

## INTRODUCTION

The necessity of reprinting the Prayer Book gave opportunity to the General Chapter of 2000 to request the revision of some of its parts.

In drafting the text, it was preferred to keep the structure of the old Prayer Book of 1981, enriching it, first of all, with elements which regain the spiritual tradition of the Congregation and the style of life proper to the Sister Handmaids of Charity; secondly, introducing some practices to give full value to the Founders and the Charism; lastly, modifying some prayer texts, keeping, however, the original meaning.

Moreover, there was also a need to put brief explanatory comments to prayers or liturgical feasts with reference to the Magisterium of the Church and to the Constitutions to help us understand their true meaning.

It was deemed useful to make an Appendix with prayer texts for particular circumstances and the Latin translation of fundamental Christian prayers to promote their use, not only within the Congregation but also in the ecclesial level. It was also considered useful to insert some fundamental doctrinal elements.

Using the Prayer Book correctly helps to form identity, belongingness, and most of all, with the daily Liturgy, a unity of mind and heart, fostering the growth of charity among the Sisters.

“Every reality of consecrated life is born and is regenerated each day in the unending contemplation of the face of Christ... The whole Church enjoys and benefits from the many forms of prayer and the variety of ways in which

the one face of Christ is contemplated” (Starting Afresh from Christ 25).

Fidelity to liturgical and community prayer, according to the Constitutions and Statutes, shall be the fountain of a constant interior conversion: “The cycle of the liturgical year enables them to contemplate profoundly on the mysteries of salvation and to adhere more deeply to them” (Const. 83), favoring a progressive and real assimilation of Christ.

All the Sisters “shall participate as best as they can to common activities” (Const. 44), even when fidelity to it demands genuine effort so that they may not be absorbed fully by their work; this will bring forth genuine fruits and fruitful apostolate.

May Mary, the Mother who listens, be our Teacher in prayer; may she teach us to fix our hearts upon the One who prays to the Father, Jesus Christ, and to welcome the mystery of Trinitarian Life, so that we may enjoy His incommensurable beauty and sing Him praises.

Sr. Elisabetta Cadamuro  
General Superior

January 29, 2005  
Anniversary of Giovanni Battista Leonardi

## ABBREVIATIONS

CCC	=	Catechism of the Catholic Church
CIC	=	Codice di Diritto Canonico/ Code of Canon Law
CNC	=	Congregavit Nos in Unum Christi Amor
DES	=	Dizionario Enciclopedico di Spiritualità, Città Nuova editrice
DESeSr	=	Dizionario Enciclopedico di Spiritualità Edizioni Studium Roma
EM	=	Eucharisticum Mysterium
IM	=	Imitazione di Cristo/ Imitation of Christ
MC	=	Marialis Cultus
MND	=	Mane Nobiscum Domine
MS	=	Misericordiam Suam
NMI	=	Novo Millennio Ineunte
RM	=	Redemptoris Mater
RVM	=	Rosarium Virginis Mariae
SC	=	Sacrosanctum Concilium
<b>L</b>	=	Leader
<b>A</b>	=	assembly

## EVERY DAY

*The Sisters, with a sound order of the day, week, month, and year manifest how life according to the Gospel can be expressed concretely in a well-balanced distribution of moments of silence, action, contemplation and of creating good reciprocal relations among them.*

*To mark the passing of time, the Sisters can recite:*

All for You, my God

My immense love,

All that I do, suffer, enjoy, say, and think.

In my every breath

I intend, my Lord

to give You my soul

and consecrate my heart to You

for my salvation and for the salvation of sinners.

I consecrate to you, Mary, my work, my mind, and my heart.

## MORNING

*The beginning of each day is a call to life to which one must respond with commitment. Promptness in getting up is a gift pleasing to God to Whom the Sister lift up her mind and heart making the sign of the cross saying:*

O God, You are my God,  
For You I long  
For You my soul is thirsting,  
My body pines for You  
Like a dry weary land without water.  
So I gaze on You in the sanctuary  
to see Your strength and Your glory. (Ps.62)

O Holy Spirit enkindle my heart  
with the fire of Your love  
and flame of eternal charity.

Mother most pure, pray for us.

Hail Mary...

*The Sister, putting on the habit and the veil, which are the signs of her consecration, thanks God for her vocation. Kissing the Crucifix, she renews the offering of her vows saying:*

Jesus, with You, for You, in You  
I renew my offering to the Father,  
I am Yours, and I want to be Yours  
In every instance of my life.

*The Sister shall always give special value to the holy water, with which she devoutly makes the sign of the cross upon entering the temple of God.*

*Before community prayer, every Sister, with sufficient time, puts herself in the presence of God and in communion with the Sisters.*

The Angelus:

**A** Angel of God....

## MORNING OFFERING TO THE SACRED HEART OF JESUS

**A** Divine Heart of Jesus, through the Immaculate Heart of Mary, Mother of the Church, I offer You, in union with the Eucharistic Sacrifice, prayers and actions, joys and sufferings of this day, in reparation for sins and for the salvation of all men, in the grace of the Holy Spirit, for the glory of God the Father.

**L** Let us pray for the intentions of the Holy Father.

## LITURGY OF THE HOURS

*“The Divine Office, in keeping with the ancient Christian tradition, is so advised that the whole course of the day and night is made holy by the praise of God....the Divine Office, because it is the public prayer of the church, is the source of piety and a nourishment for personal prayer” (SC 84, 90).*

## OFFICE OF READINGS

*When possible, and on important anniversaries, the Sisters shall celebrate the Office of Readings together.*

## MORNING PRAYER

*The Sisters shall celebrate Morning Prayer at daybreak, remembering the Resurrection of Jesus, “true light which illumines every man” (Jn. 1:9).*

*For the celebration, the Sisters shall refer to the Liturgy of the Hours.*

## MEDITATION

*“To meditate on what we read helps us to make it our own by confronting it with ourselves. We pass from thoughts to reality. To the extent that we are humble and faithful, we discover in meditation the movements that stir the heart and we are able to discern them. It is a question of acting truthfully in order to come into the light:”  
“Lord, what do You want me to do?” (CCC 2706)*

## PRAYER FOR MEDITATION

**L** Come, Holy Spirit, fill the hearts of Your faithful and kindle in us the fire of Your love. Lord, send forth Your Spirit  
**A** and renew the face of the earth.

**L** Oh God, Who by the light of the Holy Spirit, instructed the hearts of Your faithful, grant us, by the same Spirit, to relish what is right and always rejoice in His consolation. Through Christ, our Lord. Amen.

**A** Lord, my God, I believe that You are here, that You hear me, that You see me. I adore You with profound reverence. I ask pardon for my sins and the graces to derive good fruit from this meditation. Mary, Immaculate Mother, and Seat of Wisdom, help me.

*While the Sisters make the sign of the cross on forehead, lips, and heart, she mentally says:*

“Your word, Lord, is a lamp for my feet,  
and a light to my path.” (Ps.119:105)

*Every Sister meditates in silence on the topic prepared the preceding evening. “We are usually helped by books like: the Sacred Scriptures, particularly the Gospels, holy icons, liturgical texts of the day or seasons, writings of the spiritual fathers, works of spirituality...” (CCC 2705).*

*In particular circumstances, it is helpful to share the meditation in varied forms.*

## **THANKSGIVING PRAYER AT THE END OF MEDITATION IF CELEBRATION OF HOLY EUCHARIST DOES NOT FOLLOW**

**A** Thank You, Lord, my God, for the light which You have given me. Help me to walk in the right way,

which You have indicated to me with Your word so that every moment of this day maybe a pleasing offering to You. Mary, Virgin and Mother, guide me with your example, help me in every necessity.

## LECTIO DIVINA

*Periodically, it is good to insert the practice of Lectio Divina.*

## CELEBRATION OF THE EUCHARIST

*“It is around the Eucharist, celebrated or adored, ‘source and summit’ of all activity of the church that the communion of souls is built up which is the starting point of all growth in fraternity” (CNC 14).*

*Every Sister shall participate actively in the Holy Sacrifice of Christ, learning to offer herself together with Him, to unite herself in intimate and profound communion with Him in order to share His sentiments throughout the day.*

*Each Sister prepares the liturgy of the Holy Mass the preceding evening.*

*The Community prepares the Lord’s Day and Solemnities with particular attention.*

## PRAYER AFTER THE HOLY MASS

**A** 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.  
Call me at my death  
to the fellowship of Your saints,  
that I may sing Your praise with them through all  
eternity. Amen.

Or:

**A** Grant us, Lord  
the experience of intimate communion with Jesus  
to which the Eucharist leads us.  
May the Eucharist be truly the norm  
of our faith and of our life;  
so that nourished by It,  
we can live the mission of bearing witness  
to God's plan of salvation to the world,  
in expectation of the coming of His Son.  
Through the Eucharist, help us to appreciate  
ecclesial communion, communion among all the  
Churches.  
Help us to experience that unity, which the Eucharist  
effects the Church, to which we give thanks  
for allowing the world to see the glory of the Lord.

## **ROSARY**

*"There is no doubt that the rosary (According to the tradition accepted by St. Pius V and authoritatively taught by him) should be considered as one of the best and most efficacious prayers*

*in common that the Christian family is invited to recite” (M.C. 49, 54).*

*The mysteries of the rosary can be praiseworthy announced with a biblical text.*

Apostles’ Creed  
Our Father  
3 Hail Marys  
Glory be

Announcement of the mystery (pause)

Our Father  
10 Hail Marys  
Glory be

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

## **THE MYSTERIES OF THE HOLY ROSARY**

### **The Joyful Mysteries** (Mondays and Saturdays)

1. The annunciation of Angel Gabriel to Mary.
2. The visitation of Mary to St. Elizabeth.
3. The birth of Jesus in Bethlehem.
4. The presentation of Jesus at the temple.
5. The finding of the child Jesus at the temple.

### **The Sorrowful Mysteries** (Tuesdays and Fridays)

1. The agony of Jesus in the garden.
2. The scourging of Jesus at the pillar.

3. The crowning of Jesus with thorns.
4. The carrying of the cross.
5. The crucifixion and death of Jesus.

### **The Glorious Mysteries** (Wednesdays and Sundays)

1. The resurrection of Jesus.
2. The ascension of Jesus into heaven.
3. The descent of the Holy Spirit.
4. The assumption of Mary into heaven.
5. The coronation of Mary as Queen of heaven and earth.

### **The Luminous Mysteries** (Thursdays)

1. The baptism of Jesus.
2. The wedding at Cana.
3. The proclamation of the Kingdom.
4. The transfiguration.
5. The institution of the Eucharist.

## **LITANY OF THE BLESSED VIRGIN MARY OF LORETO**

Lord, have mercy on us,  
 Christ, have mercy on us,  
 Lord, have mercy on us,  
 Christ, hear us,  
 Christ, graciously hear us,

Lord, have mercy on us.  
 Christ, have mercy on us.  
 Lord, have mercy on us.  
 Christ, hear us.  
 Christ, graciously hear us.

God, the Father of heaven,  
 God, the Son Redeemer of the world,  
 God, the Holy Spirit,  
 Holy Trinity, one God,

have mercy on us.  
 have mercy on us.  
 have mercy on us.  
 have mercy on us.

Holy Mary,	pray for us.
Holy Mother of God,	pray for us.
Holy Virgin of virgins,	pray for us.
Mother of Christ,	pray for us.
Mother of divine grace,	pray for us.
Mother most pure,	pray for us.
Mother most chaste,	pray for us.
Mother inviolate,	pray for us.
Mother undefiled,	pray for us.
Mother most amiable,	pray for us.
Mother most admirable,	pray for us.
Mother of good counsel,	pray for us.
Mother of our Creator,	pray for us.
Mother of our Savior,	pray for us.
Virgin most prudent,	pray for us.
Virgin most venerable,	pray for us.
Virgin most renowned,	pray for us.
Virgin most powerful,	pray for us.
Virgin most merciful,	pray for us.
Virgin most faithful,	pray for us.
Mirror of justice,	pray for us.
Seat of wisdom,	pray for us.
Cause of our joy,	pray for us.
Spiritual vessel,	pray for us.
Vessel of honor,	pray for us.
Singular vessel of devotion,	pray for us.
Mystical rose,	pray for us.
Tower of David,	pray for us.
Tower of Ivory,	pray for us.
House of gold,	pray for us.
Ark of the Covenant,	pray for us.

Gate of heaven,	pray for us.
Morning star,	pray for us.
Health of the sick,	pray for us.
Refuge of sinners,	pray for us.
Comforter of the afflicted,	pray for us.
Help of Christians,	pray for us.
Queen of angels,	pray for us.
Queen of patriarchs,	pray for us.
Queen of prophets,	pray for us.
Queen of apostles,	pray for us.
Queen of martyrs,	pray for us.
Queen of confessors,	pray for us.
Queen of virgins,	pray for us.
Queen of all saints,	pray for us.
Queen conceived without original sin,	pray for us.
Queen assumed into heaven,	pray for us.
Queen of the most holy rosary,	pray for us.
Queen of the family,	pray for us.
Queen of peace,	pray for us.

Lamb of God Who takes away the sins of the world,  
-spare us, O Lord.

Lamb of God Who takes away the sins of the world,  
-graciously hear us, O Lord.

Lamb of God Who takes away the sins of the world,  
-have mercy on us.

**L** Pray for us, O holy Mother of God,  
**A** That we may be made worthy of the promises of Christ.

**L** Let us pray:

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 meditating upon these mysteries of the most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain, and obtain what they promise. Through Christ, our Lord. Amen.

Or:

### LITANY OF MARY, THE QUEEN

Lord, have mercy on us,  
Christ, have mercy on us,  
Lord, have mercy on us,

Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.

Holy Mary,  
Holy Mother of God,  
Holy Virgin of virgins,  
Beloved Daughter of the Father,  
Mother of Christ – King of the ages,  
Glory of the Holy Spirit,  
Virgin daughter of Zion,  
Virgin, poor and humble,  
Virgin, meek and docile,  
Obedient servant in faith,  
Mother of the Lord,  
Collaborator of the Redeemer,  
Full of grace,

pray for us.  
pray for us.

Fountain of beauty,	pray for us.
Treasure of virtue and wisdom,	pray for us.
First fruit of redemption,	pray for us.
Perfect disciple of Christ,	pray for us.
Most pure image of the Church,	pray for us.
Lady of the New Covenant,	pray for us.
Lady clothe with the sun,	pray for us.
Lady crowned with stars,	pray for us.
Lady of immense goodness,	pray for us.
Joy of the new Israel,	pray for us.
Splendor of the holy Church,	pray for us.
Glory of the human race,	pray for us.
Advocate of grace,	pray for us.
Handmaid of divine mercy,	pray for us.
Help of the people of God,	pray for us.
Queen of love,	pray for us.
Queen of mercy,	pray for us.
Queen of peace,	pray for us.
Queen of angels,	pray for us.
Queen of patriarchs,	pray for us.
Queen of prophets,	pray for us.
Queen of apostles,	pray for us.
Queen of martyrs,	pray for us.
Queen of confessors of faith,	pray for us.
Queen of virgins,	pray for us.
Queen of all saints,	pray for us.
Queen conceived without sin,	pray for us.
Queen assumed into heaven,	pray for us.
Queen of the earth,	pray for us.
Queen of heaven,	pray for us.
Queen of the universe,	pray for us.

Lamb of God Who takes away the sins of the world,  
- spare us, O Lord.

Lamb of God Who takes away the sins of the world,  
- graciously hear us, O Lord.

Lamb of God Who takes away the sins of the world,  
- have mercy on us.

**L** Pray for us, O holy Mother of God,  
**A** That we may be made worthy of the promises of Christ.

**L** O Father, You gave us the Virgin Mary as our Mother and Queen, from whom Christ Your Son was born. Through her intercession, grant us the glory promised to Your children in the kingdom of heaven. Through Christ, our Lord. Amen.

## **PRAYER OF THE RELIGIOUS FAMILY**

### **PRAYER TO THE HOLY FAMILY**

**A** O Jesus, Mary and Joseph, be the protectors of our dear Institute; keep and defend it from whatever adversity and deceit. Look upon each one of us with love; provide our spiritual and temporal needs. Bless our Superiors and grant them the consolation of the Holy Spirit; bless our works with charity and zeal; be our guide in the faithful observance of the Constitutions, and let us know the sublimity of interior life, of silence, of meditation, of sacrifice,



**L** Mary, Mother of the Church and our Mother,  
**A** Pray for us.

## MIDDAY

### MIDDAY PRAYER

*“The liturgical custom more of the east than of the west has conserved the recitation of terse in the sixth and ninth hours, especially because these hours are linked with the remembrance of the passion of the Lord and the first propagation of the Gospel.”*

*(Principles and Norms for the Liturgy of the Hours)*

*When possible, the Sisters celebrate Midday Prayer together. It is recommended in the Mother House, Novitiate houses, and in particular times of prayer.*

### Particular Examination of Conscience

*It is a part of the examination of conscience which is divided into general and particular. Particular examination of conscience takes into consideration a point in one’s life, a defect to be corrected, or a virtue to be cultivated on which the Sister intends to concentrate her attention and efforts.*

*“If every year we rooted out one vice, we should soon become perfect men” (IM chap. XI,2).*

### Introductory Prayer to Particular Examination of Conscience

**L** Come, Holy Spirit fill the hearts of Your faithful  
and enkindle in us the fire of Your love.

- Lord, send forth Your Spirit  
**A** and renew the face of the earth.  
**L** O God, by the light of the Holy Spirit, You taught the hearts of Your faithful, grant us, by the same Spirit, to relish what is right and always rejoice in His consolation. Through Christ, our Lord. Amen.

