



Our Prayer Books



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GENERAL PRAYERS

Sign Of The Cross

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

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.

Gloria

Glory to God in the Highest
And peace to His people on earth.
Lord God, heavenly King, Almighty God and Father;
We worship you, we give you thanks,
We praise you for your glory.
Lord Jesus Christ, Only Son of the Father.



Lord God, Lamb of God
You take away the sins of the world, have mercy on us;
You are seated at the right hand of the Father, receive our prayer.
For You alone are the Holy One,
You alone are the Lord,
You alone are the Most High Jesus Christ,
With the Holy Spirit in the Glory of God the Father. Amen

The Apostles' Creed

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ,
his only Son, our Lord

At the words that follow, up to and including
the **Virgin Mary**, all bow.

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.



Mass Responses

PART OF THE MASS	NEW TRANSLATION
Greeting	<p><i>Priest:</i> The Lord be with you. <i>People:</i> And with your spirit.</p>
Confiteor (Penitential Rite)	<p>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.</p>
Gloria	<p>Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks, for your great glory, Lord God, heavenly King, O God, almighty Father.</p> <p>Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father: have mercy on us.</p> <p>For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.</p>
Before the Gospel	<p><i>Priest:</i> The Lord be with you. <i>People:</i> And with your spirit.</p>
Nicene Creed	<p>I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.</p> <p>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,</p>





	<p>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.</p> <p>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.</p> <p>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.</p>
<p>Preparation of the Altar and the Gifts</p>	<p>May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good, and the good of all his holy Church.</p>
<p>Before the Preface</p>	<p><i>Priest:</i> The Lord be with you. <i>People:</i> And with your spirit. <i>Priest:</i> Lift up your hearts. <i>People:</i> We lift them up to the Lord. <i>Priest:</i> Let us give thanks to the Lord our God. <i>People:</i> It is right and just.</p>
<p>Holy Holy</p>	<p>Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.</p>
<p>Mystery of Faith</p>	<p><i>Priest:</i> The mystery of faith: <i>People:</i></p> <p>A: We proclaim your death, O Lord, and profess your Resurrection until you come again.</p> <p>B: When we eat this Bread and drink this Cup, we proclaim your death, O Lord, until you come again.</p> <p>C: Save us, Saviour of the world, for by your Cross and Resurrection, you have set us</p>

	free.
Sign of Peace	<i>Priest:</i> The peace of the Lord be with you always. <i>People:</i> And with your spirit.
Lamb of God	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. Grant us peace.
Communion	<i>Priest:</i> Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb. <i>People:</i> Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.
Concluding Rite	<i>Priest:</i> The Lord be with you. <i>People:</i> And with your spirit. Go in the peace of Christ - or The Mass is ended, go in peace or it may be Go in peace to love and serve the Lord. Amen

Eternal Rest

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May their souls and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

The Salve Regina (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 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.



Come, Holy Spirit

Come, O 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. And you shall renew the face of the earth.

Let us pray:

O God, who has taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of the same Spirit we may be always truly wise and ever rejoice in his consolation, through Christ our Lord. Amen.

Prayer to Our Guardian Angel

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

Prayer for Peace: Prayer of St Francis of Assisi

Lord, make me an instrument of Thy 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.

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, it is in pardoning that we are pardoned, it is in dying that we are born to eternal life.



Christ Has No Body: Prayer by St Teresa of Avila

Christ has no body now on earth but yours,
No hands but yours,
No feet but yours,
Yours are the eyes through which is to look out Christ's compassion to the world;
Yours are the feet with which he is to go about doing good;
Yours are the hands with which he is to bless people now.

Benedictus: Song of Zechariah

Blessed be the Lord, the God of Israel!
He has visited his people and redeemed them.

He has raised up for us a mighty saviour
in the house of David his servant,
as he promised by the lips of holy men,
those who were his prophets from old.

A saviour who would free us from our foes,
from the hands of all who hate us.
So his love for our fathers is fulfilled
and his holy covenant remembered.

He swore to Abraham our father to grant us,
that free from fear,
and saved from the hands of our foes,
we might serve him in holiness and justice
all the days of our life in his presence.

