

Common Prayers

The 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.

Grace Before Meals

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

Grace After Meals

We give Thee thanks, O Almighty God, for all Thy benefits, Who lives and reigns, world without end.
Amen.
May the souls of the faithful departed, through the mercy of God, rest in peace.
Amen.

The Acts

The Act of Hope

O my God, relying on Thy gracious promises, hope, by the merits of Jesus Christ, for the pardon of my sins, grace to serve Thee faithfully in this life by doing the good works which thou have commanded, and eternal happiness in the world to come, through Jesus Christ our Lord.

The Act of Faith

O my God, I firmly believe all that Thou have revealed, and which the holy Catholic Church proposes to me to be believed, because Thou art truth itself, which can neither deceive nor be deceived. In this faith I desire to live and die.

The Act of Love

O my God, I love thee with my whole heart, and above all things, because Thou art infinitely good in thyself and infinitely worthy to be loved; and for the love of Thee I love my neighbor as myself.

The Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

Nicene Creed

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

We believe in one Lord, Jesus Christ, the only son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in Being with the Father. Through him all things were made. For us men and our salvation he came down from heaven: by the power of the Holy Spirit he was born of the Virgin Mary, and became a man. For our sake he was crucified under Pontius Pilate; he suffered, died, and was buried. On the third day he rose again in fulfillment of the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

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

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

Books of the Bible

Old Testament:

Genesis	2 Chronicles	Wisdom
Exodus	Ezra	Sirach
Leviticus	Nehemiah	Isaiah
Numbers	Tobit	Jeremiah
Deuteronomy	Judith	Lamentations
Joshua	Esther	Baruch
Judges	1 Maccabees	Ezekiel
Ruth	2 Maccabees	Daniel
1 Samuel	Job	Hosea
2 Samuel	Psalms	Joel
1 Kings	Proverbs	Amos
2 Kings	Ecclesiastes	Obadiah
1 Chronicles	Song of Songs	Jonah

New Testament:

Matthew	1 Timothy
Mark	2 Timothy
Luke	Titus
John	Philemon
Acts	Hebrews
Romans	James
1 Corinthians	1 Peter
2 Corinthians	2 Peter
Galatians	1 John
Ephesians	2 John
Philippians	3 John
Colossians	Jude
1 Thessalonians	Revelation
2 Thessalonians	

CATHOLIC CALENDAR 2011-2012

PEACE JOY HOPE LOVE

AUGUST 2011

- 6 - The Transfiguration of the Lord – Feast
- 10 - Saint Lawrence, deacon and martyr – Feast
- 15 - The Assumption of the Blessed Virgin Mary into Heaven – Solemnity**
- 24 - Saint Bartholomew, apostle – Feast

SEPTEMBER 2011

- 8 - Birth of the Blessed Virgin Mary – Feast
- 14 - Triumph of the Holy Cross – Feast
- 21 - Saint Matthew, apostle and evangelist – Feast
- 29 - Michael, Gabriel, and Raphael, archangels – Feast



OCTOBER 2011

- 18 - Saint Luke, evangelist – Feast
- 28 - Saints Simon and Jude, apostles – Feast

NOVEMBER 2011

- 1 - All Saints Day – Solemnity**
- 2 - All Souls Day – Solemnity**
- 9 - Dedication of the Basilica of St. John Lateran in Rome – Feast
- 20 - Christ the King – Solemnity**
- 27 - Advent Sunday (Start of Advent)
- 30 - Saint Andrew, apostle – Feast

DECEMBER 2011

- 8 - The Immaculate Conception of the Blessed Virgin Mary – Solemnity**
- 25 - Christmas Day – Solemnity**
- 26 - Saint Stephen, first martyr – Feast
- 27 - Saint John, apostle and evangelist – Feast
- 28 - The Holy Innocents, martyrs – Feast
- 30 - The Holy Family – Feast



JANUARY 2012

- 1 - Mary, Mother of God – Solemnity**
- 8 - Epiphany of the Lord – Solemnity**
- 9 - Baptism of the Lord (Start of Ordinary Time) – Feast
- 25 - Conversion of Saint Paul, apostle – Feast