## **The Angelus**

### **PRAYER FOR THE DEAD**

- L** O God, You Who forgive generously and love the salvation of man, we implore Your mercy, through the intercession of the Blessed Virgin Mary and of all the Saints, grant eternal beatitude to the Sisters, and the relatives and benefactors of our Congregation who have passed from this world to eternal life. Through Christ, our Lord. Amen.
- L** Jesus, meek and humble of heart  
**A** Make our hearts like unto Yours

*From the chapel, the Sisters proceed to the refectory in silence.*

## MEAL PRAYERS

### BEFORE MEALS:

#### Ordinary Time

**A** Bless this food, O Lord, that we are about to receive from Your goodness. Grant that we may learn to share this with our poor brothers and sisters, that Your charity may increase in us. Through Christ, our Lord. Amen.

OR:

**A** Lord, our God, we thank You for this meal which gathers us together. Grant that we may take this food with joy and simplicity of heart, assiduous to praise You each day in kindness and in fraternal charity. Through Christ, our Lord. Amen.

#### Advent

**A** Come to our table, O Lord Jesus Christ, and bless this community of Yours which, strengthened by the food of Your word, awaits you with a watchful heart. The day is near in which you will let in those who are Yours to the banquet of the blessed Kingdom, forever and ever. Amen.

#### Christmas

**A** Blessed be You, O Lord, You who chose to be born in Bethlehem, the house of bread, to become the

bread of life for those who believe in You. Glory to You, now and forever. Amen.

### **Lent**

**A** Only You, O Lord can satisfy our hunger and quench our thirst. Help us to recognize Your mercy through these gifts at table. Teach us that not only by bread does man live, but by Your every word. Through Christ, our Lord. Amen.

### **Easter**

**A** Blessed be You, O Lord on this joyful and merry day. You, who died and resurrected to life. Now, grant that we may celebrate the feast of Easter with new bread, in justice and truth. Glory to You now, forever and ever. Amen.

**L** St. Vincent de Paul

**A** Pray for us.

*Some minutes during meals are used for spiritual reading.  
Before starting the reading:*

**L** In the name of our Lord Jesus Christ

**A** Amen.

*At the end of the reading:*

**L** And You, O Lord, have mercy on us

**A** Thanks be to God.

*Silence is observed at meals during:*  
-spiritual retreat  
-annual spiritual exercises  
-Ash Wednesday  
-Good Friday and Holy Saturday

## **AFTER MEALS:**

### **Ordinary Time**

**A** Lord, we thank You for the joy of having gathered us around this table; never permit any family to lack the food they need. Through Christ, our Lord. Amen.

OR:

**A** Lord, grant us, who have partaken of this meal, the joy of praising You with one heart and one soul. Through Christ, our Lord. Amen.

**L** Giovanni Battista Leonardi

**A** Pray for us.

## **AFTERNOON**

### **COMMUNITY SPIRITUAL READING**

*Spiritual reading should give us a deeper knowledge of Jesus Christ. It is necessary to read:*

*- with attention, therefore with a certain slowness so that the*

- reading can sink in better as a drop of dew in the soul.*
- *with devotion and meditation in order to be attentive and perceptive to the contents.*
  - *with the heart directed towards God, disposed to talk to Him or with Him, dwelling on the pages which have greatly impressed the individual or the whole community.*

## **PRAYER BEFORE THE READING**

- L** O Holy Spirit, enlighten my mind, inflame my heart, give strength to my will, so that I may serve You with holiness of life. Speak Lord,
- A** Your servant listens to You.
- L** Seat of wisdom
- A** Pray for us.

## **AT THE END OF THE READING**

- L** And You, O Lord, have mercy on us
- A** Thanks be to God.

## **EUCCHARISTIC ADORATION**

*“The presence of Jesus in the tabernacle should constitute as a pole of attraction for an ever greater number of souls in love with Him, able to stay long to listen to His voice, and to almost feel His heartbeat. Taste and see how good is the Lord!” (MND 18).*

## PRAYER FOR EUCHARISTIC ADORATION

**L** Praise and thanksgiving in every moment  
**A** Be to the Most Holy and Most Divine Sacrament

**L** Our Lord's Supper, in which Christ is received, His passion commemorated, the soul is filled with grace, and to us is given the pledge of future glory.  
Lord, You have given us the Celestial Bread  
**A** That contains all sweetness and delight.

**L** I believe in You, my Jesus, truly present in the Most Holy Sacrament of the altar, I adore You, I love You and I desire You, come into my heart. Remain in me, Lord, with Your grace and with Your love.

*The prayer of adoration, for at least thirty minutes, is characterized by silence which allows the soul to enter into intimacy with the Lord. Particular moments of prolonged adoration can be animated with biblical readings, songs, prayers, invocations, etc. At the end of Eucharistic Adoration:*

## THE DIVINE PRAISES

**L** Blessed be God  
Blessed be His Holy Name.  
Blessed be Jesus Christ, true God and true man.  
Blessed be the Name of Jesus.  
Blessed be His Most Sacred Heart.  
Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her Glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in His Angels and in His Saints.

## PRAYER OF BLESSING

**A** May the peace of God which surpasses every sentiment protect the heart and spirit of our Superiors, give them victory over evil and fulfill their good desires.

Bless, O Lord, our relatives and benefactors, hear their prayers and grant all those who do good to us in Your name, a hundredfold in this life and the eternal prize in the next life. Amen.

## CELEBRATION OF VESPERS ACCORDING TO THE DIVINE OFFICE

*The community celebrates Vespers when evening draws near "in order to give thanks to God for all that He has given us and for all that we have accomplished with rectitude during the day."*  
*(St. Basil)*

*Vespers recalls the evening sacrifice of Christ, the supper and the cross; but it leads us to the day of glory without sunset and the expectation for the Lord's coming.*

*The Sisters shall refer to the Liturgy of the Hours for the celebration.*

## **EVENING**

### **The Angelus...**

**L** Sacred Heart of Jesus,  
**A** I trust and hope in You.

**L** Pray for us, St. Joseph,  
**A** That we may be worthy of the graces of God.

### **PRAYER TO ST. JOSEPH**

**L** O, Omnipotent God, You willed to entrust the beginning of our redemption to the attentive custody of St. Joseph; through his intercession, grant that Your Church may cooperate faithfully in the fulfillment of the work of salvation. Through Christ, our Lord. Amen.

## PRAYER TO ST. VINCENT

**A** O, amiable St. Vincent, our protector, through the charity, meekness, and obedience which animated you, obtain for us, from the heart of Jesus, the same spirit, so that keeping always docile to the will of God and to those who guide us in His name, we merit the blessing of God on our works and sing with you in heaven the victory of the truly obedient.

Or:

Lord Jesus, You who chose to be poor,  
give us eyes and heart for the poor,  
so that we may recognize You in them:  
in their thirst, in their hunger,  
in their solitude, in their indigence.  
Stir up in our Vincentian family the unity, simplicity,  
humility and the fire of charity  
which inflamed St. Vincent.  
Grant us the strength of Your Spirit,  
so that, faithful in practicing these virtues,  
we may contemplate and serve You in the poor,  
and with them be united with You one day  
in Your Kingdom.

## COMPLINE

*The Sisters pray the office of Compline to entrust to the Lord the last moment of the day and a restful sleep for the night. It is the last community prayer of the day.*

## EVERY WEEK

*Sunday is a special day of faith, the day of the Risen Lord and of the gift of the Spirit, the true weekly Easter. The truth of Christ's resurrection is the original fact upon which Christian faith is based, an event set at the center of the mystery of time, prefiguring the last day when Christ will return in glory. Sharing in the Eucharist should really be the heart of Sunday. (NMI 35, 36)*

*To give full value to the day of the week, the Sisters offer their prayers and sacrifices for the following intentions:*

Monday - for the souls of the deceased Sisters, relatives and benefactors.

Tuesday - for the spiritual goods of the Religious Family, asking the intercession of the Founders.

Wednesday - that providence may assist the Congregation in its material necessities asking the intercession of St. Joseph.

Thursday - that charity may increase in the Sisters and in the priests.

Friday - for the conversion of sinners and reparation for our sins.

*At 3:00 p.m. every Sister shall pause in silence, contemplate the crucifix and recite the Our Father, Hail Mary and the following invocation:*

“We adore You O Christ  
and we bless You  
Because by Your Holy Cross  
You have redeemed the world.”

*It is advisable to make the Way of the Cross and recite the Chaplet of the Divine Mercy.*

Saturday - that the Blessed Virgin Mary may grant gift of vocations to the Religious Family and to the Church.

*The Sisters recite the Litany of the Blessed Virgin Mary at the end of the Holy Rosary.*

*The community prepares with diligence the Sunday liturgy in its varied aspects, whenever possible also with Lectio Divina.*

## **COMMUNITY MEETING**

*To be held on the day which the community considers to be the most fitting time.*

“Where two or more are gathered in My Name,  
I am there in the midst of them.” (Mt. 18:20)

*Every Sister is to participate in the community meeting with joyful responsibility and make herself available to give and to receive with simplicity and charity (cf. Stat. 108), with the awareness that community meetings are “useful moments to listen to others, share one’s thoughts, review and evaluate past experiences, think and plan together”(CNC 31).*

*The meeting starts with:*

- a song to the Holy Spirit
- Our Father

*It concludes with the invocation:*

**L** Immaculate Heart of Mary,

**A** Pray for us.

## **SACRAMENT OF RECONCILIATION**

*The Sisters “are to go freely to the Sacrament of Penance and receive it frequently” (CIC 719).*

*“At least every fifteen days, through the Sacrament of Penance, they strengthen the bond of charity with God, with the Church and with brethren which sin slackens or breaks.*

*It is in the Sacrament of Merciful Love where the Sisters learn to forgive and be forgiven; forgiveness vivifies charity constantly” (Const. 86).*

### **Acts of the Penitent**

The Sacrament of Penance is a whole consisting in four actions of the penitent and the priest’s absolution.

The penitent’s acts are:

- examination of conscience
- repentance
- confession or disclosure of sins to the priest
- intention to make reparation and do works of reparation

*(CCC 1491)*

*In the examination of conscience, let us keep in mind the obligation to adhere to the Constitutions (Const. 202) and fidelity to the vows. (Const. 205)*

## **Prayers of the Penitent**

### **Act of Contrition**

○ my God, I am heartily sorry for having offended You and I detest all my sins because of Your just punishments, but most of all because they offend You my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin.

Or:

○ Jesus inflamed with love,  
I didn't want to offend You.  
○ my dear and good Jesus  
with Your holy grace  
I don't want to offend You more,  
Never again to displease You  
because I love You above all things.  
My merciful Jesus, forgive me.

### **Personal Thanksgiving**

Holy Father, in Your goodness  
You renewed me in the image of Your Son.  
Grant that my whole life  
may become a sign and witness  
to Your merciful love.  
Through Christ, our Lord. Amen.

## **Communal Penitential Celebration**

## **EVERY MONTH**

### **SPIRITUAL RETREAT**

“... I’ll take her to the desert and I’ll speak to her heart” (Hos. 2:14).

#### **Elements of Spiritual Retreat:**

Every Sister disposes herself to live the spiritual retreat practicing these essential elements:

1. Preparation the preceding evening.
2. Meditation and reflection on the topic presented by the preacher or on the text read.
3. Good examination of conscience on behavior /conduct during the month.
4. Good confession.
5. Reflection on any of the four last things which she places parallel to the true eternal values of life.
6. Starting the spiritual journey anew, with vigor according to the plans reflected in spiritual exercises.

#### **Prayer to Begin the Retreat**

**L** Most Holy Trinity, Father, Son and Holy Spirit, in Your name I begin this spiritual retreat trusting in Your infinite mercy. Let me understand Your will, and grant me the grace to fulfill it that I may bear witness to my love for You.

Immaculate Virgin, help me with your maternal counsel so that this new encounter with God may bring forth lasting fruit in me.  
Through Christ, our Lord. Amen.

## PRAYER TO PREPARE FOR A GOOD DEATH

Lord, I thank You for the gifts You have bestowed on me with infinite goodness and love. I ask pardon for the sins that I have committed and I offer You the little good that I have accomplished through Your grace. United with my Sisters, I beseech You.

-that the idea of death constantly nourished by faith and illumined by hope be the source of fervent engagement of life faithful to Your word.

we pray \_\_\_\_\_ Lord, hear us.

-that like the wise virgins, we can come to You, our Spouse, at the hour of death with a lit-up lamp,

we pray \_\_\_\_\_ Lord, hear us.

-that the merits of the passion and death of Christ may obtain for us a holy death,

we pray \_\_\_\_\_ Lord, hear us.

-that like the good and faithful servant of the Gospel, may we find ourselves always ready for Your call which can come suddenly and unexpectedly,

we pray \_\_\_\_\_ Lord, hear us.

Prayer:

O God, You who concealed the day and the hour of our death, grant that we may pass our days in the practice of charity so that we may be received in the embrace of Your love forever.

Through the merits of Christ, our Lord. Amen

## SIGNIFICANT DAYS OF THE MONTH

### FIRST THURSDAY OF THE MONTH

*“It is in building this communion of love that the Church appears as ‘sacrament,’ as the sign and instrument of intimate union with God and of the unity of the human race” (NMI 42).*

### PRAYER FOR THE SUPREME PONTIFF AND FOR PRIESTS

**A** O God, in the series of successors of Peter, You chose Your servant \_\_\_\_\_ as the vicar of Christ on earth and shepherd of Your entire flock, grant that he may confirm all brothers and sisters, and the whole Church may be in communion with him in the bond of unity, of love, and of peace, so that all men may receive from You, the Shepherd and Bishop of souls, truth, and life eternal. Amen.

**A** Jesus, Eternal Shepherd and Priest, sanctify those You elected ministers of redemption. Increase their number according to the needs of Your Church. You

chose them from the world that they may be Yours; make them one with You. Your enemies deceive them and work to destroy the fruits of their ministry. Keep them safe in Your Name; unite them by the bond of Your love; increase in them strength in faith. Sustain their courage in moments of difficulties and clothe them with the intrepidity of Your witnesses so that in union with Your vicar and Your bishops, they may be the sure guide of Your people.

## **PRAYER TO INCREASE CHARITY IN US**

**A** Lord Jesus, You revealed Your heart to us, help us to discover our own. You have given us immense possibility to love since You have made known to us the charity which animated Your whole life. Keep us burning with Your flame and never cease to kindle in this world a new furnace of love. Lighting in us such a beautiful fire, show us the ever greater needs for love of brethren and help us to understand that, through You, we will have strength to satisfy all these needs and practice our charity even more. Awaken us from our laziness and sluggishness; engage us more and more, with all our personal resources, in the path of giving and self-denial. Grant that in every moment we may overcome ourselves toward a greater love for brethren; help us to carry out all those which seem impossible and may Your charity grant us the strength to fulfill it. Let our timid and coward heart

shine with the great ardor of Your love, which is invincible and capable of all.

OR:

Help me to spread Your fragrance everywhere, O Jesus, wherever I go. Make my soul overflow with Your Spirit and Your life. Grant that You may be the Master of my being so that my whole life may radiate Yours, that every person that I encounter may feel Your presence within me, that looking at me, he may not see me, but You in me.

Remain in me; so that I may shine with Your own splendor and become a light to others. Amen.

## FIRST FRIDAY OF THE MONTH

*“Let us take the time to kneel before Jesus, present in the Eucharist, in order to make reparation by our faith and love for the acts of carelessness and neglect, and even the insults which our Savior must endure in many parts of the world” (MND 18).*

## PRAYER FOR REPARATION TO THE SACRED HEART

Lord Jesus, you revealed to us the profundity of the offenses done to God and the beauty of reparation offered to the Father.

Let us share this reparation for the sins of humanity. In union with You, grant that we may not hesitate to offer to the Father the profundity of our heart, through the sufferings You send us. Help us to understand that the homage of reparation does not only have the effect of expiation but also

can obtain divine grace and contribute to the building of a new, pure, and holy humanity. Amen.

OR:

O God, who in the heart of Your Son wounded by our sins, mercifully grant us infinite treasures of love, grant, we beseech You, that giving You devout homage of our piety, we may offer You works worthy of satisfaction. Through Christ, our Lord. Amen.

## LITANY OF THE SACRED HEART

Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.  
Christ, hear us.  
Christ, graciously hear us.

Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.  
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.
Heart of Jesus, Son of the eternal Father,	have mercy on us.
Heart of Jesus, formed by the Holy Spirit in the womb of the Virgin Mother,	have mercy on us.
Heart of Jesus, substantially united to the Word of God,	have mercy on us.
Heart of Jesus, of infinite majesty,	have mercy on us.
Heart of Jesus, sacred temple of God,	have mercy on us.
Heart of Jesus, tabernacle of the Most High,	have mercy on us.

Heart of Jesus, house of God and gate of heaven,	have mercy on us.
Heart of Jesus, burning furnace of charity,	have mercy on us.
Heart of Jesus, abode of justice and love,	have mercy on us.
Heart of Jesus, full of goodness and love,	have mercy on us.
Heart of Jesus, abyss of all virtues,	have mercy on us.
Heart of Jesus, most worthy of all praise,	have mercy on us.
Heart of Jesus, King and center of all hearts,	have mercy on us.
Heart of Jesus, in Whom are all the treasures of wisdom and knowledge,	have mercy on us.
Heart of Jesus, in Whom dwells the fullness of divinity,	have mercy on us.
Heart of Jesus, in Whom the Father was well pleased,	have mercy on us.
Heart of Jesus, of Whose fullness we have all received,	have mercy on us.
Heart of Jesus, desire of the everlasting hills,	have mercy on us.
Heart of Jesus, patient and most merciful,	have mercy on us.
Heart of Jesus, enriching all who invoke Thee,	have mercy on us.
Heart of Jesus, fountain of life and holiness,	have mercy on us.
Heart of Jesus, propitiation for our sins,	have mercy on us.
Heart of Jesus, loaded down with opprobrium,	have mercy on us.
Heart of Jesus, bruised for our offenses,	have mercy on us.
Heart of Jesus, obedient unto death,	have mercy on us.

Heart of Jesus, pierced with a lance,	have mercy on us.
Heart of Jesus, source of all consolation,	have mercy on us.
Heart of Jesus, our life and resurrection,	have mercy on us.
Heart of Jesus, our peace and reconciliation,	have mercy on us.
Heart of Jesus, victim for sin,	have mercy on us.
Heart of Jesus, salvation of those who trust in Thee,	have mercy on us.
Heart of Jesus, hope of those who die in Thee,	have mercy on us.
Heart of Jesus, delight of all the saints,	have mercy on us.

