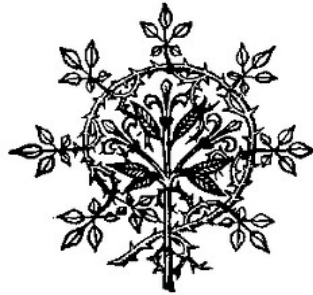


Prayers of the Catholic Faith



Act of Spiritual Communion

My Jesus, I believe that Thou art present in the Blessed Sacrament. I love Thee above all things and desire Thee in my soul. Since I cannot now receive Thee sacramentally, come at least spiritually into my heart. As though thou wert already there, I embrace Thee and unite myself wholly to Thee; permit not that I should ever be separated from Thee.

Invocation to Saint Joseph

To thee, O blessed Joseph, we fly in our tribulation and, after imploring the help of thy holy Spouse, with confidence we ask also for thy intercession. By the affection which united thee to the Immaculate Virgin Mother of God, and by the paternal love with which thou didst embrace the Child Jesus, we beseech thee to look kindly upon the inheritance which Jesus Christ acquired by his precious blood, and by thy powerful aid to help us in our needs. Protect, most careful guardian of the Holy Family, the chosen people of Jesus Christ. Keep us, loving father, from all pestilence of error and corruption. From thy place in heaven be thou mercifully with us, most powerful protector, in this warfare with the powers of darkness; and, as thou didst once rescue the Child Jesus from imminent danger of death, so now defend the holy Church of God from the snares of the enemy and from all adversity. Guard each of us by thy constant patronage, so that sustained by

thy example and help, we may live a holy life, die a holy death, and obtain the everlasting happiness of heaven. Amen.

The Apostle's 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, 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.

Prayer to the Holy Spirit

Come, Holy Spirit, fill the heart of Thy faithful, and enkindle in them the fire of Thy love. Send forth Thy Spirit and they shall be created. And Thou shalt renew the face of the earth.

O God, Thou instructed the hearts of those who believed in Thee by the light of the Holy Spirit. Grant us in the same Spirit to be truly wise and ever to rejoice in His consolation: through Christ our Lord. Amen.

Act of Contrition

Oh my God! I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because I have offended Thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

Act of Faith

O My God, I firmly believe that you are 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.

Act of Hope

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

Act of Charity

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 neighbour as myself for the love of you. I forgive all who have injured me, and ask pardon for all whom I have injured.

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 towards us and after this our exile, turn us the most blessed fruit of Thy womb Jesus, O clement, O loving, O sweet Virgin Mary.

Memorare

Remember, Oh most compassionate Virgin Mary, that never was it known that anyone who fled to Thy protection, implored Thy aid or sought Thy intercession was left unaided. Inspired by this confidence I fly unto Thee,

Oh Virgin of Virgins my Mother, to Thee I come, before Thee I kneel sinful and sorrowful. Oh Mother of the Word Incarnate despise not my petitions but in Thy clemency hear and answer them. Amen.

De Profundis

Out of the depths I have cried unto You, O Lord! Lord, hear my voice. Let thine ears be attentive to the voice of my pleading. If Thou, O Lord, wilt mark iniquities: Lord, who would survive? For with Thee there is merciful forgiveness; and by reason of Thy law I have waited for Thee, O Lord. My soul hath relied on His word; my soul hath hoped in the Lord. From the morning watch even until night; let Israel hope in the Lord. Because with the Lord there is mercy; and with him plenteous redemption. And He shall redeem Israel from all its iniquities. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen.

The Angelus – recite at Twelve Noon

V. The Angel of the Lord declared unto Mary.

R. And she conceived by the Holy Spirit. Hail Mary etc.

V. Behold the handmaid of the Lord.

R. Be it done unto me according to Your Word. Hail Mary etc.

V. And the Word was made flesh.

R. And dwelt among us. Hail Mary etc.

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

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

Let us pray:

Pour forth we beseech Thee, 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.