Holy Days of Obligation

FEBRUARY 2012

- 2 - Presentation of the Lord – Feast
- 22 - Ash Wednesday (Start of Lent) – Day of Fast and Abstinence
- 24 - Friday after Ash Wednesday – Day of Abstinence
- 26 - First Sunday of Lent

MARCH 2012

- 2 - Friday of the First Week of Lent – Day of Abstinence
- 9 - Friday of the Second Week of Lent – Day of Abstinence
- 16 - Friday of the Third Week of Lent – Day of Abstinence
- 19 - Joseph, Husband of Mary – Solemnity**
- 23 - Friday of the Fourth Week of Lent – Day of Abstinence
- 26 - Annunciation of the Lord – Solemnity**
- 30 - Friday of the Fifth Week of Lent – Day of Abstinence

APRIL 2012

- 1 - Passion (Palm) Sunday
- 5 - Holy Thursday
- 6 - Good Friday – Day of Fast and Abstinence
- 7 - Holy Saturday
- 8 - Easter Sunday (Start of Easter)
- 25 - Saint Mark, evangelist – Feast



MAY 2012

- 3 - Saints Philip and James, apostles – Feast
- 14 - Saint Matthias, apostle – Feast
- 17 - Ascension of the Lord – Solemnity** (AK, CA, HI, ID, MT, OR, UT, WA)
- 20 - Ascension of the Lord – Solemnity**
- 27 - Pentecost (Resume Ordinary Time)
- 31 - Visitation of the Virgin Mary to Elizabeth – Feast



JUNE 2012

- 3 - The Holy Trinity – Solemnity**
- 10 - The Body and Blood of Christ (Corpus Christi) – Solemnity**
- 15 - The Most Sacred Heart of Jesus – Solemnity**
- 24 - Birth of Saint John the Baptist – Solemnity**
- 29 - Saints Peter and Paul, apostles – Solemnity**



JULY 2012

- 3 - Saint Thomas, apostle – Feast
- 25 - Saint James, apostle – Feast

The Holy Rosary

Start by making the sign of the Cross:
In the name of the Father, and of the Son and of the Holy Spirit. Amen.

Then recite the Creed.

Then say one “Our Father,” three “Hail Mary’s” for the virtues of Faith, Hope and Charity, and then one “Glory Be.”

The Apostles’ Creed

I believe in God, the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, His only Son, our Lord.
He was conceived by the Holy Spirit,
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died and was buried.
He descended into hell.
On the third day He rose again.
He ascended into heaven,
and is seated at the right hand of God the Father Almighty.
He will come again to judge the living and the dead.
I believe in the Holy Spirit,
the Holy Catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen.

The Rosary is divided into three parts, each having five mysteries. While meditating on the Mysteries, recite: one “Our Father,” ten “Hail Mary’s” and one “Glory Be” for each Mystery. After each Mystery the “Fatima Prayer” is said.

The Fatima Prayer

O my Jesus, forgive us our sins, save us from the fire of hell, lead all souls to heaven, especially those who are in most need of Thy mercy.

The Hail Holy Queen

Hail, holy Queen, mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile show us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.
Pray for us, O Holy Mother of God.
That we may be made worthy of the promises of Christ.

The 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.

The 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 death.
Amen.

The Glory Be

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

All together this makes up one decade. After the completion of the five mysteries (five decades), the “Hail Holy Queen” is said.

The Mysteries of the Rosary

THE JOYFUL MYSTERIES

(Mondays and Saturdays):

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding of Jesus in the Temple

THE SORROWFUL MYSTERIES

(Tuesdays and Fridays):

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

THE GLORIOUS MYSTERIES

(Wednesdays and Sundays):

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of the Blessed Virgin Mary
5. The Coronation of the Blessed Virgin Mary

THE LUMINOUS MYSTERIES

(Thursdays):

1. The Baptism in the Jordan
2. The Wedding at Cana
3. Proclamation of the Kingdom
4. The Transfiguration
5. Institution of the Eucharist

For the intentions of the Holy Father, one may recite at this point one “Our Father,” one “Hail Mary,” and one “Glory Be.”

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