

Feast + Fast + Feria



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This booklet contains excerpts from
The Feast Fast Feria Companion, coming soon.

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.
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Liturgy of Life

Traditional Prayers, Devotions, and Hymns to
Help Live the Catholic Faith Every Day of the
Liturgical Year, Feast, Fast, or Feria



Genie Shaw

Seasonal Marian Antiphons

Our family ends the day by singing along with the season's Marian antiphons the simplex chant tone. The English can be read before or in lieu of the chant.

ALMA REDEMPTORIS MATER ADVENT - CANDLEMAS

Holy mother of our Redeemer, thou gate leading to heaven and star of the sea; help the falling people who seek to rise, thou who, all nature wondering, didst give birth to thy holy Creator. Virgin always, hearing the greeting from Gabriel's lips, take pity on sinners. Amen.

AVE REGINA CAELORUM. CANDLEMAS - EASTER

Hail, queen of heaven, hail lady of the angels. Hail, root, hail the door through which the Light of the world is risen. Rejoice, glorious Virgin, beautiful above all. Hail, O very fair one, and plead for us to Christ. Amen.

REGINA CAELI EASTER - PENTECOST

Queen of Heaven, rejoice, alleluia. For He whom you did merit to bear, alleluia. Has risen, as he said, alleluia. Pray for us to God, alleluia. Rejoice and be glad, O Virgin Mary, alleluia. For the Lord has truly risen, alleluia.

SALVE REGINA PENTECOST - ADVENT

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 vale of tears. Turn then most gracious advocate, thine eyes of mercy towards us. And after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, o loving, o sweet Virgin Mary. Amen.

Prayers for Bedtime

EVENING OFFERING & EXAMINATION OF CONSCIENCE

Most Sacred and Divine Heart of Jesus! convinced of my unworthiness, I prostrate myself before Thee to do Thee homage, to adore, love, and praise Thee as much as is in my power. O Jesus, my most sincere Friend! I expose to Thee all my wants, I discover to Thee all my miseries, my weakness, my tepidity and sloth—in a word, all the wounds of my soul, and fervently implore Thee to let Thyself be moved to pity by them, and that Thou wouldst come to my aid according to the magnitude of Thy mercies.

(Examine your conscience.)

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.



When you dive into liturgical living there are an overwhelming amount of ideas and suggestions for commemorating the multitude of feasts and fasts within the Church year. However, we are not only called to live our Catholic faith on days when there is a feast or fast, but each and every day. That is why in this collection you'll find all the traditional prayers, hymns, and indulgences our family has used to build a Liturgy of Life. So that you too can have the foundation to live liturgically no matter what day it may be and build a habit of holiness in your home for every season.

We begin with the prayers that focus on the dedication of each month and then add those for each day of the week. Like a Rule of Life for an individual, a family's Liturgy of Life is the spiritual foundation for the day that all liturgical living can be built upon. We may not all live in a monastery or convent, but we can all follow the example of religious life in taking time throughout the day to recollect our family to God in the midst of our daily tasks. And the habit of a Liturgy of Life is a great tool we can use to do this. I pray that this Liturgy of Life is as much of a blessing for your family as it has been for ours.

“Prayer is an aspiration of the heart, it is a simple glance directed to heaven, it is a cry of gratitude and love in the midst of trial as well as joy; finally, it is something great, supernatural, which expands my soul and unites me to Jesus.” — St. Therese of Lisieux

Ad majorem Dei glóriam,

Morning Offering

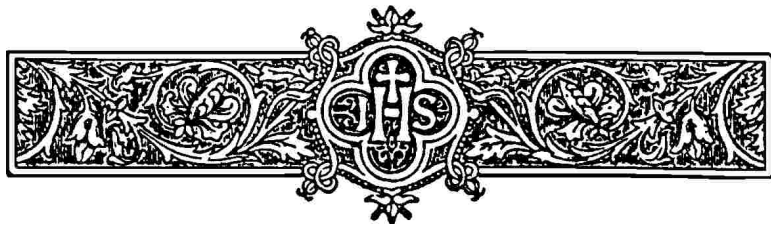
Lord Jesus Christ, in union with that divine intention wherewith on earth Thou didst offer to God Thy praises through Thy Most Sacred Heart, and dost now offer them in the Sacrament of the Eucharist everywhere on earth even to the end of time, I most gladly offer Thee throughout this entire day, all my thoughts and intentions, all my affections and desires, all my words and deeds, in imitation of the most sacred Heart of the blessed and ever Virgin Mary Immaculate. Amen.