Lamb of God Who takes away the sins of the world,  
- spare us, O Lord.

Lamb of God Who takes away the sins of the world,  
- graciously hear us, O Lord.

Lamb of God Who takes away the sins of the world,  
- have mercy on us.

**L** O Father, Who in the heart of your beloved Son,  
You give us the joy to celebrate the great works of  
His love for us, grant that from this inexhaustible  
source we may obtain the abundance of Your gifts.  
Through Christ, our Lord. Amen.

## WAY OF THE CROSS

*Possibly on first Friday of the month*

## FIRST SATURDAY OF THE MONTH

*“The Blessed Virgin Mary [...] Star of the New Evangelization is the radiant dawn and sure guide for our steps.”  
(NMI 58)*

### PRAYER FOR REPARATION TO THE IMMACULATE HEART OF MARY

**A** Immaculate Heart of Mary, with filial love, we want to make amends for the offenses done to You. We ask pardon for our shortcomings and ingratitude and for the sins of the world.

In the spirit of reparation, we believe in your favors, we also pray for those who do not believe; we thank you for your benefits, we also pray for those who do not acknowledge them; we trust in you and we pray for those who do not love you and do not have faith in your goodness.

Obtain for us the grace to be faithful to the spirit of reparation and to imitate your heart in its purity, humility, meekness and charity towards God and neighbor.

Immaculate Heart of Mary, to you we give our praises, love and reparation; pray for us now and at the hour of our death. Amen.

## 11<sup>th</sup> DAY OF THE MONTH

### MEMORIAL OF THE FOUNDATION OF THE INSTITUTE

*The day is dedicated to prayer for vocations with prolonged Eucharistic Adoration.*

#### PRAYER FOR VOCATIONS

**A** Master of the harvest, send holy priests to your Church, that they may cooperate with your bishops in the sanctification of men. Send deacons, who in communion with your bishops and presbyters, may announce your Word of life.

Call many generous souls to follow You by pursuing the religious life, that they may offer their life to the service of the Gospel, giving witness to it through a holy life. Awaken the laity and the consecrated in their life's commitment to contribute to the work of evangelization. Increase the number of missionaries so that all men may know You and love You. Amen.

OR:

Lord, send good workers and missionaries to Your Church; in order to work well in Your vineyard; persons, my God, detached from themselves, from their comforts and from earthly goods, even if they are small in number, provided they are good. Lord, give this grace to your Church. Through Christ, our Lord. Amen.

OR:

O Holy Spirit, You traced the marvelous path of the soul of Mary, deem it worthy to inspire many young people to desire to follow her example. Show them the beauty of a life totally consecrated to God, the incomparable happiness of a complete offering of oneself to Him. Let them perceive the calling of the Lord and inspire them to give a generous response without reservations. Knock strongly at the heart of those who refuse to listen to You and strengthen the courage of those who doubt. Let them discover Christ Who invites them to the intimacy of His love and to the immense need that the world has of souls devoted to charity. For the joy and service of the Church, inspire many virgins—the living images of our Lady. Holy Virgin Mary, spread in the world the enthusiasm with which you offered your heart and life to God. Cultivate in a great number of souls the aspiration to follow the way of religious perfection. We pray you, O Virgin of virgins, communicate always to consecrated souls, your joy of being united to Christ.

**20<sup>TH</sup> DAY OF THE MONTH  
DAY OF PRAYER FOR MISSION AD GENTES**

**A** O Lord, watch over Your missionaries, priests, religious, and laity who leave everything to give witness to Your word and life. Sustain their strength in their difficult moments, console their hearts and

crown their work with spiritual gain. May Your adorable crucified image that accompany them throughout their life speak to them of heroism, self-denial, love, and peace. Through Christ, our Lord. Amen.

OR:

O God, You Who established Your Church as a sacrament of universal salvation in order to continue the work of Christ until the end of time, awaken the hearts of the faithful, so that they may be aware of the urgency of the missionary call, and may all the peoples of the earth form one family and bring about a new humanity in Christ, our Lord. He lives and reigns forever and ever. Amen.

## **30<sup>TH</sup> DAY OF THE MONTH DAY OF PRAYER FOR THE WITNESSES OF FAITH**

### **PRAYER FOR CHRISTIANS WHO SUFFER PERSECUTION**

**A** O God, in the mystery of your Providence, You unite the Church to the passion of Christ, Your Son, grant to those who suffer persecution in Your Name, the spirit of patience and of love, so that they may be authentic and faithful witnesses in the midst of many trials. Strengthen in them the hope that one day they may conquer in peace the freedom You desire for every man so that humanity may live united in Your Name. Through Christ, our Lord. Amen.

## ANNUAL PRACTICES

*Beginning with the Easter Triduum as its source of light, the new age of the Resurrection fills the whole liturgical year with its brilliance. Gradually, on either side of this source, the year is transfigured by the liturgy. It really is a “year of the Lord’s favor.” The economy of salvation is at work within the framework of time, but since its fulfillment in the Passover of Jesus and the outpouring of the Holy Spirit, the culmination of history is anticipated “as a foretaste,” and the Kingdom of God enters into our time. (CCC 1168)*

## SPIRITUAL EXERCISES

*“Annual and monthly retreats are intensive times of prayer and of experience of God in which, in silence and in prayer, the Sisters are renewed and strengthened in order to start anew with greater zeal their life as Handmaids of Charity. Spiritual exercises normally last for six days besides the opening and the closing.” (Const.85)*

*Every year, the Sisters spend spiritual exercises with an extraordinary schedule and an uninterrupted practice of silence.*

*During this particular time of prayer and revision of life:*

- the Sisters recite the Sequence of the Holy Spirit at the opening*
- they confront themselves with the Word of God and Constitutions*
- they renew their vows*

## DAY OF FRATERNITY

*“In search of common good, all the Sisters shall be sensitive to the initiatives promoted by the Superiors within the Congregation*

*and shall participate actively in them, although sometimes they demand sacrifices. Study, community meetings of spirituality, and suggestions for apostolic and charitable work nourish in the Sisters the joy of living together and strengthen the spirit of unity” (Const. 35).*

## **JANUARY 01**

### **SOLEMNITY OF MARY, MOST HOLY MOTHER OF GOD**

*Every first day of the year, each Sister picks by chance the name of a saint to whom she entrusts herself as her protector. This is done in every local community in a context of prayer as tradition.*

*The Sisters begin the New Year with renewed fervor and commitment to give full value to time as a gift to be used in the service of God, of the Church, and of humanity, with the help of the Holy Spirit.*

## **COME HOLY SPIRIT**

### **Come, O Creator Spirit...**

*“In celebrating this annual cycle of Christ’s mysteries, holy Church honors with special love the Blessed Mary, Mother of God, who is joined by an inseparable bond to the saving work of her Son. In her the Church holds up and admires the most excellent fruit of redemption, and joyfully contemplates, as in a faultless image, that which she herself desires and hopes wholly to be” (S.C. 103).*

## **PRAYER TO MARY, MOTHER AND QUEEN**

**A** Mary, our Mother and our Queen, you who lived in intimacy with the Father, Son, and Spirit, you who

shared with the apostles in starting the new people of God, remain with us.

Remain with us to educate us to true love in the community where we belong. That it may be a place of life and of truth, of charity and of peace, of courage and of hope. O Mary, stay close to our Community. We entrust it to your maternal heart. O Mary, help us to be today witnesses of the Resurrection of your Son as the apostles were. Keep our hearts ready while we await the return of the Teacher, so that He may find us faithful to the Gospel. Help us to live in unity which makes us disciples of your Son. Amen.

## PRAYER FOR WORLD PEACE

**A** O God, Creator of the universe, You Who guide the events of history to the goal of salvation, grant to the restless humanity the gift of true peace, so that it may recognize with joy without obscurity the sign of Your mercy. Through Christ, our Lord. Amen.

*For our Congregation, it is a day of particular gratitude to God for the Church's approval of our Constitutions on January 01, 1981, revised after the Second Vatican Council.*

## **JANUARY 06**

### **EPIPHANY OF THE LORD**

*On the feast of the Manifestation of Jesus to the whole world, the Sisters, in conformity to the ancient tradition of the Congregation, renew their vows after the Creed, during the Eucharistic Celebration.*

### **FORMULA FOR THE RENEWAL OF VOWS**

**A** I, \_\_\_\_\_, moved by a firm will to consecrate myself more intimately to the honor of God and to follow Christ more closely throughout my life, in the presence of the Sisters who surround me, I renew my vows of chastity, poverty, and obedience according to the Constitutions of the Sister Handmaids of Charity of St. Vincent de Paul, and I entrust myself wholeheartedly to this family so that with the grace of the Holy Spirit and with the help of the Blessed Virgin Mary and of St. Vincent de Paul, I may attain perfect charity in the service of God and of the Church.

### **PRAYER FOR ALL PEOPLES**

**A** O God, You desire that all men may be saved and may come to the knowledge of truth. Behold Your only Son Who gave Himself to redeem all men.

Send workers to Your harvest that they may announce Your Word with apostolic courage. May Your Gospel be spread and accepted with honor. Grant that all peoples may know You, the only true God and He whom You sent. From east to west, may Your Name be glorified and may the holy and immaculate victim, Jesus Christ your Son and our Lord, be offered to You in all places. Amen.

## **JANUARY 18-25**

### **EIGHT-DAY PRAYER FOR THE UNITY OF CHRISTIANS**

*“The desire to recover the unity of all Christians is a gift of Christ and a call of the Holy Spirit ... Change of heart and holiness of life, along with public and private prayer for the unity of Christians, should be regarded as the soul of the whole ecumenical movement, and merits the name spiritual ecumenism” (CCC 820-821).*

*During the eight-day prayer, the community is to engage in a more specific prayer using among others the following suggestions:*

#### **Suggestions for Biblical Reflection**

- \*That they may all be one, Father     Jn.17:1-21
- \* Love one another, just as I love you     Jn.15:1-17
- \*Gather in His love     Mt.18:15-22
- \*Like the first Christian community     Acts 2:42-48
- \*One heart and one soul     Acts 4:32-35
- \*Preserve unity     Eph.4:1-16
- \*Christ is the all in all     Eph.3:1-17
- \*Let us love one another     Jn.4:7-21

*Pause*

## **Prayers of Intercession**

**L** Gathered in the name of Jesus, let us pray to God, the Father of all, and let us say:

**A** Grant us Lord, peace and unity.

- \* That all those who glory in the name 'Christian' may make every effort to find the way to perfect unity, we pray.
- \* That in spite of difficulties, ecumenism may progress through the commitment of all those who have at heart the name of Jesus, we pray.
- \* That all Christians, convinced that there's no ecumenism without authentic interior conversion, may give up their pride and move towards their brothers and sisters, we pray.
- \* For all those who work for unity among Christians, that they may not be discouraged but will trust in the power of love, we pray.
- \* For us here gathered, that while we pray for the unity among Christians, we may commit to maintain among us and in our communities great reciprocal love, we pray.

Our Father...

**L** Send us, O Father, a renewed outpouring of the Holy Spirit so that we may live worthy of our Christian vocation giving evangelical witness to the world and may work with confidence for the unity of all the faithful in the bond of peace. Through Christ, our Lord. Amen.

## **JANUARY 24**

### **SAINT FRANCIS OF SALES**

*The spirituality of our Congregation is inspired by that of St. Francis de Sales. In the triduum, we would like to deepen during the daily adoration some spiritual themes written by him.*

## **TRIDUUM**

### **Opening Song:**

**Reading:** (to be taken from “Introduction to the Devout Life” Part 1, chap. IX-XVIII)

### **Responsory:**

**L** Be kind to one another and be filled with mercy.  
Forgive, as God has forgiven you in Christ.

**A** Be imitators of God, as His dear children.

**L** Take My yoke and learn from Me for I am meek and humble of heart.

**A** Be imitators of God, as His dear children.

## Pause

### Our Father...

**L** St. Francis, you who invite us to give ourselves to God unreservedly because He gives without measure

**A** Pray for us.

**L** Glory be...

**L** St. Francis, you who teach us that obedience, poverty, and chastity are the three crosspieces of the spiritual cross on which humility rests

**A** Pray for us.

**L** Glory be...

**L** St. Francis, you who exhort us to be patient reminding us that dominion over our souls is commensurate to the level of our patience

**A** Pray for us.

**L** Glory be...

**L** O God, You willed that the holy bishop Francis of Sales would do everything to all in apostolic charity. Grant that we may also give witness to the gentleness of Your love as Father in the service of our brothers and sisters.

Through our Lord Jesus Christ Your Son, Who is God and lives and reigns with You in the unity of the Holy Spirit, forever and ever. Amen.

## JANUARY 29

### GIOVANNI BATTISTA LEONARDI

*Conceived the foundation of the institute, Co-founder and Benefactor of Sister Handmaids of Charity of St. Vincent de Paul.*

On this day, let us together make prolonged adoration and listen to the Word with particular reference to the:

- Gospel of the Good Samaritan (Lk. 10:25-37)
- Gospel of Universal Judgment (Mt. 25:31-46)

With particular intention, let us pray for our Congregation entrusting to the Lord:

- all the Sisters in different stages of their journey in consecrated life (in formation, in generous service, in old age, in difficulty) so that they may remain faithful and may nourish the charism of charity entrusted to us
- the different communities with their works
- the persons entrusted to us by the Lord
- the faithful fulfillment of His will according to the new inspirations which the Holy Spirit suggests.

**A** Lord Jesus, in the will of the Father You chose and called us to stay with You so that we may be in the world light and living symbols of Your love. We entrust our Religious Family to You. Since the beginning, You called and gathered together “women desirous to live for God” to serve You in the poor in simplicity, humility and charity; You have always placed fraternal charity as the foundation of a chaste, poor, and obedient life in

You and for You. Grant that we may journey with time as luminous reflections of Your eternal love for man.

We thank You, omnipotent and eternal God, for the generosity of Your servant and our founder Giovanni Battista Leonardi, and for giving him the grace of making our history fruitful with the gift of the work of Your charity which pushes us towards the little children, the poor, the aged and the sick. Through Christ, our Lord. Amen.

## **FEBRUARY 2**

### **PRESENTATION OF THE LORD - FEAST OF CONSECRATED LIFE**

*It's the feast of light. Feast of Jesus and Mary; Jesus is revealed as light to the eyes of Simeon; light that illumines the darkness of the world and of the hearts; Mary shares in the mystery as Mother of Christ, our light, and shares in the mission of the world's salvation.*

*Every Sister, by virtue of her own baptismal and religious consecration, must keep the lamp of faith lighted for herself and for others. Let us pray and renew our offering with Jesus to the Father through Mary.*

## **SHE, THE VIRGIN**

It is she, the Virgin daughter of Zion, who, in order to fulfill the law, presents in the temple the Son, Who is the glory of Israel and the light of the people.

It is she, the Virgin cooperator and minister of the new covenant of salvation, who offers You the lamb without blemish, destined to die on the cross for our redemption.

It is she, the Virgin Mother, joyful for the blessings of an offspring, afflicted by the prophecy of old Simeon, exultant for the encounter of Your people with the Savior.

Thus, O Father, by Your disposition, one love unites the Son and the Mother, one sorrow binds them, one will impels them: to please You, the only and supreme Good.

## **THANKSGIVING TO GOD FOR THE GIFT OF CONSECRATED LIFE**

- \* We glorify You Father and we bless You, because in Jesus Christ, Son of the Virgin Mary, You gave us the supreme model of consecrated love: He, the unblemished Lamb, lived loving You and His brothers and sisters, died forgiving and opening the doors of the Kingdom. Thank You, Father, for the gift of Christ, the chaste spouse of the virgin Church. With joy we confirm today our commitment to keep our body chaste and our hearts pure, and to live with undivided love for Your glory and for the salvation of men.

**A** Glory and praise to You, Lord.

- \* We glorify You, Father, and we bless You, because in Jesus Christ, our brother, You gave us the greatest example of the gift of self: He Who was rich became poor for us, proclaimed blessed the poor in spirit,

and opened to the little ones the treasures of the Kingdom. Thank You, Father, for the gift of Christ, Son of man, meek, humble and poor Who has no place where to lay His head. With gladness, we confirm today our commitment to live with sobriety and austerity, to overcome the anxiety of possession with the joy of what we have, to use the goods of the world for the cause of the Gospel and the promotion of man.

**A** Glory and praise to You, Lord.

- \* Blessed be You, Lord, holy Father, because in Your infinite goodness with the voice of the Holy Spirit, in every age You called men and women already consecrated to You in baptism, so that they may be in the Church, signs of radical following of Christ, living witnesses of the Gospel, announcing the values of the Kingdom, prophesying the last and new City. Thank You, Father, for the gift of Christ, Son of Your Handmaid, obedient Servant until death. With joy, we confirm today our commitment of obedience to the Gospel, to the voice of the Church, to our rule of life.

**A** Glory and praise to You, Lord.

Look kindly on us Lord, make us strong in faith and joyful in hope. Grant, through Your grace, that we may be reflection of Your light, instrument of the spirit of peace, continuation of Christ's presence

among men, He who lives and reigns forever and ever. Amen.

## **FEBRUARY 11**

### **BLESSED VIRGIN MARY OF LOURDES**

#### **PRAYER FOR THE SICK**

○ God, Your only Son took upon Himself the poverty and the weakness of all men revealing the mysterious value of suffering; bless our sick brothers and sisters so that in the midst of anguish and pain they may not feel isolated but united to Christ—Healer of body and soul. Through the unanimous prayer of the Church, may they rejoice in the consolation promised to the afflicted through the powerful intercession of the Virgin of Lourdes.

Through Christ, our Lord. Amen.

Our Lady of Lourdes,  
St. Bernadette,

pray for us.  
pray for us.

