

Prayers of the
Pauline Family

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This prayer manual, *The Prayers of the Pauline Family*, conforms to the *editio typica* 2011 Casa Generalizia della Società San Paolo, Italian edition, and is approved for use.

Published in the U.S.A. by the Daughters of St. Paul, 50 St. Paul's Ave., Boston, MA 02130

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Invitation

In our creation, redemption, and sanctification, God's ultimate purpose is his eternal glory. We are created, redeemed, and sanctified to glorify God in this life and in eternity. God so disposed things that intelligent creatures would find their happiness in glorifying him.

The most direct preparation for entrance into heaven consists in living St. Paul's teaching: "Whatever you do, do for the glory of God" (see Col 3:23). This must be the first and constant concern of the person aiming for sanctity. It is an anticipation of the heavenly life.

To Live in Christ

The general means necessary for attaining eternal happiness is the sanctification of our entire being. This is achieved by living in Jesus Christ: "This is how God's love was made clear to us. God sent his only begotten Son into the world so that we might have life through him" (1 Jn 4:9). He is the vine; human

beings are the branches. If the branch lives on the sanctifying lifeblood of Jesus Christ, it will bear fruits of eternal life; detached from Jesus the Vine, it withers and is thrown into the fire (see Jn 15:1–8).

This union with Christ must be complete, through faith in his word and imitation of him. Grace, the life of our soul, makes this possible.

On the Way of Sanctity

The present life is a preparation of our whole being for heaven—mind, will, heart, and body. Our permanent home is in eternity—either safe forever with God or lost forever in hell.

The salvation of our soul is our one absolutely necessary duty. On this earth, we are subjected to a test; blessed is the one who passes the test and receives the crown. To pass the test we must know, serve, and unite ourselves to the Lord, loving him with all our heart, above all things, because God is the Supreme Good and our eternal happiness. All the natural and supernatural gifts we possess on earth constitute the means to attain salvation. The Divine Master said: “For what good will it do a man if he gains the whole world, but forfeits his life?” (Mt 16:26).

Those who aspire to the religious life and those who wish to assure themselves of heaven must strive diligently for their own sanctification.

Moreover, one who has professed religious vows has assumed the obligation of striving for perfection because of the commitments made and of the abundant means given by Divine Goodness.

Intense, constant spiritual work is required. Though difficult, this work is the most noble and consoling. Because of humanity's fallen state due to original sin, this work entails two things:

1. Remove the evil—that comes from bad interior inclinations and the action of the devil and the world—through spiritual combat, self-denial, avoidance of dangers and sin: “Avoid evil”;
2. Direct the person to supernatural union with God. The whole person must be directed toward God and united to him: the mind with a lively faith, the will with a virtuous life, the heart with supernatural sentiments: “Do good.”

Jesus Christ, Way, Truth, and Life

In God is every good for the present life and for eternal life. Our union with God is achieved through Jesus Christ in the Holy Spirit.

Jesus is the mediator between God and the person. He fulfilled his mission through his three main roles: as Master and Teacher, since he is the Truth; as King and Shepherd, since he is the Way; and as Priest and Host, since he is the Life.

The Divine Master said: “I am the way and the truth and the life” (Jn 14:6). That is: “I am the Way that you must follow, the Truth that you must believe, the Life that you must hope for” (*Imitation of Christ* III, 56). He lives in the person who is in the state of grace, and the person in the state of grace lives in him for the glory of God and peace to people.

Jesus Christ carries out this work in each individual person through the Church. The Church communicates the same truths, guides the faithful with a loving rule, and communicates grace through the sacraments. All this brings about one’s sanctification. Thus, we are able to live in Jesus Christ on earth, so that we may live in eternal happiness with him in heaven.

The Good Fight of Faith

A person is lost who withdraws from God through sin, which is “to turn away from God and to turn toward creatures.” Spiritual ruin results from sin.

Instead, one who seeks God is saved, for this is “to turn away from creatures and to turn toward God.”

Our resolutions and real spiritual work should have a negative and a positive component. For example: fight against pride to replace it with humility; fight against concupiscence of the flesh to replace it with mortification and chastity; fight against avarice and the spirit of ease to replace it with charity and poverty. It is a matter of removing the old Adam to put on the new man, Jesus Christ (see Eph 4:24).

Although everyone has many passions and evil inclinations, one of these predominates. Spiritual work consists in coming to know it, curb it, and place it at the service of God by practicing the opposite virtue. It is wise, easy, and effective to divide this work by taking up one thing at a time.

This work is to be planned out:

1. In the spiritual exercises and monthly retreats—each one examines themselves and, with the advice of the confessor, chooses the principal resolution.
2. In the examinations of conscience—the preventive, particular, and general that are made daily, as well as in the weekly, monthly, and annual examination.

3. During the day—exercising constant vigilance over thoughts, sentiments, and actions in order to do the opposite of what one’s evil inclinations would suggest: “Age contra” (“Do the contrary”).
4. In the daily meditation, as well as in the Mass and Holy Communion, in the daily Eucharistic adoration and Rosary—renew the resolution, praying unceasingly to fulfill it.

The main fruit of the examination of conscience is self-knowledge.

Meditation aims particularly at strengthening the will and renewing resolutions.

Holy Communion increases grace in us and establishes union with Jesus Christ.

Spiritual reading and conferences are especially meant to enlighten the mind.

Adoration of Jesus in the Eucharist and Holy Mass aim to obtain all three fruits for the mind, the will, and the heart. In practice, however, the three fruits of instruction, comfort, and grace are never completely separated. Nor is it advisable to seek to differentiate them, for the person is always one, and perfection consists in being united to Jesus Christ.

Every resolution needs to include the mind, the will, and the heart, if it is to be complete and unite us to God through Jesus Christ. For example, if one wants to replace pride with humility, it is advisable to cultivate humble thoughts according to faith, to imitate Jesus in his humble life, to nourish sentiments of humility, and to ask for this very precious grace in prayer. The same holds true for every other virtue.

In this manner, a person will draw the mind, will, and heart away from evil. In Jesus Christ one will be united wholly to God, our Supreme Good and eternal happiness.

Configured in Christ

In reality, the various devotions are directed to the one true devotion of Jesus Christ, Way, Truth, and Life. The various practices and devotions are means to live in Jesus Christ—and to glorify God through him, with him, and in him. This is eternal life, tasted beforehand here on earth and then in the glory of heaven.

Made one in Jesus Christ, we will live in him in heaven. Heaven is the complete reward—of the mind, through vision; of the will, through beatific

love; of the heart, through eternal joy; of the body, through its glorification. “I grant you dominion, just as my Father granted it to me,” said the Divine Master (Lk 22:29). St. Paul says, “The Spirit itself bears witness with our spirit that we are God’s children. And if we are children, then we are also heirs —heirs of God, co-heirs with Christ, if we suffer with him so as to be glorified with him as well” (Rom 8:16–17).

“I consider that the sufferings of the present time simply do not compare with the glory to come, which will be revealed to us” (Rom 8:18).

Fr. James Alberione



PRAYERS IN COMMON



Morning Prayers

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

Jesus Master, Way, Truth, and Life, have mercy
on us.

Queen of Apostles, pray for us.

St. Paul the Apostle, pray for us.

From all sin, deliver us, O Lord.

The Angelus

(Traditional)

℣. The angel of the Lord declared unto Mary.

℟. And she conceived of the Holy Spirit.

Hail Mary . . .

℣. Behold the handmaid of the Lord.

℟. Be 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.

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.

Glory be to the Father . . .

The Angelus

(ICEL)

℣. The angel spoke God's message to Mary.

℟. And she conceived of the Holy Spirit.

Hail Mary . . .

℣. "I am the lowly servant of the Lord:

℟. let it be done to me according to your word."

Hail Mary . . .

℣. And the Word became flesh

℟. and lived among us.

Hail Mary . . .

℣. Pray for us, holy Mother of God,
℞. that we may become worthy of the promises
of Christ.

Let us pray.

Lord, fill our hearts with your grace: once, through the message of an angel you revealed to us the incarnation of your Son; now, through his suffering and death lead us to the glory of his resurrection. We ask this through Christ our Lord. Amen.

Glory to the Father . . .



℣. Angelus Dómini nuntiávit Mariæ:
℞. Et concepit de Spíritu Sancto.

Ave Maria, gratia plena, Dominus tecum. Benedicta tu in mulieribus, et benedictus fructus ventris tui, Iesus. Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc, et in hora mortis nostrae. Amen.

℣. Ecce ancilla Dómini:
℞. Fiat mihi secundum verbum tuum.

Ave Maria . . .

℣. Et Verbum caro factum est:
℞. Et habitavit in nobis.

Ave Maria . . .

℣. Ora pro nobis, sancta Dei Genitrix:

℟. Ut digni efficiámur promissionibus Christi.

Oremus.

Gratiam tuam, quaesumus, Dómine, méntibus nostris infunde: ut qui, Angelo nuntiante, Christi Filii tui incarnationem cognóvimus, per passionem eius et crucem ad resurrectionis gloriam perducamur. Per eúndem Christum Dóminum nostrum. Amen.

Glória Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.

The Regina Coeli

(Traditional)

℣. Queen of heaven, rejoice, alleluia!

℟. For he whom you deserved to bear, alleluia!

℣. Has risen as he said, alleluia!

℟. Pray for us to God, alleluia!

℣. Rejoice and be glad, O Virgin Mary, alleluia!

℟. For the Lord has truly risen, alleluia!

Let us pray.

O God, you mercifully brought joy into the world by the resurrection of your Son, our Lord Jesus Christ,

grant that we may come to the joy of everlasting life through the prayers of his Mother, the Virgin Mary. Through the same Christ our Lord. Amen.

Glory be to the Father . . .

The Regina Coeli

(ICEL)

Queen of heaven, rejoice, alleluia.

For Christ, your Son and Son of God,
has risen as he said, alleluia.

Pray to God for us, alleluia.

℣. Rejoice and be glad, O Virgin Mary, alleluia.

℟. For the Lord has truly risen, alleluia.

Let us pray.

God of life, you have given joy to the world by the resurrection of your Son, our Lord Jesus Christ. Through the prayers of his Mother, the Virgin Mary, bring us to the happiness of eternal life. We ask this through Christ our Lord. Amen.

Glory to the Father . . .



℣. Regína coeli, laetáre, allelúia:

℟. Quia quem meruísti portáre, allelúia.

℣. Resurréxit, sicut dixit, allelúia.

℞. Ora pro nobis Deum, allelúia.

℣. Gaude et laetáre, virgo Maria, allelúia.

℞. Quia surréxit Dóminus vere, allelúia.

Oremus.

Deus, qui per resurrectionem Filii tui, Dómini nostri Jesu Christi, mundum lætificáre dignatus es: præsta, quaésumus, ut, per eius Genitrícem vírginem Mariám, perpétuæ capiámus gáudia vitæ. Per eúndem Christum Dóminum nostrum. Amen.

Glória Patri, et Filio, et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.

Daily Offering

Divine Heart of Jesus, I offer you, through the Immaculate Heart of Mary, Mother of the Church, in union with the Eucharistic sacrifice, my prayers, actions, joys, and sufferings of this day, in reparation for sins, for the salvation of everyone, according to the special intentions of the Superior General, in the grace of the Holy Spirit, for the glory of the heavenly Father.

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

Glory to the Father,
and to the Son, and to the Holy Spirit,

as it was in the beginning,
is now and will be forever. Amen.

I adore you, my God

I adore you, my God,
and I love you with all my heart.
I thank you for having created me,
made me a Christian,
kept me this night,
and led me into the Pauline Family.
I offer you the actions of this day:
grant that they may be according
to your holy will and for your greater glory.
Keep me from all sin and evil.
May your grace be always with me
and with all my dear ones. Amen.

Nicene Creed

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe 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.
I believe 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.
I believe in 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.

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.

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, 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.

To the Guardian Angel

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

Act of Faith

O my God, I firmly believe that you are one God in three Divine Persons, Father, Son, and Holy Spirit; I believe that your Divine Son became man and died for our sins, and that he will come to judge the living

and the dead. I believe these and all the truths, which the holy Catholic Church teaches, because you have revealed them, who can neither deceive nor be deceived.

Act of Hope

O my God, relying on your infinite goodness and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

Act of Love

O my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all love. I love my neighbor as myself for the love of you. I forgive all who have injured me and I ask pardon of all whom I have injured.

Act of Faith, Hope, and Love

O my God, I believe in you, I trust in you, I love you above all things, with all my heart and mind and strength. I love you because you are supremely good and worth loving; and because I love you, I am sorry with all my heart for having offended you. Lord, have mercy on me, a sinner. Amen.

Act of Contrition

(Traditional)

O my God, I am heartily 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.

Act of Contrition

(ICEL)

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.

Act of Humility

O God, you see that our trust is not based on human actions. In your mercy, may the Apostle of the Gentiles protect us against all adversity, through Christ our Lord. Amen.

By myself I can do nothing, but with God I can do all things. For the love of God, I want to do all things. To him honor and glory, to me the eternal reward.

Prayer of Thanksgiving

We give you thanks for all your benefits,
O almighty God,
who lives and reigns forever and ever. Amen.

Act of Surrender to the Will of God

My God, I do not know what will happen to me today. I only know that nothing will happen to me that was not foreseen by you and directed to my greater good from all eternity. This is enough for me. I adore your eternal and unfathomable designs. I submit to them with all my heart for love of you. I offer to you the sacrifice of my whole being and join my

sacrifice to that of Jesus, my divine Savior. In his name and by his infinite merits, I ask you for patience in my sufferings and perfect submission, so that everything you want or permit to happen will result in your greater glory and my sanctification. Amen.

To Overcome the Predominant Passion

Jesus Master, you have said: “Truly I say to you: whatsoever you shall ask the Father in my Name, he will give it to you.” So, in your Name I ask for victory over my predominant defect
(pause).

Hear me, O Jesus.

For the Pope

Lord, cover with your protection our
Holy Father, the Pope;
be his light, his strength, his consolation.

For the Superior General

Lord, be his/her light and protection,
give him/her your help,
fill him/her with your blessings.

For the Canonization of the Founder

Most Holy Trinity, you wanted to rekindle in the Church the apostolic charism of St. Paul by revealing yourself through the light of the Eucharist to Blessed James Alberione, Founder of the Pauline Family. Grant that through Mary, Queen of the Apostles, the presence of Christ the Master, Way, Truth, and Life, may radiate throughout the world. Glorify in your Church this apostle of the new evangelization and inspire men and women to be open to the “signs of the times.” Following his example, may they work with the modern means of communication to bring all of humanity to you. Through the intercession of Blessed James, grant me the grace that I now ask . . .

Glory be to the Father . . .

For the Cooperators

Lord,
reward our Cooperators and benefactors
with your gifts and with eternal life.
Grant that with their work, they may give glory
to your name. Amen.

For the Souls in Purgatory

Eternal rest grant to them, O Lord,
and let perpetual light shine upon them.
May they rest in peace. Amen.

For the Dying

O St. Joseph,
foster father of Jesus Christ
and true spouse of the Virgin Mary,
pray for us and for the dying of this day/night.

For the Apostolate

St. Paul the Apostle, our patron, pray for us and
for the apostolate of the means of social communication.

For Vocations

O Jesus, eternal Shepherd of our souls, send good
laborers into your harvest.

To Spend the Day Well

My dear and sweet Mother Mary,
keep your holy hand upon me;

guard my mind, my heart, and my senses,
that I may never commit sin.
Sanctify my thoughts, affections, words, and
actions,
so that I may please you
and your Jesus, my God,
and reach heaven with you.
Jesus and Mary,
give me your holy blessing:
In the name of the Father,
and of the Son,
and of the Holy Spirit. Amen.

Prayers Before Meals

Bless us, O Lord,
and the food we are about to receive
to keep us in your holy service.

Jesus, “bread broken” in the Eucharist,
nourish us spiritually with your very life
and grant that every day
we may be able in charity to break the bread
that your providence gives us.

Prayers After Meals

We give you thanks for the food we have received, O Lord.

Grant that it may always sustain us in your holy service.

We thank you, God our Father,
for this fraternal meal,
sign of our communion
in fulfilling the work
to which you have called us.

Night Prayers

(The Angelus, p. 11, or the Regina Coeli, p. 14.)

I adore you, my God,
and I love you with all my heart.
I thank you for having created me,
made me a Christian,
and kept me this day.
Forgive me my failings and sins
and accept whatever good I have done.
Take care of me while I sleep
and deliver me from all danger.
May your grace be always with me
and with all my dear ones. Amen.

*(Our Father, Hail Mary, Glory to the Father, Hail,
Holy Queen, Angel of God)*

*The examination of conscience is made, followed by
the Act of Contrition.*

Invocations to Jesus, Mary, and Joseph

Jesus, Mary, and Joseph, I give you my heart and
my soul.

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

Jesus, Mary, and Joseph, may I breathe forth my
soul in peace with you.

Psalm 130

Out of the depths I cry to you, O LORD,
LORD, hear my voice!

O let your ears be attentive to the voice of my
pleading.

If you, O LORD, should mark our guilt,
LORD, who would survive?

But with you is found forgiveness:
for this we revere you.

My soul is waiting for the LORD, I count on his
word.

My soul is longing for the LORD more than
watchman for daybreak.

(Let the watchman count on daybreak and Israel
on the LORD.)

Because with the LORD there is mercy, and fullness of redemption.

Israel indeed he will redeem from all its iniquity.

Before retiring, the following chaplet is said: Virgin Mary, Mother of Jesus, make us saints!

Three Hail Marys.



CELEBRATION
OF THE EUCHARIST



At the Last Supper, on the night when he was betrayed, our Savior instituted the Eucharistic Sacrifice of his Body and Blood. He did this in order to perpetuate the sacrifice of the cross throughout the centuries until he should come again, and so to entrust to his beloved spouse, the Church, a memorial of his death and resurrection: a sacrament of love, a sign of unity, a bond of charity, a paschal banquet in which Christ is eaten, the mind is filled with grace, and a pledge of future glory is given to us (Constitution Sacrosanctum Concilium on the Sacred Liturgy, no. 47).

The Intentions of the Mass

There are four purposes for which the Holy Mass is especially offered: to adore, thank, satisfy, and supplicate the Divine Majesty. In the Mass, therefore, through the offering of the Divine Victim, we intend to give glory to God and to obtain peace and salvation for humanity. There can be many other special intentions.

In the Mass there are also four fruits: one is universal, for all the faithful, both living and deceased; one is general, for all who in some way participate in the Sacrifice; one is special, for the person for whose

intentions the Mass is celebrated; one is very special, for the priest.

Avoid being a mere spectator at Mass. It is necessary to be an active participant together with the priest-celebrant and Jesus Christ, the principal minister.

Liturgy of the Word, Liturgy of the Eucharist

The principal parts of the Mass are the Liturgy of the Word and the Liturgy of the Eucharist. In them—in union with Christ, Way, Truth, and Life—we give glory to the Father in the Holy Spirit.

In the Liturgy of the Word, we devoutly listen to the Father, who revealed himself in many ways and who in these latter times has revealed himself in Christ-Truth (see Heb 1:1). We offer God the homage of our mind, giving him the full consent of our intellect and will, firmly convinced that “all Scripture is inspired by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work” (2 Tim 3:16–17).

In the Liturgy of the Eucharist, in union with Christ-Way, who freely offers himself to the Father as

a Victim of praise, we offer ourselves. We freely make the commitment to follow Christ—chaste, poor, and obedient to the point of death on the cross—in order to enjoy with him his glorious resurrection. He is the one sure Way through whom we reach the Father and through whom our “Eucharist” reaches him.

By conforming ourselves on this earth to Christ, our divine model, and by desiring to be with him, we look forward to the future kingdom. Strong in the faith, we wait “for our blessed hope, the appearing of our great God and Savior Jesus Christ” (Ti 2:13).

In the Liturgy of the Eucharist, we also receive Christ our Life, whom the Father gives us. His divine life flows in us just as sap flows from the vine to the branch, and it revivifies us so that we may bring forth lasting fruits of love for God and for our brothers and sisters, whom we serve with the apostolate.

Nourished at the same table with the same Bread of Life, our union with our brothers and sisters becomes ever more intimate and the desire expressed by Christ in his prayer to the Father is fulfilled: “That all may be one, as you, Father, are in me and I in you” (Jn 17:21).

The Eucharist: Ever-Present Mystery.

The Sacrifice of the Mass is offered every day, and in substance it is always the same. However, for one who practices devotion to Jesus Christ the Master, Way, Truth, and Life, it always offers some new insight, some new way, some new spiritual comfort.

The *first part* of the Mass, the Liturgy of the Word sets out before us, over a three-year cycle, the principal truths and moral precepts by means of texts taken from the Old and the New Testament.

Dogmas, virtues, and counsels are set forth in the inspired words of sacred Scripture. Day by day, our faith is nourished, and we are directed along the path of eternal salvation.

Jesus Master teaches in the Church; the faithful docilely open their minds and hearts to his words of eternal life. To follow the Mass means to assure ourselves of thinking more and more in accord with Jesus Christ and with the Church. The faithful thus render to Jesus Christ the homage of their intelligence.

Jesus-Host

In the *sacrificial part*, it is always the same Victim-Christ, Christ-Host, who becomes present and

immolates himself upon the altar in the hands of the priest. It is Jesus Christ who shows his wounds to the Father and adores, thanks, atones, and prays, not only with sighs, words, and tears, but also with the fullness of his sacrifice, perpetuated as it is from Calvary to the end of time. Jesus is present to the Father; together with him in the Mass, we fulfill the same duties: with him, through him, and in him, in union with the Holy Spirit, we give the Father honor and glory.

Adore, thank, pray

We can adore God in his infinite attributes and in his various manifestations; we can thank him for general favors and for special graces; we can make reparation to him for the sins of humanity or for some particular fault of our own; we can pray to him for all general needs and for our own special needs. In the various Masses during the liturgical year, it is well that one's spiritual aspirations be directed toward the teachings that stem from the instructive (didactic) part.

Jesus Christ is always the way to reach God; each person makes a commitment to love him with all the strength of his or her will.

Preparation and thanksgiving for Communion can vary according to the Mass: they will be different

at Christmas, during Lent, at Easter, at Pentecost, on the feasts of the Blessed Virgin Mary or of the saints.

By following the Mass, according to the specific instruction in the Liturgy of the Word, one asks those particular graces contained in the collect.

In brief: Jesus Christ in the Mass presents himself to us: in the first part as Truth—the Truth we must believe with our whole mind; in the second part as Way and Life—the Way we must follow with all our strength, and the Life to whom we must unite ourselves with our whole heart.

Jesus Christ, Victim and Priest, perpetuates his paschal mystery on the altar, to the glory of the Father.

I want to know and imitate Jesus and live in him. I detest that which prevents this: my sins.

I listen devoutly, learning what I must believe, do, and ask for in this Mass.

With Jesus, I offer myself to God, for his glory and for peace to everyone.

The Father gives me Jesus, my food. He is in me and I am in him: he communicates the life of the Father to me.

I enclose everything in the heart of Mary and in the Eucharistic Heart of Jesus, and I spend my day in their company.

MY MASS

Remote Preparation

Introductory Rites

Liturgy of the Word
Jesus Truth

Readings

Homily

Creed

Prayers of the faithful

Liturgy of the Eucharist
Jesus Way and Life

Preparation of the Gifts

Eucharist Prayer

Communion Rite

Concluding Rite

May my life be a preparation for Mass.

I will walk the road to Calvary with Jesus and Mary.

God is the One necessary in my life; the way to the Father is Christ. *(Act of Faith)*

I live my offering to God in Christ and in the Church. *(Act of Hope)*

I will think, will and act in Jesus Christ, to the glory of the Father and in the love of the Holy Spirit. *(Act of Love)*

We pray for the daily needs of the Church, for the intentions of the Pope, for unbelievers, priests, religious.

I will live my Mass in the love of God and of my brothers and sisters.

Heaven is eternal and perfect communion

Offering of the Holy Mass

Accept, Most Holy Trinity,
this Sacrifice fulfilled at one time
by the divine Word and now renewed
on this altar through the hands of your priest.
I unite myself to the intentions of Jesus Christ,
Priest and Victim,
that I may be entirely offered for your glory
and for the salvation of all people.
Through Jesus Christ,
with Jesus Christ
and in Jesus Christ,
I intend to adore your eternal majesty,
to thank your immense goodness,
to satisfy your offended justice,
and to beseech your mercy
for the Church,
for my dear ones,
and for myself.

Pauline Offertory

For those who thirst for souls as Jesus does

Father, in union with all the priests who today celebrate the Holy Mass, I offer you Jesus—Host and myself, a small victim:

- in atonement for error and scandal
spread throughout the world
through the misuse of the media of social
communication;
- to implore your mercy for those persons,
who are deceived and seduced
by the influence of these instruments
and are led astray from your fatherly love;
- for the conversion of those
who in the use of these instruments
reject the teaching of Christ and his Church,
poisoning the minds, the hearts, and the
undertakings of others;
- that everyone may follow him alone whom
you Father,
in your boundless love,
sent into the world, saying:
“This is my beloved Son, listen to him”;

- to recognize and to make known that only Jesus, the Word Incarnate, is the perfect Teacher, the secure Way, who leads to knowledge of you, Father, and to a sharing in your own life;
- that in the Church there may be an increase in the number of priests, religious, and lay persons who, consecrated as apostles, using the means of social communication, will make the message of salvation resound throughout the world;
- that writers, artists, media technicians and promoters, may be wise, animated by an evangelical spirit, and give witness to an authentic Christian life within the framework of social communication;
- that Catholic initiatives in the sphere of social communication may continually increase, so that by promoting more effectively genuine human and Christian values, the voice of error and evil will be counteracted;

— that all of us, aware of our ignorance and unworthiness,
may recognize the need to draw near to the font of life
in humility and trust, and nourish ourselves with your word, Father,
and with the Body of Christ,
invoking light, love, and mercy for all people.

Pastoral Offertory

Father, in union with all the priests who today celebrate the Holy Mass, I offer you Jesus-Host and myself, a small victim:

- to atone for all the offenses committed against you, Jesus, Good Shepherd, visibly present in the person of the Pope, of the bishops, and of the priests;
- to invoke your mercy on all those who have strayed from the true fold, and for those who are scattered, like a flock without a shepherd;
- for the conversion of irresponsible shepherds, who let the flock stray from Jesus,

- the Good Shepherd,
who lays down his life for his sheep;
- to honor, love, and follow Jesus, who alone is the Way, and the Truth, and the Life;
 - that through instruction, counsel, and prayer we may join forces with our pastors and work for the salvation of everyone;
 - to ask that all pastors and their collaborators, especially parents and teachers, be holy, full of wisdom, afire for God's glory and the salvation of all people;
 - for an increase of vocations who will be effective in proclaiming your word; may their apostolic prayer and example result in the fulfillment of your words: that there be one flock, one Shepherd;
 - that all of us recognize our ignorance and unworthiness, and the need we have to remain humbly before your tabernacle, prayerfully invoking light, love, and mercy.

Vocational Offertory

Our Father, who art in heaven, together with all priests, I offer you Jesus-Host and myself:

- In adoration and thanksgiving, because in your Son,
you are the author of the priesthood,
of the religious life, and of every vocation;
- In reparation to your fatherly heart
for those vocations that are neglected,
hindered, or not corresponded to;
- To restore to you, in Jesus Christ,
whatever those called have lacked
concerning your glory, your people,
and themselves;
- That everyone may understand the plea of
Jesus Christ:
“The harvest is great, but the laborers are few.
Pray the Lord of the harvest to send laborers
into his harvest”;
- That everywhere a family, social, and religious
environment
may be formed that is favorable
to vocational development and response;

- That parents, priests, and educators,
with their words and with material and
spiritual help,
may open the way for those called;
- That Jesus Master, Way, and Truth, and Life,
may be followed in the direction and forma-
tion of vocations;
- That those who are called may become holy,
and be the light of the world, the salt of the
earth;
- That in every person
a deep vocational awareness may be formed:
all Catholics with all the means,
for all vocations and apostolates;
- That all of us recognize
our ignorance and unworthiness,
and the need we have
to remain humbly before your tabernacle,
prayerfully invoking light, love, and grace.

Preparation for Communion

Act of Faith

Jesus, eternal Truth, I believe you are really present in the signs of bread and wine. You are here with your body, blood, soul, and divinity. I hear your invitation: “I am the living bread descended from heaven,” “take and eat; this is my body.” I believe, Lord and Master, but strengthen my weak faith.

Act of Hope

Jesus, sole Way of salvation, you invite me: “Learn from me.” But I resemble you so little! Jesus, you pleased the Father; you are my model. Draw me to yourself, and give me the grace to imitate you especially in the virtue I need most.

Act of Love

Jesus Master, you assure me: “I am the Life,” “whoever eats my flesh and drinks my blood will have eternal life.” In Baptism and in the Sacrament of

Reconciliation you have communicated your life to me. Now you nourish it by making yourself my food. Take my heart; detach it from the vain things of the world. I love you with all my heart, above all things, because you are the supreme good and my eternal happiness.

Thanksgiving after Communion

Act of Adoration

I adore you present in me, Incarnate Word,
Only-begotten Son and splendor of the Father,
born of Mary.

I thank you, sole Master and Truth,
for having deigned to come to me, ignorant and
sinful as I am.

With Mary I offer you to the Father:
through you, with you, in you,
may there be eternal praise,
thanksgiving, and supplication
for peace to all people.

Enlighten my mind;
make me a docile disciple of the Church;
let me live a life of faith;
give me an understanding of the Scriptures,
make me your ardent apostle.

Let the light of your Gospel
shine to the farthest bounds of the world.

Act of Resolution

Jesus, you are the Way that I must follow;
the perfect model that I must imitate.
When I come before you at the judgment
I want to be found similar to you.
O divine model of humility and obedience,
make me similar to you.
O perfect example of mortification and purity,
make me similar to you.
O Jesus, poor and patient,
make me similar to you.
O model of charity and ardent zeal,
make me similar to you.

Act of Supplication

Jesus, my Life, my joy, and source of all good,
I love you. Above all, I ask of you
that I may love you more and more
and all those redeemed by your blood.
You are the vine and I am the branch:
I want to remain always united to you to bear
much fruit.
You are the source:
pour out an ever greater abundance of grace

to sanctify my soul.
You are my head, I, your member:
communicate to me your Holy Spirit
with all his gifts.
May your kingdom come through Mary.
Console and save those dear to me.
Free the souls in purgatory.
Multiply and sanctify
those called to the apostolate.

Anima Christi

Anima Christi, sanctífica me;
Corpus Christi, salva me;
Sanguis Christi, inébria me;
Aqua láteris Christi, lava me;
Pássio Christi, confórta me;
O bone Jesu, exáudi me.
Intra vúlnera tua, abscónde me;
Ne permíttas me separári a te;
Ab hoste maligno defénde me;
In hora mortis meae voca me;
Et iube me veníre ad te;
Ut cum sanctis tuis laudem te.
Per infinita saécula sæculórum. Amen.

Soul of Christ

Soul of Christ sanctify me.

Body of Christ save me.

Blood of Christ inebriate me.

Water from the side of Christ wash me.

Passion of Christ strengthen me.

O good Jesus hear me.

Within your wounds hide me.

Permit me not to be separated from you.

From the malignant enemy defend me.

In the hour of my death call me.

And bid me come to you,

that with your saints I may praise you

forever and ever. Amen.

After Mass

Prayer to St. Michael

St. Michael, the Archangel, defend us in battle.
Be our protection against the wickedness and
snares of the devil.

May God rebuke him, we humbly pray,
and do thou, O Prince of the heavenly hosts,
by the power of God, thrust into hell Satan and
all the evil spirits
who prowl about the world seeking the ruin of
souls. Amen.



BAPTISMAL PROMISES
AND RENEWAL OF
RELIGIOUS PROFESSION
AND PROMISES



Renewal of Baptismal Promises

Dear friends,
through the Paschal Mystery
we have been buried with Christ in Baptism,
so that we may walk with him in newness of life.
Now let us renew the promises of Holy Baptism,
By which we once renounced Satan and his works,
and promised to serve God in the holy Catholic
Church.

And so I ask you:

℣. Do you renounce Satan?

℟. I do.

℣. And all his works?

℟. I do.

℣. And all his empty promises?

℟. I do.

℣. Do you believe in God, the Father almighty,
Creator of heaven and earth?

℟. I do.

℣. Do you believe in Jesus Christ, his only Son,
our Lord,

who was born of the Virgin Mary,
suffered death and was buried, rose again
from the dead,
and is seated at the right hand of the Father?

R/. I do.

V. Do you 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?

R/. I do.

And now let us pray together as our Lord Jesus
Christ taught us to pray:

Our Father. . . .

And may almighty God, the Father of our Lord
Jesus Christ,
who has given us a new birth by water and the
Holy Spirit,
and bestowed on us the forgiveness of our sins,
keep us by his grace, in Christ Jesus our Lord,
for eternal life. Amen.

Renewal of Religious Profession

Society of St. Paul

I, . . . , for the honor of God, moved by a firm will to entrust myself to him more intimately and to follow Christ the Master more closely for all of my life, renew the vows of chastity, poverty, obedience, and fidelity to the Pope in those matters that regard my apostolate, in common life, according to the Constitutions of the Society of St. Paul the Apostle. I offer myself to this Society with all my heart, so that with the grace of the Holy Spirit, and through the intercession of blessed Mary, Queen of Apostles, and of St. Paul the Apostle, I may attain perfect charity in the service of God and the Church. Amen.

Daughters of St. Paul

In response to the love of God
who has called me to follow more closely
Christ the Master, Way and Truth and Life,
among the Daughters of St. Paul,
I, . . . , in full freedom,
totally offer myself to the Father,

to be consecrated by him in Christ
through the power of the Holy Spirit.
I commit myself
to live in communion with my sisters
and to be faithful to the charism of the Founder,
dedicating myself in the Church
to evangelization
with the means of social communication.
Trusting in Mary, Queen of Apostles,
and in St. Paul, Apostle,
I renew the vows of chastity, poverty, and
obedience
for all my life
according to the Constitutions of the Institute.
May the grace of God
help me to be faithful. Amen.

Pious Disciples of the Divine Master

In honor of the Most Holy Trinity,
in order to follow more closely Jesus Master,
in the example of Mary Most Holy,
Queen of the Apostles,
and of St. Paul the Apostle,
to associate myself more intimately
to the life and sanctity of the Church,

I, Sister . . . ,
in full liberty,
offer and give myself totally to God
in order to be consecrated to him.
I renew the vows of chastity, poverty, and
obedience
according to the Rule of Life
of the Pious Disciples of the Divine Master.
In communion with my sisters
I commit myself to live, in the Church,
the charism of Fr. James Alberione
at the service of the Eucharist,
the Priesthood, and the Liturgy
for the coming of the kingdom of God in the
world.
I trust in the help of him
who has called me and is faithful. Amen.

Pastorelle Sisters

Heavenly Father,
you have called me to follow more closely
your Son, Jesus Good Shepherd,
in this Congregation.
I, . . . ,

in answer to your love and with full freedom,
offer myself to you forever
so that you may consecrate me in Christ
through the power of the Holy Spirit.
I commit myself to be faithful
to the Founder's charism
in communion with my sisters,
dedicating myself to pastoral ministry
among your people. Trusting in Mary,
the Mother of the Good Shepherd,
and in the Holy Apostles Peter and Paul,
I vow to live chaste,
poor, and obedient for all my life
in accordance with the Rule of Life
of the Sisters of Jesus Good Shepherd.
May your grace help me
to be faithful forever. Amen!

Sisters of the Queen of Apostles

To the glory of the Most Holy Trinity,
and with the firm will
to consecrate myself more intimately to God
and to follow Christ more closely my entire life,
I renew the vows of chastity, poverty, and
obedience,

according to the Constitutions
of the “Queen of the Apostles” Institute
for vocations.

I entrust myself to this religious family
with all my heart,
so as to live in perfect charity
the vocational apostolate
at the service of God and the Church,
with the grace of the Holy Spirit
and the help of the Blessed Virgin Mary. Amen.

