

Prayers

For purposes of unity throughout the diocese the following versions of prayers are recommended; *however, acceptable variations may be used at the discretion of the pastor.*

Sign of the Cross

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

The Lord's Prayer "Our Father"

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 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.

Glory Be

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.

Angel of God "Prayer to 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, to rule and guide. 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.

Grace After Meals

We give Thee thanks, Almighty God, for all thy **benefits**, which we have received from Thy bounty. Through Christ our Lord. Amen.

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 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. 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.

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 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.

Morning Offering

O Jesus, through the Immaculate Heart of Mary,
I offer You my prayers, works, joys, and sufferings of this day,
in union with the Holy Sacrifice of the Mass throughout the world.
I offer them for all the intentions of Your Sacred Heart:
the salvation of souls, the reparation for sin, the reunion of all
Christians.
I offer them for the intentions of our Bishops, and all Apostles of Prayer,
and in particular for those recommended by our Holy Father this month.
Amen.

Memorare

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

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 valley of tears. Turn then, O 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.

Rosary

1. Sign of the Cross
2. Apostles' Creed
3. Our Father
4. Three Hail Marys
5. Glory Be
6. For each decade: announce the mystery, Our Father, 10 Hail Marys, Glory Be, and Fatima Prayer.
7. After the Rosary: Hail Holy Queen and Prayer after Rosary

Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls into heaven, especially those who have most need of Thy mercy. Amen.

Rosary Mysteries

Joyful Mysteries (Mondays and Saturdays; Sundays during Christmas)

1. Annunciation
2. Visitation
3. Nativity (Birth) of Jesus
4. Presentation of Jesus in the Temple
5. Finding of Jesus in the Temple

Luminous Mysteries (Thursdays)

1. Baptism of Our Lord
2. Wedding at Cana
3. Proclamation of the Kingdom and forgiveness of sins
4. Transfiguration
5. Institution of the Eucharist

Sorrowful Mysteries (Tuesdays and Fridays; Sundays during Lent)

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

Glorious Mysteries (Wednesdays and **Sundays**)

1. Resurrection of Jesus
2. Ascension of Jesus into Heaven
3. Descent of the Holy Spirit upon the Apostles and Mary
4. Assumption of Mary into Heaven
5. Crowning of Mary as Queen of Heaven and Earth

Stations of the Cross: Meditations on the Suffering and Death of Jesus

1. Jesus is condemned to carry the cross.
2. Jesus accepts the cross.
3. Jesus falls the first time.
4. Jesus meets his sorrowful Mother.
5. Simon of Cyrene helps Jesus carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets and speaks to the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of his garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is placed in the tomb.