## **MARCH 19**

### **ST. JOSEPH SPOUSE OF THE BLESSED VIRGIN MARY**

#### **PRAYER TO ST. JOSEPH**

**A** ○ St. Joseph, guardian of Jesus, husband most pure of Mary, you spent your life in perfect fulfillment of your task of supporting with the work of your hands

the Holy Family of Nazareth, protect us who confidently turn to you.

You know our aspirations, our anxieties, and our hopes. We turn to you, because we know that in you we find protection. You, too, have experienced trials, hardships, and fatigue but your spirit, filled with profound peace rejoiced because of the intimacy with the Son of God entrusted to you with Mary His Mother.

Help us to understand that we are not alone in our labors, to learn how to discover Jesus near us, to welcome Him with grace and to take care of Him faithfully as you did. Grant that in our family everything may be sanctified in charity, in patience, in justice, and in search of the common good. Amen.

(John XXIII)

**L** Behold, the faithful and just servant

**A** Whom the Lord has set over His household to crown him with glory at the right time.

**L** Pray for us, St. Joseph

**A** That we may be made worthy of the promises of Christ.

O Omnipotent God, You willed to entrust the beginning of our redemption to the attentive custody of St. Joseph. Through his intercession, grant that Your Church may cooperate faithfully in the fulfillment of the work of salvation. Through Christ, our Lord. Amen.

## LITANY OF ST. JOSEPH

Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.

Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on 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, Mother of God,	pray for us.
St. Joseph,	pray for us.
Illustrious Son of David,	pray for us.
Light of Patriarchs,	pray for us.
Spouse of the Mother of God,	pray for us.
Chaste guardian of the Virgin,	pray for us.
Foster father of the Son of God,	pray for us.
Diligent defender of Christ,	pray for us.
Head of the Holy Family,	pray for us.
Joseph most just,	pray for us.
Joseph most chaste,	pray for us.
Joseph most prudent,	pray for us.
Joseph most courageous,	pray for us.
Joseph most obedient,	pray for us.
Joseph most faithful,	pray for us.
Mirror of justice,	pray for us.
Lover of poverty,	pray for us.
Model of all who labor,	pray for us.
Glory of family life,	pray for us.
Pillar of families,	pray for us.
Solace of the afflicted,	pray for us.



## ASH WEDNESDAY

*The blessing and putting on of ashes take place during the Holy Mass. It is a day of fasting and abstinence.*

## FRIDAYS OF LENT

*Silence is observed from two to three o' clock in the afternoon to reflect on the agony of Jesus. Abstinence is practiced every Friday of Lent.*

## WAY OF THE CROSS

### Penitential Act

**L** We adore You, O Christ and we bless You  
**A** Because by Your holy cross, You have redeemed the world.

Omnipotent and eternal God, for the salvation of mankind, You made Your Son a man like us. Give us the grace to meditate on His suffering so that by imitating the examples of His passion, we may share in His Resurrection. Amen.

## At Each Station

**L** We adore You, O Christ, and we bless You.

**A** Because by Your holy cross, You have redeemed the world.

- Announcement of the station
- Biblical reading
- Silent reflection
- Brief comment
- Litany prayer
- Song

**L** Bid me bear, O Mother Blessed,  
On my heart the wounds impressed  
Suffered by the crucified.

## **L** First Station- JESUS IS CONDEMNED TO DEATH

Pilate said to them, "Why? What evil has he done?" They only shouted the louder, "Crucify him." So Pilate, wishing to satisfy the crowd, released Barabbas to them and, after he had Jesus scourged, handed him over to be crucified (Mk. 15:14-15).

*Pause for silent reflection*

**L** Lord, help me so that the world's contempt and condemnation may not separate me from You.

Prayer:

**L** That we may not be frightened by the hatred of the world and its persecutions, we pray,

**A** Hear us, O Lord.

**L** That the enemies' contempt may lead us to feel profoundly that we belong to Christ, we pray,

**A** Hear us, O Lord.

**L** That in sadness and solitude of heart, we may understand that we are called to save the world with Christ, we pray,

**A** Hear us, O Lord.

**L** **Second Station- JESUS CARRIES THE CROSS**

So they took Jesus and carrying the cross himself, he went out to what is called the Place of Skull, in Hebrew Golgotha (Jn. 19:17).

Then Jesus said to his disciples, "whoever wishes to come after me must deny himself, take up his cross and follow me" (Mt. 16:24).

*Pause for silent reflection*

**L** Lord, teach us to carry our daily crosses with joy and to follow You.

Prayer:

**L** To carry our daily crosses,

**A** Help us, O Lord.

**L** To follow You on the way of true self-denial,

**A** Help us, O Lord.

**L** To renounce ourselves to please You alone,

**A** Help us, O Lord.

**L** To search for Your will always,

**A** Help us, O Lord.

**L** To offer You our sufferings,

**A** Help us, O Lord.

**L** To be serene even in the midst of trials,

**A** Help us, O Lord.

**L** **Third Station- JESUS FALLS THE FIRST TIME.**

He was spurned and avoided by men, a man of suffering, accustomed to infirmity, one of those from whom men hide their faces, spurned and we held him in no esteem. Yet it was our infirmities that he bore our suffering that he endured. While we thought of him as stricken, as one smitten by God and afflicted, but he was pierced for our offenses,

crushed for our sins. Upon him was the chastisement that make us whole, by his stripes we were healed (Is. 53:3-5).

*Pause for silent reflection*

Lord, grant that we may rise again from our sins with repentance and sincere conversion. Our responsibility as religious is great.

Prayer:

**L** For our daily sins,

**A** Have mercy on us, Lord.

**L** For being indifferent in responding to Your love,

**A** Have mercy on us, Lord.

**L** For the sins of our community,

**A** Have mercy on us, Lord.

**L** For the sins of our Religious Family,

**A** Have mercy on us, Lord.

**L** For the sins of consecrated souls,

**A** Have mercy on us, Lord.

**L**      **Fourth Station- JESUS MEETS HIS AFFLICTED MOTHER.**

Come all you who pass by the way, look and see whether there is any suffering like my suffering, which has been dealt me when the Lord afflicted me on the day of his blazing wrath. From on high he sent down into my very frame; he spread a net for my feet and overthrew me. He left me desolate in pain all the day (Lam. 1:12-13).

*Pause for silent reflection*

**L**      Jesus, we would like to contemplate on Mary who, in pain, became our Mother. Help us to cooperate like her for the redemption of the world. This is the pledge of our fidelity to Christ.

Prayer:

**L**      For giving us Your Most Holy Mother,

**A**      We thank You, O Lord.

**L**      For making her our mediatrix close to You,

**A**      We thank You, O Lord.

**L**      For the suffering at the foot of the cross offered for our salvation,

**A**      We thank You, O Lord.

**L**      For her Motherly examples,

**A**      We thank You, O Lord.

**L Fifth Station- SIMON OF CYRENE HELPS JESUS TO CARRY HIS CROSS.**

And when they had mocked him, they stripped him of the purple cloak, dressed him in his own clothes and led him out to crucify him. They pressed into a passer-by, Simon, a Cyrenian, who was coming in from the country, the father of Alexander and Rufus, to carry his cross (Mk. 15:20-21).

*Pause for silent reflection*

**L** Lord, grant that we may help You carry the cross in the service of our brothers and sisters whom You place near us.

Prayer:

**L** That we may learn to be the Simon of Cyrene for our co-Sisters and for all our brothers and sisters,

**A** We pray You hear us, O Lord.

**L** That we may not refuse to carry each other's burden,

**A** We pray You hear us, O Lord.

**L** That reciprocal love may characterize our religious life,

**A** We pray You hear us, O Lord.

**L** That fraternal love may give witness to Your love to the world,

**A** We pray You hear us, O Lord.

**L**      **Sixth Station-VERONICA WIPES THE FACE OF JESUS.**

For your sake I bear insult, shame covers my face. I have become an outcast to my kin, a stranger to my mother's children (Ps. 69:8-9).

*Pause for silent reflection*

**L**      Christ, in Your disfigured face we see the price of our infidelity, of our abandonment. Help us to repeat spiritually the gesture of Veronica which rekindles in us the ardent desire of a delicate love for you.

Prayer:

**L**      Because of our sins, we renewed Your passion,

**A**      Forgive us, Lord.

**L**      For being indifferent to Your love,

**A**      Forgive us, Lord.

**L**      For our tactlessness in front of the Eucharist,

**A**      Forgive us, Lord.

**L**      For not learning to discover You in the face of our suffering brothers and sisters,

**A**      Forgive us, Lord.

**L**        **Seventh Station- JESUS FALLS THE SECOND TIME.**

Save me, God, for the waters have reached my neck. I have sunk into the mire of the deep where there is no foothold. I have gone down to the watery depths; the flood overwhelms me. I am weary with crying out; my throat is parched. My eyes have failed looking for my God. More numerous than the hairs of my head, are those who hate me without cause. Too many for my strength are my treacherous enemies. Must I now restore what I did not steal? (Ps. 69:2-5)

*Pause for silent reflection*

**L**        Lord, contemplating on Your second falling, we understand our resistance to grace. Grant us the strength to overcome our spiritual fragility.

Prayer:

**L**        For our falling again into sin,

**A**        Have mercy on us, Lord.

**L**        For our continuous infidelity to our resolution for perfection,

**A**        Have mercy on us, Lord.

**L**        For our less-sincere confessions or those made just for the sake of practice,

**A**        Have mercy on us, Lord.

- L** For the scandals committed in the world which harm the innocent,  
**A** Have mercy on us, Lord.

**L** **Eight Station- JESUS MEETS THE WOMEN OF JERUSALEM.**

A large crowd of people followed Jesus, including many women who mourned and lamented for him. Jesus turned to them and said, “Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children, for indeed, the days are coming when people will say, ‘Blessed are the barren, the wombs that never bore and the breasts that never nursed!’ At that time people will say to the mountains, ‘Fall upon us!’ And to the hills, ‘Cover us!’ (Lk. 23:27-30)

*Pause for silent reflection*

- L** The Lord Jesus once again invites us to repentance and to mend our ways. Grant us, O Lord, conversion of heart.

Prayer:

- L** For our hypocrisy,  
**A** Lord, have mercy.

- L** For our indifference,  
**A** Lord, have mercy.

**L** For our short-lived resolutions,  
**A** Lord, have mercy.

**L** For our inability to correspond to Your grace,  
**A** Lord, have mercy.

**L** For our being pretentious,  
**A** Lord, have mercy.

**L** **Ninth Station- JESUS FALLS THE THIRD TIME.**

We had all gone away like sheep, each following his own way; But God laid upon him the guilt of us all. Though he was harshly treated, he submitted and opened not his mouth; like a lamb led to the slaughter or a sheep before the shearers, he was silent and opened not his mouth (Is. 53:6-7).

*Pause for silent reflection*

**L** Lord Jesus, help us to accept the invitation to be understanding towards our brothers and sisters and to help them rise again from their failures.

Prayer:

**L** That we may learn to be merciful as You are merciful,  
**A** We pray You hear us, O Lord.

**L** That we may learn to forgive everyone and always,  
**A** We pray You hear us, O Lord.

**L** That our brethren, particularly the Sisters in our community, may find in us understanding, love, thoughtfulness and acceptance,  
**A** We pray You hear us, O Lord.

**L** That we may not look at the speck on another's eyes, but at our own imperfections,  
**A** We pray You hear us, O Lord.

**L** **Tenth Station- JESUS IS STRIPPED OF HIS GARMENTS.**

They gave him wine drugged with myrrh, but he did not take it (Mk. 15:23).

So the chief priests of the Jews said to Pilate, "Do not write 'The King of the Jews,' but that he said, 'I am the King of the Jews.'" Pilate answered, "What I have written, I have written." When the soldiers had crucified Jesus, they took his clothes and divided them into four shares, a share for each soldier. They also took his tunic, but the tunic was seamless, woven in one piece from the top down. So they said to one another, "Let's not tear it, but cast lots for it to see whose it will be," in order that the passage of Scripture might be fulfilled (that says): "They divided my garments among

them, and for my vesture they cast lots.” This is what the soldiers did (Jn. 19:21-24).

*Pause for silent reflections*

**L** Lord Jesus, the contemplation of Your tortured body leads us to live with greater coherence to our vow of chastity.

Prayer:

**L** To be faithful to our commitment of consecration,  
**A** Help us, O Lord.

**L** To mortify our body,  
**A** Help us, O Lord.

**L** To walk according to the desires of the Spirit,  
**A** Help us, O Lord.

**L** To live not according to the flesh in order to please You,  
**A** Help us, O Lord.

**L** **Eleventh Station- JESUS IS NAILED TO THE CROSS.**

When they came to the place called “the Skull,” they crucified Jesus there, and the two criminals, one on his right and the other on his left. Then Jesus said “Father, forgive them for they know not what they do” (Lk. 23:33-34).

*Pause for silent reflection*

**L** Father, in imitation of Christ, grant that we may accept the mystery of suffering in our life.

Prayer:

**L** That we may persevere until death in our commitment as consecrated persons,

**A** We pray You hear us, O Lord.

**L** That we may willingly accept the cross of our daily duty,

**A** We pray You hear us, O Lord.

**L** That we may learn to overcome fatigue and the daily monotony,

**A** We pray You hear us, O Lord.

**L** That our self-denial may be renewed everyday for love of You,

**A** We pray You hear us, O Lord.

**L Twelfth Station- JESUS DIES ON THE CROSS.**

It was now about noon and darkness came over the whole land until three in the afternoon because of an eclipse of the sun. Then the veil of the temple was torn down the middle. Jesus cried out in a loud voice, "Father, into your hands I commend my spirit;" and when he had said this he

breathed his last. The centurion who witnessed what had happened glorified God and said, “This man was innocent beyond doubt” (Lk. 23:44-47).

*Pause for silent reflection*

**L** Lord Jesus, Your death is our salvation; through it, the doors of heaven are again opened to us; through it, the mystery of our death becomes the dawn of eternal life.

Prayer:

**L** Through the pangs of Your agony and through the merits of your atrocious death,

**A** Save us, Lord.

**L** Through the piercing of nails and for Your blood scattered on the cross,

**A** Save us, Lord.

**L** Through Your inexpressible interior suffering,

**A** Save us, Lord.

**L** Through the sorrow of Your Mother and the pain caused by the abandonment of Your apostles,

**A** Save us, Lord.

**L** For the pain of rejection of Your redemption,

**A** Save us, Lord.

**L**      **Thirteenth Station- JESUS IS TAKEN FROM THE CROSS.**

Since it was preparation day, and in order that the bodies might not remain on the cross on the Sabbath, for the Sabbath day on that week was a solemn one, the Jews asked Pilate that their legs be broken and they be taken down. So the soldiers came and broke the legs of the first and then of the other one who was crucified with Jesus. But when they came to Jesus and saw that he was already dead, they did not break his legs, but one soldier thrust his lance into his side, and immediately blood and water flowed out (Jn. 19:31-34).

*Pause for silence reflection*

**L**      Christ, help us to announce Your redemptive passion to the world.

Prayer:

**L**      That we may accept to continue in our body the passion of the Lord,

**A**      We pray You hear us, O Lord.

**L**      That through our sufferings we may complete what is lacking in the passion of Christ for the good of our brothers and sisters,

**A**      We pray You hear us, O Lord.

**L**      That by the wounds of Christ which opened for love of us, we may listen to the invitation to use

everything that we have and are, for the salvation of souls,

**A** We pray You hear us, O Lord.

**L** **Fourteenth Station- JESUS IS LAID IN THE TOMB.**

They took the body of Jesus and bound it with burial cloths along with the spices, according to the Jewish burial custom. Now in the place where he had been crucified there was a garden, and in the garden a new tomb, in which no one had yet been buried.

So they laid Jesus there because of the Jewish preparation day, for the tomb was close by. (Jn. 19:40-42)

*Pause for silent reflection*

**L** Lord Jesus Your burial is the prelude to Your Resurrection. Teach us not to fear death and to deny ourselves in order to live for Christ.

Prayer:

**L** That we may live fully the Paschal mystery to which we have been associated through our baptism.

**A** Hear us, O Lord.

**L** That with Christ we may learn to forget ourselves in order to spread love, peace and fraternity,

**A** Hear us, O Lord.

- L** That in trial and in pain, like Mary, we may learn to wait with faith our definitive encounter with God,  
**A** Hear us, O Lord.

**L** **Fifteenth Station - THE RESURRECTION OF JESUS.**

After the Sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary came to see the tomb. And behold, there was a great earthquake, for an angel of the Lord descended from heaven, approached, rolled back the stone, and sat upon it. His appearance was like lightning and his clothing was white as snow. The guards and the women were shaken with fear of him and became like dead men. Then the angel said to them in reply, "Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said. Come and see the place where he lay" (Mt. 28:1-6).

*Pause for silent reflection*

- L** Christ, You call every Christian to make the mystery of Your death and resurrection bear fruit in himself and You call the religious to incarnate it. Grant, O Lord that we may respond worthily to this call.

Prayer:

- L** That with strong faith, we may learn to hope against hope even in the most difficult moment of our life,  
**A** Hear us, O Lord.

∞ That our life may be filled with Easter joy and that we may learn to transmit it to our brothers and sisters,

**A** Hear us, O Lord.

**L** That in our earthly journey we may learn to recognize and enjoy the presence of the risen Jesus,

**A** Hear us, O Lord.

Closing prayer:

We pray O Lord, that You to look with favor on this family of Yours for whom Jesus did not hesitate to give Himself to the hands of the executioners and endure the tortures of the cross. He lives and reigns with You forever and ever. Amen.

