

Prayer Booklet



Drawing by Olivia Fries

Sign of the Cross

In the name of the Father, Son, and Holy Spirit. Amen.



Angel of God

Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen

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. 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 to the Father

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

Blessing Before Meals

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

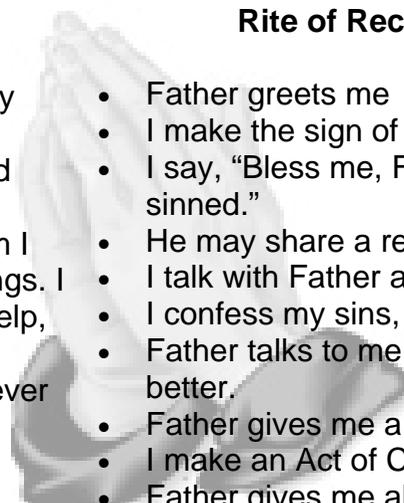


Prayer After Meals

We thank you, O God, for these gifts we have received from your goodness, through Christ our Lord. Amen

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Amen



Rite of Reconciliation

- Father greets me
- I make the sign of the cross
- I say, "Bless me, Father, for I have sinned."
- He may share a reading from the Bible.
- I talk with Father about myself.
- I confess my sins, what I did and why.
- Father talks to me about how to be better.
- Father gives me a penance.
- I make an Act of Contrition.
- Father gives me absolution.
- Together, Father and I give thanks to God.

The 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; 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.

The Greatest Commandments

1. You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.
2. You shall love your neighbor as yourself.

Corporal Works of Mercy

1. Feed the hungry
2. Give drink to the thirsty
3. Clothe the naked
4. Help those imprisoned
5. Shelter the homeless
6. Care for the sick
7. Bury the dead

Spiritual Works of Mercy

1. Give correction to those who need it
2. Share our knowledge with others
3. Give advice to those who need it
4. Comfort those who suffer
5. Be patient with others
6. Forgive those who hurt us
7. Pray for the living and the dead

Mysteries of the Rosary

Joyful

- The Annunciation
- The Visit of Mary to Elizabeth
- The Birth of Jesus
- The Presentation of Jesus in the Temple
- The Finding of Jesus in the Temple

Sorrowful

- The Agony of Jesus in the Garden
- The Scourging at the Pillar
- The Crowning with Thorns
- The Carrying of the Cross
- The Crucifixion and Death of Jesus

Glorious

- The Resurrection of Jesus
- The Ascension of Jesus into Heaven
- The Descent of the Holy Spirit upon the Apostles (Pentecost)
- The Assumption of Mary into Heaven
- The Crowning of Mary as Queen of Heaven

Light

- Baptism
- Wedding Feast of Cana
- Proclaiming the Kingdom of God
- Transfiguration
- Institution of the Eucharist

Hail Holy Queen

Hail Holy Queen, Mother of mercy, our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, O most gracious advocate, your eyes of mercy toward us; and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God,

(Response) that we may be made worthy of the promises of Christ.

Seven Sacraments

- Baptism
- Reconciliation
- Eucharist
- Confirmation
- Matrimony
- Holy Orders
- Anointing of the Sick



The Ten Commandments

1. I, the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Sabbath day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet anything that belongs to your neighbor.

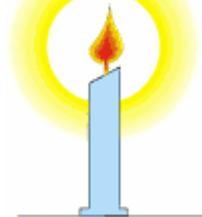
Beatitudes (Matthew 5:1-10)

- Happy are the poor in spirit, the reign of God is theirs.
- Happy, too, are the sorrowing, they will be comforted.
- Happy are the gentle, they will receive all that God has promised.
- Happy are those who hunger and thirst for justice, they will be satisfied.
- Happy also are those who show mercy to others, they will receive mercy.
- Happy are the single-hearted, they will see God.
- Happy are the peacemakers, they will be called the children of God.
- Happy are those who are treated unfairly for doing what is right, the reign of God is theirs.



O my God, we firmly believe that you are one God in three Divine Persons: Father, Son, and Holy Spirit. We believe that your Divine Son became man and died for our sins, and that he will come to judge the living and the dead. We believe these and all the truths that the holy Catholic Church teaches, because you have revealed them, who can neither deceive nor be deceived.
Amen

Act of Hope O my God, relying on your almighty power and endless mercy and promises, we hope to gain pardon for our sins, the help of your grace, and life everlasting through the saving actions of Jesus Christ, our Lord and Redeemer. Amen



O my God, we love you above all things with our whole hearts and souls, because you are all-good and worthy of all love. We love our neighbors as ourselves for the love of you. We forgive all who have injured us and ask pardon of all whom we have injured. Amen



Gifts of the Holy Spirit

1. Wisdom
2. Understanding
3. Knowledge
4. Right Judgment
5. Courage
6. Reverence
7. Wonder and Awe

The Nicene Creed

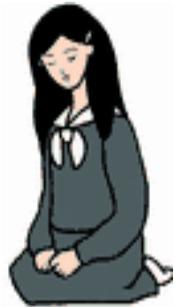
I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. And in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. And in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. And one, holy, catholic and apostolic Church. I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come.
Amen.

