

# SIMPLE PRAYER BOOK

## USUAL 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 them that 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 amongst 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.

### I BELIEVE.

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 Ghost, born of the Virgin Mary, suffered under Pontius Pilate; was crucified, dead, and buried; He descended into hell; the third day he rose again from the dead; He ascended into heaven, sitteth at the right hand of God the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Ghost; the Holy Catholic Church; the communion of saints the forgiveness of sins; the resurrection of the body, and life everlasting. Amen.

### GLORY BE.

Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now, and ever shall be, world without end. Amen.

### I CONFESS.

I confess to Almighty God, to blessed Mary ever a Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy Apostles Peter and Paul, and to all the Saints, that I have sinned exceedingly in thought, word, and deed, through my fault, through my fault, through my most grievous fault. Therefore I beseech blessed Mary ever a virgin, blessed Michael the Archangel, blessed John the Baptist, the holy Apostles Peter and Paul, and all the Saints, to pray to the Lord our God for me. Amen.

## MORNING PRAYERS.

✠ In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

*Our Father. Hail Mary. I believe. Glory be.*

O my God, I believe in Thee, because Thou art truth itself.

O my God, I hope in Thee, because of Thy promises to me.

O my God, I love Thee above all things, because Thou art so good; teach me to love Thee daily more and more.

O my God, I offer Thee all my thoughts, words, actions, and sufferings; and I beseech Thee give me Thy grace that I may not offend Thee this day, but may faithfully serve Thee and do Thy holy will in all things.

I desire to gain all the Indulgences that I can. Holy Mary, be a mother to me.

All ye Angels and Saints of God, pray for me. May Our Lord ✠ bless us and keep us from all evil, and bring us to life everlasting.

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

**During the Day.** — Keep from sin. Be obedient. Always tell the truth. Do not steal. Do not let any one lead you to

do anything wrong. **GOD SEES YOU.**

Always do what is right, and be afraid of none but God.

If you are tempted to sin, make the sign of the Cross and say, "Lord, save me, or I perish."

If you have fallen into sin, say, "My God, I am *very* sorry that I have offended Thee, I will not sin again."

Never miss Mass on Sundays or Holidays of Obligation.

Do not eat meat on Fridays or other days on which it is forbidden.

### **NIGHT PRAYERS.**

In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

*Our Father. Hail Mary. I believe. Glory be.*

O my God, I return Thee thanks for all the benefits which I have ever received from Thee, and particularly this day. Give me light to see what sins I have committed this day, and grant me grace to be truly sorry for them.

*[Here wait a little, and think over what faults you have committed during the day.]*

O my God, I am very sorry that I have offended Thee; I love Thee with all my heart because Thou art so good, and I will not sin again.

Into Thy hands, O Lord, I commend my spirit; Lord Jesus, receive my soul.

Holy Mary, be a mother to me.

May the blessed Virgin Mary, St. Joseph, and all the Saints, pray for us to Our Lord, that we may be preserved this night from sin and all evil. Amen.

O my good Angel, whom God has appointed to be my guardian, watch over me during this night.

All ye Angels and Saints of God, pray for me.

May Our Lord ✕ bless us and preserve us from all evil, and bring us to life everlasting.

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

### **ACTS AND PRAYERS.**

#### **An Act of Faith.**

I firmly believe that there is one God; and that in this one God there are three Persons, the Father, the Son, and the Holy Ghost; that the Son took to Himself the nature of man, from the Virgin Mary's womb, by the power of the Holy Ghost; and that in this our human nature He was crucified and died for us; that afterwards He rose again and ascended into heaven; from thence He shall come to repay the just with everlasting glory, and the wicked with everlasting punishment. Moreover, I believe whatsoever else the Catholic Church proposes to be believed; and this because God, who is the sovereign Truth, who can neither deceive nor be deceived, has revealed all these things to this His Church.

#### **An Act of Hope.**

O my God, relying on Thine almighty power and Thine infinite mercy and goodness, and because Thou art faithful to Thy promises, I trust in Thee that Thou wilt grant me forgiveness of my sins, through the merits of Jesus Christ Thy Son; and that Thou wilt give me the assistance of Thy grace, with which I may labour to continue to the end in the diligent exercise of all good works, and may deserve to obtain the glory which Thou hast promised in heaven.

#### **An Act of Charity.**

O Lord, my God, I love Thee with my whole heart, and above all things, because Thou, O God, art the sovereign good, and for Thine own infinite perfections art most worthy of all love; and for Thy sake I also love my neighbour as myself. I renounce every thought which is contrary to that love of one another, by which men are known to be the disciples of Thy Son; I forgive all who have in any way injured me, and I beg Thy grace and mercy for all the world.

### **An Act of Contrition.**

O my God, I am sorry and beg pardon for all my sins, and detest them above all things, because they deserve Thy dreadful punishments, because they have crucified my loving Saviour Jesus Christ, and most of all, because they offend Thine infinite goodness; and I firmly resolve, by the help of Thy grace, never to offend Thee again, and carefully to avoid the occasions of sin.

### **In Temptation.**

Lord, save me, or I perish. Keep me close to Thee by Thy grace, or I shall sin and fall away from Thee. Lord, I am very weak; give me grace and make my will strong, that I may not sin.

Jesus, help me; Mary, help me; my holy Angel, watch over me.

### **In Trouble.**

In all things may the most holy, the most just, and the most lovable will of God be done, praised and exalted above all for ever. Thy will be done O Lord, Thy will be done. The Lord has given, the Lord has taken away; blessed be the name of the Lord.

### **In Sickness and Pain.**

Lord, Thy will be done, I take this for my sin. I offer up to Thee my sufferings, together with all that my Saviour has suffered for me; and I beg of Thee, through His sufferings, to have mercy on me. Free me from this illness and pain if Thou willest and if it be for my good. Thou lovest me too much to let me suffer unless it be for my good. Therefore, O Lord, I trust myself to Thee; do with me as Thou pleasest. In sickness and in health, I wish to love Thee always.

### **For Purity.**

O Jesus, most pure of heart! O spotless Lamb of God! help me that I may keep my heart and body pure, that all through my life I may never displease Thee by any wicked thing. Give me the blessing of the clean of heart.

### **On going to Bed.**

Into Thy hands, O Lord, I commend my spirit. Lord Jesus, receive my soul. In the name of Our Lord Jesus Christ crucified, I lay me down to rest. Bless me, O Lord, and defend me; preserve me from a sudden and unprovided death, and from all dangers, and bring me to life everlasting with Thee.

## **INDULGENCED PRAYERS.**

Glory be to the Father, and to the Son, and to the Holy Ghost; as it was in the beginning, is now, and ever shall be, world without end. Amen. (100 days, three times a day.)

