

Dear Parents,

I would like to invite you to say some of these prayers with your children everyday. The smaller children tend to forget their prayers unless they recite them frequently. I would also like to encourage you to read some Bible passages with your children every night, most especially during this Season of Lent. Make an effort too, to make the Stations of the Cross at least once a week. Remember, the family that prays together stays together.

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.**

Hail Mary

**Hail Mary, full of grace.
The Lord is with thee.
Blessed art thou amongst 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 at the hour of
our death. Amen.**

Table Blessing

**Bless us O Lord, and these thy gifts,
Which we are about to receive, from thy bounty,
Through Christ, Our Lord.
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; the third day He rose again from the dead; He ascended into Heaven, and sitteth 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 life everlasting. Amen.

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, O most gracious advocate, your eyes of mercy toward us and after this our exile show unto us the blessed fruit of your 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.

Morning Offering: O my God, I offer unto Thee all my thoughts, works, joys, and sufferings of this day. And I beseech Thee to grant me Thy grace that I may not offend Thee this day; but may faithfully serve Thee and do Thy holy will in all things. Amen. 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.

Act of Contrition: O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven, and the pains of hell; but most of all because they offend Thee, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

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

The Rosary

Joyful Mysteries (Monday and Saturday)

- 1. The Annunciation.** Fruit of the Mystery: Humility
- 2. The Visitation.** Fruit of the Mystery: Love of Neighbor
- 3. The Nativity.** Fruit of the Mystery: Poverty
- 4. The Presentation of Jesus at the Temple.** Fruit of the Mystery: Obedience
- 5. The Finding of the Child Jesus in the Temple.** Fruit of the Mystery: Joy in Finding Jesus

Luminous Mysteries (Thursday)

- 1. The Baptism of Jesus.** Fruit of the Mystery: Openness to the Holy Spirit
- 2. The Wedding at Cana.** Fruit of the Mystery: To Jesus through Mary
- 3. Jesus' Proclamation of the Kingdom of God.** Fruit of the Mystery: Repentance and Trust in God
- 4. The Transfiguration.** Fruit of the Mystery: Desire for Holiness
- 5. The Institution of the Eucharist.** Fruit of the Mystery: Adoration

Sorrowful Mysteries (Tuesday and Friday)

- 1. The Agony in the Garden.** Fruit of the Mystery: Sorrow for Sin
- 2. The Scourging at the Pillar.** Fruit of the Mystery: Purity
- 3. The Crowning with Thorns.** Fruit of the Mystery: Courage
- 4. The Carrying of the Cross.** Fruit of the Mystery: Patience
- 5. The Crucifixion.** Fruit of the Mystery: Perseverance

The Glorious Mysteries (Wednesday and Sunday)

- 1. The Resurrection.** Fruit of the Mystery: Faith
- 2. The Ascension.** Fruit of the Mystery: Hope
- 3. The Descent of the Holy Spirit.** Fruit of the Mystery: Love of God
- 4. The Assumption of Mary.** Fruit of the Mystery: Grace of a Happy Death
- 5. The Coronation of Blessed Virgin Mary.** Fruit of the Mystery: Trust in Mary's Intercession

THE ANGELUS Prayer

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

Hail Mary, full of grace,

The Lord is with You;

Blessed art You among women,

And blessed is the fruit of Your womb, Jesus.

Holy Mary, Mother of God,

Pray for us sinners,

Now and at the hour of our death. Amen

V. Behold the handmaid of the Lord.

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

Hail Mary, etc.

V. And the Word was made Flesh.

R. And dwelt among us.

Hail Mary, etc.

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.

