

PRAYERS

Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen
(Touch forehead, chest, left shoulder, the right shoulder while saying the above)

Our Father/The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name,
Thy kingdom come, Thy will be done, on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses as we forgive those who trespass against us,
and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

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

Glory Be To The Father

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.

Grace Before Meals

Bless us, O Lord,
and these your gifts
which we are about to receive from you goodness.
Through Christ our Lord. Amen.

Grace after Meals

We give thee thanks,
Almighty God for all thy blessings,
which we have received from thy bounty,
through Christ our Lord. Amen

Prayer to the Guardian Angel

Angel of God,
My Guardian Dear
to whom God's love
entrusts me here.

Ever this day
be at my side
to light and guard
and rule and guide.

Morning Offering (Morning Prayer)

My God, I offer you today
All that I think and do and say,
Uniting it with what was done
On earth, by Jesus Christ, your Son.

My God, I offer you all my prayer,
Works, and sufferings of this day
For all the intentions
Of your most Sacred Heart. Amen.

Act of Faith, Hope and Love

Jesus, I believe in you.
Jesus, I hope in you.
Jesus, I love you.

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

Apostles Creed (Profession of Faith)

I believe in God the Father almighty,
Creator of Heaven and earth; I believe in Jesus Christ, His only Son, our Lord,

(Bow) He was conceived by the Holy Spirit
and born of the Virgin Mary.

Suffered under Pontius Pilate, was crucified, died, and was buried.
He descended into hell;

On the third day He rose again from the dead. He ascended into Heaven
and is seated at the right hand of God the Father Almighty;

From there he will come again 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 the life everlasting.

Amen.

The Ten Commandments of God

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|---|---|
| I. I am the Lord your God; you shall not have strange gods before me. | VII. You shall not steal. |
| II. You shall not take the name of the Lord your God in vain. | VIII. You shall not bear false witness against your neighbor. |
| III. Remember to keep holy the Lord's day | IX. You shall not covet your neighbor's wife. |
| IV. Honor your father and your mother. | X. You shall not covet you neighbor's goods. |
| V. You shall not kill. | |
| VI. You shall not commit adultery. | |

The Seven Sacraments

Sacrament of Baptism

Sacrament of Confirmation

Sacrament of Holy Eucharist

Sacrament of Penance

Sacrament of Anointing of the Sick

Sacrament of Holy Orders

Sacrament of Matrimony

The Mysteries of the Rosary

Joyful Mysteries:

The Annunciation

The Visitation

The Nativity

The Presentation

The Finding of Jesus in the Temple

Luminous Mysteries:

The Baptism of the Lord

The Wedding of Cana

The Proclamation of the Kingdom

The Transfiguration

The Institution of the Eucharist

Sorrowful Mysteries:

The Agony in the Garden
The Scourging at the Pillar
The Crowning With Thorns
The Carrying of the Cross
The Crucifixion

Glorious Mysteries:

The Resurrection
The Ascension
The Descent of the Holy Spirit
The Assumption
The Coronation

The Spiritual and Corporal Works of Mercy**The spiritual works of mercy are:**

To instruct the ignorant
To counsel the doubtful
To admonish sinners
To bear wrongs patiently
To forgive offences willingly
To comfort the afflicted
To pray for the living and the dead

The corporal works of mercy are:

To feed the hungry;
To give drink to the thirsty;
To clothe the naked;
To harbour the harbourless;
To visit the sick;
To ransom the captive
To bury the dead

The Beatitudes

Blessed are the poor in spirit, for theirs is the Kingdom of Heaven.

Blessed are the meek, for they shall possess the earth.

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

Blessed are they who hunger and thirst for justice, for they shall be satisfied.

Blessed are the merciful, for they shall obtain mercy.

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

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

Blessed are they who suffer persecution for justice' sake, for theirs is the Kingdom of Heaven.

Blessed are you when men reproach you, and persecute you, and speaking falsely, say all manner of evil against you, for my sake.

Memorare

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

Inspired by this confidence, I fly to 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.

Act of Faith

O my God, I firmly believe all the truths that the Holy Catholic Church believes and teaches; I believe these truths, O Lord, because Thou, the infallible Truth, hast revealed them to her; in this faith I am resolved to live and die. Amen.

