

Feast + Fast + Feria

# Immaculate Conception Novena



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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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Nine Days of Traditional Prayers in Preparation  
for the Feast of the Immaculate Conception.



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Lift me up bodily and in the flesh, which is fallen in Adam. Lift me up not from Sarah but from Mary, a Virgin not only undefiled but a Virgin whom grace had made inviolate, free of every stain of sin.” — St. Ambrose

The Conception of the Virgin Mary has been celebrated as a Holy Day of Obligation since the mandate of Pope Clement XI in 1708. As such this feast is to be treated as a Sunday Sabbath without unnecessary work and purchases. Its vigil, the day before, is also traditionally a day of fasting and abstinence.

In 1954 Our Lady’s Immaculate Conception was proclaimed the 3rd dogma of Mary by Pope Pius IX in his papal bull *Ineffabilis Deus*. There in he announced: “We declare, pronounce and define that the doctrine which holds that the Blessed Virgin Mary, at the first instant of her conception, by a singular privilege and grace of the Omnipotent God, in virtue of the merits of Jesus Christ, the Savior of mankind, was preserved immaculate from all stain of original sin, has been revealed by God, and therefore should firmly and constantly be believed by all the faithful.”

In preparation for this commemoration on December 8th, the Immaculate Conception Novena is usually prayed the 9 days leading up to the feast, from November 29th–December 7th. However, it may be prayed anytime throughout the year.

This traditional version of the novena also includes the partially indulged *Tota Pulchra Es*, Maria Prayer found in the *Raccolta*.

“O happy and glorious Conception! So welcome to us, and so dear to God! Misery is at an end; mercy is given to us; sadness is succeeded by joy.” — Prose from the 1600s

Ad majorem Dei gloriam,



# Immaculate Conception Novena

THE FOLLOWING PRAYERS ARE ALL RECITED EACH DAY OF THE NOVENA.

Immaculate Virgin! Mary, conceived without sin! Remember, thou wert miraculously preserved from even the shadow of sin, because thou wert destined to become not only the Mother of God, but also the mother, the refuge, and the advocate of man; penetrated therefore, with the most lively confidence in thy never-failing intercession, we most humbly implore thee to look with favor upon the intentions of this novena, and to obtain for us the graces and the favors we request.

Thou knowest, O Mary, how often our hearts are the sanctuaries of God, Who abhors iniquity. Obtain for us, then, than angelic purity which was thy favorite virtue, that purity of heart which will attach us to God alone, and that purity of intention which will consecrate every thought, word, and action to His greater glory. Obtain also for us a constant spirit of prayer and self-denial, that we may recover by penance that innocence which we have lost by sin, and at length attain safety to that blessed abode of the saints, where nothing defiled can enter.

## TOTA PULCHRA ES MARIA

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

V. Thou art all fair, O Mary.

R. Thou art all fair, O Mary.

V. And the original stain is not in thee.

R. And the original stain is not in thee.

V. Thou art the glory of Jerusalem.

R. Thou art the joy of Israel

V. Thou art the honor of our people.

R. Thou art the advocate of sinners.

V. O Mary.

R. O Mary.

V. Virgin, most prudent.

R. Mother, most tender.

V. Pray for us.

R. Intercede for us with Jesus our Lord.

V. In thy conception, Holy Virgin, thou wast immaculate.

R. Pray for us to the Father Whose Son thou didst bring forth.

V. O Lady! aid my prayer.

R. And let my cry come unto thee.



Let us pray

Holy Mary, Queen of Heaven, Mother of Our Lord Jesus Christ, and mistress of the world, who forsakest no one, and despisest no one, look upon me, O Lady! with an eye of pity, and entreat for me of thy beloved Son the forgiveness of all my sins; that, as I now celebrate, with devout affection, thy holy and immaculate conception, so, hereafter I may receive the prize of eternal blessedness, by the grace of Him whom thou, in virginity, didst bring forth, Jesus Christ Our Lord: Who, with the Father and the Holy Ghost, liveth and reigneth, in perfect Trinity, God, world without end. Amen.