

Lectio Divina
Call on the Holy Spirit

- to help you receive God's word

1. **Listen**

- for words/phrases that speak to your heart

2. **Welcome**

- the key words/phrases that speak to you

3. **Follow**

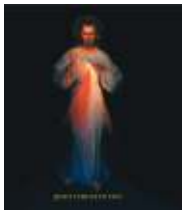
- the movement of your heart as these words/phrases are repeated

4. **Rest & Resolve**

- in Christ's ministering Presence; strive to follow Jesus more fully

Give Thanks

- for what you have received.



Daily Examen

Call on the Holy Spirit

- for light, guidance, honesty reviewing the day

1. **Give Thanks**

- for the day's blessings

2. **Review Day's Failures, Mistakes**

3. **Ask Forgiveness, Healing**

4. **Pray about Tomorrow**

- for God's help with decisions, activities, relationships, difficulties.

Abandonment Prayer of 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.



Antonio Ochoa, unsplash.com



Traditional Catholic Prayers

RCCDSB Prayer for Our Vision

RCCDSB 2018-19 Board Theme Prayer

RCCDSB Prayer to Jesus

Basic Prayers

Our Father

Hail Mary

Glory Be

Apostles' Creed

Act of Contrition

Morning, Evening, Meals

Morning Offering

Grace Before Meals

Angel of God

Eucharist-Related

Anima Christi

Divine Praises

Marian Prayers

Holy Rosary

Fatima Prayer

Hail, Holy Queen

Angelus

Memorare of St. Benedict

Other Prayers & Observances

St. Michael Prayer

Divine Mercy Chaplet

Eternal Rest Prayer

Jesus Prayer

Stations of the Cross

Spiritual & Corporal Works of Mercy

Prayer of St. Francis

Lectio Divina

Daily Examen

Abandonment Prayer of Charles de Foucauld



This book belongs to:

School:



Jesus Prayer

Lord Jesus Christ,
Son of God,

Have mercy on me, a sinner.



Stations of the Cross

1. Jesus is Condemned to Die
2. Jesus Carries His Cross
3. Jesus Falls for the First Time
4. Jesus Meets His Mother
5. Simon Helps Jesus Carry His Cross
6. Veronica Wipes Jesus' Face
7. Jesus Falls for the Second Time
8. Jesus Meets the Women of Jerusalem
9. Jesus Falls for the Third Time
10. Jesus is Stripped of His Clothes
11. Jesus is Nailed to the Cross
12. Jesus Dies on the Cross
13. Jesus is Taken Down From the Cross
14. Jesus is Laid in the Tomb

Spiritual Works of Mercy

Admonish the sinner
Instruct the ignorant
Counsel the doubtful
Bear wrongs patiently
Forgive offenses willingly
Comfort the afflicted
Pray for the living and the dead

Corporal Works of Mercy

Feed the hungry
Give drink to the thirsty
Clothe the naked
Shelter the homeless
Visit the sick
Visit the imprisoned
Bury the dead

Prayer of St. Francis

Lord, make me an instrument of Your
peace:

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.
Amen.



Additional Prayers

St. Michael Prayer

Saint Michael the Archangel,
defend us in this day of battle,
be our safeguard against the wickedness and snares of the devil;
may God rebuke him, we humbly pray;
and do thou, O Prince of the heavenly host,
by the power of God, cast into hell
Satan and all the evil spirits
who prowl throughout the world seeking the ruin of souls.
Amen.



Divine Mercy Chaplet

- Sign of the cross
- Our Father
- Hail Mary
- Apostles' Creed

Large beads before Each Decade:

*Eternal Father, I offer You
the Body and Blood, Soul and Divinity
Of Your dearly beloved Son
Our Lord Jesus Christ,
In atonement for our sins
And those of the whole world.*

Small Beads:

*For the Sake of His sorrowful passion,
Have mercy on us
And on the whole world.*

Closing:

*Holy God, Holy Mighty One,
Holy Immortal One,
Have mercy on us and on the whole world. (3x)*

Eternal Rest Prayer

V. Eternal rest grant unto them, O Lord.
R. And let perpetual light shine upon them.
And may the souls of all the faithful departed,
through the mercy of God, rest in peace.
Amen.



