

## 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.



## AN ACT OF FAITH

O My God, I firmly believe that Thou art one God in three Divine Persons, Father, Son, and Holy Spirit; I believe that Thy 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 Thou has revealed them, who can neither deceive nor be deceived. Amen.

## AN ACT OF HOPE

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

## AN ACT OF CHARITY

O My God, I love Thee above all things, with my whole heart and soul, because Thou art all-good and worthy of all love. I love my neighbor as myself for the love of Thee. I forgive all who have injured me, and ask pardon of all whom I have injured. Amen.



## TO THE GUARDIAN ANGEL

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

## THE APOSTLE'S CREED

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven and is seated at the right hand of the Father.

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.

## 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!

V: Pray for us, O Holy Mother of God  
R: That we may be made worthy of the promises of Christ.

LET US PRAY: O God, by the life, death and resurrection of Your only begotten Son, You purchased for us the rewards of eternal life; grant, we beseech You that by meditating on these mysteries of the Holy Rosary, we may imitate what they contain and obtain what they promise. Through the same Christ our Lord. Amen.

# Common Catholic Prayers

## Pray without ceasing (1 Thessalonians 5:17)

### THE 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.

### THE 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.

### THE GLORY BE

Glory be to the Father, the Son, and the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen.

### THE FATIMA PRAYER

O my Jesus, have mercy on us. Forgive us our sins. Save us from the fires of hell. Take all souls into heaven, especially, those most in need of thy mercy. Amen.

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## PRAYING THE ROSARY



“Rosary” means wreath of roses. Think of each Hail Mary you pray as a rose you are giving to her. When you are finished, you will have given Mary a beautiful bouquet of prayers.

To pray the Rosary, you begin just like you would any other prayer— In the Name of the Father, The Son and the Holy Spirit. Amen.

- ◇ Begin at the cross by reciting The Apostle's Creed.
- ◇ On the single bead which follows say one Our Father for the Intentions of our Holy Father, the Pope.
- ◇ On the three beads which follow say three Hail Marys for Faith, Hope and Charity.
- ◇ On the next bead recite The Glory Be and the Fatima Prayer
- ◇ This will bring you to the loop which is usually joined to the Cross section with a medallion. At this point you announce the first of the 5 mysteries for that day and recite an Our Father.
- ◇ On the 10 beads that follow, recite 1 Hail Mary per bead while thinking about the mystery for that decade.
- ◇ When you get to the single bead, say The Glory Be and the Fatima Prayer. This is the end of the first decade.
- ◇ You begin the next decade on the same single bead by thinking about the next mystery and reciting one Our Father.
- ◇ Continue with 10 Hail Marys and then the Glory Be and The Fatima Prayer.
- ◇ Once you have completed all five decades you say the Hail Holy Queen and finish with the Sign of the Cross.

## THE HISTORY OF THE ROSARY

The Rosary is a beautiful prayer. When we pray it we think about Jesus' life, death and resurrection. We pray the Rosary to Our Blessed Mother, Mary, in memory of her son.

The Rosary started in the 13th Century with St. Dominic in Spain. Our Lady told him that saying the rosary would help to convert many people; which it did. Our Lady also appeared in 1858 at Lourdes in France, to a poor peasant girl named Bernadette. In 1917, Mary appeared a number of times to 3 shepherd children in Fatima, Portugal, and taught them the Fatima Prayer. The Rosary is still a strong devotion for many Catholics today.

## THE MYSTERIES OF THE ROSARY

There are four different mysteries of the Rosary which are usually said on certain days of the week. Each mystery is divided into five events from Jesus' life. As we contemplate each mystery we try to think about the fruit of that mystery. The fruit is the virtue that we would like to achieve with the help of the Holy Spirit

### The Five Joyful Mysteries

- (said on Mondays and Saturdays)  
They remind us to glad for all the good things we have in our lives.
1. The Annunciation (Luke 1:26-38): Humility
  2. The Visitation (Luke 1:39-56): Love of Others
  3. The Nativity (Luke 2:1-20): Love of God
  4. The Presentation of Jesus (Luke 2:22-38): Obedience
  5. The Finding of the Child Jesus in the Temple (Luke 2:41-52): Faithfulness



## The Five Luminous Mysteries

(said on Thursdays)  
They remind us to follow Jesus every day.

1. The Baptism of Jesus (Matt 3:13-17): Obeying God's will
2. The Wedding at Cana (John2:1-12): Fidelity
3. Jesus Proclaims the Good News (Mark 1:15): Desire for Holiness
4. The Transfiguration (Luke 9:28-36): Spiritual Courage
5. The Institution of the Eucharist (Matt26:26-29): Gratitude

## The Five Sorrowful Mysteries

(said on Tuesdays and Fridays)  
They remind us to never give up, even when things are very bad, because God will help us.

1. The Agony in the Garden (Matt 26:36-56): True Sorrow for Sins
2. The Scourging at the Pillar (Matt 27:20-26): Purity
3. The Crowning with Thorns (Matt27:27-30): Moral Courage
4. The Carrying of the Cross (Matt27:31-33): Patience
5. The Crucifixion (Matt 27:34-60): Help me to serve Jesus all my Life



## The Five Glorious Mysteries

(said on Wednesdays and Sundays)  
They remind us the God has a place for us in heaven and that by following Jesus we will find out way there.

1. The Resurrection (John 20:1-18): Faith
2. The Ascension (Acts 1:9-11): Hope
3. The Holy Spirit Comes (John 20:19-23): For the Grace of the Holy Spirit
4. Mary is assumed into Heaven (John 11:26): Happy Death in Mary's Arms
5. The Crowning of Mary (Philippians2:1-11): Love for Mary