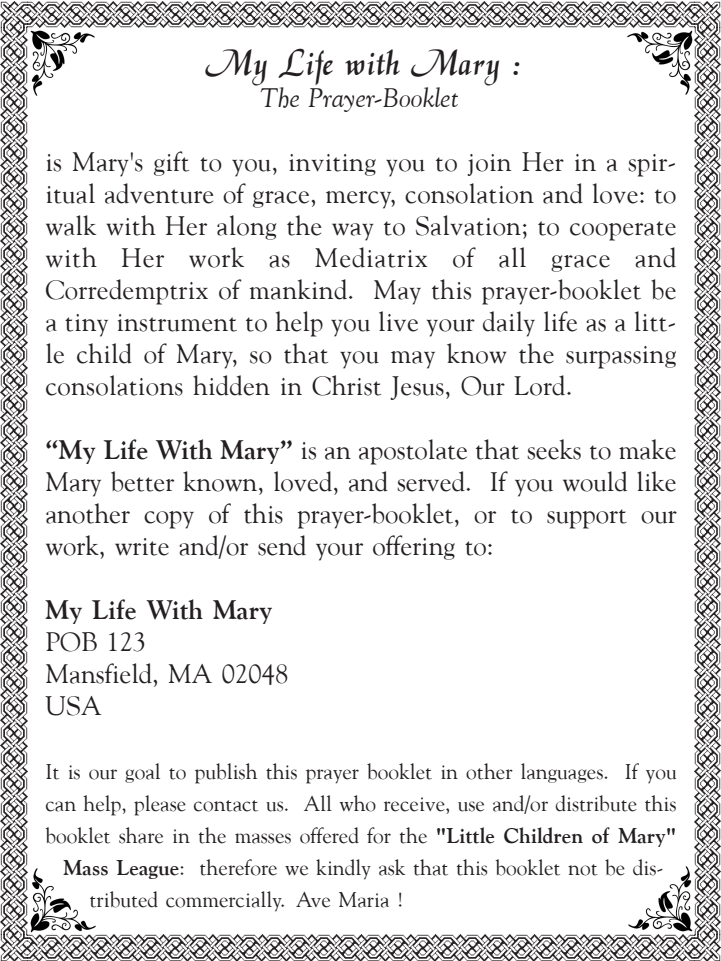




My Life With Mary

a book of daily

prayers



My Life with Mary :
The Prayer-Booklet

is Mary's gift to you, inviting you to join Her in a spiritual adventure of grace, mercy, consolation and love: to walk with Her along the way to Salvation; to cooperate with Her work as Mediatrix of all grace and Corredemptrix of mankind. May this prayer-booklet be a tiny instrument to help you live your daily life as a little child of Mary, so that you may know the surpassing consolations hidden in Christ Jesus, Our Lord.

“My Life With Mary” is an apostolate that seeks to make Mary better known, loved, and served. If you would like another copy of this prayer-booklet, or to support our work, write and/or send your offering to:

My Life With Mary
POB 123
Mansfield, MA 02048
USA

It is our goal to publish this prayer booklet in other languages. If you can help, please contact us. All who receive, use and/or distribute this booklet share in the masses offered for the **"Little Children of Mary"**

Mass League: therefore we kindly ask that this booklet not be distributed commercially. Ave Maria !

Morning Prayers

In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

The Angelus

first recited in a Franciscan Monastery in Tuscany, circa A.D. 1245

V. The Angel of the Lord declared unto Mary.

R. And She conceived by the power of the Holy Ghost.

Hail Mary . . . (See page 12)

V. Behold the handmaid of the Lord:

R. Let it be done unto me according to thy word.

Hail Mary . . .

V. And the Word was made flesh,

R. And dwelt amongst us.

Hail Mary . . .

V. Pray for us, O Holy Mother of God:

R. That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech Thee, O Lord our God, Thy grace into our hearts, that we to whom the Incarnation of Christ Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection: through the same Christ, Our Lord. Amen.

Prayers to the Most Holy Trinity
Revealed by the Angel of Peace at Fatima

O my God, I believe in Thee, I adore Thee, I hope in Thee, and I love Thee! — I ask pardon for those who do not believe in Thee, do not adore Thee, do not hope in Thee, and do not love Thee! (3x)

O Most Holy Trinity, Father, Son and Holy Ghost, I adore Thee profoundly, and I offer Thee the Most Precious Body, Blood, Soul and Divinity of Our Lord Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifference with which He is offended. And through the infinite merits of His Most Sacred Heart and of the Immaculate Heart of Mary, I beg of Thee the conversion of poor sinners! Amen.