Gloria

Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father, Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

Confiteor

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.



Jesus Prayer

Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.

Psalm 23

The Lord is my Shepherd; I shall not want. In verdant pastures he gives me repose; beside restful waters he leads me; he refreshes my soul. He guides me in right paths for his name's sake. Even though I walk in the dark valley I fear no evil; for you are at my side. With your rod and staff that give me courage. You spread the table before me in the sight of my foes; you anoint my head with oil; my cup overflows. Only goodness and kindness will follow me all the days of my life; and I shall dwell in the house of the Lord for years to come. Amen

Morning Offering

My God, I offer you all my prayers, works and suffering of this day for all the intentions of your most Sacred Heart. Amen.



Morning Prayer

Lord Jesus take my hand and lead me through this day. Bless all I meet in home and street while working or at play. Amen

Fruits of the Holy Spirit

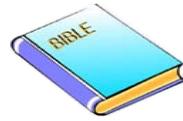
- Joy
- Charity
- Peace
- Humility
- Patience
- Fidelity
- Kindness
- Modesty
- Goodness
- Continenence
- Long-suffering
- Chastity

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession, was left unaided. Inspired by this confidence, I fly unto you, O Virgin of virgins, my Mother. To you I come, before you I stand sinful and sorrowful. O Mother of the Word incarnate, despise not my petitions, but in your mercy hear and answer them. Amen

Four Gospels

Matthew, Mark,
Luke, and John



Prayer to the Holy Spirit

Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit and they shall be created, and you shall renew the face of the earth. Amen

Magnificat, Mary's Prayer

My being proclaims the greatness of the Lord, my spirit finds joy in God my savior. For he has looked upon his servant in all her lowliness. All ages to come shall call me blessed. God who is mighty has done great things for me, holy is his name; his mercy is from age to age on those who fear him. He has shown might with his arm; he has confused the proud in their inmost thoughts. He has deposed the mighty from their thrones and raised the lowly to high places. The hungry he has given every good thing while the rich he has sent empty away. He has upheld Israel his servant, ever mindful of his mercy; even as he promised our fathers, promised Abraham and his descendants forever. Amen.



Angelus

The angel of the Lord declared unto Mary.
And she conceived by the Holy Spirit.

- Hail Mary, full of grace. . . Behold the handmaid of the Lord. Be it done to me according to your word.
- Hail Mary, full of grace. . .
And the Word was made flesh and made his dwelling among us.
- Hail Mary, full of grace. . .
Prayer for us, holy Mother of God. That we may be worthy of the promises of Christ.
Let us pray: Pour out your grace into our hearts. Lord by the message of the angel we have learned of the Incarnation of Christ, you Son. Lead us by his passion and cross, to the glory of the resurrection. Through the same Christ our Lord. Amen

Holy Days of Obligation

- Solemnity of Mary - January 1
- Ascension Thursday - 40 days after Easter
- The Assumption of Mary All Saint's Day - November 1
- The Immaculate Conception - December 8
- Christmas - December 25- August 15

Liturgical Year

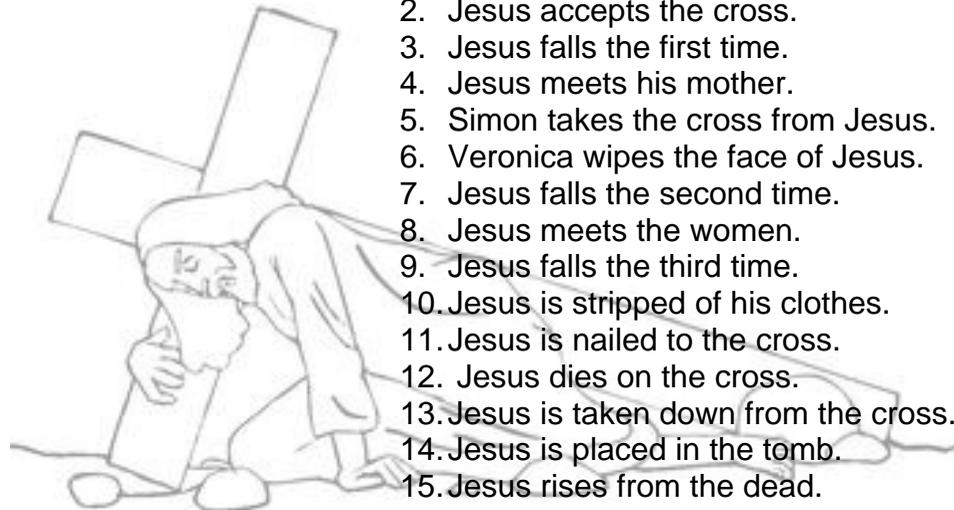
- Advent (Begins the church year. Starts four Sundays before Christmas)
- Christmas time (Christmas day until Sunday after Epiphany)
- Ordinary Time
- Lent (Ash Wednesday until Holy Saturday)
- Easter time (Easter Sunday until Pentecost, 50 days after Easter)
- Ordinary Time
- The Easter Triduum (Holy Thursday, Good Friday, Holy Saturday and Easter Sunday)