## **HOLY WEEK**

*During the Holy Week, the Church celebrates the mystery of salvation brought to fulfillment by Christ. Lenten time continues until Holy Thursday. Palm Sunday and the Passion of the Lord mark the beginning of the Holy Week celebrating the royal triumph of Christ and the announcement of the Passion.*

## **PASCHAL TRIDUUM**

*The Paschal Triduum of the Passion and the Resurrection of the Lord starts with the Mass of the Lord's Supper, and its fulcrum is the Paschal Vigil and it ends with Vespers of Easter Sunday.*

## HOLY THURSDAY

*Chrism Mass manifests communion in the unique priesthood and ministry of Christ.*

*The Mass of the Lord's Supper calls to mind the Last Supper in which the Lord Jesus, loving His own until the end, offered His Body and Blood to God the Father, gave it to His disciples, and commanded them to make it an offering.*

*A gesture of vital importance is the washing of the feet: it signifies service and charity of Christ Who came to serve.*

## GOOD FRIDAY

*On this day, in which Christ, the Lamb of God is sacrificed, the Church, with the meditation of the Passion of her Lord and with the veneration of the cross, commemorates her origin from the side of Christ and intercedes for the salvation of the whole world.*

*It is World Day for the Holy Land: with prayers and collect.*

## HOLY SATURDAY

*Today the Church rests near the sepulcher of the Lord meditating on His passion and death, His descent into hell, waiting for His resurrection in prayer and fasting. Let us contemplate on Mary who confronted Holy Saturday with patience and peace and let us learn to live and look at this Saturday of the history of the Church with patience and perseverance.*

## PASCHAL VIGIL

*In most ancient tradition, this night is in honor of the Lord, and the vigil commemorates the night of the Resurrection, the mother of all the holy vigils.*

## RESURRECTION

*Let us live intensely the Liturgy of these days in recollection and meditation of the events of the life of Jesus Christ which the Church presents to us so that the day of the Resurrection may be a day full of joy in the contemplation of Christ, the Victor, and of the immense love of God for us.*

*In virtue of baptism, we are incorporated to the mystery of the Risen Christ; in this way, we too can journey toward a new life.*

*“You have been raised to life with Christ, so set your hearts on the things that are in heaven, where Christ sits on his throne at the right side of God. Keep your minds fixed on the things there, not on the things here on earth” (Col. 3:1-2).*

*“Easter is not only one feast among others, but the ‘Feast of feasts,’ the ‘Solemnity of Solemnities’” (CCC 1169).*

## SECOND SUNDAY OF EASTER

*According to the desire of Jesus, the feast of the Divine Mercy must be celebrated on the second Sunday of Easter. That is to underline the close union that exists between the Paschal Mystery of salvation and the Feast. The liturgy of that day, in fact, praises God in particular, in the mystery of His mercy. It is suggested to recite the Chaplet of the Divine Mercy.*

*"I desire that the Feast of Mercy be the shelter and refuge of all the souls especially the poor sinners. On this day, the viscera of holy mercy are opened; I will pour out a sea of grace on all souls who approach the fountain of My mercy. The soul who makes confession and receives Holy Communion receives total pardon of sins and punishment." (From the Diary of St. Faustina no. 267)*

## **PENTECOST SUNDAY**

*The fullness of the Spirit, granted by the Father, through the Son, is the assurance of a new life in the Church and in the Community; it is the principle of genuine charity and of renewed unity. The Sisters participate with joy and fervor in the liturgy of the solemnity of the Spirit, in order to live always more intensely the charism of the Congregation, in the mystery of the Church, predisposing their hearts to the solemnity with the Novena.*

*On that day, the Holy Trinity is fully revealed. Since that day, the Kingdom announced by Christ has been opened to those who believe in him: in the humility of the flesh and in faith, they already share in the communion of the Holy Trinity. By this coming, which never ceases, the Holy Spirit causes the world to enter into the "last days," the time of the Church, the Kingdom already inherited though not yet consummated" (CCC 732).*

## **SEQUENCE OF THE HOLY SPIRIT**

**A**      Come Holy Spirit....

*Biblical readings that can be used for a good preparation for the Solemnity of Pentecost other than that of the Liturgy of the Hours and the Lectionary*

- *A new heart and a new spirit (Ex. 37: 1-14)*
- *I will pour out my Spirit upon all mankind (Jl. 3: 1-5)*
- *God has poured out His love into our hearts ( Rom. 5:1-5)*
- *Let the Spirit direct your lives (Gal. 5: 16-26)*
- *Different gifts but only one Spirit (Eph. 4: 1-6)*
- *They were all filled with the Holy Spirit (Acts 2: 1-11)*
- *No one can enter the Kingdom of God unless he is born of water and the Spirit (Jn. 3: 1-21)*
- *The Holy Spirit will bear witness on My behalf (Jn. 15: 26-27)*

## GIFTS AND FRUITS OF THE HOLY SPIRIT

*On the day of the Pentecost, every Sister in a local community picks one gift and fruit of the Holy Spirit in a context of prayer as a tradition.*

## SOLEMNITY OF THE BODY AND BLOOD OF CHRIST

*The liturgy of this day must be lived by the Sister with particular intensity with the awareness that the fountain of Charity is found in the great mystery of the Eucharist, which sustains life in common in its daily reality.*

Sing, My Tongue, Acclaim Christ Present

**A** Sing, my tongue, the Savior's glory...

## FEAST OF THE SACRED HEART OF JESUS

*“The Sacred Heart of Jesus, pierced by our sins and for our salvation, is quite rightly considered the chief sign and symbol of that... love with which the divine Redeemer continually loves the eternal Father and all human beings’ without exception” (CCC 478).*

### CONSECRATION OF THE CONGREGATION TO THE SACRED HEART OF JESUS

Adorable Heart of Jesus, we are Yours. Yours, because we are redeemed by Your blood and called to Your Church by baptism. Yours, because with a special vocation we are called to follow You through the observance of evangelical counsels. Yours, because with religious profession we are consecrated to God. Today, we renew this consecration to You, as individuals and as a community. Accept, Lord Jesus, our complete abnegation. Grant that our community may be totally Yours in searching the will of the Father, in its decisions and in its realizations. May faith flourish in it and the ardent desire of communion with God expressed in contemplation and prayer. Grant that fraternal charity may make us one heart and one soul. May the zeal for the glory of God and the salvation of the brethren make us active in work, generous in giving ourselves, pure in our intentions and honest in our actions. May the observance of the Constitutions in the spirit of faith render us witnesses of Your Gospel. Grant that fidelity to our sacred commitments may make us worthy of the blessing promised to the good and faithful servants. Amen.

## FEAST OF THE IMMACULATE HEART OF MARY

*It is the Marian Feast of the Congregation. During World War II in 1942, Pope Pius XII consecrated the world to the Immaculate Heart of Mary. In 1945, this devotion extended throughout the Church. The reformed liturgy of the Second Vatican Council united this devotion to that of the Sacred Heart of Jesus and assigned the feast on the following day.*

## ACT OF CONSECRATION TO THE IMMACULATE HEART OF MARY

**A** O Virgin Mary,  
Mother of God and of mercy,  
I consecrate to your Immaculate Heart  
my Religious Family and myself.  
I desire that this consecration maybe complete,  
that it may bring to the Congregation the spirit  
of simplicity, humility, and charity  
and the joy of loving God and neighbor with all  
strength.  
For this, I renew today the promises of my baptism  
and vows with which I commit myself to follow  
Christ, your Son, more closely,  
to live the charism  
of the Sister Handmaids of Charity  
in order to walk on the path of holiness  
and to be faithful to God and to the Church.  
I promise you again, O most Holy Virgin,  
as I consecrate myself to you,  
to promote the Gospel of Christ

and your blessed cult in the place where I live  
in order to hasten, through your intercession,  
the advent of the Reign of God in the world  
and the conversion of men  
towards the merciful love of God the Father. Amen.

## MAY

### LOVE FOR MARY

*The month of May, because of the practice much spread in the popular piety of the Church, is the month dedicated to the Memorial of our Lady. It is timely to unite the Marian cult with Easter time.*

**A** O, Mary, Mother of our hearts  
grant us a simple and pure heart  
which allows itself to be formed  
by the love of Jesus

O, Mary mother of our hearts  
inspire the heart of every Sister  
with one desire:  
to experience the fullness of love in Jesus.

O Mary, Mother of our hearts  
unite us to the heart of Christ  
so that we may sow seeds of love  
on the path of this humanity. Amen.

**MAY 8**

**BLESSED VIRGIN MARY OF POMPEI**

*Through the intercession of the Blessed Virgin Mary of Pompei, the Sisters were able to get back the Monastery seized from the Institute by the Siccardi Law. In gratitude, this particular devotion to the Virgin venerated at Pompei is continued.*

**L** O august Queen of the Holy Rosary, prostrated at your feet, we pour out the affection of our heart and with filial confidence we express our miseries to you. From the throne of clemency where you are seated as Queen, turn, O Mary, your merciful gaze toward us, on our families, on Asia, on Italy, on Europe and on the whole Church. Have compassion for us for the sorrows and cares which embitter our lives. See, O Mother, how many dangers of body and soul, how many calamities and afflictions press upon us. O Mother, implore for us the mercy of your divine Son and conquer with clemency the heart of sinners. Show all that you are the Queen of Peace and of Mercy.

**A** Hail Mary...

**L** We are the first to crucify Jesus again by our sins, and we pierce your heart anew. We confess that we deserve the most severe punishment, but remember that on Golgotha you received with the divine blood, the testament of the dying Savior, Who declared you to be our Mother,

our advocate, our hope. And we raise our suppliant hands to you with a sigh crying: Mercy.

O good Mother, have pity on us, on our souls, on our families, on our relatives, on our friends, on our deceased, especially on our enemies. We implore pity for the misguided nations, for Europe, for the world, so that they may return repentant to your heart. Mercy on all, O Mother of Mercy.

**A** Hail Mary...

**L** Kindly deign to hear us, O Mary! Jesus has placed in your hands all the treasures of His graces and mercies. You are seated a crowned Queen at the right hand of your Son, resplendent with immortal glory above the choirs of angels. Your dominion extends throughout heaven and earth and all creatures are subject to you.

You are omnipotent by grace and therefore can help us. Your motherly heart could not bear to see us, your children, lost. We confide fully in you and abandon ourselves at your feet; on this day, we expect from you the graces we so long for.

**A** Hail Mary...

**L** Let us ask the blessing of Mary.

**L** One last favor we now ask of you. Grant all of us your steadfast love and maternal blessing. Bless the Holy Father; grant the triumph of religion and peace to human society. Bless our Bishop, the priests and those who are zealous for the honor of your sanctuary and promote devotion to the Holy

Rosary. O Blessed Rosary, we shall never abandon you. You will be our comfort in the hour of agony. To you we give the last kiss of our dying life. And the last word from our lips will be your sweet name, O Queen of the Rosary. Be blessed everywhere, on earth and in heaven. Amen.

**A** Hail Holy Queen...

**MAY 9**

**1734 – THE FIRST SEVEN SISTERS BEGIN THE COMMUNAL LIFE**

*To recall the value of communal life, pls. read Acts 2: 42-48.*

**A** Lord Jesus, in the will of the Father, You chose and called us to stay with You, so that we may be light of the world and living symbols of Your love. We entrust our Religious Family to You. From the beginning, You called and gathered together “women desirous to live for God” and to serve You in the poor in simplicity, humility, and charity; You have always placed fraternal charity as the foundation of chaste, poor and obedient life in You and for You. Grant that we may journey in time as luminous reflection of Your eternal love for man. Through Christ, our Lord. Amen.

**JUNE 11**  
**BIRTH OF THE CONGREGATION**  
**APPROVAL OF THE DECREE OF FOUNDATION**

*It is good to prolong the Eucharistic Adoration and conclude with the reading of the decree of foundation and the following prayer:*

- A** We give You thanks, omnipotent and eternal Lord God, who willed and conserved in your Church this Religious Family.  
Help us to live in a manner worthy of our vocation as Sister Handmaids of Charity, according to the Vincentian Spirit of simplicity, humility, and charity, that we may be always witnesses of Your love. Through Christ, our Lord. Amen.

**SEPTEMBER 27**  
**ST. VINCENT DE PAUL**

*“The works of mercy are charitable actions by which we come to the aid of our neighbor in his spiritual and bodily necessities. Instructing, advising, consoling, comforting are spiritual works of mercy, as are forgiving and bearing wrongs patiently. The corporal works of mercy consist especially in feeding the hungry, sheltering the homeless, clothing the naked, visiting the sick and imprisoned, and burying the dead. Among all these, giving alms to the poor is one of the chief witnesses to fraternal charity: it is also a work of justice pleasing to God” (CCC 2447).*

*In preparation for the feast, the Triduum is recited which is composed of an opening and closing song, one of the proposed readings, and the recitation of the prayer referred below.*

## **Biblical Readings**

- Love one another with the affection of brothers (Rom. 12: 9-21)
- As often as you did it for one of my least brothers, you did it for me (Mt. 25: 31-40)
- Bear fruit, live on in my love that my joy may be yours (Jn. 15:8-17)

## **TRIDUUM OF ST. VINCENT**

1. Most glorious St. Vincent obtain for us, we pray, an ardent and strong faith that sustains us in the trials of life, a love like yours, which makes us work only for God, and a spirit of charity towards our neighbors which makes us worthy of the Divine Mercy.  
Our Father...  
Hail Mary...  
Glory be...
2. Most glorious St. Vincent, obtain for us, we pray, to imitate you in zeal for the salvation of souls and in spirit of true humility in order to protect purity so that we may be worthy to be with you to see God face-to-face.
3. Most glorious St. Vincent, obtain for us, we pray, that in imitation of you, we may learn to forgive every offense, with gentleness and always; that we may learn to remain calm and resigned in

tribulations and submit ourselves completely to obedience whatever may come manifested by God.

**L** Guide, O Lord, the just to the right path

**A** And show them the Kingdom of God.

**L** Pray for us, St. Vincent

**A** That we may be made worthy of the promises of Christ.

**L** O God, You adorned St. Vincent with apostolic strength in order to evangelize the poor and promote decorum of ecclesiastic order, grant, we pray, that respecting his merits, we may imitate his virtuous examples. Through Christ, our Lord. Amen.

## **PRAYER OF THE VINCENTIAN**

**A** Lord, make me a good friend of all,  
grant that my presence may inspire trust:  
to those who suffer and lament,  
to those who seek light far from You,  
to those who want to start anew but do not know  
the way,  
to those who want to trust in themselves and yet  
feel unable.

Lord, help me that I may not pass beside anyone:  
with indifferent face,  
with a closed heart,  
with a hurried pace.

Lord, help me, that I may be quick to notice:

those who are near me,  
those who are troubled and confused,  
those who suffer without manifesting,  
those who feel isolated without willing it,  
Lord, grant that I may be sensitive to others' needs.  
Free me from selfishness,  
so that I can serve You,  
so that I can love You,  
so that I can listen to You,  
in every brother or sister whom I may encounter.  
Amen.

## NOVEMBER 1 COMMEMORATION OF ALL SAINTS

*The witnesses who have preceded us into the Kingdom, especially those whom the Church recognizes as saints, share in the living tradition of prayer by the example of their lives, the transmission of their writings and their prayer today. They contemplate God, praise him constantly, care for those whom they have left on earth. Their intercession is their most exalted service to God's plan. We can and should ask them to intercede for us and for the whole world (CCC 2683).*

*On the day of Commemoration of All the Saints, the Sisters in every community pick one beatitude in a context of prayer as a tradition.  
The Litany of the Saints is recited.*

## **NOVEMBER 2**

### **COMMEMORATION OF ALL THE FAITHFUL DEPARTED**

*Prayer for the dead traces back to the most ancient Christian tradition, just as the offering of the Eucharistic Sacrifice until “perpetual light shines upon them.” Holy Mass is celebrated for the deceased co-Sisters and the entire Holy Rosary is recited. During the Octave, community prayer is offered for the deceased Sisters, relatives and benefactors.*

*“From the beginning the Church has honored the memory of the dead and offered prayers in suffrage for them, above all the Eucharistic Sacrifice, so that, thus purified, they may attain the beatific vision of God. The Church also commends almsgiving, indulgences, and works of penance undertaken on behalf of the dead” (CCC 1032).*

## **NOVEMBER 4**

### **FR. PIETRO DE LUIGI, ARCHPRIEST**

*Co- founder and executor of the Institute of the Sister Handmaids of Charity. He conceptualized the first Constitutions of the Congregation.*

Let us, together, make prolonged adoration and listen to the Word with particular reference to the:

- Gospel of the Washing of the Feet (Jn. 13: 1-7)
- Gospel of Universal Judgment ( Jn. 12: 1-8)
- First chapter of the Constitution

With particular intention, let us pray for our Congregation, entrusting to the Lord all Sisters in the different stages of their journey in consecrated life:

- that the charism given to us by God may be nourished so that we may acquire more and more the spirit of simplicity, humility, and charity.
- that every Sister may reach the fullness of her being through a profound interpersonal relationship with the Trinity:
  - through the vow of chastity for a life lived in particular intimacy with Christ;
  - through the vow of poverty to lead the heart with great liberty towards the only Good: God;
  - through the vow of obedience to offer to God the complete offering of one's will for an unconditional following of the obedient Christ.

**A** Lord Jesus, in the will of the Father You chose and called us to stay with You so that we may be in the world light and living symbols of Your love; we entrust our Religious Family to You. Since the beginning, You called and gathered together “women desirous to live for God” and to serve You in the poor in simplicity, humility and charity; You have always placed fraternal charity as the foundation of chaste, poor, and obedient life in You and for You. Grant that we may journey with time as luminous reflection of Your eternal love for man. We give You thanks, omnipotent and eternal God, for the profound spirituality left to us by Your servant and our co-founder, Fr. Pietro de Luigi, and for granting him the grace of setting the foundation of our history with the gift of the first Constitutions. Through Christ, our Lord. Amen.