Bishop's Message

My dear friends in Christ,

I am delighted to offer my greetings to all those who will pray with these beautiful prayers of the Church. I wish to thank the personnel of the Renfrew County Catholic School Board who took the time to select and assemble these prayers. This booklet testifies to a great desire to make Christ alive in the hearts and lives of all the members of our Catholic schools. It is my hope that these prayers may be offered to God with humble devotion. May they draw each one of us closer to Christ and to each other in the magnificent communion of our faith. I would be grateful to all the students, especially our youngest students, if you could take these prayers into your homes so that they may help our families to grow in the love of Christ.

+Michael Mulhall
Bishop of Pembroke



Director's Message

It is an honour to bring greetings to you in this booklet of Traditional Catholic Prayers. Our mission statement calls us to pass on the Good News of Jesus Christ and make it relevant to the world today. Indeed, we can think of multiple examples where students and staff find new and beautiful ways to give contemporary expression to the saving message of the Gospel. This booklet can serve as another resource in the re-freshing, re-energizing and re-minding of many of our traditional Catholic prayers, through which so many of us have found a source of comfort, peace and discourse with our God through the years.

It is my hope that you will use this booklet as means to enhance the prayer life of your school or classroom community and to re-connect your ongoing daily work in the vineyard to the traditions of our faith and the gift of Catholic education that has been entrusted to us. Wishing continued blessings to you for a faith-filled journey.

Jaimie Perry
Director of Education
Renfrew County Catholic District School Board



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.

Memorare of St. Benedict

Remember, O most gracious Virgin Mary,
That never was it known
That anyone who fled to thy protection,
Sought thy help or implored thy intercession
Was left unaided.

Inspired by this confidence,

I fly unto thee,

O Virgin of virgins, my Mother.

To thee I come,

Before thee I stand,

Sinful and sorrowful.

O Mother of the Word Incarnate,

Despise not my petition,

But in your mercy,

Hear and answer me.

Amen.



Fatima Prayer

O my Jesus,
 Forgive us our sins;
 Save us from the fires of hell.
 Lead all souls to heaven,
 Especially those most in need of Thy mercy.
 Amen

**Hail Holy Queen (Salve Regina)**

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.
 V. Pray for us, O holy Mother of God.
 R. That we may be made worthy of the promises of Christ.



Grant Whitty, unsplash.com

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.

RCCDSB Prayer for Our Vision

God our Father,
You inspire us through a heritage that is rich in blessings,
You challenge us to grow, as we remember the struggles of our past,
You call us as partners in the Catholic educational community
To be inclusive of all who seek to learn in the light of faith.
Grant that your Holy Spirit might continue to guide us
So that by the power of Your grace,
Our share in the Church's mission
To spread the Good News of Jesus
May be relevant in the world today,
And point to a future that is filled with hope.
We ask you to bless our work,
That it may serve to protect,
Nurture and rightly guide
In the Catholic faith
Those children You have
Entrusted to our care,
To the glory of Your name.
We make this prayer through Christ our Lord.
Amen

RCCDSB 2018-19 Board Theme Prayer

Most Blessed Trinity,
We praise You for having created us
In Your image and likeness
To shine forth as unique masterpieces
Among all Your creatures.
Your gift of faith
Bestowed on us at Baptism
Gives us eyes to see
The wonder of Your beauty in one another,
Minds to understand
The greatness of our neighbour's dignity,
And hearts to approach with reverence
All those entrusted to our educational care.
We ask You to bless and strengthen us
In our work for Catholic education.
May all that we do
Be marked with reverence
For the sacred dignity of students and staff
You have called us to lead and serve.
We make this prayer through Christ our Lord,
Amen.

RCCDSB Prayer to Jesus

Jesus, my Lord,
I give you my heart
To be your home forever.
Your peace and joy
Will be my strength
For all our life together.
Amen.



Jesus and the Lost Lamb, Del Parson
 with permission

Basic Prayers



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

Hail Mary

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

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,
 World without end.
 Amen.