The Precepts of the Church

1. Celebrate Christ's resurrection every Sunday (or Saturday evening) and on holy days of obligation by taking part in Mass and avoiding unnecessary work.
2. Lead a sacramental life. Receive Holy Communion frequently and the sacrament of Reconciliation, regularly. Receive Holy Communion at least once in the Lent-Easter season. Confess within a year any serious or mortal sin committed.
3. Study Catholic teaching throughout life, especially in preparing for the sacraments.
4. Observe the marriage laws of the Catholic Church and give religious training to one's children.
5. Strengthen and support the Church: one's own parish, the worldwide Church, and the Holy Father.
6. Do penance, including not eating meat and fasting from food on certain days.
7. Join in the missionary work of the Church.

Way of the Cross — The Stations

1. Jesus is condemned to die.
2. Jesus accepts the cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon takes the cross from Jesus.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women.
9. Jesus falls 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 placed in the tomb.
15. Jesus rises from the dead.



Regulations for Fast and Abstinence

The season of Lent begins on Ash Wednesday, March 5th. Lenten regulations are as follows:

- Catholics who have celebrated their 14th birthday are to abstain from meat on Ash Wednesday, all Fridays in Lent, and Good Friday.
- In addition to abstaining from meat, Catholics who have celebrated their 18th birthday, until they celebrate their 59th birthday, are to fast on Ash Wednesday and Good Friday. Those who are bound by this regulation may eat only one full meal. Two smaller meals are permitted if necessary to maintain strength according to one's needs, but eating solid foods between meals is not permitted.
- These minimal penitential practices should not be lightly excused.

Communion Fast

You must not eat anything or drink any liquid (other than water) one hour before the reception of Communion. Exceptions are/can be made for the sick and elderly as needed.



Communion Regulations

To receive Holy Communion a person must:

- Be in the state of grace
- Have the right intention and observe the Communion fast

Prayer of the Mass

Introductory Rites

- Gathering Song
- Greeting
- Penitential Rite
- Gloria
- Opening Prayer

Liturgy of the Word

- First Reading (usually taken from the Old Testament)
- Responsorial
- Second Reading (usually taken from one of the letters of the New Testament)
- Alleluia or Gospel Acclamation
- Gospel (taken from one of the four Gospels and read by priest or deacon)
- Homily (an explanation of the readings)
- Profession of Faith (Nicene Creed)
- General Intercessions (Prayers of the Faithful)

Liturgy of the Eucharist

- Preparation and presentation of gifts
- Prayer over gifts
- Eucharistic Prayer (during this prayer the bread and wine become the body and blood of Jesus)

Communion Rite

- The Lord's Prayer
- Sign of Peace
- Breaking of the Bread
- Reception of Communion
- Prayer after Communion

Concluding Rite

- Greeting
- Blessing
- Dismissal



Student Prayer and Basic Faith Outcomes

Prayers	Kdg	First	Second
Sign of the Cross (K-8)	I	M	R
Prayer to the Guardian Angel (3-8)			
Our Father (K-8)	I	D/M	R
Hail Mary (K-8)	I	D/M	R
Glory Be (1-8)		I/D	M
Prayer Before Meals (K-8)	I/D	M	R
Prayer After Meals (K-8)	I/D	M	R
Act of Contrition (2-8)			I/M
Rite of Reconciliation (2-8)			I/D
Responses of the Mass (2-8)			I/D
Apostles Creed (3-8)			
Greatest Commandment (2-8)			I/D
Corporal Works of Mercy (4-8)			
Spiritual Works of Mercy (4-8)			
Sacraments (K-8)	I	I	I
Rosary (3-8)			
Ten Commandments (2-8)			I
I - Introduce / D - Develop / M - Master / R - Review			

Holy Family School System (page 1)

Third	Fourth	Fifth	Sixth	Seventh	Eighth
R	R	R	R	R	R
I	M	R	R	R	R
R	R	R	R	R	R
R	R	R	R	R	R
R	R	R	R	R	R
R	R	R	R	R	R
R	R	R	R	R	R
R	R	R	R	R	R
R	R	R	R	R	R
R	R	R	R	R	R
D	D	D	D	D	D
D	D	D	D	D	D
I/M	R	R	R	R	R
M	R	R	R	R	R
	I	D	D	D	D
	I	D	D	D	D
I/D	M	D	D	D	D
D	M	R	R	R	R
D	M	R	R	R	R
I - Introduce / D - Develop / M - Master / R - Review					

Student Prayer and Basic Faith Outcomes

Prayers	Kdg	First	Second
Beatitudes (4-8)			
Act of Faith (4-8)			
Act of Hope (4-8)			
Act of Love (4-8)			
Gloria (5-8)			
Nicene Creed (5-8)			
Prayer of Saint Francis (3-8)			
Confiteor (I Confess) (5-8)			
Gifts of the Holy Spirit (3-8)			
Fruits of the Holy Spirit (5-8)			
I - Introduce / D - Develop / M - Master / R - Review			

