

# Prayer Book



YEAR OF FAITH <sup>2012</sup><sub>2013</sub>

COMMON PRAYERS

&

FORMULAS OF CATHOLIC  
DOCTRINE

Published by the  
**Catholic Diocese of Dunedin**  
during the Year of Faith  
2012-2013



Dear Sisters and Brothers in Christ,

On October 11<sup>th</sup> 2011, Pope Benedict wrote an Apostolic Letter, 'The door of Faith (Porta Fidei)' announcing the **Year of Faith**, that is to begin on October 11<sup>th</sup> 2012. On that date 50 years ago the Church began the Second Vatican Council that Pope John XXIII had ushered in. For those of you who can remember, it was an exciting time full of hope and expectation. Pope John had thrown open the windows and doors of the Church to better reach out to the world. Under the power of the Holy Spirit, the Bishops who gathered responded to the challenge and produced some remarkable documents that called on all members of the Church to make use of their gifts and talents for the Kingdom, and to reach out and introduce others to Jesus Christ, Our Saviour.

That challenge of the Council remains and when we look around our world today, in this Third Millennium, we realise how many people have yet to hear of our loving and merciful God.

Pope Benedict, in speaking about our response for this new evangelisation, mentions two vital truths in his letter – *“to rediscover the joy of believing and the enthusiasm for communicating the faith”* (§7).

In the early Church to become Christian and not share your faith would be considered inconceivable. We need to regain that enthusiasm and be ready to introduce others to Jesus Christ.

During the year there will be special celebrations, faith groups and seminars to enable us to deepen our faith and encourage us to share that faith on life's pilgrim journey.

There will be the opportunity to study, pray and reflect on these Council documents and the Catechism to give us a deeper and appropriate knowledge of our faith.

I do hope this will be a special 'springtime' in your faith and that you respond to that Spirit-filled moment or opportunity to bring another person or persons through "*in opening a door of faith*" (Acts 14:27) to accept Jesus' invitation to new life.

In the Spirit

A handwritten signature in cursive script that reads "+ Colin Campbell". The signature is written in black ink on a white background.

+ C D Campbell  
Bishop of Dunedin

September 2012

## Preface

The Year of Faith 2012-2013, decreed by Pope Benedict XVI, has at its heart the call for all people to grow in holiness through the wonderful gifts that Christ has given to his Church. These gifts come to life in us when we embrace the Scriptures and the teachings of the Church, when we seek and live the sacramental life which is found in her Sacred Liturgies, and finally when we turn to the Almighty in personal prayer.

The Dogmatic Constitution on the Church, from the Second Vatican Council, gives us real insight into the ways we grow closer to God by becoming holy, which is truly possible when regular prayer is part of the lives of people who seek to become like the one they serve. “The classes and duties of life are many, but holiness is one—that sanctity which is cultivated by all who are moved by the Spirit of God, and who obey the voice of the Father and worship God the Father in spirit and in truth. These people follow the poor Christ, the humble and cross-bearing Christ in order to be worthy of being sharers in his glory. Every person must walk unhesitatingly according to his own personal gifts and duties in the path of living faith, which arouses hope and works through charity.” (*Lumen Gentium*, 1964, no. 41).

May this compilation of prayers be a rich resource for us all as we grow in our call to holiness of life on the different paths we travel. May they help deepen our personal relationship with our God whom we love so dearly.

*Fr Vaughan Leslie*  
Editor

# COMMON PRAYERS

## The Sign of the Cross

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

## The 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.

## The 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 to the Father

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.

## The 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.

## The Benedictus

Blessed be the Lord, the God of Israel!  
He has visited his people and redeemed them.  
He has raised up for us a mighty saviour  
in the house of David his servant,  
as he promised by the lips of holy men,  
those who were his prophets from of old.  
A saviour who would free us from our foes,  
from the hands of all who hate us.  
So his love for our fathers is fulfilled

and his holy covenant remembered.  
He swore to Abraham our father to grant us,  
that free from fear, and saved from the hands of our foes,  
we might serve him in holiness and justice  
all the days of our life in his presence.  
As for you, little child, you shall be called a prophet of God,  
the Most High.  
You shall go ahead of the Lord  
to prepare his ways before him.  
To make known to his people their salvation  
through forgiveness of all their sins,  
the loving-kindness of the heart of our God  
who visits us like the dawn from on high.  
He will give light to those in darkness,  
those who dwell in the shadow of death,  
and guide us into the way of peace.

