

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, 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

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.

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; the third day He rose again from the dead; He ascended into Heaven, and sitteth at the right hand of God, the Father almighty; from thence He shall 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.

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.

Anima Christi

Soul of Christ, make me holy
Body of Christ, be my salvation
Blood of Christ, let me drink your wine
Water flowing from the side of Christ, wash me clean
Passion of Christ, strengthen me
Kind Jesus, hear my prayer
Hide me within your wounds
And keep me close to you
Defend me from the evil enemy
And call me at the hour of my death
With the Father, Spirit, and the Holy Church

R- And she conceived by the Holy Spirit. (Hail Mary....)

V- Behold the handmaid of the Lord.

R- Be it done unto me according to thy word. (Hail Mary....)

V- And the Word was made Flesh.

R- And dwelt among us. (Hail Mary....)

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.

The Saint Michael Prayer

Saint Michael the Archangel, defend us in battle; be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God, cast into hell Satan and all the other evil spirits who prowl about the world seeking the ruin of souls. Amen

The Memorare to the Blessed Mother

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 with 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.

The Memorare to Saint Joseph

Remember, O most pure spouse of the Virgin Mary, my beloved Patron, that never it has been heard that anyone invoked your patronage and sought your aid without being comforted. Inspired by this confidence I come to you and fervently commend myself to you. Despise not my petition, O dearest foster father of our Redeemer, but accept it graciously. Amen.

The 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 the intentions of your Sacred Heart, the salvation of souls, reparation of sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all apostles of prayer, and in particular for those intentions recommended by Our Holy Father for this month. Amen.

Act of Consecration to the Sacred Heart of Jesus

I give myself and consecrate to the Sacred Heart of our Lord Jesus Christ, my person and my life, my actions, pains and sufferings, so that I may be unwilling to make use of any part of my being other than to honor, love and glorify the Sacred Heart. This is my unchanging purpose, namely, to be all His, and to do all things for the love of Him, at the same time renouncing with all my heart whatever is displeasing to Him. I therefore take You, O Sacred heart, to be the only object of my love, the guardian of my life, my assurance of salvation, the remedy of my weakness and inconstancy, the atonement for all the faults of my life and my sure refuge at the hour of death.

image so deeply upon my heart, that I shall never be able to forget You or to be separated from You.

May I obtain from all Your loving kindness the grace of having my name written in Your Heart, for in You I desire to place all my happiness and glory, living and dying in bondage to You. Amen.

St. Augustine's Prayer to the Holy Spirit

Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I always may be holy.

Peace Prayer

Lord, make me an instrument of your 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.

O 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, and it is in dying that we are born to eternal life. Amen

Prayer of Transformation

Lord, take my hands. I give them to you so you may continue to bless, to heal, work, feel, comfort, and love. Forgive me for using them for things against your will. Lord, take my mouth. I give it to you so you may continue to speak, preach, build up, comfort, and love. Forgive me for all the times I have hurt you and your people with my mouth. Lord, take my nose and my senses. I give them to you so you may continue to sense good from evil, and smell the fragrance of your love in all people. Forgive me for distorting this for my own will. Lord, take my eyes. I give them to you so you may continue to see the good in all men, the Spirit of your Father, the Spirit of your love. Forgive the times I have seen only the evil and then judged. Lord, take my ears. I give them to you so you may continue to listen and hear the cry of the lonely. Forgive me for all the times I have closed them, closed them to your Truth. Lord, take my feet. I give them to you so you may continue to lead myself and others in the path of your love. Forgive me for using them to follow a path of selfishness. Lord, take my body. I give it to you so you may continue to suffer so as to carry on my dying to myself. Forgive me for wanting to use it for the desires of the flesh. Lord, take my mind. I give it to you that I may think the way you think. Forgive me for so often thinking with the mind of the world or the flesh. Lord, take my heart. I give it to you so you may continue to love and understand. Forgive me for all the times I have let my heart be hardened. Lord, take my life. I give it to you so you may continue to live through me. Forgive me for wanting to only live for myself. Lord, I give you my very self. Everything. All that I am. Just as I am. I give myself to you so that your will and not mine may always be done in me. Amen. - Fr. Larry Richards

Prayer for the Miracle of God's Love

Our Father, here I am, at your disposal, your child, use me to continue your loving the world, by giving Jesus to me and through me, to each other and to the world. Let us pray for each other, that we allow Jesus to love in us, and through us, with the love with which His Father loves Him. Amen. -