Daily Offering

O Jesus! I offer Thee this day and all that I will do and suffer in it, for the love of Thee, for the Holy Father, for the conversion of sinners, and in reparation for the outrages committed against the Immaculate Heart of Mary.

O Jesus! for love of Thy Most Holy Mother, grant me the grace to love Thee as She does: above all things, so that I may do Thy Holy Will better, this day and all days! I thank Thee for having blessed me with so many graces in my life, and in particular that Thou has granted me the grace to see another day. I resolve to act solely to please Thee: for love of Thee and Thy Immaculate Mother. Amen.

O Jesus, living in Mary

O Jesus, living in Mary, come and live in us, in the spirit of Thy holiness, in the plenitude of Thy gifts, in the perfection of Thy ways, in the truth of Thy virtues, and in communion with Thy Mysteries. Reign in us, against all our menacing enemies, against the world, the flesh, and the Devil, by the power of Thy Holy Ghost, and for the glory of Thy Father. Amen.



O My Most Loving Mother

O my most loving Mother, Mary, as your little child I give you my hand: take it and guide me this whole day, so that I may do the Holy Will of God in all things: in fighting against the world, the flesh, and the Devil, in conquering by means of those graces which Thou dost give to all who humbly seek them from Thee.

Hence, I resolve to avoid the occasions of sin, mindful that Thou dost give grace not so that I may be invincible when I would want, nor that I might love the things of this world, but so that as your little child I might love God above all things, with a pure and humble heart, knowing that without God and your charitable intercession I am good for nothing.

O my Mother, I intend to gain all the indulgences which I can, today and all days, and I give them to Thee, for the poor souls in Purgatory. I ask Thee for all the graces necessary for the eternal salvation of myself and of poor sinners. Forgive me for all my trespasses and teach me to walk in the way of salvation. Carry me to Heaven and be with me all the days of my life. Amen.

Spiritual Communion with Mary

O Immaculate Queen of Heaven and Earth, Mother of God and Mediatrix of every grace: I believe that Thy dearly beloved Son, Our Lord Jesus Christ, is truly, really, and substantially contained in the Most Blessed Sacrament. I love Him above all things and I long to receive Him into my heart. Since I cannot now receive Him sacramentally, be so good as to place Him spiritually in my soul. (*moment of silence*) O my Jesus, I embrace Thee as One who has already come, and I unite myself entirely to Thee: never permit me to be separated from Thee. Amen.

Prayer to our Guardian Angel

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

Jesus, Mary and Joseph,
I love You, save souls!

Sacred Hearts of Jesus and Mary,
bless us and keep us!

Evening Prayers

In the Name of the Father, of the Son, and of the Holy Ghost. Amen.

Hail Mary . . . (3x)

Make an Examination of Conscience & say:

An Act of Contrition

O My God, I am heartily sorry for having offended Thee, and I detest all my sins, not only because by them I have merited the loss of Heaven and the pains of Hell, but most of all because I have offended Thee, My Lord and God, who art infinitely Good and worthy of infinite love. Therefore, trusting in the intercession of the Blessed Virgin Mary, I firmly resolve to sin no more, to avoid the near occasions of sin, and to do penance for them. Amen.

Prayer to Saint Michael, the Archangel

St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the Devil. May God rebuke him, we

humbly pray, and do thou, O Prince of the Heavenly Host, by the power of God, cast into Hell Satan and all the other evil spirits, who prowl about the world seeking the ruin of souls. Amen.

O my Sovereign Lady!

O my Sovereign Lady! O my Mother! I offer myself entirely to Thee, and to prove my devotion, I consecrate to Thee my eyes, ears, mouth, heart, and my entire being. Since I belong to Thee, O good Mother, guard me and defend me as Thy very own property and possession. Amen.

Jesus, Mary and Joseph, I thank You for all the graces which You have deigned to grant me today. And I ask pardon for all my infidelities.

Invocation of the Holy Ghost

Come Holy Ghost, fill the hearts of Thy faithful and enkindle in them the fire of Thy love: Send forth Thy Spirit, and they shall be recreated, and Thou shalt renew the face of the earth. — And please grant us, O Lord and Vivifier of souls, the grace to live solely and purely for love of Thee, no matter what the cost. Amen.