Institutes of Jesus the Priest, St. Gabriel the Archangel, Mary of the Annunciation

I, . . . , for the honor of God, moved by the firm
will to consecrate myself to him more intimately and
to follow Christ the Master more closely, renew the
vows of chastity, poverty, and obedience, according to
the Statute of (“Jesus Priest,” “St. Gabriel the Arch-
angel,” “The Annunciation of Mary”).

I offer myself to this Institute with all my heart, in
order that, with the grace of the Holy Spirit and
through the intercession of the Virgin Mary and St.
Paul the Apostle, I may attain perfect charity in the
service of God and of the Church. Amen.

The Holy Family

I, . . . , to the honor of God, moved by the firm will to consecrate myself more intimately to him and to follow Christ, the Master, more closely, renew the vows of chastity, poverty, and obedience, together with a special promise of fidelity to the Pope, according to the Statute of the Holy Family.

With all my heart, I offer myself to this Institute, for my own sanctification, for the sanctification of my family, of all Christian families, and of the world.

Through the intercession of the Virgin Mary, Queen of Apostles, of St. Joseph, her Spouse, and through the help of St. Paul the Apostle, may the grace of the Holy Spirit lead me to perfect charity in the service of God and of the Church. Amen.

Promise of the Pauline Cooperator

O Lord, my God,
Father, Son, and Holy Spirit,
you who have called me to be a cooperator
in the spirit and charism of the Pauline Family,
grant that in imitation of St. Paul the Apostle
I may acquire a lively awareness of Christ.
On my part I intend,

according to my particular state in life,
to commit my mind, will, heart, and physical
strength,
to the announcement of the Gospel
with the means of communication,
for my holiness and that of my brothers and
sisters.

May Christ the Master and Shepherd,
Mary, Queen of the Apostles,
and St. Paul the Apostle
help me to be faithful. Amen.



DAILY PAULINE PRAYERS



Meditation

Meditation aims to strengthen the will and reconfirm good resolutions. At least a half hour is dedicated to it every day.

If it is guided by a priest, or by another person, one should reflect upon what is said. Instead, if made individually, each should choose a book that suits his or her individual needs. Above all, one should meditate frequently on the eternal truths and on the teaching of Jesus Master, Way and Truth and Life, as it is set forth in the Gospels and in authoritative commentaries. It is necessary to guard against the danger of reducing the meditation to mere instruction of the mind or spiritual reading. The greater part of the time is to be dedicated to reflection, examination, sorrow, resolutions, and prayer.

Parts of the Meditation

The meditation has three parts in addition to the prayers of preparation and thanksgiving.

The prayer of preparation consists in placing oneself in the presence of God, asking the light of the

Holy Spirit and the grace to derive firm, effective resolutions.

In the first part, the topic of the meditation is read and briefly developed, or else one may dwell upon a fact or a mystery to be contemplated. Here it is especially the mind that is brought into play; the Divine Master will cast light with his moral teachings and practical truths.

Oftentimes meditation consists quite simply in the contemplation of a mystery, an episode of the life and passion of Jesus Christ, a practical proverb, or one of the eternal truths. The soul is pleased with the beauty, the usefulness, and the necessity of following what the Divine Master teaches; it enjoys the life of union with God and has a kind of foretaste from the Lord of the reward promised to those faithful servants who love him generously.

In the second part, the will is stirred to an intense desire for sanctity of life, to follow Jesus, who precedes us on the way to heaven. Acts of desire are made and an examination of conscience on the past; sorrow for sins is aroused, and resolutions are formed for the future.

In the third part, we pray. We ask for the grace of perseverance. We ask that what we have not yet succeeded in doing because of our weakness may be

made possible, easy, and joyful for us: *God, you see that we place no trust in our own actions. May the prayers of the Doctor of the Gentiles defend us against all adversity. Through Jesus Christ, our Lord. Amen.*

Before Meditation

Jesus, Divine Master,
I believe with lively faith
that you are here present to me.
I adore you with all my heart
and I humble myself before you,
my Supreme Good.
Enlighten my mind, inflame my heart,
fill me with your grace,
that I may draw good fruit
from this meditation.

After Meditation

I thank you, Jesus Master,
for the light you have given me
in this meditation.
Pardon me the imperfections
that I have committed in it.
I offer you the resolution I have made,
and I ask you for the grace to put it into practice.

Eucharistic Adoration

Jesus Christ is the Way and the Truth and the Life in the Eucharist, where he is present body, blood, soul, and divinity. He dwells in the tabernacle and calls us to himself.

He wants to enlighten, instruct, inspire, comfort, uplift, and encourage everyone. “Come to me,” he says, “all you who labor and are heavy laden and I will give you rest” (Mt 11:28).

St. Alphonsus Liguori wrote:

Realize that you may gain more in a quarter of an hour of prayer before the Blessed Sacrament than in all the other spiritual practices of the day. It is true that in every place, God hears those who pray, but it is also true that Jesus more readily dispenses his graces to those who adore him in the Blessed Sacrament.

Fidelity to Eucharistic Adoration guarantees and completes the fruit of the meditation and of the Eucharistic Celebration. However, it is important to communicate intimately with Jesus Christ, the Divine Master, during Adoration.

The Pauline life was born from the tabernacle. This is how it is to be lived: in such a way as to consume ourselves.

From the tabernacle, everything; without the tabernacle, nothing.

What is the Visit? It is the meeting of our soul and of all our being with Jesus.

It is the creature meeting its Creator;
the disciple before the Divine Master;
the patient with the Doctor of souls;
the poor appealing to the Rich One;
the thirsty drinking at the Font;
the weak presenting themselves to the Almighty;
the tempted seeking a sure Refuge;
the blind searching for the Light;
the friend who goes to the true Friend;
the lost sheep sought by the Divine Shepherd;
the heart led astray who finds the Way;
the foolish who finds Wisdom;
the bride who finds the Spouse of the soul;
the nothing who finds the All;
the afflicted who finds the Consoler;
the youth who finds life's meaning.

It is all of this: the shepherds at the manger, Magdalene at the house of Simon, Nicodemus who

arrives by night; the holy conversations of the Samaritan, of Zacchaeus, of Philip, and of all the apostles with Jesus, especially during the last week of his earthly life and after the resurrection.

One approaches Jesus in the Eucharist as the Mediator between God and humanity, the Priest of the Father, the Victim of expiation, the Messiah come to earth, the Word of God, the Shepherd, the Way and Truth and Life, the Savior of the world.

The Visit is the practice that most directs and influences our entire life and the whole apostolate.

It gathers the fruits of all the other practices of piety and brings them to maturity.

It is the great means for living the whole Christ. It is the great means to overcome the difficulties of adolescence and to form the personality in Christ.

It is the secret of our transformation in Christ: "Christ lives in me."

It means experiencing the relationship of Jesus with the Father and with humanity.

It is the guarantee of perseverance.

The true Visit is the life-blood that pervades all our time, occupations, thoughts, relationships, etc. It is the lymph or vital fluid that influences everything and communicates its spirit even to the most

ordinary things. It shapes a spirituality that is lived and communicated. It forms the spirit of prayer that, when cultivated, transforms every work into a prayer.

UPS II, pp. 101–111

The Way, Truth, and Life Method

There are many possible methods for Eucharistic Adoration. Here the practice of devotion to Jesus Master, Way and Truth and Life, is particularly recommended.

Adoration is divided into three parts of more or less equal length.

First part: in honor of Jesus-Truth, to obtain an increase of spiritual knowledge and faith.

Second part: in honor of Jesus-Way, to obtain help in the practice of virtue.

Third part: in honor of Jesus-Life, to obtain the graces necessary for our spiritual work or for particular needs.

This is a general outline. However, the following can never be omitted: spiritual reading in the first part, the principal examination of conscience of the day in the second part, the Rosary in the third part.

Act of Adoration

I believe, my God,
that I am in your presence,
that you are looking at me
and listening to my prayers.
You are so great and so holy: I adore you.
You have given me all: I thank you.
You have been so offended by me:
I ask your pardon with all my heart.
You are so merciful:
I ask of you all the graces that you know
are beneficial to me.

Before Reading Sacred Scripture

Jesus Christ, our Master,
you are the Way and the Truth and the Life.
Grant that we may learn the sublime
wisdom of your charity in the spirit
of St. Paul the Apostle and of the Catholic
Church.
Send your Holy Spirit to teach us and
to remind us
of all that you have preached.

After Reading Sacred Scripture

Jesus, Divine Master,
you have words of eternal life.
I believe, O Lord and Truth,
but increase my faith.
I love you, O Lord and Way, with all my strength,
because you have commanded us
to observe your commandments perfectly.
I pray to you, O Lord and Life.
I adore you, I praise you, I beseech you for graces,
and I thank you for the gift of Sacred Scripture.
With Mary, I will remember
and preserve your words in my mind
and meditate on them in my heart.
Jesus Master, Way, Truth, and Life,
have mercy on us.

Examination of Conscience

The examination of conscience can be likened to an attentive gaze fixed continually on Jesus Master, in constant contemplation of him, to imitate his virtues, to configure ourselves to him, to open our soul to his indwelling presence. It is the stance of the disciple who looks, listens, deeply understands, and welcomes his Master.

It is the ordinary and necessary means for knowing ourselves.

The examination of conscience grounds us in humility, disposes us to gratitude toward God, to sorrow for sin, and to firm resolutions for the future. Therefore, it is necessary for everyone.

There are three kinds of exams. There is the preventive one in the morning, in which resolutions are renewed and the day's program is made.

There is the general examination: on the Commandments, the evangelical counsels, the principal virtues, one's office and duties of state in life. The degree of will power and the spirit of prayer should especially be examined.

Then there is the particular examen on one's resolutions and program of life.

In the Pauline Family, the principal examination is made during the Eucharistic Adoration.

Various methods are suggested, but the surest method consists in wanting to make the examen and to make it on the mind, the will, and the heart, glorifying God for his goodness, and humbling ourselves for every fault.

The examination of conscience comprises the following points:

1. Placing oneself in the presence of the just and merciful Jesus, who takes into account the good done, offers forgiveness for the evil committed, and prepares graces for spiritual progress.
2. Examining our shortcomings and victories, particularly with regard to spiritual progress or backsliding: a) degree of will power and prayer; b) principal resolution; c) our virtues and duties.
3. Sorrow for sins committed and loving gratitude for graces received, progress made, and merits obtained.

4. Firm resolutions and trust in Divine Mercy, who grants us pardon.
5. Some mortification and prayer as satisfaction for sin.

The examination of conscience is a kind of spiritual confession, made directly to God.

Prologue of the Gospel of St. John

(Jn 1:1–18)

In the beginning was the Word,
and the Word was with God,
and the Word was God.
He was in the beginning with God;
all things came to be through him,
and without him nothing came to be.
What came to be through him was life,
and the life was the light of men,
and the light shines in the darkness,
and the darkness did not overcome it.

There was a man sent by God named John. He came as a witness to bear witness concerning the light, so that all might believe through him. He was not the light but came to bear witness concerning the

light. It was the true light that enlightens every man that was coming into the world.

He was in the world, and the world came to be through him,
yet the world did not know him.

He came to his own home,
Yet his own people did not receive him.

But all who did receive him, to them he gave the power to become sons of God, to those who believe in his name, those who were born, not of blood nor of the will of flesh nor of the will of man, but of God.

And the Word became flesh
and dwelt among us,
and we saw his glory,
glory as of the only begotten of the Father,
full of grace and truth.

John bore witness concerning him and cried out, saying, "This was the one of whom I said, 'The one who's coming after me is above me, because he was before me.'"

For we have all received of his fullness,
and grace upon grace,
for the Torah was given through Moses,
grace and truth came through Jesus Christ.

No one has ever seen God;
the only begotten Son of God,
who is in the bosom of the Father,
he has revealed him.

I am the Good Shepherd

(Jn 10:1-18)

“Amen, amen, I say to you, whoever doesn’t go in by the gate into the sheepfold but enters by another way, he’s a thief and robber. But whoever comes in by the gate, he’s the shepherd of the sheep. The gate keeper opens to him, and the sheep hear his voice, and he calls his own sheep by name and leads them out. When he drives out all his own sheep he goes before them, and the sheep follow him because they know his voice. But they don’t follow a stranger, instead, they flee from him, because they don’t know the voice of strangers.”

Jesus told them this parable, but they didn’t understand what the things he was telling them meant.

So once again Jesus said, “Amen, amen, I say to you, I am the gate for the sheep! All those who came before me are thieves and robbers, but the sheep didn’t listen to them. I am the gate! Whoever comes in through me will be saved and will enter and leave and

find pasture. The thief comes only to steal and slaughter and slay; I've come that you might have life and have it abundantly. I am the good shepherd; The good shepherd lays down his life for his sheep. But since the hired man is not a shepherd—the sheep are not his own—when he sees the wolf coming he leaves the sheep and flees, and the wolf carries them off and scatters them, because he's a hired man and doesn't care about the sheep. I am the good shepherd, and I know mine and mine know me, just as the Father knows me and I know the Father, and I lay down my life for my sheep. I have other sheep who are not of this fold, and I must lead them, and they'll listen to my voice, and become one flock, one shepherd. This is why the Father loves me, because I lay down my life in order to take it up again. No one takes it from me; on the contrary, I lay it down on my own. I have power to lay it down and I have power to take it up again. This is the command I've received from my Father.”

The Beatitudes

(Mt 5:3–10)

“Blessed are the poor in spirit,
for theirs is the kingdom of Heaven.
Blessed are those who mourn,

for they shall be comforted.
Blessed are the meek,
for they shall inherit the earth.
Blessed are those who hunger and thirst
to do God's will,
for they shall have their fill.
Blessed are the merciful,
for they shall receive mercy.
Blessed are the pure of heart,
for they shall see God.
Blessed are the peacemakers,
for they shall be called sons of God.
Blessed are those who are persecuted for doing
God's will,
for theirs is the kingdom of Heaven."

Priestly Prayer

(Jn 17:1–26)

Jesus said these things, and then he lifted his eyes
up to heaven and said,

“Father, the hour has come!

Glorify your Son so your Son may glorify you.

Just as you gave him authority over all flesh
so you may give eternal life to all those
you've given to him.

Now this is eternal life, to know you—
the One, True, God—
and the one you sent, Jesus Christ.
I glorified you on earth by completing the work
you gave me to do,
and now you glorify me in your presence, Father,
with the glory I had with you before the world
was.

I've made your name known to those men
you gave me from the world.
They were yours and you gave them to me,
and they have kept your word.
Now they know that everything you've given me
is from you,
because I've given them the words you gave me,
and they received them, and they truly know that
I came from you,
and they believe that you sent me.
I'm praying for them; I'm praying, not for the
world,
but for those you've given me,
because they're yours and everything of mine
is yours and yours is mine, and I am glorified in
them.
Yet I'm no longer in the world and they are in

the world,
and I'm coming to you.
Holy Father keep them in your name
which you've given me,
that they may be one as we are one.
When I was with them I kept them in your
name,
which you gave me, and guarded them,
and none of them was lost except the son of
perdition,
so that Scripture may be fulfilled.
But now I'm coming to you, and I'm speaking
these things in the world
that they may have my joy fulfilled in them.
I've given them your word and the world has
hated them
because they're not of the world, just as I'm not
of the world.
I don't pray for you to take them out of the world,
but for you to preserve them from the Evil One.
They're not of the world, just as I'm not of the
world.
Make them holy in the truth; your word is truth.
Just as you sent me into the world,
I, too, have sent them into the world.

And I consecrate myself for their sake
that they may be made holy in truth.
But I'm praying not only for them
but also for those who believe in me
through their word,
so that all may be one, just as you, Father,
are in me and I in you
so they, too, may be in us, so the world
may believe that you sent me.
And I've given them the glory you gave me,
so they may be one as we are one,
I in them and you in me, so they may be
perfectly one,
so the world may know that you sent me
and you loved them just as you loved me.
Father, I desire that they, too, may be with me
where I am—those you gave to me—
so they may see my glory that you gave me,
because you loved me before the beginning of the
world.
Righteous Father, the world also doesn't know
you,
but I know you and these know that you sent me,
and I made your name known to them
and I'll make it known,

that the love with which you have loved me
may be in them, and I in them.”

Glory . . .

Psalm 119:1–5

Antiphon: Master, we know that you are truthful and
teach the way of God in truth, alleluia.

They are happy whose life is blameless,
who follow God’s law!

They are happy who do his will,
seeking him with all their hearts,
who never do anything evil

but walk in his ways.

You have laid down your precepts
to be obeyed with care.

May my footsteps be firm
to obey your statutes.

Glory . . .

Psalm 119:65–69

Antiphon: Master, what must I do to gain eternal life?
He said to him, “What is written in the Law? How do
you read? You shall love the Lord your God with your
whole heart.” Alleluia.

LORD, you have been good to your servant
according to your word.

Teach me discernment and knowledge
for I trust in your commands.

Before I was afflicted, I strayed,
but now I keep your word.

You are good, and your deeds are good;
teach me your commandments.

Though proud men smear me with lies,
yet I keep your precepts.

Glory . . .

Psalm 116:10–19

Antiphon: The Master says, “My time is near at hand;
at your house I am keeping the Passover with my
disciples.”

I trusted, even when I said:

“I am sorely afflicted,”

and when I said in my alarm:

“No man can be trusted.”

How can I repay the LORD

for his goodness to me?

The cup of salvation I will raise;

I will call upon the LORD’s name.

My vows to the LORD I will fulfill
before all his people.
O precious in the eyes of the LORD
is the death of his faithful.
Your servant, LORD, your servant am I;
you have loosened my bonds.
A thanksgiving sacrifice I make:
I will call on the LORD's name.
My vows to the Lord I will fulfill
before all his people,
in the courts of the house of the LORD,
in your midst, O Jerusalem.
Glory . . .

Psalm 51

Antiphon: Create a clean heart in me, O God; renew
in me a steadfast spirit.

Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.
My offenses truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;

what is evil in your sight I have done.
That you may be justified when you give sentence
and be without reproach when you judge.
O see, in guilt I was born,
a sinner was I conceived.
Indeed, you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.
Make me hear rejoicing and gladness,
that the bones you have crushed may revive.
From my sins turn away your face
and blot out all my guilt.
A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.
Give me again the joy of your help;
with a spirit of fervor sustain me,
that I may teach transgressors your ways
and sinners may return to you.
O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord open my lips
and my mouth shall declare your praise.

For in sacrifice you take no delight,
burnt offering from me you would refuse,
my sacrifice, a contrite spirit.
A humbled, contrite heart you will not spurn.
In your goodness, show favor to Zion:
rebuild the walls of Jerusalem.
Then you will be pleased with lawful sacrifice,
holocausts offered on your altar.

Glory . . .

℣. O Lord, do not deal with us according to
our sins.

℟. Nor repay us as our faults deserve.

Let us pray.

God, sin offends you, but penance can turn away
your anger. Hear the prayers of your suppliant people
and do not punish us in anger, even though our sins
justly deserve it. Through Christ our Lord. Amen.

Psalm 23

The LORD is my shepherd;
there is nothing I shall want.
Fresh and green are the pastures
where he gives me repose.
Near restful waters he leads me,
to revive my drooping spirit.
He guides me along the right path;
he is true to his name.
If I should walk in the valley of darkness
no evil would I fear.
You are there with your crook and your staff;
with these you give me comfort.
You have prepared a banquet for me
in the sight of my foes.
My head you have anointed with oil;
my cup is overflowing.
Surely goodness and kindness shall follow me
all the days of my life.
In the LORD's own house shall I dwell
for ever and ever.

Glory. . . .

The Rosary

The Rosary is the prayer in which we consider the principal mysteries of the lives of Jesus and Mary. It obtains innumerable graces for the Church, for society, for families, and for the individual person.

It is everyone's prayer, young and old. It is an easy practice, pleasing to Mary and recommended by her.

The Rosary is good for all of life's needs, useful for all practices of piety, and is a consolation at the point of death.

Moreover, the popes have promoted it, enriching it with many indulgences; it was a common practice of the saints.

At least a fourth part of the Rosary is to be said every day; better, two parts; best of all, the entire Rosary.

Keep a blessed rosary with you, day and night. Promote and encourage the recitation of the Rosary.

Meditate each mystery and vary the subject of meditation.

With the Rosary, we always intend to ask for sanctity and blessings for the apostolate.

JOYFUL MYSTERIES

I. The Archangel Gabriel announces to the Blessed Virgin Mary the incarnation of our Lord Jesus Christ and her mission to be the Mother of God. Mary accepts, declaring herself the handmaid of the Lord. Let us learn and ask for the virtue of humility (see Lk 1:26–38).

Subjects for meditation:

Jesus in the Rosary: The Messiah.

Mary in the Rosary: The privileges of Mary.

Fruit: Humility.

Intention: For those who do not know Christ.

Words: “Hail, full of grace.”

Eucharist: Real Presence.

Pure love: Affective charity.

II. The Blessed Virgin Mary hastens with concern to visit and serve St. Elizabeth. Let us ask for Mary’s love toward our neighbor (see Lk 1:39–40).

Subjects for meditation:

Jesus in the Rosary: Jesus is the Life.

Mary in the Rosary: Mary, Mediatrix of Grace.

Fruit: Love of neighbor.

Intention: For expectant mothers.

Words: “Blessed is she who has believed.”

Eucharist: Eucharistic adoration.

Pure love: Charity in action.

III. Born in the stable of Bethlehem, Jesus is laid in a manger amid utter poverty. Let us esteem the virtue of poverty and ask it of Jesus and Mary (see Lk 2:6–7).

Subjects for meditation:

Jesus in the Rosary: Jesus is the Way.

Mary in the Rosary: Mary is the Mother of God.

Fruit: Poverty.

Intention: For children.

Words: “And peace on earth to men of good will.”

Eucharist: Holy Communion.

Pure love: Charity is nourished by the Holy Eucharist.

IV. Although not duty bound, Mary presents Jesus in the Temple and perfectly fulfills what was prescribed for purification. Let us consider and ask for the obedience of the Blessed Virgin (see Lk 2:22–39).

Subjects for meditation:

Jesus in the Rosary: Jesus is the Eternal Priest.

Mary in the Rosary: Mary is the model of all virtues.

Fruit: Obedience.

Intention: For vocations to consecrated life.

Words: “Behold, he is destined to be the downfall and the rise of many.”

Eucharist: Preparation for Communion.

Pure love: Charity is kindled in meditation.

V. As an adolescent, Jesus remains for three days among the doctors in the Temple, listening to them and asking them questions on matters regarding his Father. Let us ask the grace to understand and live our vocation (see Lk 2:41–51).

Subjects for meditation:

Jesus in the Rosary: Jesus-Truth is Teacher.

Mary in the Rosary: The heart of Mary.

Fruit: Discernment.

Intention: For parents and teachers.

Words: “I must be about my Father’s business.”

Eucharist: Thanksgiving for Communion.

Pure love: Charity in families.

LUMINOUS MYSTERIES

I. Before beginning his public ministry, Jesus is baptized by John at the Jordan. The Spirit descends upon him and the Father declares him the beloved Son. Let us ask for the grace to live our baptismal promises (see Mt 3:13–17; Mk 1:9–11; Lk 3:15–22).

Subjects for meditation:

Jesus in the Rosary: Jesus, beloved Son of the Father.

Mary in the Rosary: Mary, disciple of Jesus.

Fruit: Single-hearted following of Christ.

Intention: For all the baptized and those preparing for Baptism.

Words: “You are my Son, the Beloved; with you I am well pleased.”

Eucharist: Sacramental life.

Pure love: Self-emptying love

II. At the request of his Mother, Mary, who is concerned for the newlyweds, Jesus reveals his glory at the wedding of Cana, changing water into wine. Let us ask for the grace of trust (see Jn 2:1–12).

Subjects for meditation:

Jesus in the Rosary: Jesus, Revelation of the Father.

Mary in the Rosary: Mary's intercession.

Fruit: Confidence in Jesus Master

Intention: For all engaged and married couples.

Words: "Do whatever he tells you."

Eucharist: Transformed through the Eucharist.

Pure love: Concern for others.

III. Jesus proclaims the good news of the Kingdom of God and calls us to conversion. He especially seeks out those who have strayed and are in most need of his mercy. Let us ask for the grace to overcome sin (see Mt 4:12–17; Mk 1:14–15; 2:3–13; Lk 4:14–22; 7:47–48; Jn 9:5; 20:22–23).

Subjects for meditation:

Jesus in the Rosary: Jesus, the Good Shepherd.

Mary in the Rosary: Mary, Refuge of sinners.

Fruit: Conversion.

Intention: For evangelizers and missionaries.

Words: "Repent and believe the Gospel."

Eucharist: Sacrament of healing love.

Pure love: Messengers of God's mercy.

IV. In the presence of the apostles Peter, James, and John, Jesus is transfigured on Mount Tabor. The

glory of the Godhead radiates from him and the Father's voice says, "This is my Son . . . listen to him." Let us ask for the grace to be attentive to God (see Mt 17:1–8; Mk 9: 2–8; Lk 9:28–36; Jn 1:29–34).

Subjects for meditation:

Jesus in the Rosary: Jesus is Light of the World.

Mary in the Rosary: Mary, Ark of the Covenant.

Fruit: Openness to God's Word.

Intention: That the light of the Gospel reach everyone.

Words: "This is my Son, listen to him."

Eucharist: Divine presence.

Pure love: Configuration with Christ.

V. In his love for us and his desire to remain with us, Jesus institutes the Eucharist as the sacramental presence of the Paschal Mystery. Let us ask for an always deeper love of the Eucharist (see Mt 26:26–29; Mk 14:22–25; Lk 22:15–20; Jn 6:51–58; 13:1–16).

Subjects for meditation:

Jesus in the Rosary: Jesus is the Bread of Life.

Mary in the Rosary: Mary, Tabernacle of God.

Fruit: Love for the Eucharist.

Intention: For all priests.

Words: “This is my Body; this is my Blood.”

Eucharist: Spirit of the Liturgy

Pure love: Christ-bearers for the world.

SORROWFUL MYSTERIES

I. In the Garden of Gethsemane, Jesus sweats blood and prays with humility, confidence, and perseverance. The angel comforts him. Let us ask for the spirit of prayer (see Mt 26:36–46; Mk 14:32–42; Lk 22:39–46).

Subjects for meditation:

Jesus in the Rosary: The patient Jesus.

Mary in the Rosary: The sorrows of Mary.

Fruit: God’s will.

Intention: For those struggling with temptation.

Words: “Jesus prayed a third time: Not my will,
but yours be done.”

Eucharist: Reparation.

Pure love: Living lamps.

II. Tied to a pillar, Jesus is cruelly scourged in reparation for the many sins of humanity. Let us ask for the virtue of chastity (see Mt 27:26; Mk 15:15; Jn 19:1).

Subjects for meditation:

Jesus in the Rosary: Jesus is the Repairer.

Mary in the Rosary: Mary's virginity.

Fruit: Purity of the senses.

Intention: For obstinate sinners.

Words: "Pilate took Jesus and had him scourged."

Eucharist: Sacrileges.

Pure love: Forgiveness of offenses.

III. Jesus is crowned with thorns and mocked in atonement for many evil thoughts and sentiments. Let us ask for purity of mind and heart (see Mt 27:27–31; Mk 15:16–20; Lk 22:63–65).

Subjects for meditation:

Jesus in the Rosary: Jesus Christ is King.

Mary in the Rosary: Mary's sanctity.

Fruit: Interior purity.

Intention: For those who govern.

Words: "Hail, King of the Jews."

Eucharist: The enemies of the Eucharist.

Pure love: Charity in thoughts and sentiments.

IV. Condemned to death, Jesus carries the heavy cross to Calvary. Let us contemplate our Savior's patience and ask for patience in our sufferings (see

Mt 11: 28–30; Mk 15:21–22; Lk 23:26–33; Jn 19:16–17).

Subjects for meditation:

Jesus in the Rosary: Jesus is the Mediator.

Mary in the Rosary: Mary is Co–Redemptrix.

Fruit: Live the mystery of the cross.

Intention: For those who suffer.

Words: “Do not weep for me, but for yourselves.”

Eucharist: Jesus, the divine Cyrenean.

Pure love: Charity bears all.

V. Jesus is crucified, suffers for three hours, and dies to save us from hell. Let us ask the grace to love the holy Mass, which perpetuates the sacrifice of Calvary (see Mt 27:33–56; Mk 15:23–41; Lk 23:33–49; Jn 19:18–37).

Subjects for meditation:

Jesus in the Rosary: Jesus is Victim for the world.

Mary in the Rosary: Mary is our Mother.

Fruit: Love of God.

Intention: For the dying.

Words: “Father, forgive them. . . .”

Eucharist: The Holy Sacrifice of the Mass.

Pure love: The victim soul.

GLORIOUS MYSTERIES

I. Jesus Christ rises gloriously from the sepulcher. His resurrection represents our own resurrection on the last day. Let us ask the Lord to increase our faith (see Mt 28:1–15; Mk 16:1–18; Lk 14:1–49; Jn 20:1–30).

Subjects for meditation:

Jesus in the Rosary: Jesus is God.

Mary in the Rosary: “Rejoice, O Queen of heaven.”

Fruit: Faith.

Intention: For nonbelievers.

Words: “He is not here, he has risen.”

Eucharist: The glory of the Blessed Sacrament.

Pure love: Victories of love.

II. Our Savior ascends into heaven with wondrous glory and triumph. Let us ask for detachment from the things of this earth and a desire for those of heaven (see Mk 16:19; Lk 24:50–53; Acts 1:9–10).

Subjects for meditation:

Jesus in the Rosary: Jesus, King of the elect.

Mary in the Rosary: The spiritual ascensions of
Mary.

Fruit: Hope.

Intention: For religious.

Words: “This Jesus, who has been taken up from you into heaven, will come again in the same way.”

Eucharist: Frequent Holy Communion.

Pure love: Love remains forever.

III. The Holy Spirit descends upon the apostles to enlighten, comfort, and sanctify them. Let us ask for the gifts of the Holy Spirit, especially wisdom, fortitude, and zeal (see Acts 2:1–4).

Subjects for meditation:

Jesus in the Rosary: The Church, the Mystical Body of Jesus Christ.

Mary in the Rosary: Mary, Queen of the Apostles.

Fruit: Zeal.

Intention: For the Church.

Words: “All were filled with the Holy Spirit.”

Eucharist: The Eucharist and the active life.

Pure love: Charity is the fruit of the Holy Spirit.

IV. After her earthly pilgrimage, the Blessed Virgin is assumed into heaven, body and soul, with

marvelous glory. Let us ask for a holy life so as to die in the holy love of God (see Ps 45:14; Lk 1:52; *LG* 59).

Subjects for meditation:

Jesus in the Rosary: Jesus is the comfort of the dying.

Mary in the Rosary: Devotion to Mary.

Fruit: A good death.

Intention: For the dead.

Words: “Mary was taken up into heaven: the angelic choirs rejoice.”

Eucharist: First Communion and Viaticum.

Pure love: The degrees of the love of God.

V. Mary is crowned Queen of heaven and earth, dispenser of all graces, and our most loving Mother. Let us resolve to be devoted to the Blessed Virgin Mary and ask the gift of perseverance (see Rev 12:1).

Subjects for meditation:

Jesus in the Rosary: Jesus our Judge.

Mary in the Rosary: Mary’s power.

Fruit: Perseverance.

Intention: For the apostolate of the means of social communication.

Words: “At his right hand stands the Queen,
dressed in the gold of Ophir.”

Eucharist: A pledge of glory.

Pure love: God’s dwelling within the soul.

Litany of Loreto

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Christ, hear us.

Christ, 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.

Holy Mary,

pray for us.

Holy Mother of God,

pray for us.

Holy Virgin of virgins,

pray for us.

Mother of Christ,

pray for us.

Mother of the Church,

pray for us.

Mother of mercy,

pray for us.

Mother of divine grace,

pray for us.

Mother of hope,	<i>pray for us.</i>
Mother most pure,	<i>pray for us.</i>
Mother most chaste,	<i>pray for us.</i>
Mother inviolate,	<i>pray for us.</i>
Mother undefiled,	<i>pray for us.</i>
Mother most amiable,	<i>pray for us.</i>
Mother most admirable,	<i>pray for us.</i>
Mother of good counsel,	<i>pray for us.</i>
Mother of our Creator,	<i>pray for us.</i>
Mother of our Redeemer,	<i>pray for us.</i>
Virgin most prudent,	<i>pray for us.</i>
Virgin most venerable,	<i>pray for us.</i>
Virgin most renowned,	<i>pray for us.</i>
Virgin most powerful,	<i>pray for us.</i>
Virgin most merciful,	<i>pray for us.</i>
Virgin most faithful,	<i>pray for us.</i>
Mirror of justice,	<i>pray for us.</i>
Seat of wisdom,	<i>pray for us.</i>
Cause of our joy,	<i>pray for us.</i>
Spiritual vessel,	<i>pray for us.</i>
Vessel of honor,	<i>pray for us.</i>
Singular vessel of devotion,	<i>pray for us.</i>
Mystical rose,	<i>pray for us.</i>
Tower of David,	<i>pray for us.</i>

Tower of ivory,	<i>pray for us.</i>
House of gold,	<i>pray for us.</i>
Ark of the Covenant,	<i>pray for us.</i>
Gate of heaven,	<i>pray for us.</i>
Morning star,	<i>pray for us.</i>
Health of the sick,	<i>pray for us.</i>
Refuge of sinners,	<i>pray for us.</i>
Solace of migrants,	<i>pray for us.</i>
Comforter of the afflicted,	<i>pray for us.</i>
Help of Christians,	<i>pray for us.</i>
Queen of Angels,	<i>pray for us.</i>
Queen of Patriarchs,	<i>pray for us.</i>
Queen of Prophets,	<i>pray for us.</i>
Queen of Apostles,	<i>pray for us.</i>
Queen of Martyrs,	<i>pray for us.</i>
Queen of Confessors,	<i>pray for us.</i>
Queen of Virgins,	<i>pray for us.</i>
Queen of all Saints,	<i>pray for us.</i>
Queen conceived without original sin,	<i>pray for us.</i>
Queen assumed into heaven,	<i>pray for us.</i>
Queen of the most holy Rosary,	<i>pray for us.</i>
Queen of families,	<i>pray for us.</i>
Queen of peace,	<i>pray for us.</i>

Lamb of God, who takes away the sins of the world,
spare us, O Lord.

Lamb of God, who takes away the sins of the world,
graciously hear us, O Lord.

Lamb of God, who takes away the sins of the world,
have mercy on us.

℣. Pray for us, O holy Mother of God.

℟. That we may be made worthy of the promises
of Christ.

Let us pray.

Grant your servants continual health of mind and
body, O Lord God. Let the intercession of the blessed
ever-virgin Mary gain for us freedom from our pres-
ent sorrow. Give us the joy of everlasting happiness.
We ask this through Christ our Lord. Amen.

Litaniae Lauretanae

Kyrie, eléison.

Christe, eléison.

Kyrie, eléison.

Christe, audi nos.

Christe, exáudi nos.

Pater de coelis, Deus,

miserére nobis.