In all things may the most holy, the most just, and the most lovable will of God be done, praised, and exalted above all for ever. (100 days, once a day.)

O Sacrament most holy, O Sacrament divine,

All praise and all thanksgiving be every moment Thine (100 days, once a day.)

My Jesus, mercy! Mary, help! (100 days each time.)

My sweetest Jesus, be not to me a judge, but a saviour. (50 days each time.)

Jesus, my God, I love Thee above all things. (50 days each time.)

O sweetest Heart of Jesus, I implore

That I may ever love Thee more and more. (300 days.)

Jesus, meek and humble of heart, make my heart like to Thine. (300 days, once a day.)

{Jesus, Mary, Joseph, I give you my heart and my life.

{Jesus, Mary, Joseph, assist me in my last agony.

{Jesus, Mary, Joseph, may I breathe forth my soul in peace in your blessed company. (300 days each time.)

O my good Angel, whom God, by His divine mercy, has appointed to be my guardian, enlighten and protect, direct and govern me. (100 days each time )

### **HOLY MASS.**

The first commandment of the Church binds all Catholics *to hear Mass on all Sundays and Holidays of Obligation*

The Holidays of Obligation kept in Australia are\*

1. Christmas Day, December 25th.
2. The Circumcision or New Year's Day, January 1st.
3. Ascension Thursday, forty days after Easter Sunday.
4. The Assumption of Our Lady into heaven, August 15th.
5. The Feast of All Saints, November 1st.

To miss Mass on Sunday or on one of the above-named Holidays, through one's own fault, is a mortal or grievous sin.

To come in late, wilfully or through carelessness, when Mass has begun, before the Gospel, is a venial sin.

To be absent from one of the principal parts of Mass is not hearing Mass at all.

To miss Mass when you cannot help it, or when it would be very difficult for you to hear Mass, is not a sin. So if you missed Mass because you were ill, or because you had to stay at home to mind a sick person or children, or because you were a long way from church, or if for some other reason you could not go, it would not be a sin. When you cannot go to Mass, say some prayers at home; but in no case may you join in the services of another religion. Workers should try not to take a place or situation where they cannot go to Mass on Sundays and Holidays of Obligation. The three principal parts of Mass are:

I.—The Offertory, or Offering of the Bread and Wine.

II.—The Consecration or Elevation (when the Bread and Wine are consecrated, or made holy by being changed into Our Lord's Body and Blood).

III.—The Priest's Communion (when the Priest gives himself Holy Communion, after the last bell has rung at the *Domine non sum dignus*).

\* *The Holy Days of Obligation were reduced after the Second Vatican Council*

### **Short Instruction on Holy Mass.**

Holy Mass is the most solemn act of the worship of God. It is now more than eighteen hundred years since Our Lord Jesus Christ hung for three long hours on the Cross on Mount Calvary, and then died on it for our salvation—that is, to save us from sin and hell.

Mass is the same sacrifice as that of Calvary; the manner only in which it is offered is different: so that when you assist at it, you may think you are standing with our Blessed Lady and St. John at the foot of the cross.

The bread and wine are changed by the Priest in the middle of the Mass, at the Consecration, into the Body and Blood of Jesus Christ, who then offers Himself again to His Eternal Father for the salvation of mankind. The graces obtained for us by the shedding of Our Lord's Blood on Calvary are given in an especial manner to those who hear Holy Mass devoutly.

You know that Our Lord died once only, on Good Friday. But in the Mass His death on the Cross is commemorated by the separate Consecration of the Bread and Wine, He cannot really die again. His Body and Blood cannot really be separated, for His glorious risen Body cannot suffer any more—it is immortal. But in the Mass the Bread is first changed into Our Lord's Body, and then the Wine is changed into His Blood. Thus it looks as though the Body and

Blood were separated, and this recalls the real separation, the real shedding of Our Lord's Blood on Mount Calvary. Then He really died for us. In the Mass His death is represented, or "shown forth," as St. Paul says. Both on Mount Calvary and in the Mass the victim (that which is offered) is the same —the Body and Blood of Christ; and the Priest is

the same —Christ Our Lord, who offered Himself on Calvary through the executioners who put Him to death, and who offers Himself in the Mass on the altar through His priests, who say the words of Consecration. So the sacrifice of Calvary and the Mass are the same sacrifice, only the manner in which they are offered is different. On Calvary Our Lord's Blood was really shed, and He really died; in the Mass His Blood appears to be shed, and His death is represented. Thus Our Lord offers Himself for us every time Mass is said.

To pray well during Mass is the best way to worship God and to obtain His blessing, for Jesus Christ Himself then prays with us and for us and His sacrifice is offered for us.

How the Mass reminds us of the Passion of Christ Our Lord.

As the Mass represents the Passion of Christ Our Lord, its chief parts remind us of His sufferings. Thus At the beginning of Mass the Priest bows down for the Confiteor, as Our Lord bowed Himself to the ground during His agony.

The Offertory, or offering of bread and wine, reminds us that Our Lord offered His sacred Body to be scourged and His Head to be crowned with thorns.

At the Elevation or consecration, Our Lord appears as if dead on the altar. This speaks to us of Calvary, when Our Redeemer really died for Our salvation.

The Prayer for the Dead represents Our Lord's going down to Limbo, to comfort the holy souls detained there.

The Priest's Communion puts us in mind of Christ's burial, when He was hidden from the sight of men.

The reading of the Prayers called Communion and Post Communion signifies His rising again after being part of three days in the tomb.

The Blessing given by the Priest to the people represents Our Lord's Ascension; when, stretching out His hands, He blessed His Virgin Mother and His disciples, and then departed from them into heaven.

### **Prayer before Mass.**

O my Saviour, I come before Thy holy Altar to assist at Thy divine Sacrifice. Do Thou prepare my soul to receive Thy grace; fix my mind on Thee; wash away in Thy Precious Blood all the sins of which Thou seest me guilty; I hate them for the love of Thee, and most humbly beg pardon for them. Grant, O sweet Jesus, that uniting my intentions to Thine, I may spend my whole life for Thy glory, as Thou didst give Thy life for the saving of my soul. Amen.

I wish to share in the communion of saints by gaining all the indulgences I can today; and I place them in the hands of Our Blessed Lady for the relief of the souls in purgatory. My Jesus, mercy! Mary, help!

The Priest begins Mass standing at the foot of the Altar. Call to mind the Garden of Olives, where Our Lord went on Holy Thursday night, taking with him his three chosen Apostles—Peter, James and John. It was then that Our Saviour began His Passion. He went a little distance from these His companions and prayed, His face bowed to the earth. The pain He felt was so bitter that He sweated blood, which ran in great drops to the ground. He accepted His sufferings, although they cost Him so much, saying to His heavenly Father, "Not My will, but Thine be done."

