

### **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.

### **The Sign of the Cross**

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

### **Hail Holy Queen(Salve Regina)**

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 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 Angelus**

V. The Angel of the Lord declared unto Mary.  
R. And she conceived of the Holy Spirit.

Hail, Mary,

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.

### **The Regina Caeli**

### **Queen of Heaven (Prayer during the Easter season instead of the Angelus)**

- L. Queen of Heaven, rejoice, alleluia.
- R. The Son whom you merited to bear, alleluia,
- L. Has risen as he said, alleluia.
- R. Pray to God for us, alleluia.
- L. Rejoice and be glad, Virign Mary, alleluia,
- R. For the Lord had truly risen, alleluia.

Let us pray:

O God, by the resurrection of your Son, our Lord Jesus Christ, you brought Joy to the world.  
grant that through the intercession of the Virgin Mary, his Mother, we may attain the joy of  
eternal life. We ask through Christ our lord. Amen

### **The Chaplet of Divine Mercy**

The Lord said to Blessed Faustina:  
"You will recite this chaplet on the beads of the Rosary in the following manner:"

First of all, you will say one Our Father, one Hail Mary, and the I Believe In God.

Then: On the Our Father Beads you will say the following words:

Eternal Father, I offer You the Body and Blood Soul and Divinity of Your dearly beloved Son,  
Our Lord Jesus Christ, in atonement for our sins and those of the whole world.

On the Hail Mary Beads you will say the following words:

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

In conclusion Three Times you will recite these words:

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world

## I confess

I confess to Almighty God,  
to blessed Mary ever Virgin,  
to blessed Michael the Archangel,  
to blessed John the Baptist,  
to the holy apostles Peter and Paul,  
and to all the saints  
that I have sinned exceedingly  
in thought, word, and deed,  
through my fault,  
through my fault,  
through my most grievous fault.  
Therefore, I beseech blessed Mary ever Virgin,  
blessed Michael the Archangel,  
blessed John the Baptist,  
the holy Apostles Peter and Paul,  
and all the saints,  
to pray for me to the Lord our God.

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 art 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.

## Apostles Creed

I believe in God the Father Almighty,

Creator of Heaven and earth;

I believe in Jesus Christ,  
His only Son, our Lord,  
He was conceived by the Holy Spirit  
and born of the Virgin Mary.  
He suffered under Pontius Pilate,  
was crucified, died, and was buried.  
He descended to the dead.  
On the third day He rose again.  
He ascended into Heaven  
and is seated at the right hand of the Father.  
He will come again 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.

### **Prayer of St. Alphonsa**

Oh Lord Jesus, hide me in the wound of your Sacred Heart. Free me from my desire to be loved and esteemed. Guard me from my evil attempts to win fame and honour. Make me humble till I become a small spark in the flame of love in your Sacred Heart.

Grant me the grace to forget myself and all worldly things. Jesus, sweet beyond words, convert all worldly consolations into bitterness for me. Oh my Jesus, the Sun of justice, enlighten my intellect and mind with Your sacred rays. Purify my heart, consume me with burning love for You and make me one with You.

Amen.

**Prayer to St. Alphonsa**

Oh, St. Alphonsa, you have been graciously chosen from our midst to be united with Jesus Christ, Our Saviour, in the mystery of His passion, death and resurrection. You have grown to the heights of holiness and have been crowned with heavenly glory.

Help us in our trials and tribulations, Oh daughter of sufferings, obtain for us the grace to lead a holy life, following your example, in total submission to the will of God. Be with us, transforming all our sorrows into a holy sacrifice in union with Christ crucified, in reparation to our sins, for the sanctification and salvation of the whole world.

Amen.

**PRAYER FOR PRIESTS**

O Jesus, Eternal Priest, keep your priests within the shelter of your sacred heart, where none may touch them.

Keep unstained their anointed hands, which daily touch your sacred body.

Keep unsullied their lips, daily purpled with your precious blood.

Keep pure and unearthy their hearts, sealed with the sublime mark of your priesthood.