Fili, Redémptor mundi, Deus,	<i>miserére nobis.</i>
Spiritus Sancte Deus,	<i>miserére nobis.</i>
Sancta Trínitas, unus Deus,	<i>miserére nobis.</i>
Sancta Maria,	<i>ora pro nobis.</i>
Sancta Dei Génitrix,	<i>ora pro nobis.</i>
Sancta Virgo virginum,	<i>ora pro nobis.</i>
Mater Christi,	<i>ora pro nobis.</i>
Mater Ecclesiae,	<i>ora pro nobis.</i>
Mater Misericordiae,	<i>ora pro nobis.</i>
Mater Divínae grátiae,	<i>ora pro nobis.</i>
Mater spei,	<i>ora pro nobis.</i>
Mater puríssima,	<i>ora pro nobis.</i>
Mater castíssima,	<i>ora pro nobis.</i>
Mater invioláta,	<i>ora pro nobis.</i>
Mater intemeráta,	<i>ora pro nobis.</i>
Mater amábilis,	<i>ora pro nobis.</i>
Mater admirábilis,	<i>ora pro nobis.</i>
Mater boni Consílii,	<i>ora pro nobis.</i>
Mater Creatóris,	<i>ora pro nobis.</i>
Mater Salvatóris,	<i>ora pro nobis.</i>
Virgo prudentíssima,	<i>ora pro nobis.</i>
Virgo veneránda,	<i>ora pro nobis.</i>
Virgo praedicánda,	<i>ora pro nobis.</i>
Virgo potens,	<i>ora pro nobis.</i>

Virgo clemens,	<i>ora pro nobis.</i>
Virgo fidélis,	<i>ora pro nobis.</i>
Spéculum iustítiae,	<i>ora pro nobis.</i>
Sedes sapiéntiae,	<i>ora pro nobis.</i>
Causa nostrae laetítiae,	<i>ora pro nobis.</i>
Vas spirituále,	<i>ora pro nobis.</i>
Vas honorábile,	<i>ora pro nobis.</i>
Vas insígne devotiónis,	<i>ora pro nobis.</i>
Rosa mystica,	<i>ora pro nobis.</i>
Turris Davidica,	<i>ora pro nobis.</i>
Turris ebúrnea,	<i>ora pro nobis.</i>
Domus aurea,	<i>ora pro nobis.</i>
Foéderis arca,	<i>ora pro nobis.</i>
Iánua coeli,	<i>ora pro nobis.</i>
Stella matutína,	<i>ora pro nobis.</i>
Salus infirmórum,	<i>ora pro nobis.</i>
Refúgium peccatórum,	<i>ora pro nobis.</i>
Solacium migrantium,	<i>ora pro nobis.</i>
Consolátrix afflictórum,	<i>ora pro nobis.</i>
Auxilium Christianórum,	<i>ora pro nobis.</i>
Regína Angelórum,	<i>ora pro nobis.</i>
Regína Patriarchárum,	<i>ora pro nobis.</i>
Regína Prophetárum,	<i>ora pro nobis.</i>
Regína Apostolórum,	<i>ora pro nobis.</i>

Regína Mártyrum, *ora pro nobis.*
Regína Confessórum, *ora pro nobis.*
Regína Vírginum, *ora pro nobis.*
Regína Sanctórum ómnium, *ora pro nobis.*
Regína sine labe originali concépta, *ora pro nobis.*
Regína in coelum assúpta, *ora pro nobis.*
Regína Sacratissimi Rosárii, *ora pro nobis.*
Regina familiae, *ora pro nobis.*
Regína pacis, *ora pro nobis.*
Agnus Dei, qui tollis peccáta mundi,
parce nobis, Dómine.
Agnus Dei, qui tollis peccáta mundi,
exáudi nos, Dómine.
Agnus Dei, qui tollis peccáta mundi,
miserére nobis.

℣. Ora pro nobis, sancta Dei Génitrix.

℞. Ut digni efficiámur promissionibus Christi.

Orémus.

Concéde nos fámulos tuos, quaésumus, Dómine Deus, perpétua mentis et córporis sanitate gaudére: et, gloriósa beátae Maríae semper Vírginis intercessióne, a praesénti liberári tristítia, et aetérna pérfrui laetítia. Per Christum Dóminum nostrum. Amen.

Eucharistic Benediction

Wherever possible, it is fitting that daily Eucharistic Adoration be made before the Blessed Sacrament exposed, ending with Eucharistic Benediction. The norms set out in recent pontifical documents are to be followed.

Before Benediction

Tantum Ergo

Tantum ergo sacraméntum
Venerémur cernui:
Et antíquum documéntum
Novo cedat rítui:
Praestet fides suppleméntum
Sénsuum deféctui.
Genitóri, Genitóque
Laus et jubilátio,
Salus, honor, virtus quoque
Sit et benedíctio:
Procedénti ab utróque
Compar sit laudátio. Amen.

℣. Panem de cælo præstitisti eis (alleluia).
℞. Omne delectaméntum in se habéntem
(alleluia).

Orémus.

Deus, qui nobis sub sacraménto mirábili, passió-
nis tuæ memóriam reliquisti: tríbue, quæsumus, ita
nos córporis et sánguinis tui sacra mystéria venerári,
ut redemptiónis tuæ fructum in nobis iúgiter sentiá-
mus. Qui vivis et regnas cum Deo Patre in unitáte
Spíritus Sancti Deus, in sæcula sæculórum. Amen.

Humbly Let Us Voice Our Homage

Humbly let us voice our homage
for so great a sacrament:
let all former rites surrender
to the Lord's New Testament;
what our senses fail to fathom
let us grasp through faith's consent!
Glory, honor, adoration
let us sing with one accord!
praised be God, almighty Father;
praised be Christ, his Son, our Lord;
praised be God, the Holy Spirit;
Triune Godhead be adored! Amen.

℣. You have given them bread from heaven
(alleluia).

℟. Having all sweetness within it (alleluia).

Let us pray.

Lord Jesus Christ, you gave us the Eucharist as the memorial of your suffering and death. May our worship of this sacrament of your body and blood help us to experience the salvation you won for us, and the peace of the kingdom where you live with the Father and the Holy Spirit, one God, forever and ever. Amen.

After Benediction

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 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.



THE SACRAMENT OF
RECONCILIATION



Reconciliation is the sacrament in which the heavenly Father, through the merits of Jesus Christ, receives back his child who has returned repentant. It cancels the sins of our past, but it also serves as a very important means of preserving us from relapses and of correcting our defects.

Receive Reconciliation often—once a week. It is very helpful to go to the same confessor and not change confessors unless necessary.

The conditions for making a good confession are prayer, examination, sorrow, resolution, accusation, and satisfaction. The condition most necessary and completely indispensable for receiving pardon is sorrow joined to resolution.

Before Confession—It is advisable to say one Our Father to Jesus Crucified; a Hail, Holy Queen to the Blessed Virgin Mary, refuge of sinners; an Angel of God to our guardian angel to obtain the grace to clearly know our sins, be deeply sorry for them, and confess them sincerely.

The examination of conscience should be on our thoughts, desires, sentiments, words, actions, and omissions; on the Commandments of God and the

precepts of the Church; on the spiritual and corporal works of mercy; on the duties of one's state in life; and, particularly, on piety, study, apostolate, poverty, and the resolutions of the last spiritual exercises.

Dwell especially on the principal resolution, examining the work done, the failings committed, and the progress made.

God's Ten Commandments

I am the Lord your God:

You shall not have strange gods before me.

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

Remember to keep holy the Lord's 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 spouse.

You shall not covet your neighbor's goods.

The Precepts of the Church

1. To attend Mass on Sundays and on holy days of obligation and rest from servile labor, avoiding anything that would inhibit the worship of God, the joy proper to the Lord's Day, the performance of the works of mercy, and the appropriate relaxation of mind and body.
2. To receive the Sacrament of Reconciliation often (minimally, to confess sins at least once a year). This sacrament "continues Baptism's work of conversion and forgiveness."
3. To live a Eucharistic life (minimally, to receive the Sacrament of the Eucharist at least during the Easter season). This "guarantees as a minimum the reception of the Lord's Body and Blood in connection with the Paschal feasts, the origin and center of the Christian liturgy."
4. To observe the days of fasting and abstinence established by the Church. This "ensures the times of ascesis and penance that prepare us for the liturgical feasts and help us acquire mastery over our instincts and freedom of heart."

5. To help to provide for the needs of the Church, each according to his/her own ability.

(See CCC 2041–2043)

Consider the great evil committed in offending God, our good Father, infinitely lovable. Meditate on the fact that the passion of Jesus Christ was caused by sin. Reflect on the loss of grace, of many merits, and of heaven, and on the merited punishments of hell and of purgatory.

Rite of Penance

The priest and penitent:

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

The priest invites the penitent to have trust in God, in these or similar words:

May God, who has enlightened every heart, help you to know your sins and trust in his mercy.

The penitent answers:

Amen.

The priest may read or say from memory a text of Scripture that proclaims God's mercy and calls each person to conversion.

The penitent confesses his own sins, listens to the words of the priest, accepts the act of penance proposed, and, invited by the priest, manifests his sorrow by reciting the Act of Contrition or another similar formula.

Act of Contrition

Merciful Lord, I have sinned, and sinned exceedingly through my fault, through my most grievous fault. I am ungrateful. What would become of me if at this moment you were to call me before your tribunal? My crucified Jesus, I hope to obtain pardon through your most precious blood. Mary, refuge of sinners, obtain mercy for me. I resolve to sin no more and to avoid the near occasions of sin and I renew my principal resolution.

Or:

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 want to 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.

Or else one of the following aspirations:

My Jesus, have mercy.

Jesus, love all burning, I wish I had never offended you; O my dear and good Jesus, I resolve not to offend you again.

Then the priest extends his hands over the penitent's head (or at least extends his right hand) and says:

God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.

The penitent answers:

Amen.

After the absolution, the priest continues:

Give thanks to the Lord, for he is good.

The penitent concludes:

His mercy endures forever.

Then the priest dismisses the penitent who has been reconciled, saying:

The Lord has freed you from your sins. Go in peace.

Or:

May the passion of our Lord Jesus Christ, the intercession of the Blessed Virgin and of all the saints, whatever good you do and suffering you endure, heal your sins, help you to grow in holiness, and reward you with eternal life. Go in peace.

Immediately after the priest's dismissal, the penitent will make, if he can, the act of penance imposed as satisfaction (penance); then he will recall and fix well in mind the advice received from the priest and will renew his resolutions.

Thanksgiving After Confession

How good you have been with me, O Lord! My words are not adequate to thank you. Instead of punishing me for the many faults I have committed, you have forgiven all of them with infinite mercy in this holy confession. I am sorry with all my heart, and I promise, with the help of your grace, never to offend you again and to make amends with much love and with good deeds for the countless times I have offended you in my life.

Most holy Virgin, angels and saints of heaven, I thank you for your assistance. Please thank the Lord for me, and obtain for me constancy and progress in doing good. Amen.

The resolution should be complete. In other words, it should aim at personal sanctification and loving God with all one's mind, strength, and heart. For example, if on charity toward one's neighbor: to think well of others, desire their good, do good to them, and speak well of them.



WEEKLY PRAYERS



SUNDAY

To Jesus, Divine Master

The first Sunday is dedicated to Jesus Master and Mediator, so that in him, through him, and with him the Blessed Trinity may be glorified, thanked, and called upon. Let us remember the last things, especially our goal: heaven.

1. Jesus, Divine Master, we adore you as the Word Incarnate sent by the Father to instruct us in life-giving truths. You are uncreated Truth, the only Master. You alone have words of eternal life. We thank you for having imparted to us the light of reason and the light of faith, and for having called us to the light of glory. We believe, submitting our whole mind to you and to the Church. Master, show us the treasures of your wisdom, let us know the Father, make us your true disciples. Increase our faith so that we may attain to the eternal vision in heaven.

Jesus Master, Way, Truth, and Life, have mercy on us.

2. Jesus, Divine Master, we adore you as the Beloved of the Father, the sole Way to him. We thank you because you made yourself our model. You left us examples of the highest perfection. You have invited us to follow you on earth and in heaven. We

contemplate you in the various periods of your earthly life. We docilely place ourselves in your school and follow your teachings. Draw us to you so that by following in your footsteps and renouncing ourselves, we may seek only your will. Increase active hope in us, the desire to be found similar to you at the judgment, and to possess you forever in heaven.

Jesus Master . . .

3. Jesus, Divine Master, we adore you as the only-begotten Son of God, come on the earth to give life, the most abundant life to humanity. We thank you because by dying on the cross, you merited life for us, which you give us in Baptism and nourish in the Eucharist and in the other sacraments. Live in us, O Jesus, with the outpouring of the Holy Spirit, so that we may love you with our whole mind, strength, and heart, and love our neighbor as ourselves for love of you. Increase charity in us, so that one day, called from the sepulcher to the glorious life, we may be united with you in the eternal happiness of heaven.

Jesus Master . . .

4. Jesus, Divine Master, we adore you living in the Church, your Mystical Body and our sole ark of

salvation. We thank you for having given us this infal-
lible and indefectible Mother, in whom you continue
to be for humanity the Way, the Truth, and the Life.
We ask of you that those who do not believe may
come to her inextinguishable light, the erring return
to her, and all people be united in faith, in a common
hope, in charity. Exalt the Church, assist the Pope,
sanctify the clergy and those consecrated to you. Lord
Jesus, our wish is yours: that there be one fold under
one Shepherd, so that we may all be reunited in the
Church exultant in heaven.

Jesus Master . . .

5. Jesus, Divine Master, we adore you with the
angels who sang the reasons for your incarnation:
“Glory to God and peace to all people.” We thank
you for having called us to share in your own aposto-
late. Enkindle in us your own flame of zeal for God
and for souls. Fill all our powers with yourself. Live in
us so that we may radiate you through our apostolate
of prayer and suffering, of the media and of the word,
of example and of deed. Send good laborers into your
harvest. Enlighten preachers, teachers, and writers;
infuse in them the Holy Spirit with his seven gifts;
dispose minds and hearts to receive him. Come,

Master and Lord! Teach and reign through Mary,
Mother, Teacher, and Queen.

Jesus Master . . .

*Before or after meditation, or during the Hour of Adoration to
the Blessed Sacrament, the following is said or sung:*

O Master, we know that you are truthful and
teach the way of God in truth. Alleluia

Magister, scimus quia verax es, et viam Dei in
veritate doces. Alleluja.

(Magnificat, p. 303).

To Jesus the Good Shepherd

1. We adore you, O Jesus, eternal Shepherd of the human race. You are present in the Eucharist to dwell continually in the midst of your flock. You nourish us, you guard us, you guide us to the heavenly fold. We do not live on bread alone, but on your doctrine of truth and love. Your sheep listen to your voice and follow it with love. Have pity on so many who go astray in the shadow of error and ignorance, like sheep without a shepherd. Attract them to your truth. Multiply evangelizers, catechists, and apostles of social communication media. Give us the grace to

listen to and love your word, that it may bear fruit in our hearts. Speak, Lord, your servant is listening.

Jesus, Good Shepherd, Way and Truth and Life, have mercy on us.

2. We thank you, Jesus, Good Shepherd, for having come down from heaven to seek out humankind and bring it back to the way of salvation. In you is fulfilled the promise: I will raise up in the midst of the scattered sheep a shepherd who will gather them and care for them. The shepherd leads, and the sheep follow him because they recognize his voice. You have given your commandments, your counsels, your examples. Whoever heeds them is nourished with a bread that does not perish: My food is the will of the heavenly Father. Have mercy on those who nourish themselves on falsehood and vanity. Recall sinners to your way. Sustain the wavering, strengthen the weak. May everyone follow you, Shepherd and Guardian of our souls. You alone are the Way, you alone have words of eternal life. I will follow you wherever you go.

Jesus, Good Shepherd . . .

3. May you be blessed, O Jesus, who died on the cross for us! You, the innocent One, died to restore

life to the guilty sheep: “I have come that they may have life and have it more abundantly.” You nourish us with your life in Baptism, in Confirmation, in Penance, and in the Eucharist. May you live in every person with your Spirit! Bring back to your fold all those who are separated from you, for they are like branches cut off from the vine. We pray to you for the Church, which you acquired with the price of your blood. May it spread throughout the world and be for everyone a sign of unity and salvation. We want to love you with all our mind, all our strength, and all our heart. For your love, I want to spend myself totally for your people.

Jesus, Good Shepherd . . .

4. O Jesus, we honor you as the Supreme Shepherd. You live in the Pope, in the bishops, in priests. You have said to them: “Whoever listens to you, listens to me. As the Father has sent me, so I send you. Go into the whole world.” Divine Shepherd, the harvest is always great, but the workers are still very few. Give us holy priests who love your people as you love them. Bless their labors. Grant us the grace to cooperate in their zeal and to be among your sheep on the day of judgment when you will return as the Shepherd.

Jesus, Good Shepherd . . .

5. O Jesus, Good Shepherd, who brought from heaven the fire of your love, give us your heart. In flame us with the desire for the glory of God and with a great love for our brothers and sisters. Make us sharers in your apostolate. Live in us that we may radiate you in word, in suffering, in pastoral action, in the example of a good life. We offer you ourselves as docile and faithful sheep, to become worthy of cooperating in your pastoral mission in the Church. Dispose all minds and hearts to receive your grace. Come, Divine Shepherd, guide us; may there soon be one flock and one Shepherd.

Jesus Good Shepherd . . .

MONDAY

To St. Paul the Apostle

On the first Monday, we draw close to St. Paul to know him and to pray to him, to obtain and form good vocations, to ask for the spirit of the apostolate for ourselves and for the Cooperators.

1. I bless you, O Jesus, for the great mercy granted to St. Paul in changing him from a bold persecutor to an ardent apostle of the Church. And you, O great saint, obtain for me a heart docile to grace, conversion

from my principal defect, and total configuration with Jesus Christ.

St. Paul, the Apostle, pray for us.

2. I bless you, O Jesus, for having elected the Apostle Paul as a model and preacher of holy virginity. And you, O St. Paul, my dear Father, guard my mind, my heart, and my senses, that I may know, love, and serve only Jesus, and employ all my energies for his glory.

St. Paul, the Apostle, pray for us.

3. I bless you, O Jesus, for having given through St. Paul examples and teachings of perfect obedience. And you, O great saint, obtain for me a humble docility to all my superiors, for I am sure that in obedience I shall be victorious over all my enemies.

St. Paul, the Apostle, pray for us.

4. I bless you, O Jesus, for having taught me by the deeds and by the words of St. Paul the true spirit of poverty. And you, O great saint, obtain for me the evangelical spirit of poverty, so that after having imitated you in life, I may be your companion in heavenly glory.

St. Paul, the Apostle, pray for us.

5. I bless you, O Jesus, for having given to St. Paul a heart so full of love for God and for the Church, and for having saved so many souls through his zeal. And you, my dear friend, obtain for me an ardent desire to carry out the apostolate of the media of social communication, of prayer, of example, of activity, and of word, so that I may merit the reward promised to good apostles.

St. Paul, the Apostle, pray for us.

Before or after meditation, or during the Hour of Adoration to the Blessed Sacrament, the following is said or sung:

Our Father and Apostle St. Paul, you are preacher of truth and doctor of the Gentiles. Intercede for us to God who chose you.

Sancte Paule apostole, praedicator veritatis et doctor gentium: intercede pro nobis ad Deum qui te elegit.

(Magnificat, p. 303)

To the Holy Apostles Peter and Paul

1. I bless you, O Jesus, Good Shepherd, because you formed in Peter and Paul the two greatest pastors of the Church, and through their ministry you have

saved countless brothers and sisters. And you, O holy apostles, obtain for me the gift of conversion and a great love for my vocation.

Holy apostles, Peter and Paul, pray for us and for the Church of Jesus Christ.

2. I bless you, O Jesus, Good Shepherd, who have given Peter and Paul a great love for God and for all people. And you, O holy apostles, obtain for me from Jesus and Mary a virginal heart and the grace to consecrate to the Lord all my strength.

Holy apostles, Peter and Paul . . .

3. I bless you, O Jesus, Good Shepherd, because you have chosen Saints Peter and Paul as the preachers and models of poverty. And you, our powerful protectors, obtain for us from Jesus and Mary the love of poverty, that we may inherit the goods of heaven.

Holy apostles, Peter and Paul . . .

4. I bless you, O Jesus, Good Shepherd, because you lead and guide your people by means of those who represent you. And you, O holy Apostles Peter and Paul, obtain for me the spirit of obedience. I am certain that through it I will reach salvation.

Holy apostles, Peter and Paul . . .

5. I bless you, O Jesus, Good Shepherd, for you have crowned the life of the holy apostles with a glorious martyrdom. And you, our guardians, obtain for me the grace to exercise the apostolate of prayer, of good example, of suffering, and of pastoral action, so as to obtain the reward prepared for good apostles.

Holy apostles, Peter and Paul . . .

TUESDAY

To the Souls in Purgatory

The first Tuesday is dedicated to the souls in purgatory to send them suffrages and to avoid purgatory ourselves.

1. Lord, my Creator and Redeemer, I believe that in your justice, you established purgatory for those souls who pass into eternity before having totally paid their debts of sin or punishment. I also believe that in your mercy you accept suffrages, particularly the Holy Sacrifice of the Mass for their relief and liberation. Stir up my faith and infuse in my heart sentiments of pity toward these dear suffering brothers and sisters.

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen.

2. Lord Jesus Christ, King of glory, through the intercession of Mary and all the saints, free the souls of the faithful departed from the punishments of purgatory. And through the intercession of St. Michael, standard-bearer of the heavenly army, guide them to the holy light promised to Abraham and to his descendants. I offer you, Lord, sacrifices and prayers of praise. Accept them for these souls and admit them soon to eternal joy.

Eternal rest . . .

3. Jesus, good Master, I plead with you on behalf of the souls toward whom I have a greater debt of gratitude, justice, charity, and family bonds: parents, benefactors, brothers and sisters of the Pauline Family, and relatives. I recommend to you those who had greater responsibilities on earth: priests, religious, civil authorities, superiors. I plead with you also for forgotten souls, and for those who were more devoted to the Divine Master, to Mary, Queen of Apostles, and to St. Paul the Apostle. Lord, deign to admit them soon into eternal happiness.

Eternal rest . . .

4. Jesus, Divine Master, I thank you for having come down from heaven to free us from so many evils

by your teaching, holiness, and death. I plead with you on behalf of the souls who are in purgatory because of the press, motion pictures, radio, and television. I have confidence that these souls, once freed from their sufferings and admitted into eternal joy, will supplicate you on behalf of the modern world, so that the many means you have granted us for elevating this earthly life may also be used as means of apostolate and life everlasting.

Eternal rest . . .

5. Merciful Jesus, by your sorrowful passion and by that love you have for me, I beg you to cancel the punishments that I deserve in this life or in the next because of my many sins. Grant me, O Lord, a spirit of penance, purity of conscience, hatred for every deliberate venial sin, and the dispositions necessary to gain indulgences. I resolve to help the holy souls in purgatory with suffrages as much as I can. And you, O infinite Goodness, infuse in me ever greater fervor, so that when my soul is separated from the bonds of my body, it may be admitted into heaven to contemplate you forever.

Eternal rest . . .

Before or after meditation, or during the Hour of Adoration to the Blessed Sacrament, the following is said or sung:

All those the Father gives unto me will come to me, and whoever comes to me, I will never cast away.

Omne quod dat mihi Pater ad me veniet: et eum qui venit ad me non ejiciam foras.

(Psalm 130, p. 31)

Heroic Act of Love

My God, for your greater glory, in union with the merits of Jesus and Mary, I offer and surrender the satisfactory value of all the good I will do and all the suffrages I will receive after my death for the holy souls in purgatory. Dispose of everything according to your divine will.

WEDNESDAY

To St. Joseph

The first Wednesday is dedicated to St. Joseph for three intentions: protection for the universal Church, assistance and a good death for each of us and all those dying during the month, divine Providence in all our needs.

1. O St. Joseph, faithful cooperater in our redemption, have pity on poor humanity, still wrapped in so much error and so many evils. You were a docile instrument in the hands of the heavenly Father, in arranging everything for the birth and childhood of Jesus, for the preparation of the Victim, of the Priest, and of the Divine Master of the world. Saint most docile to the will of God, obtain for us zeal for vocations and for their formation. For ourselves, we ask you for generous and constant correspondence to the precious gift of God's call.

St. Joseph, pray for us.

2. O St. Joseph, model of every virtue, obtain for us your interior spirit. In loving and active silence, in the practice of all religious and civil laws, in docility to everything God willed, you arrived at a high degree of sanctity and heavenly glory. Obtain for us an increase of faith, hope, and charity, an ample infusion of the cardinal virtues, and an abundance of the gifts of the Holy Spirit.

St. Joseph, pray for us.

3. O St. Joseph, we venerate you as the model of laborers, the friend of the poor, the consoler of the

afflicted and those forced to leave their own land, the saint of divine Providence. On earth you represented the universal goodness and concern of the heavenly Father. You were the carpenter of Nazareth and work-teacher to the Son of God, who became a humble laborer for us. Assist with your prayers all who labor in intellectual, moral, and physical work. For the nations obtain legislation inspired by the Gospel, the spirit of Christian charity, a way of governing in accord with justice and peace.

St. Joseph, pray for us.

4. O St. Joseph, foster father of Jesus, we bless the Lord for your intimate communication with him during his infancy and youth at Bethlehem, in Egypt, and at Nazareth. You loved him with a father's love, and he loved you with the love of a son. Your faith made you adore in him the incarnate Son of God, while he obeyed you, served you, listened to you. You held pleasant conversations with him, shared work, great sufferings, and most tender consolations. Obtain for us the grace never to offend Jesus by sin. Pray for us that we may always receive the sacraments of Holy Eucharist and Reconciliation well, attain to a great intimacy with and a tender and strong love for

Jesus while on earth, and possess him forever in heaven.

St. Joseph, pray for us.

5. O St. Joseph, pure spouse of Mary, we humbly ask you to obtain for us a true devotion to our tender Mother, Teacher, and Queen. By divine will, your mission was associated to Mary's. With Mary you shared sufferings and joys; with her there was a holy rivalry in virtue, work, and merits; union of mind and of heart. St. Joseph, pray for fathers and mothers. Obtain for us the grace to know the Blessed Virgin Mary, to imitate her, to love her, to pray to her always. Draw many souls to her maternal heart.

St. Joseph, pray for us.

6. O St. Joseph, protector of the dying, we supplicate you for all the dying and beg your assistance in the hour of our own death. You merited a happy passing by a holy life, and in your last hours you had the ineffable consolation of being assisted by Jesus and Mary. Deliver us from sudden death; obtain for us the grace to imitate you in life, to detach our heart from everything worldly, and daily to gather treasures for the moment of our death. Obtain for us the grace

to receive the sacraments of the sick well, and with Mary, inspire us with sentiments of faith, hope, love, and sorrow for sins, so that we may breathe forth our soul in peace.

St. Joseph, pray for us.

7. O St. Joseph, protector of the universal Church, look kindly upon the Pope, the episcopate, the clergy, the religious, and the laity. Pray for the sanctification of all. The Church is the fruit of the blood of Jesus, your foster Son. We entrust to you our supplications for the extension, liberty, and exaltation of the Church. Defend her from errors, from evil, and from the powers of hell, as you once saved the threatened life of Jesus from the hands of Herod. May the desire of Jesus come true: "That there be one fold under one shepherd."

St. Joseph, pray for us.

Before or after meditation, or during the Hour of Adoration to the Blessed Sacrament, the following is said or sung:

Behold the faithful and prudent servant whom the Lord God has set over his household.

Ecce fídelis servus et prudens queur constituit
Dóminus super famíliam suam.

(Magnificat, p. 303)

THURSDAY

To the Guardian Angel

The first Thursday is dedicated to the guardian angel: to know him, to be delivered from the deceits of the devil in spiritual and material dangers, to follow our angel in his attention and efforts to lead us to heaven.

1. Heavenly Father, I thank your infinite goodness in having entrusted me from the moment my soul came forth from your creative hands to an angel to “light and guard, rule and guide” me. I also thank you, my guardian angel, for accompanying me daily on my return journey to my heavenly Father. Your holy inspirations, your continual protection against spiritual and material dangers, and your powerful prayers to God give me great comfort and sure hope.

Angel of God . . .

2. My guardian angel, you contemplate the Lord at all times, and you want me as your fellow citizen in heaven. I beseech you to obtain for me pardon from the Lord because I have so often been deaf to your advice, have sinned in your presence, and recall so seldom that you are always near me.

Angel of God . . .

3. My guardian angel, faithful and strong in virtue, you are one of the angels led by St. Michael who overcame Satan and his followers. That battle that one day took place in heaven now continues on earth: the prince of evil and his followers oppose Jesus Christ and try to ensnare souls. Pray to the Immaculate Queen of the Apostles for the Church, the city of God, that fights against the city of Satan. St. Michael the Archangel, together with your followers, defend us in the battle; be our protection against the malice and snares of the devil. May the Lord subdue him! And you, O prince of the heavenly host, thrust back into hell Satan and the other evil spirits who roam through the world seeking the ruin of souls.

Angel of God . . .

4. Angels of heaven, watch over those who write, produce, and distribute audiovisual media, and all those who make use of them. Defend them from evil, guide them in the truth, and obtain for them true charity. For the apostolate of the audiovisual media, ask of God the necessary vocations and be with them in their delicate mission. Inspire everyone to contribute to the apostolate of the social communication media with deeds, prayer, and offerings. Enlighten,

guard, rule, and guide the world of audiovisual media, so that it may serve to uplift the level of this present life and direct all peoples toward eternal goods.

Angel of God . . .

5. All you angels of the Lord, you are called to pay noble homage, give praise, and incessantly bless the august Trinity, and to make reparation for our negligence. You are true lovers of God and of souls, and you continue to sing, “Glory to God in the highest and peace on earth to men of good will.” We beseech you on behalf of humanity that all may know the one true God; his Son, whom he sent; and the Church, the pillar of truth. Pray that the name of God may be held sacred, the kingdom of Jesus Christ may come, and his will be done on earth as it is in heaven. Extend your protection over civil authorities, working people, and those who suffer. Obtain blessings and salvation for all those who seek truth, justice, and peace.

Angel of God . . .

Before or after meditation, or during the Hour of Adoration to the Blessed Sacrament, the following is said or sung:

O holy angels, our guardians, defend us in battle that we may not perish on the last day in that tremendous judgment.

Sancti Angeli, custódes nostri, deféndite nos in proélio, ut non pereámus in tremendo iudicio.

(Magnificat, p. 303)

FRIDAY

To the Sacred Heart of Jesus

The first Friday is dedicated to the Sacred Heart of Jesus to know, cherish, and correspond to his great gifts: the Gospel, the Holy Eucharist, the Church, the priesthood, the religious state, Mary Most Holy, and his own life.

O Jesus, our Master, I, an unworthy sinner, prostrate before you, adore your Heart, which has so greatly loved everyone and has not spared anything for us. I believe in your infinite love for us. I thank you for the great gifts that out of love you gave us: especially the Gospel, the Holy Eucharist, the Church, the priesthood, the religious state, Mary as Mother, and your very life.

1. Jesus, Divine Master, I thank and bless your most generous Heart for the great gift of the Gospel. You said: “I was sent to evangelize the poor.” Your words bring eternal life. In the Gospel, you revealed divine mysteries, taught the way of God in truth,

offered the means of salvation. Grant me the grace to preserve your Gospel with veneration, listen to it, and read it according to the spirit of the Church, and promote it with the love with which you preached it. May it be known, honored, and received by all! May the world conform its life, laws, morals, and teachings to it. May the fire brought by you upon the earth inflame, enlighten, and warm everyone.

Sweet Heart of my Jesus, make me love you more and more.

2. Jesus, Divine Master, I thank and bless your most lovable Heart for the great gift of the Holy Eucharist. Your love makes you dwell in the holy tabernacle, renew your passion in the Mass, and give yourself as food for our souls in Holy Communion. May I know you, O hidden God! May I draw salutary waters from the font of your Heart. Grant me the grace to visit you every day in this sacrament, to understand and actively participate in Holy Mass, to receive Holy Communion often with faith and love.

Sweet Heart of my Jesus . . .

3. Jesus, Divine Master, I bless and thank your most sweet Heart for the great gift of the Church. She is the Mother who instructs us in the truth, guides us

on the way to heaven, and communicates supernatural life to us. She continues your own saving mission here on earth as your Mystical Body. She is the ark of salvation; she is infallible, indefectible, catholic. Grant me the grace to love her as you loved and sanctified her in your blood. May the world know her, may all sheep enter your fold, may everyone humbly cooperate in your kingdom.

Sweet Heart of my Jesus . . .

4. Jesus, Divine Master, I bless and thank your most loving Heart for the institution of the priesthood. Priests are sent by you as you were sent by the Father. To them you entrusted the treasures of your doctrine, of your law, of your grace, and souls themselves. Grant me the grace to love them, listen to them, and let myself be guided by them in your ways. O Jesus, send good laborers into your harvest. May priests be the salt that purifies and preserves, may they be the light of the world, may they be the city placed on the mountain. May they all be formed according to your Heart. And one day in heaven, may they have around themselves, as a crown of joy, a multitude of conquered souls.

Sweet Heart of my Jesus . . .

5. Jesus, Divine Master, I thank and bless your most holy Heart for the call to consecration in the religious life. As in heaven, so also on earth the mansions are many. You have chosen your favored children. You have called them to evangelical perfection. You made yourself their model, their help, and their reward. Divine Heart, multiply religious vocations. Sustain them in the faithful observance of the evangelical counsels. May they be the most fragrant flowerbeds in the Church. May they be souls who console you, who pray, and who work for your glory in every apostolate.

Sweet Heart of my Jesus . . .

6. Jesus, Divine Master, I thank and bless your most merciful Heart for having given us Mary Most Holy as our Mother, Teacher, and Queen. From the cross, you placed us all in her hands. You gave her a great heart, much wisdom, and immense power. May all humanity know her, love her, pray to her! May all permit themselves to be led by her to you, Savior of the world! I place myself in her hands, as you placed yourself. With this Mother, I want to live now, in the hour of my death, and for all eternity.

Sweet Heart of my Jesus . . .

7. Jesus, Divine Master, I thank and bless your most meek Heart, which led you to give your life for me. Your blood, your wounds, the scourges, the thorns, the cross, your bowed head tell my heart: “No one loves more than he who gives his life for the loved one.” The Shepherd died to give life to the sheep. I too want to spend my life for you. Grant that you may always, everywhere, and in all things dispose of me for your greater glory, and that I may always repeat: “Your will be done.” In flame my heart with holy love for you and for souls.

Sweet Heart of my Jesus . . .

Before or after meditation, or during the Hour of Adoration to the Blessed Sacrament, the following is said or sung:

My son, give me all of your heart and may your eyes be ever fixed on my ways.

Fili, praebe mihi cor tuum, et óculi tui custódiant vias meas.

(Magnificat, p. 303)

Litany of the Sacred Heart of Jesus

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.
God our Father in 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.*
Heart of Jesus, Son of the eternal
Father, *have mercy on us.*
Heart of Jesus, formed by the
Holy Spirit in the womb
of the Virgin Mother, *have mercy on us.*
Heart of Jesus, one with the
eternal Word, *have mercy on us.*
Heart of Jesus, infinite in majesty, *have mercy on us.*
Heart of Jesus, holy temple
of God, *have mercy on us.*
Heart of Jesus, tabernacle of
the Most High, *have mercy on us.*
Heart of Jesus, house of God
and gate of heaven, *have mercy on us.*
Heart of Jesus, aflame with love
for us, *have mercy on us.*
Heart of Jesus, source of justice
and love, *have mercy on us.*

Heart of Jesus, full of goodness
and love, *have mercy on us.*

Heart of Jesus, wellspring of
all virtue, *have mercy on us.*

Heart of Jesus, worthy of all praise, *have mercy on us.*

Heart of Jesus, king and center
of all hearts, *have mercy on us.*

Heart of Jesus, treasure-house
of wisdom and knowledge, *have mercy on us.*

Heart of Jesus, in whom the
fullness of divinity dwells, *have mercy on us.*

Heart of Jesus, in whom the
Father is well pleased, *have mercy on us.*

Heart of Jesus, from whose
fullness we have all received, *have mercy on us.*

Heart of Jesus, desire of the
everlasting hills, *have mercy on us.*

Heart of Jesus, patient and
full of mercy, *have mercy on us.*

Heart of Jesus, generous to
all who turn to you, *have mercy on us.*

Heart of Jesus, fountain of life
and holiness, *have mercy on us.*

Heart of Jesus, atonement for
our sins, *have mercy on us.*

Heart of Jesus, weighed down
with insults, *have mercy on us.*

Heart of Jesus, bruised for our
offenses, *have mercy on us.*

Heart of Jesus, obedient even
unto death, *have mercy on us.*

Heart of Jesus, pierced by a lance, *have mercy on us.*

Heart of Jesus, source of all
consolation, *have mercy on us.*

Heart of Jesus, our life and
resurrection, *have mercy on us.*

Heart of Jesus, our peace and
reconciliation, *have mercy on us.*

Heart of Jesus, victim for our sins, *have mercy on us.*

Heart of Jesus, salvation of all
who trust in you, *have mercy on us.*

Heart of Jesus, hope of all
who die in you, *have mercy on us.*

Heart of Jesus, delight of all the
saints, *have mercy on us.*

Lamb of God, you take away the sins of the world,
spare us, O Lord.