Mother Teresa of Calcutta

does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you and I hope that I have that desire in all that I am doing. And I know that if I do this, you will lead me by the right road although I may know nothing about it. Therefore will I trust you always though I may seem to be lost and in the shadow of death, I will not fear, for you are ever with me and you will never leave me to face my perils alone. Amen. - Thomas Merton

Prayer of Abandonment

Father, I abandon myself into your hands; do with me what you will. Whatever you may do, I thank you: I am ready for all, I accept all. Let only your will be done in me, and in all your creatures. I wish no more than this, O Lord. Into your hands I commend my soul; I offer it to you with all the love of my heart, for I love you, Lord, and so need to give myself to you, to surrender myself into your hands, without reserve, and with boundless confidence, for you are my Father. Amen. - Charles de Foucauld

Act of Contrition

O my God, I am heartfully sorry for having offended thee, and I detest all my sins because of Thy just punishment, but most of all because I have offended Thee my God, Who is all good and deserving of all my love. I firmly resolve, with the help of Thy 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 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 are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

Act of Hope

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.

Act of Love

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

Miraculous Medal Prayer

O Mary, conceived without sin, pray for us who have recourse to thee, and for those who do not have recourse to thee, especially the enemies of the Church and those recommended to thee. Amen.

Guardian Angel Prayer

Angel of God, my Guardian dear, to whom God's love commits me here, ever this day (or night) 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

The 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 remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.

Litany of Poverty

Lord Jesus, you only say what you hear the Father say: Lord have mercy.
Lord Jesus, you only do what you see the Father doing: Christ have mercy.
Lord Jesus, you remind us the Son has nothing on his own: Lord have mercy.
Jesus, hear us. Jesus, hear us.
Jesus, graciously hear us. Jesus, 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, bond between both, have mercy on us.
Holy Trinity, one God, have mercy on us.
Mary, handmaid of Father, pray for us.
Jesus you are the Way to the Father, so in your name I ask:
Father, in my powerlessness, claim me.
Father, in my nothingness, claim me.
Father, in my poverty, claim me.
Father, in my confusion, claim me.
Father, in my insanity, claim me.
Father, in my wounds, claim me.
Father, in my brokenness, claim me.
Father, in my pride, claim me.
Father, in my fear, claim me.

Father, in my resistance to others, claim me.
Father, in my self-rejection, claim me.
Father, in my unforgiveness, claim me.
Father, in my disease of sin, claim me.
Father, in my self-reliance, claim me.
Father, in my body and blood, claim me.
Father, in my bones, claim me.
Father, in my fear of death, claim me.
Father, in my fear that I am not good enough, claim me.
Father, in my fear that I am unloved, claim me.
Father, in my fear that I am alone, claim me.
Father, in my fear that I am an outcast, claim me.
Father, in my broken habits, claim me.
Father, in the wounds I hide from you, claim me.
Father, in the wounds I hide from others, claim me.
Father, in the wounds I hide from myself, claim me.
Father, in the wounds I deal myself, claim me.
Father, in the wounds I deal others, claim me.
Father, in the wounds I deal your Church, claim me.
Father, in my hesitation to receive love, claim me.
Father, in my hesitation to love, claim me.
Father, in my desire to control reality, claim me.
Father, in my strangling of your gifts, claim me.
Father, in my blindness of heart, claim me.
Father, in my dull heart, claim me.
Father, in my hardened heart, claim me.
Father, in my wounded heart, claim me.
Father, in my fear of feeling too much, claim me.
Father, in my fear of feeling too little, claim me.
Father, in my exhaustion, claim me.
Father, in my limits, claim me.
Father, in my failure, claim me.

Father, teach me to die in your Son, so that he may rise in me.
Father, help me to accept my poverty, for the salvation of my brothers and sisters.
Father, teach me to surrender these desires, so that I may receive your
salvation.

I consecrate myself to you Father through your Son and in your Holy Spirit not in spite of my
sinfulness and brokenness, but in it. I give you this poverty of mine because you make beautiful
things out of the dust. So many are the places that draw me from you, help me to stay in your Love
and Truth, who are Jesus and the Holy Spirit.
Mary, my mother, my sister, my bride, in these my memories, thoughts, feelings, and desires, be the
consolation of my heart and the whole world. May I be Jesus in the World.