OR

Domine Iesu Christe, in unione illius divinae intentionis, quia in terris per sanctissimum Cor tuum laudes Deo persolvisti et nunc in Eucharistiae Sacramento ubique terrarum persolvis usque ad consummationem saeculi, ego per hanc diem integram, ad imitationem sanctissimi Cordis beatæ Mariae semper Virginis immaculatae, tibi libentissime offero omnes meos intentiones et cogitationes, omnes meos affectus et desideria, omnia mea opera et verba. Amen.

OR

O Jesus, through the Immaculate Heart of Mary, I offer You the prayers, works, joys and suffering of this day, for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, and for our Holy Mother, the Catholic Church. Amen.



Gloria in excelsis Deo et in terra pax hominibus bonae voluntatis. Laudamus te, benedicimus te, adoramus te, glorificamus te, gratias agimus tibi propter magnam gloriam tuam, Domine Deus, Rex caelestis, Deus Pater omnipotens. Domine Fili unigenite, Iesu Christe, Domine Deus, Agnus Dei, Filius Patris, qui tollis peccata mundi, miserere nobis; qui tollis peccata mundi, suscipe deprecationem nostram. Qui sedes ad dexteram Patris, miserere nobis. Quoniam tu solus Sanctus, tu solus Dominus, tu solus Altissimus, Iesu Christe, cum Sancto Spiritu in gloria Dei Patris. Amen.



The Doxology Hymn

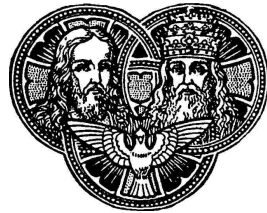
These four lines were written as the standard ending to several hymns by the English Rev. Thomas Ken in 1673, as part of his A Manual of Prayers for the Use of Winchester College. It is most often sung to the prolific hymn tune called Old Hundredth composed by Louis Bourgeois in 1551.

**Praise God, from whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heav'nly host;
Praise Father, Son, and Holy Ghost!**

SATURDAY:

O Mary, with the we magnify the Lord today and without ceasing, Who ha done great things for thee, Who is mighty and holy in His Name. With the angel and with all generations we call thee blessed, we salute thee full of grace and conceived without sin whom the Triune God raised above all the angels and saints and chose for His own true Mother. With thee, O Mary, we offer thanks for thy privileges to the Father, to the Son, to the Holy Ghost.

O Mary, true Mother of God, at the foot of the cross thou gavest thy first-born Son unto death for us, and so in thy sorrow became our Mother. Help us, Mary, with thy continual love that we, the children of thy sorrow, may with thee, the holy martyrs, and all the saints of God, follow thy crucified Son even unto death. Prove thyself a Mother, and after the crosses and sorrows of this life show unto us in heaven, Jesus, the blessed fruit of thy womb. Amen.



GLORIA IN EXCELSIS DEO

*This is the Major Doxology prayed at the Holy Sacrifice of the Mass.
It was brought to the Western Church by St. Hilary in the 4th century.
Here is can be prayed or chanted together, or the Doxology Hymn sung.*

Glory be to God on high and on earth peace, goodwill towards men. We praise Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks to Thee for Thy great glory, O Lord God, heavenly King, God the Father Almighty. O Lord the only begotten Son, Jesus Christ; O Lord God, Lamb of God, Son of the Father., that takest away the sins of the world, have mercy upon us. Thou that takest away the sins of the world, receive our prayer. Thou that sittest at the right hand of God the Father, have mercy upon us. For Thou only art holy, Thou only art the Lord; Thou only, O Christ, with the Holy Ghost, art most high in the glory of God the Father. Amen.

Prayers for All Meals

GRACE BEFORE MEALS

Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ our Lord. Amen.

Benedic nos Domine et haec Tua dona quae de Tua largitate sumus sumpturi. Per Christum Dominum nostrum. Amen.

ASPIRATION FOR THE MONTH

JANUARY: GOLDEN ARROW PRAYER

May the most holy, most sacred, most adorable, most incomprehensible and unutterable Name of God be always praised, blessed, loved, adored and glorified in Heaven, on earth, and under the earth, by all the creatures of God, and by the Sacred Heart of Our Lord Jesus Christ, in the Most Holy Sacrament of the Altar. Amen.