Lamb of God, you take away the sins of the world,
graciously hear us, O Lord.

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

℣. Jesus, gentle and humble of heart.

℟. Form our hearts and make them like your
own.

Let us pray.

Father in heaven, we praise and thank you for the gifts of love we have received from the Heart of your Son, Jesus. Teach us to see Christ in those whose lives we touch and show our grateful love through service to our brothers and sisters. We ask this in the name of Jesus the Lord. Amen.

SATURDAY

To the Queen of the Apostles

The purpose of the first Saturday is to know, love, and imitate Mary, our Queen, Mother, and Teacher, and to pray to her always more.

1. O most loving Queen of heaven and of earth, favored Daughter of the Father, sublime Mother of the divine Son, illustrious Spouse of the Holy Spirit, I honor and praise you for your unique privilege. *You*

pleased God in your humility and faith, and so, while preserving your spotless virginity, you became the great Mother of the divine Savior, our Master, true Light of the world, uncreated Wisdom, Source of all truth, and first Apostle of truth. You gave the world the book to read, the Eternal Word. For the indescribable joy you felt, and for that privilege so sublime, I bless the august Trinity, and I ask you to obtain for me the grace of heavenly wisdom, to be a humble and fervent disciple of Jesus, a devoted child of the Church, the pillar of truth. Make the light of the Gospel shine to the farthest bounds of the earth, overcome errors, gather everyone around the See of Peter. Enlighten doctors, preachers, and writers, O Mother of Good Counsel, Seat of Wisdom, Queen of all Saints.

Queen of the Apostles, pray for us.

2. O Mary, Queen of all the angels, full of grace, conceived without sin, blessed among creatures, living tabernacle of God, *remember that painful and solemn moment in which the dying Jesus from the cross gave you John as your Son, and in him all humanity, and especially all the apostles.* What tender love flooded your heart at that moment for those consecrated to the apostolate, to the following of the cross, to the

love of Jesus. Because of your unspeakable sufferings and those of your divine Son, and through the love of your motherly heart, O Mary, increase the number of apostles, missionaries, priests, and virgins. May all who are called be resplendent for sanctity of life, integrity of morals, solid piety, the deepest humility, firm faith, and the most ardent charity. May they all be holy, purifying salt of the earth and light of the world.

Queen of the Apostles, pray for us.

3. O Virgin most pure, noble Queen of Martyrs, Morning Star, safe Refuge of sinners, *rejoice for the days in which you were Teacher, Comforter, and Mother of the apostles in the Cenacle. You invoked and received the divine Paraclete, the Spirit with the seven gifts, Love of the Father and of the Son, Transformer of the apostles.* With your all-powerful intercession and by your humble and irresistible prayers, which always move God's heart, obtain for me the grace to understand the value of every human person ransomed from hell with Jesus' most precious blood. May each one of us be enthusiastic about the beauty of the Christian apostolate. May the charity of Christ urge us on. May the spiritual misery of poor humanity move us. Grant

that we may feel in our hearts the needs of childhood, of adolescence, of adulthood, of old age. Grant that vast Africa, immense Asia, promising Oceania, troubled Europe, the two Americas may exercise a powerful attraction on our souls. May the apostolate of example and word, of prayer and the press, of films, radio, and television, and of every means of communication, of the souls in purgatory, win over the hearts of many generous persons, even to the point of the most heroic sacrifices. O Mother of the Church, O Queen of the Apostles, our Advocate, to you we sigh, mourning in this valley of tears.

Queen of the Apostles, pray for us.

4. O our tender Mother Mary, Gate of heaven, source of peace and happiness, Help of Christians, trust of the dying, and hope even of the desperate, *I recall the blessed moment for you in which you left the earth to fly to the loving embrace of Jesus. It was the omnipotent favor of God that assumed you into heaven, beautiful and immortal.* I see you exalted above the angels and saints, confessors and virgins, apostles and martyrs, prophets and patriarchs, and even I, from the mire of my faults, dare to add the voice of an unworthy but repentant sinner to praise and bless

you. O Mary, convert me once and for always. Give me a repentant life, that I may have a holy death and one day join my voice to that of the saints to praise you in heaven. I consecrate myself to you and through you to Jesus. With full awareness and here in the presence of all the heavenly court, I renew the promises made in holy Baptism. I renew the resolution, which I place in your heart, to fight my self-love and to combat unceasingly against my principal defect, which so often has cast me into sin. O Mary, gain for yourself the greatest glory: change a great sinner into a great saint, O Refuge of sinners, O Morning Star, O Comforter of the afflicted.

Queen of the Apostles, pray for us.

5. O Mary, Star of the Sea, my gentle sovereign, our life and Queen of peace, *how great and how wonderful the day on which the august Trinity crowned you Queen of heaven and earth, dispenser of all graces, our most lovable Mother.* What a triumph for you! What happiness for the angels, for the saints, for the earth, for purgatory! I know, O Mary, that those who love you will be saved, and that those who love you greatly will be holy and will participate one day in your triumph in heaven. I do not doubt your clemency or

your power; I fear my inconstancy in praying to you. Obtain for me perseverance, O Mary; be my salvation. I feel my passions, the devil, the world. Keep me close to you and to your Jesus! Do not permit me to fall, do not leave me even for an instant, O Mother. It is consoling to cast the first glance upon you in the morning, to walk under your mantle during the day, to fall asleep under your gaze at night. You have smiles for innocent children, strength for struggling youth, light for working men and women, comfort for the elderly awaiting heaven. O Mary, to you I entrust my entire life; pray for me now and in the final battle at the hour of my death. Receive my soul when it breathes its last, and do not leave me until I kneel before your throne in heaven to love you for all eternity. O Mary, my Queen, my advocate, my sweetness, obtain for me holy perseverance.

Queen of the Apostles, pray for us.

Before or after meditation, or during the Hour of Adoration to the Blessed Sacrament, the following is said or sung:

Receive our prayer, O Mary, our Mother, Queen and Teacher. Beseech your Divine Son, the Lord of the harvest to send forth laborers into his vineyard. Alleluia.

Suscipe nos, Mater, Magistra, Regína nostra: roga
Fílium tuum, Dóminum messis, ut mittat operários
in messem suam (alleluia).

(Magnificat, p. 303)

To Mary, Mother of the Good Shepherd

1. O Mary, Mother of God, may all generations sing of the great things that God has done for you. You are the Virgin, the one full of grace, the Mother of the Good Shepherd. You raised him, loved him, listened to him, followed him, contemplated him as he died on the cross for us. Everything comes to us from him and from you: the Church, the Gospel, the Sacraments, the religious life, eternal life. You are the joy of the Church in heaven, the hope and the refuge of the pilgrim Church. I too want to be yours as Jesus was. I offer you myself and everything I have. Enlighten me; make me docile and faithful.

Mary, Mother of the Good Shepherd, pray for us.

2. O Mary, Mother of the Good Shepherd and my Mother, I contemplate you in sorrow on Calvary. There your Son gave his life for the sheep. There he placed his flock in your hands and recommended to you the pastors of the Church. Your heart was opened

to receive all the faithful, all priests. You sustained the newborn Church, you raised it with prayer and the word, you fortified it with your example. From heaven you have always assisted the people of God: through you the faith has been kept pure, many saints have arisen, the forces of evil have been conquered. Mother of the Church, make us more docile, devoted, and stronger members. Through your powerful intercession, hasten the unity of the one fold under one shepherd. Comfort the Supreme Pontiff, inspire the teachers of the faith, guide all pastors.

Mary, Mother of the Good Shepherd, pray for us.

3. O Mary, Mother of the Good Shepherd, behold before you one of the flock that belongs to Jesus and to you. I am a wandering sheep. Save me, Refuge of sinners. I am searching for the way to heaven. Enlighten me, Mother of Good Counsel. I am weak and timid; carry me in your arms, powerful Virgin. I am a sheep threatened by wolves; defend me, Mother of the Savior. Heal my wounds. Nourish me with the fruit of your womb, the Eucharistic Jesus. I am a sheep who loves Jesus the Shepherd and you, O Mary. Grant that I may love you always more. Do not permit me to separate myself from you. Receive me in

the hour of my death and number me among the sheep who were docile and faithful.

Mary, Mother of the Good Shepherd, pray for us.

4. O Mother of the Good Shepherd, multiply the number of religious; may they be light for the world, teachers of true piety, and intercessors with God. In penance, in prayer, in apostolic and charitable activity, may they be the salt of the earth, help for the poor, guides for their brothers and sisters. Obtain for them the faithful practice of their vows and daily progress. O Mother of saints and Queen of religious, pray for us and for our sanctification. Grant that we may one day be your joy in heaven.

Mary, Mother of the Good Shepherd, pray for us.

5. O Mother of the Good Shepherd, have pity on your scattered children, on so many who are still straying like sheep without a shepherd. Save the innocent, convert sinners, strengthen the weak, sustain the wavering, comfort the troubled, assist the sorrowful, form many saints, give us apostles and good pastors. You know, O Mother, what a valley of tears we live in, how we walk in the midst of so many enemies, of what fragile clay we are made. Turn your merciful

gaze toward us. Humanity has no other hope than you! May you lead us to Jesus Way, Truth, and Life, to the eternal Shepherd of all, to the joy of heaven.

Mary, Mother of the Good Shepherd, pray for us.

Act of Consecration to the Virgin Mary

I am all yours and all that I possess I offer to you, my loving Jesus, through Mary, your most holy Mother.



MONTHLY PRAYERS



Monthly Retreat

One day of each month is specifically dedicated to reflection on our eternal salvation. In the retreat we consider the end for which we were created. We make a diligent examination of the preceding month, and we conclude the retreat with firm resolutions for the coming month, commending our soul to God to obtain a happy death.

Fidelity to the monthly retreat is one of the best indications of spiritual fervor, because it assures fidelity to duty and to the program drawn up at the spiritual exercises. The monthly retreat is ordinarily held on the first Sunday of the month.

On Saturday afternoon there is a meditation and an instruction, as well as the Way of the Cross or the Eucharistic Hour of Adoration. The following morning, a meditation is given and there is confession.

The order may be changed: giving one meditation in the evening and the second meditation and instruction the following morning, with the close of the retreat at noon. It is beneficial for one meditation to be on the eternal truths, and for the instruction to be

on the duties of one's state in life; the last reflection is to be on prayer (the Sacraments, devotions, practices of piety, etc.).

If a priest does not guide the monthly retreat, each one may make it privately, following a similar schedule, with the same practices, using the books most recommended.

It is very important to make a monthly examination on one's particular resolution. Profitable dispositions are a profound spirit of humility joined to a lively hope in the mercy of God, who calls us to sanctity: "God chose us in him (Christ) before the foundation of the world, that we should be holy and blameless before him" (Eph 1:4). Monthly retreat and the Eucharistic Hour of Adoration is a holy way to begin the month.

Prayer for a Happy Death

Lord, my Creator and Redeemer, in a spirit of adoration, I accept the sentence of death that you have decreed for me.

I intend to die as a devout child of the Church and to go into eternity with the best dispositions of faith, hope, charity, and sorrow for my sins.

I hope to renew, at least mentally, the baptismal promises and religious vows.

In reparation for my sins and to better merit heaven, I offer you, Lord, all the circumstances, even the most painful, that will accompany my passage to eternity.

I invoke the great patrons of a happy death, from whom I hope to receive merciful assistance: Jesus Crucified, with whom I intend to pronounce the words: “Father, into your hands I commend my spirit”; our Mother Mary, that she may pray for “us sinners now and at the hour of our death”; and St. Joseph, that he may obtain for me a holy life so as to merit a death similar to his.

Agonizing Jesus, sorrowful Mary, St. Joseph, I ask you for these graces:

A good life in faithful observance of the commandments and of all the duties of my state in life, which assures me of a holy death; on this my eternity depends.

The gift to receive, in the event of a serious sickness, the sacraments of Reconciliation, the Anointing of the Sick, Viaticum, and to obtain the plenary indulgence.

Correspondence to my vocation, according to the gifts I have received, that my life may render the maximum fruit for the glory of God and my eternal happiness.

Daily prayer, needed by everyone for salvation; in particular, devout participation in the Liturgy and frequent reception of the sacraments of Penance and Holy Eucharist.

Jesus Master, I believe.

Jesus Master, I hope.

Jesus Master, I love you.

Jesus Master, I invoke your mercy.

Jesus, Mary, and Joseph, I give you my heart and my soul.

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

Jesus, Mary, and Joseph, may I breathe forth my soul in peace with you.

The Way of the Cross

Let us recite a heartfelt act of sorrow, envisioning the scene of Calvary: Jesus Crucified about to die, and the Most Holy Virgin, who contemplates her divine Son as he thinks of us sinners and prays for humanity.

Let us ask St. Paul the grace to make the Way of the Cross well. St. Paul is the great preacher of Jesus Crucified. In one of his letters he writes: "I resolved to know nothing while I was with you except Jesus Christ and him crucified" (1 Cor 2:2). May he stir up those same feelings in us!

And let us invoke the assistance of Mary, the sorrowful Mother. May she help us feel sorrow for sin and, above all, instill in us the resolve to live a holy life.

V. We adore you, O Christ, and we bless you.

R. Because by your holy cross you have redeemed the world.

Let us pray.

Lord, look upon your family. For their sake our Lord Jesus Christ unhesitatingly suffered betrayal

into the hands of the wicked and underwent the torment of the cross. Who lives and reigns with you forever and ever. Amen.

Act of Sorrow

My most merciful Jesus, humbly prostrate at your most holy feet, I ask pardon with all my heart for my sins, which I especially deplore and detest because they are an offense to your infinite goodness. I resolve to choose to die rather than to offend you again. Even more, I resolve to love you above all things until death.

Have mercy on us, O Lord.

Have mercy on us.

Holy Mother, pierce me through
In my heart, each wound renew
Of my Savior Crucified.

At the cross her station keeping,
Stood the mournful Mother weeping,
Close to Jesus to the last.

Stabat Mater dolorosa
Iuxta crucem lacrimosa,
Dum pendebat Filius.

FIRST STATION

V. We adore you, O Christ, and we bless you.

R. Because by your holy cross you have
redeemed the world.

*The most innocent Jesus accepts for the glory of God
and the salvation of all the unjust sentence of death pro-
nounced against him by Pilate.*

Most loving Jesus, for your love and in penance
for my sins, I accept my death with all the pain, sor-
row, and affliction that will accompany it.

May your will and not mine be done, O Lord.

Have mercy on us, O Lord.

Have mercy on us.

Holy Mother, etc.

Through her heart, his sorrow sharing,
All his bitter anguish bearing,
Now at length the sword had passed.

*Cuius animam gementem
Contristatam et dolentem,
Pertransivit gladius.*

SECOND STATION

V. We adore you, O Christ, and we bless you.

R. Because by your holy cross you have
redeemed the world.

Jesus takes the cross upon his shoulders. Jesus Master invites us: "If anyone wants to come after me, let him deny himself, and take up his cross, and follow me."

I want to follow you, O Divine Master, by mortifying my passions and by accepting my daily cross.

Draw me to yourself, O Lord. The road is narrow, but it leads to heaven. On the way, I will lean on you, my guide and my comfort.

Have mercy on us, O Lord.

Have mercy on us.

Holy Mother, etc.

Oh, how sad and sore distressed

Was that Mother highly blest

Of the sole-begotten one!

O quam tristis et afflicta

Fuit illa benedicta

Mater unigeniti!

THIRD STATION

V. We adore you, O Christ, and we bless you.

R. Because by your holy cross you have
redeemed the world.

Wearied by the agony of Gethsemane, tortured by the scourging and the crowning with thorns, exhausted by fasting, Jesus falls for the first time beneath the enormous weight of the cross.

Jesus fell to sustain those who fall. Many are the temptations of the devil, of the flesh, and of the world.

Lead us not into temptation, O Lord, but deliver us from all evil—past, present, and future.

Have mercy on us, O Lord.

Have mercy on us.

Holy Mother, etc.

Christ above in torment hangs,
She beneath beholds the pangs
Of her dying glorious Son.

*Quae moerebat et dolebat,
Pia Mater, dum videbat
Nati poenas inclyti.*

FOURTH STATION

V. We adore you, O Christ, and we bless you.

R. Because by your holy cross you have redeemed the world.

Carrying the cross, Jesus meets his Mother, whose soul is pierced by a sword of sorrow. The Hearts of Jesus and Mary are united in the same suffering.

Behold the two Hearts that have so greatly loved all people and have not spared themselves anything for them.

Most Sacred Hearts of Jesus and Mary, grant me the grace to better know you, love you, and imitate you. I offer you my whole heart that it may always be yours.

Have mercy on us, O Lord.

Have mercy on us.

Holy Mother, etc.

Is there one who would not weep,
Whelmed in miseries so deep,
Christ's dear Mother to behold?

*Quis est homo qui non fletet,
Matrem Christi si videret,
In tanto supplicio?*

FIFTH STATION

V. We adore you, O Christ, and we bless you.

R. Because by your holy cross you have redeemed the world.

With false compassion, "they compelled a passerby, Simon of Cyrene, to carry the cross" of Jesus.

I too am bound to cooperate in the redemption, completing with my sufferings the passion of Jesus Christ.

Accept me, O good Master, as a small victim. Preserve us all from sin, save sinners from hell, and free the souls in purgatory from their sufferings.

Have mercy on us, O Lord.

Have mercy on us.

Holy Mother, etc.

Can the human heart refrain
From partaking in her pain,
In that Mother's pain untold?

*Quis non posset contristari,
Christi Matrem contemplari,
Dolentem cum Filio?*

SIXTH STATION

V. We adore you, O Christ, and we bless you.

R. Because by your holy cross you have
redeemed the world.

*With devout compassion, Veronica wipes the face of
Jesus, and Jesus rewards her by leaving the impression of
his face on the towel.*

I see in this pious disciple the model of those who
make atonement. I understand the duty I have to
make reparation for my sins and for the offenses of
others to your divine Majesty.

O Jesus, impress on me and on all who atone the
virtues of your most holy Heart.

Have mercy on us, O Lord.

Have mercy on us.

Holy Mother, etc.

Bruised, derided, cursed, defiled

She beheld her tender Child

All with bloody scourges rent.

Pro peccatis suae gentis

Vidit Jesum in tormentis,

Et flagellis subditum.

SEVENTH STATION

V. We adore you, O Christ, and we bless you.

R. Because by your holy cross you have
redeemed the world.

A second time, Jesus' strength fails him, and he who was made the "opprobrium of humanity" and the "rejected one of the people" falls a second time beneath the cross.

Good Master, thus do you pay for our repeated sins, committed maliciously or because we put ourselves in the occasions.

Lord, I detest my sins, which are an offense to your Majesty, the cause of the death of your divine Son, and my spiritual ruin, and I resolve to avoid all sin in the future.

Have mercy on us, O Lord.

Have mercy on us.

Holy Mother, etc.

For the sins of his own nation
She saw him hang in desolation
Till his spirit forth he sent.

Vidit suum dulcem natum

Moriendo desolatum

Dum emisit spiritum.

EIGHTH STATION

℣. We adore you, O Christ, and we bless you.

℟. Because by your holy cross you have
redeemed the world.

A large crowd, and many women who were weeping for him, followed Jesus. He said to them: "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children."

I humble myself because of my many personal faults and for those that others have committed because of my bad example and negligence in my duties.

My Jesus, grant me the grace to keep others from sinning, insofar as I am able, by my actions, example, word, and prayer.

Have mercy on us, O Lord.

Have mercy on us.

Holy Mother, etc.

O my Mother, fount of love,

Touch my spirit from above;

Make my heart with yours accord.

Eia, Mater, fons amoris,

Me sentire vim doloris

Fac, ut tecum lugeam.

NINTH STATION

V. We adore you, O Christ, and we bless you.

R. Because by your holy cross you have
redeemed the world.

*Jesus falls the third time beneath the cross because our
obstinacy has led us to sin again.*

Obstinacy blinds the mind, hardens the heart,
and places a person in danger of an impenitent death.

Grant me, O Lord, the grace to keep watch on
myself, to be faithful to the examination of con-
science, and to confess myself often with the right
dispositions.

Have mercy on us, O Lord.

Have mercy on us.

Holy Mother, etc.

Make me feel as you have felt,
Make my soul to glow and melt
With the love of Christ my Lord.

Fac ut ardeat cor meum

In amando Christum Deum,

Ut sibi complaceam.

TENTH STATION

V. We adore you, O Christ, and we bless you.

R. Because by your holy cross you have
redeemed the world.

Having reached Calvary, Jesus is stripped of his garments and given a bitter mixture of gall and myrrh to drink.

See how much our sins of vanity and gluttony have cost Jesus! Lord, grant me the grace of detaching my heart more and more from all vanity and sinful satisfaction, to seek you only, my supreme and eternal happiness.

Have mercy on us, O Lord.

Have mercy on us.

Holy Mother, etc.

Holy Mother, pierce me through,

In my heart each wound renew

Of my Savior crucified.

Sancta Mater, istud agas,

Crucifixi fige plagas

Cordi meo valide.

ELEVENTH STATION

℣. We adore you, O Christ, and we bless you.

℟. Because by your holy cross you have
redeemed the world.

*The executioners nail Jesus to the cross beneath the
gaze of his most afflicted Mother, causing him unspeak-
able agony.*

Those who crucify their flesh, through true mortification of the senses, belong to Jesus Christ.

I want to belong to Jesus Christ in life, in death, and in eternity. Jesus do not let me separate myself from you.

Have mercy on us, O Lord.

Have mercy on us.

Holy Mother, etc.

Let me share with you his pain,

Who for all my sins was slain,

Who for me in torment died.

Tui nati vulnerati,

Tam dignati pro me pati,

Poenas mecum divide.

TWELFTH STATION

℣. We adore you, O Christ, and we bless you.

℟. Because by your holy cross you have
redeemed the world.

*Jesus suffers indescribable pains for three hours and
then dies on the cross for our sins.*

The death of Jesus is renewed every day on our
altars in Holy Mass.

Most loving Jesus, grant me devotion to Holy
Mass, so that I may participate in it often and with
the dispositions your holy Mother had at the foot of
the cross.

Have mercy on us, O Lord.

Have mercy on us.

Holy Mother, etc.

Let me mingle tears with you,
Mourning him who mourned for me
All the days that I may live.

Fac me tecum pie flere,

Crucifixo condolere,

Donec ego vixero.

THIRTEENTH STATION

V. We adore you, O Christ, and we bless you.

R. Because by your holy cross you have
redeemed the world.

*The sorrowful Mary receives her Son into her arms,
after he was taken down from the cross.*

Mary contemplates in his wounds the horrible work of our sins and Jesus' infinite love for us.

Devotion to Mary is a sign of salvation. O Mother accept me as your child. Accompany me throughout my life. Assist me daily, and especially in the hour of my death.

Have mercy on us, O Lord.

Have mercy on us.

Holy Mother, etc.

By the cross with you to stay,
There with you to weep and pray,
Is all I ask of you to give.

Iuxta crucem tecum stare,

Et me tibi sociare

In planctu desidero.

FOURTEENTH STATION

V. We adore you, O Christ, and we bless you.

R. Because by your holy cross you have
redeemed the world.

The body of Jesus, anointed with spices, is brought to the sepulcher. Jesus had predicted his passion: "Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and scribes, and they will condemn him to death" (Mt 20:18–19).

Lord Jesus, you have reached the climax of your humiliation, the sepulcher. How precious we all are if you, Lord, have given your life for us, offering yourself as a victim. I want to follow you wherever you call me to cooperate in your work of redemption.

Have mercy on us, O Lord.

Have mercy on us.

Holy Mother, etc.

While my body here decays,

May my soul your goodness praise,

Safe in paradise with you. Amen.

Quando corpus morietur,

Fac ut animae donetur

Paradisi gloria. Amen.

FIFTEENTH STATION

℣. We adore you, O Christ, and we bless you.

℟. Because by your holy cross you have
redeemed the world.

Mary awaits with lively faith the resurrection of her Son, as he had predicted: "On the third day I will rise again" (see Mt 20:19).

I firmly believe, my God, in the resurrection of Jesus Christ, as I believe in the resurrection of the body. Every day I want to rise to a new life so as to merit to arise in the glory of the last day.

℣. Save us, O Christ our Savior, through the
power of your cross.

℟. You who saved Peter on the sea, have mercy
on us.

Let us pray.

Father, you willed to save all people through the death of Christ, your Son, on the cross. Grant that we who have known his mystery of love on earth may enjoy the fruits of the redemption in heaven. Through Christ our Lord. Amen.

Our Father, Hail Mary, Glory be, according to the intentions of the Holy Father.

A plenary indulgence is attached to the practice of the Way of the Cross. We state here the norms that govern it:

According to common custom, the pious exercise consists of fourteen devotional readings, to which some vocal prayers are added. To make the Way of the Cross, however, it is sufficient to meditate devoutly on the Lord's passion and death, and therefore reflection on the particular mysteries of the individual stations is not necessary.

Progression from one station to the next is required. If the pious exercise is made publicly and moving from station to station by all participants is not possible without inconvenience, it is sufficient that at least the one conducting the Way of the Cross progress from station to station, while the others remain in their place.

Those legitimately impeded can acquire the same indulgence if they spend some time, e.g., at least a quarter of an hour, in reading and meditating on the passion and death of Our Lord Jesus Christ (see *Manual of Indulgences: Norms and Grants*, Apostolic Penitentiary. Translated into English from the fourth edition (1999) of *Enchiridion Indulgentiarum: Normae et Concessiones*, USCCB, Washington, D.C.).



YEARLY PRAYERS



The Spiritual Exercises

Just as every practice of piety contained in the Prayer Book is imbued with a Pauline spirit, in keeping with our devotion to Jesus Master, so too are the Spiritual Exercises. This great annual practice, undertaken in a suitable house, in favorable surroundings, extends over several days.

Significance of the Spiritual Exercises

The spiritual exercises are a designated period of time (three days, five days, eight days, thirty days) dedicated to *exercising oneself* in acts of faith, love, and prayer. The purpose of the spiritual exercises is to prepare oneself and be united with God in order to live a holier life and attain the joy of heaven.

There are spiritual exercises for conversion, others for perfection, others for knowing one's vocation, others for living the religious and priestly life. But the general function is always to bring about a complete renewal of the practice of religion, both interiorly and exteriorly, in private and in public. In fact, its aim is to sanctify the whole person: mind, will, and heart,

according to one's state, vocation, or situation in life. Therefore, one should meditate on dogma, morals, and worship.

The spiritual exercises can be divided into three parts:

- In the first part, there is a renewal of and deeper reflection on the basic principles of the faith contained in the Creed, in order to think like Jesus Christ (doctrine).
- In the second part, meditation centers on the fundamental principles of an upright human, Christian, religious, or priestly life, on the Commandments and the evangelical counsels, so as to live like Jesus (morals).
- In the third part, the soul is grafted onto Christ through prayer in the broadest sense: “You, a wild olive shoot, were grafted to share the richness of the olive tree” (Rom 11:17) as the good olive is grafted into the olive tree bringing life and new fruitfulness, which is charity (worship).

The outcome will be the twofold fruit of purification and complete orientation of our life in Christ: “For me to live is Christ” (Phil 1:21).

Misunderstandings to avoid

It would be a grave mistake to reduce the spiritual exercises to reading or listening to sermons or saying a few prayers. What is needed above all is *prayerful reflection*. Meditate, examine yourself, work, and stir yourself interiorly to deep reflection, applying those reflections to your life. Exercise yourself in acts of hope, repentance, desire, reparation, offering, submission to God, petition, resolution, prayer, etc.

The exercises are not a time for intellectual study, of cultural or relaxing reading, or of a condescending or lazy silence.

It is not a question of simply abandoning yourself to the work of grace, but of stirring yourself up so as to prepare the ground for God's seed; to cooperate in its birth and growth; to bring it to full maturity, mindful always that we are cooperators: "Not that we are sufficient of ourselves to claim anything as coming from us; our sufficiency is from God" (2 Cor 3:5). "For God is at work in you, both to will and to work for his good pleasure" (Phil 2:13). Thus, there has to be a holy blend of prayer and action. We must activate all our powers: mind, heart, imagination, memory, speech, hearing, sight, etc.—our entire being.

The spiritual exercises can be made without sermons, and even without readings; but they are never made without intense personal work. The fruit of the exercises is proportionate to our recollection and the directing of all our spiritual and physical strength toward achieving the goal of the exercises. That is something we must determine from the very outset.

St. Ignatius of Loyola, the great patron of the spiritual exercises, says, “The more the retreatant withdraws from friends and acquaintances and from every earthly preoccupation, retiring to a place where he remains as hidden as possible, the more he will advance.” These words correspond to those of the Master of the exercises, Jesus Christ: “Come apart to a desert place and rest awhile” (Mk 6:31).

Alone with God! No visits, no letters, no distraction of the senses, no conversations with friends; just interior and exterior solitude. Silence is, as it were, the soul of recollection: “*juge silentium cogit coelestia meditari.*” “Habitual silence draws one to meditate on the things of heaven.” Silence enables us to speak with God, to hear God, and to receive from God. In holy silence the soul will reflect on itself, will know itself better, and will achieve greater union with God. It will experience the fascination of God, enter into

intimate conversations with him, and pray like St. Augustine: “that I may know myself, that I may know you.”

There are three advantages: the *mind* concentrates more easily on the truth; the *soul* prepares itself better for the inundation of grace; and the *will* directs itself more easily to achieve the goal of the spiritual exercises.

A year of spirituality

There is the scholastic year, the fiscal year, the liturgical year, etc., and there is also the spiritual year. This extends from one course of exercises to those of the following year.

Every scholastic year a teacher prepares a program to be developed day by day, month by month, until its completion. Likewise, during the exercises, the retreatant prepares the year’s spiritual work, set invariably within the program of life: salvation in Christ and in the Church: “It is now no longer I who live; it is Christ who is living in me” (Gal 2:20). In this lies Christian, religious, and priestly perfection.

The goal is to root ourselves totally in Jesus Master Way (will), Truth (mind), and Life (heart); indeed, it is to reach the supreme stature of our personality: I

who think in Jesus Christ; I who love in Jesus Christ; I who will in Jesus Christ; or Jesus Christ who thinks in me, who loves in me, who wills in me.

Practical element

St. Augustine describes the structure and fruit of the exercises with these words: “Man is a pilgrim. The starting point is sin; the goal is God; the way that leads to God is Jesus Christ.” Now, the human person is gifted with intelligence, will, and feelings. To think in Christ, we need to meditate on the truths he preached; to will in Christ, we need to contemplate his life from his Incarnation to his glorification; to love in Christ, we must make his heart ours, banishing every other love and focusing on the twofold love of Jesus Christ for the Father and for every human person.

Meditations

The exercises consist of three parts, all in view of renewing and uplifting the person. The first aims at removing error or ignorance through meditation on revealed truths. The second seeks to remove bad habits through meditation on divine examples and teachings. The third is directed at removing sin and human

attachments through prayer, in the broader sense, and meditation on the means of grace. This way, we keep before us the description of religion in its basic components—doctrine, morals, and worship—and we follow the path God chose for us to reach him, that path that is the Divine Master, Truth, Way, and Life.

Normally, for professed religious more advanced in religious life, the emphasis should be placed on the exercise of *union*. Thus, rather than being presented in the form of instructions or meditations that exercise the will on the topics proposed, the third part should take the form of ardent contemplation of the mysteries referred to, so as to participate with the mind, heart, and will, together with the external and internal senses (UPS, I, 183–191).



TO THE FATHER,
THROUGH CHRIST THE MASTER,
IN THE HOLY SPIRIT



To the Most Holy Trinity

O Divine Trinity, Father, Son, and Holy Spirit,
present and active in the Church
and in the depths of my soul,

I adore you, I thank you, I love you!

And through the hands of Mary most holy, my
Mother,

I offer, give, and consecrate myself entirely to you
for life and for eternity.

To you, Heavenly Father,

I offer, give, and consecrate myself
as your son/daughter.

To you, Jesus Master,

I offer, give, and consecrate myself
as your brother/sister and disciple.

To you, Holy Spirit,

I offer, give, and consecrate myself
as “a living temple” to be consecrated and
sanctified.

O Mary, Mother of the Church and my Mother,
who dwell in the presence of the Blessed Trinity,
teach me to live, through the liturgy and the
sacraments,

in intimate union with the three Divine Persons,
so that my whole life may be
a “glory to the Father, to the Son, and to the
Holy Spirit.” Amen.

Prayer to the Holy Spirit

O Divine Holy Spirit,
eternal Love of the Father and of the Son,
I adore you, I thank you, I love you,
and I ask you pardon for all the times
I have grieved you in myself
and in my neighbor.
Descend with many graces during
the holy ordination of bishops and priests,
during the consecration of men and women
religious,
during the reception of Confirmation by all the
faithful;
be light, sanctity, and zeal.
To you, Spirit of Truth,
I consecrate my mind, imagination, and memory;
enlighten me.
May I know Jesus Christ, our Master,
and understand his Gospel and the teaching of
holy Church.

Increase in me the gifts of wisdom,
knowledge, understanding, and counsel.
To you, sanctifying Spirit,
I consecrate my will. Guide me in your will,
sustain me in the observance of the Command-
ments,
in the fulfillment of my duties.
Grant me the gifts of fortitude and holy fear of
God.
To you, life-giving Spirit,
I consecrate my heart.
Guard and increase the divine life in me.
Grant me the gift of piety. Amen.

Invocation to the Holy Spirit

O Holy Spirit,
through the intercession of the Queen
of Pentecost:
heal my mind of lack of reflection,
ignorance, forgetfulness, obstinacy, prejudice,
error, perversion,
and form Wisdom, Jesus Christ-Truth, in
everything.
Heal my heart of indifference,
diffidence, bad inclinations, passions,

sentimentality, attachments,
and form good preferences, feelings, inclinations,
Jesus Christ-Life, in everything.
Heal my will of lack of resolve, fickleness,
inconstancy, sloth, stubbornness, bad habits,
and form Jesus Christ-Way in me,
new love for whatever Jesus Christ loves
and for Jesus Christ himself.
Uplift in a God-like way
intelligence with the gift of understanding,
learning with the gift of wisdom,
study with the gift of knowledge,
prudence with the gift of counsel,
justice with the gift of piety,
strength with the gift of fortitude,
temperance with the gift of fear of the Lord.

To Obtain Good Health

O Divine Holy Spirit, Creator and Renewer of all things, Life of my life, with Mary most holy I adore you, I thank you, I love you!

You give life and vivify the whole universe. Preserve me in good health; free me from the illnesses that threaten it and all the evils that endanger it.

Assisted by your grace, I promise always to use my energies for the glory of God, for the good of my soul, and in the service of my brothers and sisters.