From the desire of being honored, *Deliver me, Jesus.*
From the desire of being praised, *Deliver me, Jesus*
From the desire of being preferred to others, *Deliver me, Jesus*
From the desire of being consulted, *Deliver me, Jesus*
From the desire of being approved, *Deliver me, Jesus*
From the fear of being humiliated, *Deliver me, Jesus*
From the fear of being despised, *Deliver me, Jesus*
From the fear of suffering rebukes, *Deliver me, Jesus*
From the fear of being calumniated, *Deliver me, Jesus*
From the fear of being forgotten, *Deliver me, Jesus*
From the fear of being ridiculed, *Deliver me, Jesus*
From the fear of being wronged, *Deliver me, Jesus*
From the fear of being suspected, *Deliver me, Jesus*

That others may be loved more than I, *Jesus, grant me the grace to desire it.*
That others may be esteemed more than I, *Jesus, grant me the grace to desire it.*
That, in the opinion of the world, others may increase and I may decrease, *Jesus, grant me the grace to desire it.*
That others may be chosen and I set aside, *Jesus, grant me the grace to desire it.*
That others may be praised and I unnoticed, *Jesus, grant me the grace to desire it.*
That others may be preferred to me in everything, *Jesus, grant me the grace to desire it.*
That others may become holier than I, provided that I may become as holy as I should, *Jesus, grant me the grace to desire it.*

I Thirst

It is true. I stand at the door of your heart, day and night. Even when you are not listening, even when you doubt it could be Me, I am there. I await even the smallest sign of your response, even the least whispered invitation that will allow Me to enter.

And I want you to know that whenever you invite Me, I do come – always, without fail. Silent and unseen I come, but with infinite power and love, and bringing the many gifts of My Spirit. I come with My mercy, with My desire to forgive and heal you, and with a love for you beyond your comprehension – a love every bit as great as the love I have received from the Father ("As much as the Father has loved me, I have loved you..." (Jn. 15:10) I come - longing to console you and give you strength, to lift you up and bind all your wounds. I bring you My light, to dispel your darkness and all your doubts. I come with My power, that I might carry you and all your burdens; with My grace, to touch your heart and transform your life; and My peace I give to still your soul.

I know you through and through. I know everything about you. The very hairs of your head I have numbered. Nothing in your life is unimportant to Me. I have followed you through the years, and I have always loved you – even in your wanderings. I know every one of your problems. I know your needs and your worries. And yes, I know all your sins. But I tell you again that I love you – not for what you have or haven't done – I love you for you, for the beauty and dignity My Father gave you by creating you in His own image. It is a dignity you have often forgotten, a beauty you have tarnished by

judgments, the humiliations, I carried it all before you. And I carried it all for you, so you might share My strength and victory. I know especially your need for love – how you are thirsting to be loved and cherished. But how often have you thirsted in vain, by seeking that love selfishly, striving to fill the emptiness inside you with passing pleasures – with the even greater emptiness of sin. Do you thirst for love? "Come to Me all you who thirst..." (Jn. 7: 37). I will satisfy you and fill you. Do you thirst to be cherished? I cherish you more than you can imagine – to the point of dying on a cross for you.

I Thirst for You. Yes, that is the only way to even begin to describe My love for you. I THIRST FOR YOU. I thirst to love you and to be loved by you – that is how precious you are to Me. I THIRST FOR YOU. Come to Me, and I will fill your heart and heal your wounds. I will make you a new creation, and give you peace, even in all your trials I THIRST FOR YOU. You must never doubt My mercy, My acceptance of you, My desire to forgive, My longing to bless you and live My life in you. I THIRST FOR YOU. If you feel unimportant in the eyes of the world, that matters not at all. For Me, there is no one any more important in the entire world than you. I THIRST FOR YOU. Open to Me, come to Me, thirst for Me, give me your life – and I will prove to you how important you are to My Heart.

Don't you realize that My Father already has a perfect plan to transform your life, beginning from this moment? Trust in Me. Ask Me every day to enter and take charge of your life. – and I will. I promise you before My Father in heaven that I will work miracles in your life. Why would I do this? Because I THIRST FOR YOU. All I ask of you is that you entrust yourself to Me completely. I will do all the rest.