## DECEMBER 8

### IMMACULATE CONCEPTION

*Immaculate Conception: the feast of light and of candor. With veneration, let us recall the fullness of grace, of which Mary was filled from the beginning of her conception.*

*God prepared a worthy dwelling for His Son, keeping Mary from every stain of sin. The Church is prefigured in her, shining with beauty, holy and Immaculate.*

*For us religious; it is a feast to be lived with inner joy and profound examination of our filial imitation of Mary Immaculate. Let us predispose our hearts to the Solemnity with the Novena.*

## ADVENT

*It is the time of assiduous prayer, of waiting, of hope and joy. It is the time of looking back to our past life and of determination to start the journey of the Liturgical year with Christ, Who, for us, renews everyday the wonders of His salvation.*

*“When the Church celebrates the liturgy of advent each year, she makes present this ancient expectancy of the Messiah, for by sharing in the long preparation for the Savior’s first coming, the faithful renew their ardent desire for His second coming” (CCC 524).*

## CHRISTMAS

*Let us give full value to the Liturgy of the Hours and the Eucharistic Celebration with appropriate readings, deepened through communitary reflection.*

## FEAST OF THE HOLY FAMILY OF JESUS, MARY AND JOSEPH

**A** O God, from Whom every paternity in heaven and on earth comes, Father, You Who are love and life, grant that every human family on earth may become through Your Son, Jesus Christ, “born of a woman,” and through the Holy Spirit, fountain of divine charity, a true sanctuary of life and of love for all generations to come.

Grant that Your grace may guide the thoughts and works of spouses towards the good of their families and all families in the world.

May the young generation find in their families strong support for their personal growth and for their growth in truth and in love.

Grant, O God, that love, strengthened by the grace of matrimony, be stronger than every weakness and every crisis which sometimes befall our families.

Finally, we ask You, through the intercession of the Holy Family of Nazareth, that the Church in the midst of all the nations in the world may fulfill her mission in the family and through the family.

Through Christ, our Lord, Who is the way, the truth, and the life forever and ever. Amen.

(John Paul II)

## APPENDIX

## LECTIO DIVINA

*"It is especially necessary that listening to the word of God should become a life-giving encounter, in the ancient and ever valid tradition of lectio divina, which draws from the biblical text the living word which questions, directs, and shapes our lives." (NMI 39)*

### Methodology:

1. **Lectio:** it is God Who speaks. It's not the reading of a book, but the listening of someone...It is the moment in which I have the joy of listening to the authentic voice of the Lord.
2. **Meditatio:** it deals with creating in the depths of one's heart an elastic space of resonance so that the Word may penetrate into the deepest zones of the spirit and touch the innermost fiber of the heart.
3. **Oratio:** it is the prayer which springs from one's heart touched by the divine Word. To express ourselves to God, no other way can be surer and easier than reading, listening, pondering, and retelling to God everything He has told us after having infused in those words all thoughts, love and our whole life.
4. **Contemplatio:** to contemplate is a simple and spontaneous act but rich with religious connotations: amazement, admiration, gratitude, adoration, song, confession and praise. Prayer becomes a hymn pertaining to admiration by which the soul expresses in terms of praises the sweetness of what in Him he contemplated. (DESSer pp. 160, 161)

## COMMUNAL PENITENTIAL CELEBRATION

### Opening Rite Song

**A** Hear us, Lord,  
because generous is Your mercy;  
in Your great clemency  
turn to us, O Lord.

**L** Grace, mercy and peace to You  
from God our Father  
and from Jesus Christ His Son our Lord.  
Sisters, God calls us once again  
to conversion in order to obtain the grace  
of new life in Christ, the Lord.

Hear, O Holy Father, our humble prayers:  
we confess to You our sins  
and in Your goodness grant us pardon and peace.  
Through Christ, our Lord. Amen.

### Celebration of the Word of God

#### First Reading:

Deut. 5:1-3  
6-7  
11-12  
16-21a  
6:4-6

**Responsorial Psalm:**

Psalm 50

**Second Reading:**

Eph. 5:1-14

**Verse before the Gospel:**

**A** Glory to You, O Christ, Word of God!

I am the light of the world, says the Lord,  
He who follows me shall have the light of life.

**A** Glory to You, O Christ, Word of God!

**Gospel:**

Mt. 22:34-40

Jn. 13:34-45

Jn. 15:10-13

**RITE OF RECONCILIATION**

**L** Trustful in the mercy of God the Father, let us  
acknowledge and confess our sins.

**A** I confess to Almighty God, and to you my brothers  
and sisters,  
that I have sinned through my own fault,  
in my thoughts and in my words,  
in what I have done,  
and in what I have failed to do;

and I ask the Blessed Mary ever virgin,  
all the angles and saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

**L** Christ brought our sins in His own body on the wood of the cross, so that dead to sin, we may live in justice; by His wounds, we were healed. Full of faith, let us invoke His name;

**A** Christ Savior, have mercy on us.

**L** Lord Jesus, healer of body and soul, heal our wounds.

**A** Sustain us always with the strength of Your Spirit.

**L** Strip us of corruption of the old man that is in us.

**A** And clothe us with the new man.

**L** Grant that through penance, we may adhere more and more to Your being.

**A** So that we may reach the glory of Your resurrection.

**L** May Mary, Your Mother, refuge of sinners, intercede for us.

**A** And may You grant us forbearance and peace.

**L** You Who forgave the sinful woman.

**A** Do not deprive us of Your mercy.

**L** You Who carried the lost sheep on Your shoulders.

**A** Welcome us with kindness, we who are sinners.

**L** You Who promised paradise to the repentant thief.

**A** Welcome us one day in the joy of Your kingdom.

**L** You Who died and rose for us.

**A** Make us sharers of the fruits of Your Resurrection.

**L** Now, in the Spirit of the Gospel, let us be reconciled among us and let us invoke with faith God our Father to obtain forgiveness of our sins.

**A** Our Father...

**L** O God, in Your sacraments You set remedy for our weakness, grant that we may welcome with joy the fruits of Your redemption and manifest it by the renewal of our lives.

Through Christ, our Lord. Amen.

## **CONFESSION AND INDIVIDUAL ABSOLUTION**

### **COMMUNAL THANKSGIVING**

**A** Mighty and wonderful are Your works, O Lord.

- Mighty and wonderful are Your works

Lord God Almighty!  
Righteous and true are Your ways  
O King of the nations!

- Who would dare refuse You honor,  
or the glory due Your Name, O Lord?  
Since you alone are holy.

- All nations shall come  
and worship in Your presence  
Your mighty deeds are clearly seen.

(Rev. 15:3-4)

## CONCLUDING PRAYER AND THANKSGIVING

**L** Omnipotent and merciful God,  
You created man in a wonderful way  
and in a more wonderful way You redeemed.  
Do not abandon the sinner,  
but seek him with the love of the Father.  
Through the passion of Your Son  
You overcame sin and death  
and through His resurrection You gave us back life  
and joy.  
You poured out the Holy Spirit in our hearts  
to make us Your children and heirs;  
Renew us always with the sacraments of salvation  
so that, freed from the slavery of sin,  
we may be transformed day by day  
into the image of Your beloved Son.  
We praise You and we bless You, Lord,  
in communion with the whole Church

for these marvels of Your mercy  
and with words, hearts and works  
we lift up to You a new song.  
To You glory, Father, through Christ,  
in the Holy Spirit, now and forever. Amen.

## CONCLUDING RITE

### NOVENA IN PREPARATION FOR MARIAN FEASTS

#### DAY 1: MARY, FULL OF GRACE

Readings: Gen. 3:14-15 Eph. 1:4-12 L.G. 53

Intercessions:

- By our sins, the image of Christ in us is disfigured. May we learn to restore it by corresponding ever more to His grace, we pray.
- That the Baptism we have received be a daily invitation to give witness to Christ, we pray.
- That we may learn to better understand always the participation of Mary in the history of salvation, we pray.

- That the help of Mary may make us strong in the face of anguish, uncertainties and fears of the present moment, we pray.

Invocation according to the feast

**DAY 2: MARY, THE LADY OF THE YES**

Readings: Lk. 1:26-38    1 Jn. 2:3-6    L.G. 56

Intercessions:

- For each of us, there is a fundamental moment in which God makes the proposal for a total change of direction in our life. May all of us learn to recognize this moment, we pray.
- That like Mary, we may learn to recognize the voice of God and adhere fully to His will, we pray.
- That our Christian and religious life may be a continuous yes to God, we pray.
- That we too, in imitation of Mary, may learn to be docile instruments in the hands of God so that His plans for us may be fulfilled, we pray.

Invocation according to the feast

**DAY 3: MARY, MESSENGER OF LOVE**

Readings: Lk. 1:34-47 1 Cor. 13:1-13 L.G. 57

Intercessions:

- That we may understand, like Mary, that to receive the gifts of God means to share these gifts to others in humble service, with affability and joy, we pray.
- That we may learn to imitate Mary in her love for all our needy brothers and sisters, we pray.
- That like Mary, who sang the Magnificat, we may also learn to be messengers of joy, we pray.
- That we may learn to be bearers of the Word of God without being discouraged in times of difficulties, we pray.

Invocation according to the feast

**DAY 4: MARY, MOTHER OF THE WORD INCARNATE**

Readings: Lk. 2:1-7 Gal. 4:4-7 M.C. 19

Intercessions:

- Mary, Mother of Jesus, is also the Mother of His Mystical Body; may we learn to be docile children of the Church, we pray.
- The motherhood of Mary reminds us of the duty of creating brotherhood with all men; that this may be realized in our life each day, we pray.
- That we may comprehend ever more that love for God cannot be separated from true love towards our neighbor, we pray.
- That our communities may be fountain of unity and charity, we pray.

Invocation according to the feast

**DAY 5: MARY, THE VIRGIN WHO OFFERS**

Readings: Lk. 2:25-38 Rom. 12:1-2 M.C. 20

Intercessions:

- That like Mary, we may learn to make our life a generous offering to God, we pray.
- That we may face the future with serenity and joy, convinced that pain is part of God's plan for our good, we pray.

- That Mary may accompany us daily to the Temple and present to God the offering of our lives, we pray.
- That we, Religious, may always have comprehension and love for all those who suffer, we pray.

Invocation according to the feast

**DAY 6: MARY, QUEEN OF MARTYRS**

Readings: Jn. 19:25-27 Col. 1:11-26 L.G. 58

Intercessions:

- That Mary, Mother of God and our Mother, may grant us more serenity in our life's journey even in difficult times, we pray.
- That like Mary, we may learn to stay at the foot of the cross of Jesus, uniting our sufferings with His, for the salvation of mankind, we pray.
- That we may not lack Christian joy even in the midst of inevitable sufferings of life, we pray.

- That in carrying out the charism of our Religious Family, we may be zealous in serving our brothers and sisters, we pray.

Invocation according to the feast

**DAY 7: MARY, POWERFUL MEDIATRIX**

Readings: Jn. 2:1-11 1 Tim. 2:1-8 L.G. 62

Intercessions:

- That we may learn to recognize our limitations without being discouraged and to open ourselves with trust to the gifts of God, of which Mary is the mediatrix, we pray.
- That we may always be worthy of Mary's maternal care and, in imitation of her, be sensitive to the needs of others, we pray.
- That we may learn to be motherly to all children entrusted to us, especially to those who suffer most, we pray.
- That we may learn to help parents in giving Christian education to their children, we pray.

Invocation according to the feast

**DAY 8: MARY, MOTHER OF THE CHURCH**

Readings: Rev. 12:1-6 Eph. 2:19-22 L.G. 63-64

Intercessions:

- That Mary may help us to be active members of the Church, docile to the directives of the Pastors and wise collaborators in the work of salvation, we pray.
  
- That through the intercession of Mary, we may understand that to be Christians and Religious means to possess genuine joy, we pray.
  
- That the remembrance of the Church that suffers may render us strong and patient in the difficulties we encounter in our apostolate, we pray.
  
- That with missionary spirit we may learn to share the anxieties, prayers, and hopes for the spread of the Gospel, we pray.

Invocation according to the feast

**DAY 9: MARY, IN GLORY WITH CHRIST**

Readings: Rom. 5:12-21 1 Cor. 15:12-24  
L.G. 68

Intercessions:

- Mary learned to suffer with Christ and with Him she is assumed in glory; that we may follow our Mother and reach eternal glory, we pray.
- That committed to the service of our brethren, we may not forget the goal of our journey, we pray.
- That the desire of perfect communion with God, in imitation of Mary, may help us to live in intimacy with Him, we pray.
- That death may not appear to us in its painful aspect, but as an end of our earthly journey with Mary towards the Father, we pray.

Invocation according to the feast

## **THE CHAPLET OF THE DIVINE MERCY**

*Use the ordinary rosary beads*

Start with:

Our Father...  
Hail Mary...  
Apostles' Creed...

Then, on the “Our Father” bead before each decade:

**A** Eternal Father, I offer You  
the Body and Blood  
Soul and Divinity  
of Your dearly beloved Son,  
Our Lord Jesus Christ,  
in atonement for our sins  
and those of the whole world.

On the “Hail Mary” beads of each decade:

**L** For the sake of His sorrowful Passion  
**A** have mercy on us and on the whole world.

After the five decades, recite the concluding doxology (three times):

**A** Holy God  
Holy Mighty One  
Holy Immortal One  
have mercy on us and on the whole world.

Closing Prayer:

**A** O Blood and Water, which flowed out from the heart of Jesus as a fountain of mercy for us, I trust in You.

## **NOVENA PRAYER TO THE SACRED HEART OF JESUS**

O my Jesus, You have said: “Truly I say to you, ask and you will receive, seek and you will find, knock and it will be

opened to you.” Behold I knock, I seek, and I ask for the grace of ...

Our Father...

Hail Mary...

Glory be...

Sacred Heart of Jesus, I trust and hope in You.

O my Jesus, You have said: “Truly I say to you, if you ask the Father anything in my name, he will give it to you.” Behold in your name, I ask the Father for the grace of...

Our Father...

Hail Mary...

Glory be...

Sacred Heart of Jesus, I trust and hope in You.

O my Jesus, You have said: “Truly I say to you, heaven and earth will pass away but my words will not pass away.” Encouraged by your infallible words, I now ask for the grace of...

Our Father...

Hail Mary...

Glory be...

Sacred Heart of Jesus, I trust and hope in You.

O Sacred Heart of Jesus, for whom it is impossible not to have compassion on the afflicted, have pity on us miserable sinners and grant us the grace which we ask of You, through the Sorrowful and Immaculate Heart of Mary, Your tender Mother and ours.

St. Joseph, Adoptive Father of the Sacred Heart of Jesus,  
Pray for us.

Hail Holy Queen...

## LITANY OF THE SAINTS

Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.

Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.

Holy Mary, Mother of God,  
Saint Michael,  
Holy Angels of God,  
Saint John the Baptist,  
Saint Joseph,  
Saints Peter and Paul,  
Saint Andrew,  
Saint John,  
Holy Apostles and Evangelists,  
Saint Stephen,  
Saint Lawrence,  
Saint Agnes,  
Saint Lorenzo Ruiz,  
Holy Martyrs of God,  
Saint Augustine,  
Saint Ignatius of Loyola,  
Saint Francis of Assisi,  
Saint Vincent de Paul,  
Saint Francis of Sales,  
Saint Benedict,  
Saint Louise de Marillac,  
Saint Jane Frances de Chantal,  
Saint Therese of the Child Jesus,  
All Holy men and women,

pray for us.  
pray for us.

From all evil,  
From every sin,  
From everlasting death,  
By Your coming as man,  
By Your fasting in the desert,  
By Your passion and cross,  
By Your death and burial,  
By Your holy resurrection,  
By Your gracious ascencion,  
By Your gift of Your Holy Spirit,

Deliver us, Lord.  
Deliver us, Lord.

Be merciful to us sinners,  
Assist and conserve your holy  
Church,  
Grant peace and harmony to all  
people,  
Make us faithful and persevering  
in your holy service,

Lord, hear our prayer.  
  
Lord, hear our prayer.  
  
Lord, hear our prayer.  
  
Lord, hear our prayer.

Jesus, Son of the living God,  
Christ, hear us.  
Christ, graciously hear us.

Lord, hear our prayer.  
Christ, hear us.  
Christ, graciously hear us.

Prayer:

Eternal and omnipotent God, You give the Church the joy of celebrating in one feast the merits and the glory of all the saints, grant Your people, through the common intercession of our brothers and sisters, the abundance of Your mercy. Through Christ, our Lord. Amen.

## MODALITY OF SUFFRAGE

“125. On the death of a Sister, Gregorian Masses shall be celebrated in suffrage for her. We are to recite one rosary, and offer the Holy Mass and the prescribed prayers for ten days. If the deceased happens to be a member of the General Council, because of her great responsibility, daily prayers shall be offered for her for a period of one month.

We are to maintain the tradition of passing on to a poor family the equivalent amount of one meal for a period of thirty days. The Mother House shall take charge of this offering. The office of the General Financial Administratrix shall provide for the celebration of Gregorian Masses. (cf. Acts of 107<sup>th</sup> Gen. Chap. No. 17)

126. On the death of the Holy Father, a Holy Mass shall be celebrated in all houses of the Congregation, and we will participate in the prayer of the universal Church. For the Bishop of the Diocese, a Holy Mass shall be celebrated in Houses belonging to his territory, and we will participate in the prayer of the local Church.

127. On the death of parents, sisters or brothers of a Sister, a Holy Mass shall be offered and we will recite one Holy Rosary for the deceased. In the house where the Sister resides, a Holy Mass shall be celebrated, and we shall fraternally share with faith in the grief of our Sister. The death anniversary of the Sisters or of relatives shall be remembered by the community in the Eucharistic Celebration.”

(Statutes)

## CRISTIAN PRAYERS

### SIGN OF THE CROSS

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

### SIGNUM CRUCIS

In nómine Patris  
et Filii  
et Spíritus Sancti.  
Amen.

### OUR FATHER

Our Father who art in  
heaven, holy be your  
Name. Your kingdom  
come, Your will be done on  
earth, as it is in heaven.  
Give us this day our daily  
bread, and forgive us our  
sins, as we forgive those  
who sinned against us.  
Do not bring us to the test,  
but deliver us from evil.  
Amen.

### PATER NOSTER

Pater noster, qui es in cælis,  
sanctificetur nomen tuum;  
adveniat regnum tuum; fiat  
voluntas tua, sicut in caelo  
et in terra. Panem nostrum  
cotidianum da nobis hodie,  
et dimitte nobis debita  
nostra, sicut et nos  
dimittimus debitoribus  
nostris; et ne nos inducas in  
tentationem Sed libera nos a  
malo. Amen.