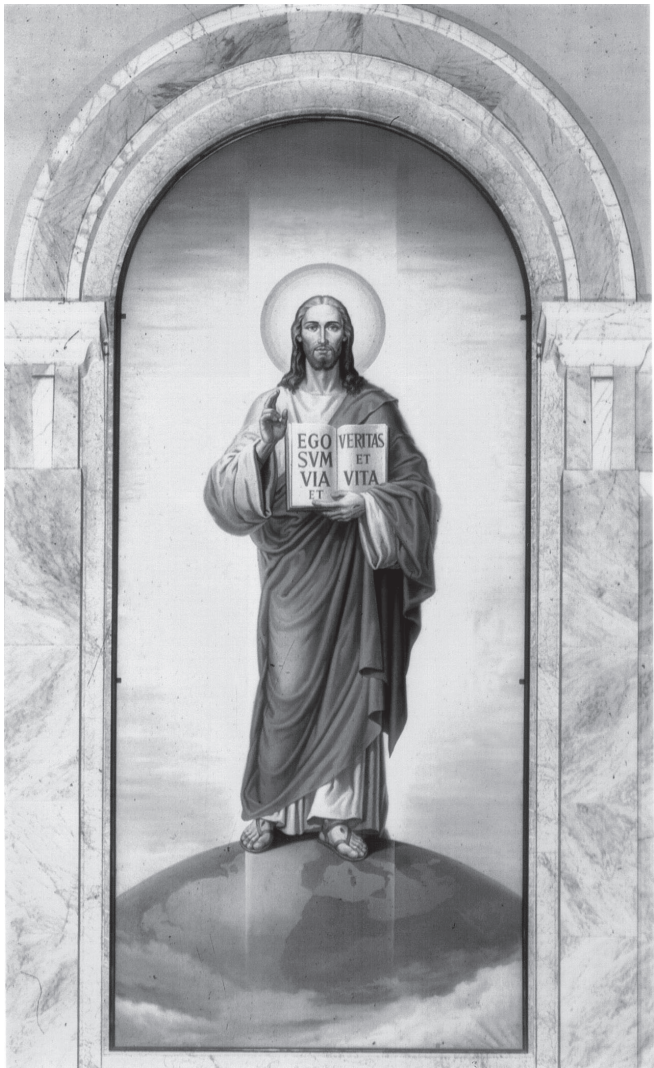
I pray, too, that you illumine with your gifts of knowledge and understanding all doctors and those who care for the sick, so that they may know the true causes of the ills that endanger and threaten life and may discover and apply the most effective remedies to defend life and heal it.

Virgin Most Holy, Mother of life and Health of the sick, to you I entrust this my humble prayer. Mother of God, and our Mother, deign to increase its value with your powerful intercession. Amen.



TO JESUS MASTER
WAY, TRUTH, AND LIFE





Secret of Success

Jesus Master, accept the pact that we present to you through the hands of Mary, Queen of the Apostles, and of our Father, St. Paul.

We must correspond to your sublime will, arrive at the degree of perfection and heavenly glory to which you have destined us, and perform the apostolate of the media of social communication in a holy manner. But we see that we are very weak, ignorant, incapable, and inadequate in every way: in spirit, in knowledge, in the apostolate, and in poverty. You instead are the Way and the Truth and the Life, the Resurrection, our one and supreme Good. We trust in you alone who said: “Whatever you ask the Father in my name, you will receive.”

For our part, we promise and commit ourselves to seek wholeheartedly in all things, in life and in the apostolate, only and always your glory and peace to all peoples. We trust that on your part you will give us a good spirit, grace, knowledge, and the means for doing good. According to your immense goodness, and the needs of our special vocation, multiply the fruits of our spiritual work, of our study, of our

apostolate, and of our poverty. We do not doubt you, but we fear our inconstancy and weakness.

Therefore, O good Master, through the intercession of Mary, our Mother, extend to us the mercy you used with the Apostle Paul so that, faithful in imitating our Father here on earth, we may be his companions in the glory in heaven. Amen.

First Printed Edition of the Secret of Success (1922)

Lord Jesus, accept the pact that we present to you through the hands of St. Paul and of Mary, Queen of the Apostles.

We must acquire a very high degree of perfection, greater than that attained by religious of the contemplative life, and yet our practices are less numerous. We must have a broader knowledge than that required by any other profession, and yet our hours of study are fewer. We must succeed in the work for the press more than any other publisher, and yet we work less than the others and with imperfect teachers. We need to be materially well provided for—as regards food, clothing, etc.—and yet our resources are almost nothing.

Therefore, convinced that you want all this from us, we make a pact with you, which springs from the confidence we have in these your words: “Whatever you shall ask in my name, you will receive.”

For our part we promise and oblige ourselves:

1. to do all we possibly can in study, work, prayer, and in the practice of poverty;
2. to do all only for your glory;
3. to work for the Institute of the Good Press.

We beg you to give us the knowledge we need, the sanctity you expect of us, the ability we need to work, and to attain what is useful for our natural needs in this manner: by making us learn four hours for every one hour, by increasing sanctity in us ten to one, the ability to work five to one, and material goods six to one.

Most certain that you accept this pact, even through the experience of these several years, we ask you pardon for our little faith and for our infidelity, and we beg you to bless us and to make us faithful and constant until death.

Secret of Success (*Pastorelle Sisters*)

Jesus Lord, accept the pact that we present to you through the hands of Mary and of the holy apostles Peter and Paul.

We must correspond to your entire most holy will, arrive at the degree of perfection and heavenly glory to which you have destined us, and perform the pastoral apostolate in a holy manner. But we see ourselves very weak, ignorant, incapable, lacking in everything: in spirit, in knowledge, in the apostolate, in poverty. You instead are the Way and the Truth and the Life, the Resurrection, our one and supreme Good. We trust in you alone who said, “Whatever you ask the Father in my name, you will receive.”

On our part, we promise and oblige ourselves to seek wholeheartedly, and in all things, only and always your glory and peace to humanity. We trust that on your part, you will give us spirit, grace, knowledge, and the means for doing good.

According to your immense goodness and the needs of our special vocation, multiply the fruits of our spiritual work, of our apostolate, of our study, and of our poverty. We do not doubt you, but we fear our inconstancy and weakness.

Therefore, Good Shepherd, through the intercession of our Mother Mary, extend to us the mercy you used with the apostles Peter and Paul, so that faithful in imitating our Fathers here on earth, we may be their companions in the glory in heaven.

Prayer to Obtain Vocations

Jesus, Divine Master, who said: “The harvest indeed is great, but the laborers are few,” we lovingly accept your invitation: “Pray the Heavenly Father to send forth laborers into his harvest.”

Inspire a devout crusade for vocations: “All the faithful for all vocations.” More priests! May they be the salt of the earth, the light of the world, the city placed on the mountaintop for the salvation of humanity redeemed by your Blood. More religious, both men and women, to fill the earth with religious houses that welcome your favored children, and that will be centers of light and warmth, sources of piety, gardens of saints, singing “glory to God and peace to people of good will.”

O Mary, “God’s chosen one,” Mother and guardian of holy vocations, pray with us, pray for us, and for all those called by God. Amen.

Invocations to Jesus Master

Jesus Master, sanctify my mind and increase my faith.

Jesus, teaching in the Church, draw everyone to your school.

Jesus Master, deliver me from error, from vain thoughts, and from eternal darkness.

Jesus, Way between the Father and us, I offer you all and await all from you.

Jesus, Way of sanctity, make me your faithful imitator.

Jesus Way, render me perfect as the Father who is in heaven.

Jesus Life, live in me, so that I may live in you.

Jesus Life, do not permit me to separate myself from you.

Jesus Life, grant that I may live eternally in the joy of your love.

Jesus Truth, may I be light for the world.

Jesus Way, may I be example and model for souls.

Jesus Life, may my presence bring grace and consolation everywhere.

Priest's Prayer to the Divine Master

O Jesus, Divine Master, I thank and bless your most loving Heart for having instituted the priesthood and for my vocation. Priests are sent by you as you were sent by the Father. To them you have entrusted the treasures of your doctrine, of your law, of your grace, and souls themselves.

O Jesus, Eternal High Priest, be for me Way and Truth and Life. May I always be salt that purifies and preserves, light for the world, the city placed on the mountaintop. May everyone love your priests, listen to them, and let themselves be guided on the paths leading to heaven.

Today I renew the resolutions and commitments of my holy ordination, and I offer them to you with humility and confidence, with the will to be more faithful to you.

Desiring to live my priesthood fully, I want to prepare myself for a total consecration to you in the commitment to observe the evangelical counsels of chastity, poverty, and obedience.

O Jesus, Divine Master, grant that I may one day find myself in heaven with a multitude of those who are saved. Amen.

To Jesus, Good Shepherd

O Jesus Good Shepherd, Way, Truth, and Life, turn your merciful gaze on your sheep. Enlighten us with the wisdom of your Gospel, fortify us with your examples, nourish us with the Eucharist, fill us with zeal for the glory of God and the salvation of humanity.

We intend to make reparation for the offenses given to the shepherds of your Church, and thus to you, by our docility to their teaching, as well as by our zealous cooperation through prayer and those works that accord with our calling.

Jesus Good Shepherd, send your Spirit to increase in us faith, hope, and love. Infuse in us the true religious spirit; grant us the simplicity, the prudence, the fortitude, and the temperance of the apostles Peter and Paul.

Mary, Mother of the Good Shepherd, watch over us at all times, so that we may imitate you in the spiritual and apostolic life and reach eternal glory in heaven. Amen.

Your Priesthood Is My Security

Your priesthood is my security:
I pray and I work in you, through you, with you.
Everything becomes efficacious and fruitful
because it draws strength from you.
I trust that your priesthood
may communicate to me the spirit
“to serve the living God” (Heb 9:14),
according to the purpose
for which you immolated
and continue to immolate yourself on the altar:
that I may become a servant of the Father,
and receive grace for myself and for the
community.
I know that you, High Priest,
understand all the needs of this poor priest.
After this life may you show me
the joyful reward for every fatigue and pain.
Amen.

Come, Jesus Master

Come, Jesus Master,
deign to accept the hospitality
we offer you in our heart.

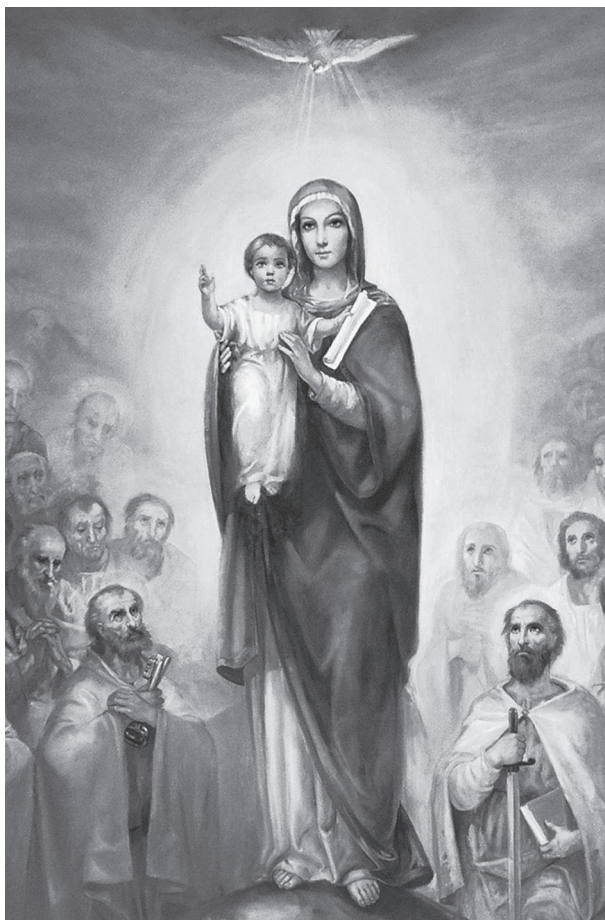
We want to prepare for you
the comfort and reparation
that you found in Bethany,
with your two holy disciples, Martha and Mary.
In the joy of welcoming you,
we pray that you may grant us in our contempla-
tive life
that intimacy that Mary enjoyed,
and the acceptance of our active life
in the spirit of the faithful and hardworking
Martha.

Cherish and sanctify our Congregation,
as you loved and sanctified the family of Bethany.
In the friendly hospitality of that house
you spent your last days on earth,
preparing for us the gifts of the Eucharist,
of the priesthood, of your own life.
Jesus Master, Way and Truth and Life,
grant that we may correspond to this great love
by sanctifying our apostolates:
Eucharistic service,
priestly service,
and liturgical service,
for the glory of God
and the salvation of humanity. Amen.



TO MARY,
QUEEN OF THE APOSTLES





The Consecration of Humanity

O Immaculate Mary, Co-Redemptrix of the human race, look upon humanity redeemed by the blood of your Divine Son, yet still immersed in the darkness of error and confusion.

The harvest is always great, but the laborers are still very few. Have pity, O Mary, upon your children whom the dying Jesus entrusted to you from the cross. Increase religious and priestly vocations; give us new apostles full of wisdom and fervor. Sustain with your maternal care those who consecrate their lives to the good of their neighbor. Recall your care for Jesus and the apostle John; remember your consoling presence on the day of Pentecost. You were the counselor of the first apostles and of the apostles of all times. By your omnipotent intercession, obtain a new Pentecost for all those called to the apostolate, that they may be sanctified and inflamed with holy zeal for the glory of God and the salvation of souls.

Guide them in all their efforts; aid them with your graces; sustain them in moments of discouragement; crown their zeal with great success.

Grant our prayer, O Mary, so that everyone may welcome the Divine Master, Way and Truth and Life, and become docile members of the Catholic Church. May the whole world resound with your praises and honor you as Mother, Teacher, and Queen. Thus, may we all attain eternal happiness in heaven.

Hail Mary, etc.

Queen of Apostles, pray for us.

Consecration of Oneself to Mary

Receive me, O Mary, Mother, Teacher, and Queen, among those whom you love, nourish, sanctify, and guide, in the school of Jesus Christ, the Divine Master.

You see in the mind of God those whom he calls, and for them you have special prayers, grace, light, and consolations. My Master, Jesus Christ, entrusted himself wholly to you from the Incarnation to the Ascension. For me this is doctrine, example, and an ineffable gift. I too place myself entirely into your hands. Obtain for me the grace to know, imitate, and love ever more the Divine Master, Way, Truth, and Life. Present me to Jesus, for I am an unworthy sinner, and I have no other recommendation to be

admitted to his school than your recommendation. Enlighten my mind, fortify my will, sanctify my heart during this year of my spiritual work, so that I may profit from this great mercy, and may say at the end: “I live now not I, but Christ lives in me.”

St. Paul the Apostle, my Father and most faithful disciple of Jesus, strengthen me. I wish to do my utmost, my very utmost, so that Jesus Christ may be formed in me.

Consecration of the Apostolate to Mary

Hail, O Mary, Mother, Teacher, and Queen of every apostolate. In heaven you are enthroned as the Queen of angels and patriarchs, of apostles and martyrs, of confessors and virgins. You look down upon the earth, upon the just and the erring, ever concerned about the salvation of all. You remember that Jesus, when dying on the cross, assigned you as our Mother, and inflamed your heart with universal love and care. Therefore, continue to inspire, comfort, and form holy vocations in every apostolate for the kingdom of your Divine Son.

And we, called to the holy apostolate of the media of social communication, today consecrate to you all our pens, machines, undertakings, and the

fatigue of daily work. Above all, we consecrate to you ourselves, our strength, our intelligence, our will, our heart; we are all yours, and all that we possess we offer to Jesus through you, dear Mother. Obtain for us an abundant outpouring of the Holy Spirit, as you did for the first apostles. Enlighten our mind to understand our sublime vocation; fortify our will; inflame our heart; sanctify writers, technicians, and evangelizers.

Grant that we may listen to, follow, and love Jesus Christ, the Divine Master! May sin never stain our souls consecrated to you. O Immaculate Virgin, crush the head of that insidious demon of discouragement.

Live in our midst, O Mary; blessed are they who dwell in your house.

We promise to use all the means of our apostolate with reverence because they belong to you, O Queen. We want to commit ourselves so that our works will be pastoral in content and worthy in form of the truths that they contain and, together with you, present Jesus Christ, Way and Truth and Life. We promise to do our utmost that the Gospel may be promoted and enlighten the world in the spirit of our Father, St. Paul, and that all generations may proclaim you blessed, O Mary.

Speak, Jesus; speak your words of eternal life. Send forth your spirit over the world. May there be one teaching, as there is one Truth, one Master, one Faith, and one Church.

You are with us and from here you want to cast light. Grant us always a true sorrow for sin.

Bless all who cooperate with prayers, offerings, and deeds.

Come, Jesus, live in us and reign, through Mary and with Mary, over the world.

Grant that our death may be serene: the death of a person faithful to his/ her vocation. And may our judgment be the moment in which the hardworking laborer joyfully receives the reward. May our heavenly crown be that reserved for the glorious company of the Apostles. Through you, O Jesus, through you, O Mary, glory to God throughout the ages and on earth peace to all. Amen.

Prayer to the Queen of Apostles

I thank you, merciful Jesus, for having given us Mary as our Mother. And I thank you, O Mary, for having given to the world the Divine Master, Jesus, Way, Truth, and Life, and for having accepted us all as your children on Calvary.

Your mission is united to that of Jesus, who “came to seek those who were lost.” Therefore, oppressed by my sins, faults, and negligence, I take refuge in you, O Mother, as my supreme hope. Turn your eyes of mercy toward me. Bestow your most maternal care upon this your most needy child.

I place all my trust in you for pardon, conversion, and sanctity. Form a new class among your children: that of the neediest, in whom sin abounds, where formerly grace abounded. This will be the class that will most move you to pity. Receive my poor soul into this class. Work a great wonder by changing a great sinner into an apostle. It will be an unheard-of wonder, and a new glory for your Son, Jesus, and for you, his and my Mother.

I hope to receive everything from your heart, O Mother, Teacher, and Queen of the Apostles. Amen.

Ecumenical Prayer to Mary

Hail, O Mary, our Mother, Teacher, and Queen. In your goodness, listen to the petition that we present to you according to the will of Jesus: “Pray that the Lord of the harvest send forth laborers into his harvest.”

Turn your merciful eyes upon the billions of people living on this earth. Many of them are wandering

in darkness without a father, a shepherd, a teacher. God made you an apostle to give Jesus, Way, Truth, and Life, to the world. By having recourse to you, they will find the road that leads to Jesus.

Through you may *all* Catholics work with *all* their strength for *all* vocations, for *all* apostolates!

Through you, may *all* the faithful work for *all* unbelievers, *all* the fervent for *all* the indifferent, *all* Catholics for *all* non-Catholics.

Through you, may *all* those called correspond, may *all* apostles be holy, may *all* people welcome them.

At the foot of the cross, your heart expanded to welcome us all as your children.

Obtain for us an apostolic heart, modeled after your heart, the hearts of Jesus and St. Paul, so that one day you may have us all, apostles and faithful, around you in heaven.

Bless us, O Mary, Teacher and Queen.

St. Bernard's Prayer

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 do 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 me. Amen.

To Our Lady of the Annunciation

May all generations proclaim you blessed, O Mary.

You believed the Archangel Gabriel, and in you were fulfilled all the great things that he had announced to you.

My soul and my entire being praise you, O Mary.

You believed in the Incarnation of the Son of God in your virginal womb, and you became the Mother of God.

Then the happiest day in the history of the world dawned. Humanity received the Divine Master, the sole eternal Priest, the Host of reparation, the universal King.

Faith is a gift of God and the root of every good. O Mary, obtain for us, too, a lively, firm and active faith—faith that saves and produces saints, faith in the Church, in the Gospel, in eternal life.

May we meditate on the words of your blessed Son, as you preserved them in your heart and devoutly meditated on them.

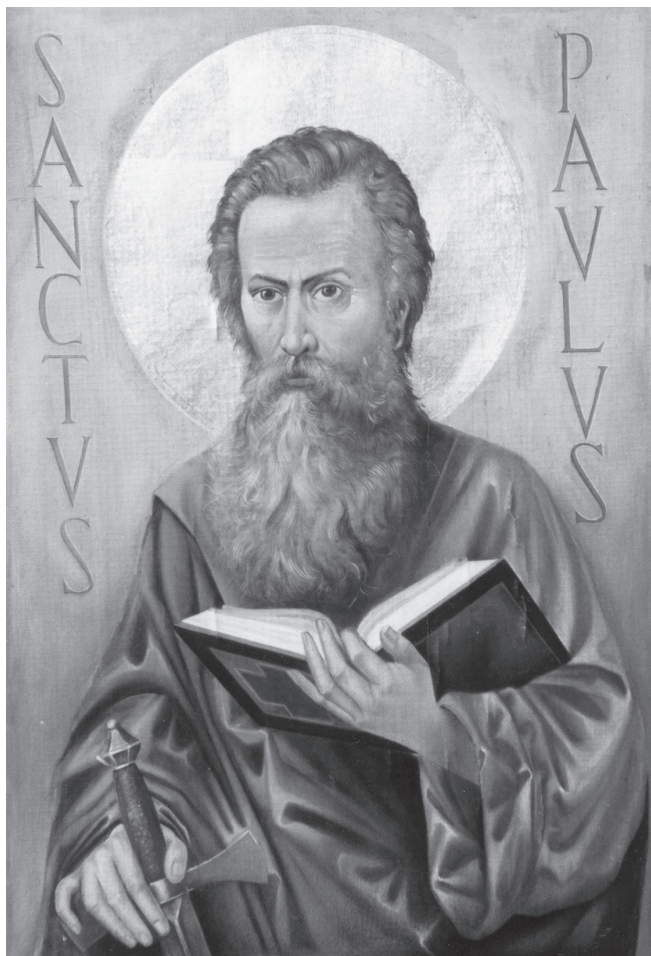
May the Gospel be preached to everyone. May it be docilely accepted.

May all become, in Jesus Christ, children of God.
Amen.



TO ST. PAUL THE APOSTLE





Prayer to St. Paul the Apostle

O Holy Apostle, who with your teachings and with your charity taught the entire world, look kindly upon us, your children and disciples.

We expect everything from your prayers to the Divine Master and to Mary, Queen of the Apostles. Grant, O Doctor of the Gentiles, that we may live by faith, save ourselves by hope, and that charity alone reign in us. Obtain for us, O vessel of election, docile correspondence to divine grace, so that it may not remain unfruitful in us. Grant that we may ever better know you, love you, and imitate you; that we may be living members of the Church, the Mystical Body of Jesus Christ. Raise up many and holy apostles. May the warm breath of true charity permeate the entire world. Grant that all may know and glorify God and the Divine Master, Way, Truth, and Life.

Lord Jesus, you know we have no faith in our own powers. In your mercy, grant that we may be defended against all adversity through the powerful intercession of St. Paul, our Teacher and Father.

To Obtain Patience

O Glorious St. Paul, from a persecutor of Christianity, you became a very ardent and zealous apostle, and suffered imprisonment, scourging, stoning, shipwreck, and endured persecutions of every kind, to make the Savior, Jesus Christ, known to the farthest bounds of the world. In the end, you shed your blood to the last drop. Obtain for us the grace to accept the infirmities, afflictions, and misfortunes of the present life as favors of the Divine Mercy, so that the vicissitudes of this our exile may not make us grow cold in the service of God but may make us ever more faithful and more fervent. Amen.

For Our Nation

O St. Paul, teacher of the Gentiles, watch over with love this nation and its people. Your heart expanded to welcome and enfold all peoples in the loving embrace of peace.

Now, from heaven, may the charity of Christ urge you to enlighten everyone with the light of the Gospel and to establish the kingdom of love.

Inspire vocations, sustain those working for the Gospel, render all hearts docile to the Divine Master.

May this nation ever more find in Christ the Way and the Truth and the Life. May its light shine before the world, and may it always seek the kingdom of God and his justice.

O Holy Apostle, enlighten, comfort, and bless us all. Amen.

For the Catholic Press

O St. Paul, most glorious Apostle of the Gentiles, with so much zeal you spent yourself to destroy in Ephesus those writings that you knew would have perverted the minds of the faithful. Now, too, look upon us kindly. You see how an unbelieving press, without hindrance, seeks to snatch from our hearts the precious treasure of faith and good morals. Enlighten, we beg you, O holy Apostle, the minds of many writers, so that they may cease bringing ruin to so many people. Move their hearts to detest the evil that they do to the flock of Jesus Christ. Obtain for us the grace to be always docile to the voice of the Supreme Shepherd and never to read writings that could lead us astray. Rather, let us seek to read, promote, and distribute those writings that will help everyone to work for the greater glory of God, the growth of the Church, and the salvation of all people. Amen.

Litany in Honor of St. Paul

Charity of the Father,	<i>save us.</i>
Grace of our Lord Jesus Christ,	<i>strengthen us.</i>
Communication of the Holy Spirit,	<i>sanctify us.</i>
Blessed Paul,	<i>pray for us.</i>
You who obtained the mercy of God,	<i>pray for us.</i>
You in whom the Son of God was revealed,	<i>pray for us.</i>
You who were a vessel of election for Christ,	<i>pray for us.</i>
You who were made preacher, apostle and doctor of the gentiles in truth,	<i>pray for us.</i>
You whose apostolate was confirmed by marvels and wonders,	<i>pray for us.</i>
You who were a most faithful minister of the Church,	<i>pray for us.</i>
You who gave the nations the Gospel of Christ and your very life,	<i>pray for us.</i>
You who bore the faithful in your heart and in your chains,	<i>pray for us.</i>
You who were crucified with Christ,	<i>pray for us.</i>
You in whom Christ lived and spoke,	<i>pray for us.</i>
You whom nothing could separate from the love of Christ,	<i>pray for us.</i>

You who underwent imprisonment
and toil, *pray for us.*

You who suffered wounds and dangers, *pray for us.*

You who were taken up into heaven
while still living on earth, *pray for us.*

You who glorified your ministry, *pray for us.*

You who awaited the crown after
completing your mission, *pray for us.*

Lamb of God, who converted the persecutor Paul,
spare us.

Lamb of God, who crowned the Apostle Paul,
graciously hear us.

Lamb of God, who glorified the martyr Paul,
have mercy on us.

℣. You are a vessel of election, St. Paul
the Apostle.

℟. Preacher of truth throughout the world.

Let us pray.

Lord God, you appointed Paul your apostle to preach the good news of salvation. Fill the entire world with the faith he carried to so many peoples and nations, so that your Church may continue to grow. We ask this through our Lord Jesus Christ. Amen.



APOSTOLIC PRAYERS



Prayer for the Apostolate of the Media of Social Communication

O God, to communicate your love to everyone, you sent your only Son, Jesus Christ, into the world and made him our Master, the Way and Truth and Life of humanity. Grant that the media of social communication, in all its expressions, may always be used for your glory and the good of souls.

Raise up vocations for this multi-media apostolate and inspire all people of good will to contribute with prayer, action, and offerings, so that through these means the Church may preach the Gospel to all peoples. Amen.

Prayer for Film, Radio, and Television

We praise and bless you, Jesus Master, for having enlightened the human mind to discover the audiovisual media of the film, radio, and television. Their mission is an apostolate: the education and the material and spiritual advancement of all persons and society.

You created everything for us, as we are for Christ. May these inventions, too, sing your glory as Creator and Savior.

Let us not give in to temptation, O Lord; deliver us from the danger of misusing the gifts you have given us with such wisdom and love.

Lead those responsible for these media to work with charity and respect for human dignity. May they always sow the seed of good wheat and keep watch so that the enemy may never sow weeds. Enlighten all listeners and spectators to seek the fountains of living water and to abhor the stagnant wells.

To atone for those who misuse these media, we offer you, together with our daily work, all the holy Masses celebrated today throughout the world. We promise always to use audiovisual media for our sanctification and for the apostolate.

Jesus Master, through the intercession of Mary, Queen of the Apostles, and of St. Paul the Apostle, grant that through these media the world may come to know you as the Way and Truth and Life of humanity.

Prayer for All the Media

We adore you, O Lord, Creator of heaven and earth. We thank you for having placed at the disposition of humanity such a wealth of goods for the present life and eternal life. "All these are yours; but you

belong to Christ, and Christ belongs to God” (see 1 Cor 3:23).

O Jesus, Divine Master, in your mercy enlighten and direct us so that all the discoveries and means of social communication may be used for edifying and uplifting, never for spiritual or human ruin.

Today we pray for all the media. We offer you, Jesus Master, our prayers and our daily apostolate to atone for the misuse of these gifts and to ask of you that everything may be for the glory of God and peace to humanity.

To St. Gabriel the Archangel

Father in heaven, I thank you for having chosen St. Gabriel from among the angels to bring the message of the Incarnation and Redemption to humanity. Mary accepted the tidings with faith, your Son became incarnate and, by dying on the cross, redeemed all people.

But the majority of people still have not received the message of salvation.

St. Gabriel, patron of the audiovisual media: films, radio, and television—and all social and digital media—implore Jesus Master that the Church may use these powerful means to preach the divine truth

to be believed and to indicate the way to be followed.

May these gifts of God serve to uplift and save everyone.

May they never be employed for the spread of error or the ruin of anyone.

May everyone docilely accept the message of Jesus Christ.

St. Gabriel, pray for us and for the apostolate of all audiovisual media. Amen.

Before Writing and Editing

Jesus, Divine Master, I offer you my pen and this work of my apostolate with the intentions with which you preached your Gospel. May everything only and always be for the glory of God and peace to all people. May everyone know you, O Jesus Truth! May everyone docilely follow you, O Jesus Way! May all hearts love you, O Jesus Life!

Before the Technical Apostolate

Jesus Master, you preached heavenly wisdom and disposed that it should be communicated through the apostles. Look kindly upon us and upon our apostolate.

We thank you for having given us the most ingenious, most rapid, and most productive instruments. Everything is yours, as we ourselves are instruments for your glory. We offer you our work with the same intentions for which you worked, preached, and suffered. We intend to cooperate in the work of salvation in the way Mary, Joseph, and St. Paul cooperated.

Bless us, Jesus Master, so that we may accomplish this apostolate intelligently, lovingly, and fruitfully, for the glory of God and peace to all people.

Before Evangelization

Jesus Master, I offer you my evangelization with the same intentions you had in preaching the Gospel: the glory of God and peace to people everywhere.

Mary, my Mother, keep your protective hand over me and guide me wherever I go.

St. Paul, the Apostle, grant that the Gospel may reach everyone and dispose hearts to receive it docilely.

The Worker's Prayer

Jesus, Divine Laborer and Friend of workers, deign to look benignly upon the working world. We present to you the needs of all who carry on

intellectual, moral, or physical work. See amid what fatigue, sufferings, and snares we live our hard days. See the physical and moral sufferings! Repeat the cry of your heart: "I have compassion on these people." Comfort us through the merits and intercession of St. Joseph, the model of workers and artisans.

Grant us the wisdom, virtue, and love that sustained you in your toil-filled days. Inspire us with thoughts of faith, peace, moderation, and thrift, so that, together with our daily bread, we will always seek spiritual goods and heaven. Save us from those who deceitfully try to deprive us of the gift of faith and confidence in your providence. Deliver us from all exploiters who do not recognize the rights and dignity of the human person. Inspire social laws that are in conformity with the Church's teaching. May charity and justice reign together through the sincere cooperation of all members of society. May everyone consider the Vicar of Christ the teacher of the only social doctrine that assures the worker of a gradual social betterment and of the kingdom of heaven, the inheritance of the poor in spirit. Amen.

Before Reading Correspondence and Receiving Persons

Jesus Master, enlighten my mind to understand accurately those who write or speak to me. Let me hear correctly; grant that I may answer in you and according to you. Dispose their hearts and my heart to seek only your glory and the peace of all hearts.

When Traveling

Jesus-Truth, enlighten me to travel only and always in charity and with my gaze fixed on my ultimate destination: heaven.

Jesus-Way, be my guide that I may have full self-control, a sure eye, and constant moderation.

Jesus-Life, be for me everywhere and for those whom I accompany or meet joy of spirit and salvation of soul and body.

My Guardian Angel, kindly precede me and guard me. Amen.

Litany for Promoters of Social Communication

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Christ, hear us.

Christ, 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, Word of the Father,

have mercy on us.

Jesus, Good Master,

have mercy on us.

Jesus, Way and Truth and Life,

have mercy on us.

Jesus, awaited by the prophets,

have mercy on us.

Jesus, Teacher of the Apostles,

have mercy on us.

Jesus, Doctor of the Evangelists,

have mercy on us.

Jesus, light of the Fathers and

of the Doctors of the Church,

have mercy on us.

Jesus, model of the saints,

have mercy on us.

Jesus, life of hearts,

have mercy on us.

Jesus, who sent the Holy Spirit,

have mercy on us.

Mother of Christ and our Mother,	<i>pray for us.</i>
Mother of Divine Grace,	<i>pray for us.</i>
Mother of Good Counsel,	<i>pray for us.</i>
Queen of the Apostles,	<i>pray for us.</i>
Seat of Wisdom,	<i>pray for us.</i>
Saintly Moses,	<i>pray for us.</i>
Saintly David,	<i>pray for us.</i>
Saintly Isaiah,	<i>pray for us.</i>
All holy Prophets,	<i>pray for us.</i>
St. Mark,	<i>pray for us.</i>
St. Matthew,	<i>pray for us.</i>
St. Luke,	<i>pray for us.</i>
St. John,	<i>pray for us.</i>
St. Paul,	<i>pray for us.</i>
St. Peter,	<i>pray for us.</i>
St. James,	<i>pray for us.</i>
St. Thaddeus,	<i>pray for us.</i>
All holy Apostles and Evangelists,	<i>pray for us.</i>
All holy apostolic Fathers,	<i>pray for us.</i>
St. Athanasius,	<i>pray for us.</i>
St. Basil,	<i>pray for us.</i>
St. Jerome,	<i>pray for us.</i>
St. Ambrose,	<i>pray for us.</i>
St. Augustine,	<i>pray for us.</i>

St. John Chrysostom, *pray for us.*
St. Gregory the Great, *pray for us.*
All holy Fathers, *pray for us.*
St. Bernard, *pray for us.*
St. Albert, *pray for us.*
St. Thomas, *pray for us.*
St. John of the Cross, *pray for us.*
St. Francis de Sales, *pray for us.*
St. Alphonsus, *pray for us.*
All holy Doctors, *pray for us.*
St. Teresa, *pray for us.*
St. Catherine, *pray for us.*
All holy saints of God, *intercede for us.*
From every evil and error, *deliver us, O Lord.*
From indifference to Divine
Wisdom, *deliver us, O Lord.*
Through the mystery of your holy
Incarnation, *deliver us, O Lord.*
Through your preaching, *deliver us, O Lord.*
Through your passion and cross, *deliver us, O Lord.*
Through your resurrection and
ascension, *deliver us, O Lord.*

Through the descent of the
Holy Spirit, the Paraclete, *deliver us, O Lord.*

Through the infallibility and
stability of the Church, *deliver us, O Lord.*

That there be one fold under
one Shepherd, *we beseech you, hear us.*

That you would deign to fortify
and preserve us in your
holy service, *we beseech you, hear us.*

Lamb of God, you take away the sins of the world,
spare us, O Lord.

Lamb of God, you take away the sins of the world,
graciously hear us, O Lord.

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

℣. Jesus Master, Way and Truth and Life,

℟. Teach us your way of truth and holiness.

Let us pray.

God, our Father, in your love you sent your only
Son to be our Teacher and Lord. May we ponder his
teaching so that we may better understand divine wis-
dom. We ask this through Christ, our Lord. Amen.

Beatitudes of the Daughters of St. Paul

Blessed are the footsteps of those who proclaim the Gospel, the Good News of peace.

Blessed are the handmaids of the Church, for they possess the heart of this Mother.

Blessed are the walkers of God, who in the mystic silence of the convent study the ways of the world, and on the morrow walk them to reach souls.

Blessed are these angels of the Lord, who seek out those who have lost or never found the path of the Church.

Blessed are the postmistresses of God, who bring to every family his Gospel of love.

Blessed are these cooperators with priestly zeal; silently they preach Jesus Christ, the Way, the Truth, and the Life.

Blessed are the imitators of Mary, who present Jesus to the shepherds, to the Magi, to the Temple, to the disciples, to the world.

Blessed are the Daughters of St. Paul, who possess the heart of their Father, who give their Father's word, who with their Father—suffering, praying, working—accomplish the work assigned them by God.

From various parts of the earth, the roads converge on a single meeting point. Jesus is there extending the invitation: “Come, blessed ones, into my Father’s kingdom.”

May the blessing of God, Father, Son, and Holy Spirit, descend upon them and accompany them as they journey so that they may bear fruit that will last, for the glory of God and peace to all people. Amen.



HUMANITY ON
THE WAY OF SALVATION



The pamphlet with the text of the “Way of Humanity” was sent by Father Alberione to all the members of the Pauline Family, as a “Christmas gift” on Christmas eve 1947.