Even now I behold the place My Father has prepared for you in My Kingdom. Remember that you are a pilgrim in this life, on a journey home. Sin can never satisfy you, or bring the peace you seek. All that you have sought outside of Me has only left you more empty, so do not cling to the things of this life. Above all, do not run from Me when you fall. Come to Me without delay. When you give Me your sins, you gave Me the joy of being your Savior. There is nothing I cannot forgive and heal; so come now, and unburden your soul.

No matter how far you may wander, no matter how often you forget Me, no matter how many crosses you may bear in this life; there is one thing I want you to always remember, one thing that will never change. I THIRST FOR YOU – just as you are. You don't need to change to believe in My love, for it will be your belief in My love that will change you. You forget Me, and yet I am seeking you every moment of the day – standing at the door of your heart and knocking. Do you find this hard to believe? Then look at the cross, look at My Heart that was pierced for you. Have you not understood My cross? Then listen again to the words I spoke there – for they tell you clearly why I endured all this for you: "I THIRST..." (Jn 19: 28). Yes, I thirst for you – as the rest of the psalm – verse I was praying says of Me: "I looked for love, and I found none..." (Ps. 69: 20). All your life I have been looking for your love – I have never stopped seeking to love you and be loved by you. You have tried many other things in your search for happiness; why not try opening your heart to Me, right now, more than you ever have before.

Whenever you do open the door of your heart, whenever you come close enough, you will hear Me say to you again and again, not in mere human words but in spirit. "No matter what you have done, I love you for your own sake Come to Me with your misery and your sins, with your troubles and needs, and with all your longing to be loved. I stand at the door of your heart and knock. Open to Me, for I

myself entirely in your Heart. I surrender to you my whole self, my heart, my mind, my memory, my imagination, my will, my emotions, my passions, my body, my sexuality, my desire for human approval, my weaknesses, my desires, my sins.

I surrender every person in my life to you. I surrender every situation in my life to you. I surrender every relationship I am in to you. I surrender every concern I have to you. I surrender every fear I have to you. I surrender every doubt I have to you. I surrender all confusion I have to you. I surrender all sadness I am experiencing in my heart to you. I surrender all my wounds to you. I surrender all anxiety and worry I have to you. I surrender all that deceives me in my heart to you. I trust you to care for me and others in a perfectly loving way.

As I have emptied myself, and surrendered everything to you, I ask you now, Father, to fill me with your Holy Spirit and all the gifts and fruits of your Spirit. Holy Spirit you are the source of love, hope, joy, peace, patience, goodness, gentleness, tenderness, faithfulness, humility, and self-control. Purify my desires. Help me to open my heart to you. Help me to become perfectly receptive as a pure child. Help me to believe in your love for me. Help me to hope in your love. Help me to receive from the Most Sacred Heart of Jesus all grace and virtues necessary for me to become the person you created me to be. I ask this in the Name of Jesus Christ, Your son, God Almighty Father.

O Most Holy Immaculate Virgin Mary. I entrust this prayer to your Heart, and ask you to press it to your wounded heart and intercede for me to your Son Jesus. Please help me to be as you are, a perfect disciple, an obedient servant, a true child of God. Amen. – Fr. Alex Valladares

The Holy Rosary

HOW TO PRAY THE ROSARY

1. Make the Sign of the Cross and say the Apostles' Creed.
2. Say the Our Father.
3. Say three Hail Marys.
4. Say the Glory Be.
5. Announce the First Mystery; then say the Our Father.
6. Say ten Hail Marys while meditating on the mystery.
7. Say the Glory Be; then say the Fatima Prayer.
8. Announce the Second Mystery; then say the Our Father. Repeat 6 & 7 and continue with Third, Fourth and Fifth Mysteries in the same manner.
9. Say the Hail Holy Queen.

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; the third day He rose again from the dead; He ascended into heaven, sits at the right hand of God, the Father almighty; from thence He shall 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.

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.

FATIMA PRAYER

O my Jesus, forgive us our sins, save us from the fires of hell and lead all souls to heaven, especially those most in need of Thy mercy.

HAIL, HOLY QUEEN

Hail! Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send our sighs, mourning and weeping in this valley of tears. Turn then, O most gracious advocate, your eyes of mercy toward us; and after this our exile show unto us the blessed fruit of your womb, Jesus.