As for you, little child,
you shall be called a prophet of God,
the Most High.
You shall go ahead of the Lord
to prepare his way before him,

To make known to his people their salvation
through forgiveness of all their sins,
the loving-kindness of the heart of our God
who visits us like the dawn from on high.

He will give light to those in darkness,
those who dwell in the shadow of death,
and guide us into the way of peace.



The Song of Simeon (Nunc Dimittis)

At last, all-powerful Master,
You give leave to your servant
to go in peace, according to your promise.
For my eyes have seen your salvation,
which you have prepared for all nations,
the light to enlighten the Gentiles,
And give glory to Israel, your people.

Magnificat

My soul glorifies the Lord,
and my spirit rejoices in God, my saviour.
He looks on his servant in her lowliness;
henceforth all ages will call me blessed.

The Almighty works marvels for me.
Holy his name!
His mercy is from age to age,
on those who fear him.

He puts forth his arm in strength
and scatters the proud-hearted.
He casts the mighty from their thrones
and raises the lowly.

He fills the starving with good things,
sends the rich away empty.

He protects Israel, his servant,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons for ever.



Shema: Prayer of Israel

Shema is one of the Old Testament sentences that are quoted in the New Testament. The Gospel of Mark 12:29 mentions that Jesus considered the Shema the beginning exhortation of the first of his two greatest commandments: And Jesus answered him, 'The first of all the commandments is, "Hear, O Israel; The Lord our God is one Lord"'. Jesus also refers to the Shema in The Gospel of John 10:30. A group of Jews in the Temple in Jerusalem at the Feast of Dedication, or Hanukkah, asks him if he is Messiah, the anointed one of God. Jesus concludes his response with the words 'I and my Father are one'. This is an allusion to the Shema, which the Jews immediately recognize and pick up stones to stone him.

Hear, Israel, the Lord is our God, the Lord is One.
Blessed be the Name of His glorious kingdom for ever and ever
And you shall love the Lord your God with all your heart and with all
your soul and with all your might.
And these words that I command you today shall be in your heart.
And you shall teach them diligently to your children, and you shall
speak of them
when you sit at home, and when you walk along the way, and when you
lie down and when you rise up.
And you shall bind them as a sign on your hand, and they shall be for
frontlets between your eyes.
And you shall write them on the doorposts of your house and on your
gates.



HISTORY OF THE ROSARY

There were forms of the Rosary before St Dominic 'received a message from Our Lady'. At the same time, it is correct to say that St Dominic helped propagate the use of the Rosary more than any other person before him. He also was responsible for encouraging people to meditate on different aspects of Christ's life, meditations that later evolved into the mysteries of the Rosary as we now know them.



MYSTERIES OF THE ROSARY

The Joyful Mysteries

1. The Annunciation. *Luke 1:26-38*
The Angel Gabriel appears to Mary, announcing she is to be the Mother of God.
2. The Visitation. *Luke 1:39-56*
Elizabeth greets Mary: "Blessed art thou among women and blessed is the fruit of thy womb!"
3. The Nativity. *Luke 2:1-20*
The Virgin Mary gives birth to the Redeemer of the World.
4. The Presentation. *Luke 2:22-39*
The Blessed Mother presents the Child Jesus in the Temple.
5. The Finding in the Temple. *Luke 2:42-52*
The Blessed Mother finds Jesus in the Temple.

The Luminous Mysteries

1. The Baptism of Christ in the Jordan. *John 1:29-34*
The heavens open wide and the voice of the Father declares Jesus the beloved Son.
2. The Wedding Feast at Cana. *John 2:1-11*
The first of the signs, when Christ changes water into wine and opens the hearts of the disciples to faith, thanks to the intervention of Mary, the first among believers.
3. The Announcement of the Kingdom. *Matthew 4:17*
Jesus proclaims the coming of the Kingdom of God, calls us to conversion and forgives the sins of all who draw near to Him in humble trust.
4. The Transfiguration. *Matthew 17:1-8*
The glory of the Godhead shines forth from the face of Christ as the Father commands the astonished Apostles to "listen to him."

5. The Institution of the Eucharist (food for our salvation). *Matthew 26:26-30*
Christ offers his body and blood as food under the signs of bread and wine, and testifies "to the end" His love for humanity, for whose salvation He will offer Himself in sacrifice.

