

# *Prayers & Practices*

## ACT OF CONTRITION

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

## 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.

## COME, HOLY SPIRIT

Come, O Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit, and they shall be created. And you shall renew the face of the earth.

## GLORY BE

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

## FATIMA PRAYER

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

## SIGN OF THE CROSS

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

## NICENE CREED

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages.

God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made.

For us men and for our salvation he came down from heaven, and [bow] *by the Holy Spirit was incarnate of the Virgin Mary, and became man.*

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.

I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

## APOSTLES' CREED

I believe in God, the Father almighty,

Creator of heaven and earth,

and in Jesus Christ, his only Son, our Lord,

who was conceived by the Holy Spirit,

born of the Virgin Mary,

suffered under Pontius Pilate,

was crucified, died and was buried;

he descended into hell;

on the third day he rose again from the dead;

he ascended into heaven,

and is seated at the right hand of God, the Father almighty;

from there he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church,

the Communion of Saints, the forgiveness of sins,

the resurrection of the body, and life everlasting.

Amen.

## OUR FATHER (Lord's Prayer)

Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses, as we forgive those who trespass against us and lead us not into temptation, but deliver us from evil. Amen.

## GUARDIAN ANGEL

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

### 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, most gracious advocate, your eyes of mercy toward us, and after this exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

### HAIL MARY

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

### A MORNING PRAYER

O my God, I offer you this day, all I do and think and say. In union with what was done, on earth by Jesus Christ, your Son. Amen.

### A PRAYER OF GRACE BEFORE MEALS

Bless us O Lord, and these thy gifts, which we are about to receive, from thy bounty, through Christ, our Lord. Amen.

### BENEDICTUS (Canticle of Zechariah: Luke 1:68-79)

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; 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. Glory 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.

### BEATITUDES (Mt 5:3-12)

Blessed are the poor in spirit, for theirs is the Kingdom of Heaven.  
Blessed are they who mourn, for they will be comforted.  
Blessed are the meek, for they will inherit the earth.  
Blessed are they who hunger and thirst for righteousness, for they will be satisfied.  
Blessed are the merciful, for they will be shown mercy.  
Blessed are the pure of heart, for they will see God.  
Blessed are the peacemakers, for they will be called children of God.  
Blessed are those who are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven.

### MAGNIFICAT (Canticle of Mary: Luke 1:46-55)

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.

### AN EVENING PRAYER

God, our Father, this day is done. We ask you and Jesus Christ, your Son, that with the Spirit, our welcome guest, you guard our sleep and bless our rest. Amen.

### A PRAYER OF GRACE AFTER MEALS

We give you thanks, almighty God, for these and all your gifts which we have received through Christ, O Lord. Amen.

### TEN COMMANDMENTS

1. I am the LORD your God. You shall worship the Lord your God and him only shall you serve.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Sabbath day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.



## HOLY DAYS OF OBLIGATION

- Solemnity of Mary, the Mother of God* - January 1
- Solemnity of the Ascension* - Seventh Sunday of Easter
- Solemnity of the Assumption of the Blessed Virgin* - August 15
- Solemnity of All Saints* - November 1
- Solemnity of the Immaculate Conception* - December 8
- Solemnity of the Nativity of our Lord, Jesus Christ* - December 25

The National Conference of Catholic Bishops decided at their November 1991 meeting that whenever January 1, the Solemnity of Mary Mother of God or August 15, the feast of the Assumption of the Blessed Virgin or November 1, the Feast of all Saints falls on a Saturday or a Monday, the precept to celebrate Mass is dispensed. The Congregation for Bishops confirmed the action on July 4, 1992.

Although the obligation to celebrate Mass when these three holy days fall on a Saturday or Monday is abolished, parishes are to continue to observe these holydays by scheduling one or more Masses at a convenient time so that people who wish to participate are able to do so.

## MAJOR FEASTS OF THE BLESSED MOTHER

- Immaculate Conception* - December 8
- Mary, Mother of God* - January 1
- Immaculate Heart of Mary* - Saturday after Sacred Heart of Jesus
- Assumption* - August 15

## PRECEPTS OF THE CHURCH

1. You shall attend \*Mass on Sundays and on Holy Days of Obligation and remain free from work or activity that could impede the sanctification of such days.
2. You shall confess your sins at least once a year.
3. You shall receive the Sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

*\*Attendance at Mass every Sunday is an obligation of the baptized.*

## PRINCIPLES OF CATHOLIC SOCIAL TEACHING

1. Life and Dignity of the Human Person
2. Call to Family, Community, and Participation
3. Rights and Responsibilities
4. Option for the Poor and Vulnerable
5. The Dignity of Work and the Rights of Workers
6. Solidarity
7. Care for God's Creation

## SEVEN SACRAMENTS

1. Baptism
2. Confirmation
3. Holy Eucharist
4. Penance and Reconciliation
5. Anointing of the Sick
6. Holy Orders
7. Matrimony

## GIFTS OF THE HOLY SPIRIT

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

## MAJOR FEASTS OF THE LORD

- Nativity of the Lord* - December 25
- Holy Family* - Sunday within the octave of Christmas or December 30 if no such Sunday exists
- Epiphany* - Sunday between January 2 and January 8 inclusive
- Baptism of the Lord* - Sunday after January 6 unless that Sunday is Epiphany in which case the Baptism of the Lord is not observed
- Presentation* - February 2
- Annunciation* - March 25
- Easter* - First Sunday after the first full moon after March 21
- Ascension* - Seventh Sunday of Easter
- Trinity* - First Sunday after Pentecost
- The Body and Blood of Christ* - Second Sunday after Pentecost
- Sacred Heart of Jesus* - Friday after Body and Blood of Christ
- Transfiguration* - August 6
- Triumph of the Cross* - September 14
- Christ the King* - Last Sunday of Ordinary Time

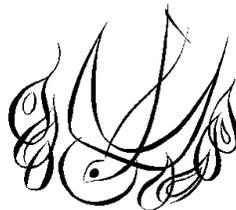
## WORKS OF MERCY

### Corporal

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.

### Spiritual

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.



## FRUITS OF THE HOLY SPIRIT

1. Charity
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Generosity
8. Gentleness
9. Faithfulness
10. Modesty
11. Self-control
12. Chastity