FEBRUARY: HOLY FAMILY PRAYER

Lord Jesus Christ, who being made subject to Mary and Joseph didst consecrate domestic life by thine ineffable virtues; grant that we, with the assistance of both, may be taught by the example of Thy Holy Family and may attain to its everlasting fellowship. Who livest and reignest world without end. Amen.

MARCH: MEMORARE OF ST. JOSEPH

Remember, O most chaste spouse of the Virgin Mary, that never was it known that anyone who implored your help and sought your intercession were left unassisted. Full of confidence in your power I fly unto you and beg your protection. Despise not O Guardian of the Redeemer my humble supplication, but in your bounty, hear and answer me. Amen.

APRIL: O SACRUM CONVIVIUM

O sacred banquet, in which Christ is received, the memory of His Passion is renewed, the mind is filled with grace, and the pledge of future glory is given to us. Amen.

OR

O sacrum convivium, in quo Christus sumitur, recolitur memoria passionum eius, mens impletur gratia et futurae gloriae nobis pignus datur. Amen.

MAY: SUB TUUM PRAESIDIUM

We fly to thy protection, O holy Mother of God, despise not our petitions in our necessities, but deliver us always from all dangers, O glorious & blessed Virgin. Amen.

OR

Sub tuum praesidium confugimus, Sancta Dei Genetrix. Nostras deprecationes ne despicias in necessitatibus, sed a periculis cunctis libera nos semper, Virgo gloriosa et benedicta. Amen.

OR

O holy Mother of God, flowering as the lily, pray to thy sweet Son for me, a wretched sinner. Amen.

JUNE: O SACRUM COR IESU

O Sacred Heart of Jesus, most obedient to the will of the Father, incline our hearts to Thee, that we may always do what is most pleasing to Him. Amen.

OR

O Sacrum Cor Iesu, Patris voluntati obsequentissimum, inclina ad Te corda nostra, ut quae placita sunt ei faciamus semper. Amen.

JULY: ADORATION PRAYER TO THE PRECIOUS BLOOD

O most precious blood of Jesus Christ, adoration and praise be yours forever. Amen.

WEDNESDAY:

Jesus Christ, Son of the living God, give thanks to to the eternal Father in heaven in the name of all the children of God. Redeemed by Thy Precious Blood, we have grown up and been reared in the true faith. A favorite children of God we have been loaded down with the gifts of nature and grace of the Holy Ghost. And like so many others we have been ungrateful children of God. Therefore we beseech Thee, only-begotten of the Father, do Thou deign on this day to unite Thy divine thanksgiving with ours, that we may render a worthy return to God our Lord, and a worthy reparation for our own ingratitude and that of all mankind. Praise and thanksgiving be to the Father, through the Son in the Holy Ghost from everlasting to everlasting! Amen.

THURSDAY:

“The Word was made flesh and dwelt among us.” Thanks be to Thee, divine Redeemer, Who in Thy love wishest to be all like to us. Still further hast Thou loved us - for having loved, Thou didst love us unto the end. Day by day Thou presents Thyself on our altars before the Father a victim for us. Nay Thou givest Thyself to us continually as the food of our souls. It is Thy desire to be and remain with us forever. Eternal thanks be to Thee, Son of God made man, hidden undertone appearances of bread, for this Thy love enduring to the end. Without end to we praise and thank Thee! Amen.

FRIDAY:

Sacred Heart of Jesus, we thank Thee that Thou didst love us even unto death. It was for us, divine Redeemer, that Thou didst suffer death; for us Thou didst shed the Blood of Thy Heart and with it Thou dost save us through all the Sacraments, particularly in the Sacrament of Penance. Thanks to Thee, O Jesus, for every drop of Thy Blood, for all Thy five death wounds. Thanks to Thee today particularly, that in Thy divine love Thou hast written us not only in Thy hands and feet but hast also inscribed us deeply on Thy Heart. Permit not that we be ever separated from Thy Heart; grant that we may live and die in Thy love! Amen.

DAILY PRAYERS OF THANKSGIVING

Partial indulgence

SUNDAY:

Most Holy Trinity, Father, Son, and Holy Ghost, in deepest reverence we adore Thee and thank Thee for Thy infinite majesty and love. From our whole hearts we thank Thee for all the proofs of love Thou hast shown us from the beginning to this very hour, especially for the grace that we are privileged to love Thee. Today we thank Thee for all the mysteries of our faith, especially the mystery of the Resurrection of our Lord and Savior Jesus Christ, Who is the seal of our faith and the most secure anchor of our hope. Praise and thanksgiving be to Thee forever! Amen.