### HAIL MARY

Hail, Mary, full of grace,  
the Lord is with you.  
Blessed are you among  
women and blessed is the  
fruit of your womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners, now  
and at the hour of our  
death. Amen.

### AVE MARIA

Ave Maria, gratia plena,  
Dominus tecum.  
Benedicta tu in mulieribus,  
et benedictus fructus ventris  
tui, Jesus.  
Sancta Maria, Mater Dei,  
ora pro nobis peccatoribus,  
nunc et in hora mortis  
nostrae. 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 will be forever.  
Amen.

## THE NICENE CREED

We believe in one God, the  
Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and  
unseen.

We believe in one Lord,  
Jesus Christ, the only Son of  
God, eternally begotten of  
the Father, God from God,  
Light from Light, true God  
from true God,  
begotten, not made, of one  
Being with the Father.  
Through him all things were  
made. For us men and for  
our salvation, he came  
down from heaven:  
by the power of the Holy  
Spirit he was born of the

## GLORIA PATRI

Glória Patri et Fílio  
et Spíritui Sancto.  
Sicut erat in princípío,  
et nunc et semper  
et in sæ´cula sæculórum.  
Amen.

## CREDO

Credo in unum Deum,  
Patrem omnipoténtem,  
factórem caeli et terrae,  
visibílium ómnium et  
invisibílium.  
Et in unum Dóminum Iesum  
Christum, Fílium Dei  
unigénitum, et ex Patre  
natum, ante ómnia saécula.  
Deum de Deo, lumen de  
lúmine, Deum verum de  
Deo vero, génitum, non  
factum, consubstantiálem  
Patri: per quem ómnia facta  
sunt. Qui propter nos  
hómines et propter nostram  
salútem descéndit de caelis.  
Et incarnátus est de Spíritu  
Sancto ex María Vírgine, et  
homo factus est.

Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate; he suffered died and was buried. On the third day he rose again in fulfillment of 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.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son.

With the Father and the Son he is worshipped and glorified. He has spoken through the Prophets.

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come.

Amen.

Crucifixus étiam pro nobis sub Póntio Piláto; passus et sepúltus est, et resurréxit tértia die, secúndum Scriptúras, et ascéndit in caelum, sedet ad déxteram Patris.

Et íterum ventúrus est cum glória,

iudicáre vivos et mórtuos, cuius regni non erit finis.

Et in Spíritum Sanctum, Dóminum et vivificántem: qui ex Patre Filióque procedit.

Qui cum Patre et Filio simul adorátur et conglorificátur: qui locútus est per prophéas.

Et unam, sanctam, cathólicam et apostólicam Ecclésiám.

Confíteor unum baptísma in remissiónem peccatórum.

Et exspecto resurrectiónem mortuórum,

et vitam ventúri saéculi.  
Amen.

## THE APOSTLES' 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, died, 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 life everlasting. Amen.

## SIMBOLO APOSTOLICO

Credo in Deum Patrem omnipotentem; Creatorem coeli et terrae.

Et in Jesum Christum, Filium ejus unicum, Dominum nostrum; qui conceptus est de Spiritu Sancto, natus ex Maria virgine; passus sub Pontio Pilato, crucifixus, mortuus, et sepultus; descendit ad inferna; tertia die resurrexit a mortuis; ascendit ad coelos; sedet ad dexteram Dei Patris omnipotentis; inde venturus (est) judicare vivos et mortuos. Credo in Spiritum Sanctum; sanctam ecclesiam catholicam; sanctorum communionem; remissionem peccatorum; carnis resurrectionem; vitam oeternam. Amen.

## ANGEL OF GOD

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.

## I ADORE YOU

I adore you my God, and I  
love you with all my heart:  
I thank you for having  
created me, made me a  
Christian and kept me this  
night. I offer you my  
actions of this day. Grant  
that they may be all  
according to Your holy will  
and for Your greater glory.  
Keep me from all sin and  
evil. May Your grace be  
always with me and with all  
my beloved ones. Amen.

## Angele Dei

Ángele Dei,  
quí custos es mei,  
me, tibi commíssum pietáte  
supérna,  
illúmina, custódi,  
rege et gubérna.  
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.

### **ACT OF CONTRITION**

O my God, I am heartily  
sorry for having offended  
You, and I detest all my sins  
because of Your just  
punishments, but most of all  
because they offend  
You my God who art all  
good and deserving of all  
my love.  
I firmly resolve with the  
help of Your grace to sin no  
more and to avoid the near  
occasions of sin. Amen.

## ETERNAL REST

Eternal rest grant unto  
them, O Lord,  
and let perpetual light shine  
upon them;  
May they rest in peace.  
Amen.

## 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 up 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 exile,  
show unto us the blessed  
fruit of your womb, Jesus.  
O clement, O loving, O  
sweet Virgin Mary.

## REQUIEM ÆTERNAM

Réquiem ætérnam dona eis,  
Dómine,  
et lux perpétua lúceat eis.  
Requiescant in pace. Amen.

## SALVE REGINA

Salve, Regina, mater  
misericordiae;  
vita dulcedo et spes nostra,  
salve.  
Ad te clamamus, exsules filii  
Evæ.  
Ad te suspiramus, gementes  
et flentes  
in hac lacrimarum valle.  
Eia ergo, advocata nostra,  
illos tuos misericordes  
oculos ad nos converte.  
Et Iesum benedictum  
fructum ventris tui,  
nobis post hoc exsiliu  
ostende.  
O clemens, O pia, O dulcis  
Virgo Maria.

## **ALMA REDEMPTORIS MATER**

Loving Mother of the Redeemer gate of heaven, Star of the Sea assist your people who have fallen, yet strive to rise again. To the wonderment of nature you bore your Creator, yet remained a virgin after us before. You who received Gabriel's joyful greeting, have pity on us poor sinners.

## **AVE REGINA CAELORUM**

Hail, Queen of the heavens,  
Hail, O Lady of the angels,  
Hail! Thou root,  
Hail! Thou gate  
From whom unto the world, a light has arisen:  
Rejoice, O glorious Virgin,  
Lovely beyond all others,  
Farewell, most beautiful maiden.  
And pray for us to Christ.

## **ALMA REDEMPTORIS MATER**

Alma Redemptoris Mater,  
quae pervia caeli  
porta manes, et stella maris,  
succurre cadenti,  
surgere qui curat, populo:  
tu quae genuisti,  
natura mirante, tuum  
sanctum Genitorem,  
Virgo prius ac posterius,  
Gabrielis ab ore,  
sumens illud Ave,  
peccatorum miserere.

## **AVE REGINA CAELORUM**

Ave, Regina caelorum,  
ave, Domina angelorum,  
salve, radix, salve, porta,  
ex qua mundo lux est orta.  
Gaude, Virgo gloriosa,  
super omnes speciosa;  
vale, o valde decora,  
et pro nobis Christum  
exora.

## UNDER YOUR PROTECTION

We fly to your protection,  
O holy Mother of God;  
despise not our petitions in  
our necessities  
but deliver us always from  
all dangers,  
O glorious and blessed  
Virgin.

## THE ANGELUS

**L** The Angel of the Lord  
declared unto Mary.

**A** And she conceived by  
the Holy Spirit.

Hail Mary...

**L** Behold the handmaid of  
the Lord.

**A** Be it done unto me  
according to your word.

Hail Mary...

## SUB TUUM PRAESIDIUM

Sub tuum praesidium  
confugimus, Sancta Dei  
Genetrix. Nostras  
deprecationes ne despicias  
in necessitatibus, sed a  
periculis cunctis libera nos  
semper, Virgo gloriosa et  
benedicta. Amen.

## ANGELUS DOMINI

Ángelus Dómini nuntiávit  
Maríæ.

Et concépit de Spíritu  
Sancto.

Ave, María...

Ecce ancílla Dómini.

Fiat mihi secúndum verbum  
tuum.

Ave, María...

**L** And the Word was made  
flesh.

Et Verbum caro factum est.

**A** And dwelt among us.

Et habitávit in nobis.

Hail Mary...

Ave, María...

**L** Pray for us, O holy  
Mother of God.

Ora pro nobis, sancta Dei  
génatrix.

**A** That we may be made  
worthy of the promises of  
Christ.

Ut digni efficiámur  
promissiónibus Christi.

**L** Let us pray.

Orémus.

Pour forth, we beseech You,  
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.

Grátiam tuam, quæsumus,  
Dómine, méntibus nostris  
infúnde;  
ut qui, Ángelo nuntiánte,  
Christi Fílii tui  
incarnatiónem cognóvimus,  
per passiónem eius et  
cruce[m],  
ad resurrectiósni glóriam  
perducámur. Per eúndem  
Christum Dóminum  
nostrum. Amen.

Glory be...

Glória Patri...

## THE REGINA COELI

Queen of heaven, rejoice,  
alleluia!

\_ For he whom you did  
merit to bear, alleluia!  
Has risen as he said, alleluia!

\_ Pray for us to God,  
alleluia!

Rejoice and be glad, O  
Virgin Mary, alleluia!

\_ For the Lord is truly  
risen, alleluia.

Let us pray.

God our Father, you give  
joy to the world  
by the resurrection of your  
Son, our Lord Jesus Christ.  
Through the prayers of His  
Mother, the Virgin Mary,  
bring us to the happiness of  
eternal life.  
We ask this through Christ,  
our Lord. Amen.

## REGINA CÆLI

Regina cæli lætare, Alleluia;  
Quia quem meruisti  
portare, Alleluia;  
Resurrexit sicut dixit,  
Alleluia;  
Ora pro nobis Deum,  
Alleluia.  
Gaude et lætare, Virgo  
Maria, Alleluia;  
Quia surrexit Dominus vere,  
Alleluia.

Oremus:

Deus, qui per  
resurrectionem Filii tui,  
Domini nostri Iesu Christi,  
mundum lætificare dignatus  
es: præsta, quæsumus; ut,  
per eius Genetricem  
Virginem Mariam, perpetuæ  
capiamus gaudia vitæ. Per  
eundem Christum Dominum  
nostrum. Amen.

## CANTICLE OF MARY

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

## MAGNÍFICAT

Magníficat ánima mea dómínum et exsultávit spíritus meus in Deo salvatóre meo, quia respéxit humilitátem ancíllæ suæ. Ecce enim ex hoc beátam me dicent omnes generatiónes, quia fecit mihi magna, qui potens est, et sanctum nomen eius, et misericórdia eius in progénies et progénies tíméntibus eum. Fecit poténtiam in bráchio suo, dispérsit supérbos mente cordis sui; depósuit poténtes de sede et exaltávit húmiles. Esuriéntes implévit bonis et dívites dimísit inánes. Suscépit Ísrael púerum suum, recordátus misericórdiæ, sicut locútus est ad patres nostros, Ábraham et sémini eius in sæcula.

## CANTICLE OF ZECHARIAH

Blessed be the Lord, the  
God of Israel;  
he has come to his people  
and set them free.  
He has raised up for us a  
mighty Savior,  
born of the house of his  
servant David.  
Through his holy prophets  
he promised of old  
that he would save us from  
our enemies,  
from the hands of all who  
hate us.  
He promised to show  
mercy to our fathers  
and to remember his holy  
covenant.  
This was the oath he swore  
to our father Abraham:  
to set us free from the  
hands of our enemies,  
free to worship him without  
fear, holy and righteous in  
his sight all the days of our  
life. You, my child, shall be  
called the prophet of the  
Most High;

## BENEDICTUS

Benedictus Dominus Deus  
Israel; quia visitavit et fecit  
redemptionem plebi suæ:  
Et erexit cornu salutis nobis,  
in domo David pueri sui.  
Sicut locutus est per os  
sanctorum, qui a sæculo  
sunt, prophetarum eius:  
Salutem ex inimicis nostris,  
et de manu omnium, qui  
oderunt nos:  
Ad faciendam  
misericordiam cum patribus  
nostris, et memorari  
testamenti sui sancti.  
Iusiurandum, quod iuravit  
ad Abraham patrem  
nostrum, daturum se nobis:  
Ut sine timore, de manu  
inimicorum liberati,  
serviamus illi.  
In sanctitate et iustitia  
coram ipso, omnibus diebus  
nostris.  
Et tu, puer, propheta  
Altissimi vocaberis, præibis  
enim ante faciem Domini  
parare vias eius:

for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins. In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

## THE TE DEUM

You are God: we praise you; You are God: we acclaim you;  
You are the eternal Father: All creation worships you.  
To you all angels, all the powers of heaven, Cherubim and Seraphim, sing in endless praise:  
Holy, holy, holy, Lord, God of power and might, Heaven and earth are full of your glory.

Ad dandam scientiam salutis plebi eius:  
in remissionem peccatorum eorum:  
Per viscera misericordiae Dei nostri: in quibus visitabit nos oriens ex alto:  
Illuminare his qui in tenebris et in umbra mortis sedent:  
ad dirigendos pedes nostros in viam pacis.

## TE DEUM

Te Deum laudamus:  
te Dominum confitemur.  
Te aeternum Patrem omnis terra veneratur.  
Tibi omnes Angeli;  
tibi caeli et universae Potestates;  
Tibi Cherubim et Seraphim incessabili voce proclamant:  
Sanctus, Sanctus, Sanctus, Dominus Deus Sabaoth.  
Pleni sunt caeli et terra maiestatis gloriae tuae.

The glorious company of  
apostles praise you.  
The noble fellowship of  
prophets praise you.  
The white-robed army of  
martyrs praise you.  
Throughout the world the  
holy Church acclaim you:  
Father, of majesty  
unbounded,  
Your true and only Son,  
worthy of all worship,  
And the Holy Spirit,  
advocate and guide.  
You, Christ, are the king of  
glory,  
The eternal Son of the  
Father.  
When you became man to  
set us free  
You did not spurn the  
Virgin's womb.  
You overcame the sting of  
death,  
And opened the kingdom  
of heaven to all believers.  
You are seated at God's  
right hand in glory.  
We believe that you will  
come, and be our judge.  
Come then, Lord, and help  
your people,

Te gloriosus Apostolorum  
chorus,  
Te Prophetarum laudabilis  
numerus,  
Te Martyrum candidatus  
laudat exercitus.  
Te per orbem terrarum  
sancta confitetur Ecclesia,  
Patrem immensae  
maiestatis:  
Venerandum tuum verum et  
unicum Filium;  
Sanctum quoque Paraclitum  
Spiritum.  
Tu Rex gloriae, Christe.  
Tu Patris sempiternus es  
Filius.  
Tu ad liberandum  
suscepturus hominem,  
non horruisti Virginis  
uterum.  
Tu, devicto mortis aculeo,  
aperuisti  
credentibus regna caelorum.  
Tu ad dexteram Dei sedes,  
in gloria Patris.  
Iudex crederis esse venturus.  
Te ergo quaesumus, tuis  
famulis subveni:  
quos pretioso sanguine  
redemisti.  
Aeterna fac cum sanctis tuis

Bought with the price of  
your own blood,  
And bring us with your  
saints  
To glory everlasting.  
Save your people, Lord, and  
bless your inheritance.  
Govern and uphold them  
now and always.  
Day by day we bless you.  
We praise your name  
forever.  
Keep us today, Lord, from  
all sin.  
Have mercy on us, Lord,  
have mercy.  
Lord, show us your love  
and mercy;  
For we put our trust in you.  
In you, Lord, is our hope:  
And we shall never hope in  
vain.

## DE PROFUNDIS

Out of the depths I cry to  
you, Lord  
Lord, hear my voice!  
O let your ears be attentive  
to the voice of my pleading.

in gloria numerari.  
Salvum fac populum tuum,  
Domine, et benedic  
hereditati tuae.  
Et rege eos, et extolle illos  
usque in aeternum.  
Per singulos dies  
benedicimus te;  
Et laudamus Nomen tuum  
in saeculum, et in saeculum  
saeculi.  
Dignare, Domine, die isto  
sine peccato nos custodire.  
Miserere nostri domine,  
miserere nostri.  
Fiat misericordia tua,  
Domine, super nos,  
quemadmodum speravimus  
in te.  
In te, Domine, speravi:  
non confundar in aeternum.

## DE PROFUNDIS

De profundis clamávi ad te,  
Dómine: Dómine, exáudi  
vocem meam.  
Fiant aures tuae ntendéntes:  
in vocem deprecationes  
meae.

If you, O Lord, should mark  
our guilt,  
Lord, who would survive?  
But with you is found  
forgiveness:  
for this we revere you.

My soul is waiting for the  
Lord, I count on his word.  
My soul is longing for the  
Lord more than watchman  
for daybreak. Let the  
watchman count on  
daybreak and Israel on the  
Lord.

Because with the Lord there  
is mercy  
and fullness of redemption,  
Israel indeed he will redeem  
from all its iniquity.

## **AGIMUS TIBI GRATIAS**

We give you thanks  
Almighty God  
for all your benefits,  
You who live and reign  
forever and ever. Amen.

Si iniquitátes observaveris,  
Dómine: Dómine, quis  
sustinébit.  
Quia apud te propitiatio  
est: et propter legem tuam  
sustinui te, Dómine.

Sustinuit ánima mea in  
verbo ejus: sperávit ánima  
mea in Dómino.  
A custodia matutina usque  
ad noctem: specret Israel in  
Dómino.

Quia apud Dóminum  
misericordia: et copiósá  
apud eum redemptio.  
Et ipse redimet Israel, ex  
ómnibus iniquitátibus ejus.

## **AGIMUS TIBI GRATIAS**

Ágimus tibi gratias,  
omnípotens Deus,  
pro universis beneficiis tuis,  
qui vivis et regnas in  
sæcula sæculórum. Amen.

## SOUL OF CHRIST

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. Call me at my  
death, to the fellowship of  
your saints. That I may sing  
your praise with them  
through all eternity. Amen.

