Act of Contrition (Traditional)
O my God, I am heartily sorry for having offended You, and I detest all my sins, because of Your just punishments, 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 sin no more and to avoid the near occasion of sin. Amen.

Act of Faith
O my God, I firmly believe that You are the one God in three Divine Persons; Father, Son, and Holy Spirit. I believe that Your Divine Son became man and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because You have revealed them, who can neither deceive nor be deceived. Amen.

Act of Hope
O my God, relying on Your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Your grace, and life everlasting through the merits of Jesus Christ, my Lord and Redeemer.

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 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.

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

Angelus
The angel of the Lord declared unto Mary.
And she conceived of the Holy Spirit.
Hail Mary, full of grace . . .
Holy Mary, Mother of God . . .
Behold the handmaid of the Lord.
Be it done to me according to your word.
Hail Mary, full of grace . . .
Holy Mary, Mother of God . . .
And the Word was made flesh.
And dwelt among us.
Hail Mary, full of grace . . .
Holy Mary, Mother of God . . .
Pray for us, O holy Mother of God:
That we may be made worthy of the promises of Christ:
Let us pray:
Pour forth, we beseech You, O Lord, Your grace into our hearts, that we to whom the incarnation of Christ, Your 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.

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; 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 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

Come Holy Spirit
Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of Your divine love.
V. Send forth your Spirit and they shall be created.
R. *And You shall renew the face of the earth.*
Let us pray:
O God, who by the light of the Holy Spirit, 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.

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 Paraclete.
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.

Episcopal Blessing
Blessed be the Name of the Lord.
Now and forever.
Our help is in the Name of the Lord.
Who made heaven and earth.

Eternal Rest
Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.
May their souls and the souls of the faithful departed, through the mercy of God, rest in peace. 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 After Meals
We give You thanks for all Your benefits, O almighty God, who lives and reigns forever, and may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

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

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

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

I Confess (Confiteor)
I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Latin Prayers
Agnus Dei
Agnus Dei, qui tolis peccata mundi,
Miserere nobis.

Agnus Dei, qui tolis peccata mundi,
Miserere nobis.

Agnus Die, qui tolis peccata mundi,
Dona nobis pacem.

Sanctus
Sanctus, Sanctus,
Sanctus Dominus Deus Saboth.
Pleni sunt caeli et terra Gloria tua.
Hosanna in excelsis.
Benedictus qui venit in nomine Domini.
Hosanna in excelsis.

Kyrie eleison
Kyrie eleison, Kyrie eleison
Christi eleison, Christi eleison
Kyrie eleison. Kyrie eleison

Litany of the Blessed Virgin Mary
Lord, have mercy. *Christ, have mercy*
Lord, have mercy. Christ, hear us.
Christ, graciously hear us.
God, the Father of heaven, *have mercy on us*.
God the Son, Redeemer of the world, *have mercy on us*
God the Holy Spirit, *have mercy on us*
Holy Trinity, One God, *have mercy on us*

Holy Mary, *pray for us*
Holy Mother of God, *pray for us*
Holy Virgin of virgins, *pray for us*
Mother of divine grace, *pray for us*
Mother most pure, *pray for us*
Mother most chaste, *pray for us*
Mother inviolate, *pray for us*
Mother undefiled, *pray for us*
Mother most amiable, *pray for us*
Mother most admirable, *pray for us*
Mother of good counsel, *pray for us*
Mother of our Creator, *pray for us*
Mother of our Savior, *pray for us*
Mother of the Church, *pray for us*
Virgin most prudent, *pray for us*
Virgin most venerable, *pray for us*
Virgin most renowned, *pray for us*
Virgin most powerful, *pray for us*
Virgin most merciful, *pray for us*
Virgin most faithful, *pray for us*
Mirror of justice, *pray for us*
Seat of wisdom, *pray for us*
Cause of our joy, *pray for us*
Vessel of honor, *pray for us*