### The Te Deum

We praise you, O God:  
we acclaim you as Lord.  
Everlasting Father,  
all the world bows down before you.  
All the angels sing your praise,  
the hosts of heaven and all the angelic powers,  
all the cherubim and seraphim  
call out to you in unending song:  
holy, holy, holy,  
is the Lord God of angel hosts!  
The heavens and the earth are filled  
with your majesty and glory.  
The glorious band of apostles,

the noble company of prophets,  
the white-robed army who shed their blood for Christ,  
all sing your praise.

And to the ends of the earth  
your holy Church proclaims her faith in you:  
Father, whose majesty is boundless,  
your true and only son, who is to be adored,  
the Holy Spirit sent to be our Advocate.

You, Christ, are the king of glory,  
Son of the eternal Father.

when you took our nature to save mankind  
you did not shrink from birth in the Virgin's womb.

You overcame the power of death  
opening the Father's kingdom to all who believe in you.  
Enthroned at God's right hand in the glory of the Father,  
you will come in judgement according to your promise.

You redeemed your people by your precious blood.

Come, we implore you, to our aid.

Grant us with the saints a place in eternal glory.

Lord, save your people  
and bless your inheritance.

Rule them and uphold them  
for ever and ever.

Day by day we praise you:

we acclaim you now and to all eternity.

In your goodness, Lord, keep us free from sin.

Have mercy on us, Lord, have mercy.

May your mercy always be with us, Lord,  
for we have hoped in you.

In you, Lord, we put our trust:

we shall not be put to shame.

## The Anima Christi

Soul of Christ, be my sanctification.  
Body of Christ, be my salvation.  
Blood of Christ, fill all my veins.  
Water of Christ's side, wash out my stains.  
Passion of Christ, my comfort be.  
O good Jesus, listen to me.  
In thy wounds I fain would hide,  
n'er to be parted from thy side,  
guard me, should the foe assail me.  
Call me when my life shall fail me.  
Bid me come to thee above,  
with thy saints to sing thy love,  
world without end. 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 inflame,  
and with your strength which never decays

confirm our mortal frame.  
Far from us drive our hellish foe  
true peace unto us bring,  
and through all perils guide us safe  
beneath your sacred wing.  
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, come!  
And from your celestial home  
shed a ray of light divine!  
Come, Father of the poor!  
Come, source of all our store!  
Come, within our bosoms shine.  
You, of comforters the best;  
you, the soul's most welcome guest;  
sweet refreshment here below;  
in our labour, rest most sweet;  
grateful coolness in the heat;  
solace in the midst of woe.  
O most blessed Light divine,  
shine within these hearts of yours,  
and our inmost being fill!  
Where you are not, we have naught,

nothing good in deed or thought,  
nothing free from taint of ill.  
Heal our wounds, our strength renew;  
on our dryness pour your dew;  
wash the stains of guilt away:  
bend the stubborn heart and will;  
melt the frozen, warm the chill;  
guide the steps that go astray.  
On the faithful, who adore  
and confess you, evermore  
in your sevenfold gift descend:  
give them virtue's sure reward;  
give them your salvation, Lord;  
give them joys that never end.

### 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 neighbour 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 thee, and I detest all my sins because of thy just punishments, but most of all because they offend thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of thy grace to sin no more and to avoid the near occasion of sin. Amen.

### The Angelus

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

*Hail, Mary... (see page 1)*

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word.

*Hail, Mary...*

V. And the Word was made flesh.

R. And dwelt among 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, 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.

### **Alma Redemptoris Mater**

*Prayed during Advent and Christmas*

Mother of Christ! Hear thou thy people's cry,  
Star of the deep, and portal of the sky!  
Mother of him who thee from nothing made,  
sinking we strive, and call to thee for aid:  
oh, by that joy which Gabriel brought to thee,  
thou Virgin first and last, let us thy mercy see.