MONDAY:

O Holy Ghost, personal Love and Goodness in the Godhead, Thou breathes upon us in streams the divine goodness through Thy graces and gifts. Eternal thanks be to Thee for the spiritual life Thou givest to us and preservest through the holy Sacraments. Although we do not deserve Thy love nor correspond with it. Thou ceases not to bless and sanctify us. Therefore we thank Thee with the Father and the Son, and today especially for Thy unfathomable mercy, which is above all Thy works. Praise and thanksgiving be to Thee forever! Amen.

TUESDAY:

Heavenly Father, Thou hast in kindness taken us for Thy children. Thou wouldst draw us to Thyself and Thy Heart forever, and make us eternally happy with Thy divine love. May the angels and saints, who already enjoy the unending bliss of possessing Thee, love Thee for us, thank Thee for us evermore. Out of nothingness Thou didst raise the world of angels to Thy throne into eternal happiness. We children of men thank Thee for this, their everlasting blessedness; we thank Thee that Thou hast appointed the heavenly spirits to be our guardians, so that one day we, too, being joined to their company, might love Thee eternally and enjoy Thee without end. For these and all Thy numberless benefits we thank Thee with the choirs of angels, with the hosts of the blessed forever and ever! Amen.

OR

Blessed and praised forevermore be Jesus Who hath saved us by His Precious Blood!

OR

Most Precious Blood of Jesus wash over me. O Most Precious Blood of Jesus wash over me. Be my protection against the wickedness and snares of the devil. Amen.

AUGUST: IMMACULATE HEART INVOCATION

O Heart most pure of the Blessed Virgin Mary, obtain for me from Jesus a pure and humble heart. Sweet Heart of Mary, be my salvation. Amen.

OR

Prostrate at thy sacred feet, O august Queen of Heaven, I venerate thee with the most profound respect, and I believe that thou art the daughter of the Eternal Father, the Mother of His Divine Son, and the Spouse of the Holy Ghost. Amen.

SEPTEMBER:

Mother of love, of sorrow and of mercy, look with favor upon me and obtain for me from your Son. all the graces I need to endure the sufferings God allows me to face. Amen.

OR

Queen of Martyrs, your heart suffered so much. I beg you, by the merits of the tears you shed in these terrible and sorrowful times, to obtain for me and all the sinners of the world, the grace of complete sincerity and repentance. Amen.

OCTOBER:

O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially those in most need of thy mercy. Amen.

NOVEMBER: REQUIEM AETERNAM

Eternal rest grant unto them, O Lord, & let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

OR

Requiem aeternam dona eis, Domine. Ex lux perpetua luceat eis, Domine. Fidelium animae, per misericordiam Dei, requiescant in pace. Amen.

DECEMBER:

O Mary, conceived without sin, pray for us who have recourse to thee. Amen.

OR

O Maria, sine labe concepta, ora pro nobis, qui ad Te recurrimus. Amen.

OR

In thy Conception, O Vigin 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.

THANKSGIVING AFTER MEALS

Partial indulgence

We give Thee thanks, Almighty God, for all thy benefits, Who livest and reignest, world without end. Amen.

Vouchsafe, O Lord, to reward with eternal life, all those who do us good for Thy name's sake. Amen.

V. Let us bless the Lord.

R. Thanks be to God.

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Agimus tibi gratias, omnipotens Deus, pro universis beneficiis tuis, qui vivis et regnas in saecula saeculorum. Amen.

Retribuere dignare Domine, omnibus nobis bona facientibus propter nomen tuum vitam aeternam. Amen.

V. Benedicamus Domino.

R. Deo Gratias.

Fidelium animae, per misericordiam Dei, requiescant in pace. Amen.

THE MAGNIFICAT

The Canticle of Mary from Luke 1: 46-55 chanted nightly at the Office of Compline, Partial indulgence It can be prayed or chanted together.