Singular vessel of devotion, *pray for us*
Mystical rose, *pray for us*
Tower of David, *pray for us*
Tower of glory, *pray for us*
House of gold, *pray for us*
Ark of the covenant, *pray for us*
Gate of heaven, *pray for us*
Morning star, *pray for us*
Health of the sick, *pray for us*
Refuge of sinners, *pray for us*
Comforter of the afflicted, *pray for us*
Help of Christians, *pray for us*
Queen of angels, *pray for us*
Queen of patriarchs, *pray for us*
Queen of prophets, *pray for us*
Queen of Apostles, *pray for us*
Queen of martyrs, *pray for us*
Queen of confessors, *pray for us*
Queen of virgins, *pray for us*
Queen of all saints, *pray for us*
Queen conceived without Original Sin, *pray for us*
Queen assumed into Heaven, *pray for us*
Queen of the most holy Rosary, *pray for us*
Queen of peace, *pray for us*
Lamb of God, Who takes away the sins of the world, *spare us, O Lord*
Lamb of God, Who takes away the sins of the world, *graciously hear us, O Lord*
Lamb of God, who takes away the sins of the world, *have mercy on us.*
Pray for us, O holy Mother of God. *that we may be made worthy of the promises of Christ.*
Let us pray:
Grant, we beseech Thee, O Lord God, that we Thy servants may enjoy perpetual health of mind and body and by the glorious intercession of the Blessed Mary, ever Virgin, be delivered from present sorrow and enjoy eternal happiness, through Christ Our Lord. Amen.

Litany of the Saints

Petitions to God

Lord, have mercy, *Lord, have mercy*
Christ, have mercy, *Christ, have mercy*
Lord, have mercy, *Lord, have mercy*
God our Father in heaven, *have mercy on us*
God the Son, our redeemer, *have mercy on us*
God the Holy Spirit, *have mercy on us*
Holy Trinity, one God, *have mercy on us*

Petitions to the Saints

Holy Mary, *pray for us*
Mother of God, *pray for us*
Most honored of all virgins, *pray for us*
Michael, Gabriel and Raphael, *pray for us*
Angels of God, *pray for us*

PROPHETS AND FATHERS OF OUR FAITH

Abraham, Moses and Elijah, *pray for us*
St. Joseph, *pray for us*
St. John the Baptist, *pray for us*
Holy patriarchs and prophets, *pray for us*

APOSTLES AND FOLLOWERS OF CHRIST

St. Peter and St. Paul, *pray for us*
St. Andrew, *pray for us*
St. John and St. James, *pray for us*
St. Thomas, *pray for us*
St. Matthew, *pray for us*
All holy apostles, *pray for us*
St. Luke, *pray for us*
St. Mark, *pray for us*
St. Barnabas, *pray for us*
St, Mary Magdalen, *pray for us*
All disciples of the Lord, *pray for us*

MARYTRS

St. Stephen, *pray for us*
St. Ignatius, *pray for us*
St. Polycarp, *pray for us*
St. Justin, *pray for us*
St. Lawrence, *pray for us*
St. Cyprian, *pray for us*
St. Boniface, *pray for us*
St. Thomas Becket, *pray for us*
St. John Fisher and St. Thomas More, *pray for us*
St. Paul Miki, *pray for us*
St. Issac Jogues and St. John de Brebeuf, *pray for us*
St. Peter Chanell, *pray for us*
St. Charles Lwanga, *pray for us*
St. Perpetua & St. Felicity, *pray for us*
St. Agnes, *pray for us*
St. Maria Goretti, *pray for us*
All holy martyrs of Christ, *pray for us*

BISHOPS AND DOCTORS

St. Leo & St. Gregory, *pray for us*
St. Ambrose, *pray for us*
St. Jerome, *pray for us*
St. Augustine, *pray for us*
St. Athanasius, *pray for us*
St. Basil & St. Gregory, *pray for us*
St. John Chrysostom, *pray for us*
St. Martin, *pray for us*
St. Cyril & St. Methodius, *pray for us*
St. Charles Borromeo, *pray for us*
St. Francis de Sales, *pray for us*
St. Pius, *pray for us*

PRIESTS AND RELIGIOUS

St. Anthony, *pray for us*
St. Benedict, *pray for us*
St. Bernard, *pray for us*
St. Francis and St. Dominic, *pray for us*
St. Thomas Aquinas, *pray for us*
St. Ignatius Loyola, *pray for us*
St. Francis Xavier, *pray for us*
St. Vincent de Paul, *pray for us*
St. John Vianney, *pray for us*

St. John Bosco, *pray for us*
St. Catherine, *pray for us*
St. Theresa, *pray for us*
St. Rose, *pray for us*

LAITY
St. Louis, pray for us
St. Monica, pray for us
St. Elizabeth, pray for us
All holy men and women, pray for us

Petition to Christ

A.