### **Ave Regina Caelorum**

*Prayed during Lent*

Hail, Queen of heaven, beyond compare,  
To whom the angels homage pay;  
Hail, root of Jesse, gate of light,  
That opened for the world's new day.  
Rejoice, O Virgin unsurpassed,  
in whom our ransom was begun,  
for all your loving children pray  
to Christ, our Saviour, and your Son.

## The Regina Caeli

*Prayed during Easter*

Queen of heaven, rejoice, alleluia!

For he whom you were worthy to bear, alleluia!

Has risen as he said, alleluia!

Pray for us to God, alleluia!

V. Rejoice and be glad, O Virgin Mary, alleluia!

R. For the Lord has truly risen, alleluia!

Let us pray.

O God, who through the resurrection of your Son, our Lord Jesus Christ, did vouchsafe to give joy to the world; grant, we beseech you, that through his Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

## Salve Regina (*Hail Holy Queen*)

*Prayed during Ordinary Time*

Hail, Holy Queen, Mother of Mercy,

hail our life, our sweetness and our hope!

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

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

Turn, then, most gracious Advocate,

thine eyes of mercy toward us,

and after this, our exile,

show unto us the blessed fruit of thy womb, Jesus.

O clement, O loving,

O sweet Virgin Mary.

## The Magnificat

My soul glorifies the Lord,  
my spirit rejoices in God my Saviour.  
He looks on his servant in her lowliness;  
henceforth all generations will call me blessed.  
The Almighty works marvels for me.  
Holy his name!  
His mercy is from age to age,  
on those who fear him.  
He puts forth his arm in strength  
and scatters the proud hearted.  
He casts the mighty from their thrones  
and raises the lowly.  
He fills the starving with good things,  
sends the rich away empty.  
He protects Israel, his servant,  
remembering his mercy,  
the mercy promised to our fathers,  
to Abraham and his sons for ever.

## Under Your Protection

We fly to thy 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 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 by this confidence I fly unto thee,  
 O Virgin of virgins, my Mother.  
 To thee do I come,  
 before thee I stand,  
 sinful and sorrowful.  
 O Mother of the Word Incarnate,  
 despise not my petitions,  
 but in thy mercy hear and answer me. Amen.

## The Rosary

*Each mystery is prayed using the following prayers:  
 Our Father (1), Hail Mary (10) & Glory be (1) – see page 1*

### The Joyful Mysteries

*(recited Monday and Saturday)*

The Annunciation

The Visitation

The Nativity

The Presentation

The Finding in the Temple

### The Luminous Mysteries

*(recited Thursday)*

The Baptism of Jesus

The Wedding Feast of Cana

The Proclamation of the Kingdom

The Transfiguration

The Institution of the Eucharist



## **The Sorrowful Mysteries**

*(recited Tuesday and Friday)*

The Agony in the Garden  
The Scourging at the Pillar  
The Crowning with Thorns  
The Carrying of the Cross  
The Crucifixion

## **The Glorious Mysteries**

*(recited Wednesday and Sunday)*

The Resurrection  
The Ascension  
The Descent of the Holy Spirit  
The Assumption  
The Coronation of Mary Queen of Heaven and Earth

## **Prayers concluding the Rosary**

Hail, Holy Queen... *(see page 10)*

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 life,  
grant, we beseech thee,  
that meditating on these mysteries  
of the most holy Rosary of the Blessed Virgin Mary,  
we may imitate what they contain  
and obtain what they promise,  
through the same Christ our Lord. Amen.