**My soul doth magnify the Lord,
and my spirit hath rejoiced in God my Savior.
For He hath regarded the humility of His handmaiden.
For behold, from henceforth all generations
shall call me blessed.
For He that is mighty hath done great things to me,
and holy is His Name.
And His Mercy is from generation unto generations
upon them that fear Him.
He hath shewed might in His arm,
He hath scattered the proud in the conceit of their heart.
He hath put down the mighty from their seat,
and hath exalted the humble.
He hath filled the hungry with good things
and the rich He hath sent empty away.
He hath received Israel, His servant,
being mindful of His mercy.
As He spoke to our Fathers,
Abraham and his seed forever.**



**Magnificat anima mea Dominum,
et exultavit spiritus meus in Deo salvatore meo,
quia respexit humilitatem ancillae suae.
Ecce enim ex hoc beatam me dicent omnes generationes,
quia fecit mihi magna, qui potens est, et sanctum nomen eius,
et misericordia eius in progenies et progenies timentibus eum.
Fecit potentiam in brachio suo,
dispersit superbos mente cordi sui;
deposuit potentes de sede et exaltavit humiles;
esurientes implevit bonis et divites dimisit inanes.
Suscepit Israel puerum suum, recordatus misericordiae,
sicut locutus est ad patres nostros,
Abraham et semini eius in saecula.**

Prayers for Supper

SALVE REGINA

*The Seasonal Marian Antiphon for the Office of Compline
from Pentecost to Advent, Partial indulgence*

Hail, Holy Queen, Mother of mercy, 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. Amen.

V. Pray for us, O Holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray

Almighty, everlasting God, who by the cooperation of the Holy Spirit, didst prepare the body and soul of the glorious Virgin-Mother Mary to become a worthy dwelling for Thy Son; grant that we who rejoice in her commemoration may, by her loving intercession, be delivered from present evils and from the everlasting death. Amen.

Salve, Regina, mater misericordiae, vita, dulcedo, et spes nostra, salve. Ad te clamamus exsules filii Hevae. Ad te suspiramus, gementes et flentes in hac lacrimarum valle.

Eia, ergo, advocata nostra, illos tuos misericordes oculos ad nos converte. Et Iesum, benedictum fructum ventris tui, nobis post hoc exsiliium ostende. O clemens, O pia, O dulcis Virgo Maria. Amen.

V. Ora pro nobis, sancta Dei Genetrix.

R. Ut digni efficiamur promissionibus Christi.

Oremus

Omnipotens sempiterne Deus, qui gloriosae Virginis Matris Mariae corpus et animam, ut dignum Filii tui habitaculum effici mereretur, Spiritu Sancto cooperante, praeparasti: da, ut cuius commemoratione laetamur; eius pia intercessione, ab instantibus malis, et a morte perpetua liberemur. Per eundem Christum Dominum nostrum. Amen.

Prayers for Breakfast

DAILY DEDICATION PRAYERS

SUNDAY: The Blessed Trinity

Blessed be the holy Creator and Ruler of all things, the sacred and undivided trinity, now and always, through infinite ages of ages.

V. Let us bless the Father, Son, and Holy Ghost.

R. Let us praise and exalt Him forever.

Prayer to the Holy Trinity

Partial indulgence

I Adore Thee, O my God, one God in three Persons; I humble myself before thy Majesty. Thou alone art being, life, truth, beauty, and goodness. I glorify Thee, I praise Thee, I thank Thee, and I love Thee, all incapable and unworthy as I am, in union with thy dear Son Jesus Christ, our Savior and our Father, in the mercifulness of his heart and through his infinite merits. I wish to serve Thee, to please Thee, to obey Thee, and to love Thee always, in union with Mary immaculate, Mother of God and our Mother, loving also and serving my neighbor for Thy sake. Therefore, give me Thy Holy Spirit to enlighten, correct, and guide me in the way of Thy commandments, and in all perfection, until we come to the happiness of heaven, where we shall glorify Thee forever. Amen.

MONDAY: The Poor Souls

I an the Resurrection and the Life. He that believeth in Me though he die, shall he live; and every one that liveth and believes in Me shall not die forever.

V. I heard a voice from Heaven saying to me.

R. Blessed are the dead who die in the Lord.

Prayer for the Poor Souls in Purgatory

Written by St. Gertrude the Great

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the masses said throughout the world today, for all the holy souls in purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen.

TUESDAY: The Holy Angels

Angels, Archangels, Thrones, and Dominions, Principalities and Powers, Virtues of Heaven, Cherubim and Seraphim, bless the Lord forever.

V. All ye angels of the Lord, bless the Lord.

R. Sing a hymn and exalt Him above all forever.

Prayer to One's Guardian Angel

Written by St. Gertrude the Great

O most holy Angel of God, appointed by God to be my guardian, I give thee thanks for all the benefits which thou hast ever bestowed on me in body and soul. I praise and glorify thee that thou condescended to assist me with such patient fidelity, and to defend me against all the assaults of my enemy. Blessed be the hour in which thou were assigned me for my guardian, my defender and my patron. In acknowledgment and return for all thy loving ministries to me, I offer thee the infinitely precious and noble Heart of Jesus, and firmly purpose to obey thee henceforward, and most faithfully to serve my God. Amen.