Hail Mary . . .

Prayers to the Most Holy Trinity
Revealed by the Angel of Peace at Fatima

O my God, I believe in Thee, I adore Thee, I hope in Thee, and I love Thee! — I ask pardon for those who do not believe in Thee, do not adore Thee, do not hope in Thee, and do not love Thee! (3x)

O Most Holy Trinity, Father, Son and Holy Ghost, I adore Thee profoundly, and I offer Thee the Most Precious Body, Blood, Soul and Divinity of Our Lord Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifference with which He is offended. And through the infinite merits of His Most Sacred Heart and of the Immaculate Heart of Mary, I beg of Thee the conversion of poor sinners! Amen.

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I love Him above all things and I long to receive Him into my heart. Since I cannot now receive Him sacramentally, be so good as to place Him spiritually in my soul. (*moment of silence*) O my Jesus, I embrace Thee as One who has already come, and I unite myself entirely to Thee: never permit me to be separated from Thee. Amen.



A Prayer for a Holy Death

O Mary, conceived without sin, pray for us who have recourse to Thee! O Refuge of sinners, Mother of those in agony, do not let us be abandoned in the hour of our death; but obtain for us, then, a perfect sorrow, a sincere contrition, and the remission of our sins, the grace to receive worthily the Holy Viaticum and to be strengthened by the Last Rites, so that we may be presented with every assurance of mercy, before the throne of the most just Judge, Our God and Redeemer. Amen.

O Glorious Saint Joseph,
in the hour of our death, pray for us!

The 15 Promises of the Blessed Virgin to those who say the Rosary

According to Bl. Alan de la Roche, O. P.

1. Devotion to the Most Holy Rosary is a great sign of predestination. —
2. Whoever will recite the Rosary devoutly and persevere in this devotion will have his prayers heard. —
3. Those who propagate My Rosary will be protected by Me from all evils. —
4. Persevere in saying My Rosary and I will come to aide thee and all those souls who serve Me in this devotion. —
5. He who piously recites the Rosary, by meditating on the Mysteries, will be converted, if he be a sinner. —
6. Those who recite My Rosary, will, during their life and at their death, find comfort and light. —
7. He who recommends himself to Me by means of the Rosary will not perish forever. —
8. To those who recite My Rosary, I promise my special protection. —
9. Preach the Rosary: it is a most powerful weapon against Hell, and an impenetrable shield against the arrows of the Enemy. —
10. Whosoever will recite the Rosary devoutly, will, if he be just, grow in grace and become worthy of eternal life. —
11. I promise choice graces to those devoted to My Rosary. —
12. I will see that those who sing My praises by means of the Rosary receive light, liberty and a fullness of grace. —
13. Those truly devoted to My Rosary will not die without the Sacraments, nor will they lose consciousness or the ability to speak before they have confessed. —
14. I will be the special Mother of the children of My Rosary who are in Purgatory; each day I visit them to deliver many of them. —
15. The true children of My Rosary will be greatly glorified in Heaven.

The Most Holy Rosary

As Revealed to St. Dominic de Guzman, O. P.

To pray the Rosary: make the sign of the Cross and recite the Apostles Creed, the Our Father, three Hail Mary's, the Glory Be and the prayer "O My Jesus". Then for each of the 5 decades, announce the mystery, and then recite one Our Father, 10 Hail Mary's, the Glory Be and the prayer "O my Jesus". Then say the Hail Holy Queen; one may piously add the Litany of the Blessed Virgin and the Prayer to Saint Joseph.

The Apostles' Creed

from the Ancient Rite of Baptism of the Roman Church

I believe in One God, the Father Almighty, Creator of Heaven and Earth; and in Jesus Christ, His Only Son, Our Lord, who was conceived by power of the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into Hell and on the third day rose again; He ascended into Heaven and sits at the right hand of God the Father Almighty: from there He shall come to judge the living and the dead. I believe in the Holy Ghost, the Holy Catholic Church, in the Communion of the Saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

The Our Father

as taught by Our Lord Jesus Christ

Our Father, who art in Heaven, hallowed be Thy Name; Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from Evil. Amen.

The Hail Mary

from the Roman Breviary, approved by Pope St. Pius V in 1568

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.

The Glory Be

Glory be to the Father, to the Son, and to the Holy Ghost, as it was in the beginning, is now, and will be forever: World without end. Amen.