## Prayer of St Thomas Aquinas

*Preparation for Mass; attributed to St Thomas Aquinas*

Almighty and ever-living God,  
I approach the sacrament of your only-begotten Son,  
our Lord Jesus Christ.  
I come sick to the doctor of life,  
unclean to the fountain of mercy,  
blind to the radiance of eternal light,  
poor and needy to the Lord of heaven and earth.  
Lord in your great generosity,  
heal my sickness, wash away my defilement,  
enlighten my blindness, enrich my poverty,  
and clothe my nakedness.  
May I receive the bread of angels,  
the King of kings and Lord of lords,  
with humble reverence, with purity and faith,  
with the repentance and love and the determined purpose  
that will help to bring me to salvation.  
May I receive the sacrament of the Lord's body and blood  
and its reality and power.  
Kind God,  
may I receive the body of your only begotten Son,  
our Lord Jesus Christ,  
born from the womb of the Virgin Mary,  
and so be received into his mystical body  
and numbered among his members.  
Loving Father, as on my earthly pilgrimage  
I now receive your beloved Son  
under the veil of a sacrament,  
may I one day see him face to face in glory,  
who lives and reigns with you for ever. Amen.

## Prayer before Mass

*Fr John A Hardon SJ*

Eternal Father, I offer you the sacrifice wherein your dear Son Jesus offered himself upon the cross and which he now renews upon this altar, to adore you and to give you that honour which is your due, acknowledging your supreme dominion over all things and their absolute dependence on you, for you are our first beginning and our last end; to give you thanks for countless benefits received; to appease your justice provoked to anger by so many sins, and to offer you worthy satisfaction for the same; and finally to implore your grace and mercy for myself, for all poor sinners, for the whole world and for blessed souls in purgatory.

## Spiritual Communion

O Jesus, I turn towards the holy tabernacle where you live hidden for love of me. I love you, my God. I cannot receive you in Holy Communion. Come, nevertheless, to visit me with your grace. Come spiritually into my heart. Purify it, sanctify it, render it like unto your own. Amen.

## 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 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.

### 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.

### Grace after Meals

We give you thanks, O Almighty God, for all thy benefits, who live and reign for ever. Amen. And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

### Angel of God

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.

### Prayer to St Michael the Archangel

Saint Michael, the Archangel, defend us in battle; be our defence 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, thrust into Hell Satan and the other evil spirits who prowl about the world for the ruin of souls. Amen.

## Prayer to Saint Joseph

O St Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires. O St Joseph, do assist me by your powerful intercession and obtain for me, from your divine Son, all spiritual blessings through Jesus Christ, our Lord. So that, having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers. O St Joseph, I never weary contemplating you and Jesus asleep in your arms; I dare not approach while he reposes near your heart. Press him in my name and kiss his fine head for me and ask him to return the kiss when I draw my dying breath. St Joseph, patron of departing souls, pray for me. Amen.

## Morning Prayer

*St Francis of Assisi*

Lord, help me to live this day, quietly, easily;  
to lean on your great strength, trustfully, restfully;  
to wait for the unfolding of your will, patiently, serenely;  
to meet others, peacefully, joyfully;  
to face tomorrow, confidently, courageously.

## Prayer of Self-Dedication to Jesus Christ (*Oblatio Sui*)

*St Ignatius of Loyola*

Lord Jesus Christ, take all my freedom, my memory, my understanding, and my will. All that I have and cherish you have given me. I surrender it all to be guided by your will. Your grace and your love are wealth enough for me. Give me these, Lord Jesus, and I ask for nothing more.

## Prayer of Abandonment

*Charles de Foucauld*

Father, I abandon myself into your hands;  
do with me what you will.  
Whatever you may do, I thank you;  
I am ready for all, I accept all.  
Let only your will be done in me and in all your creatures.  
I wish no more than this, O Lord.  
Into your hands I commend my soul:  
I offer it to you with all the love of my heart,  
for I love you, Lord, and so need to give myself,  
to surrender myself into your hands without reserve  
and with boundless confidence, for you are my Father.

## Prayer for Generosity

*St Ignatius of Loyola*

Lord, teach me to be generous.  
Teach me to serve you as you deserve;  
to give and not to count the cost,  
to fight and not to heed the wounds,  
to toil and not to seek for rest,  
to labour and not to ask for reward,  
save that of knowing that I do your will.

## St Patrick's Breastplate

I bind unto myself today,  
the power of God to hold and lead,  
his eye to watch, his might to stay,  
his ear to harken to my need:  
the wisdom of my God to teach,  
his hand to guide, his shield to ward;

the word of God to give me speech,  
his heavenly host to be my guard.  
Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me.  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.