The Sorrowful Mysteries

1. The Agony in the Garden. *Luke 22:39-44*
At Gethsemane, Jesus prays as He contemplates the sins of the world.
2. The Scourging at the Pillar. *Matthew 27:26*
Jesus is cruelly scourged until His mortified body could bear no more.
3. The Crowning with Thorns. *Matthew 27:28-31*
A crown of thorns is placed on the head of Jesus.
4. The Carrying of the Cross. *Luke 23:26-32*
Jesus carries the heavy cross upon His shoulders to Calvary.
5. The Crucifixion. *Matthew 27:33-50*
Jesus is nailed to the cross and dies after hours of agony.

The Glorious Mysteries

1. The Resurrection. *Matthew 28:1-20*
Jesus rises glorious and immortal, three days after His death.
2. The Ascension. *Luke 24:50-51*
Jesus ascends into Heaven forty days after His Resurrection.
3. The Descent of the Holy Spirit. *Acts 2:24*
The Holy Spirit descends upon Mary and the Apostles.
4. The Assumption.
The Blessed Mother is united with her Divine Son in Heaven.
5. The Coronation.
Mary is gloriously crowned Queen of Heaven and earth.

Litany of Our Lady of Lourdes

Lord have mercy; Lord have mercy.
Christ have mercy; Christ have mercy.
Lord 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.

Mother of Christ; Pray for us.
Mother of our Saviour; Pray for us.

Our Lady of Lourdes, help of Christians; Pray for us.
Our Lady of Lourdes, source of love; Pray for us.
Our Lady of Lourdes, mother of the poor; Pray for us.
Our Lady of Lourdes, mother of the handicapped; Pray for us.
Our Lady of Lourdes, mother of orphans; Pray for us.
Our Lady of Lourdes, mother of all children; Pray for us.
Our Lady of Lourdes, mother of all nations; Pray for us.
Our Lady of Lourdes, mother of the Church; Pray for us.
Our Lady of Lourdes, friend of the lonely; Pray for us.
Our Lady of Lourdes, comforter of those who mourn; Pray for us.
Our Lady of Lourdes, shelter of the homeless; Pray for us.
Our Lady of Lourdes, guide of travellers; Pray for us.

Our Lady of Lourdes, strength of the weak; Pray for us.
Our Lady of Lourdes, refuge of sinners; Pray for us.
Our Lady of Lourdes, comforter of the suffering; Pray for us.
Our Lady of Lourdes, help of the dying; Pray for us.

Queen of heaven; Pray for us.
Queen of peace; Pray for us.

Lamb of God, you take away the sins of the world; Spare us O Lord.
Lamb of God, you take away the sins of the world; Graciously hear us, O Lord.
Lamb of God, you take away the sins of the world; Have mercy on us.

Christ hear us; Christ graciously hear us.

Let us pray:

Grant us, your servants, we pray you, Lord God, to enjoy perpetual health of mind and body. By the glorious intercession of Blessed Mary ever Virgin, may we be delivered from present sorrows, and enjoy everlasting happiness. Through Christ our Lord. 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 thine 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.

Act of Contrition

O My God I'm sorry for all my sins, for not loving others and for not loving You. Help me to live like Jesus and not to sin again. Amen

THE STATIONS OF THE CROSS

The object of the Stations is to help the faithful to make a spiritual pilgrimage of prayer to the chief scenes of Christ's sufferings and death, according to the tradition of the Church and this has become one of the most popular Catholic devotions.

The **Stations** themselves are usually a series of 14 pictures or sculptures depicting the following scenes:

1. Jesus is condemned to death.
2. Jesus receives the cross.
3. The first fall.
4. Jesus meets his mother.
5. Simon of Cyrene carries the cross.
6. Veronica wipes Jesus' face with her veil.
7. The second fall.
8. Jesus meets the women of Jerusalem.
9. The third fall.
10. Jesus is stripped of his garments.
11. Crucifixion: Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus' body removed from the cross (Pieta).
14. Jesus is laid in the tomb

The Angelus

V. The angel of the Lord declared unto Mary,
R. And she conceived by the Holy Spirit.

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.

V. Behold the handmaid of the Lord.
R. Be it done unto me according to thy Word.

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.

V. And the Word was made flesh.
R. And dwelt among us.

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.

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, Thy 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.