### **THE ANGELUS.**

To be said morning, noon, and night, to put us in mind that God the Son became man for our salvation.

1. The Angel of the Lord declared unto Mary:

And she conceived of the Holy Ghost.

*Hail Mary, etc;*

2. Behold the handmaid of the Lord

Be it done unto me according to Thy word.

*Hail Mary, etc.*

And the Word was made Flesh

And dwelt among us.

*Hail Mary, etc.*

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. May the divine assistance remain always with us and may the souls of the faithful departed, through the mercy of God, rest in peace.

Amen.

Psalm 129, "DE PROFUNDIS."

Out of the depths I have cried to Thee, O Lord; Lord, hear my voice.

Let Thine ears be attentive to the voice of my supplication.

If Thou, O Lord, shalt observe iniquities; Lord, who shall endure it?

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; my soul hath hoped in the Lord.

From the morning watch even until night, let Israel hope in the Lord.

Because with the Lord there is mercy, and with Him plentiful redemption.

And He shall redeem Israel from all his iniquities.

Eternal rest give to them, O Lord, and let perpetual light shine upon them.

Let us pray.

O God, the Creator and Redeemer of all the faithful, grant to the soul of Thy servants departed the remission of all their sins, that through pious supplications they may obtain that pardon which they have always desired; who livest and reignest for ever and ever. Amen.

**PRAYERS FOR CONFESSION.**

**Before Confession.**

O most merciful God, I most humbly thank Thee for all Thy mercies unto me; and particularly at this time, for Thy forbearance and long suffering with me, notwithstanding my many and grievous sins. It is of Thy great mercy that I have not fallen into greater and more grievous sins than those which I have committed, and that I have not been cut off and cast into hell.

O my God, although I have been so ungrateful to Thee in times past, yet now I beseech Thee to accept me, returning to Thee with an earnest desire to repent, and to devote myself to Thee, my Lord and my God, and to praise Thy holy Name for ever.

Grant me, I beseech Thee, perfect contrition for my sins, that I may detest them with the deepest sorrow of heart. Send forth Thy light into my soul, and discover to me all those sins which I ought to confess at this time. Assist me by Thy grace, that I may be able to declare them to the priest, fully, humbly, and with a contrite heart, and so obtain perfect remission of them all through Thine infinite goodness. Amen.

O most gracious Virgin Mary, beloved Mother of Jesus Christ my Redeemer, intercede for me with Him. Obtain for me the full remission of my sins and perfect amendment of life, to the salvation of my soul, and the glory of His Name.

*Now try to find out your sins, and how often you have committed them.*

How long is it since your last confession ? Did you keep back any sin in your last confession? Did you say your penance? Did you go to Holy Communion without preparing yourself, or after having broken your fast? Have you always said your morning and night prayers? Did you say them badly? Have you used bad words? Did you stay away from Mass on Sundays or Holidays through your own fault? Did you laugh or talk in church? Have you been disobedient to your

parents or superiors? Have you called them names? or grumbled at them? or struck them? Have you been angry or in a passion? or sulky? Have you quarrelled? or fought? or struck anyone? Have you borne malice to anyone. Have you done anything wrong by thought, word, or deed against purity or modesty? Have you got others to do wrong? Have you stolen anything? or done any wilful damage? or kept that to which you had no right? Have you told lies? Have you told lies against anyone? Have you injured your neighbour's character by speaking ill of him without reason? Have you eaten meat on Fridays or other days on which it is forbidden? Have you been proud or vain of yourself? or despised others? Have you been discontented? Have you committed sin by eating or drinking too much? Have you wasted your money in drink? or frequented public houses? or gone with bad company? Have you been jealous of others? Have you been idle or slothful? Have you done anything else that you ought to confess?

For those who work for others.—Have you been disrespectful to your employers? Have you wasted or wilfully damaged their goods? or allowed others to do so? Have you stolen from them or given away their things without leave? Have you been idle or careless at your work? or not done what you were told to do? Have you read other people's letters? Have you gossiped about the private affairs of your employers?

God is very good. He made you and gave you your soul and body, and everything that you have. He is also very holy and just; and He hates sin. He made Heaven for good people, and hell for the wicked. He loves you very much. He was made man for you, and died upon the Cross, with great nails in His Hands and Feet, and a crown of thorns upon His Head, to help you to be good, and to get to Heaven. And when you sin, you offend this good God, who loves you so much.

*Try now to be very sorry for your sins, and make up your mind not to sin any more.*

### **Acts of Contrition.**

O Lord Jesus Christ, lover of our souls, who, for the great love wherewith Thou hast loved us, wouldst not the death of a sinner, but rather that he should be converted and live; I grieve from the bottom of my heart that I have offended Thee, my most loving Father and Redeemer, unto whom all sin is infinitely displeasing; who hast so loved me that Thou didst shed Thy Blood for me, and endure the bitter torments of a most cruel death. O my God, O Infinite Goodness, would that I had never offended Thee. Pardon me, O Lord Jesus, most humbly imploring Thy mercy. Have pity upon a sinner, for whom Thy Blood pleads before the face of the Father.

O most merciful and forgiving Lord, for the love of Thee I forgive all who have ever offended me. I firmly resolve to forsake and flee from all sins, and to avoid the occasions of them; and to confess, in bitterness of spirit, all those sins which I have committed against Thy divine goodness, and to love Thee, O my God, for Thine own sake, above all things for ever. Grant me grace so to do, O most gracious Lord Jesus.

O my God, I am very sorry that I have offended Thee, because Thou art so good; and I will not sin again.

My Lord and my God, I sincerely acknowledge myself a vile and wretched sinner unworthy to appear in Thy presence; but do Thou have mercy on me, and save me.

Most loving Father, I have sinned against heaven and before Thee; and am unworthy to be called Thy child; make me as one of Thy servants, and may I for the future be ever faithful to Thee. I am now resolved, with the help of Thy grace, to be more watchful over myself, to amend my faults and fulfil Thy law. Look down on me 'with the eyes of mercy, O God, and blot out my sins.

*Say the Our Father and the Hail Mary.*

### **Prayers after Confession.**

O almighty and most merciful God, who, according to the multitude of Thy tender mercies, hast been pleased once more to receive me, after so many times going astray from Thee, and to admit me to this sacrament of forgiveness! I give Thee thanks with all the powers of my soul for this and all other mercies, graces, and blessings bestowed on me; and casting myself at Thy sacred feet, I offer myself to be henceforth for ever Thine. Let nothing in life or death ever separate me from Thee. I renounce with my whole soul all the sins of my past life. I renew my promises made in baptism, and from

this moment I give myself eternally to Thy love and service. Grant that for the time to come I may hate sin more than death itself, and avoid all such occasions and company as have unhappily brought me to it. This I resolve to do, by the aid of Thy divine grace, without which I can do nothing. I beg Thy blessing on these my resolutions, for, O Lord, without Thee I am nothing but misery and sin. Supply also, by Thy mercy, whatever defects have been in this my confession, and give me grace to be now and always a true penitent; through Jesus Christ Thy Son. Amen.