The Miraculous Repository - Si Quaeris Miracula

Partial indulgence, Tuesday is also traditionally the day of St. Anthony of Padua. This sequence was written in 1233 (+1231) by Fr. Julian of Speyer for the Office of St. Anthony in the old Franciscan Breviary.

If, then, thou seekest miracles, death, error, all calamities, The leprosy and demons flee, the sick, by him made whole, arise.

Antiphon: The sea withdraws and fetters break, and withered limbs he doth restore, while treasures lost are found again, when young or old his help implore.

All dangers vanish from our path, our direst needs do quickly flee: Let those who know repeat the theme: let Paduans praise St. Anthony.

Antiphon: The sea withdraws...

To the Father, Son let glory be, and Holy Ghost eternally.

Antiphon: The sea withdraws...

V. Pray for us, O blessed Anthony,

R. That we may be made worthy of the promises of Christ.

Let us pray

Let Thy Church, O God, be gladdened by the solemn commemoration of blessed Anthony Thy Confessor: that she may be evermore defended by Thy spiritual assistance and merit to possess everlasting joy. Through Christ our Lord. Amen.

ETERNAL REST PRAYER

V. Eternal rest grant unto them, O Lord.

R. And let the perpetual light shine upon them.

And may the souls of all the faithful departed, through the mercy of God, rest in peace.

R. Amen.

V. Requiem aeternam dona eis, Domine.

R. Et lux perpetua luceat eis.

Fidelium animae, per misericordiam Dei, requiescant in pace.

R. Amen.



PRAYER FOR THE HOLY SOULS

Partial indulgence

Most Loving Jesus, I humbly beseech Thee, that Thou Thyself wouldst offer to Thine Eternal Father on behalf of the Holy Souls in Purgatory, the Most Precious Blood which poured forth from the Sacred Wounds of Thine adorable Body, together with Thine agony and death.

And do though likewise, O sorrowful Virgin Mary, present unto Him, together with the dolorous Passion of thy dear Son. Thine own sighs and tears, and all the sorrows thou didst suffer in His suffering, in order that, through the merits of the same, refreshment may be granted to the souls now suffering in the fiery torments of purgatory, so that, being delivered from that painful prison, they may be clothed with glory in Heaven, there to sing the mercies of God for ever and ever. Amen.

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 in the hour of our death. Amen.

Ave Maria, gratia plena, Dominus tecum. Benedicta tu in mulieribus, et benedictus fructus ventris tui, Iesus.

Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc, et in hora mortis nostrae. Amen.

DE PROFUNDIS

Psalm 129, Partial indulgence, Douay-Rheims and Latin Vulgate

It may be prayed in unison or antiphonally by alternating verses.

1. Out of the depths I have cried to thee, O Lord:
2. Lord, hear my voice. Let thy ears be attentive to the voice of my supplication.
3. If thou, O Lord, wilt mark iniquities: Lord, who shall stand it.
4. For with thee there is merciful forgiveness: and by reason of thy law, I have waited for thee, O Lord. My soul hath relied on his word:
5. My soul hath hoped in the Lord.
6. From the morning watch even until night, let Israel hope in the Lord.
7. Because with the Lord there is mercy: and with him plentiful redemption.
8. And he shall redeem Israel from all his iniquities.

1. De profundis clamavi ad te, Domine;
2. Domine, exaudi vocem meam. Fiant aures tuae intendentes in vocem deprecationis meae.
3. Si iniquitates observaveris, Domine, Domine, quis sustinebit?
4. Quia apud te propitiatio est; et propter legem tuam sustinui te,
5. Domine. Sustinuit anima mea in verbo ejus; speravit anima mea in Domino.
6. A custodia matutina usque ad noctem, speret Israel in Domino;
7. quia apud Dominum misericordia, et copiosa apud eum redemptio.
8. Et ipse redimet Israel ex omnibus iniquitatibus ejus.

WEDNESDAY: St. Joseph

In whatever tribulation they shall cry to me, I will hear them and be their protector always.