O My Jesus!

from the original text given by Sr. Lucia dos Santos

O my Jesus, forgive us our sins, save us from the fire of Hell; lead all poor souls to Heaven, especially those most in need of Thy mercy. Amen.

The Hail Holy Queen

by Bl. Herman the Cripple, O. S. B.

Hail Holy Queen, Mother of Mercy, our life, our sweetness, and our hope! To Thee do we cry, poor banished children of Eve; to Thee to we send up our sighs, mourning and weeping in this valley of tears! Turn then, O most gracious Advocate, Thine eyes of mercy toward us, and after this our exile, show unto us the blessed Fruit of Thy womb, Jesus: O clement, O loving, O sweet Virgin Mary!

V. Pray for us O Holy Mother of God,

R. That we may be made worthy of the promises of Christ.

Let us pray: O God, whose Only-Begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal salvation: grant we beseech Thee, that meditating on these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain and obtain what they promise, through the same Christ, Our Lord. Amen.

*An Our Father, Hail Mary, and Glory Be
for the Holy Father.*

The Joyful Mysteries
(Mondays and Thursdays)

1. The Annunciation of the Archangel Gabriel.
2. The Visitation of Mary to St. Elizabeth.
3. The Birth of Jesus at Bethlehem.
4. The Presentation of the Jesus in the Temple.
5. The finding of the Child Jesus.

The Sorrowful Mysteries
(Tuesdays and Fridays)

1. The Agony of Jesus in Gethsemane.
2. The Scourging of Jesus at the pillar.
3. The Crowning of Jesus with thorns.
4. The Carrying of the Cross to Calvary.
5. The Crucifixion and Death of Jesus.

The Glorious Mysteries
(Wednesdays and Saturdays)

1. The Resurrection of Jesus from the dead.
2. The Ascension of Jesus into Heaven.
3. The Descent of the Holy Spirit.
4. The Assumption of Mary, body and soul,
into Heaven.
5. The Coronation of Mary.

The Litany of the Most Blessed Virgin Mary

also known as “the Litany of Loreto”

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Christ, hear us.

Christ, graciously hear us.

God the Father of Heaven, have mercy on us.

God the Son, Redeemer of the world, etc. . . .

God the Holy Ghost, . . .

Holy Trinity, One God . . .

Holy Mary, pray for us.

Holy Mother of God, etc. . . .

Holy Virgin of virgins, . . .