O clement, O loving, O sweet virgin Mary. Pray for us, O Holy Mother of God, that we may be made worth of the promises of Christ.

PRAYER AFTER THE ROSARY

O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life. Grant, we beseech Thee, that by meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

JOYFUL MYSTERIES

The Annunciation – Fruit of Humility

Mary said yes. God was asking a great amount of her. She could face disapproval. Joseph could abandon her. She might not be believed. Mary risked a lot because she had faith in God's goodness. I imagine her kneeling in wonderment at the angel Gabriel, his hands encompassing hers, his forehead pressed against hers as he tells her of God's great plan. She whispers "yes" knowing that her life is forever changed and possibly going to be much harder. She allows God's will to be done and with that *fiat* the salvation of the world is set in motion. I pray that I can put God's will before my own.

The Visitation – Love of Neighbor

Newly pregnant, Mary walks several days to visit her cousin Elizabeth. She is greeted with great joy and exclaims her *Magnificat*. While knowing that all will call her blessed, she spends several months serving Elizabeth. I imagine her performing the tasks of life so that Elizabeth, in her third trimester when the physical burden of pregnancy is greatest, can rest. Despite her own possible exhaustion and morning sickness, she serves her cousin. I imagine them at the end of the day sitting together and sharing their feelings about these two miraculous babies. I pray that I can serve as Mary did.

The Nativity – Poverty of Spirit

Mary and Joseph are far from home and she is about to give birth. They find nowhere to stay. Rather than panicking, they rely on God who leads them to a safe, warm place for his son's birth. I imagine their worry but also their sense of calm. They know God cares for them and he will not abandon them on this holy journey. As the angels announce Jesus' birth and the shepherds come to pay him homage, Mary and Joseph are surrounded by God's love. I pray for the grace to depend on God completely.

Presentation in the Temple – Obedience

Mary and Joseph obey the law and bring their newborn son to the temple and offer a sacrifice. There they meet Simeon who has waited many years to meet the Messiah. I imagine Simeon gazing at Jesus. The Christ for whom he has waited has arrived just as God promised. He raises his eyes to heaven in thanks. He also warns Mary that her own heart will be pierced. She continues to trust God, not knowing what lies ahead. I pray for trust in God's plan and patience in waiting for it to unfold.

Finding Jesus in the Temple – Piety

After not knowing where he was for three days, Mary and Joseph find Jesus in the temple. I imagine the fear they felt when they realized Jesus was not with them as they returned from Jerusalem. I imagine how scared they felt as they looked for him and the increasing anxiety they experience as time passed. At last they find him in his father's home. What relief and joy. We look for Jesus too and we can always find him in church. He is there waiting for us. I pray that I will not find reasons to avoid visiting Jesus regularly.

LUMINOUS MYSTERIES

Baptism of Jesus – Openness to the Holy Spirit

Though Jesus is without original sin, John baptizes him and God announces that Jesus is his son and he is pleased. I imagine standing in that cool river, feeling the water rush past me. The sounds of the crowd are muffled as my head goes below the surface. I imagine hearing God's great voice proclaiming he is pleased with his son. I desire God to be pleased with me too, and pray that I can accept the movement of the Holy Spirit in my life.

Wedding at Cana – Jesus Through Mary

Proclamation of the Kingdom – Repentance

Jesus went about the land preaching the coming of the kingdom of heaven. He healed the sick and cast out demons. I imagine the awe of the people watching this man proclaim the importance of repenting of our sins as he healed people of their paralysis or leprosy. He preached about love and forgiveness. We too need healing and repentance. I pray for the ability to be humbly and genuinely sorry for my sins against others and against the God who loves me and made me.

The Transfiguration – Desire for Holiness

Peter, James and John accompany Jesus up Mount Tabor where Jesus is transformed before them in glorious light and Moses and Elijah appear. Peter desires to build tents for them so they may stay. God again proclaims pleasure in Jesus, his beloved Son and tells them to listen to him. I imagine the disciples seeing Jesus with the prophets of the past and hearing God's voice. They received a beautiful gift from God and comforting words from Jesus to not be afraid. I pray for the desire to spend time with Christ thinking about his message and striving for holiness.

