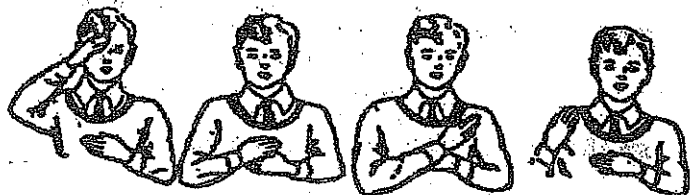


## FAMILY PRAYERS

### 1. THE SIGN OF THE CROSS

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



In the name  
of the Father

and of  
the Son

and of the  
Holy

Spirit  
Amen.

### 2. HOW AND WHEN TO GENUFLECT

When entering or leaving a Catholic Church, where Jesus Christ is truly and really present in the Blessed Sacrament, it is customary for the faithful to devoutly genuflect to the floor on the right knee, while saying the following prayer or something similar: My Jesus \* I adore You \* here present \* in the Blessed Sacrament.

### 3. THE MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all our associates, and in particular for the intentions of our Holy Father, the Pope. (*Mention intention if known*)

### 4. THE LORD'S PRAYER

Our Father who art in heaven, hallowed be Thy name. Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation; but deliver us from evil. Amen.

### 5. THE HAIL MARY

Hail Mary, full of grace! The Lord is with thee; blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

### 6. THE GLORY BE TO THE FATHER

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

### 7. THE APOSTLES' CREED

I believe in God the Father Almighty, Creator of heaven and earth. And in Jesus Christ, His only Son, our Lord; who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from thence He shall 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.

### 8. THE PRAYER TO THE GUARDIAN ANGEL

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

### 9. THE ACT OF CONTRITION

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 confess my sins, to do penance, and to amend my life. Amen.

### 10. PRAYER TO THE HOLY SPIRIT

V. Come, Holy Spirit, fill the hearts of Thy faithful

R. And enkindle in them the fire of Thy love!

V. Send forth Thy Spirit and they shall be created!

R. And Thou shall renew the face of the earth!

*Let us Pray.* O God, who didst instruct the hearts of the faithful by the light of the Holy Spirit, grant us in the same Spirit to be truly wise, and ever to rejoice in His consolation, through Christ our Lord. Amen.

### 11. THE PRAYER TO SAINT MICHAEL

Saint Michael, the Archangel, defend us in battle. Be our protection against the wickedness and the snares of the devil. May God rebuke him, we humbly pray, and do thou O Prince of the Heavenly Host, by the Power of God, thrust into hell Satan, and all evil spirits who roam through the world seeking the ruin of souls. Amen.

### 12. 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.

### 13. GRACE AFTER MEALS

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

### 14. THE MEMORARE

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

### 15. 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 towards us; and after this our exile, show onto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

## 16. THE ANGELUS

V. The Angel of the Lord declared unto Mary.  
R. And she conceived by the Holy Spirit. *Hail Mary...*  
V. Behold the handmaid of the Lord.  
R. Be it done unto me according to Thy word. *Hail Mary...*  
V. And the Word was made Flesh.  
R. And dwelt amongst us. *Hail Mary...*  
V. Pray for us, O Holy Mother of God,  
R. That we may be made worthy of the promises of Christ.

*Let Us Pray.* Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ, Thy Son, was made known by the message of an Angel, may by His Passion and Cross, be brought to the glory of His Resurrection. Through the same Christ our Lord. Amen.

## 17. THE REGINA CAELI

*(Prayed instead of the Angelus from Easter Sun. to Pentecost Sun.)*

V. O Queen of Heaven, rejoice! Alleluia.  
R. For He whom you did merit to bear, Alleluia.  
V. Has risen, as He said. Alleluia.  
R. Pray for us to God. Alleluia.  
V. Rejoice and be glad, O Virgin Mary! Alleluia.  
R. For the Lord has truly risen. Alleluia.

*Let us Pray.* O God, who gave joy to the world through the resurrection of Thy Son, Our Lord Jesus Christ, grant us we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

## 18. THE MYSTERIES OF THE ROSARY

The Five Joyful Mysteries *Mondays & Saturdays*

1. The Annunciation
2. The Visitation
3. The Birth of Our Lord
4. The Presentation of Our Lord in the Temple
5. The Finding of Our Lord in the Temple

The Five Luminous Mysteries *Thursdays*

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

The Five Sorrowful Mysteries *Tuesdays & Fridays*

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

The Five Glorious Mysteries *Wednesdays & Sundays*

1. The Resurrection of Our Lord
2. The Ascension of Our Lord into Heaven
3. The Descent of the Holy Spirit upon the Apostles
4. The Assumption of Our Blessed Mother into Heaven
5. The Coronation of the Blessed Virgin Mary as Queen of Heaven and Earth.

## 19. ASPIRATIONS

- a) V. O Sacrament most Holy, O Sacrament Divine  
R. All Praise and all Thanksgiving be every moment Thine!
- b) V. Heart of Jesus!  
R. I put my trust in Thee!
- c) V. Jesus, meek and humble of heart!  
R. Make our hearts like unto Thine!
- d) V. Sacred Heart of Jesus!  
R. Thy kingdom come!
- e) V. Most Sacred Heart of Jesus!  
R. Have mercy on us!
- f) V. Immaculate Heart of Mary!  
R. Pray for us!
- g) V. O Mary, conceived without sin!  
R. Pray for us who have recourse to thee!

## 20. THE TEN COMMANDMENTS OF GOD

1. I am the Lord your God; you shall not have strange gods before Me.
2. You shall not take the name of the Lord your God in vain.
3. Remember that you keep holy the Sabbath day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

## 21. THE SIX CHIEF COMMANDMENTS OF THE CHURCH

1. To assist at Mass on all Sundays and holy days of obligation
2. To fast and abstain on the days appointed
3. To confess our sins at least once a year
4. To receive Holy Communion during the Easter time
5. To contribute to the support of the Church
6. To observe the laws of the Church concerning marriage

## 22. HOLY DAYS OF OBLIGATION IN THE ARCHDIOCESE OF SAN FRANCISCO

January 1 <sup>st</sup>	The Solemnity of Mary, Mother of God.
August 15 <sup>th</sup>	Assumption of the Blessed Virgin Mary
November 1 <sup>st</sup>	All Saints
December 8 <sup>th</sup>	Immaculate Conception
December 25 <sup>th</sup>	Nativity of Our Lord Jesus Christ

*Whenever January 1<sup>st</sup>, the Solemnity of Mary, Mother of God; August 15<sup>th</sup>, the Solemnity of the Assumption; or November 1<sup>st</sup>, the Solemnity of All Saints, fall on a Saturday or on a Monday, the precept to attend Mass is abrogated. December 8<sup>th</sup> and December 25<sup>th</sup> are always holy days of obligation.*