Mother of Christ,

Mother of the Church,

Mother of divine grace,

Mother most pure,

Mother most chaste,

Mother inviolate,

Mother undefiled,

Mother most amiable,

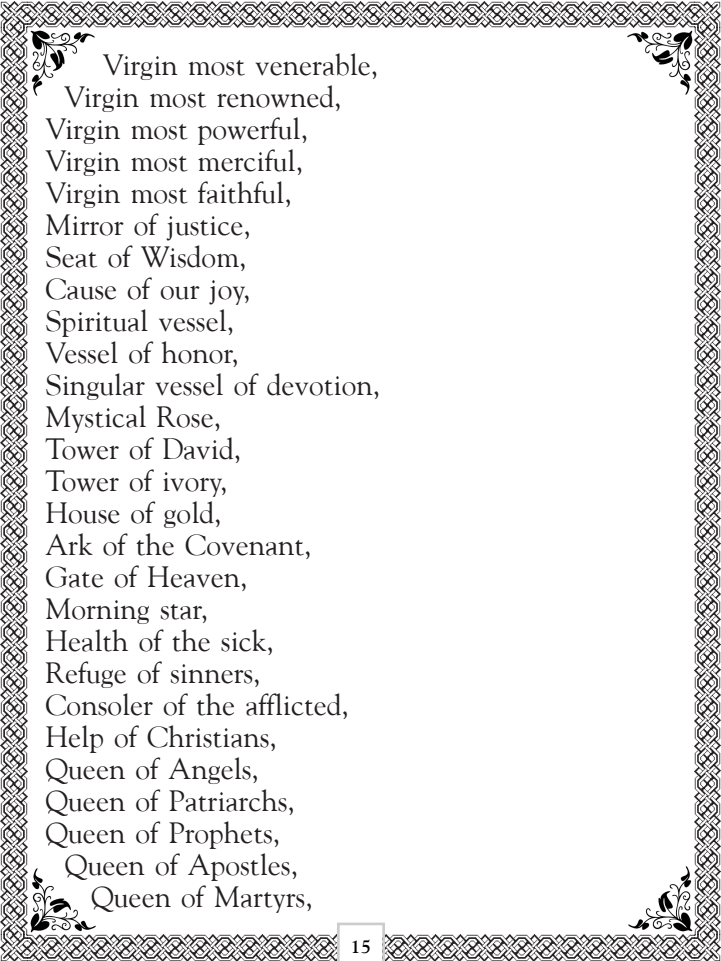
Mother most admirable,

Mother of good counsel,

Mother of our Creator,

Mother of our Savior,

Virgin most prudent,



Virgin most venerable,
Virgin most renowned,
Virgin most powerful,
Virgin most merciful,
Virgin most faithful,
Mirror of justice,
Seat of Wisdom,
Cause of our joy,
Spiritual vessel,
Vessel of honor,
Singular vessel of devotion,
Mystical Rose,
Tower of David,
Tower of ivory,
House of gold,
Ark of the Covenant,
Gate of Heaven,
Morning star,
Health of the sick,
Refuge of sinners,
Consoler of the afflicted,
Help of Christians,
Queen of Angels,
Queen of Patriarchs,
Queen of Prophets,
Queen of Apostles,
Queen of Martyrs,

Queen of Confessors,
Queen of Virgins,
Queen of All Saints,
Queen conceived without original sin,
Queen assumed into Heaven,
Queen of the Most Holy Rosary,
Queen of Peace,
Queen of (name of your country)

Lamb of God, who take away the sins of the world,
spare us, O Lord!

Lamb of God, who take away the sins of the world,
graciously hear us, O Lord!

Lamb of God, who take away the sins of the world,
have mercy on us!

V. Pray for us, O Holy Mother of God.

R. That we may be made worthy of the promises of
Christ.

Let us pray: Grant, we beseech Thee, O Lord our
God, that we, Thy servants, may be blessed with
continual health of soul and body, and by the glori-
ous intercession of Blessed Mary, ever-Virgin, be
delivered from present sorrow, and be brought to
the joy of eternal happiness, through the same
Christ, Our Lord. Amen.

*Prayer to St. Joseph,
patron of the Universal Church*

by Pope Leo XIII

To thee, O blessed Joseph, do we fly in our tribulation, and, having implored the help of thy most holy Spouse, we also now confidently implore thy holy patronage. We beseech thee by that charity, which united thee with the Immaculate Virgin, Mother of God, and we humbly pray thee by that fatherly love, with which thou didst embrace the Child Jesus, to look kindly upon the inheritance which Jesus Christ purchased by His Blood, and to come to help us in our necessities with thy virtue and powerful aid.

Defend, O most watchful Guardian of the Holy Family, the chosen offspring of Jesus Christ. Ward off from us, O most loving Father, every contagion of error and corruption. Be propitious to us from Heaven, O our most mighty Protector, in our struggle with the power of darkness; and as once thou didst rescue the Child Jesus from the greatest peril of His life, so now defend the Holy Church of God from the snares of Her enemies and from all adversity. Shield too, each one of us with thy constant protection, so that, supported by thy example and powerful aid, we may be able to live a holy life, die a holy death, and attain everlasting beatitude in Heaven. Amen.

Sub Tuum Praesidium

composed in the 3rd century

We fly unto Thy protection, O Holy Mother of God: despise not our prayers in our present necessities, but deliver us always from all danger, O Most Glorious and Blessed, Virgin Mary!

The Memorare

attributed to St. Bernard of Clairvaux, O. S. B.

Remember, O most gracious Virgin Mary, that never was it known, that anyone who fled to Thy protection, implored Thy assistance, or sought Thy intercession, was left unaided. Inspired by this confidence, we fly unto Thee, O Virgin of virgins, our Mother! To Thee do we come; before Thee do we stand, sinful and sorrowful. O Mother of the Word Incarnate, do not despise our petitions, but in Thy gracious mercy hear and answer us. Amen.



*He who prays, shall be saved;
he who prays not, shall be damned!*
(St. Alphonsus Maria de'Liguori, C. Ss. R.)

O Mother Most Sweet

by St. Padre Pio of Pietrelcina, O. F. M. Cap.

O Mother most sweet, make me love Jesus!
Pour into my soul that love which shone in Thine!
Purify my heart so that I may know how to love Thy
God and my God!
Purify my mind so that I may be able to adore Him
in spirit and truth!
Purify my body so that I may be His living
tabernacle!

A Salutation to Mary

by St. John Eudes, C. J. M.