V. Obtain for us, O Joseph, to lead an innocent life.

R. And may it be ever safe through thy patronage.

St. Joseph Prayer

A 1900 year old prayer from the Blue Pieta Book

O St. Joseph, whose protection is so great, so strong, so prompt before the Throne of God, I place in you all my interests and desires. O St. Joseph, do assist me by your powerful intercession and obtain for me from your Divine Son all spiritual blessings through Jesus Christ, Our Lord; so that having engaged here below your Heavenly power I may offer my thanksgiving and homage to the most loving of Fathers. O St. Joseph, I never weary contemplating you and Jesus asleep in your arms. I dare not approach while He reposes near your heart. Press him in my name and kiss His fine Head for me, and ask Him to return the Kiss when I draw my dying breath. St. Joseph, Patron of departing souls, pray for us. Amen.

THURSDAY: The Most Blessed Sacrament

O sacred banquet in which Christ is received, the memory of His Passion is recalled, the soul is filled with grace, and the pledge of future glory is given us.

V. Thou hast given them Bread from heaven.

R. Containing all manner of sweetness.

Act of Spiritual Communion

Written by St. Alphonsus Ligouri

My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things, and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You. Amen.

FRIDAY: The Passion of Christ

All ye who pass by the way, attend and see if there is any sorrow like unto my sorrow.

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

Prayer Before a Crucifix

Quoted from Psalm 21, Partial indulgence with Act of Spiritual Communion
Behold, O good and most sweet Jesus, I fall upon my knees before Thee, and with most fervent desire beg and beseech Thee that Thou wouldst impress upon my heart a lively sense of faith, hope and charity, true repentance for my sins, and a firm resolve to make amends. And with deep affection and grief, I reflect upon Thy five wounds, having before my eyes that which Thy prophet David spoke about Thee, o good Jesus: "They have pierced my hands and feet, they have counted all my bones." Amen.

SATURDAY: The Blessed Virgin Mary

O Glorious Mother of God, Mary, ever virgin, who alone wast found worthy to bear the Lord of all, and though a virgin, to nurse the Kind of angels; be graciously mindful of us., we beseech thee, and pray to Christ for us, that we, being upheld by that care, may deserve to attain to the heavenly kingdom.

V. Holy Mary, Mother of Christ.

R. Hear thy humble servants who implore thee.

Prayer of St. Aloysius Gonzaga

Most holy Mary, my Lady, to thy faithful care and special keeping and to the bosom of thy mercy, today and every day, and particularly at the hour of my death, I commend my soul and my body; all my hope and consolation, all my trials and miseries, my life and the end of my life I commit to thee, that through thy most holy intercession and by thy merits all my actions may be directed and ordered according to thy will and that of thy divine Son. Amen.



THURSDAY:

O Lord God Almighty, I pray Thee by the Precious Blood which He gave with His own hands upon the eve of His passion to His beloved apostles to be their meat and drink, and which He left to His whole Church to be a perpetual sacrifice and the life giving food of His own faithful people, deliver the souls in purgatory, and especially that One which was most devoted to this mystery of infinite love, that it may with Thy divine Son, and with Thy Holy Spirit, ever praise Thee for Thy love therein in eternal glory. Amen.

FRIDAY:

O Lord God Almighty, I pray Thee by the Precious Blood which Thy divine Son Jesus shed on this day upon the wood of the cross, especially from His most sacred hands and feet, deliver the souls in purgatory, and in particular that soul for which I am most bound to pray: that no neglect of mine may hinder it from praising Thee in Thy glory and blessing Thee forever. Amen.

SATURDAY:

O Lord God Almighty, I pray Thee by the Precious Blood which gushed forth from the side of Thy divine Son Jesus in the sight of, and to the extreme pain of His most holy Mother, deliver the souls in purgatory, and especially that one among them all which was most devout to her: that it may soon attain unto Thy glory, there to praise Thee in her and her in Thee, world without end. Amen.

OUR FATHER

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.

Pater Noster, qui es in caelis, sanctificetur nomen tuum. Adveniat regnum tuum. Fiat voluntas tua, sicut in caelo et in terra.

Panem nostrum quotidianum da nobis hodie, et dimitte nobis debita nostra sicut et nos dimittimus debitoribus nostris. Et ne nos inducas in tentationem, sed libera nos a malo. Amen.

DAILY PRAYERS FOR THE POOR SOULS

Partial indulgence with the Our Father, Hail Mary, De Profundis and Eternal Rest Prayer. The De Profundis Bell is traditionally at 7pm.

