

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 to guide. Amen.

THE BEATITUDES ...

Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the land. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall obtain mercy. Blessed are the pure of heart, for they shall see God. Blessed are the peacemakers, for they shall be called children of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

THE STATIONS OF THE CROSS ...

1. Jesus is condemned to die.
2. Jesus carries His cross.
3. Jesus falls the first time.
4. Jesus meets His Mother.
5. Simon of Cyrene helps Jesus carry His cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of His garment.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is laid in the tomb.

THE TEN COMMANDMENTS ...

1. I am the Lord thy God: thou shall not have strange gods before me.
2. Thou shall not take the name of the Lord Thy God in vain.
3. Remember to keep holy the Lord's day.
4. Honor thy father and mother.
5. Thou shall not kill.
6. Thou shall not commit adultery.
7. Thou shall not steal.
8. Thou shall not bear false witness against thy neighbor.
9. Thou shall not covet thy neighbor's wife.
10. Thou shall not covet thy neighbor's goods.

THE SPIRITUAL WORKS OF MERCY ...

Admonish the sinner. Instruct the ignorant. Counsel the doubtful. Comfort the sorrowful. Bear wrongs patiently. Forgive all injuries, and pray for the living and the dead.

THE CORPORAL WORKS OF MERCY ...

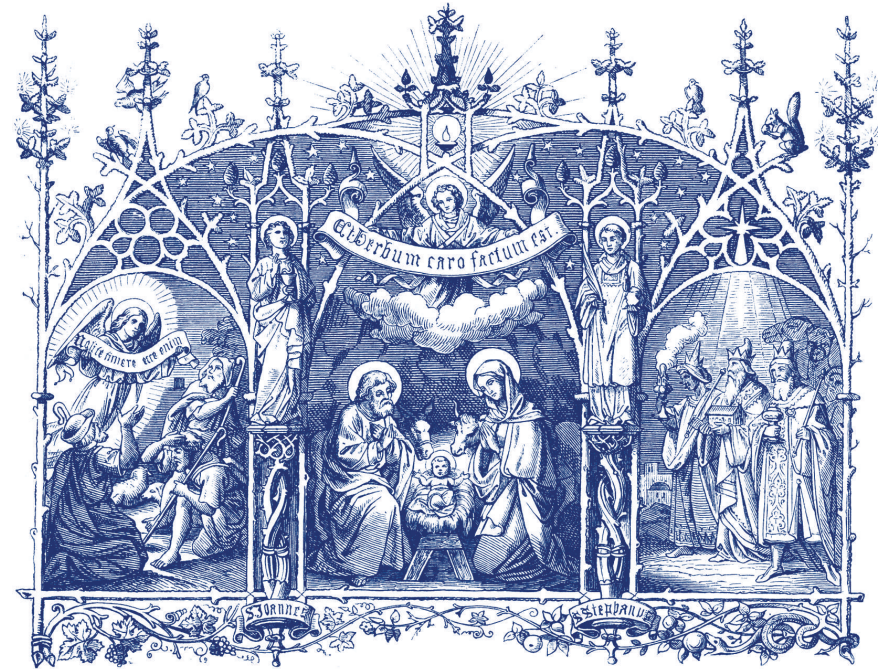
Feed the hungry. Give drink to the thirsty. Shelter the homeless. Clothe the naked. Care for the sick. Visit the imprisoned. Bury the dead.

THE LAWS OF THE CHURCH

1. Celebrate Christ's resurrection every Sunday and on holy days of obligation by taking part in the Mass and avoiding unnecessary work.
2. Lead a sacramental life. Receive Holy Communion frequently and the Sacrament of Reconciliation regularly.
3. Study Catholic teaching throughout life, especially in preparation for the sacraments.
4. Observe the marriage laws of the Catholic Church and give religious training to one's children.
5. Strengthen and support the Church; one's own parish, the worldwide Church and the Holy Father.
6. Do penance, including not eating meat and fasting from food on certain dates.
7. Join in the missionary work of the Church.

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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.

THE 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.

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; the third day He arose from the dead. He ascended into heaven, sits at the right hand of God, the Father Almighty; from thence He shall 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 the life everlasting. Amen.

THE ROSARY ...

A rosary has a cross, followed by one large bead, three small beads and another large one. Then there is a circle with five "decades." Each decade consists of one large bead followed by ten smaller beads. Begin the Rosary with the Sign of the Cross. Recite the Apostles' Creed. Then pray one Our Father, three Hail Marys, and one Glory Be. To recite each decade, say one Our Father on the large bead and ten Hail Marys on the smaller beads. After each decade pray the Glory Be. As you pray each decade, think of the appropriate Joyful, Sorrowful, Luminous or Glorious Mystery, or a special event in the life of Jesus and Mary.

THE FIVE JOYFUL MYSTERIES ...

The Annunciation, The Visitation, The Nativity, The Presentation in the Temple, The Finding Jesus in the Temple.

THE FIVE LUMINOUS MYSTERIES ...

The Baptism of Christ in the Jordan, The Wedding Feast at Cana, Jesus' Proclamation of the Kingdom of God, The Transfiguration, The Institution of the Eucharist as a Sacrament.

THE FIVE SORROWFUL MYSTERIES ...

The Agony in the Garden, The Scourging at the Pillar, The Crowning with Thorns, The Carrying of the Cross, The Crucifixion and Death.

THE FIVE GLORIOUS MYSTERIES ...

The Resurrection, The Ascension, The Descent of the Holy Spirit, The Assumption, The Coronation of Mary.

HAIL, HOLY QUEEN ...

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 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. Pray for us, O Holy Mother of God; that we may be made worthy of the promises of Christ. Amen.



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 Thee thanks for all Thy benefits, O Almighty God, who lives and reigns forever. May the souls of the faithful departed, through the mercy of God, rest in peace. 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 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 occasions of sin. Amen.

MORNING OFFERING ...

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of Your Sacred Heart, the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our Bishops and of all the associates, and in particular for those recommended by our Holy Father this month. Amen.

EVENING PRAYER ...

O my God, I adore You, and I love You with all my heart. I thank You for having created me and saved me by Your grace, and for having preserved me during this day. I pray that You will take for Yourself whatever good I might have done this day, and that You will forgive me whatever evil I have done. Protect me this night, and may Your grace be with me always. Amen.

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 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.

FOR POOR SOULS ...

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

FOR COURAGE ...

Lord Jesus, teach me to be generous; teach me to serve You as You deserve. To give and not count the cost, to fight and not heed the wounds. To toil and not to seek reward, except that of knowing that I do Your will. Amen.