Hail Mary, Daughter of God the Father;
Hail Mary, Mother of God the Son;
Hail Mary, Spouse of the Holy Ghost;
Hail Mary, Temple of the Most Holy Trinity.
Hail Mary, white Lilly of the resplendent and ever
unchanging Trinity.
Hail Mary, red Rose of Paradise.
Hail Mary, Virgin full of sweetness and humility,
from whom the King of Heaven willed to be
born and to suckle at the breast.
Hail Mary, Virgin of virgins.
Hail Mary, Queen of martyrs, who spent

Thy life for Heaven while on this earth.

Hail Mary, Queen of my heart, my sweetness, my
life and my entire hope.

Hail Mary, Mother most amiable.

Hail Mary, Mother most admirable.

Hail Mary, Mother of fair love.

Hail Mary, Mother of mercy.

Hail Mary, conceived without sin.

Thou art full of grace, the Lord is with Thee;
blessed art Thou among all women, and blessed is
the fruit of Thy womb, Jesus.

Blessed be Thy spouse, Saint Joseph.

Blessed be Thy father, Saint Joachim.

Blessed be Thy mother, Saint Anne.

Blessed be Thy adopted son, Saint John.

Blessed be Thy angel, Saint Gabriel.

Blessed be the Eternal Father who elected Thee.

Blessed be Thy Son, who has loved Thee.

Blessed be the Holy Ghost, who has espoused Thee.

And blessed forever be those who love Thee and
bless Thee.

O Blessed Virgin, bless us all, in the Name of Thy
dear Son. Amen.

A Prayer of St. Bernard of Clairvaux

O Blessed Virgin, grant that we may come to Thy Son through Thee, who hast found grace, engendered life, and art the Mother of salvation. Grant that He may receive us through Thee, He to whom we were given through Thee. May Thy wholesomeness excuse our corruption before Him; may Thy humility, so agreeable to God, obtain pardon for our vanity; may the abundance of Thy charity cover the multitude of our sins; and may Thy glorious fruitfulness, cause in us the fruitfulness of merit.

Oh, our Sovereign Lady, our Mediatrix, our Advocate: reconcile us with Thy Son; recommend us to Thy Son; present us to Thy Son!

O Blessed Virgin, through the grace which Thou hast found before God, through the favor which Thou didst merit, through the mercy which He hast granted Thee, grant that He, who, through Thee deigned to partake of our infirmity and misery, may make us, through Thee, share in His glory and beatitude: Jesus Christ, Thy Son and Our Lord, who is above all, God blessed forever and ever. Amen.

A Salutation to the Immaculate

*For the 150th Anniversary of
the Dogma of the Immaculate Conception*

○ Immaculate Virgin Mary, Mother of God and Our Mother: Queen of Heaven and Earth, Mediatrix of every grace! Thou through whom dost shine the whole splendor and magnificence of the Trinity!

○ Fount of Light!

○ Light of all lights!

○ shining Brightness of the Eternal Light!

○ spotless Mirror of the Divine Majesty!

○ Window upon the Divine Nature!

○ Portal opening unto Eternity!

○ blessed Gate of Heaven!

○ Doorway thru which has shone the Light of men!

○ Door of the Most High King!

○ Horizon out of which is arisen the Sun of Justice!

○ Promontory above the Ocean of Divinity!

○ Watchtower before the blazing Majesty of God!

○ Star of the Sea!

○ Star of Heaven, who alone has crushed all the Stars fallen from Heaven!

○ Morning Star, who has merited to usurp the name of the first fallen Star!

Thou who dost now gaze upon the wondrous abundance of the Divine Vision, as the One closer to

the Face of God than all creatures!

Rejoice O Thou, who has borne the Clarity of the
Eternal Light!

Rejoice, O glorious and mystical City of God!

Rejoice, O Thou, who art more glorious than the Sun,
more beautiful than the Moon, who dost shine
more golden than the dawn, more brightly than
the stars.

Rejoice O Mother of the Lamb, the Light of the City of
God, who has made Thee shine forever with His own
incomparable Light!

Rejoice, O Immaculate Virgin, who dost hold the Light
of God in the palms of Thy hands, who dost behold
the Child Jesus, the Eternal Light, in wondrous glory
for all eternity!

Rejoice O Most Blessed Virgin, for it is through Thee that
all the Angels of Heaven and all the Choirs of the
Elect art enlightened and filled with the
Incomparable Radiance!