*Mary, Mother of God, be a Mother to me*

*Now say your penance.*

### **PRAYERS FOR HOLY COMMUNION.**

- 1.- Say these Prayers slowly, a few words at a time.
- 2.—It is well to stop after every few words that they may sink into the heart.
- 3.—Each Prayer may be said several times.

#### **Before Holy Communion.**

Prayer for Help.—O my God, help me to make a good Communion. Mary, my dearest Mother, pray to Jesus for me. My dear Angel Guardian, lead me to the Altar of God.

**Act of Faith.**—O God, because Thou hast said it, I believe that I shall receive the Sacred Body of Jesus Christ to eat, and His precious Blood to drink. My God, I believe this with all my heart.

**Act of Humility.**—My God, I confess that I am a poor sinner; I am not worthy to receive the Body and Blood of Jesus on account of my sins, Lord, I am not worthy that Thou shouldst enter under my roof; say but the word, and my soul shall be healed.

**Act of Sorrow.**—My God, I detest all the sine of my life. I am sorry for them, because they have offended Thee, my God, who art so good. I resolve never to commit sin any more. My good God, pity me, have mercy on me, forgive me. Amen.

**Act of Adoration.**—O Jesus, great God, present on the Altar, I bow down before Thee I adore Thee.

**Act of Love and Desire.**—Sweet Jesus, I love Thee. I desire with all my heart to receive Thee. Most sweet Jesus, come into my poor soul, and give me Thy Flesh to eat and Thy Blood to drink. Give me Thy whole Self, Body, Blood, Soul, and Divinity, that I may live for ever with Thee.

#### **In Receiving Holy Communion.**

(1) In going to the Altar-rails, and returning to your place, keep your hands joined, your eyes cast down, and your thoughts on Jesus Christ.

(2) At the Altar-rails, take the Communion cloth and spread it before you under your chin.

(3) Hold your head straight up, keep your eyes closed, your mouth well open, and your tongue out, resting on the under lip. Then with great outward reverence, receive the Sacred Host, saying in your heart, with all the faith of St. Thomas—"My Lord and my God."

#### **After Holy Communion.**

**Act of Faith.**—O Jesus, I believe that I have received Thy Flesh to eat and Thy Blood to drink, because Thou hast said it, and Thy word is true.

**Act of Adoration.**—O Jesus, my God, my Creator, I adore Thee, because from Thy hands I came and with Thee I am to be happy for ever.

**Act of Humility.**—O Jesus, I am but dust and ashes, and yet Thou hast come to me, and my poor heart may speak to Thee.

**Act of Love.**—Sweet Jesus, I love Thee; I love Thee with all my heart. Thou knowest that I love Thee, and wish to

love Thee daily more and more.

**Act of Thanksgiving.**—My good Jesus, I thank Thee with all my heart. How good, how kind Thou art to me, sweet Jesus. Blessed be Jesus in the most holy Sacrament of the Altar.

**Act of Offering.**—O Jesus, receive my poor offering. Jesus, Thou hast given Thyself to me, and now let me give myself to Thee:

I give Thee my body, that it may be chaste and pure.

I give Thee my soul, that it may be free from sin.

I give Thee my heart, that it may always love Thee.

I give Thee every breath that I shall breathe, and especially my last; I give Thee myself in life and in death, that I may be Thine for ever and ever.

Remember the words of Jesus: " Ask and you shall receive," and

**Pray for Yourself.**

O Jesus, wash away my sins with Thy Precious Blood.

O Jesus, the struggle against temptation is not yet finished. My Jesus, when temptation comes near me, make me strong against it. In the moment of temptation may I always say, "Jesus, mercy! Mary, help!"

O Jesus, may I lead a good life; may I die a happy death. May I receive Thee before I die. May I say when I am dying, "Jesus, Mary, Joseph, I give you my heart and my soul."

Listen now for a moment to Jesus Christ; perhaps He has something to say to you. There may be some promise you have made and broken, which He wishes you to make again and keep.

Answer Jesus in your heart, and tell Him all your troubles. Then

**Pray for Others.**

O Jesus, have mercy on Thy Holy Church; take care of it.

O Jesus, have pity on poor sinners, and save them from hell.

O Jesus, bless my father, my mother, my brothers and sisters, and all I ought to pray for, as Thy Heart knows how to bless them.

O Jesus, have pity on the poor souls in Purgatory and give them eternal rest.

Sweet Jesus, I am going away for a time, but I trust not without Thee. Thou art with me by Thy grace. I will never leave Thee by mortal sin. I do not fear to do so, though I am so weak, because I have such a hope in Thee. Give me grace to persevere. Amen.

**OTHER DEVOTIONS FOR COMMUNION.**

**Before Communion.**

**Make an Act of Faith.**

I most firmly believe, O Jesus, that in this holy Sacrament Thou art present verily and indeed; that here is Thy Body and Blood, Thy Soul and Thy Divinity. I believe that Thou, my Saviour, true God and true Man, art really here, with all Thy treasures; that here Thou communicatest Thyself to us, makest us partakers of the fruit of Thy Passion, and givest us a pledge of eternal life. I believe there cannot be a greater happiness than to receive Thee worthily, nor a greater misery than to receive Thee unworthily. All this I most steadfastly believe, because it is what Thou hast taught us by Thy Church.

**Make an Act of Contrition.**

O Lord, I detest, with my whole heart, all the sins by which I have offended Thy Divine Majesty, from the first moment that I was capable of sinning to this very hour, I desire to lay them all at Thy feet, to be cancelled by Thy Precious Blood. Hear me, O Lord, by that infinite love by which Thou hast shed Thy Blood for me. O let not that Blood be shed in vain! I detest my sins, because they have offended Thy infinite goodness. By Thy grace I will never commit

them any more: I am sorry for them, and will be sorry for them as long as I live; and according to the best of my power, will do penance for them. Forgive me, dear Lord, for Thy mercy's sake; pardon me all that is past and be Thou my keeper for the time to come, that I may never more offend Thee.

