



**LORD**

*Make me an instrument of Your peace.  
Where there is hatred, let me sow love;  
Where there is injury, pardon; where  
There is doubt, faith; where there is  
Despair, hope; where there is darkness,  
Light; and where there is sadness, joy.  
Grant that I may not so much seek to be con-  
soled as to Console; to be understood as to un-  
derstand;*

*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.*

**SAINT FRANCIS**

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## Table of Contents

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## The Great Commandments

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<u>PRAYER</u>	<u>PAGE</u>
Act of Contrition	7
Apostles' Creed	17
Canticle of Zechariah	20
Confiteor	14
Gloria	15
Glory Be	5
Guardian Angel Prayer	21
Hail Mary	4
Holy, Holy, Holy	16
Kyrie	15
Lamb of God	16
Magnificat	19
Meal Prayers	6
Nicene Creed	9-10
Our Father	3
Prayer to the Holy Spirit	18
Rosary	11-12
Seven Sacraments	8
Sign of the Cross	2
Ten Commandments	12-13
The Great Commandments	22

“Love the Lord your God  
With all your heart  
With all your soul  
With all your strength  
With all your mind;

And love your neighbor as you love  
yourself.”

(Luke 10:27; Dt 6:5; Lv 19:18)

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## Our Father

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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.

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## Canticle of Zechariah

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Blessed be the Lord, the God of Israel; he has come to his people and set them free.

He has raised up for us a mighty Savior, born of the house of his servant, David. Through his holy prophets, he promised of old, that he would save us from our enemies, from the hands of all who hate us.

He promised to show mercy to our fathers and to remember his Holy Covenant. This was the oath he swore to our Father, Abraham, to set us free from the hands of our enemies, free to worship him without fear, holy, and righteous in his sight all the days of our life.

You, my child, shall be called the Prophet of the Most High, for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins.

In the tender compassion of our God, the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

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## Guardian Angel Prayer

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**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.

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## Sign of the Cross

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

Amen.



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## Glory Be

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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.

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## Prayer to the Holy Spirit

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Come Holy Spirit. Fill the hearts of your faithful. And kindle them in the fire of your love. Send forth your spirit and they shall be created. And you will renew the face of the earth.

Let us pray.

Lord, by the light of the Holy Spirit, you have taught the hearts of your faithful. In the same Spirit help us to relish what is right and always rejoice in your consolation.

We ask this through Christ our Lord.

Amen.

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## Magnificat

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My soul proclaims the greatness of the Lord, my spirit rejoices in God, my Savior; for he has looked with favor on his lowly servant. From this day, all generations will call me blessed.

The Almighty has done great things for me, and Holy is his Name. He has mercy on those who fear him in every generation.

He has shown the strength of his arm, he has scattered the proud in their conceit. He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich he has sent away empty.

He has come to the help of his servant, Israel, for he has remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children forever.

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## Hail Mary

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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.



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## **Act of Contrition**

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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.

Our Savior Jesus Christ suffered and died for us. In his name my God, have mercy.

Amen.

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## **Liturgical Acclamations cont.**

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### **Holy, Holy, Holy**

Holy, Holy, Holy Lord, God of power and might. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

### **Lamb of God**

Lamb of God, you take away the sins of the world: have mercy on us.

Lamb of God, you take away the sins of the world: have mercy on us.

Lamb of God, you take away the sins of the world: grant us peace.

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## **The Apostles' Creed**

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I (we) believe in God, the Father almighty, creator of heaven and earth.

I (we) believe in Jesus Christ, his only Son our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.

I (we) believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

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## **Meal Prayers**

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### **Prayer 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 give you thanks, O almighty God, for all your benefits, who live and reign now and forever.  
Amen.

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## Nicene Creed

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We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, begotten of the Father, God from God, Light from Light, true God from true God, begotten not made one Being with the Father.

Through him all things were made. For us men and for our salvation, he came down from heaven: by the power of the Holy Spirit, he was born of the Virgin Mary, and became man. For our sake, he was crucified under Pontious Pilate; he suffered, died, and was buried.

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## Liturgical Acclamations

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### Confiteor

I, confess to Almighty God, and to you my brothers and sisters, that I have sinned through my own fault in my thoughts and in my words, in what I have done, and in what I have failed to do; and I ask the blessed Mary, ever Virgin, all the angels and saints, and you my brothers and sisters, to pray for me to the Lord our God.

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# Liturgical Acclamations

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## Kyrie

Lord have Mercy.  
Christ have Mercy.  
Lord have Mercy.

## Gloria

Glory to God in the highest, and peace to his people on earth. Lord God, heavenly King, Almighty God and Father, we worship you, we give you thanks, we praise you for your glory. Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, you take away the sin of the world, have mercy on us; you are seated at the right hand of the Father: receive our prayer.

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.

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# Seven Sacraments

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## Sacraments of Initiation

Baptism  
Holy Eucharist  
Confirmation

## Sacraments of Vocation

Holy Matrimony  
Holy Orders

## Sacraments of Healing

Reconciliation  
Anointing of the Sick



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## **Rosary**

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### **The Joyful Mysteries (M & S)**

The Annunciation

The Visitation

The Birth of Jesus

The Presentation in the Temple

Mary and Joseph find Jesus in the Temple

### **The Sorrowful Mysteries (T & F)**

The Agony in the Garden

The Scourging of Jesus

The Crowning with Thorns

Jesus Carries his Cross

Jesus Dies on the Cross

### **The Glorious Mysteries (W & Sun.)**

The Resurrection

The Ascension

The Holy Spirit is Sent upon the Apostles

The Assumption of Mary

Mary Crowned Queen of Heaven

### **The Luminous Mysteries (Thurs.)**

The Baptism in the Jordan

The Wedding at Cana

Proclamation of the Kingdom of God

The Transfiguration

The Institution of the Eucharist

### **How to Pray the Rosary**

**Make the Sign of the Cross and say the Apostles' Creed.**

**Say the *Our Father*.**

**Say 3 *Hail Mary's***

**Say the *Glory Be to the Father*.**

**Announce the 1<sup>st</sup> Mystery; then say the *Our Father*.**

**Say 10 *Hail Mary's* meditating the mystery.**

**Say *Glory Be to the Father*.**

**Announce the second mystery. Then say**

***Our Father*. Repeat 6 & 7 and continue with the 3<sup>rd</sup> through 5<sup>th</sup> Mystery in the same manner.**

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## Ten Commandments

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I am the Lord your God. You shall not have other gods besides me.

You shall not take the name of the Lord, your God, in vain.

Remember to keep holy the Sabbath Day.

Honor your father and your mother.

You shall not kill.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's wife.

You shall not covet anything that belongs to your neighbor

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## Nicene Creed cont.

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On the third day, he rose again in fulfillment of 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.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son is worshipped and glorified. He has spoken through the Prophets.

We believe in one holy, Catholic and Apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead and the life of The world to come. Amen.