



# Feast + Fast + Feria

## December Meal Time Prayers

“**O** Lord, the God of my salvation: I have cried in the day, and in the night before thee. Let my prayer come in before thee: incline thy ear to my petition.” - Psalm 88:1-2

After adding in the meal blessing and thanksgiving, our next little steps to liturgical living were to add a prayer at supper for the monthly dedication. Each month of the Catholic year has a traditional dedication and December's is the Immaculate Conception. Pinning a related prayer to supper is our daily reminder of the month's dedication and what it's commemoration is supposed to be teaching us over these few weeks.

So as a visual reminder for your family and mine, I made a set of our favorite prayers for the Immaculate Conception and Advent. Add as many or few to your meals, school day, or anytime as works for your particular family.

Included are the:

- St. Andrew Christmas Novena prayer
- O Mary Conceived Without Sin prayer
- In Thy Conception O Virgin Mary prayer
- O Mary Thou Didst Enter The World Without Stain prayer

Each prayer print is in both English and Latin when available. And you can choose to print them in either black ink or one of our two Icon inspired color ways that best matches your seasonal decor. Magnetic poster holders make for easy displaying and switching out of prints each month.

“I sought the Lord, and he heard me; and he delivered me from all my troubles.” - Psalm 34:4

Ad majorem Dei glóriam,

A handwritten signature in black ink that reads "Erin Shuman".



# Feast + Fast + Feria

This collection contains excerpts from  
**The Feast Fast Feria Companion**, now in progress.

It is an offering of Feast + Fast + Feria,  
a Barefoot Abbey ministry whose purpose is to aid  
families as they grow in holiness and journey to  
heaven by living out their Catholic faith each day through  
the Liturgical Year.

For more resources to bring the Church Year to life  
in your home, to join our monthly mentorship:  
the Feast + Fast + Feria Collective, and to request  
a FREE liturgical living consultation that fits all the  
ages and stages of your specific family  
visit us at

**[feastfastferia.com](https://feastfastferia.com)**

You can also find us on Instagram  
**@BarefootAbbey**

© 2021 Genie Shaw  
All rights reserved.

HAIL & BLESSED BE THE HOUR &  
MOMENT AT WHICH *the Son*  
*of God was born of a most*  
*pure Virgin* AT A STABLE AT  
MIDNIGHT IN BETHLEHEM IN THE  
PIERCING COLD. *At that hour*  
*vouchsafe, I beseech Thee*  
TO HEAR MY PRAYERS & GRANT  
MY DESIRES. *Through the*  
*merits of our savior Jesus*  
*Christ* AND OF *His Blessed*  
*Mother.* AMEN.

HAIL & BLESSED BE THE HOUR &  
MOMENT AT WHICH *the Son*  
*of God was born of a most*  
*pure Virgin* AT A STABLE AT  
MIDNIGHT IN BETHLEHEM IN THE  
PIERCING COLD. *At that hour*  
*vouchsafe, I beseech Thee*  
TO HEAR MY PRAYERS & GRANT  
MY DESIRES. *Through the*  
*merits of our savior Jesus*  
*Christ* AND OF *His Blessed*  
*Mother.* AMEN.

HAIL & BLESSED BE THE HOUR &  
MOMENT AT WHICH *the Son*  
*of God was born of a most*  
*pure Virgin* AT A STABLE AT  
MIDNIGHT IN BETHLEHEM IN THE  
PIERCING COLD. *At that hour*  
*vouchsafe, I beseech Thee*  
TO HEAR MY PRAYERS & GRANT  
MY DESIRES. *Through*  
*Jesus Christ* AND *His most*  
*Blessed Mother.* AMEN.

*O Mary,*  
CONCEIVED  
WITHOUT SIN,  
*pray for us*  
WHO HAVE  
RECOURSE  
*to thee.*  
AMEN.

*O Mary,*  
CONCEIVED  
WITHOUT SIN,  
*pray for us*  
WHO HAVE  
RECOURSE  
*to thee.*  
AMEN.

*O Mary,*  
CONCEIVED  
WITHOUT SIN,  
*pray for us*  
WHO HAVE  
RECOURSE  
*to thee.*  
AMIEN.



*O Maria,*  
SINE LABE  
CONCEPTA,  
*ora pro nobis,*  
QUI AD TE  
*recurrimus.*  
AMIEN.

*O Maria,*  
SINE LABE  
CONCEPTA,  
*ora pro nobis,*  
QUI AD TE  
*recurrimus.*  
AMIEN.

*O Maria,*  
SINE LABE  
CONCEPTA,  
*ora pro nobis,*  
QUI AD TE  
*recurremus.*  
AMIEN.

IN THY CONCEPTION,

*O Virgin Mary,*

THOU WAST IMMACULATE;

PRAY FOR US TO

*the Father whose  
Son Jesus,*

AFTER HE WAS CONCEIVED

*by the Holy Ghost,*

THOU DIDST BRING FORTH

*into the world. AMEN.*

IN THY CONCEPTION,

*O Virgin Mary,*

THOU WAST IMMACULATE;

PRAY FOR US TO

*the Father whose  
Son Jesus,*

AFTER HE WAS CONCEIVED

*by the Holy Ghost,*

THOU DIDST BRING FORTH

*into the world. AMEN.*

IN THY CONCEPTION,

*O Virgin Mary,*

THOU WAST IMMACULATE;

PRAY FOR US TO

*the Father whose  
Son Jesus,*

AFTER HE WAS CONCEIVED

*by the Holy Ghost,*

THOU DIDST BRING FORTH

*into the world. AMEN.*

IN CONCEPTIONE TUA,

*Virgo Maria,*

IMMACULATE FUISTI;

*ora pro nobis*

PATREM, CUIUS

*Filium Jesum*

DE SPIRITU SANCTO

*conceptum*

PEPERISTI. AMEN.

IN CONCEPTIONE TUA,

*Virgo Maria,*

IMMACULATE FUISTI;

*ora pro nobis*

PATREM, CUIUS

*Filium Jesum*

DE SPIRITU SANCTO

*conceptum*

PEPERISTI. AMEN.



IN CONCEPTIONE TUA,

*Virgo Maria,*

IMMACULATE FUISTI;

*ora pro nobis*

PATREM, CUIUS

*Filium Jesum*

DE SPIRITU SANCTO

*conceptum*

PEPERISTI. AMEN.

*O Mary,*  
THOU DIDST ENTER  
THE WORLD  
WITHOUT STAIN;  
*do thou obtain*  
*for me from God,*  
THAT I MAY LEAVE  
IT WITHOUT SIN.  
*Amen.*

*O Mary,*  
THOU DIDST ENTER  
THE WORLD  
WITHOUT STAIN;  
*do thou obtain*  
*for me from God,*  
THAT I MAY LEAVE  
IT WITHOUT SIN.  
*Amen.*

*O Mary,*  
THOU DIDST ENTER  
THE WORLD  
WITHOUT STAIN;  
*do thou obtain*  
*for me from God,*  
THAT I MAY LEAVE  
IT WITHOUT SIN.  
*Amen.*