### Prayer of St Francis

*St Francis of Assisi*

Lord make me an instrument of your peace;  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is discord, union;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy;  
O Divine Master,  
grant that I may not so much seek to  
be consoled as to console,  
to be understood as to understand,  
to be loved as to love.  
For it is in giving that we receive.  
It is in pardoning that we are pardoned,  
and it is in dying that  
we are born to eternal life. Amen.

## Prayer before a Crucifix

*Pope Pius IX*

Behold, O kind and most sweet Jesus, before thy face I humbly kneel, and with the most fervent desire of soul, I pray and beseech thee to impress upon my heart lively sentiments of faith, hope and charity, true contrition for my sins and a firm purpose of amendment. With deep affection and grief of soul, I ponder within myself, mentally contemplating thy five wounds, having before my eyes the words which David the Prophet spoke concerning thee: "They have pierced my hands and my feet, they have numbered all my bones."



## Prayer to St Anthony for Things that are Lost

O great St Anthony, who has received from God a special power to recover lost things, help me that I may find that which I am now seeking.

## Prayer of Blessed Teresa of Calcutta

*Founder of the Missionaries of Charity*

The fruit of silence is prayer.  
The fruit of prayer is faith.  
The fruit of faith is love.  
The fruit of love is service.

## Evening Prayer of St Augustine

Watch, Lord, with those who wake or weep tonight.  
Give the angels and saints charge over those who sleep.  
O Lord Jesus Christ, tend your sick ones, rest your weary  
ones, bless your dying ones, soothe the suffering ones,  
pity all the afflicted ones, shield the joyful ones,  
and all for your love's sake. Amen.

## Renewal of Baptismal Promises

Do you renounce sin, so as to live in the freedom of the  
children of God?

R. I do.

Do you renounce the lure of evil, so that sin may have no  
mastery over you?

R. I do.

Do you renounce Satan, the author and prince of sin?

R. I do.

Do you believe in God, the Father Almighty, Creator of  
heaven and earth?

R. I do.

Do you believe in Jesus Christ, his only Son, our Lord,  
who was born of the Virgin Mary, suffered death and was  
buried, rose again from the dead and is seated at the right  
hand of the Father?

R. I do.

Do you 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?

R. I do.

## Confirmation Prayer

*Prayed by the minister of the Sacrament*

All-powerful God, Father of our Lord Jesus Christ, by water and the Holy Spirit you freed your sons and daughters from sin and gave them new life. Send your Holy Spirit upon them to be their helper and guide.

Give them the spirit of wisdom and understanding, the spirit of right judgement and courage, the spirit of knowledge and reverence.

Fill them with the spirit of wonder and awe in your presence. We ask this through Christ our Lord. Amen.

## Prayer for the Pope

Father, we pray for your protection and guidance over our Holy Father, N. Give him strength and wisdom to stand as a prophet for our times. May he be a light in darkness around which we gather in hope. We ask you to bring about reconciliation through his faithful teaching of peace and justice. Grant him compassion and care to live the gospel in love and service to all people. Let him follow in the path of Peter and Paul who, filled with the Holy Spirit, preached that the Lord saves all who call upon his name. Amen.

## Prayer for a Bishop

God, eternal shepherd, you tend your Church in many ways and rule us with love. You have chosen your servant, N., to be a shepherd of your flock. Give him a spirit of courage and right judgement, a spirit of knowledge and love. By governing with fidelity those entrusted to his care, may he build your Church as a sign of salvation for the world. Amen.

## Prayer for Priests

*From the Year for Priests*

Father, you have appointed your Son Jesus Christ eternal High Priest. Guide those he has chosen to be ministers of word and sacrament and help them to be faithful in fulfilling the ministry they have received. Grant this through our Lord Jesus Christ, your Son who lives and reigns with you and the Holy Spirit one God, forever and ever. Amen.

## Prayer for Religious

Heavenly Father, in your wisdom you have called certain men and women to a life of special consecration so that in prayerful observance of a lifestyle of poverty, chaste celibacy and obedience, they might be witnesses to us that as St. Paul says, "our true citizenship is in heaven." Give them, Lord, the grace of joy and perseverance in their holy vocation. We ask this through Christ, our Lord. Amen.