It’s a prayer that follows the model of the “Way of the Cross.” But, while the “Way of the Cross” limits itself to the passion and death of the Savior, the “Way of Humanity” proposed by Father Alberione has a cosmic dimension. The destiny of human beings—their “Way”—begins with creation and natural revelation, moves through the supernatural revelation of the Bible, culminates in the Incarnation of Christ, continues in the life of the Church, and concludes with the *parousia* and eternal life.

It is not only a prayer, therefore, but a theological proposal, based on the doctrine of Jesus Master, Way, Truth, and Life. In fact, each of the thirty sections into which the “Way of Humanity” is subdivided contains a theological expression (Truth), an invocation to help assimilate the expression in daily life (Way), and a prayer (Life).

To each section were added the corresponding biblical references to facilitate their use during the Visit and personal meditation.

Way of Humanity

May be used for the Visits to the Blessed Sacrament, especially on the first Sunday of the Month.

Through Mary: in Christ and in the Church

Everything comes from God—beginning, to return to God—end: for his glory and the happiness of all people.

Mary guides us to the sure way, which is Christ, in the Church founded by him. In Christ, Way, Truth, and Life, we are adopted and made heirs: sons and daughters of God. Through the invisible Christ, in the visible Church, humanity possesses temporal and eternal goods.

All of us are awaited in the home of the heavenly Father; through Mary everyone can find Christ the Way. May everyone point out this way in the spirit of charity and the apostolate.

I

The Most Holy Trinity gathered in council and issued the decree: "Let us make man in our image and likeness" (Gen 1:26). In the plan of God, Mary is seen as the masterpiece of creation. God is the beginning and end of all creation.

My Lord, I am entirely the work of your omnipotent love.

I adore you, my God, one in nature and triune in Persons.

I thank you, because you have created me for the happiness that is found in you and for your eternal glory.

Save me, I beseech you, by your almighty power!

Glory to God in the highest and peace to people of good will!

Jesus Master, Way and Truth and Life, have mercy on us.

Mary, Queen of Apostles, pray for us.

II

Adam and Eve were created, placed in the earthly paradise, elevated to the supernatural order, and favored with great privileges; they spent time in familiar conversation with God and in expectation of their entrance into eternal beatitude (see Gen 1:4, 25).

May you be blessed, infinite Goodness of God!
Besides natural life, you infused the supernatural life
of grace in us.

You adopted us as sons and daughters, called to
share your own happiness; you overwhelmed us with
a free and spontaneous love.

Enlighten me, that I may know the great treasure
of your grace.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

III

Tempted by the serpent, Adam and Eve fell into sin and were deprived of their privileges and heavenly gifts. In his mercy, and in virtue of the Son, our Restorer and Redeemer, God foretold that a Woman would crush the head of the serpent (see Gen 3:1–24).

Blessed be the mercy of the heavenly Father!

Blessed be the Son of God who offers himself to make reparation for the sins of humanity.

Blessed be the Holy Spirit who, in Mary, begins the new generation of sons and daughters of God.

Blessed be the new Eve, hope of the human race.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

IV

Humankind multiplied. God arranged the time and prepared humanity to receive the Redeemer, his Son. Because of Abraham's faith, God chose him to be the father of a people from whom the blessed fruit of Mary, the Savior of the world, would be born (see Gen 12:1–9; 22:1–19).

My God, I adore and thank your loving and wise providence.

Amid the shadows of error, you kindle the light of your Truth; amid universal corruption, you are the Just One; amid so much idolatry, humanity in every corner of the earth has always cultivated a sincere worship of you.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

V

God gave the Law to Moses. Whoever observed it was prepared to accept the revelation and the grace of redemption.

The just and the patriarchs who awaited and hoped for the Redeemer were saved.

Thus, in the desert, whoever was bitten by the venomous serpents and looked at the bronze serpent raised on the pole was saved (see Ex 20:1–21; Num 20:4–9).

May you be blessed, Father, Son, and Holy Spirit, three persons in one God.

You have always remained close to sinful and erring humanity, showing the way and providing hope.

The Law was given through Moses; grace and truth came through Christ the Savior.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

VI

God continually raised up prophets and sacred writers among his Chosen People. They are light for the upright, a summons for the erring, comfort for the weak. They wrote the future life of Christ and prefigured the history of the Church (see 1 Sam 1:19–28; Acts 9:1–19).

I bless you, my God, with all the nations. May they thank and adore you!

You have written your greatness in creation, your Law in consciences, your eternal promises in Sacred Scripture.

You are eternally faithful and always lovable. Open my mind to recognize your voice, the voice of a loving Father.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

VII

Sent by God, the archangel Gabriel asked the Virgin Mary to become the Mother of God. Mary accepts the tremendous mission, and the Word becomes incarnate in her womb. Jesus Christ is true God and true man, the promised Messiah, the Divine Master, the eternal Priest (see Lk 1:26–38; 2:1–7; Heb 8:1–13).

I bless you, O Lord, because you have fulfilled the promises you announced to the prophets.

I bless you, Holy Spirit, who descended upon Mary.

I bless you, Divine Son, who became incarnate to establish on the earth the kingdom of truth, of holiness, and of grace.

I adore this mystery of power and love. Behold salvation for all people!

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

VIII

Jesus Christ was born in Bethlehem. He was received by Mary and Joseph, by the shepherds, and by the magi. He begins to teach virtue, truth, goodness. He humbles himself, becoming man to raise men and women to God. He is destined for the fall and resurrection of every person (see Lk 2:8–39).

May you be blessed, adored and accepted by everyone, O Divine Master, meek and humble of heart.

You pleased the Father. Everyone who becomes like you will be pleasing to the heavenly Father.

You are the incarnate Son; in you and through you we become adopted sons and daughters of God. You are salvation for those who accept you and condemnation for those who reject you.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

IX

Jesus Christ practiced the individual, domestic, religious, and social virtues. He restores man and woman, the family, and civil society. He renews the people of God. He worthily glorifies the Father in a life lived in humility, obedience, prayer, and work (see Lk 2:39–52).

May you be blessed, O Divine Master, because you made yourself like us in order to make us more like God. You repaired the ruin caused by the devil and by our passions.

You showed us that we can inherit divine happiness if we live a life modeled after yours. Grant that we may know you, imitate you, and love you.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

X

Having finished the lessons of example at Nazareth, Jesus Christ begins the school of the spoken word. On the Mount of the Beatitudes he outlines the way of peace and salvation, announces the new law of love, revealing God to all humanity (see Mt 5:1–12; Lk 4:14–30; 6:20–38).

I adore and thank you, O Divine Master, who declared yourself to be the Way and Truth and Life.

I recognize you as the Way I must follow, the Truth I must believe, the Life I must yearn for.

You are my all and I want to be totally yours: mind, will, and heart.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

XI

Jesus Christ chooses the Twelve, whom he called apostles, to continue and extend his mission in the world. He founds the Church, his faithful people and Mystical Body, and entrusts her to the pastoral care of a head, Peter, to be way, truth, and life in her (see Mk 3:13–19; Mt 16:13–19).

May you be blessed, O Jesus Christ, for having made the priest another Christ.

May you be blessed because you established the Church as our mother, teacher, and guide.

May you be blessed because you founded the Church on Peter, to be infallible and catholic.

I will always meditate on your words: “As the Father has sent me, so I send you” (Jn 20:21), to preach, guide, and sanctify everyone.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

XII

Jesus Christ offered himself to the Father as host, a sacrifice of atonement and supplication. He died to be our life on earth by means of grace, and in heaven by means of glory. Justice and mercy embrace; in Christ, we are reconciled with the Father, paradise is reopened, and all are invited to enter (see Jn 12:23–33).

May you be blessed, O Jesus Christ, Priest and Sacrifice, perfect Victim, and worthy Mediator.

In you is salvation, resurrection and life.

Your blood is the font of salvation: rain upon me
and wash me.

Let it fall on the world to purify and save it.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

XIII

Jesus Christ rose from the dead; he appeared to Peter, to the Eleven, and to the disciples. He showed the marks of his resurrection. During the forty days in which he remained on earth, he reveals great mysteries, completes his work as Savior, accomplishes great wonders, and confers divine powers (see Lk 24:36–53).

May you be blessed, O Jesus: you died because you are man; you rose because you are God.

You confirmed your teaching with the truth of your resurrection.

Faith is the foundation of my salvation. One who does not believe is already condemned. Strengthen in me a living, engaged, and radiant faith. May I believe always more and become a lamp that illumines everything around me.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

XIV

Jesus appointed Peter as his visible vicar. He entrusts to him all the faithful and their shepherds. He renders him infallible in teaching and gives him authority in service and charity in sanctifying: “Feed my lambs, feed my sheep” (Mt 16: 13–19). Jesus gives him the keys of the kingdom of heaven (see Jn 21:15–23).

May you be blessed, O Jesus Master, because in Peter you are present in your Church: you teach, strengthen, and save.

Whoever is with Peter is with you; those who detach themselves from Peter are like branches cut off from the vine.

We cut ourselves off with the mind through disbelief, with the will through rebellion, with the heart through sin.

I believe that Peter is for me way and truth and life in Christ.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

XV

The Holy Spirit descended upon Mary and the apostles and filled them with wisdom, fortitude, and zeal. The Church is born, gathers the multitudes, begins her journey, reaches out to all people, and will exist until the end of time (see Acts 2:1–13).

May you be blessed, O Divine Master, for having promised and sent the Holy Spirit from the Father to enlighten and sanctify the Church. Through the prayers of Mary, let there be a new Pentecost. Raise up apostles in every age and give them the Spirit of wisdom, knowledge, fortitude, understanding, counsel, piety, and holy fear of God.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

XVI

In every time and place, apostles and priests announce the good news to the world. Some people accept the word of salvation, but others remain indifferent or persecute those announcing the Gospel. The Church is the downfall of those who reject her, the salvation of those who accept her. Jesus Christ and Satan are two extreme opposites: individuals have the freedom to choose (see Lk 10:1–16).

I bless you, O Divine Master, for letting me hear your word of truth.

It has enlightened me, aroused sorrow within me and filled me with confidence and love.

May your word resound throughout the earth.

Render hearts docile so that they may produce thirty, sixty, a hundredfold.

O Mary, prepare hearts and obtain for them the Holy Spirit.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

XVII

There are two roads. One is broad and easy, but it leads to eternal loss, and many follow it. The other is narrow, but it leads to salvation. Those who are wise strive to enter by the narrow gate. The first is the way of self-determination of thought, morals, and worship. The second is the way of sincere faith, of the Commandments, of prayer. Each person chooses (see Mt 7:13–14).

I thank you, O Divine Master, for having enlightened me.

You have never let me lack anything: neither light, nor example, nor grace.

I weep for myself and for all those who allow themselves to be lured into following the way of the world, of the passions, of the devil.

Save me! I want to follow the way of Life. Draw my heart to you.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

XVIII

Jesus Christ is always Way and Truth and Life in the Church. One must believe in the Church as in Jesus Christ himself. "He who hears you, hears me" (Lk 10:16). She is the teacher of faith. She is the interpreter of the revelation contained in Scripture and Tradition. The Church is infallible in her teachings of faith and morals (see Mt 10:40–42).

May you be blessed, O Divine Master. Grant that everyone may believe, profess, nourish, and live their faith.

Without faith, it is impossible to please God or to save oneself.

Faith is a gift of God.

Whoever asks for it wholeheartedly, obtains it.

We lose faith when we follow teachings opposed to the Church.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

XIX

Like Jesus Christ, the Church is the teacher of sanctity. To be saved it is necessary to practice her moral teachings. We are holy when we live the commandments of God and the precepts of the Church, the duties of our state in life, the evangelical counsels. The Church guards, proposes, and imparts it to all (see Acts 2:42–47; 4:32–35).

May you be blessed, O Divine Master, who in the Church and with the Church continue to be my way.

Whoever follows you walks toward heaven.

Whoever walks away from you loses the way, does not listen to the Church, nor to you, nor your Father.

Blessed be the voice of Mother Church, calling her sons and daughters.

May every prodigal child arise and return to the Father and to his Mother, the Church.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

XX

In Jesus Christ, the Church is the teacher of prayer and the spiritual life. She has received and administers the Sacraments. Baptism gives life; Confirmation strengthens it; Reconciliation restores it; Eucharist nourishes it; the Anointing of the Sick completes it; Matrimony guarantees the stability of civil society; Holy Orders assures the continuation of the Church (see 1 Cor14:1–25).

I thank you, O Divine Master, author of the Sacraments administered by the Church.

In them, you work with your divine powers. Through them, we live and act in you, just as the branch lives of the vine and bears fruit because of the vine.

Through the Sacraments, we are your everlasting joy.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

XXI

The Eucharist is the primary means for living in Christ. Through the Eucharist, the sacrifice of the cross is perpetuated. Through the Eucharist, Jesus Christ remains among us always and imparts the fruits of his presence. Through the Eucharist, the person is united—mind, will, and heart—to him (see 1 Cor 11:23–24).

I thank and bless you, O Divine Master, who at the Last Supper instituted this Sacrament—mystery of faith, of love, and of grace.

With you, in you, and through you, Jesus, present in the Eucharist, I adore, thank, console, and supplicate the heavenly Father.

May you be blessed for having given us the priest who renews, keeps watch over, and distributes the Eucharist.

The priest is your minister and the dispenser of your mysteries.

I want to live a Eucharistic life.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

XXII

The Church is entrusted to Mary. In creation, redemption, the distribution of graces, and the order of glory, Mary occupies a preeminent place. She gives Jesus Christ to the world and to every person. She is the Mother of God and of the Church. All good things have passed through Mary. From Mary comes life. She is our Mother (see Jn 19:25–27; Gal 4:4–5).

May you be blessed, O my God. As natural life comes from our mother, so supernatural life comes from Mary.

She is the root that bears the flower; she is the Mother who gives the blessed fruit of her womb; she is the dawn that announces the sun.

Where Mary enters, Jesus enters as well. Whoever finds the Mother, also finds the Son. Through Mary, the way is short and certain.

Jesus precedes us with his example: he became the son of Mary.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

XXIII

Christian life is immensely superior to human life. It leads to eternal happiness. The true Christian avoids sin, lives the faith, practices the Commandments, and takes part in Christian worship. He fulfills the duties of his own state amid family and society. He conducts himself as a good parent, a good child, a good citizen, a good professional (see Col 3:1–25).

I thank you, my God, because you have willed to establish everything in Christ.

You have called us to imitate your divine life in Christ.

Many of the faithful distinguish themselves in the practice of the ordinary virtues. They honor God, the Church, and society.

Often, they are also benefactors of humanity.

I must imitate God in Christ, the life of the soul.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

XXIV

In Christ and in the Church Christian civilization finds its fulfillment: the Christian alliance of nations. Christian civilization is ordered in a way that conforms to the Gospel, according to the interpretation given by the magisterium of the popes. Christian living together is human-evangelical, in truth, in order, in peace, in progress. It is the way to the kingdom of God (see 1 Pt 2:1–17).

I adore your wisdom, O Divine Master. You have willed that civil society and the Church be independent but linked in an admirable cooperation.

You want union among all nations: all children of God, redeemed by your blood, journeying toward the house of the Father. In Christian civilization is to be found the greatest temporal and spiritual progress.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

XXV

The Church was instituted as one, as Jesus Christ is one and as Peter is one. In it there is unity of faith, of government, of charity, even amid many peoples and cultures. "Catholic, Apostolic, Roman," are the distinctive characteristics. All are invited to enter the Church (see Eph 1:22; 5:23; Acts 8:1; 11:22; Gal 6:10; 1 Thes 5:15; 1 Cor 1:10).

I thank you, O Divine Master, for the institution of the Church, Mother of believers. Following your example, I believe, love, cooperate, suffer for her growth. You have won her with your blood and have willed that she be holy, glorious, immaculate.

May the straying return to her; may those who do not yet believe join her.

To be a worthy child of God, I must be a trustworthy child of this Mother.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

XXVI

God respects our freedom, while giving us his law, proposing truths to us, and asking for our spiritual worship. But when life's trial is over, he calls each one to judgment. Jesus Christ will cast on the soul a light in which it will see all it has done and all it has omitted. Correlated are three possible sentences: heaven, purgatory, hell (see Gen 2:3; Dt 11:26; 30:15–19; Jer 21:8; Rom 6:22; 14:18).

I thank you, O God, my Father, for having made me for yourself. I have come from your creative hands!

I will return to your hands, the hands of a Judge and a Father.

My eternity depends on me; those who want to, will be saved. I desire it! But I need your grace: much light, much comfort.

I hope in you.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

XXVII

Hell is the state and place of eternal punishment for the rebellious. They did not seek God and they will be deprived of him forever. They followed evil, and they will be subjected forever to its pain. After the universal judgment, even the body will suffer for the pleasures indulged in. One mortal sin alone merits an eternity of torments (see Lk 16:19–31).

My God, I thank you for the light that you give me today.

One goes to hell knowingly, willfully.

I can avoid sin, and I can obtain pardon if I have committed sin in the past.

“From the pains of hell, deliver us, O Lord.”

The real evil is sin; all other evils can be changed into merit.

I must fear sin more than death.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

XXVIII

Heaven is the eternal reward for those who have obeyed. They sought God, and they will possess him forever. They sought spiritual goods, and they will enjoy them for all eternity. Paradise is the vision of God, merited by accomplishing his will; it is the joy of God, merited through love (see Is 65:17–25; Rev 2:7; 22:2–5).

I thank you, O Divine Master, for the hope you have instilled in my soul.

I believe and hope in eternal life.

I contemplate Jesus at the right hand of the Father; the Virgin Mary at the right hand of her Son; a multitude of souls impossible to count.

Grace and cooperation are necessary.

Those who pray are saved; those who do not pray condemn themselves.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

XXIX

At the end of time, everyone will be raised, each to his own destiny. There will be the final separation. The Judge will appear; everything will be revealed, and the final sentence will be heard: “Come, you blessed, into the kingdom of my Father.” “Depart, you cursed, into the eternal fire.” The just will enter eternal life, the wicked into eternal suffering. This will be the epilogue of human history, the day of the Lord, of truth, and of justice (see Mt 25:31–46).

O Divine Master, I ponder your eternal words. The mercy and the justice of God will be glorified; the redemption will be exalted; the merits of the elect will be recognized; all the wicked will be put to shame.

I recognize my social duties: “Everything you did to the least of these my brothers, you did to me” (Mt 25:40).

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

XXX

The redemption reaches us through people: the hierarchy of the priesthood, men and women religious, the laity, cooperators in the mission. "As the Father has sent me, so I send you. Go out" (Jn 20:21; Mt 28:19). The Church gathers and feeds the sheep and lambs to guide them lovingly into the heavenly sheepfold. God wants everyone to be saved and to come to the truth (see 1 Tim 2:3–7).

O Divine Master, send good laborers into your harvest.

Jesus, Apostle of the Father, grant that I may feel the longing of your heart that there be only one fold and one shepherd.

There are the apostolates of the interior life, of suffering and of prayer, of example and of the media of communications, of word and of vocation, the apostolate of charity in truth.

O Mary, arouse in everyone a strong desire for salvation in Christ and in the Church.

Glory to God . . .

Jesus Master . . .

Mary, Queen of Apostles . . .

The Creed is recited or sung.



PAULINE NOVENAS



Novena to Jesus the Divine Master

Antiphon: Magistrum nostrum unicum,
Jesum Christum, venite, adoremus.

1. Ego sum Via et Veritas et Vita. Qui sequitur me, non ambulat in tenebris, sed habebit lumen vitae (Jn 14:6; 8:12). *Antiphon.*

2. Vos vocatis me Magister et Domine: et benedicitis: sum etenim. Exemplum dedi vobis, ut quemadmodum ego feci vobis, ita et vos faciatis (Jn 13:13–15). *Antiphon.*

3. Ne vocemini magistri: quia Magister vester unus est, Christus. (Mt 23:10, 8). *Antiphon.*

4. Non est discipulus super magistrum: perfectus autem omnis erit, si sit sicut magister eius (Lk 6:40). *Antiphon.*

5. Ego sum vitis, vos palmites: qui manet in me, et ego in eo, hic fert fructum multum (Jn 15:5). *Antiphon.*

6. Ego sum panis vitae. Si quis manducaverit ex hoc pane vivet in aeternum: et panis quem ego dabo, caro mea est pro mundi vita (Jn 6:48, 51). *Antiphon.*

7. Euntes in mundum universum praedicate Evangelium omni creaturae. Qui crediderit, et baptizatus fuerit salvus erit (Mk 16:15–16). *Antiphon.*

Readings and reflection (choice of passages: Mt 23:1–10; Jn 14:1–11; Heb 1:1–16).

Hymn

Ego sum Via, p. 354

Ego sum Veritas, p. 352

Ego sum Vita, p. 356

(See also pp. 346–361.)

℣. Jesu Magister, Via et Veritas et Vita.

℟. Doce nos viam veritatis et sanctitatis tuae.

Antiphon ad Magnificat:

Magister scimus quia verax es et viam Dei in veritate doces, alleluja.

Magnificat

(Luke 1:46–55)

Magnificat anima mea Dominum,

Et exultavit spiritus meus: in Deo salvatore meo.

Quia respexit humilitatem ancillae suae:

ecce enim

ex hoc beatam me dicent omnes generationes.
Quia fecit mihi magna qui potens est: et sanctum
nomen eius.
Et misericordia eius a progenie in progenies—
timentibus eum.
Fecit potentiam in brachio suo;
dispersit superbos mente cordis sui.
Deposuit potentes de sede, et exaltavit humiles.
Esurientes implevit bonis, et divites dimisit inanes.
Suscepit Israel, puerum suum: recordatus
misericordiae suae.
Sicut locutus est ad patres nostros:
Abraham et semini eius in saecula.
Gloria Patri, et Filio, et Spiritui Sancto.
Sicut erat in principio et nunc et semper et
in saecula saeculorum. Amen.

Antiphon: Magister . . .

Oremus.

Omnipotens sempiternae Deus; qui Unigenitum
Filium tuum mittere dignatus es mundi Magistrum:
concede propitius, ut divina eius doctrina perfusi,
facilius coelestia capiamus. Per Christum Dominum
nostrum. Amen.

Antiphon: One only is our Master, Christ Jesus.
O come let us adore him.

1. I am the Way and the Truth and the Life. No follower of mine shall ever walk in darkness; no, he shall possess the light of life. *Antiphon.*

2. You address me as Teacher and Lord, and fittingly enough, for that is what I am; for I have given you an example: as I have done, so you must do. *Antiphon.*

3. Avoid being called teachers. Only one is your teacher: the Messiah. *Antiphon.*

4. A student is not above his teacher, but every student, when he has finished his studies, will be on a par with his teacher. *Antiphon.*

5. I am the vine, you are the branches. He who lives in me and I in him shall produce abundantly. *Antiphon.*

6. I am the bread of life; if anyone eats this bread, he shall live forever; the bread I will give is my flesh for the life of the world. *Antiphon.*

7. Go into the whole world and proclaim the Good News to all creation. The one who believes in it and accepts it will be saved. *Antiphon.*

Readings and reflection (choice of passages: Mt 23:1–10; Jn 14:1–11; Heb 1:1–16).

Hymns

I Am the Way, p. 355

I Am the Truth, p. 353

I Am the Life, p. 357

(See also pp. 346–361.)

Antiphon for the Magnificat:

O Master, we know that you are truthful, and
teach the way of God in truth. Alleluia

Magnificat

(Luke 1:46–55)

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. Glory.

Antiphon: O Master . . .

Let us pray.

God, our Father, in your love you sent your only Son to be our Teacher and Lord. May we ponder his teaching to better understand divine wisdom. We ask this through Christ our Lord. Amen.

Novena to Mary, Queen of the Apostles

Antiphon: Ave, Mater Ecclesiae, Magistra ac
Apostolorum Regina, alleluia, alleluia.

1. Inimicitias ponam inter te et mulierem, et semen tuum et semen illius; ipsa conteret caput tuum (Gen 3:15). *Antiphon.*

2. Spiritus Sanctus superveniet in te, et virtus Altissimi obumbrabit tibi. Ideoque et quod nascetur ex te sanctum vocabitur Filius Dei (Lk 1:35). *Antiphon.*

3. Et peperit filium suum primogenitum et pannis eum involvit et reclinavit eum in praesepio (Lk 2:7). *Antiphon.*

4. Ecce positus est hic in ruinam et in resurrectionem multorum in Israel, et in signum cui contradicetur; et tuam ipsius animam pertransibit gladius (Lk 2:34–35). *Antiphon.*

5. Cum vidisset ergo Jesus matrem et discipulum stantem quem diligebat, dicit matri suae: Mulier, ecce filius tuus; deinde dicit discipulo: Ecce mater tua (Jn 19:26–27). *Antiphon.*

6. Erant perseverantes unanimiter in oratione cum mulieribus et Maria matre Jesu et fratribus eius (Acts 1:14). *Antiphon.*

7. Immaculata Deipara semper Virgo Maria expleto terrestri vitae cursu, fuit corpore et anima ad caelestem gloriam assumpta (Const. *Munificentissimus Deus*). *Antiphon.*

Reading and Reflection: Acts 1:12–14; 2:1–4.

Hymn

Apostolorum contio,
Ut Christus imperaverat,
Exspectat orans munera
Septena Sancti Spiritus.

Suspirat haec ardentius
Maria, quae novissima
Dum nominatur, omnium
Fit prima, donis auctior.

Donis supernis Flaminis
Tanta repletur copia,
Ut datur illi ceteros
Ditare plenitudine.

Adi, sacerdos, jugiter
Plenam Mariam gratia,
Et gratiarum rivulos,
Deposce vasti fluminis.

Ut ipse vivas sanctius,
Dabit Maria largiter,
Manus amicas porriget,
Ut des juvamen fratribus.

Jesu, tibi sit gloria,
Qui natus es de Virgine,
Cum Patre et almo Spiritu,
In sempiterna saecula. Amen.

For other hymns see pp. 362–380.

℣. Regina Apostolorum, alleluja.
℟. Ora pro nobis Deum, alleluja.

Antiphon for the Magnificat:

Suscipe nos, Mater, Magistra, Regina nostra;
roga Filium tuum Dominum messis, ut mittat
operarios in messem suam. Alleluja.

Magnificat, p. 300.

Antiphon: Suscipe nos . . .

Oremus.

Deus, qui apostolis tuis, cum Maria Matre Jesu orantibus. Sanctum dedisti Spiritum: da nobis ut, ipsa intercedente, majestati tuae fideliter servire, et nominis tui gloriam verbo et exemplo diffundere valeamus. Per Christum Dominum nostrum. Amen.

Antiphon: Hail, Mother of the Church, Teacher and Queen of the Apostles, alleluia, alleluia.

1. I will put enmity between you and the woman, between your offspring and hers; he will strike at your head. *Antiphon.*

2. The Holy Spirit will come upon you, and the power of the Most High will overshadow you; hence, the holy offspring to be born will be called the Son of God. *Antiphon.*

3. She gave birth to her firstborn Son, and wrapped him in swaddling clothes, and laid him in a manger. *Antiphon.*

4. This child is destined to be the downfall and the rise of many in Israel, a sign that will be opposed, and you yourself shall be pierced by a sword. *Antiphon.*

5. Seeing his Mother there with the disciple whom he loved, Jesus said to his Mother, “Woman, there is your son.” In turn, he said to the disciple, “There is your Mother.” *Antiphon.*

6. Together they devoted themselves to constant prayer. There were some women in their company, and Mary, the Mother of Jesus, and his brethren. *Antiphon.*

7. Mary Immaculate, ever-Virgin Mother of God, having finished the course of her earthly life, was assumed body and soul into heavenly glory. *Antiphon.*

Reading and reflection: Acts 1:12–14; 2:1–4.

Hymn

Apostles twelve, Christ's chosen band,
Expectantly in prayer did meet,
Awaiting by the Lord's command
His seven-gifted Paraclete.

The Mother of the risen Lord—
Though mentioned after all the rest—
More ardently than they, implored;
More richly with God's gifts was blessed.

The Spirit makes her overflow
With favors of the Love divine;
Abundantly she can bestow
Her riches upon all mankind.

To Mary, full of grace draw near,
O priest, and beg her to bestow
Those streams of graces, crystal clear,
That from so vast a river flow.

The grace more holily to live
Will she grant lavishly to you.

Her hand in friendship she will give,
That you may help your brothers, too.
All glory, Jesus Lord, to you.
Our Savior, whom the Virgin bore.
All glory, praise and honor, too,
To Sire and Spirit evermore. Amen.

For other hymns see pp. 362–380.

℣. Queen of the Apostles, alleluia.
℟. Pray for us to God, alleluia.

Antiphon for the Magnificat:

Receive our prayer, O Mary, our Mother, Queen,
and Teacher. Beseech your divine Son, the Lord
of the harvest, to send forth laborers into his
vineyard. Alleluia.

Magnificat, p. 303.

Antiphon: Receive our prayer . . .

Let us pray.

God our Father, you gave the Holy Spirit to your
Apostles as they joined in prayer with Mary, the
Mother of Jesus. By the help of her prayers, keep us
faithful in your service and let our words and actions
be so inspired as to bring glory to your name. Grant
this through Christ your Son our Lord. Amen.

Novena to St. Paul, the Apostle

Antiphon: Sancte Paule apostole, praedicator
veritatis et doctor gentium, intercede
pro nobis.

1. Saulus autem devastabat Ecclesiam: per domos
intrans et trahens viros ac mulieres, tradebat in custo-
diam (Acts 8:3). *Antiphon.*

2. Saule, Saule, quid me persequeris? Qui dixit:
Quis es Domine? Et ille: Ego sum Jesus quem tu
persequeris (Acts 9:4–5). *Antiphon.*

3. Qui operatus est Petro in apostolatum circum-
cisionis operatus est et mihi inter gentes; et cognover-
unt gratiam Dei quae data est mihi (Gal 2:8–9).
Antiphon.

4. In laboribus plurimis, in carceribus abundan-
tius, in plagis supra modum, in mortibus frequenter
(2 Cor 11:23). *Antiphon.*

5. Libenter gloriabor in infirmitatibus meis, ut
inhabitet in me virtus Christi (2 Cor 12:9). *Antiphon.*

6. Gratia Dei in me vacua non fuit sed gratia eius
semper in me manet (1 Cor 15:10). *Antiphon.*

7. Bonum certamen certavi, cursum consummavi, fidem servavi. In reliquo reposita est mihi corona iustitiae, quam reddet mihi Dominus in illa die iustus iudex (2 Tm 4:7–9). *Antiphon.*

Reading of a text from the Letters of St. Paul and reflection.

Hymn

1. Doctor egregie, Paule, mores instrue
et mente polum nos transferre satage,
donec perfectum largiatur plenius,
evacuatio quod ex parte gerimus.
2. Sit Trinitati sempiterna gloria,
honor, potestas atque jubilatio,
in unitate, cui manet imperium
ex tunc et modo per aeterna saecula. Amen.

For other hymns see pp. 381–393.

℣. Tu es vas electionis, Sancte Paule apostole.

℟. Praedicator veritatis in universo mundo.

Antiphon ad Magnificat:

Sancte Paule apostole, praedicator veritatis et doctor gentium: intercede pro nobis ad Deum qui te elegit.

Magnificat, p. 300.

Antiphon: Sancte Paule . . .

Oremus.

Domine Deus, qui beatum Paulum apostolum ad praedicandum Evangelium mirabiliter designasti, da fide mundum universum imbui, quam ipse coram regibus gentibusque portavit, ut iugiter Ecclesia tua capiat augmentum. Per Dominum. Amen.

Antiphon: O St. Paul the Apostle, preacher of truth and doctor of the gentiles, intercede for us to God.

1. After that, Saul began to harass the Church. He entered house after house, dragged men and women out, and threw them into jail. *Antiphon.*

2. “Saul, Saul, why do you persecute me?” “Who are you, Sir,” he asked. The voice answered, “I am Jesus, the one you are persecuting.” *Antiphon.*

3. For he who worked through Peter as his apostle among the Jews had been at work in me for the Gentiles, and they recognized the favor bestowed on me. *Antiphon.*

4. With my many more labors and imprisonments, with far worse beatings and frequent brushes with death. *Antiphon.*

5. And so I willingly boast of my weaknesses instead, that the power of Christ may rest upon me. *Antiphon.*

6. But by God’s favor, I am what I am. This favor of his to me has not proved fruitless. *Antiphon.*

7. I have fought the good fight, I have finished the race, I have kept the faith. From now on a merited crown awaits me; on that day the Lord, the just judge that he is will award it to me. *Antiphon.*

Reading of a text from the letters of St. Paul and reflection.

Hymn

Lead us, great teacher Paul, in wisdom's way,
And lift our hearts with thine to heaven's high
throne,

Till faith beholds the clear meridian blaze,
And sun-like in the soul reigns charity alone.

Praise, blessing, majesty, through endless days,
Be to the Trinity immortal giv'n,
Who in pure unity profoundly sways,
Eternally alike all things in earth and heav'n.

Amen.

For other hymns see pp. 381–393.

V. You are a vessel of election, O St. Paul the
Apostle.

R. Preacher of truth to the whole world.

Antiphon for the Magnificat:

Our father and apostle, St. Paul, you are preacher
of truth and doctor of the gentiles. Intercede for
us to God who chose you.

Magnificat, p. 303.

Antiphon: Our father and apostle . . .

Let us pray.

Lord God, you appointed Paul your apostle to preach the good news of salvation. Fill the entire world with the faith he carried to so many peoples and nations. Through Christ our Lord. Amen.

Novena to Jesus the Good Shepherd

Opening hymn: The Lord Is My Shepherd

Reading and reflection (choice of passages):

Jer 23:1–6; Ez 34:1–31; Is 40:9–11; 1 Pt 2:21–25;

Heb 13:20–21; Jn 10:1–18.

Hymn

O Bread of Angels
Gift of Finest Wheat

Or:

Good Shepherd, true Bread,
Jesus, have mercy on us,
nourish and defend us,
lead us to the eternal goods,
in the land of the living.

Sion praise your Savior,
your guide, your shepherd,
with hymns and songs.

Be ardent as you can,
he is above all praise,

there is no song worthy of him.

Good Shepherd . . .

Living Bread which gives life:
this is the theme of your song,
the object of your praise.

It was truly given
to the Twelve gathered
for a fraternal and sacred meal.

Good Shepherd . . .

May full and resounding praise,
serene and noble joy,
arise from the spirit.

Behold the Bread of angels,
bread of pilgrims,
true Bread of the children,
not to be given to dogs.

Good Shepherd . . .

In symbols was announced,
in Isaac given over to death,
in the Lamb of the Passover,
in the manna given to our fathers.

Good Shepherd . . .

You who know and can do all things,
who nourish us on earth,

lead us your heirs
to the feast of heaven,
to the joy of the saints.

Responsory

℣. The Good Shepherd has risen, he who has
given his life for his sheep.

℟. He has given himself up to death for the love
of his own, alleluia.

℣. Christ our Passover has been sacrificed.

℟. He has given himself up to death for love
of his own, alleluia.

Antiphon before the Magnificat:

I am the Good Shepherd; I am the Way and the
Truth and the Life. I know my sheep and they
know me, alleluia.

Or:

Ego sum pastor bonus, qui pasco oves meas, et
pro ovibus meis pono animam meam, alleluia,

Magnificat, see p. 303.

Let us pray.

All powerful and merciful God, guide us to the possession of eternal joy, so that this humble flock, your faithful, may securely arrive there with you, where Christ, its Shepherd, has preceded. Who lives and reigns with you and the Holy Spirit, one God forever and ever. Amen.

Novena to Mary, Mother of the Good Shepherd

Opening hymn: Nella tua casa (see p. 380), or another suitable Marian hymn.

*Reading and reflection (selections): Acts 1:12–14;
Jn 19:25–27.*

Hymn

Refrain: O Mary, Mother of the Good Shepherd,
enlighten and guide the Church
of the Lord.

He who listens to the voice of the Father
And lives the command of love
Has chosen the better part;
He is mother and brother to me. *Refrain.*

Through you may his will be fulfilled
in the days of your life.
You must not fear one who is strong,
the Lord will be with you. *Refrain.*

Go to the other brothers
And tell them that I have risen.
This is the good news
For people today and always. *Refrain.*

Responsory

℣. O Mary, the Lord has blessed you.

