

# Catholic Traditional Prayers

## September

'The Mission Prayer' By Blessed Cardinal Newman

God has created me to do Him some definite service. He has committed some work to me which He has not committed to another. I have my mission. I may never know it in this life, but I shall be told it in the next. I am a link in a chain, a bond of connection between persons. He has not created me for naught. I shall do good; I shall do His work.

## October

The Rosary

Choose a mystery of the Rosary to focus on and say the shortened version of a decade.

Our Father, 3 Hail Mary's and a Glory Be

The prayers can be split up between the person leading the prayer (Tutor/Teacher) and the students in the following way

Teacher: Our Father who art in Heaven, hallowed be thy name. Thy Kingdom come, thy will be done on earth as it is in heaven.

Students: Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. Lead us not into temptation but deliver us from evil. Amen

Teacher: Hail Mary full of grace the Lord is with thee, blessed art thou amongst women and blessed is the fruit of thy womb Jesus.

Students: Holy Mary, mother of God pray for us sinners now and at the hour of our death. Amen

Teacher: Glory be to the Father and to the Son and to the Holy Spirit

Students: As it was in the beginning, is now and ever shall be. World without end. Amen

### The Mysteries of the Rosary

#### The Joyful Mysteries:

1. **The Annunciation**—Mary becomes God's Mother
2. **The Visitation**—Mary visits St. Elizabeth
3. **The Nativity**—Jesus is born
4. **The Presentation**—Jesus is presented in the Temple
5. **The Finding in the Temple**—Jesus is found in the Temple

#### The Mysteries of Light (Luminous Mysteries)

1. **The Baptism of Jesus**—John baptizes Jesus
2. **The Wedding at Cana**—Jesus works his first miracle
3. **The Proclamation of the Kingdom of God**—Jesus preaches to the crowds
4. **The Transfiguration**—Jesus shines with the light of God's glory
5. **The Institution of the Eucharist**—Jesus gives us the Holy Eucharist at the Last Supper

### The Mysteries of the Rosary

#### The Sorrowful Mysteries

1. **The Agony in the Garden**—Jesus prays in the garden
2. **The Scourging at the Pillar**—Jesus is tied up and whipped
3. **The Crowning with Thorns**—Jesus is crowned with thorns
4. **The Carrying of the Cross**—Jesus carries his cross
5. **The Crucifixion**—Jesus dies on the cross

#### The Glorious Mysteries

1. **The Resurrection**—Jesus rises from the dead
2. **The Ascension**—Jesus goes back to heaven
3. **The Descent of the Holy Spirit**—the Holy Spirit comes down
4. **The Assumption**—Mary is taken to heaven
5. **The Coronation**—Mary is crowned queen

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## November

'The Eternal Rest'

Teacher: Eternal Rest grant unto them O Lord.

Students: And may perpetual light upon them. May they rest in peace. Amen

## December

The 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.**

## January

### A Prayer of St. Ignatius

Lord, teach me to be generous,  
Teach me to serve you as you deserve,  
To give and not to count the cost,  
To fight and not to heed the wounds,  
To toil and not to seek for rest,  
To labor and not to ask for reward,  
Save that of knowing that I do your will.  
Amen.

## February

St Mother Teresa's 'Anyway poem'

PEOPLE ARE OFTEN UNREASONABLE AND SELF-CENTERED  
**FORGIVE THEM ANYWAY**  
IF YOU ARE KIND PEOPLE MAY ACCUSE YOU OF ULTERIOR MOTIVES  
**BE KIND ANYWAY**  
IF YOU ARE HONEST PEOPLE MAY CHEAT YOU  
**BE HONEST ANYWAY**  
IF YOU FIND HAPPINESS PEOPLE MAY BE JEALOUS  
**BE HAPPY ANYWAY**  
THE GOOD YOU DO TODAY MAY BE FORGOTTEN TOMORROW  
**DO GOOD ANYWAY**  
GIVE THE WORLD THE BEST YOU HAVE AND IT MAY NEVER BE ENOUGH  
**GIVE YOUR BEST ANYWAY**  
FOR YOU SEE IN THE END IT IS  
**BETWEEN YOU AND GOD**  
IT WAS NEVER BETWEEN YOU AND THEM ANYWAY

# Catholic Traditional Prayers

## **March**

'Ancient prayer of St Joseph

O St. Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in thee all my interests and desires. O St. Joseph, assist me by thy powerful intercession and obtain for me all spiritual blessings through thy foster Son, Jesus Christ Our Lord, so that, having engaged here below thy heavenly power, I may offer thee my thanksgiving and homage.

O St. Joseph, I never weary contemplating thee and Jesus asleep in thine arms. I dare not approach while He reposes near thy heart. Press Him in my name and kiss His fine head for me, and ask Him to return the kiss when I draw my dying breath.

## **April**

'Sacrament most Holy'

O' Sacrament most Holy, O' Sacrament Devine, all praise and all thanks giving be every moment thine. (Say three times)

## **May**

'The Hail Holy Queen.'

Hail, Holy Queen, Mother of Mercy. Hail 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, O 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.

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## **June**

'Prayer to the Sacred Heart of Jesus'

O sacred heart of Jesus, you are the redeemer and source of all graces.

Make my heart like yours. Give me a new heart and enkindle in it your love so deep in my heart that I may never be separated from you.

Make use of all that I am and possess. Transform me into your image. So that in you and with you, I will help to redeem the world, and love eternally the Father, Son and Holy Spirit. Amen.

## **July**

**Prayer to the Precious Blood of Jesus Christ**  
***Constant Prayer of St Catherine of Siena***

Precious Blood, ocean of divine mercy: Flow upon us!

Precious Blood, most pure offering: Procure us every grace!

Precious Blood, hope and refuge of sinners:  
Atone for us!

Precious Blood, delight of holy souls: Draw us!  
Amen.