Let your holy love surround them, and shield them from the world's contagion.

Bless their labors with abundant fruit,

and may the souls to whom they minister be their joy and consolation here on earth,

and in heaven, their everlasting crown.

Mary, Mother of Priests, pray for priests and vocations to the priesthood.

**Examination of Conscience(for children)**

. *I am the Lord your God. You shall not have strange gods before me.*

Do I give time every day to God in prayer?

Do I put my trust in superstitions, good luck charms, rather than God alone?

Have I rejected any Church teaching or denied that I was a Catholic?

Does something or someone -- a material thing, a person, a behavior, an attitude -- come between me and God?

Have I used God's Name as a curse word or cursed God?

Have I broken promises, oaths, or vows to God?

Have I failed to treat sacred things and places with respect?

Have I received the Eucharist while not in a state of grace?

Have I kept Sunday holy and attend Mass ?

Have I lied to a priest during the Sacrament of Penance or concealed sin?

Have I defended God and His Church when it was necessary?

Do I study my faith, according to my abilities?

Do I properly value the Church's disciplines and heritage

Am I honest with myself about my gifts and limitations?

Do I overestimate or underestimate my importance?

Do I treat myself as an icon of God, made in His image?

Do I trust that God is in control or do I worry needlessly?

*II. You shall not take the name of the Lord your God in vain.*

Have I used the words "God" or "Jesus" in anger or irreverently?

Have I used foul or ugly language? Have I wished evil on another?

*III. Remember to keep holy the Lord's day.*

Have I missed Mass on Sunday or any holy day of obligation?

Do I arrive at church late or leave early?

Do I try to be reverent and pay attention during Mass?

Do I avoid unnecessary work on Sunday?

Do I make Sunday a day of prayer or rest?

*IV. Honor your father and your mother.*

Do I respect and obey my parents?

Have I dishonored or mistreated them by word or deed?

Am I willing to help around the house or must I be nagged a hundred times?

Do I try to get along with my brothers and sisters?

Do I give a good example, especially to younger siblings?

Do I respect others in authority: priests, nuns, police, old people, baby-sitters?

*V. You shall not kill.*

Do I beat up others or hurt their bodies?

Do I say cruel things, or make fun of others to hurt their feelings?

Do I say mean things about others behind their backs?

Have I stopped speaking to anyone?

Do I encourage others to do bad things?

Do I try to love all people?

Am I a tattletale or bully?

**VI. You shall not commit adultery.**

**And IX. You shall not covet your neighbor's wife .**

Do I treat my body and other people's bodies with purity and respect?

Do I look at television shows, movies, or pictures that are bad?

Am I modest in my speech and the clothes I wear?

**VII. You shall not steal.**

**And X. You shall not covet your neighbor's goods.**

Have I taken things that were not mine from a store or another person?

Have I destroyed or misused another person's property for fun?

Do I return things that I borrow? In good condition?

Do I make promises I do not intend to keep?

Have I cheated on tests or homework at school or otherwise plagiarized the work of others?

Am I greedy and selfish?

Am I envious of what others have?

Am I too materialistic?

Am I jealous or envious of the things or abilities that others have?

Am I thankful to God and my parents for what they have given me?

Do I share the things I have with my family, friends and poor people

**VIII. You shall not commit false witness against your neighbor.**

Am I honest in my school work?

Do I tell lies to make myself look good?

Do I tell lies to protect myself from punishment?

Do I tell lies that make another person look bad or get them in trouble?

Do I engage in gossip?

### **The Precepts of the Church**

· Made a good Confession of my mortal sins least once a year?

· Purposely omitted telling my mortal sins in my last Confession?



· Performed the penance I was given?

· Made reparation for any harm I have done to others?

Fulfilled my Easter duty to receive Holy Communion at least once between the First Sunday of Lent and Trinity Sunday?

Received Holy Communion while in the state of mortal sin?

Fasted an hour before receiving Holy Communion? Contributed

a just amount of my time, talents and money to support my parish and the work of the Church?