℟. O Mary, the Lord has blessed you.

℣. He has made you Mother of the Church.

℟. Mother of the Good Shepherd, pray for us.

Antiphon before the Magnificat:

O Mary, Mother of the Good Shepherd,
enlighten and guide the Church of the Lord.

Magnificat, p. 303.

Let us pray.

Lord Jesus Christ, Good Shepherd, you have given your life for your sheep and from the cross have entrusted us your people, the sheep of your pasture, to the Virgin Mary. Grant that through her intercession we may follow you on earth as our Shepherd, to reach the eternal pastures of heaven. You live and reign with the Father and the Holy Spirit, one God, forever and ever. Amen.

Novena to Saints Peter and Paul

Opening hymn: Cantiamo ai santi apostoli, p. 393.

Reading and reflection (selections): Acts 15:6–12; Acts 20:17–35; Gal 2:15–21; 1Pt 5:1–5; Mt 16:13–19; Jn 21:13–19.

Hymn

With joy let the heavens exult,
Resound through all the earth,
The praise of the apostles,
The columns of the Church.

O holy martyrs of Christ,
The Church joyfully greets you
The people, whom you've gathered
with your blood and your word.

You who close and open
The doors of life, as Christ said,
Shatter all our bonds,
Deliver us from evil.

Your fervent love for Christ
Shines brightly in the world,

And Rome is rendered glorious
Through the shedding of your blood.

O judges of the whole world
And heralds of the Gospel,
Listen to our prayers;
May marvels multiply.

To Christ, divine Redeemer,
Be glory and praise given;
To the Father, to the Spirit,
Eternally in heaven. Amen.

Responsory

℣. With great openness they proclaimed the
word of God.

℞. With great openness they proclaimed the
word of God.

℣. Witnesses of the resurrection of Christ,

℞. They proclaimed the word of God.

℣. Glory to the Father, to the Son, and to the
Holy Spirit.

℞. With great openness they proclaimed the
word of God.

Antiphon before the Magnificat:

May Peter, the first of the Apostles, and Paul, the
teacher of the Gentiles, teach us your law,
O Lord.

Or:

Petrus apostolus, et Paulus doctor gentium ipsi
nos docuerunt legem tuam, Domine.

Magnificat, p. 303.

Let us pray.

Lord, our God, with the preaching of the holy
apostles Peter and Paul you have given the Church
the first-fruits of the Christian faith. Through their
intercession, come to our aid and guide us along the
way of eternal salvation. We ask this through our
Lord Jesus Christ . . .

Indulgences

In answer to the request of the individual Institutes of the Pauline Family, the Sacred Apostolic Penitentiary, on January 27, 1968, granted the following plenary indulgences:

Society of St. Paul and Daughters of St. Paul

1. For the whole Institute. On the following days: Solemnity of the Divine Master; Solemnity of Pentecost; Feast of Mary, Queen of Apostles; Solemnity of the Immaculate Conception; Solemnity of the Assumption; Feast of St. Paul the Apostle, Feast of St. Joseph; anniversary of the foundation.

2. For the individual houses. On the following feasts: feast of the principal patron of the house; feasts of saints and blessed of whom the body or an important relic is preserved; at the end of a canonical visitation.

3. For the individual members: the day of entrance into the novitiate; first profession day; perpetual profession day; 25th, 50th, 60th, and 75th anniversary of first profession.

Pious Disciples of the Divine Master

For the whole Institute: Solemnity of the Divine Master; Solemnity of Pentecost; Feast of Mary, Queen of the Apostles; Solemnity of the Immaculate Conception; Feast of St. Paul the Apostle; Feast of St. Joseph; Feast of St. Bernard; anniversary of the foundation.

For the individual houses and individual members: same as for the Society of St. Paul.

Sisters of Jesus the Good Shepherd (Pastorelle)

For the whole Institute: Solemnity of Pentecost, Solemnity of Corpus Christi; Feast of the Good Shepherd; Solemnity of the Assumption; Feast of St. Joseph; Feast of Sts. Peter and Paul; Feast of St. Pius X; anniversary of the foundation.

For the individual houses and individual members: same as for the Society of St. Paul.

For the Institute "Regina Apostolorum"

The same indulgences hold as for the Society of St. Paul, with the Solemnity of Pentecost being replaced by the Solemnity of Corpus Christi.

To the Institutes of “Jesus the Priest,” “Mary Most Holy of the Annunciation,” “St. Gabriel the Archangel,” and “The Holy Family”

The same indulgences as for the Society of St. Paul are granted but the Solemnity of Pentecost is replaced by that of their respective patron (St. Gabriel and Mary Most Holy of the Annunciation), and the Solemnity of the Assumption by that of the Annunciation, for all the Institutes.

To the Cooperators and Those Enrolled in the Following Associations

“International Catholic Bible Society,” “Ut unum sint,” “Apostolate of audio visual techniques,” “Prayer, Suffering and Charity for All Vocations,” “Pious Society on Behalf of Sudden Deaths,” “Union of Christian Families,” were granted plenary indulgences on the following days: Solemnity of Jesus the Divine Master; Solemnity of Corpus Christi; Feast of St. Paul the Apostle; Feast of Mary, Queen of the Apostles; Solemnity of the Immaculate Conception; Solemnity of the Assumption and Feast of St. Joseph.

Note: 1 To gain the above-mentioned indulgences, besides the usual conditions (confession, Communion, prayer according to

the intentions of the Supreme Pontiff), the resolution to be faithful to the duties of a religious must be made or renewed.

2. It must be kept in mind that only one plenary indulgence a day can be gained.



HYMNS



Eucharistic Hymns

Adoro Te Devote

Adóro te devóte latens Déitas,
Quæ sub his figúris vere látitas;
Tibi se cor meum, totum súbjicit,
Quia te contéplans totum déficit.

Visus, tactus, gustus in te fallitur,
Sed audítu solo tuto créditur;
Credo quidquid dixit Dei filius:
Nihil hoc verbo veritatis vérius.

In cruce latebat sola Déitas,
At hic latet simul et humánitas:
Ambo tamen credens atque cónfitens,
Peto quod petivit latro poénitens.

Plagas, sicut Thomas, non intúeor,
Deum tamen meum te confiteor,
Fac me tibi semper magis crédere,
In te spem habére, te dilígere.

O memoriále mortis Dómini,
Panis vivus vitam praestans hómimi,

Praesta meae menti de te vivere,
Et te illi semper dulce sapere.
Pie pellicáne, Jesu Domine,
Me immundúm munda tuo ságuine,
Cuius una stilla salvum facere
Totum mundum quit ab omni scélere.
Jesu, quem velátum nunc adspício,
Oro fiat illud quod tam sitio:
Ut te reveláta cernens fácie,
Visu sim beátus tuae gloriae. Amen.

We Adore You

We adore you, hidden God, / in this Sacrament.
Christ, our Savior and our King, / truly present.
Humbly we come before you, / hearts completely
won,
Lost in wonder at the great / marvels you have
done.

Sense alone will fail to grasp / this great mystery.
Faith and love enable our / human eyes to see.
We believe all the truth that / God's own Son has
shown.
Nothing can be truer than / what he has made
known.

On the cross was hidden / your divinity.
Hidden here before us, too, is / your humanity.
We in faith profess them both, / one in our
belief.

And we make our own the plea / of the dying
thief.

Thomas saw your wounds, O Lord; / these we do
not see.

Yet do we confess of you: / Lord and God to be.
May this faith of ours ever grow / and our hope
increase.

May our burning love for you, / Jesus, never
cease.

O most blest memorial / of Christ's sacrifice,
Giver of eternal life—Bread of Paradise!
You are food for our hung'ring souls; / live in us,
O Lord.

Be the only goal we seek; / be our sole reward.

We are cleansed, Lord, by your blood; / filled
with grace and love.

One drop shed to save the world / would have
been enough.

Yet you suffered and died for us, / mankind lost
in sin.

Oh! how great a price you paid / to redemption
win.

Jesus, whom we now behold / veiled from
human sight,

Grant us what we thirst for so: / that one day
we might

Face to face behold your vision, /bliss you have
in store.

Love surpassing space and time, / joy forevermore.

Adoro te, latens Deitas

Adoro te devote, latens Deitas,
Quae sub his figuris vere latitas.
Ave, Jesu, verum Manhu.
Christe Jesu, adauge fidem
Omnium credentium. Amen.

O Godhead Hid

O Godhead hid, devoutly I adore thee,
Who truly art within the forms before me;
Hail, O Jesus, true manna.
Christ Jesus, increase the faith
Of all believers. Amen.

Ecce Panis Angelorum

Ecce panis Angelorum
Factus cibus viatorum:
Vere panis filiorum,
Non mittendus canibus.

In figuris praesignatur:
Cum Isaac immolatur,
Agnus Paschae deputatur,
Datur manna patribus.

Bone Pastor, Panis vere,
Jesu, nostri miserere,
Tu nos pasce, nos tuere,
Tu nos bona fac videre
In terra viventium.

Tu, qui cuncta scis et vales,
Qui nos pascis hic mortales,
Tuos ibi commensales;
Coheredes et sodales
Fac sanctorum civium. Amen.

Bread of Angels from the Skies

Bread of angels from the skies,
Made the food of mortal man:

Children's meat, to dogs denied:
In old types foresignified:

In the manna heav'n-supplied,
Isaac and the paschal Lamb.
Jesus, Shepherd of the sheep!
You, your flock in safety keep.

Living Bread! Your life supply;
Strengthen us, or else we die;
Fill us with celestial grace:
You, who feed us here below!

Source of all we have or know!
Grant that with your saints above,
Sitting at the feast of love,
We may see you face to face. Amen.

Adoro te, O panis coelice

Adoro te, O panis coelice:
O Domine, O Deus maxime,
 Sanctus, sanctus, sanctus,
 Sine fine sanctus!
 Semper tibi gloria
 Sacra sit sub Hostia!
Nos famulos, O Deus, respice,

Et gratia nos semper refice.

Sanctus, etc.

Thee I Adore, O Heavenly Bread

Thee I adore, / O heavenly bread,
O Lord of all, / O God almighty.

Holy, holy, holy,
Infinitely holy!
Glory be to thee always,
Here beneath the sacred Host!

Gaze upon us / thy servants, O God,
and fill us with / thy grace always.

Holy, etc.

Ave, Verum Corpus

Ave, verum Corpus, natum
De Maria Virgine;
Vere passum, immolatum
In cruce pro homine:
Cuius latus perforatum
Fluxit aqua et sanguine:
Esto nobis praegustatum
Mortis in examine.

O Jesu dulcis!
O Jesu pie!
O Jesu, fili Mariae!

Hail True Body

Hail, true Body of the Savior,
Spotless Mary's virgin birth!
Slain upon the cross to cleanse us
By his pains from sins of earth.

Refrain: Hear us, merciful and gracious,
O sweet Jesus, Mary's Child.

From whose side for sinners pierced,
Water flowed and mingled blood,
May'st thou, dearest Lord, be given
In death's hour to be our food. *Refrain.*

Lord, in loving contemplation
Fix our hearts and eyes on thee,
Till we taste thy full salvation,
And thine unveiled glories see. *Refrain.*

Honor, glory, virtue, merit,
Be to thee, O Virgin's Son!
With the Father, and the Spirit,
While eternal ages run. *Refrain.*

O Sacrum Convivium!

O sacrum Convivium!
in quo Christus sumitur:
recolitur memoria passionis eius:
mens impletur gratia,
et futurae gloriae
nobis pignus datur, alleluia.

O Sacred Banquet

O sacred banquet,
in which Christ is received:
the memory of his passion is renewed,
the mind is filled with grace,
and a pledge of future glory
is given us. Alleluia.

O Esca Viatorum

O esca viatorum
O panis Angelorum.
O manna coelitum!
Esurientes ciba,
Dulcedine non priva
Corda quaerentium!

O lympha, fons amoris,
Qui puro Salvatoris
E corde profluis!
Te sitientes pota:
Haec sola nostra vota:
His una sufficis.

O Jesu, tuum vultum
Quem colimus occultum
Sub panis specie.
Fac ut, remoto velo,
Post libera in coelo
Cernamus facie.

O Food of All Wayfaring

O food of all wayfaring,
The bread of angels sharing,
O Manna from on high!
We hunger; Lord, supply us,
Nor thy delights deny us,
Whose hearts to thee draw nigh.

O Stream of love past telling.
O purest fountain, welling
From out the Savior's side!
We faint with thirst; revive us,

Of thine abundance give us,
And all we need provide.

O Jesu, by thee bidden,
We here adore thee, hidden
'Neath forms of bread and wine.
Grant when the veil's divided,
We may behold, in heaven,
Thy countenance divine.

O Salutaris Hostia

O salutáris Hóstia
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.

O Saving Victim

O Saving Victim, opening wide
The gate of heaven to man below!
Our foes press on from every side:
Thine aid supply, thy strength bestow.

To thy great name be endless praise,
Immortal Godhead, one in three!
Oh, grant us endless length of days
In our true native land with thee. Amen.

Cor Dulce, Cor Amabile

Cor dulce, cor amabile,
Amore nostri saucium,
Amore nostri languidum,
Fac sis mihi placabile.

Cor Jesu melle dulcius.
Cor sole puro purius,
Templi Dei sacrarium,
Opum Dei compendium.

Tu portus orbi naufrago,
Secura pax fidelibus,
Reis asilum mentibus
Piis recessus cordibus. Amen.

Dear Heart, Loving Heart

Dear heart, loving heart,
Wounded with love for us,
Stricken with love for us,
Be forgiving toward me.

Heart of Jesus, sweeter than honey,
Purer than the pure sun,
Shrine in the temple of God,
Sum of God's treasures.

You are the harbor of a shipwrecked world
Secure peace for the faithful,
Refuge for guilty minds,
Shelter for devout hearts.

To Jesus Master

O Via, Vita, Véritas

O Via, Vita, Véritas, O Jesu!
Lucens per omnes sémitas, O Jesu!
Te sequémur, trahe nos
Crédulos ac sérvulos.
 Te collaudámus, in te sperámus,
 Amámus te, dulcíssime, O Jesu!

In verbo tuo stábimus, O Jesu!
Crucis pugnam pugnábimus, O Jesu!
Déditi Ecclésiae,
Véritati regiae,
 Te collaudámus, in te sperámus,
 Amámus te, dulcíssime, O Jesu!

Our Way, Our Truth, Our Life Divine

Our Way, our Truth, our Life divine:
 O Jesus, our Lord!
On ev'ry path as Light you shine:
 O Master adored!

Lead us so we shall fulfill
Through our faith and works your will.

We praise and bless you,
Our hope confess you!
In love we sing, Eternal King,
O Master adored!

Your word we'll keep with all our might—
O Jesus, our Lord!

The battle of the cross we'll fight—
O Master adored!

Docile to your Church we'll be,
By your truths led joyously.

We praise and bless you,
Our hope confess you!
In love we sing, Eternal King,
O Master adored!

Unus Est Magister Vester

1. Tu veritátis únicus
sol, Christe, fulgens méntibus;
noctem repéllis hórridam,
viam salútis éxhibes.
2. Te vox Paréntis coélitus
orbis magístrum prótulit;

- qui te sequúntur, saéculi
vitant tenébras improbi.
3. Quae faris, aequas móribus,
tuamque vitam praédicas,
diáque firma grátia
vitále verum córdibus.
4. Arcána solus éxplicas
vitae dolóris, fúneris,
aeternitátis árduum
reclúdis et mystérium.
5. Coeli potítus sédibus
Sancto replétam Spíritu,
largíris orbi Ecclésiam,
falli magístram nésciam.
6. Aetérna, Jesu, Véritas,
qua dúcimur, qua vívimus,
Patri, tibi, Paráclito,
honor, potéstas, glória. Amen.

One Only Is Your Master

1. Sole Sun of Truth you are, O Christ;
You drive away the fears of night,
As on the minds of men you shine,
And lead all to salvations light.

2. The Father's voice proclaimed to man
That Master of the world you are;
They flee the gloom of age corrupt
Who follow Model without par.
3. Your deeds proclaim what you have taught;
A sermon true your life imparts.
Through wonders that your grace has
wrought,
The word of life bears fruit in hearts.
4. For you alone reveal to man
What human reason cannot see:
Myst'ries of sorrow, life and death;
Deep myst'ry of eternity.
5. Ascending to the Father's right,
You gave the world your Church sublime,
Filled with the Paraclete of love:
Her teaching errs not, being divine.
6. Our everlasting Truth, Way, Life—
By you we're led, by you we live.
To Father, you, and Paraclete
May all men praise and glory give. Amen.

Verbum Patris

1. A Patre Verbum Lúmini
aequale Lumen, éditum
cum Patre fons et Lúminis,
Lux una, cunctis émicas.
2. Tu distulisti prímitus
chaos tenébras hórridas,
orbísque mox mirábili
totus cohaésit órdine.
3. Per te lutósis ártubus
dius refúlsit spíritus,
vitae supérnae párticeps,
capax perénnis glóriæ.
4. Plorántium tu cármine
vatum sonábus praéscio,
mundo salútis pérdito
praenuntiánte témpora.
5. Amóre nostri ab aéthere
terras in imas désilis,
nobísque fis tractábile
sub córporis velámene.
6. Aetérna, Jesu, Véritas,
qua dúcimur, qua vívimus,

Patri, tibi, Paráclito,
honor, potestas, gloria. Amen.

Word of the Father

1. O Father's sole-begotten Word,
O Light coequal to the Light,
With Father Source and self-same Light,
Upon us all shed radiance bright.
2. The chaos at the dawn of time
You severed, and the darkness deep,
The universe to recombine
With order wondrous and complete.
3. In body formed from earthly clay
You made the soul in splendor shine,
Partaker in the life divine,
For glory destined beyond time.
4. O Father's Word, you did resound
When prophets told to fallen man
The coming of God's very Son
According to salvation's plan.
5. The prophecies you then fulfilled:
Because you loved mankind so much,
You came upon our lowly earth,
Took form that we could see and touch.

6. Our everlasting Truth, Way, Life—
By you we're led, by you we live.
To Father, you, and Paraclete
May all men praise and glory give. Amen.

Ego Sum Veritas

1. Lux una, Christe, méntibus
cum tu corúscas ánxiiis,
error facéssit improbus,
sérena claret véritas.
2. Obvólvitur calígine
orbis tui expers lúminis;
fac una corda cópulet
fides et alma cáritas.
3. Te lingua quaevis pérsonet,
te ludus, artes, lítterrae,
typísque cusa página
vagúmque te diárium.
4. Tuum canat praecónium,
subvécta quovis, ómnibus,
diffúsilem per aéthera,
vocális unda stírpiibus.
5. Tuo coácta nómine,
triúmphet usque Ecclésia,

gentésque fac ut cóngreget
ad unitátis vínculum.

6. Aetérna, Jesu, Verítas,
qua dúcimur, qua vívimus,
Patri, tibi, Paráclito,
honor, potéstas, glória. Amen.

I Am the Truth

1. O Christ, our one, our only Light,
If you illumine anxious minds,
Then evil error takes to flight:
Eternal truth serenely shines.
2. The world, when of your light deprived,
Remains enwrapped in densest dark;
May faith and charity benign
Unite their flames in every heart.
3. May every tongue sing praise to you,
May schools and arts in every age;
May books and journals bear your truth,
Resplendent on each printed page.
4. May nations sing your glorious praise,
And 'round the globe your truths resound,
Transmitted by new means and ways
Your gifts, which modern man has found.

5. In glorious triumphs far and wide,
O may the Church, in your name one,
In bonds forged by your aid divine
Join all who live beneath the sun.
6. Our everlasting Truth, Way, Life—
By you we're led, by you we live.
To Father, you and Paraclete
May all men praise and glory give. Amen.

Ego Sum Via

1. Tu certa, Christe, sémita
mortálibus palántibus
ad discupítam pátriam,
inter salébras saéculi.
2. Humáno amíctus tégmine,
exémplar extas éfficax,
tuísque nos vestígiis
haerére semper állicis.
3. Squalénti in antro vágiens,
domóque sudans Názarae
languénsve dura in árbore
profáris: A me díscite!
4. Te, bone fida Ecclésia
subit, tuísque filios

aptáre quaerit móribus,
coelóque dignos réddere.

5. Non umbra mortis óbruet
quos Mater ista dírigit;
hic éxsules spe récreat,
coelíque regnis íneret.
6. Aetérna, Jesu, Véritas,
qua dúcimur, qua vívimus,
Patri, tibi, Paráclito
honor, potéstas, glória. Amen.

I Am the Way

1. O Christ, you are the Way secure;
You guide us on life's troubled ways
Amid the errors of each age,
While toward our fatherland we gaze.
2. Our nature taking to yourself,
You came to us in flesh and blood,
And as our model and our mold,
Call us to tread the way you trod.
3. A stable poor at birth you chose,
Long years you labored tirelessly,
The bitter cross you did embrace—
And so you tell us, "Learn of Me."

4. Uniting her sons' lives to yours,
The faithful Church that follows you
Makes us deserving of true joy—
Life everlasting, ever new.
5. Not sad, the death of loyal souls
Whom holy Mother Church will guide;
On earth, she gives the exile hope,
In heaven, joys that e'er abide.
6. Our everlasting Truth, Way, Life—
By you we're led, by you we live.
To Father, you, and Paraclete
May all men praise and glory give. Amen.

Ego Sum Vita

1. Fons, Christe, vitae pérpetis,
quo vita quaevis défluit,
tu septa mortis cónteris,
vitámque rursus íntegras.
2. Vitam datúrus éxilis
coeli e beátis sédibus,
et áffatim mortálibus,
praebes hiánti péctore.
3. Tu mystico nos ínseris,
aqua renátos, córpori,

diáque ditas grátia
e rívulo septémplici.

4. Sic nostra, patris crímine,
natúra, primi sáucia,
sanctis novátur móribus,
coeli merétur praémia.
5. Pax inde gentes próspérat,
concors vigéscit cívitas,
arridet innocéntia
doméstico sub téctulo.
6. Aetérna, Jesu, Véritas,
qua dúcimur, qua vívimus,
Patri, tibi, Paráclito,
honor, potéstas, glória. Amen.

I Am the Life

1. O wellspring of eternal life,
All life is grafted, Lord, in you.
You break asunder bonds of death,
And give your life to us anew.
2. Descending from your splendid throne,
You've brought this gift to us below:
Profusely from your open side,
Divinest riches you bestow.

3. Your Mystic Body we have joined,
Engrafted by baptismal grace.
Life flowing from your seven springs
Lifts up anew our fallen race.
4. Though wounded by our parent's fault,
Our nature is by grace restored;
Virtue is practiced for your love
And reaps the heavenly reward.
5. For only you can give true peace,
Lead lands to live in harmony,
Cause innocence to bloom in homes,
Grant to our works prosperity.
6. Our everlasting Truth, Way, Life—
By you we're led, by you we live.
To Father, you, and Paraclete
May all men praise and glory give. Amen.

Ascend Through the Ages

1. Ascend through the ages the eternal,
divine Word
The Church, the Gospel, hist'ry—all creation
Shed its light on man as he travels on this earth
On man who is marked by an immortal soul.

Refrain: I love you, believe you, my Master
and Lord,
With the simple people, the learned and
the holy
//I give you my mind, my will and
my heart,
Raise to you my song.//

2. From heavenly heights—from the womb
of Mary,
The Light and the Life has descended upon
the world:
In Eucharist, Scriptures, through the words of
our Pope.
Eternal, the school to which our Lord invites
us. *Refrain.*
3. O Master! Remove from me the shade
of death,
Promote thou my progress and cast away
darkness.
Make me a disciple courageous and ardent.
Then, in me develop the perfect, divine man.
Refrain.

O Good Master

Chorus: Come I here before you,
Master good and true:
Jesus, Word Eternal,
Life and Way and Truth.

1. Your altar I draw near,
Coming joyfully:
In you, who are my Life,
Ever young I'll be. *Chorus.*
2. Sinner that I am,
Pardon me, O Lord,
But with your forgiveness,
Upward I'll e'er soar. *Chorus.*
3. Glory to you, Lord;
You died for my love,
Rose for me and went back
To your home above. *Chorus.*
4. Mind and heart await:
Speak to me, O Lord.
My will may you nourish
With your saving word. *Chorus.*

5. In you I believe—
Of all truth the Source,
Live I in the hope to
Praise you evermore. *Chorus.*
6. Turn your gaze on me.
Give your helping hand.
Stay with me and guide me
To heaven's promised land. *Chorus.*

*To Mary,
Queen of the Apostles*

Ave Maris Stella

1. Ave maris stella,
Dei Mater alma,
Atque semper Virgo,
Felix caeli porta.
2. Sumens illud Ave
Gabriélis ore,
Funda nos in pace,
Mutans Evae nomen.
3. Solve vincla reis,
Profer lumen caecis:
Mala nostra pelle,
Bona cuncta posce.
4. Monstra te esse matrem:
Sumat per te preces,
Qui pro nobis natus,
Tulit esse tuus.

5. Virgo singuláris,
Inter omnes mitis,
Nos culpis solútos,
Mites fac et castos.
6. Vitam praesta puram,
Iter para tutum:
Ut, vidéntes Jesum,
Semper collaetémur.
7. Sit laus Deo Patri,
Summo Christo decus,
Spirítui Sancto,
Tribus honor unus. Amen.

Star of Ocean Fairest

1. Star of ocean fairest,
Mother, God who bearest,
Virgin thou immortal,
Heaven's blissful portal.
2. Ave thou receivest;
Gabriel's word believest,
Change to peace and gladness
Eva's name of sadness.
3. Loose the bonds of terror,
Lighten bonded error;

- All our ills repressing,
Pray for every blessing.
4. Mother's care displaying,
Offer him thy praying,
Who, when born our Brother
Chose thee for his Mother.
5. Virgin all excelling,
Gentle past our telling,
Pardoned sinners render
Gentle, chaste, and tender.
6. In pure paths direct us,
On our way protect us,
Till on Jesus gazing,
We shall join thy praising.
7. Father, Son eternal,
Holy Ghost supernal,
With one praise we bless thee,
Three in one confess thee.

Ave, Regina Coelorum

Ave, Regina coelorum,
Ave, Dómina angelórum:
Salve, radix, salve, porta,
Ex qua mundo lux est orta.

Gáude, Virgo gloriósa,
Super omnes speciósa;
Vale, o valde decóra,
Et pro nobis Christum exóra.

Hail, O Queen of Heaven Enthroned

Hail, O Queen of heaven enthroned!
Hail, by angels Mistress owned!
Root of Jesse, Gate of Morn,
Whence the world's true Light was born.

Glorious Virgin, joy to thee,
Loveliest whom in heav'n they see:
Fairest thou where all are fair,
Plead with Christ our sins to spare.

O Sanctissima

1. O sanctíssima, O piíssima,
Dulcis Virgo María,
Mater amáta, intemeráta,
Ora, ora pro nobis.
2. Tu solátium et refúgium,
Virgo Mater María!
Quidquid optámus, per te sperámus,
Ora, ora pro nobis!

O Most Holy One

1. O most holy one, O most pious one
Sweetest Virgin, Maria,
Mother beloved, undefiled Mother,
Pray for us, O pray for us, Maria.
2. You our solace, you our refuge
Virgin Mother, Maria,
All that we long for, our hope is
through you
Pray for us, O pray for us, Maria.

Salve, Mater Misericordiae

1. Salve, Mater misericórdiae,
Mater Dei et Mater véniae,
Mater spei et Mater grátiae,
Mater plena sanctae laetítiae, O María!
2. Salve, decus humáni géneris:
Salve, Virgo dígnior céteris,
quæ vírgines omnes transgréderis,
et áltius sedes in súpervis,
O Maria!

3. Esto, Mater, nostrum solátium:
nostrum esto, tu Virgo, gáudium,
et nos tandem post hoc exsílium,
lætos iunge choris cæléstium,
O Maria!

Holy Mary, O Mother Merciful

1. Holy Mary, O Mother merciful
God's own Mother, O Mother bountiful
Sinless Mother, O Mother beautiful,
Joyous Mother, our gladness plentiful,
holy Mary!
2. Virgin Mother, immaculate thou art,
O sinless maid, most dear to Jesus' heart.
O heaven's Queen, thou hast alone remained
Of all mankind, unsullied and unstained,
holy Mary!
3. Mary, fairest flower that e'er the world has
seen;
Thou heaven's joy, O angels' lovely Queen.
All hearts be thine, O Mother of all grace;
Bring them to God, O blessed of our race,
holy Mary!

Sub Tuum Praesidium

Sub tuum praesídium confúgimus,
Sancta Dei Génitrix:
Nostras deprecatiões
Ne despicias in necessitatibus:
Sed a periculis cunctis libera nos semper,
Virgo gloriósa et benedícta.

We Fly to Your Protection

We fly to your protection,
O holy Mother of God,
despise not our petitions
in our necessities,
but ever deliver us from all dangers,
O glorious and blessed Virgin.

Tota Pulchra Es, María

Tota pulchra es, María,
Et mácula originális
Non est in te.
Tu glória Jerúsalem,
Tu laetítia Israël,
Tu honorificéntia pópuli nostri,
Tu advocáta peccatórum.

O María, O María,
Virgo prudentíssima,
Mater clementíssima,
Ora pro nobis, intercède pro nobis
Ad Dóminum Jesum Christum.

You Are All Beautiful

You are all beautiful, O Mary,
And original stain is not in you.
You are the glory of Jerusalem,
The joy of Israel,
The honor of our people,
The advocate of sinners.
O Mary, O Mary!
Virgin most prudent,
Mother most clement,
Pray for us, intercede for us
before Jesus Christ, our Lord.

Virgo Dei Genitrix

1. Virgo Dei Génitrix,
quem totus non capit orbis,
in tua se cláusit
víscera factus homo.

2. Vera fides Géniti
purgávit crímina mundi,
et tibi virgínicas
invioláta manet.
3. Te, Matrem pietátis,
opem te clámitat orbis:
subvénias fámulis,
O benedícta, tuis.
4. Glória magna Patri,
compar sit glória Nato,
Spirítui Sancto
glória magna Deo. Amen.

Virgin Mother of God

1. Virgin Mother of God,
He whom the whole world cannot contain
hidden in your womb
became man.
2. The genuine faith of the Son
purged the crimes of the world,
and your virginity
remains intact.
3. The world calls you to help it,
Mother of mercy;

succor your servants,
O blessed one.

4. Great glory be to the Father,
equal glory to the Son,
to the Holy Spirit, God,
be great glory. Amen.

Regina Iure Diceris

1. Regína iure díceris
Apostolórum, sídera
bisséna cui niténtia,
María, frontem circinant
2. Apóstoli quae géntibus
divísa donant múnera,
tu sola praebes áffatim,
Redémptor unde prodiit.
3. Tu prima Joseph exhibes,
tu pórrigis pastóribus,
Magísque Jesum, fínibus
quos stella duxit últimis.
4. Tu sistis Ipsum Victimam
templo, piáclis débitam,
ibíque ephébum détegis,
mirántibus doctóribus.

5. Te postulánte, prútulit
primum Canae miráculum,
et signa pandit fúlgida
divinitátis ábditae.
6. Nostri misérta Gólgota,
in cordis ara, Fílium,
mundi piántem crímina,
dolóre máior, ímmolas.
7. Tu blanda fírmas róbores
veri supérni núntios,
magístra primos édoces
Christi fidéles ásseclas.
8. Jesu, tibi sit glória,
qui natus es de Vírgine,
cum Patre et almo Spíritu,
in sempitérna saécula. Amen.

Justly You're Proclaimed Queen

1. O Mary, justly you're proclaimed
Apostles' Mother and their Queen;
A sparkling crown of twelve bright stars
Circles about your brow serene.
2. Because your Son redeemed mankind,
His gifts pass through your lavish hand;

Through Christ's apostles of all times
You give men gifts, as God had planned.

3. You first presented Christ, your Son,
To Joseph on that holy night;
To shepherds poor and magi wise
Beneath the star you showed the Light.
4. Within the temple of the Lord
You offered God his victim Son,
And later found him there, a youth,
His speech astounding everyone.
5. At Cana's feast Christ heard your prayer:
At your request worked his first sign.
Divinity shone forth from him
When he changed water into wine.
6. When Christ died to atone for sins,
Your pity for us was so great
That on the altar of your heart
You, too, the Lord did immolate.
7. You sweetly, firmly fortified
Diffusers of Christ's truth sublime:
As you instructed the young Church,
Teach Christians of each age and clime.

8. All glory, Jesus Lord, to you,
Our Savior, whom the Virgin bore;
All glory, praise and honor, too,
To Sire and Spirit evermore. Amen.

Dal Tuo Bel Trono

Dal tuo bel trono, amabile María,
volgi lo sguardo a chi ti chiama e invoca.
Accogli, O madre, il canto e la preghiera,
che i figli tuoi innalzano dal cuor.
Tu pace e gioia sei di questo cuore.
Tu sei conforto, speranza nel dolor.
Sotto il tuo sguardo, O nostra madre buona,
noi vogliamo vivere e morir!
Maria, Regina degli apostoli, prega per noi!
Maria, maestra e madre nostra, prega per noi!
Deh, fa' che al fin di questo triste esilio,
L'alma nostra possa al ciel salir, lassù . . . con te!

From Thy Great Throne

From thy great throne in heaven, O loving Mary,
Do cast thine eyes on all who seek and call thee.
Accept, O Mother, gifts to thee ascending,
The hymns and prayers that our hearts
thee do sing.

Thou art the joy and peace that in each heart
 reigns,
Thou are the comfort, hope in all our pains.
Beneath thy gaze, O our most loving Mother,
We live our life and so we wish to die.
O Mary, of Apostles, Queen and guide,
 be thou our Light.
Dear Mother, be ever at our side, help us do right.
Grant at the end of our sojourn on this earth,
Our soul with peace may take its flight,
To reign with thee.

D'ogni Apostolo Regina

1. D'ogni apostolo Regína,
 Madre a tutti sei María.
 Su noi pio l'occhio inchina:
 Gesù mostra ai figli in ciel.
- Chorus:* Mille penne, lingue, accenti,
 Maria dicano beata;
 Gesù cantino le genti,
 Via e Vita e Verità!
2. Tu del figlio grande madre,
 Dello Spirito sacra sposa,
 Del celeste nostro Padre
 Tra le figlie eletta sei. *Chorus.*

3. Tutta bella e immacolata,
Madre sei e vergin sempre.
Fosti assunta e incoronata
Ogni grazia a dispensar. *Chorus.*

You Are the Queen of Every Apostle

1. You are the Queen of every apostle,
Mary, and a Mother to all,
On your children look with mercy
In heaven, show Jesus to us.

Chorus: Countless pens and tongues and accents
All proclaim you blessed, O Mary,
//May the nations sing their praises
To Jesus Master, Way, Truth, and Life. //
2. Mother great are you of the divine Son,
Sacred Spouse of the Holy Spirit.
Among the daughters of the eternal Father,
Most beloved of all, you are. *Chorus.*
3. Wholly beautiful and immaculate,
You are Mother and ever virgin,
Assumed you were in heaven and crowned
Queen,
To dispense to all God's grace. *Chorus.*

O Maria, Che il Figlio Divino

1. O Maria, che il Figlio divino
agli apostoli madre ti die',
tu ne illumina l'arduo cammino,
guida gli animi, reggi la fe'.

Chorus: Sotto il tuo sguardo, Maria, vogliamo
per il regno di Cristo lottar;
fa' che all'uomo la pace doniamo,
al Signer diamo gloria ed onor (*bis*).

2. Sul cenacolo orante, O Regina,
invocasti il Paraclito amor;
sui chiamati alla messe divina,
fa' tu scendere doni e favor. *Chorus.*
3. Che nel mondo sia il verbo ascoltato
di Gesù, Vita, Via, e Verità;
e tu madre, l'ausilio implorato
dona prodiga all'umanità. *Chorus.*
4. Nelle menti che errori ed oblio
fanno ansiose di luce e bontà,
tutti i mezzi al servizio di Dio
fiamme accendano di carità. *Chorus.*

O Mary

1. Mary, your Son gave you to the Apostles,
And you are a Mother in all of our needs.
Illumine our path as we journey toward
heaven.
Guide our souls, make us strong in our Faith.

