APPENDIX 1. List of Formal Prayers

Sign of the Cross

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

Lord's Prayer / 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 tresspasses,

As we forgive those who trespass against us.

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.

Grace Before Meal

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

Grace After Meal

We give Thee thanks, Almighty God, for all thy benefits, Who live and reign for ever and ever.
Amen

Act of Sorrow

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love.
I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin.
Amen.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, the reparation for sin, and the reunion of all Christians. I offer them for the intentions of our bishops and of all Apostles of Prayer, and in particular for those recommended by our Holy Father this month.

Glory Be

Glory be to the Father, to the Son, and to the Holy Spirit, as it was, is now, and ever shall be, world without end. 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; the third day
He rose again from the dead;
He ascended into heaven, and sits 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.

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 unto 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.
O God, whose only-begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal salvation; grant we beseech Thee, that meditating upon these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise. Through the same Christ our Lord. Amen.

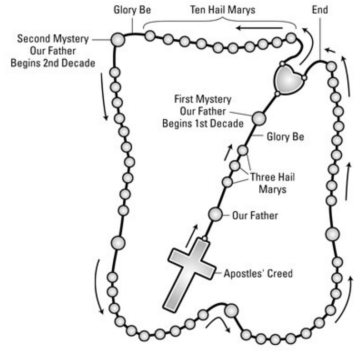
Memorare

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 do 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.

Angelus

The Angel of the Lord declared unto Mary,
And she conceived of the Holy Spirit.
Hail Mary…
Behold the handmaid of the Lord,
Be it done unto me according to your 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.

Rosary (including the various Mysteries)



1. **On the cross, make the sign of the cross and then pray 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 Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified; died, and was buried. He descended into Hell; the third day He arose again from the dead; He ascended into Heaven, sitteth at the right hand of God, the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

2. **On the next large bead, say the Our Father.**

3. **On the following three small beads, pray three Hail Marys.**

4. **On the chain, pray The Glory Be.**

5. **On the large bead, meditate on the first mystery and pray the Our Father.**

You pray mysteries for each of the five sections (decades) of the rosary according to the day of the week:

Mondays and Saturdays:

The Joyful Mysteries remind the faithful of Christ's birth: The Annunciation (Luke 1:26–38); The Visitation (Luke 1:39–56); The Nativity (Luke 2:1–21); The Presentation (Luke 2:22–38); The Finding of the Child Jesus in the Temple (Luke 2:41–52)

Tuesdays and Fridays:

The Sorrowful Mysteries recall Jesus' passion and death: The Agony of Jesus in the Garden (Matthew 26:36–56); The Scourging at the Pillar (Matthew 27:26); The Crowning with Thorns (Matthew 27:27–31); The Carrying of the Cross (Matthew 27:32); The Crucifixion (Matthew 27:33–56).

Wednesdays and Sundays:

The Glorious Mysteries focus on the resurrection of Jesus and the glories of heaven: The Resurrection (John 20:1–29); The Ascension (Luke 24:36–53); The Descent of the Holy Spirit (Acts 2:1–41); The Assumption of Mary, the Mother of God, into heaven; The Coronation of Mary in heaven.

Thursdays:

Pope John Paul II added The Mysteries of Light, also known as the Luminous Mysteries, in 2002: The Baptism in the River Jordan (Matthew 3:13–16); The Wedding Feast at Cana (John 2:1–11); The Preaching of the coming of the Kingdom of God (Mark 1:14–15); The Transfiguration (Matthew 17:1–8); The Institution of the Holy Eucharist (Matthew 26).

6. **Skip the centerpiece, and on the ten beads after that, pray a Hail Mary on each bead; on the chain, pray a Glory Be.**

Although a decade is 10, these 12 prayers form a decade of the rosary.

Many Catholics add the Fatima Prayer after the Glory Be and before the next Our Father: O My Jesus, forgive us our sins, save us from the fires of hell and lead all souls to heaven, especially those in most need of Thy mercy. Amen.

7. **Repeat Steps 5 and 6 four more times to finish the next four decades.**

8. **At the end of your Rosary, say the Hail Holy Queen.**

Canticle of the Sun

Most High, all-powerful, all-good Lord,
all praise is yours, all glory, honour and blessings.
To you alone, Most High, do they belong;
no mortal lips are worthy to pronounce your name.
We praise you, Lord, for all your creatures,
especially for Brother Sun,
who is the day through whom you give us light.
And he is beautiful and radiant with great splendour,
of you Most High, he bears your likeness.
We praise you, Lord, for Sister Moon and the stars,
in the heavens you have made them bright, precious and fair.
We praise you, Lord, for Brothers Wind and Air,
fair and stormy, all weather's moods,
by which you cherish all that you have made.
We praise you, Lord, for Sister Water,
so useful, humble, precious and pure.
We praise you, Lord, for Brother Fire,
through whom you light the night.
He is beautiful, playful, robust, and strong.
We praise you, Lord, for Sister Earth,
who sustains us
with her fruits, coloured flowers, and herbs.
We praise and bless you, Lord, and give you thanks,
and serve you in all humility.
Extract from Canticle of the Sun, by St Francis of Assisi

Saint Patrick's Breastplate

Christ with me,

Christ before me,

Christ behind me,

Christ in me,

Christ beneath me,

Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

Gloria

Glory to God in the highest,
and on earth peace to people of good will.
We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.