Institution of the Eucharist – Eucharistic Adoration

Jesus gives us the greatest of gifts in his presence in the Eucharist—body, blood, soul and divinity. I imagine the disciples hearing these words of the New Covenant and the directive to do this in his remembrance. We reflect on this at every Mass as we genuflect before the tabernacle. We are also invited to visit Jesus in adoration. It takes great faith to believe in the Real Presence. I pray for the grace to have that faith, to seek him in adoration and surrender myself humbly to his service.

SORROWFUL MYSTERIES

The Agony in the Garden – conformity to God's will

Jesus knows torture and death lie ahead and he prays that the cup will pass. He also prays God's will be done. In his agony, he carries the weight of our sins so that we may be saved. I imagine the courage it took to give himself to God's plan. We too suffer and while we may pray the suffering will end, we are given support from Our Lord to endure, as Jesus received strength from the angel in the garden. I pray for the courage to conform to God's will especially when it may be difficult.

The Scourging at the Pillar – Mortification

Jesus is brutally tortured to near death. Scourging was more than mere beating; it involved using instruments to inflict the most pain and blood loss possible without actually killing. Jesus was beaten for our sins. His mother watched as her son's blood spilled on the ground. I imagine the horror she felt watching her precious child be brutalized, and how hard it must have been to not run to his rescue. I pray for forgiveness for my sins, the sins that contributed to the torture of my Lord.

The Crowning with Thorns – Moral Courage

Jesus is stripped, re clothed with a scarlet robe and crowned with thorns. He is mocked and spit upon by the soldiers. The people demand his crucifixion. Despite his innocence, he does not defend himself. He is strong in the face of hatred. I imagine his sadness at the people's ignorance, his sorrow at their contempt. I pray for courage to defend God's truth and strength to withstand the criticism and hatred of others.

The Carrying of the Cross – Patience

Jesus' humiliation continues as he carries the Cross he will be crucified on through the town and people continue to mock him. I imagine the pain of the heavy wood against his back, rubbing against

The Crucifixion – Salvation

Jesus arrives and is nailed to the cross. As he hangs, slowly dying, he is comforted by the presence of Mary, her sister, John and Mary Magdalene. Mary is strong. She has watched him suffer and now die and she never leaves him. I imagine her heartache. In his words to Mary, “Woman, behold, your son” all of us are entrusted to her love. I pray in thanksgiving for Christ’s suffering and sacrifice so that I may be saved.

GLORIOUS MYSTERIES

The Resurrection – Faith

Jesus did as he foretold, he rose from death, thus securing for us everlasting life in heaven with him and his father. The women who went to visit him are greeted by an angel who gives them this good news. They see him on their way to Galilee and he tells them to tell the disciples of his resurrection. I imagine the joy they feel when they see the one they love living again, the celebration of the disciples and Mary when they are able to touch him and talk to him. I pray for faith that I too may one day be with Jesus in heaven.

The Ascension – Hope

As Jesus ascends to heaven he tells his followers to go and make disciples. He sends them to the world to share his story and he promises he will always be with them. I imagine their surprise to see him lifted up and away to the clouds and their wonderment as all that occurred. I imagine them considering what will happen next and how they will do as he told them. They are filled with hope and maybe fear. I pray for hope when I don’t know the way forward or when times seem dark.

The Coming of the Holy Spirit – Wisdom

The apostles and Mary are hiding in the upper room in fear of the future. When the Holy Spirit, the Advocate Jesus said he would send, comes to them they are filled with the gifts they need to go out into the world: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. We receive these same gifts at our baptism and confirmation. I pray that I can use these gifts to share the love of Jesus and the story of his good news.

The Assumption of Mary – Devotion to Mary

Mary is taken to heaven to her rightful place with Jesus where she intercedes for us in prayer. I imagine her excitement at being with her son again, and her pleasure at being in heaven with God. I pray for her intercession and help in growing closer to Jesus, while asking her to help me love him more. She will keep pointing the way toward her son.

The Coronation of Mary – Eternal Happiness

Mary is the Queen of Heaven and Earth. She listened to God’s will and stayed true to his plan for her life. Mary was not spared suffering but her reward in heaven is great. She is our queen too, and if asked she will help us in all facets of our life. I imagine her lovingly looking down at us and her happiness at our requests for help. I pray for her humility, patience.

Prayers before and after Mass

Prayer of St. Thomas Aquinas

Almighty and Eternal God, behold I come to the Sacrament of Your only-begotten Son, our Lord Jesus Christ. As one sick I come to the Physician of life; unclean, to the Fountain of mercy; blind, to the Light of eternal splendor; poor and needy, to the Lord of heaven and earth.