O Immaculate Mother, lead us to Heaven,
inflame us with the Divine Love, let shine
upon us that same light of glory which Thou
dost behold forever! Let us see What Thou
dost see and gaze upon Him in Trinity, that we
may share the fullness of Thy Heart's joy
forever! Let it be! Let it be! Amen.

Act of Unlimited Consecration to the Immaculate

by St. Maximilian Maria Kolbe, O.F.M. Conv.

O Immaculate, Queen of Heaven and Earth, refuge of sinners and our most loving Mother, to whom there has been confided by God the whole order of Mercy: I prostrate myself before Thee, poor sinner that I am, and I supplicate Thee humbly to accept my entire being as your property and possession, and to do with me and with all the faculties of my soul and body, with my entire life, my death and my eternity, whatsoever may please Thee. — Do with me as Thou would, so as to realize what is written of Thee: “She shall crush your head;” and again: “Through Thee alone have all the heresies of the world been vanquished.” — May I be in Thy immaculate and most merciful hands a docile instrument to make Thee known and loved by so many tepid and mislead souls, and thus advance in the greatest manner possible the most holy Kingdom of Jesus Christ. — For in truth, where Thou hast gained entrance, Thou dost obtain the grace of the conversion and sanctification of souls, since all the graces, passing through Thy hands, gush upon all of us from the Sacred Heart of Jesus. Amen.

Act of Total Consecration to Mary

by Saint Louis-Marie de Montfort, S. M. M.

I, N. . . ., a faithless sinner, renew and ratify today in Thy hands, my Mother, the vows of my Baptism; I renounce forever Satan, his pomps and works; and I give myself entirely to Jesus Christ, the Incarnate Wisdom, to carry my cross after Him all the days of my life, and to be more faithful to Him than I have ever been before.

In the presence of all the Heavenly Court I choose Thee this day for my Mother and Mistress. I deliver and consecrate to Thee, as Thy slave, my body and soul, my goods, both interior and exterior, and even the value of all my good actions, past, present and future; leaving to Thee the entire and full right of disposing of me, and all that belongs to me, without exception, according to Thy good pleasure, for the greater glory of God, in time and in eternity. Amen.



*The way to God is Faith;
and no one advances without prayer!*

A Meditation on the "Our Father"

by St. Francis of Assisi, O. F. M.

O Most Holy **Our Father**: Creator, Redeemer, Consoler and Our Savior.

Who art in Heaven: in the Angels and in the Saints; enlightening them unto knowledge, because Thou, Lord, art Light, inflaming them unto love, because Thou, Lord, art Love; indwelling and filling them unto blessedness, because Thou, Lord, art the Highest Good, the Eternal One, from whom is every good, without whom nothing is good.

Hallowed be Thy Name: may the knowledge of Thee in us be made bright, so that we may know, what is the breadth of Thy benefactions, the length of Thy promises, the sublimity of Thy Majesty and the depth of Thy judgments.

Thy Kingdom come: so that Thou may reign in us by grace and make us come unto Thy Kingdom, where vision of Thee is made manifest, love of Thee made perfect, company with Thee blessed, enjoyment of Thee everlasting.

Thy Will be done on Earth as it is in Heaven: so that we may love Thee with our whole heart by thinking of Thee always, with our whole soul by desiring Thee always, with our whole mind directing unto Thee all our inten-

tions, by seeking Thy honor in all things and with all our strength by expending all our strength and sense of soul and body in submission to Thy love and not in anything else; and may we love our neighbors even as our very selves by drawing all to Thy love to the extent of our strength, by rejoicing over the good things of others just as over our own and by compassionating them in evils and by giving offense to no one.

Give us this day, Thy Beloved Son, Our Lord Jesus Christ, Our Daily Bread: to remember and understand and reverence the love, which He had for us, and those things, which He said, did, or endured on our behalf.

And forgive us our debts: by Thy ineffable Mercy, and through the virtue of the Passion of Thy Beloved son and by the merits and intercession of the Blessed Virgin and all Thy elect.

As we also forgive our debtors: and what we do not fully forgive, Lord, make us fully forgive, so that we may truly love our enemies for the sake of Thee and intercede devoutly on their behalf with Thee, rendering to none evil for evil and striving in all things to advance unto Thee.

And lead us not into temptation: hidden or manifest, sudden or importune.

But deliver us from the evil: past, present, and future. — Glory be to the Father.

