



Parish Prayer:

We, brothers and sisters in Christ re-dedicate our lives to your Sacred Heart.

We want to spread your Kingdom on earth - a kingdom of Peace, Love and Unity.

We will centre our lives on the Blessed Eucharist, on the Bible on our Family Prayer.

We will draw from the grace of Baptism the willingness to serve each other with joy.

We will help each other to order our lives for the good of all.

We believe in the equality of men and women, and that both are deserving of their true dignity and rights.

We believe that the Peace of Christ is in our hearts and that His Peace can reign in our world today.

We rejoice in being God's Family within the life of The Church of the Sacred Heart.

We offer our lives in thanksgiving of the love of your sacred heart and of the heart of Mary. Amen

Traditional Catholic Prayers

Sign of the Cross

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

Our Father

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

Hail Mary

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

Glory Be

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

Fatima Prayer

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

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 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.

Hail Holy Queen

Hail, Holy Queen, Mother of mercy, hail our light, our sweetness, and our hope.

To thee do we cry, poor banished children of Eve.

To thee do we send up our sighs, mourning and weeping in this vale of tears.

Turn then, most gracious advocate, thine eyes of mercy towards 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.

The Memorare

Remember, O most gracious Virgin Mary,
that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession was left unaided.

Inspired with this confidence,

we turn to thee, O Virgin of virgins, our Mother.

To thee we come, before thee we stand, sinful and sorrowful.

O Mother of the Word Incarnate, do not despise our petitions,
but in thy mercy hear and answer us.

Amen.

The Angelus

(To be recited at 6 am, midday and 6 pm)

The Angel of the Lord declared unto Mary.

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

Behold the handmaid of the Lord.

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

And the Word was made flesh. [here genuflect]

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

Pray for us, O holy Mother of God.

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

Let us pray:

Pour forth, we beseech Thee, O Lord,

Thy grace into our hearts; that, we to whom the incarnation of Christ, Thy Son,

was made known by the message of an angel,
may by His Passion and Cross,

be brought to the glory of His Resurrection,
through the same Christ our Lord. Amen.

Regina Caeli

(This prayer replaces the Angelus during Paschaltide.)

Regina Coeli laetare. Alleluia.

Quia quem meruisti portare. Alleluia.

Resurrexit sicut dixit. Alleluia.

Ora pro nobis Deum. Alleluia.

V. Gaude et laetare, virgo Maria. Alleluia.

R. Quia surrexit Dominus vere. Alleluia.

Oremus

Deus, qui per resurrectionem Filii tui,

Domini nostri Jesu Christi, mundum laetificare dignatus es:

praesta, quaesumus; ut, per eius Genetricem Virginem Mariam, perpetuae
capiamus gaudia vitae.

Per eundem Christum Dominum nostrum. Amen.

Queen of Heaven, rejoice, Alleluia.

For He Whom thou was made worthy to bear. Alleluia.

Hath risen as He said. Alleluia.

Pray for us to our God. Alleluia.

V. Rejoice and be glad, O Virgin Mary. Alleluia.

R. For the Lord hath risen indeed. Alleluia.

Let us pray.

O God, Who through the resurrection of Thy Son,

Our Lord Jesus Christ, hast vouchsafed to make glad the whole world,
grant us,

we beseech Thee, that, through the intercession of the Virgin Mary,
His Mother, we may attain the joys of eternal life.

Through the same Christ our Lord. Amen.

Prayer Before Meals

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

Morning Offering

**O Jesus, through the most pure Heart of Mary,
I offer Thee all the prayers, works, sufferings and joys of this day
for all the intentions of Thy divine Heart in the Holy Mass.**

Evening prayer

**O my God, at the end of this day I thank Thee most heartily for all the
graces I have received from Thee.
I am sorry that I have not made a better use of them.
I am sorry for all the sins I have committed against Thee.
Forgive me, O my God, and graciously protect me this night.
Blessed Virgin Mary, my dear heavenly mother, take me under thy
protection.
St. Joseph, my dear guardian angel, and all you saints of God, pray for me.
Sweet Jesus, have pity on all poor sinners, and save them from hell.
Have mercy on the suffering souls in purgatory.**

*Generally, this evening prayer is followed by an act of contrition, which is
usually said in conjunction with an examination of conscience.*

*A daily examination of conscience consists of a brief recounting of our
actions during the day.*

*What sins did we commit? Where did we fail? In what areas of our lives can
we strive to make virtuous progress?*

Having determined our failures and sins, we make an act of contrition.

Act of Contrition

**O my God, because you are so good,
am very sorry that I have sinned against you,
and by the help of your grace I will not sin again.**

Prayer after Mass

Anima Christi

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me. O Good Jesus, hear me.

Within Thy wounds, hide me.

Never let me be parted from Thee. From the evil enemy, protect me.

At the hour of my death, call me, and bid me to come to Thee, that with Thy saints I may praise Thee for all eternity.

Amen.

Prayers to the Holy Spirit

Breathe into me, Holy Spirit, that all my thoughts may be holy.

Move in me, Holy Spirit, that my work, too, may be holy.

Attract my heart, Holy Spirit, that I may love only what is holy.

Strengthen me, Holy Spirit, that I may defend all that is holy.

Protect me, Holy Spirit, that I always may be holy.

Come, Holy Spirit

Come, Holy Spirit, fill the hearts of Thy faithful and enkindle in them the fire of Thy love.

Send forth Thy Spirit, and they shall be created.

And Thou shalt renew the face of the earth.

Let us pray

O God, who has taught the hearts of the faithful by the light of the Holy Spirit,

grant that by the gift of the same Spirit we may be always truly wise and ever rejoice in His consolation,

through Christ our Lord.

Amen.

Prayers to the Angels and Saints

Prayer to Saint Joseph

O glorious Saint Joseph, you were chosen by God to be the foster father of Jesus,

the most pure spouse of Mary, ever virgin, and the head of the Holy Family.

You have been chosen by Christ's vicar as the heavenly patron and protector of the Church founded by Christ.

Protect the Holy Father, our sovereign pontiff, and all bishops and priests united with him.

Be the protector of all who labour for souls amid the trials and tribulations of this life,

and grant that all peoples of the world may follow Christ and the Church He founded.

Dear St. Joseph, accept the offering I make to you.

Be my father, protector, and guide in the way of salvation.

Obtain for me purity of heart and a love for the spiritual life.

After your example, let all my actions be directed to the greater glory of God,

in union with the Sacred Heart of Jesus, the Immaculate Heart of Mary, and your own paternal heart.

Finally, pray for me that I may share in the peace and joy of your holy death.

Amen.

Prayer to Saint Michael the Archangel

St. Michael the Archangel, defend us in the day of battle;

be our safeguard against the wickedness and snares of the devil.

May God rebuke him, we humbly pray, and do thou, Prince of the heavenly host,

by the power of God,

thrust down to hell Satan and all the wicked spirits who wander through the world for the ruin of souls.

Amen.

Prayer to our Guardian Angel

O Angel of God, my guardian dear,

To whom God's love commits me here,

Ever this day [or night] be at my side,

To light and guard, to rule and guide. Amen.

Prayer of Saint Teresa of Avila

Let nothing upset you;
Let nothing frighten you.
Everything is changing;
God alone is changeless.
Patience attains the goal.
Who has God lacks nothing;
God alone fills all our needs.

The Serenity Prayer

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

Suscipe

Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will,
all I have and call my own.
You have given all to me.
To you, Lord, I return it.
Everything is yours; do with it what you will.
Give me only your love and your grace.
That is enough for me.—St. Ignatius Loyola

The Divine Praises

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 Ghost, 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.