

COMMON PRAYERS

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THE SIGN OF THE CROSS

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

COME HOLY SPIRIT

Come, O Holy Spirit, fill the hearts of your faithful, and kindle in them the fire of your love. Send forth your Spirit, and they shall be created.

- And you shall renew the face of the earth.

Let us pray: O God, who instructed the hearts of the faithful by the light of the Holy Spirit, grant us in the same Spirit to be truly wise and ever to rejoice in his consolation, through Jesus Christ, our Lord. Amen.

ACT OF CONTRITION

My God, I am sorry for my sins with all my heart.

In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things.

I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Amen.

ACT OF FAITH

O my God, I firmly believe all the sacred truth, which the Holy Catholic Church teaches, because you have revealed them, who can neither deceive nor be deceived. Amen.

ACT OF HOPE

O my God, relying on your infinite goodness and promises, I hope to obtain pardon for my sins, the help of your grace, and life everlasting, through

the merits of Jesus Christ, my Lord and Redeemer. Amen.

ACT OF LOVE

O my God, I love You above all things with my whole heart and soul, because You are all good and worthy of all love. I love my neighbor as myself for the love of You. I forgive all who have injured me, and I ask pardon of all whom I have injured.

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.

HAIL MARY

Hail Mary, full of grace! The Lord is with you, blessed are 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.

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 will be forever. Amen.

NICENE CREED

We believe in one God, the Father, the almighty, maker of heaven and earth, of all that is seen and unseen.

We believe in one Lord, Jesus Christ, the only son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in Being with

the Father. Through Him all things were made. For us men and for our salvation, He came down from heaven: by the power of the Holy Spirit. He was born of the Virgin Mary, and became man. For our sake, He was crucified under Pontius Pilate. He suffered, died and was buried. On the third day he rose again in fulfillment of the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and His kingdom will have no end.

We believe in the Holy Spirit, the Lord, the Giver of Life, who proceeds from the Father and the Son. With the Father and the Son, He is worshipped and glorified. He has spoken through the prophets.

We believe in one Holy Catholic and Apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

SEVEN SACRAMENTS

1. Baptism
2. Confirmation
3. Eucharist
4. Penance
5. Anointing of the Sick
6. Holy Orders
7. Matrimony

THE TEN COMMANDMENTS

1. I, the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the Name of the Lord, your God, in vain.
3. Remember to keep holy the Sabbath day.
4. Honor 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 neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet anything that belongs to your neighbor.

CHURCH LAW

1. To participate in Mass on Sundays and Holy Days.
2. To fast and abstain on days appointed.
(Fast days are Ash Wednesday and Good Friday, when one full meal is allowed. Ash Wednesday and the Fridays of Lent are days of abstinence when no meat is allowed.)
3. To confess once a year if one is in serious sin.
4. To receive Communion at least once a year.
(Between the first Sunday of Lent and Trinity Sunday.)
5. To obey the laws concerning marriage.
6. To support the Church.
7. To join in the missionary spirit of the Church.
(United States addition.)

THE BEATITUDES *(Mt. 5:3 - 10)*

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are the meek, for they shall possess the land.
3. Blessed are they that mourn, for they shall be comforted.
4. Blessed are they that hunger and thirst after justice, for they shall be filled.
5. Blessed are the merciful, for they shall obtain mercy.
6. Blessed are the clean of heart, for they shall see God.
7. Blessed are the peacemakers, for they shall be called the children of God.

8. Blessed are they that suffer persecution for justice's sake, for theirs is the kingdom of heaven.

THE GIFTS OF THE HOLY SPIRIT

Wisdom	Courage (<i>Fortitude</i>)
Understanding	Knowledge
Right Judgment (<i>Counsel</i>)	Piety
Reverence (<i>Fear of the Lord</i>)	

THE FRUITS OF THE HOLY SPIRIT

Charity	Joy	Peace
Patience	Kindness	Goodness
Continence	Mildness	Fidelity
Long-suffering	Modesty	Chastity

THE CARDINAL VIRTUES

Prudence	Justice
Fortitude	Temperance

THE WORKS OF MERCY

Spiritual

1. To admonish the sinner
2. To instruct the ignorant
3. To counsel the doubtful
4. To comfort the sorrowful
5. To bear wrongs patiently
6. To forgive all injuries
7. To pray for the living and the dead

Corporal

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. To visit the imprisoned
5. To shelter the homeless
6. To visit the sick
7. To bury the dead

HAIL, HOLY QUEEN

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope, To you we cry, poor banished children of Eve, to you 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. Amen.

MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your assistance or sought your intercession, was left unaided. Inspired with this confidence, we fly to you, O Virgin of virgins, our Mother; to you we come; before you we kneel, sinful and sorrowful. O mother of the Word Incarnate, despise not our petitions, but in your clemency hear and answer them. Amen.