#### **Make an Act of Divine Love.**

O Lord Jesus, the God of my heart and the life of my soul, as the hart pants after the fountains of water, so does my soul pant after Thee, the fountain of life, and the ocean of all good. I am overjoyed at hearing the happy tidings that I am to go into the house of the Lord; or rather that Our Lord is to come into my house, and take up His abode with me. O happy moments, when I shall be admitted to the embraces of the living God, for whom my soul languishes with love! Come, Lord Jesus, and take full possession of my heart for ever! I offer it to Thee without reserve; I desire to consecrate it eternally to Thee. I love Thee with my whole soul above all things; at least, I desire so to love Thee. It is nothing less than infinite love that brings Thee to me; O teach me to make a suitable return of love.

#### **Humbly beg Gods Grace.**

But, O my God, Thou knowest my great poverty and misery, and that of myself I can do nothing: Thou knowest how unworthy I am of this infinite favour, and Thou alone canst make me worthy. Since Thou art so good as to invite me thus to Thyself, add this one bounty more to all the rest—to prepare me for Thyself. Never let me be guilty of Thy Body and Blood by an unworthy communion. For the sake of this same precious Blood, which Thou hast shed for me, deliver me, O Jesus, from so great an evil.

#### **Implore the prayers of the Blessed Virgin and of the Saints.**

O all ye blessed Angels and Saints of God, and thou most especially, ever-blessed Virgin, Mother of this same God and Saviour whom I am now going to receive in this holy Sacrament, pray for me that I may receive Him worthily.

#### **After Communion.**

What return shall I make to Thee, O Lord, for all Thou hast done for me ? Behold, when I had no being at all, Thou didst create me; and when I was gone astray, and lost in my sins, Thou didst redeem me by dying for me. All that I have, all that I am, is Thy gift; and now, after all Thy other favours, Thou hast given me Thyself; blessed be Thy name for ever. Thou art great, O Lord, and exceedingly to be praised; great are Thy works and of Thy wisdom there is no end; but Thy tender mercies, Thy bounty and goodness to me, are above all Thy works; these I desire to confess and extol for ever.

O my Jesus, Thou art infinitely rich, and all the treasures of divine grace are locked up in Thee. These treasures Thou bringest with Thee when Thou dost visit us in this blessed Sacrament, and Thou takest an infinite pleasure in opening them to us, to enrich our poverty. This it is that gives me confidence to present Thee now with my petitions, and to beg of Thee those graces and virtues which I stand so much in need of. O increase and strengthen my belief of Thy heavenly truths; and grant that henceforward I may ever live by faith, and be guided by the maxims of Thy Gospel. Teach me to be poor in spirit, and take off my heart from the love of these transitory things, and fix it upon eternity: teach me, by Thy divine example, and by Thy most efficacious grace, to be meek and humble of heart, and in my patience to possess my soul. Grant that I may ever keep my body and soul chaste and pure; that I may ever bewail my past sins, and by a daily mortification restrain all irregular inclinations and passions for the future. Teach me to love Thee, to be ever recollected in Thee, and to walk always in Thy presence; teach me to love my friends in Thee, and my enemies for Thee; grant me grace to persevere to the end in this love, and so to come one day to that blessed place where I may love and enjoy Thee for ever.

Have mercy also on my parents, friends and benefactors, and on all those for whom I am bound to pray, that we may all love Thee and faithfully serve Thee. Have mercy on Thy whole Church, especially on the clergy and religious men and women, that all may live up to their calling, and sanctify Thy name. Give Thy grace and blessing to all princes and

magistrates, and to all Christian people; convert all unbelievers and sinners, and bring all strayed sheep back to Thy fold; particularly have mercy on (*Here name those for whom you wish especially to pray.*) etc.

O blessed Virgin, Mother of my God and Saviour, recommend all these my petitions to your Son. O all ye angels and Saints of God, unite your prayers with mine; be ever mindful of me, and obtain from Him, and through Him, that with you I may bless Him and love Him for ever. Amen.

Before you leave say this

### **INDULGENCED PRAYER.**

Behold, O kind and most sweet Jesus, I cast myself on my knees in Thy sight, and with the most fervent desire of my soul, I pray and beseech Thee that Thou wouldst impress upon my heart lively sentiments of faith, hope, and charity, with true repentance for my sins, and a firm desire of amendment, while with deep affection and grief of soul I ponder within myself and mentally contemplate Thy five most precious wounds; having before my eyes that which David spake in prophecy: "They pierced My hands and My feet; they have numbered all My bones."

Say also five times the *Our Father and Hail Mary*, for the Pope and the Church.

### **Truths of Faith which every Christian is bound to know.**

There is one God, who will reward the good and punish the wicked.

In this one God there are Three Persons, the Father, the Son, and the Holy Ghost.

God the Son was made man and died for us; afterwards He rose again and ascended into Heaven.

### **BENEDICTION.**

When the Priest opens the Tabernacle and incenses the Blessed Sacrament, the following Hymn is sung:

O SALUTARIS HOSTIA

Quae coeli pandis ostium;

Bella premunt hostilia,

Da robur, fer auxilium.

Uni Trinoque Domino

Sit sempiterna gloria

Qui vitam sine termino

Nobis donet in patria.

Amen.

After which usually follows:

### **The Litany of the Blessed Virgin.**

Lord have mercy.

Lord have mercy.

Christ have mercy.

Christ have mercy.

Lord have mercy.

Lord have mercy.

Christ hear us.  
Christ graciously hear us.  
God the Father of heaven,  
God the Son, Redeemer of the world,  
God the Holy Ghost,  
Holy Trinity one God,  
Holy Mary,  
Holy Mother of God,  
Holy Virgin of virgins,  
Mother of Christ,  
Mother of divine grace,-  
Mother most pure,  
Mother most chaste,  
Mother inviolate,  
Mother undefiled,  
Mother most amiable,  
Mother most admirable,  
Mother of good counsel,  
Mother of our Creator,  
Mother of our Saviour,  
Virgin most prudent,  
Virgin most venerable,  
Virgin most renowned,  
Virgin most powerful,  
Virgin most merciful,  
Virgin most faithful,  
Mirror of justice,  
Seat of wisdom,  
Cause of our joy,  
Spiritual vessel,  
Vessel of honour,  
Singular vessel of devotion,  
Mystical Rose,  
Tower of David,  
Tower of ivory,  
House of gold,  
Ark of the covenant,  
Gate of heaven,  
Morning Star,  
Health of the sick,  
Refuge of sinners,  
Comforter of the afflicted,  
Help of Christians,  
Queen of Angels,  
Queen of Patriarchs,

Queen of Prophets,  
Queen of Apostles,  
Queen of Martyrs,  
Queen of Confessors,  
Queen of Virgins,  
Queen of all Saints  
Queen conceived without original sin,  
Queen of the most holy Rosary,  
Queen of Peace,  
Lamb of God, who takest away the sins of the world,  
Spare us, O Lord.  
Lamb of God, etc. Graciously hear us, O Lord.  
Lamb of God, etc. Have mercy on us.  
V. Pray for us, O holy Mother of God.  
R. That we may be made worthy of the promises of Christ.