Lord, be merciful, *Lord, save your people*
From all evil, *Lord, save your people*
From every sin, *Lord, save your people*
From the snares of the devil, *Lord, save your people*
From anger and hatred, *Lord, save your people*
From every evil intention, *Lord, save your people*
From everlasting death, *Lord, save your people*
By your coming as man, *Lord, save your people*
ByYour birth, *Lord save your people*
By Your baptism and fasting, *Lord save your people*
By Your sufferings and cross, *Lord save your people*
By Your death and burial, *Lord save your people*
By Your rising to new life, *Lord, save your people*
By Your return to glory to the Father, *Lord , save your people*
By Your gift of the Holy Spirit, *Lord, save your people*
By Your coming again in glory, *Lord, save your people*

B.

Christ, Son of the Living God, *have mercy on us*
You came into this world, have mercy on us
You suffered for us on the cross, *have mercy on us*
You died to save us, *have mercy on us*
You lay in the tomb, *have mercy on us*
You rose from the dead, *have mercy on us*
You returned to glory to the Father, *have mercy on us*
You sent the Holy Spirit upon Your Apostles, *have mercy on us*
You are seated at the right hand of the Father, *have mercy on us*
You will come again to judge the living and the dead, *have mercy on us*

Petitions for various Needs

A

Lord, be merciful to us, *Lord, hear our prayer*
Give us true repentance, *Lord, hear our prayer*
Strengthen us in Your service, *Lord, hear our prayer*
Reward with eternal life all who do good to us, *Lord, hear our prayer*
Bless the fruits of the earth and of man's labor, *Lord, hear our prayer*

B

Lord, show us Your kindness, *Lord, hear our prayer*
Raise our thoughts and desires toYou, *Lord hear our prayer*
Save us from final damnation, *Lord, hear our prayer*
Save our friends and all who have helped us, *Lord, hear our prayer*
Grant eternal rest to all who have died in the faith, *Lord hear our prayer*
Spare us from disease, hunger, and war, *Lord, hear our prayer*

C – always used

Guide and protect Your holy Church, *Lord, hear our prayer*
Keep the pope and all the clergy in faithful service to Your Church, *Lord, hear our prayer*
Bring all Christians together in unity, *Lord, hear our prayer*
Lead all men to the light of the Gospel, *Lord, hear our prayer*

Conclusion

A

Christ, hear us
Lord Jesus, Hear our prayer,
Lord Jesus, hear our prayer

B

Lamb of God, You take away the sins of the world, *have mercy on us*
Lamb of God, You take away the sins of the world, *have mercy on us*
Lamb of God, You take away the sins of the world, *have mercy on us.*

PRAYER;

God of love, our strength and protection, hear the prayers of the Church. Grant that when we come to You in faith, our prayers may be answered: through Christ the Lord.. *OR*
Lord God, You know our weakness. In Your mercy grant that the example of Your Saints may bring us back to love and serve You through Christ our Lord.

Magnificat
My soul proclaims the greatness of the Lord, my spirit rejoices in God my savior. For he has looked with favor on his lowly servant. From this day all generations will call me blessed: The Almighty has done great things for me, and holy is his Name. He has mercy on those who fear him in every generation. He has shown the strength of his arm, he has scattered the proud in their conceit. He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich he has sent away empty. He has come to the help of his servant Israel for he has remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children forever. Amen.

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.

Morning Offering
O Jesus, through the Immaculate Heart of Mary, I offer you all my prayers, works, joys 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 for the general intention recommended this month.

Nicene Creed
I believe in One God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotton 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. 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.

Our Father
Our Father, who art in heaven, hallowed be your name; your kingdom come; your 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.

Queen of Heaven (Regina Coeli)
(Replaces Angelus during Easter Time)
Queen of heaven, rejoice, alleluia
For he whom you were chosen to bear, alleluia
Has risen as he said, alleluia
Pray to God for us, alleluia
Rejoice and be glad, Virgin Mary, alleluia
For the Lord is truly risen, alleluia

Let us pray:
Father, you were pleased to give joy to the world through the resurrection of your Son, our Lord Jesus Christ. Grant, we beseech you that through the intercession of the Virgin Mary, His mother, we may come to possess the joys of life everlasting. Through the same Christ, our Lord. Amen.