Act of Hope

O my God, relying on Thy promises, I hope that, through the infinite merits of Jesus Christ, Thou wilt grant me pardon of my sins, and the graces necessary to serve Thee in this life and to obtain eternal happiness in the next. Amen

Act of Love

O my God, I love Thee with my whole heart and above all things, because Thou art infinitely good and perfect; and I love my neighbour as myself for love of Thee. Grant that I may love Thee more and more in this life, and in the next for all eternity. Amen

The Holy Days of Obligation

In addition to Sunday, the days to be observed as holy days of obligation in the Latin Rite dioceses of the United States of America, in conformity with canon 1246, are as follows:

January 1, the solemnity of Mary, Mother of God;

Thursday of the Sixth Week of Easter, the solemnity of the Ascension;

August 15, the solemnity of the Assumption of the Blessed Virgin Mary;

November 1, the solemnity of All Saints;

December 8, the solemnity of the Immaculate Conception;

December 25, the solemnity of the Nativity of Our Lord Jesus Christ.

Whenever January 1, the solemnity of Mary, Mother of God, or August 15, the solemnity of the Assumption, or November 1, the solemnity of All Saints, falls on a Saturday or on a Monday, the precept to attend Mass is cancelled.

The Nicene Creed

I believe in God, the Father, the Almighty,
maker of heaven and earth, and all things visible and invisible.

I believe in one Lord, Jesus Christ,
the only Begotten Son of God, born of the Father before all ages.
God from God, Light from Light, true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.

(Bow) For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate;
he suffered death, and was buried, and rose again on the third day in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead, and his kingdom will have no end.

I believe in the Holy Spirit,
the Lord, the giver of life, who proceeds from the Father and the Son who with the Father and the Son is adored and glorified.
who has spoken through the Prophets.

I believe in one holy catholic and apostolic Church. I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead, and the life of the world to come. Amen.

The Stations of the Cross

The First Station: Jesus is condemned to die.
The Second Station: Jesus Carries His Cross.
The Third Station: Jesus Falls the First Time.
The Fourth Station: Jesus Meets His Mother.
The Fifth Station: Simon Helps Jesus Carry His Cross.
The Sixth Station: Veronica Wipes the Face of Jesus.
The Seventh Station: Jesus Falls the Second Time.
The Eighth Station: Jesus Meets the Women of Jerusalem.
The Ninth Station: Jesus Falls the Third Time.
The Tenth Station: Jesus is Stripped.
The Eleventh Station: Jesus is Nailed to the Cross.
The Twelfth Station: Jesus Dies On The Cross.
The Thirteenth Station: Jesus Is Taken Down From The Cross.
The Fourteenth Station: Jesus Is Laid In The Tomb.

Hail, Holy Queen

Hail, holy Queen, Mother of mercy, hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus, O merciful, O loving, O sweet Virgin Mary! Amen.

GIFTS OF THE HOLY SPIRIT

Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety (godliness), and Fear of the Lord. [Isaiah 11:1-2]

- The gift of **WISDOM**, by detaching us from the world, makes us relish and love only the things of heaven.
- The gift of **UNDERSTANDING** helps us to grasp the truths of religion as far as is necessary.
- The gift of **COUNSEL** springs from supernatural prudence and enables us to see and choose correctly what will help most to the glory of God and our own salvation.
- The gift of **FORTITUDE** is the gift of courage to overcome the obstacles and difficulties that arise in the practice of our religious duties.
- The gift of **KNOWLEDGE** points out to us the path to follow and the dangers to avoid in order to reach heaven.
- The gift of **PIETY** inspires us with a tender and filial confidence in God and makes us joyfully embrace all that pertains to His service.
- The gift of **FEAR** fills us with a sovereign respect for God, and makes us dread, above all things, to offend Him.

FRUITS OF THE HOLY SPIRIT

Love, Joy, Peace, Patience, Kindness, Generosity, Faithfulness, Gentleness, and Self-control. [Galations 5:22-23]

VIRTUES OF THE HOLY SPIRIT

Faith Hope Charity [1 Corinthians 13:13]