Then the following Hymn is sung, all present bowing down  
at the words "Veneremur cernui."

Tantum ergo Sacramentum  
Veneremur cernui:  
Et antiquum documentum  
Novo cedat ritui:  
Praestat fides supplementum  
Sensuum defectui.

Genitori Genitoque  
Laus et jubilatio,  
Salus, honor, virtus quoque  
Sit et benedictio;  
Procedenti ab utroque  
Compar sit laudatio.  
Amen.

V. Panem de coelo praestitisti eis (Alleluia).

R. Omne delectamentum in se habentem (Alleluia).

Deus, qui nobis sub sacramento mirabili passionis tuae memoriam reliquisti; tribue, quaesumus, ita nos corporis et sanguinis tui sacra mysteria venerari; ut redemptionis tuae fructum in nobis jugiter sentiamus; qui vivis, etc. Amen.

Here, bowing down in fervent adoration, receive the Benediction of the Most Holy Sacrament. Then is usually sung:

Ant. Let us adore for ever the Most Holy Sacrament.

O praise the Lord, all ye nations; praise Him all ye people.  
For His mercy is confirmed upon us; and the truth of the Lord remaineth for ever.  
Glory be to the Father, etc.

### **“The Divine Praises.”**

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 Jesus in the Most Holy Sacrament of the Altar.  
Blessed be the great Mother of God, Mary most holy.  
Blessed be her holy and Immaculate Conception.  
Blessed be the name of Mary, Virgin and Mother.  
Blessed be God in His Angels and in His Saints.

### **THE WAY OF THE CROSS.**

The Way of the Cross is a devotion to the Sacred Passion, in which we accompany, in spirit, Our Blessed Lord in His sorrowful journey from the house of Pilate to Calvary, and recall to mind, with sorrow and love, all that took place from the time when He was condemned to death to His being laid in the Tomb.

*\* Indulgence one year every time they are said.*

There are fourteen Stations, or spots, in this Way of the Cross at which something took place which it is well for us to call to mind, and to think over. At each of them we should say the Our Father and the Hail Mary, and think, with love and sorrow for our sins, on the suffering of Our Lord represented to us at the station. Many Indulgences are attached to this devotion: to gain them we must be in a state of grace, must visit each station in order, thinking over what is represented, and must pray for the intentions of the Holy Father.

- I. Jesus is condemned to death.
- II. Jesus is made to bear the Cross.
- III. Jesus falls the first time under the Cross.
- IV. Jesus meets His afflicted Mother.
- V. The Cross is laid upon Simon of Cyrene.
- VI. Veronica wipes the face of Jesus.
- VII. Jesus falls the second time.
- VIII. Jesus speaks to the daughters of Jerusalem.
- IX. Jesus falls the third time.
- X. Jesus is stripped of His garments.
- XI. Jesus is nailed to the Cross.
- XII. Jesus dies upon the Cross.
- XIII. Jesus is taken down from the Cross.
- XIV. Jesus is placed in the sepulchre.

### **THE HOLY ROSARY.**

The Rosary is a devotion to the Incarnation of Our Lord and to His Blessed Mother. It is composed of fifteen decades,

each decade consisting of the Our Father, ten Hail Marys, and the Glory be to the Father, and each being recited in honour of some mystery in the life of Our Lord and of His Blessed Mother. During each decade we should call to mind the mystery which it is intended to honour, and pray that we may learn to practise the virtue specially taught us by that mystery. Many Indulgences can be gained by saying the Rosary devoutly.

### **I. THE FIVE JOYFUL MYSTERIES.**

The Annunciation.

The Visitation.

The Birth of Our Saviour Jesus Christ in Bethlehem.

The Presentation of Our Blessed Lord in the Temple.

The Finding of the Child Jesus in the Temple.

### **II. THE FIVE SORROWFUL MYSTERIES.**

The Prayer and Bloody Sweat of Our Blessed Saviour in the Garden.

The Scourging of Our Blessed Lord at the Pillar.

The Crowning of Our Blessed Saviour with thorns.

Jesus Carrying His Cross.

The Crucifixion and Death of Our Lord.

### **III. THE FIVE GLORIOUS MYSTERIES.**

The Resurrection.

The Ascension of Christ into Heaven.

The Descent of the Holy Ghost on the Apostles.

The Assumption of the Blessed Virgin Mary into Heaven.

The Coronation of the Blessed Virgin Mary in Heaven and the glory of all the Saints.

### **Litany of the Most Holy Name of Jesus**

Lord, have mercy.

*Christ, have mercy.*

Lord, have mercy.

Jesus, hear us.

*Jesus, graciously hear us.*

God, the Father of Heaven, *have mercy on us.*

God the Son, Redeemer of the world, *have mercy on us.*

God, the Holy Spirit, *have mercy on us.*

Holy Trinity, one God, *have mercy on us.*

Jesus, Son of the living God, *etc.*

Jesus, Splendor of the Father, *have mercy on us.*

Jesus, Brightness of eternal Light, *etc.*

Jesus, King of Glory,

Jesus, Sun of Justice,

Jesus, Son of the Virgin Mary,

Jesus, most amiable,

Jesus, most admirable,

Jesus, the mighty God,

Jesus, Father of the world to come,  
Jesus, Angel of great counsel,  
Jesus, most powerful,  
Jesus, most patient,  
Jesus, most obedient,  
Jesus, meek and humble of heart,  
Jesus, Lover of Chastity,  
Jesus, our Lover,  
Jesus, God of Peace,  
Jesus, Author of Life,  
Jesus, Model of Virtues,  
Jesus, zealous for souls,  
Jesus, our God,  
Jesus, our Refuge,  
Jesus, Father of the Poor,  
Jesus, Treasure of the Faithful,  
Jesus, good Shepherd,  
Jesus, true Light,  
Jesus, eternal Wisdom,  
Jesus, infinite Goodness,  
Jesus, our Way and our Life,  
Jesus, joy of the Angels,  
Jesus, King of the Patriarchs,  
Jesus, Master of the Apostles,  
Jesus, Teacher of the Evangelists,  
Jesus, Strength of Martyrs,  
Jesus, Light of Confessors, *have mercy on us.*  
Jesus, Purity of Virgins, *etc.*  
Jesus, Crown of all Saints,  
Be merciful, *spare us, O Jesus!*  
Be merciful, *graciously hear us, O Jesus!*  
From all evil, *deliver us, O Jesus.*  
From all sin, *etc.*  
From Thy wrath,  
From the snares of the devil,  
From the spirit of fornication,  
From everlasting death,  
From the neglect of Thine inspirations,  
Through the mystery of Thy holy Incarnation,  
Through Thy Nativity,  
Through Thy Infancy,  
Through Thy most divine Life,  
Through Thy Labors,  
Through Thy Agony and Passion,  
Through Thy Cross and Dereliction,

Through Thy Sufferings,  
Through Thy Death and Burial,  
Through Thy Resurrection,  
Through Thine Ascension,  
Through Thine Institution of the Most Holy Eucharist,  
Through Thy Joys,  
Through Thy Glory,  
Lamb of God, Who take away the sins of the world,  
*spare us, O Jesus!*  
Lamb of God, Who take away the sins of the world,  
*graciously hear us, O Jesus!*  
Lamb of God, Who take away the sins of the world,  
*have mercy on us, O Jesus!*  
Jesus, hear us.  
*Jesus, graciously hear us.*

Let us pray.