Rosary

1. Sign of the Cross and Apostles' Creed
2. Our Father
3. Three Hail Marys
4. Glory be to the Father
5. Announce the first mystery; Our Father
6. Ten Hail Marys
7. Glory Be to the Father

Repeat last three steps, meditating on the other mysteries of the rosary

Joyful Mysteries – Mondays and Saturdays

1. The Annunciation (Humility)
2. The Visitation (Charity)
3. The Nativity (Poverty)
4. The Presentation (Obedience)
5. The Finding of Jesus in the Temple (Piety)

Sorrowful Mysteries – Tuesdays and Fridays

1. The Agony in the Garden (Repentance)
2. The Scourging at the Pillar (Purity)
3. The Crowning with Thorns (Courage)
4. The Carrying of the Cross (Patience)
5. The Crucifixion (Self-renunciation)

Luminous Mysteries – Thursdays

1. The Baptism in the Jordan
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist

Glorious Mysteries – Wednesdays and Sundays

1. The Resurrection (Faith)
2. The Ascension (Hope)
3. The Descent of the Holy Spirit Upon the Apostles (Love)
4. The Assumption (Eternal Happiness)
5. The Coronation of Mary (Marian Devotion)

Sign of the Cross

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

Stations of the Cross

First Station
Jesus is condemned to death
John 3:16

Second Station
Jesus bears His cross
Luke 9:23

Third Station
Jesus falls the first time
Isaiah 53:6

Fourth Station
Jesus meets His mother
Lamentations 1:12

Fifth Station
Simon of Cyrene helps Jesus carry His cross
Matthew 25:40

Sixth Station
Veronica wipes the face of Jesus
John 14:9

Seventh Station
Jesus falls a second time
Matthew 11:28

Eighth Station
Jesus meets the women of Jerusalem
Luke 23:28

Ninth Station
Jesus falls a third time
Luke 14:11

Tenth Station
Jesus is stripped of His garments
Luke 14:33

Eleventh Station
Jesus is nailed to the cross
John 6:38

Twelfth Station
Jesus dies on the cross
John 6:38

Thirteenth Station
Jesus is taken down from the cross
Luke 24:26

Fourteenth Station
Jesus is placed in the tomb
John 12:24

The Beatitudes

Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
Blessed are the meek,
for they shall posses 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.

Holy Days of Obligation

All Sundays of the Year
December 8 Immaculate Conception
December 25 Christmas
January 1 Mary, Mother of God
7th Sunday of Easter Ascension
August 15 Assumption
November 1 All Saints' Day

Precepts of the Church

1. **To keep holy the day of the Lord's Resurrection:** to worship God by participating in Mass every Sunday and Holy Day of Obligation; to avoid those activities that would hinder renewal of soul and body; e.g., needless work and business activities, unnecessary shopping, etc.
2. **To lead a sacramental life:** to receive Holy Communion frequently and the sacrament of reconciliation regularly - - minimally, to receive the sacrament of reconciliation at least once a year (obligatory annually only if serious sin iS involved) – minimally, to receive Holy communion at least once a year, between the first Sunday of Lent and Trinity Sunday.
3. **To study Catholic teaching in preparation for the sacrament of Confirmation, to be confirmed, and then to continue to study and advance the cause of Christ.**
4. **To observe the marriage laws of the Church:** to give religious training (by example and word) to one's children; to use parish schools and religious education programs.
5. **To strengthen and support the Church:** one's own parish community and parish priests; the worldwide Church and the Holy Father.
6. **To do penance:** including abstaining from meat and fasting from food on the appointed days.
7. **To join in the missionary spirit and apostolate of the Church.**

The Ten Commandments

1. I, the Lord, am your God, You shall not have other gods besides 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

The Two Great Commandments

1. You shall love the Lord your God with your whole heart, with your whole soul, and with all your mind,
2. You shall love your neighbor as yourself.

Corporal Works of Mercy
Feed the hungry
Give drink to the thirsty
Clothe the naked
Shelter the homeless
Visit the sick
Visit the imprisoned
Bury the dead

Spiritual Works of Mercy
Counsel the doubtful
Instruct the ignorant
Admonish the sinner
Comfort the sorrowful
Forgive injuries
Bear wrongs patiently
Pray for the living and the dead