SUNDAY:

O Lord God Almighty I pray Thee by the Precious Blood which Thy divine Son Jesus shed in garden, deliver the souls in purgatory, and especially that soul among them all which is most destitute of spiritual aid; and vouchsafe to bring it to Thy glory, there to praise and bless Thee forever. Amen.

MONDAY:

O Lord God Almighty, I pray Thee by the Precious Blood which Thy divine Son Jesus shed in His cruel scourging, deliver the souls in purgatory, and that soul especially among them all which is nearest to its entrance into Thy glory: that so it may forthwith begin to praise and bless Thee forever. Amen.

TUESDAY:

O Lord God Almighty, I pray Thee by the Precious Blood which Thy divine Son Jesus shed in His bitter crowning with thorns, deliver the souls in purgatory, and in particular that one among them all which would be the last to depart out of those pains, that it may not tarry so long a time before it comes to praise Thee in Thy glory and bless Thee forever. Amen.

WEDNESDAY:

O Lord God Almighty, I pray Thee by the Precious Blood which Thy divine Son Jesus shed in the streets of Jerusalem, when He carried the cross upon His sacred shoulders, deliver the souls in purgatory, and especially that soul which is richest in merit before Thee: that so in that throne of glory which awaits it, it may magnify Thee and bless Thee forever. Amen.



Lord of All Hopefulness

This hymn was written by the English writer Jan Struther in 1931. It uses the hymn tune Slane that was originally an Irish folk song and is well known from another popular hymn, "Be Thou My Vision." Within the text of the hymn each verse is a petition for God's help at a different time of day. Our family sings a verse at each meal and bedtime.

**All Lord of all hopefulness, Lord of all joy,
Whose trust, ever childlike, no cares could destroy:
Be there at our waking, and give us, we pray,
Your bliss in our hearts, Lord, at the break of the day.**

**Lord of all eagerness, Lord of all faith,
Whose strong hands were skilled at the plane and the lathe:
Be there at our labors, and give us, we pray,
Your strength in our hearts, Lord, at the noon of the day.**

**Lord of all kindness, Lord of all grace,
Your hands swift to welcome, your arms to embrace:
Be there at our homing, and give us, we pray,
Your love in our hearts, Lord, at the eve of the day.**

**Lord of all gentleness, Lord of all calm,
Whose voice is contentment, whose presence is balm:
Be there at our sleeping, and give us, we pray,
Your peace in our hearts, Lord, at the end of the day.**

Prayers for Lunch

THE ANGELUS

Partial indulgence, Traditionally prayed at 6am, 12pm, and 6pm

V. The angel of the Lord declared unto Mary;

R. And she conceived of the Holy Ghost.

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 in 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...

V. And the Word was made flesh:

R. And dwelt among us.

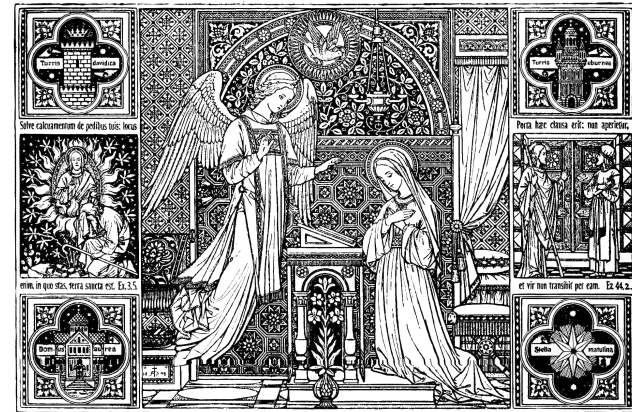
Hail Mary...

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.



V. Angelus Domini nuntiavit Mariae;

R. Et concepit de Spiritu Sancto.

Ave Maria, gratia plena, Dominus tecum. Benedicta tu in mulieribus, et benedictus fructus ventris tui, Iesus.

Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc, et in hora mortis nostrae. Amen.

V. Ecce ancilla Domini.

R. Fiat mihi secundum verbum tuum.

Ave Maria...

V. Et Verbum caro factum est.

R. Et habitavit in nobis.

Ave Maria...

V. Ora pro nobis, sancta Dei Genetrix.

R. Ut digni efficiamur promissionibus Christi.

Oremus:

Gratiam tuam, quaesumus, Domine, mentibus nostris infunde; ut qui, Angelo nuntiante, Christi Filii tui incarnationem cognovimus, per passionem eius et crucem, ad resurrectionis gloriam perducamur. Per eundem Christum Dominum nostrum. Amen.