love and bliss I share.

Mother dear, O pray for me,
 Should pleasure's siren lay
E'er tempt thy child to wander far
 From virtue's path away;
When thorns beset life's devious way,
 And darkling waters flow,
Then, Mary, aid thy needy child,
 Thyself a mother show.

Chorus:

Mother dear, remember me,
 and never cease thy care,
Till in heaven eternally
 Thy love and bliss I share.

On This Day

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

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

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

Come, Holy Ghost

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

Praise we the Father and the Son,
And Holy Spirit with them One;
And may the Son on us bestow
Thy gifts that from the Spirit flow.
Thy gifts that from the Spirit flow

Holy God

Holy God, we praise thy name,
Lord of all, we bow before Thee;
All on earth thy scepter claim.
All in heav'n above adore Thee.
Infinite thy vast domain,
Everlasting is thy reign.
Infinite thy vast domain,
Everlasting is thy reign.

Hark! the loud celestial hymn
Angel choirs above are raising;
Cherubim and Seraphim
In unceasing chorus praising,
Fill the heavens with sweet accord:
Holy, holy, holy Lord.
Fill the heavens with sweet accord:
Holy, holy, holy Lord.

Holy Father, Holy Son,
Holy Spirit, Three we name Thee,
While in essence only One,
Undivided God we claim Thee,
And adoring bend the knee,
While we own the mystery.
And adoring bend the knee,
While we own the mystery.

Immaculate Mary

Immaculate Mary, your praises we sing;
You reign now in splendor with Jesus our King.
Ave, ave, ave, Maria!
Ave, ave, Maria!

In heaven the blessed your glory proclaim;
On earth we, your children, invoke your sweet name.
Ave, ave, ave, Maria!
Ave, ave, Maria!

Hail, Holy Queen Enthroned Above

Hail, holy Queen enthroned above, O Maria.
Hail, Queen of mercy and of love, O Maria.
Triumph all ye cherubim,
Sing with us ye seraphim,
Heav'n and earth resound the hymn:
Salve, salve, salve, Regina!

Our life, our sweetness here below, O Maria.
Our hope in sorrow and in woe, O Maria.
Triumph all ye cherubim,
Sing with us ye seraphim,
Heav'n and earth resound the hymn:
Salve, salve, salve, Regina!

God's Blessing Sends Us Forth

God's blessing sends us forth, Strengthened for our task
on earth,
Refreshed in soul and renewed in mind.

May God with us remain, Through us the Spirit reign,
That Christ be known to humankind.

God's news in spoken word, Joyfully our hearts have
heard;
O may the seed of God's love now grow.

May we in fruitful deeds, Gladly serve others' needs,
That faith in action we may show