Marian Prayers

Holy Rosary

Opening:

- Sign of the Cross
- Apostles' Creed
- Our Father
- 3 Hail Marys (for greater faith, hope, charity)

- Glory Be

Mysteries:

- Our Father
- 10 Hail Marys
- Glory Be
- Fatima Prayer

Closing:

Hail Holy Queen (Salve Regina) Prayer
 Our Father, Hail Mary, Glory Be for Holy Father's intention
 Sign of Cross



Mysteries of the Rosary

Joyful:

- The Annunciation
- The Visitation
- The Birth of our Lord
- The Presentation of our Lord
- The Finding in the Temple

Glorious:

- The Resurrection of our Lord
- The Ascension of our Lord
- The Descent of the Holy Spirit
- The Assumption of Mary
- The Coronation of Mary in Heaven

Sorrowful:

- The Agony in the Garden
- The Scourging at the Pillar
- The Crowning With Thorns
- Jesus Carries the Cross
- The Crucifixion of our Lord

Luminous Mysteries:

- The Baptism of Jesus
- The Wedding at Cana
- Jesus Preaches the Kingdom
- The Transfiguration of our Lord
- Jesus Institutes the Eucharist



Eucharist-Related

Anima Christi

(The Anima Christi prayer dates from the 14th century, and is still recited today by many, after holy communion)



Photo: Anton Casta | anton.photography

Soul of Christ, sanctify me
 Body of Christ, save me
 Blood of Christ, inebriate me
 Water from Christ's side, wash me
 Passion of Christ, strengthen me
 O good Jesus, hear me
 Within Thy wounds hide me
 Suffer me not to be separated from Thee
 From the malicious enemy defend me
 In the hour of my death call me
 And bid me come unto Thee
 That I may praise Thee with Thy saints
 and with Thy angels
 Forever and ever
 Amen

Divine Praises

(Usually recited at end of adoration of Blessed Sacrament, after Benediction. Each invocation is proclaimed by the priest or deacon, and repeated by the congregation. Written as an act of reparation for blasphemies and sacrilege, it can also be recited privately.)



Blessed be God.
 Blessed be His Holy Name.
 Blessed be Jesus Christ, true God and true Man.
 Blessed be the Name of Jesus.
 Blessed be His Most Sacred Heart.
 Blessed be His Most Precious Blood.
 Blessed be Jesus in the Most Holy Sacrament of the Altar.
 Blessed be the Holy Spirit, the Paraclete.
 Blessed be the great Mother of God, Mary most Holy.
 Blessed be her Holy and Immaculate Conception.
 Blessed be her Glorious Assumption.
 Blessed be the Name of Mary, Virgin and Mother.
 Blessed be St. Joseph, her most chaste spouse.
 Blessed be God in His Angels and in His Saints.

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, (bow)
 born of the Virgin Mary
 suffered under Pontius Pilate,
 was crucified, died and was buried;
 He descended into hell;
 on the third day he rose again from the dead;
 he ascended into heaven,
 and is seated at the right hand of God the Father almighty;
 from there 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.

Act of Contrition

O my God,
 I am heartfully sorry for having offended You,
 And I detest all my sins,
 Because of Your just punishments,
 But most of all,
 Because they offend You, my God,
 Who are all good and deserving of all my love.
 I firmly resolve with the help of Your grace
 To sin no more,
 And to avoid the near occasions of sin.
 Amen

Simple Act of Contrition

O my God, I am sorry for my sins
 Because they have offended You.
 With Your help, I will sin no more.
 Amen.



Morning, Evening, Meals

Morning Offering 1 (simple version)

O my God,
I offer You this day
All that I think and do and say.
And I unite it
With all that was done
By Jesus Christ,
Your only Son.



Morning Offering 2

O my God,
I offer You my prayers, works, joys and sufferings of this day
In union with the holy sacrifice of the Mass
Throughout the world.
In reparation for my sins and the sins of my family,
For the intentions of the Holy Father
And the reunion of Christians.

Amen

Morning Offering 3

O Jesus,
through the Immaculate Heart of Mary,
I offer You my prayers, works,
joys and sufferings
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,
for the intentions of all my relatives and friends,
and in particular
for the intentions of the Holy Father.

Amen.



Morning Offering 4 (Grail Prayer)

Lord Jesus, I give You my hands to do Your work;
I give You my feet to go Your way;
I give You my eyes to see as You do;
I give You my tongue to speak Your words;
I give You my mind, Lord, that You may think in me;
I give You my spirit that You may pray in me.
Above all, Lord, I give You my heart,
That You may love in me Your Father and all humankind;
I give You my whole self that You may grow in me,
So that it is You, Lord Jesus,
Who live and work and pray in me.

Amen.

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.

Angel of God

Angel of God,
My guardian dear,
To whom God's love
Commits me here;
Ever this day (night)
Be at my side
To light and guard,
To rule and guide.

Amen.