Chorus: Beneath your protection,
O Queen of Apostles,
We will combat for the kingdom
of Christ,
Help us give his divine peace
to mankind,
//Glory, honor may we give to God.//

2. In the Cenacle with the Apostles,
You prayed that the Spirit of Love would
descend
Upon those called to work in God's vineyard.
Grant for us graces and favors from God.

Chorus.

3. May the world hear the word of the Master,
Finding in Jesus the Way, Truth, and Life.
And may you, O Queen, Mother, Teacher,
Give your children the help we implore.

Chorus.

4. May the flame of God's love be enkindled
In minds left anxious by darkness and error.
Grant that the media be placed at the service
Of God who makes minds and hearts all
aglow. *Chorus.*

O Maria, Nostra Speranza

1. O Maria, nostra speranza,
Deh, ci assisti e pensa a noi:
Deh, proteggi i figli tuoi
Col favor di tua possanza.

Chorus: Cara Madre e gran Regina,
Volgi a noi gli occhi pietosi:
Senza te siam timorosi,
Con te pieni di fidanza,
O Maria! O Maria! nostra speranza!

2. Se tu stendi a noi la mano
Fra i perigli della vita,
La nostr'alma rinvigorita
Vestira nuova possanza. *Chorus.*

Nella Tua Casa

1. Nella tua casa, O vergine Maria,
vibra di gioia il labbro, vibra il cuore:
presso il tuo altare, fra la turba pia,
vengo per dirti con filiale ardore.

Chorus: Dammi la mano, celeste Pastora,
per introdurmi nel gregge di Dio;
dammi splendor di grazia sì che ognora
io possa a te disporre il popol mio.

2. Nutrimi, O madre, a quella mensa eterna
dove s'accoglie celestial dottrina;
dona a me pure un'anima materna
per dare altrui soave medicina. *Chorus.*

3. Pasci, deh! l'alma mia nei Sacramenti;
affina i sensi miei nel dolce canto;
offri al mio labbro chiari e vivi accenti.
per addur meco ogni alma al monte santo.

Chorus.

4. Madre, ch'io ami Cristo buon Pastore,
che viva in me la sua bontà paziente;
fa' che il suo gregge guidi con amore
sotto il tuo sguardo, madre mia clemente.

Chorus.

To St. Paul the Apostle

Pressi Malorum

1. Pressi malórum póndere,
Adíte Paulum súplices,
Qui certa largus désuper
Dabis salútis pígnora.
2. Nam tu, beáto cóncitus
Divini amóris ímpetu,
Quos insecútor óderas,
Defensor inde amplécteris.
3. Non te procéllae et vérbera,
Non vincla et ardor hóstium,
Non dira mors detérruit,
Ne sancto adésses coetui.
4. Amóris eia prístini
Ne sis precámur ímmemor,
Et nos supérnae lánguidos
In spem redúcas grátiae.
5. Te destruantur áuspice,
Saeve inferórum machinae

Et nostra templa públicos
Petíta votis ínsonent.

6. Te deprecante, flóreat
Ignára dammi cáritas,
Quam nulla turbent júrgia,
Nec ullus error sauciet.
7. Qua terra cumque díditur
Iungátur uno foédere,
Tuisque semper effluat
Salubre nectar lítteris.
8. Det velle nos quod ímperat,
Det posse summus árbitet,
Ne fluctuántes hórridae
Calígo noctis óbruat.
9. O grata coelo víctima,
Doctórque amórque géntium
O Paule, nos te vindicem
Nos te patrónum póscimus.
10. Tu nos, beáta Trínitas,
Perfúnde sancto róboe,
Possímus ut felíciter
Exémpla Pauli súbsequi. Amen.

Hymn to St. Paul

1. By evil's burden sore oppressed,
O suppliant draw close to Paul.
From heaven lavishly he gives
Salvation's sure pledge when we call.
2. Once persecutor of Christ's flock,
Its staunch defender you became:
When driven by the love divine,
Your former self you overcame.
3. Nor storms nor scourgings frightened you,
Nor hatred from your foes, nor chains;
Approaching death, you dreaded not;
To join the saints was your sole aim.
4. We beg you never to forget
The love that your heart first embraced.
Through all our weakness lead us on
To hope of God's supernal grace.
5. All Satan's snares, deceits and wiles,
Protector, may you thus confound;
And with the prayers of all mankind
May Christian temples soon resound.

6. May love that knows no malice bloom
Through intercession of your plea:
By errors evermore unharmed,
From arguments completely free.
7. To farthest bound'ries of the earth
May one sole bond all men unite,
And may the nectar of your words
Flow through the world with saving might.
8. What God commands in our regard
May he enable us to seek—
So darkness of eternal night
Will never overcome the weak.
9. O victim pleasing to the Lord,
Doctor of gentiles and their love,
Our patron and defender, Paul,
O grant our plea from heav'n above.
10. O Trinity, thrice holy, blest—
With holy zeal inspire us all,
That we may follow joyously
All the examples of St. Paul. Amen.

All'Apostol delle Genti

1. All'Apostol delle genti,
All'eletto Paolo santo,
Qui prostrati e fidenti
Inni e preci or sciogliam.
2. Sia, Paolo, a te onore,
che di zelo il cuore pieno,
il messaggio del Signore
hai portato al mondo inter.
3. Con la stampa e col cinema,
Con la radio e la parola,
Sotto il tuo santo emblema
Siano slave l'alme ancor.
4. Deh! ottienci dal Signore
Fede, zelo e caritade,
Tu ne rendi umil di cuore,
Soci tuoi ne fa' in ciel.

To the Apostle of the Gentiles

1. To the Apostle of the Gentiles,
To the holy Paul elected,
//We your trusting, faithful children kneel
before you
raising prayers and hymns.//

2. Praise and honor to you, Father!
You traversed the wide world over.
//Your great love and zeal conquered sin and
brought salvation
To souls won for God.//
3. We place at the Gospel's service
All means of communication.
//Neath your holy standard, glorious Apostle,
May the world be saved.//
4. Oh, obtain for your disciples
Faith and zeal and love most ardent
//Make us humble of heart so we too may
share with you
joys of paradise.//

Torna, Apostol di Cristo

1. Torna, Apostol di Cristo, a noi torna!
Poich'è l'ora dell'odio e del male!
Carità d'ogni fior disadorna
Va cercando il suo sposo immortale.
Sulla terra ancor passi il tuo amore
Che ridona la luce e la fede:
In sua ardenza ogni giovine cuore
Del tuo verbo si faccia l'erede.

2. Torna, Apostol di Cristo, a noi torna!
Poich'è l'ora dell'odio e del male!
Ogni sole che nuovo raggiorna
Dice quanto il gran nome tuo vale.
Prigioniero di Cristo sapiente,
Nostra speme a te guarda in quest'ora:
E un'accolta di figli fidente
Che prostrata ti prega e t'implora.
3. Torna, Apostol di Cristo, a noi torna,
Poich'è l'ora dell'odio e del male!
Torna e spandi l'amore nell'adorna
Terra dolce dei fiori e dell'ale.
Servi a Cristo, alla Croce siam tutti,
Da bel mare all'eccelsa alpe nostra
E se l'odio altri cuori ha distrutti,
Paolo santo a rifarli ne mostra.

Return, Apostle of Christ

1. Oh, return to us, Paul, Christ's Apostle!
In this the hour of hatred and darkness.
Stripped of all love, the whole world is seeking
Christ the merciful Lord, our divine King.
Through the nations may your word reecho
Once again giving light, faith and love.

May the young be inflamed with great ardor
And be made heirs of your word and your
wisdom.

2. Oh, return to us, Paul, Christ's Apostle!
In this the hour of hatred and darkness.
Each new day that dawns speaks so clearly
Of the worth of your name, dearest Father.
You have borne chains for love of the Master,
Hope-filled hearts look to you in their need.
See your children in trust here before you
All of us are gathered to pray and implore you.

3. Oh, return to us, Paul, Christ's Apostle!
In this the hour of hatred and darkness.
Come and pour out the splendor of
Christ's love
In a world that is striving for true peace.
We are servants of Christ and his cross—
We, God's people, all over the earth.
And if hearts have been poisoned by hatred,
O holy Paul, transform them in your likeness.

Tu che il Cielo Prescelse

1. Tu che il cielo prescelse alle genti,
Sant'Apostol da Cristo formato,
Ogni errante in sentiero fuorviato
Deh! tu salva e lo porta al Signor.

Chorus: Odi, Paolo, dei figli la prece
Che fervente s'innalza dal cuore,
Fa' che forti di zelo e d'ardore,
Possiam l'orme tue sante seguir.

2. La tua vita di Cristo al volere
Avvincesti in un solo pensiero,
Poiché al verbo divino del vero
Offeristi la mente ed il cuor. *Chorus.*

3. Il tuo zelo non seppe confini:
Tutto il mondo d'amore infiammasti
Con la stampa ricantinsi i fasti
Della croce, del regno d'amor. *Chorus.*

4. Pel tuo Dio tu desti la vita,
Di giustizia ne avesti corona.
Su nel cielo, deh, tutti ci sprona
Dell'apostolo il premio a goder. *Chorus.*

Chosen of the Nations

1. You whom heaven did choose for the nations,
O Apostle, taught by Jesus Master.
Errant minds who have strayed from the right
path
Do save and bring back to the Lord.

Chorus: Heed, O Father, the prayers of your
children
That fervently rise from our hearts.
Strengthen us with true zeal and ardor
Faithful to the example you gave.

2. With Christ's will your entire life was
blended—
You gave all your mind to the Lord's word.
And to this word of Truth you consecrated
Your thoughts, your ways, and your heart.

Chorus.

3. For the Gospel your zeal knew no limits;
All the world you inflamed with God's love.
May we herald anew through the media
Christ's kingdom and love for his cross. *Chorus.*
4. You surrendered your life to the Master
And he gave you the crown of justice.

Now from heaven spur us always forward
To attain the apostles' reward. *Chorus.*

Scio Cui Credidi

Musical arrangement by P. Sterpone, SSP

Scio cui credidi,
Scio cui credidi et certus sum quia potens est
depositum meum servare in illum diem
depositum meum servare.

Domine probasti me et cognovisti me,
Tu cognovisti sessionem meam
et resurrectionem meam.

Gloria Patri, et Filio, et Spiritui Sancto,
sicut erat in principio et nunc et semper
et in saecula saeculorum. Amen.

I Know Him Whom I've Believed

Musical arrangement by P. Sterpone, SSP

Refrain: I know him whom I've believed.
I know him whom I've believed.
And confident—I am confident
That he is able to guard what has been entrusted
to me
Until that day, entrusted to me 'til that day.

O God, you have probed me, and you know me.
You know when I sit and when I stand.
Glory be to the Father, to the Son and to the
 Holy Spirit,
As it was in the beginning, is now and ever
 shall be
world without end. Amen. *Refrain.*

Innalzano Un Canto

1. Innalzano un canto i supplici cuor,
 Apostolo santo eletto al Signor.
 Sull'orme tue grandi richiamaci ancor,
 Del fuoco tuo espandi ai figli l'ardor.
2. Tu nunzio alle genti del Verbo divin,
 Dischiudi alle menti sicuro il cammin.
 Inchini ogni cuore di Cristo al Vangel,
 Trionfi il suo amore, O araldo del ciel.
3. Nel mondo che geme fra insidie ed error
 Ritorni la speme la fede e l'amor.
 San Paolo, addita all'umanitá
 Gesù ch'è la Vita, la Via, e Verità.

Cantiamo ai santi Apostoli

1. Cantiamo ai santi Apostoli
che furon forma al gregge dei credenti:
cantiamo a Pietro, il principe,
plaudiamo a Paolo, dottor delle genti. *Chorus.*

Chorus: Gloria, lode, o Maestri della fede;
basi del tempio, d'uomini pastori:
dateci Cristo e in Lui tutti i valori
che fanno grande in eterno chi crede.

2. A Pietro, che nei secoli
pasce ed informa l'anime di Dio,
prestiamo orecchio vigile
pronti a seguirlo con animo pio. *Chorus.*
3. A Paolo, che nei vertici
della sapienza eterna l'uomo invita,
chiediamo devotissimi
d'avere in Cristo, al par di Lui, la vita. *Chorus.*
4. Tendiamo innanzi gli animi,
saldi ancorati al seno della Chiesa.
Cristo n'è scorta amabile
e Pietro e Paolo son nostra difesa. *Chorus.*

To St. Joseph

Te Joseph celebrent

Te, Joseph, célebrent ágmina cælitum,
te cuncti résonent christíadum chori,
qui, clarus méritis, junctus es ínclitæ
casto foedere Vírgini.

Almo cum túmidam gérmine cóniugem
admírans, dúbio tángeris ánxius,
afflátu súperi Fláminis ángelus
concéptum púerum docet.

Tu natum Dóminum stringis, ad éxteras
Ægypti prófugum tu séqueris plagas;
amíssum Sólymis, quæris et ínvenis,
miscens gáudia flétibus.

Electos réliquos mors pia consecrat
palmámque eméritos glória súscipit:
tu vivens, súperis par, frúeris Deo,
mira sorte beátior.

Nobis, summa Trias, parce precántibus,
da Joseph méritis sídera scándere:
ut tandem líceat nos tibi pérpetim
gratum prómere cánticum. Amen.

Hymn to St. Joseph

O Joseph, to you sing angel choirs joyously;
In merits you abound, Christians give you great
praise.

United to your spouse, Virgin Immaculate:
By that bond holy and most chaste.
You felt amazement and deepest anxiety,
Seeing your spouse with child, till the doubt
was relieved.

An angel reassured, told you to have no fear:
“By the Spirit he is conceived.”

The newborn King of kings you embraced with
great joy;

To Egypt followed him, for his sake an exile.
You lost and sought and found him in Jerusalem:
Joys and tears mingled all the while.

Others attain to bliss only after their death;
Glory awaits those who palms of martyrs have
won.

More blest by far than they, you, living here below,
Enjoyed the presence of God’s Son.

Pardon us suppliants, Most Holy Trinity.

May Joseph’s merits lead us to beatitude;

Thus, and forevermore, we shall sing joyously
Hymns of eternal gratitude.

Liturgical Seasons

ADVENT

Rorate coeli

Chorus: Rorate, coeli, desuper,
Et nubes pluant Justum.

1. Ne irascáris, Dómine,
Ne ultra memíneris iniquitátis:
Ecce cívitas Sancti facta est desérta:
Sion desérta facta est:
Jerúsalem desoláta est:
Domus sanctificationis tuae et glóriæ tuae.
Ubi laudaverunt te patres nostri. *Chorus.*
2. Peccávimus, et facti sumus
tamquam immúndus, nos.
Et cecídimus quasi fólium univérsti;
Et iniquitátes nostræ quasi ventus
abstulérunt nos:
Abscondísti fáciem tuam a nobis,

Et allisísti nos in manu iniquitátis nostrae.

Chorus.

3. Vide, Dómine, afflictiónem pópuli tui,
Et mitte quem missúrus es:
Emítte Agnum dominatórem terrae,
De petra desértil ad montem filiae Sion.
Ut áuferat ipse jugum captivitátis nostrae.

Chorus.

4. Consolámini, consolámini, pópule meus:
Cito véniet salus tua.
Quare moeróre consúmeris,
quia innovávit te, dolor?
Salvabo te, noli timére,
Ego enim sum Dóminus Deus tuus,
Sanctus Israel, redémptor tuus. *Chorus.*

Drop Down Dew

Chorus: Drop down dew, from above you
 heavens,
 Let clouds rain down the Just One.

1. Be not angry, O Lord,
And remember no longer our sinfulness.
Behold, the city of your Holy One is desert:

Sion is made a desert:
Jerusalem is desolate;
The house of your sanctification and of
your glory,
Where our fathers used to praise you. *Chorus.*

2. We have sinned
And have become as a leper:
And we have all fallen as a leaf;
And our sins have carried us away like
the wind.
You have hidden your face from us,
And you have crushed us
In the hand of our sinfulness. *Chorus.*
3. See, O Lord, the affliction of your people,
And send him whom you will send;
Send forth the Lamb, the Ruler of the earth,
From the rock in the desert to the mount
Of the daughter of Sion,
That he may take from us the yoke of
captivity. *Chorus.*
4. Be comforted, be comforted. My people;
Quickly shall come your salvation.
Why are you consumed with grief
Because sorrow has invaded you?

I will save you: fear nothing;
For I am the Lord your God,
The Holy One of Israel, your Redeemer.
Chorus.

CHRISTMAS

Adeste, Fideles

1. Adéste, fidéles, laeti, triumphántes:
Veníte, veníte in Bethleem,
Natum vidéte Regem angelórum.
Venite, adorémus Dóminum.
2. En, grege relícto, húmiles ad cunas
Vocáti pastóres appróperant.
Et nos, ovánti gradu festinémus.
Venite, adorémus Dóminum.
3. Aetérni Paréntis splendórem aeternum
Velátum sub carne vidébimus.
Deum infántem pannis involútum.
Venite, adorémus Dóminum.
4. Pro nobis egénium et foeno cubántem
Piis foveámus ampléxibus:
Sic nos amántem quis non redamáret?
Venite, adorémus Dóminum.

LENT

Atténde, Domine

Refrain: Atténde, Dómine, et miserére
Quia peccávimus tibi.

1. Ad te, Rex summe, ómnium Redémptor,
Oculos nostros sublevámus flentes:
Exáudi, Christe, supplicántum preces. *Refrain.*
2. Dexterá Patris, lapis anguláris,
Via salútis, jánuá coeléstis,
Ablue nostri máculas delícti. *Refrain.*
3. Rogámus, Deus, tuam majestátem:
Auribus sacris gémitus exáudi:
Crímína nostra plácídis indúlge. *Refrain.*
4. Tibi fatémur crímína admíssa:
Contríto corde pándimus occúlta:
Tua, Redémptor, píetas ignóscat. *Refrain.*
5. Innocens captus, nec repugnans ductus,
Téstibus falsis pro ímpii damnátus:
Quos redemísti, tu consérva, Christe. *Refrain.*

O Lord, Incline Your Ear

Refrain: O Lord, incline your ear
and show your mercy,
for we have sinned against you.

1. O King most mighty, all mankind's Redeemer,
See our eyes lifted unto you in weeping:
O Christ, attend us, heed our supplication.

Refrain.

2. Right hand of Godhead, keystone of the
corner,
Way of salvation, entrance gate of heaven,
Cleanse us, O Father, free from stains of
sinning. *Refrain.*

3. O God, majestic, humbly we implore you:
Graciously hearken to our tearful pleading.
Deign, Lord, to pardon all of our
transgressions. *Refrain.*

4. All our transgressions freely now confessing,
Our hearts we open, e'en the hidden places:
Loving Redeemer, grant to us your pardon.

Refrain.

5. Seized though not guilty, led without resisting,
Falsely convicted for the sake of sinners,

Keep your redeemed ones under your protection. *Refrain.*

Vexilla Regis Prodeunt

1. Vexilla Régis pródeunt:
Fúlget Crucis mystérium,
Qua víta mórtem pértulit,
Et mórte vitam prótulit.
2. Quae vulneráta lánceae
Mucróné díro, críminum
Ut nos laváret sórdibus,
Manávit únda et ságuine.
3. Impléta sunt quae cóncinit
Dávid fidéli cármine,
Dicéndo natió nibus;
Regnávit a ligno Déus.
4. Arbor decóra et fúlgida,
Ornáta Régis púrpura,
Elécta dígno stípíte
Tam sancta mémbra tángere.
5. Beáta, cújus bráchiis
Praétium pepéndit saéculi:
Statéra fácta corporis,
Tulítque praédam tártari.

- 6 . O Crux áve, spes única,
Hoc Passiónís témpore
Píis adáuge grátiam,
Reísque déle crímina.
7. Te, fons salútis Trínitas,
Colláudet ómnis spíritus:
Quíbus Crúcis victóriam
Largíris, ádde praemium. Amen.

Forth Comes the Standard of the King

1. Forth comes the Standard of the King:
All hail, thou Mystery ador'd!
Hail, O Cross! on which the life himself
Died, and by death our life restor'd!
2. On which our Savior's holy side
Rent open with a cruel spear
Of blood and water poured a stream,
To wash us from defilement clear.
3. O sacred wood! in thee fulfill'd
Was holy David's prophecy!
Which told the world, the Lord would reign
O'er all the nations from a tree.
4. Most royally empurpled o'er,
How beauteously thy stem doth shine!

How glorious was its lot to touch
Those limbs so holy and divine!

5. Thrice blest, upon whose arms outstretched
The Savior of the world reclined;
Balance sublime! Upon whose beam
Was weighed the ransom of mankind.
6. Hail, Cross! thou only hope of man,
Hail, on this holy passion day!
To saints increase the grace they have;
From sinners purge their guilt away.
7. Salvation's spring, blest Trinity,
Be praise to thee through earth and skies:
Thou through the Cross the victory
Dost give; oh, also give the prize!

HOLY THURSDAY

Ubi Caritas

Ubi caritas et amor, Deus ibi est.
Congregavit nos in unum Christi amor.
Exultemus et in ipso iucundemur.
Timeamus et amemus Deum vivum.
Et ex corde diligamus nos sincero.

Ubi caritas et amor, Deus ibi est.
Simul ergo cum in unum congregamur:
ne nos mente dividamur, caveamus.
Cessent jurgia maligna, cessent lites.
Et in medio nostri sit Christus Deus.

Ubi caritas et amor, Deus ibi est.
Simul quoque cum beatis videamus,
glorianter, vultum tuum, Christe Deus:
gaudium, quod est immensum, atque probum,
saecula per infinita saeculorum. Amen.

Where Abideth Charity and Love

Where abideth charity and love, God is ever there.
All together one in love of Christ, our blessed
Lord.

Let us sing in exultation of one accord.
Live we in holy fear and gentle love our life
in God.

And give we to one another our hearts truly.

Where abideth charity and love, God is ever there.
And whenever we are come together in mind
and heart

There is no fear of quarreling among us to
drive apart.

Cease all angry thoughts and bitter words,
all evils end.
And Christ our brother comes to live among us,
our guest and friend.
Where abideth charity and love, God is ever there.
And when we shall see the saints in heaven, our
brothers, too,
There will Christ in glory shine among us, our
life anew.
O joy that knows no bound or fear of ending,
at love so true,
Through all the ages of eternity, world without
end. Amen.

O Carità di Cristo

Refrain: O carità di Cristo, infiamma il cuore
che si consumi in opere d'amore.

1. Se d'ogni lingua al mondo dessi prova, alleluia!
e scienza avessi dei misteri tutti, alleluia!
ma carità non ho: niente mi giova. *Refrain.*
2. Se tutti i beni offrissi all'indigente, alleluia!
e dessi il corpo ad essere bruciato, alleluia!
ma carità non ho, mi giova niente. *Refrain.*

3. La carità è benigna e tollerante, alleluia!
non è invidiosa, né s'insuperbisce, alleluia!
è servizievole, mite e costante. *Refrain.*
4. La carità non perde mai la pace, alleluia!
né cerca mai l'interesse proprio, alleluia!
solo del vero e giusto si compiace. *Refrain.*
5. La carità tutto ricopre e crede, alleluia!
tutto sopporta, tutto il bene spera, alleluia!
più che speranza vive, oltre la fede. *Refrain.*

O Charity of Christ

Refrain: O charity of Christ, my heart enkindle
That I may be consumed in loving labors.

1. If I should speak with tongues of men and
angels—Alleluia
And know all mysteries and have great
knowledge—Alleluia
Yet charity have not, it profits nothing. *Refrain.*
2. If I distribute all my goods to feed the poor—
Alleluia
And give my body over to be burned—
Alleluia
Yet charity have not, it profits nothing. *Refrain.*

3. Charity is kind and calmly patient—Alleluia
It does not envy, nor is it pretentious—Alleluia
It's meek, obliging and completely constant.
Refrain.
4. Charity keeps peace and never breaks it—
Alleluia
It is not ambitious nor self-seeking—Alleluia
The true and good and just all these delight it.
Refrain.
5. Charity veils all and all believes in—Alleluia
Bears with all things and hopes all things in
patience—Alleluia
It lives on after faith and hope forever. *Refrain.*

EASTER

O Filii et Filiae

Allelúja, allelúja, allelúja!

1. O filii et filiae,
Rex coeléstis, rex glóriæ
Morte surréxit hódie, alleléja!
2. Et mane prima sábbati,
Ad óstium monuménti,
Accessérunt discípuli, alleléja!

3. Et Maria Magdaléne,
Et Jacóbi et Salóme,
Venérunt corpus úngere, allelúja.
4. Discípulis adstantibus
In médio stetit Christus,
Dicens: Pax vobis ómnibus, allelúja.
5. In hoc festo sanctíssimo
Sit laus et jubilátio
Benedicámus Dómino, allelúja.

O Sons and Daughters

Alleluia, Alleluia, Alleluia.

1. O sons and daughters let us sing!
The King of heav'n, our glorious King,
From death today rose triumphing. Alleluia!
2. That Easter morn, at break of day,
The faithful women went their way
To seek the tomb where Jesus lay. Alleluia!
3. An angel clothed in white they see,
Who sat and spoke unto the three,
"Your Lord has gone to Galilee." Alleluia!
4. That night the apostles met in fear;
And Christ did in their midst appear,

And said, "My peace be with you here."
Alleluia!

5. On this most holy day of days,
To God your hearts and voices raise,
In laud, and jubilee, and praise. Alleluia!

Victimae Paschali Laudes

Víctimae pascháli laudes
Immolent cristiáni.
Agnus redémit oves:
Christus innocens Patri
Reconciliávit peccatóres.
Mors et vita duéllo
Confixére mirando:
Dux vitae mórtuus, regnat vivus.

Dic nobis, María,
Quid vidisti in via?
Sepúlcrum Christi vivéntis:
Et glóriam vidi resurgéntis:
Angélicos testes,
Sudárium et vestes.
Surréxit Christus, spes mea:
Praecedet suos in Galilaéam.
Scimus Christum surrexísse

A mórtuis vere:
Tu nobis, victor Rex, miserére.
Amen. Allelúja.

Christians to the Paschal Victim

Christians, to the Paschal Victim
Offer your thankful praises!
A Lamb the sheep redeems:
Christ, who only is sinless,
reconciles sinners to the Father.
Death and life have contended
in that combat stupendous:
The Prince of life, who died, reigns immortal.
Speak, Mary, declaring
What you saw, wayfaring.
“The tomb of Christ, who is living,
The glory of Jesus’ resurrection;
Bright angels attesting,
The shroud and napkin resting.
Yes, Christ my hope is arisen:
To Galilee he goes before you.”
Christ indeed from death is risen,
our new life obtaining.
Have mercy, victor King, ever reigning!
Amen. Alleluia!

PENTECOST

Veni, Creátor Spíritus

1. Veni, Creátor Spíritus,
Mentes tuórum vísita:
Imple supérna gratia
Quae tu creásti péctora.
2. Qui díceris Paráclitus,
Altíssimi donum Dei,
Fons vivus, ignis, caritas,
Et spiritalís únctio.
3. Tu septifórmis múnere,
Dígitus patérnae délixtrae,
Tu rite promíssum Patris,
Sermóne ditans gúttura.
4. Accénde lumen sénsibus,
Infúnde amórem córdibus,
Infirma nostri córporis
Virtúte firmans pérpeti.
5. Hostem repéllas lóngius,
Pacémque dones prótinus:
Ductóre sic te praévio,
Vitémus omne nóxium.

6. Per te sciámus da Patrem,
Noscámus atque Filium,
Teque utriúsque Spiritum
Credámus omni témpore.
7. Deo Patri sit glória
Et Fílio qui a mórtuis
Surréxit, ac Paráclito,
In saeculórum saécula. Amen!

Come, Holy Spirit

1. Come, Holy Spirit, Creator, come,
From your bright heavenly throne;
Come, take possession of our souls,
And make them all your own.
2. You who are called the Paraclete,
Best gift of God above;
The living spring, the living fire,
Sweet unction and true love.
3. You who are sevenfold in your grace,
Finger of God's right hand,
His promise, teaching little ones
To speak and understand.

4. Oh! guide our minds with your blest light,
With love our hearts inflame
And with your strength, which ne'er decays,
Confirm our mortal frame.
5. Far from us drive our hellish foe,
True peace unto us bring;
And through all perils lead us safe
Beneath your sacred wing.
6. Through you may we the Father know,
Through you, the eternal Son,
And you, the Spirit of them both—
Thrice-blessed three in one.
7. All glory to the Father be,
And to his risen Son,
The like to you, great Paraclete,
While endless ages run. Amen.

Veni, Sancte Spiritus

1. Veni, Sancte Spíritus,
Et emítte coélitus
Lucis tuae rádium.
2. Veni, pater páuperum,
Veni, dator múnerum,
Veni, lumen córdium.
3. Consolator óptime,
Dulcis hospes ánimae,
Dulce refrigeríum.
4. In labóre réquies,
In aestu tempéries,
In fletu solátium.
5. O lux beatíssima,
Reple cordis íntima
Tuórum fidélium.
6. Sine tuo númine,
Nihil est in hómine,
Nihil est innóxium.
7. Lava quod est sórdidum,
Riga quod est áridum,
Sana quod est saúcium.

8. Flecte quod est rígidum,
Fove quod est frígidum,
Rege quod est dévium.
9. Da tuis fidélibus
In te confidéntibus
Sacrum septenárium.
10. Da virtútis méritum,
Da salútis exitum,
Da perénne gáudium. Amen!

℣. Emítte Spíritum tuum, et creabúnter.

℞. Et renovábis faciem terrae.

Oremus.

Deus, qui corda fidélium Sancti Spíritus illustratióne docuisti da nobis in eódem Spíritu recta sápere; et de eius semper consolatióne gaudere. Per Christum Dominum nostrum. Amen.

Holy Spirit, Lord of Light

1. Holy Spirit, Lord of light!
From thy clear celestial height,
Thy pure, beaming radiance give;
2. Come, thou Father of the poor!
Come, with treasures which endure!
Come, thou light of all that live!
3. Thou of all consolers best,
Visiting the troubled breast,
Dost refreshing peace bestow;
4. Thou in toil art comfort sweet;
Pleasant coolness in the heat;
Solace in the midst of woe.
5. Light immortal! Light divine!
Visit thou these hearts of thine,
And our inmost being fill.
6. If thou take thy grace away,
Nothing pure in man will stay;
All his good is turned to ill.
7. Heal our wounds—our strength renew;
On our dryness pour thy dew;
Wash the stains of guilt away.

8. Bend the stubborn heart and will;
Melt the frozen, warm the chill;
Guide the steps that go astray.
 9. Thou, on those who evermore
Thee confess and thee adore,
In thy sevenfold gifts descend.
 10. Give them comfort when they die;
Give them life with thee on high;
Give them joys which never end. Amen!
- ℣. Send forth your spirit and they shall
be created.
- ℟. And you shall renew the face of the earth.

Let us pray.

God, you have instructed the hearts of the faithful by the light of the Holy Spirit. Grant that through the same Holy Spirit we may be truly wise and always rejoice in his consolation. Through Christ our Lord. Amen.

Te Deum

1. Te Deum laudámus: te Dóminum confitémur.
2. Te aetérnum Patrem omnis terra venerátur.
3. Tibi omnes Angeli; tibi coeli et univérsae
Potestátes:
4. Tibi Chérubim et Séraphim incessábili voce
proclámant:
5. Sanctus, sanctus, sanctus, Dóminus Deus
Sábaoth.
6. Pleni sunt coeli et terra majestátis glóriæ tuæ.
7. Te gloriósus Apostolórum chorus.
8. Te Prophetárum laudábilis númerus.
9. Te Mártyrum candidátus laudat exércitus.
10. Te per orbem terrárum sancta confitetur
Ecclésia:
11. Patrem imménsæ majestátis:
12. Venerándum tuum verum, et únicum Fílium.
13. Sanctum quoque Paráclitum Spíritum.
14. Tu Rex glóriæ, Christe.
15. Tu Patris sempitérnus es Fílius.
16. Tu ad liberándum susceptúrus hóminem,
non horruísti Vírginis úterum.
17. Tu devícto mortis acúleo, aperuísti
credéntibus regna coelórum.

18. Tu ad dexteram Dei sedes, in glória Patris.
 19. Judex créderis esse ventúrus.
 20. Te ergo quaésumus, tuis fámulis súbveni:
quos pretíoso sanguine redemísti.
 21. Aetérna fac cum sanctis tuis in glória
numerári.
 22. Salvum fac pópulum tuum, Dómine,
et bédedic hereditáti tuae.
 23. Et rege eos, et extólle illos usque in aetérnum.
 24. Per síngulos dies benedícimus te.
 25. Et laudámus nomen tuum in saéculum, et in
saéculum saeculi.
 26. Dignáre, Dómine, die isto sine peccáto nos
custodíre.
 27. Miserére nostri, Dómine, miserére nostri.
 28. Fiat misericórdia tua, Dómine, super nos,
quemádmódum sperávimus in te.
 29. In te, Dómine, sperávi: non confundar in
aeternum.
- ℣. Benedicámus Patrem, et Fílium, cum Sancto
Spíritu:
- ℞. Laudémus, et superexaltémus eum in saécula.
- ℣. Benedíctus es, Dómine, in firmaménto coeli:
- ℞. Et laudabilis, et gloriósus, et superexaltatus in
saécula.

℣. Domine, exáudi oratiónem meam:

℟. Et clamor meus ad te véniat.

℣. Dóminus vobíscum

℟. Et cum spírítu tuo.

Orémus.

Deus, cuius misericórdiae non est númerus, et bonitátis infínítus est thesáurus, piíssimae majestáti tuae pro collátis donis grátias ágimus, tuam semper cleméntiam exorantes: ut, qui peténtibus postuláta concédís, eosdem non déserens, ad praémia futúra dispónas. Per Christum Dóminum nostrum. Amen.

We Praise You, God

1. We praise you, God; we acknowledge you to be the Lord.
2. All the earth worships you, the everlasting Father.
3. To you all the angels, the heavens, and all the Powers,
4. The Cherubim and Seraphim cry out without ceasing:
5. Holy, holy, holy Lord God of hosts!

6. The majesty of your glory fills the heavens
and the earth.
7. The glorious company of apostles,
8. The worthy fellowship of the prophets,
9. The white-robed army of martyrs praise you.
10. Through the world the holy Church testifies
to you:
11. The Father, whose glory is beyond our
comprehension.
12. Your adorable, true and only Son,
13. And the Holy Spirit, the Paraclete.
14. You, Christ, are the king of glory.
15. You are the eternal Son of the Father.
16. You did not disdain a virgin's womb to
redeem man.
17. You overcame death and opened the
kingdom of heaven for the faithful.
18. Now you are seated at the right hand of God
in the glory of the Father.
19. We believe that you will come again as judge.
20. Help your servants, whom you have redeemed
with your precious blood.
21. Number them among your saints in
everlasting glory.

22. Save your people, Lord, and bless your inheritance.
 23. And govern them and keep them safe forever.
 24. Through each day we bless you.
 25. And praise your name forever; indeed, forever and ever.
 26. Lord, keep us without sin this day.
 27. Have mercy on us, Lord; have mercy on us.
 28. Lord, let your mercy be upon us as we have trusted in you.
 29. In your mercy, Lord, I have trusted; let me not be put to shame forever.
- ℣. Let us bless the Father, the Son, and the Holy Spirit.
- ℟. Let us praise and exalt him forever.
- ℣. Blessed are you, Lord, in the firmament of heaven.
- ℟. Worthy to be praised, glorified, and exalted above all forever.
- ℣. Lord, hear my prayer.
- ℟. And let my plea be heard.
- ℣. The Lord be with you.
- ℟. And also with you.

Let us pray.

God, your mercy is limitless, and the treasury of your goodness is boundless. We give thanks to your gracious majesty for the gifts we have received. We look to you for an answer to our every petition; to continue your kindness, and forsake us not, and prepare us for the reward to come. Amen.

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