## Prayer for Vocations

Gracious and loving Father, help the men and women of our Church to hear the call to serve the people of God. Our needs are great and our people thirst for your presence. Open the hearts of many, raise up faithful servants of the Gospel, dedicated holy priests, sisters, brothers and deacons, who will dedicate themselves for your people and their needs. Bless those who are serving now with courage and perseverance. Grant that many will be inspired by their example and faith. We ask this through Christ our Lord. Amen.

## Prayer for the Family

Bless married couples with the gift of faith. May they hunger to teach their children by word and example about the mysteries of the Catholic Church. May they also receive the grace to encourage their children to serve Christ in their lives. We make this prayer through Christ our Lord. Amen.

## Prayer for a Happy Death

*From the Roman Missal*

Father, you made us in your own image and your Son accepted death for our salvation. Help us to keep watch in prayer at all times. May we be free from sin when we leave this world and rejoice in peace with you for ever.

## Prayer for the Sick

*From the Roman Missal*

Father, your Son accepted our sufferings to teach us the virtue of patience in human illness. Hear the prayers we offer for our sick brothers and sisters. May all who suffer pain, illness or disease realise that they are chosen to be saints and know that they are joined to Christ in his suffering for the salvation of the world.

## Prayer for the Dying

*From the Roman Missal*

God of power and mercy, you have made death itself the gateway to eternal life. Look with love on our dying brother/sister and make him/her one with your Son in his suffering and death, that, sealed with the blood of Christ, he/she may come before you free from sin.

## Eternal Rest

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

## Prayers Immediately after Death

*From the Roman Ritual*

*Immediately after death has occurred, all may kneel while one of those present leads the following prayer:*

Saints of God, come to his/her aid!  
Come to meet him/her, angels of the Lord!

**R.** Receive his/her soul and present him/her  
to God the Most High.

May Christ, who called you, take you to himself;  
may angels lead you to Abraham's side. **R.**

Give him/her eternal rest, O Lord,  
and may your light shine on him/her for ever. **R.**

*The following prayer is added:*

Let us pray.

All powerful and merciful God,  
we commend to you N., your servant.

In your mercy and love, blot out the sins he/she has  
committed through human weakness.

In this world he/she has died:  
let him/her live with you for ever.

We ask this through Christ our Lord. Amen.

## Byzantine Prayer for the Deceased

God of the spirits and of all flesh, who hast trampled death and annihilated the devil and given life to your world, may you yourself, O Lord, grant to the soul of your deceased servant N. rest in a place of light, a verdant place, a place of freshness, from where suffering, pain and cries are far removed. Do thou, O good and compassionate God forgive every fault committed by him in word, work or thought because there is no man who lives and does not sin. You alone are without sin and your justice is justice throughout the ages and your word is truth. Since you, O Christ our God, are the resurrection, the life and the repose of your deceased servant N., we give you glory together with your un-begotten Father and your most holy, good and life-creating Spirit, now and always and forever and ever. Amen.

# FORMULAS OF CATHOLIC DOCTRINE

*From the Compendium of the Catechism of the Catholic Church*

## **The Ten Commandments** (*Exodus 20:1-17*)

1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honour 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 neighbour.
9. You shall not covet your neighbour's wife.
10. You shall not covet your neighbour's goods.

## **The Two Commandments of Love** (*Matthew 22:37-39*)

1. You shall love the Lord your God with all your heart, with all your soul, and with all your mind.
2. You shall love your neighbour as yourself.

## **The Golden Rule** (*Matthew 7:12*)

Do to others as you would have them do to you.

## **The Beatitudes** (*Matthew 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.

Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward will be great in heaven.

### **The Three Theological Virtues**

1. Faith
2. Hope
3. Charity

### **The Four Cardinal Virtues**

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

### **The Seven Gifts of the Holy Spirit**

1. Wisdom
2. Understanding
3. Counsel
4. Fortitude
5. Knowledge

6. Piety
7. Fear of the Lord

### **The Twelve 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

### **The Five 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.

### **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 offences.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

### The Seven Capital Sins

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

### The Four Last Things

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