The Chaplet of the Immaculate Conception

popularized by a Capuchine Father of Lyon, France

The Chaplet or Little Crown of the Immaculate Conception is a mini-rosary made up of 3 large beads each followed by 4 small beads, prayed to thank God for the singular privilege of Mary's Immaculate Conception.

*The Chaplet is said in this manner: first say, “ **Blessed be the Holy, Immaculate and Most Pure Conception of the Blessed Virgin Mary, Mother of God!** ”, and then pray one Our Father on each large bead, and 4 Hail Mary's on each small bead, followed each time by a Glory Be.*



O Most Pure Virgin Mary,
grant us a chaste, pure and holy love!

O Queen of Angels and Men,
Show Thyself our Mother!

The Magnificat

composed by the Blessed Virgin Mary

English Translation from Douay-Rheims Challoner

My soul doth magnify the Lord,
And my spirit hath rejoiced in God my Saviour,
Because He hath regarded the humility of His hand-
maid: for behold, from henceforth all generations
shall call me blessed;
Because He that is mighty, has done great things to
me; and Holy is His Name.
And His mercy is from generation unto generations,
to them that fear Him.
He has shewed might in His Arm: He has scattered
the proud in the conceit of their heart.
He has cast down the mighty from their seat, and has
exalted the humble.
He has filled the hungry with good things, and the
rich He has sent empty away.
He has received Israel, His servant, mindful of His
mercy.
As He spoke to our fathers, to Abraham and to his
seed, for ever.

*O Mary conceived without sin, pray for us who have
recourse to Thee, and for all those who do not have recourse
to Thee, especially for the Freemasons.*

(Prayer of St. Maximilian Kolbe, O. F. M. Conv.)

How to Go to Confession

*First spend some time examining your conscience, to recall all the sins you have committed, as best you can, since the time of your last confession. Then enter the confessional, make the sign of the Cross and say, “**Bless me, Father, for I have sinned. It has been (indicate the time) since I made my last confession.**” Then mention all your sins according to kind, number, and circumstances, adding: “**And for these and all the sins of my life, even those which I cannot remember, I ask God’s forgiveness and pardon.**” Then, when the Priest asks you to, say the act of contrition:*

An Act of Contrition

O My God, I am heartily sorry for having offended Thee, and I detest all my sins, not only because by them I have merited the loss of Heaven and the pains of Hell, but most of all because I have offended Thee, My Lord and God, who art infinitely Good and worthy of infinite love. Therefore, trusting in the intercession of the Blessed Virgin Mary, I firmly resolve to sin no more, to avoid the near occasions of sin, and to do penance for them. Amen.

The Magnificent Promise of Our Lady of Fatima

given to Sr. Lucia dos Santos in A. D. 1917

“I promise to assist at the hour of death, with the graces necessary for salvation, all those who on the first Saturdays of five consecutive months, go to confession, receive Holy Communion, recite 5 decades of the Rosary, and keep Me company for a quarter of an hour, meditating on the 15 mysteries of the Rosary, with the purpose of making reparation to My Immaculate Heart.”

Table of Contents

Morning Prayers	p. 1
The Angelus	p. 1
The Fatima Prayers	p. 2
Daily Offering	p. 3
O Jesus, living in Mary	p. 3
O My Most Loving Mother	p. 4
Spiritual Communion with Mary	p. 5
Prayer to Guardian Angel	p. 5
Evening Prayers	p. 6
Prayer to Saint Michel the Archangel.	p. 6
O My Sovereign Lady.	p. 7

Invocation of the Holy Spirit	p. 7
Prayer to obtain a Holy Death	p. 9
15 Promises to those who say the Rosary.	p. 10
The Rosary	p. 11
The Hail Holy Queen	p. 13
The Mysteries of the Rosary.	p. 14
Litany of the Blessed Virgin Mary	p. 15
Prayer to Saint Joseph	p. 18
Sub Tuum	p. 19
Memorare	p. 19
O Mother most sweet, by Padre Pio.	p. 20
Salutation to Mary by Saint John Eudes	p. 20
Prayer of Saint Bernard	p. 22
Salutation to the Immaculate	p. 23
Unlimited Consecration	p. 25
Total Consecration to Mary	p. 26
Meditation on the “Our Father”	p. 27
Chaplet of the Immaculate Conception	p. 29
The “Magnificat”.	p. 30
How to go to Confession	p. 31
Act of Contrition	p. 31

Sacred Hearts of Jesus and Mary,
bless us and keep us!

