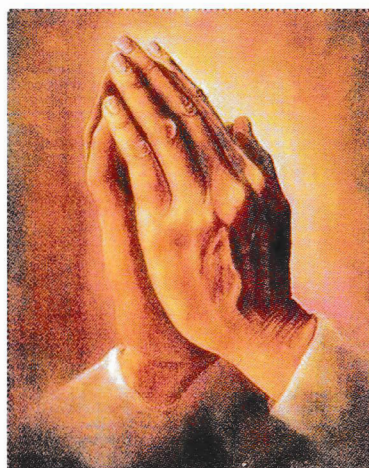


A Collection of Prayers



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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.

Hail Mary

Hail Mary, full of grace, the Lord is with thee.
Blessed are you 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 ever shall be forever. 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 rose again from the dead;
He ascended into Heaven,
and is seated at the right hand of the Father.
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 Memorare

Remember, O most gracious Virgin Mary,

that never was it known

that anyone who fled to your protection,

implored your aid,

or sought your intercession

was left unaided.

Inspired by this confidence,

we fly to you, O Virgin of virgins,

our Mother;

to you do we come,

before you we stand,

sinful and sorrowful.

Do not, O Mother of the Word Incarnate,

despise my prayers,

but graciously hear and grant them. Amen.

The Angelus

The Angel of the Lord declared to Mary
And she conceived of the Holy Spirit.

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.

Behold the handmaid of the Lord:
Be it done unto me according to Thy word.

Hail Mary . . .

And the Word was made Flesh:
And dwelt among us.

Hail Mary . . .

Pray for us, O Holy Mother of God,
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 Magnificat

My soul glorifies the Lord,
my spirit rejoices in God, my Saviour.
He looks on his servant in her lowliness;
henceforth all ages will call me blessed.

The Almighty works marvels for me,
and holy is his Name.
His mercy is from age to age
on those who fear him.

He puts forth his arm in strength,
and scattered 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.

Psalm 8

How great is your name, O Lord our God, through all the earth!

Your majesty is praised above the heavens;
on the lips of children and of babes
you have found praise to foil your enemy,
to silence the foe and the rebel.

When I see the heavens, the work of your hands,
the moon and the stars which you arranged,
what is man that should keep him in mind,
mortal man that you care for him?

Yet you have made him little less than a god;
with glory and honour you crowned him,
gave him power over the works of your hand,
put all things under his feet.

All of them, sheep and cattle,
yes, even the savage beasts,
bird of the air, and fish
that make their way through the waters.

How great is your name, O Lord our God, through all the earth!

Psalm 23

The Lord is my shepherd;
There is nothing I shall want.
Fresh and green are the pastures
where he gives me repose.
Near restful waters he leads me,
to revive my drooping spirit.

He guides me along the right path;
he is true to his name.
If I should walk in the valley of darkness
no evil would I fear.
You are there with your crook and your staff;
with these you give me comfort.

You have prepared a banquet for me
in the sight of my foes.
My head you have anointed with oil,
my cup is overflowing.

Surely goodness and kindness shall follow me
all the days of my life.
In the Lord's own house shall I dwell
for ever and ever.

Psalm 50

Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.

My offenses truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.

That you may be justified when you give sentence
and be without reproach when you judge.
O see, in guilt was I born,
a sinner was I conceived.

Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness,
that the bones you have crushed may revive.
From my sins turn away your face
and blot out all my guilt.

A pure heart create for me,
O God, put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.

Give me again the joy of your help;
with a spirit of fervour sustain me,
that I may teach transgressors your ways
and sinners may return to you.

O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.

Prayer on Abandonment (St Ignatius of Loyola)

Take, O Lord, and receive all my liberty, my memory, my understanding, and my entire will. Whatever I have or hold, You have given me; I restore it all to You and surrender it wholly to be governed by Your will. Give me only Your love and Your grace, and I am rich enough and ask for nothing more.

Prayer on 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.
Amen.

St Gertrude's Resolution

O almighty and most merciful God,
according to your most tender mercy,
you have received me back once more.
I have gone astray from you so many times.

I thank you with all the strength of my soul
for this and for all other graces and blessings
you have give me.
I throw myself down at your sacred feet,
and I offer myself to be yours for ever more.

Let nothing in life or death
ever separate me from you.
I am sorry for all the sins of my past life.
I promise again what was promised in my baptism.
From this moment,
I give myself wholly to your love and service.
Grant that for the time to come
I may hate sin more than death itself,
and avoid all such occasions and company
as have led me unhappily into sin.

Prayer of Trust (St John Henry Newman)

God knows me and calls me by my name....
God has created me to do Him some definite service;
He has committed some work to me
which He has not committed to another.
I have my mission—I never may know it in this life,
but I shall be told it in the next.
Somehow I am necessary for His purposes...
I have a part in this great work;
I am a link in a chain, a bond of connection
between persons.
He has not created me for naught. I shall do good,
I shall do His work;
I shall be an angel of peace, a preacher of truth
in my own place, while not intending it,
if I do but keep His commandments
and serve Him in my calling.
Therefore I will trust Him.
Whatever, wherever I am,
I can never be thrown away.
If I am in sickness, my sickness may serve Him;
In perplexity, my perplexity may serve Him;
If I am in sorrow, my sorrow may serve Him.
My sickness, or perplexity, or sorrow may be
necessary causes of some great end,
which is quite beyond us.
He does nothing in vain; He may prolong my life,
He may shorten it;
He knows what He is about.

He may take away my friends,
He may throw me among strangers,
He may make me feel desolate,
make my spirits sink, hide the future from me—
still He knows what He is about....
Let me be Thy blind instrument. I ask not to see—
I ask not to know—I ask simply to be used.

Prayer of St. Francis

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury, pardon.
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.

Give it a Heart

O My God, give me a heart that is pure
and clear like the waters of Spring.

Give me a selfless heart that does not
brood over failures;

A magnanimous heart that delights in giving;

A compassionate heart that goes out to those who suffer;

A forgiving heart that never forgets an act of kindness.

Give me a heart that is meek and humble,
eager to love without expecting any return;

A noble and courageous heart that meets
ingratitude without bitterness,
and forgetfulness without complaint.