O Lord Jesus Christ, Thou hast said, "Ask and ye shall receive; seek, and ye shall find; knock, and it shall be opened unto you:" mercifully attend to our supplications, and grant us the grace of Thy divine charity, that we may ever love Thee with our whole heart, and with all our words and deeds, and may never cease from praising Thee. Make us, O Lord, to have a perpetual fear and love of Thy Holy Name, for Thou never fails to govern those whom Thou solidly establishes in Thy love. Thou, Who lives and reigns forever and ever. R. Amen.

#### **A QUARTER OF AN HOUR BEFORE THE BLESSED SACRAMENT.**

To please Me, my dear child, it is not necessary to know much; all that is required is to love Me much, to be deeply sorry for ever having offended Me and desirous of being ever faithful to Me in future.

Speak to Me now as you would to your dearest friend. Tell Me all that now fills your mind and heart. Are there any you wish to commend to Me? Tell Me their names, and tell Me what you would wish Me to do for them. Do not fear, ask for much; I love generous hearts, which, forgetting themselves, wish well to others.

Speak to Me of the poor you wish to comfort; tell Me of the sick that you would wish to see relieved. Ask of Me something for those who have been unkind to you, or who have crossed you. Ask much for them all; commend them with all your heart to Me.

And ask Me many graces for yourself. Are there not many and many you would wish to name, that would make you happier to yourself, more useful and pleasing to others, more worthy of the love of Me, the dearest Lord, Master and Spouse of your soul? Tell Me the whole list of the favours you want of Me. Tell Me them with humility, knowing how poor you are without them, how unable to gain them by yourself; ask for them with much love, that they may make you more pleasing to Me.

With all a child's simplicity, tell Me how self-seeking you are, how proud, vain, irritable, how cowardly in sacrifice, how lazy in work, uncertain in your good resolutions, and then ask Me to bless and crown your efforts. Poor child, fear not, blush not at the sight of so many failings; there are Saints in Heaven who had the faults you have; they came to Me lovingly, they prayed earnestly to Me, and my grace has made them good and holy in my sight.

You should be mine, body and soul: fear not, therefore, to ask of Me gifts of body and mind, health, judgment, memory, and success—ask for them for my sake; that God may be glorified in all things. I can grant everything, and never refuse to give what may make a soul dearer to Me and better able to fulfil the will of God.

Have you no plans for the future which occupy, perhaps distress, your mind? Tell Me your hopes, your fears. Is it

about your future state? your position among my creatures? some good you wish to bring to others? In what shall I help and bless your good will?

And for Me you must have—have you not?—some zeal, some wish to do good to the souls of others. Some, perhaps, who love and care for you, have ceased, almost, to know or care for Me. Shall I give you strength, wisdom and tact, to bring these poor ones close to my Heart again? Have you failed in the past? tell Me how you acted; I will show you why you did not gain all you expected; rely on Me, I will help you, and will guide you to lead others to Me.

And what crosses have you, my dear child? Have they been many and heavy ones? Has some one caused you Jam? some one wounded your self-love? slighted you? injured you? Lay your head upon my breast, and tell Me how you suffered. Have you felt that some have been ungrateful to you, and unfeeling towards you? Tell Me all, and in the warmth of my Heart you will find strength to for-give and even to forget that they have ever wished to pain you.

And what fears have you, my child? My providence shall comfort you; my love sustain you. I am never away from you, never can abandon you. Are some growing cold in the interest and love they had for you? Pray to Me for them; I will restore them to you if it be better for you and your sanctification. -

Have you not some happiness to make known to Me? What has happened, since you came to Me last, to console you, to gladden and give you joy? What was it? a mark of true friendship you received? a success unexpected and almost unhopd for ? a fear suddenly taken away from you? and did you remember the while, that in all it was my will, my love, that brought all that your heart has been so glad to have? It was my hand, my dear child, that guided and prepared all for you. Look to Me now, my child, and say, "Dear Jesus, I thank you."

You will soon leave Me now; what promises can you make Me? Let them be sincere ones, humble ones, full of love and desire to please Me. Tell Me how carefully you will avoid every occasion of sin, drive from you all that leads to harm, and shun the world—the great deceiver of souls.

Promise Me to be kind to the poor; loving for my sake, to friends: forgiving to your enemies, and charitable to all, not in word alone and actions, but in your very thoughts. When you have little love for your neighbour, whom you see, you are forgetting Me who am hidden from you.

Love all my saints; seek the help of your holy patrons. I love to glorify them by giving you much through them. Love, above all, my own sweet glorious Mother—she is your mother; O love her, speak to her often, and she will bring you to Me, and for her sake I will love and bless you more each day.

Return soon to Me again, but come with your heart empty of the world, for I have many more favours to give, more than you can know of; bring your heart so that I may fill it with many gifts of my love. *My peace be with you.*

### **SUMMARY OF CHRISTIAN DOCTRINE.**

I. We are bound to know and to believe—

1. That there is one supreme, eternal, infinite God, the Creator of heaven and earth; and that the good will be rewarded by Him for ever in heaven, and the wicked punished for ever in hell.

2. That in God there are three persons, co-eternal, co-equal, God the Father, God the Son, and God the Holy Ghost.

3. That God the Son, the Second Person of the Most Holy Trinity, was made Man, and died upon the Cross to save us.

II. We are bound also to know and to believe the Apostles' Creed; to have a knowledge of the Commandments of God and of the Church, and of the Holy Sacraments; and to know the Lord's Prayer and the Hail Mary.

III. We are bound, moreover, to believe whatever God teaches us by His holy Church, who in her teaching cannot deceive us nor be deceived. Her teaching is, amongst other ways, infallibly made known to us by the Roman Pontiff "when he speaks *ex cathedra*—that is, when, discharging the office of Pastor and teacher of all Christians, he defines, by virtue of his supreme apostolic authority, a doctrine, regarding faith or morals, to be held by the universal Church."