Therefore, I beg of You, through Your infinite mercy and generosity, heal my weakness, wash my uncleanness, give light to my blindness, enrich my poverty, and clothe my nakedness. May I thus receive the Bread of Angels, the King of Kings, the Lord of Lords, with such reverence and humility, contrition and devotion, purity and faith, purpose and intention, as shall aid my soul's salvation.

Grant, I beg of You, that I may receive not only the Sacrament of the Body and Blood of our Lord, but also its full grace and power. Give me the grace, most merciful God, to receive the Body of Your only Son, our Lord Jesus Christ, born of the Virgin Mary, in such a manner that I may deserve to be intimately united with His mystical Body and to be numbered among His members.

Most loving Father, grant that I may behold for all eternity face to face Your beloved Son, whom now, on my pilgrimage, I am about to receive under the sacramental veil, who lives and reigns with You, in the unity of the Holy Spirit, God, world without end. Amen.

Prayer of St. Gertrude the Great

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today. For all the Holy Souls in Purgatory. For sinners everywhere, for sinners in the Universal Church, those in my own home and within my family. Amen.

Thanksgiving After Holy Communion

I thank You, Eternal Father, for giving me as the food of my soul, the Body and Blood of Your Only-begotten Son, our Lord Jesus Christ. May this Divine Food preserve and increase the union of my soul with You. May it purify me by repressing every evil inclination. Grant that it may be to me a pledge of a glorious resurrection on the last day.

O Sacred Heart of Jesus, I love You with all my heart. I am sorry for ever having offended You, and I desire never to offend You again.

Adoro Te

I devoutly adore You, O hidden God,
truly hidden beneath these appearances.
My whole heart submits to You
and in contemplating You
it surrenders itself completely.
Sight, touch, taste are all deceived
in their judgment of You,
but hearing suffices firmly to believe.
I believe all that the Son of God has spoken:
there is nothing truer than this word of Truth.
On the Cross only the Divinity was hidden,
but here the Humanity is also hidden,
I believe and confess both
and I ask for what the repentant thief asked.
I do not see the wounds as Thomas did,
but I confess that You are my God.
Make me believe more and more in You,
hope in You, and love You.

O Memorial of our Lord's death!
Living Bread that gives life to man,
grant my soul to live on You
and always to savor Your sweetness.
Lord Jesus, good Pelican,
wash me clean with Your Blood,
one drop of which can free
the entire world of sins.
Jesus, whom now I see hidden,
I ask You to fulfill what I so desire:
that on seeing You face to face,
I may be happy in seeing Your Glory. Amen.

Prayers after Mass

Prayer to Jesus Christ Crucified

My good and dear Jesus, I kneel before You, asking You most earnestly to engrave upon my heart a deep and lively faith, hope, and charity, with true repentance for my sins, and a firm resolve to make amends. As I reflect upon Your five wounds, and dwell upon them with deep compassion and grief, I recall, good Jesus, the words the prophet David spoke long ago concerning You: "They have pierced My hands and My feet, they have counted all My bones!" (Ps 21:17)

Prayer to the Virgin Mary

Mary, Holy Virgin Mother, I have received your Son, Jesus Christ. With love you became His mother, gave birth to Him, nursed Him, and helped Him grow to manhood. With love I return Him to you, to hold once more, to love with all your heart, and to offer to the Holy Trinity as our supreme act of worship for your honor and for the good of all our pilgrim brothers and sisters.

Mother, ask God to forgive my sins and to help me serve Him more faithfully. Keep me true to Christ until death, and let me come to praise Him with you forever and ever. Amen.

Prayer to St. Joseph

St. Joseph, father and guardian of virgins, to whose faithful keeping Christ Jesus, Innocence Itself, and Mary, the Virgin of virgins, were entrusted, I pray and beseech you by that twofold and most precious charge, by Jesus and Mary, to save me from all uncleanness, to keep my mind untainted, my heart pure, and my body chaste; and to help me always serve Jesus and Mary in perfect chastity. Amen.

Suscipe

Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. You have given all to me. To You, O Lord, I return it. All is Yours, dispose of it wholly according to Your will. Give me Your love and Your grace, for this is sufficient for me. Amen.