## SING MY TONGUE, ACCLAIM CHRIST PRESENT

Sing, my tongue, the  
Savior's glory, of His flesh  
the mystery sing;  
Of the Blood, all price  
exceeding, shed by our

## ANIMA CHRISTI

Ánima Christi, sanctífica me.  
Corpus Christi, salva me.

Sanguis Christi, inébria me.  
Aqua láteris Christi, lava  
me.

Pássio Christi, confórta me.  
O bone Iesu, exáudi me.  
Intra tua vúlnera abscónde  
me.

Ne permíttas me separári a  
te.

Ab hoste máligno defénde  
me.

In hora mortis meæ voca  
me.

Et iube me veníre ad te,  
ut cum Sanctis tuis laudem  
te

in sæcula sæculórum. Amen

## PANGE LINGUA

Pange lingua gloriosi  
Corporis mysterium,  
Sanguinisque pretiosi,

immortal King,  
Destined, for the world's  
redemption, from a noble  
womb to spring.

Of a pure and spotless  
Virgin born for us on earth  
below, He, as Man, with  
man conversing, stayed, the  
seeds of truth to sow; Then  
He closed in solemn order  
Wondrously His life of woe.

On the night of that Last  
Supper, seated with His  
chosen band, He the  
Paschal victim eating, first  
fulfills the Law's command;  
Then as Food to His  
Apostles gives Himself with  
His own hand.

Word-made-Flesh, the  
bread of nature By His  
word to Flesh He turns;  
Wine into His Blood He  
changes; What though sense  
no change discerns?  
Only be the heart in  
earnest,  
faith her lesson quickly  
learns.

quem in mundi pretium  
fructus ventris generosi  
Rex effudit Gentium.

Nobis datus, nobis natus  
ex inacta Virgine,  
et in mundo conversatus,  
sparso verbi semine,  
sui moras incolatus  
miro clausit ordine.

In suprema nocte coenae  
recumbus cum fratribus  
observata lege plene  
cibus in legalibus,  
cibum turbae duodenae  
se dat suis manibus.

Verbum caro, panem verum  
verbo carnem efficit:  
fitque sanguis Christi  
merum,  
et si sensus deficit,  
ad firmandum cor sincerum  
sola fides sufficit.

## O SAVING VICTIM

O saving Victim, open wide  
the gate of heaven to man  
below; Our foes press on  
from every side; Thine aid  
supply; Thy strength  
bestow. All praise and  
thanks to thee extend,  
For ever more, bless'd one  
in three. O grant us life that  
shall not end, in our true  
native land with thee.  
Amen.

## DOWN IN ADORATION FALLING

Down in adoration falling,  
Lo! the sacred Host we hail,  
Lo! o'er ancient forms  
departing, newer rites of  
grace prevail; Faith for all  
defects supplying, where the  
feeble senses fail. To the  
everlasting Father, and the  
Son Who reigns on high  
with the Holy Spirit  
proceeding forth from each  
eternally, be salvation,  
honor, blessing, might and  
endless majesty. Amen.

## O SALUTARIS

O salutaris Hostia,  
Quae caeli pandis ostium:  
Bella premunt hostilia,  
Da robur, fer auxilium.  
Uni trinoque Domino  
Sit sempiterna gloria,  
Qui vitam sine termino  
Nobis donet in patria.  
Amen.

## TANTUM ERGO

Tantum ergo Sacramentum  
Veneremur cernui:  
Et antiquum documentum  
Novo cedat ritui:  
Praestet fides supplementum  
Sensuum defectui.

Genitori, Genitoque  
Laus et jubilatio,  
Salus, honor, virtus quoque  
Sit et benedictio:  
Procedenti ab utroque  
Compar sit laudatio. Amen.

## COME, CREATOR SPIRIT

Come, Holy Spirit, Creator  
come, from your bright  
heavenly throne!

Come, take possession of  
our souls, and make them  
all your own.

You who are called the  
Paraclete, best gift of God  
above, the living spring, the  
living fire, sweet unction,  
and true love!

You who are sevenfold in  
your grace, finger of God's  
right hand, His promise,  
teaching little ones  
to speak and understand!

O guide our minds with  
your blessed light,  
With love our hearts  
in flame. And with your  
strength which never decays  
confirm our mortal frame.

Far from us drive our  
deadly foe true peace unto  
us bring, and through all  
perils lead us safe beneath  
your sacred wing.

## VENI CREATOR SPIRITUS

Veni Creátor Spiritus,  
Mentes tuórum vísita;  
Imple supérna grátia  
Quae tu creásti péctora.

Qui díceris Paráclitus,  
Donum Dei altíssimi,  
Fons vivus, ignis cáritas,  
Et spiritalís únctio.

Tu septifórmis múnere,  
Dextrae Dei tu dígitus,  
Tu rite promíssum Patris,  
Sermóne ditans gúttura.

Accénde lumen sénsibus,  
Infúnde amórem córdibus,  
Infirma nostri córporis  
Virtúte firmans pérpeti.

Hostem repéllas lóngius,  
pacémque dones prótinus;  
Ductóre sic te praevio,  
Vitémus omne nóxium.

Through you may we the  
Father know,  
Through you the eternal  
Son  
And you the Spirit of them  
both  
Thrice-blessed three in one.  
All glory to the Father be,  
And to the risen Son;  
The same to you, O  
Paraclete,  
While endless ages run.  
Amen.

## COME HOLY SPIRIT

Come Holy Spirit, send  
forth from heaven above  
your radiant light.  
Come, Father of the poor.  
Come, giver of all gifts.  
Come, light of our hearts.  
Most perfect Consoler,  
sweet guest of the soul.  
Come with your refreshing  
peace.  
You, in toil, are comfort  
sweet;  
Pleasant coolness in the  
heat; solace in the midst of  
pains.

Per te sciámus da Patrem,  
Noscámus atque Fílium,  
Te utriúsque Spíritum  
Credámus omni témpore.

Deo Patri sit glória,  
Et Fílio quia mórtuis,  
Surréxit, ac Paráclito,  
In saeculórum saecula.  
Amen.

## VENI, SANCTE SPIRITUS

Veni, Sancte Spiritus,  
et emitte caelitus  
lucis tuae radium.  
Veni, pater pauperum,  
veni, dator munerum  
veni, lumen cordium.  
Consolator optime,  
dulcis hospes animae,  
dulce refrigerium.  
In labore requies,  
in aestu temperies  
in fletu solatium.

O light most blessed, Light  
Divine  
Come and visit the heart of  
your faithful.  
Without your divine power,  
nothing is in me, nothing  
but sin.  
Come, wash what is soiled;  
water what is dry;  
heal what is wounded.  
Come, soften what is stiff;  
warm up what is cold;  
straighten what is crooked.  
Grant to your faithful who  
confide only in you,  
your holy gifts.  
Give us comfort when we  
die, give us life with you on  
high.  
Give us joy that never end.  
Amen.

O lux beatissima,  
reple cordis intima  
tuorum fidelium.  
Sine tuo numine,  
nihil est in homine,  
nihil est innoxium.  
Lava quod est sordidum,  
riga quod est aridum,  
sana quod est saucium.  
Flecte quod est rigidum,  
fove quod est frigidum,  
rege quod est devium.  
Da tuis fidelibus,  
in te confidentibus,  
sacrum septenarium.  
Da virtutis meritum,  
da salutis exitum,  
da perenne gaudium,  
Amen.

## OUR FAITH

### THE SEVEN GIFTS OF THE HOLY SPIRIT

- |                  |                     |
|------------------|---------------------|
| 1. Wisdom        | 5. Knowledge        |
| 2. Understanding | 6. Piety            |
| 3. Counsel       | 7. Fear of the Lord |
| 4. Fortitude     |                     |

### THE FRUITS OF THE HOLY SPIRIT

- |             |                 |
|-------------|-----------------|
| 1. Charity  | 6. Goodness     |
| 2. Joy      | 7. Faithfulness |
| 3. Peace    | 8. Gentleness   |
| 4. Patience | 9. Self-control |
| 5. Kindness |                 |

### THE THREE THEOLOGICAL VIRTUES

- |          |         |            |
|----------|---------|------------|
| 1. Faith | 2. Hope | 3. Charity |
|----------|---------|------------|

### THE FOUR CARDINAL VIRTUES

1. Prudence
2. Justice
3. Fortitude
4. Temperance

## **THE SEVEN CORPORAL WORKS OF MERCY**

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

## **THE SEVEN SPIRITUAL WORKS OF MERCY**

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the afflicted.
5. Forgive offenses.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

## **THE SEVEN CAPITAL SINS**

- |                 |             |
|-----------------|-------------|
| 1. Pride        | 5. Gluttony |
| 2. Covetousness | 6. Envy     |
| 3. Lust         | 7. Sloth    |
| 4. Anger        |             |

## THE FOUR LAST THINGS

1. Death
2. Judgment
3. Hell
4. Heaven

## THE BEATITUDES

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are they who mourn, for they will be comforted.
3. Blessed are the meek, for they will inherit the earth.
4. Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
5. Blessed are the merciful, for they will be shown mercy.
6. Blessed are the pure of heart, for they will see God.
7. Blessed are the peacemakers, for they will be called children of God.
8. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

## TABLE OF CONTENTS

Introduction .....	1
Abbreviations .....	3
<b>EVERY DAY</b> .....	4
<b>Morning</b> .....	5
Morning Offering to the Heart of Jesus .....	6
Liturgy of the Hours .....	6
Office of Readings .....	7
Morning Prayer .....	7
Meditation .....	7
Prayer for Meditation .....	7
Thanksgiving Prayer at the End of Meditation, if Celebration of Holy Eucharist does not Follow .....	8
Lectio Divina .....	9
Celebration of the Eucharist .....	9
Prayer after the Holy Mass.....	9
Rosary .....	10
The Mysteries of the Holy Rosary .....	11
Litany of the Blessed Virgin Mary of Loreto .....	12
Litany of Mary, the Queen .....	15
Prayer of the Religious Family .....	17
Prayer to the Holy Family .....	17
Prayer for Vocations .....	18
Invocation of God's Blessing of the Day .....	18
<b>Midday</b> .....	19
Midday Prayer .....	19
Particular Examination of Conscience .....	19
Introductory Prayer to Particular Examination	

of Conscience .....	19
Prayer for the Dead .....	20
Meal Prayers .....	21
Before Meals .....	20
Ordinary Time .....	21
Advent .....	21
Christmas .....	21
Lent .....	22
Easter .....	22
After Meals .....	23
Ordinary Time .....	23
<b>Afternoon</b> .....	23
Community Spiritual Reading .....	23
Prayer Before the Reading .....	24
At the End of the Reading .....	24
Eucharistic Adoration .....	24
Prayer for Eucharistic Adoration.....	25
The Divine Praises .....	25
Prayer for Blessing .....	26
Celebration of Vespers According to the Divine Office .....	26
<b>Evening</b> .....	27
Prayer to St. Joseph .....	27
Prayer to St. Vincent .....	28
Compline .....	28
<b>EVERY WEEK</b> .....	29
Community Meeting .....	30
Sacrament of Reconciliation .....	31

Acts of the Penitent .....	31
Prayers of the Penitent .....	32
Act of Contrition .....	32
Personal Thanksgiving .....	32
Communal Penitential Celebration.....	32
<b>EVERY MONTH .....</b>	<b>33</b>
Spiritual Retreat .....	33
Elements of Spiritual Retreat .....	33
Prayer to Begin the Retreat .....	33
Prayer to Prepare for a Good Death .....	34
Significant Days of the Month .....	35
First Thursday of the Month .....	35
Prayer for the Supreme Pontiff and for Priests ...	35
Prayer to Increase Charity in Us .....	36
First Friday of the Month .....	37
Prayer for Reparation to the Sacred Heart .....	37
Litany of the Sacred Heart .....	38
Way of the Cross .....	40
First Saturday of the Month .....	41
Prayer for Reparation to the Immaculate Heart of Mary .....	41
11 <sup>th</sup> Day of the Month	
Memorial of the Foundation of the Institute.....	42
Prayer for Vocations .....	42
20 <sup>th</sup> Day of the Month	
Day of Prayer for Mission Ad Gentes .....	43
30 <sup>th</sup> Day of the Month	
Day of Prayer for the Witnesses of Faith .....	44
Prayer for Christians Who Suffer Persecution ....	44

<b>ANNUAL PRACTICES</b> .....	45
Spiritual Exercises .....	45
Day of Fraternity .....	45
January 01	
Solemnity of Mary, Most Holy Mother of God .....	46
Come O Holy Spirit .....	46
Come, O Creator Spirit .....	46
Prayer to Mary, Mother and Queen .....	46
Prayer for World Peace .....	47
January 06	
Epiphany of the Lord .....	48
Formula for the of Renewal of Vows .....	48
Prayer for All Peoples .....	49
January 18-25	
Eight-Day Prayer for the Unity of Christians .....	49
Suggestions for Biblical Reflection .....	49
Prayers of Intercession .....	50
January 24	
Saint Francis de Sales .....	51
Triduum .....	51
January 29	
Giovanni Battista Leonardi .....	53
February 2	
Presentation of the Lord - Feast of Consecrated Life ...	54
She, the Virgin .....	54
Thanksgiving for the Gift of Consecrated Life .....	55
February 11	
Blessed Virgin Mary of Lourdes .....	57
Prayer for the Sick .....	57
March 19	
St. Joseph Spouse of the Blessed Virgin Mary .....	57

Prayer to St. Joseph .....	57
Litany of St. Joseph .....	59
Lent .....	60
Ash Wednesday .....	61
Fridays of Lent .....	61
Way of the Cross .....	61
First Station – Jesus is Condemned to Death ....	62
Second Station – Jesus Carries the Cross .....	63
Third Station – Jesus Falls the First Time .....	64
Fourth Station – Jesus Meets His Afflicted Mother .....	66
Fifth Station – Simon of Cyrene Helps Jesus to Carry His Cross .....	67
Sixth Station – Veronica Wipes the Face of Jesus .....	68
Seventh Station – Jesus Falls the Second Time ...	69
Eight Station – Jesus Meets the Women of Jerusalem .....	70
Ninth Station – Jesus Falls the Third Time .....	71
Tenth Station – Jesus is Stripped of His Garments .....	72
Eleventh Station – Jesus is Nailed to the Cross ...	73
Twelfth Station – Jesus Dies on the Cross .....	74
Thirteenth Station – Jesus is Taken from the Cross .....	76
Fourteenth Station – Jesus is Laid in the Tomb...	77
Fifteenth Station – The Resurrection of Jesus ....	78
Holy Week .....	79
Paschal Triduum .....	79
Holy Thursday .....	80
Good Friday .....	80
Holy Saturday .....	80

Paschal Vigil .....	81
Resurrection .....	81
Second Sunday of Easter . .....	81
Pentecost Sunday .....	82
Sequence of the Holy Spirit .....	82
Gifts and Fruits of the Holy Spirit .....	83
Solemnity of the Body and Blood of Christ .....	83
Feast of the Sacred Heart of Jesus .....	84
Consecration of the Congregation to the Sacred Heart of Jesus .....	84
Feast of the Immaculate Heart of Mary .....	85
Act of Consecration to the Immaculate Heart of Mary.....	85
May	
Love for Mary .....	86
May 8	
Blessed Virgin Mary of Pompei.....	87
May 9	
1734-The First Seven Sisters Begin the Communal Life .....	89
June 11	
Birth of the Congregation – Approval of the Decree of Foundation .....	90
September 27	
St. Vincent de Paul.....	90
Triduum of St. Vincent .....	91
Prayer of the Vincentians .....	92
November 1	
Commemoration of All Saints.....	93
November 2	
Commemoration of All the Faithful Departed .....	94
November 4	

Fr. Pietro de Luigi, Archpriest .....	94
December 8	
Immaculate Conception .....	96
Advent .....	96
Christmas .....	96
Feast of the Holy Family of Jesus, Mary and Joseph ...	97
<b>APPENDIX</b> .....	<b>98</b>
Lectio Divina .....	99
Communal Penitential Celebration .....	100
Rite of Reconciliation .....	101
Novena Prayer in Preparation for Marian Feasts	
Day 1: Mary, Full of Grace.....	105
Day 2: Mary, the Lady of the Yes .....	106
Day 3: Mary, Messenger of Love .....	107
Day 4: Mary, Mother of the Incarnate Word.....	107
Day 5: Mary, the Virgin Who Offers .....	108
Day 6: Mary, Queen of Martyrs .....	109
Day 7: Mary, Powerful Mediatrix .....	110
Day 8: Mary, Mother of the Church .....	111
Day 9: Mary, in Glory with Christ.....	111
The Chaplet of the Divine Mercy .....	112
Novena Prayer to the Sacred Heart of Jesus .....	113
Litany of the Saints .....	115
Modality of Suffrage .....	117
Christian Prayers	
Sign of the Cross .....	118
Our Father .....	118
Hail Mary .....	118
Glory Be .....	119
The Nicene Creed .....	119

The Apostles' Creed .....	121
Angel of God .....	122
I Adore You .....	122
Act of Faith .....	122
Act of Hope .....	123
Act of Love .....	123
Act of Contrition .....	123
Eternal Rest .....	124
Hail Holy Queen .....	124
Alma Redemptoris Mater .....	125
Ave Regina Caelorum .....	125
Under Your Protection .....	126
The Angelus .....	126
The Regina Coeli .....	128
Canticle of Mary .....	129
Canticle of Zechariah .....	130
The Te Deum .....	131
De Profundis .....	133
Agimus Tibi Gratias .....	134
Soul of Christ .....	135
Sing my Tongue, Acclaim Christ Present .....	135
O Salutaris .....	137
Tantum Ergo .....	137
Come, Creator Spirit .....	138
Come, Holy Spirit.....	139
Our Faith	
The Seven Gifts of the Holy Spirit .....	141
The Fruits of the Holy Spirit .....	141
The Three Theological Virtues .....	141
The Four Cardinal Virtues .....	141
The Seven Corporal Works of Mercy .....	142
The Spiritual Works of Mercy .....	142

The Seven Capital Sins .....	142
The Four Last Things .....	143
The Beatitudes .....	143