### **THE SEVEN SACRAMENTS.**

1. Baptism: by which we are made Christians, children of God, members of His holy Church, and heirs of heaven.

2. Confirmation: by which we receive the Holy Ghost, to make us strong and perfect Christians, and soldiers of Christ.
3. The Holy Eucharist: which is really and truly the Body and Blood, the Soul and the Divinity, of Jesus Christ, under the appearances of bread and wine. The Holy Eucharist is not only a Sacrament, in which we receive Our Divine Lord for the food and nourishment of our souls, and in which He is really present to be adored upon the altar: it is also a Sacrifice, the Sacrifice of the Holy Mass in which, at the time of consecration, the bread and wine are change into the Body and Blood of Jesus Christ, and in which He is offered up for us to His Eternal Father.
4. Penance: by which the sins committed after Baptism are forgiven.
5. Extreme Unction: which, in dangerous illness, comforts the soul, remits sin, and restores health if God sees it to be expedient.
6. Holy Order: by which Bishops, Priests, and other Ministers of the Church are ordained.
7. Matrimony: which is the Sacrament of Christian Marriage.

### **The Two Precepts of Charity,**

1 Thou shalt love the Lord thy God with thy whole heart, and with thy whole soul, and with thy whole mind, and with thy whole strength. 2. Thou shalt love thy neighbour as thyself.

### **The Ten Commandments of God.**

1. Thou shalt not have strange gods before Me. Thou shalt not make to thyself any graven thing; nor the likeness of anything that is in heaven above, or in the earth beneath, nor of those things that are in the waters under the earth. Thou shalt not adore them nor serve them. 2. Thou shalt not take the name of the Lord thy God in vain. 3. Remember that thou keep holy the Sabbath-day. 4. Honour thy father and thy mother. 5. Thou shalt not kill. 6. Thou shalt not commit adultery. 7. Thou shalt not steal. 8. Thou shalt not bear false witness against thy neighbour. 9. Thou shalt not covet thy neighbour's wife. 10. Thou shalt not covet thy neighbour's goods.

### **The Six Chief Commandments of the Church.**

1. To keep the Sundays and Holidays of Obligation holy, by hearing Mass and resting from servile works. 2. To keep the days of Fasting and Abstinence appointed by the Church. 3. To go to Confession at least once a year. 4. To receive the Blessed Sacrament at least once a year, at Easter or thereabouts. 5. To contribute to the support of our Pastors. 6. Not to marry within certain degrees of kindred, nor to solemnize marriage at the forbidden times.

**The three Theological Virtues:** Faith, Hope, and Charity.

**The four Cardinal Virtues:** Prudence, Justice, Fortitude, and Temperance.

**Seven Gifts of the Holy Ghost:** Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, the Fear of the Lord.

**Twelve Fruits of the Holy Ghost:** Charity, Joy, Peace, Patience, Benignity, Goodness, Longanimity, Mildness, Faith, Modesty, Continency, Chastity (Galations v. 22, 23).

**Seven Corporal Works of Mercy:** To feed the hungry, to give drink to the thirsty; to clothe the naked; to harbour the harbourless; to visit the sick; to visit the imprisoned; to bury the dead.

**Seven Spiritual Works of Mercy:** To counsel the doubtful; to instruct the ignorant; to admonish sinners; to comfort the afflicted; to forgive offences; to bear wrongs patiently; to pray for the living and the dead.

**Seven Deadly Sins:** Pride, Covetousness, Lust, Anger, Gluttony, Envy, Sloth.—**The opposite Virtues:** Humility, Liberality, Chastity, Meekness, Temperance, Brotherly Love, Diligence.

### **INDULGENCES.**

An Indulgence is a remission granted by the Church to those who are free from the guilt of mortal sin, of the whole, or of a part of the temporal punishment due for sins already forgiven.

Explanation.—1. By temporal punishment, as distinguished from eternal punishment, is meant punishment which is

due for sin, and which is to be undergone, either in this world, or in the next world in purgatory. The repentance for sin may be so great as to obtain from God the remission both of the guilt and of all punishment; but often, through the imperfection of our repentance, some punishment remains due for sin after the guilt has been removed. 2. Indulgences are granted on the condition of the performance of certain specified good works; and they cannot be gained by any one who is not free from the guilt of all grievous sins. 3. The Church, in granting an indulgence, offers to God, for the remission of the temporal punishment deserved for our sins, the infinite superabundant merits of Our Lord, and also (but only secondarily) the merits of the Blessed Virgin and the Saints. 4. A Plenary Indulgence is a remission of the whole of the punishment due for forgiven sins; a Partial Indulgence is a remission of some part of that punishment. An Indulgence, granted as Plenary, will, if there be an obstacle to its full effect be only partially obtained.—In the early ages of the Church "canonical penances," as they were called, were inflicted for sin; and an indulgence of forty days, for example, represents a remission of as much of the temporal punishment as would have been remitted by means of forty days of such canonical penance.

Ordinary conditions for gaining a Plenary Indulgence, besides a particular good work, are, Confession, Holy Communion, and prayer for the Pope's intention; but weekly Confession suffices for all indulgences obtainable during the week, and more than one may be gained by a single Holy Communion.

### **THE CHURCH'S LAW CONCERNING MARRIAGE.**

1. In consequence of the Papal decree *Ne Temere*, every marriage between Catholics, or between Catholic and a non-Catholic, must be celebrated before a Bishop or Priest duly authorized and two witnesses. Such marriages if otherwise celebrated—e.g. before the Registrar, an unauthorized Catholic clergyman, or any minister of the non-Catholic sects—may be binding legal contracts under the civil law; but they are null and void before God, and the parties are not in the sight of God really husband and wife.

2. Catholics who apostatize, either formally or equivalently, are not thereby withdrawn from the Church's jurisdiction in this matter.

3. These rules have nothing to do with marriages between non-Catholics neither of whom has been baptized in the Catholic Church.

4. As ecclesiastical law requires the publication of banns in the church, persons intending to marry should give notice to the parish priest at least three weeks before the date proposed for the marriage.

5. The solemn celebration of marriages is forbidden from Ash-Wednesday till after Low Sunday, and from the 1st Sunday in Advent till the day after the Epiphany.

### **Mixed Marriages**

A "mixed marriage" (that is, a marriage between a Catholic and one who, though baptized, does not profess the Catholic Faith) may not take place without a dispensation; and the dispensation cannot lawfully be given unless for a sufficiently grave reason, and subject to the following conditions—1. That all the children that may be born of the marriage shall be baptized, and brought up, in the Catholic Faith. 2. That the Catholic party shall have full liberty for the practice of the Catholic religion. 3. That the Catholic party shall endeavour to convert the other to the Catholic Faith. 4. That no religious marriage ceremony shall take place elsewhere than in the Catholic Church.

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