

ACT OF CONTRITION

O MY GOD, I am sorry and beg pardon for all my sins and detest them above all things, because they deserve Thy dreadful punishments, because they have crucified my loving Saviour, Jesus Christ, and most of all, because they offend Thine infinite goodness, and I firmly resolve, by the help of Thy grace, never to offend Thee again, and carefully to avoid the occasions of sin. Amen.

GRACE BEFORE MEALS

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

PRAYERS TO OUR LADY

We fly to Thy patronage, O Holy Mother of God: do not despise our prayers in our necessities but deliver us always from all dangers, O glorious and blessed Virgin.

THE LESSER DOXOLOGY²

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.

1. World without end = for ever and ever in Heaven.
2. The greater doxology is the *Gloria* at Mass

MY WAY OF LIFE, *HANDOUTS* no. 21 — 7th October, 2003

"Clear, brief and easily assimilated by all"

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SHORT ACT OF CONTRITION

O MY GOD, I am very sorry that I have sinned against Thee, because Thou art so good, and with Thy help I will not sin again.

THE JESUS PRAYER

LORD JESUS, Son of God, have mercy on me, a sinner.

GRACE AFTER MEALS

WE GIVE Thee thanks, O Almighty God, for all Thy benefits, Who livest and reignest world without end¹. Amen. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

MEMORARE

Remember, O most loving Virgin Mary, that never was it known in any age that anyone who fled to thy protection, implored thy help or sought thine intercession was abandoned. Inspired with confidence, therefore, I fly to thee, O Virgin of Virgins, my Mother; to thee do I come, before thee I stand sinful and sorrowful; do not, O Mother of the Word Incarnate, despise my prayers, but graciously hear and grant them. Amen.

A METRICAL DOXOLOGY

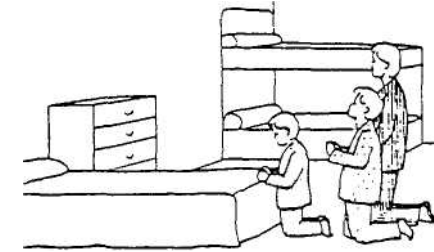
Praise God from Whom all blessings flow,
Praise Him, all creatures here below,
Praise Him above, ye heav'nly host,
Praise Father, Son and Holy Ghost.

MY WAY OF LIFE

DAILY PROGRAMME

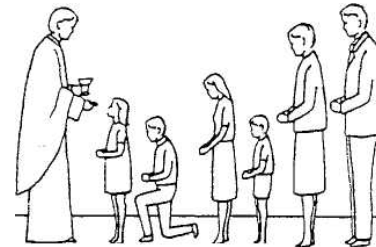
MORNING & NIGHT PRAYERS

best said kneeling down at bedside: if you share the room, you might say at least the *Our Father* together.



WEEKLY PROGRAMME

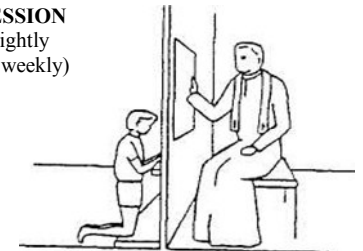
SUNDAY MASS (and some weekday Masses if possible) and *properly prepared* Holy Communion



(and don't forget, **FRIDAY PENANCE**)

MONTHLY PROGRAMME

CONFESSION
(or fortnightly
Or even weekly)



DAILY, WEEKLY, MONTHLY, ALWAYS

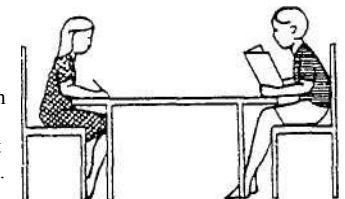
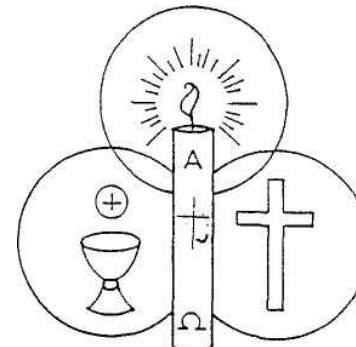
THE COMMANDMENTS OF GOD:-

Ten of DUTY,
Two of LOVE
And one "New Commandment"



GOD MADE US to know, love and serve Him here on earth and to see and enjoy Him for ever in Heaven.

The Venerable John Henry Cardinal Newman added, "God has created me to do Him some definite service. He has committed some work to me that He has not committed to another. I am a link in a chain and a bond of connection between persons."



OUR PERSONAL COVENANT

OUR PERSONAL COVENANT is an agreement with the Lord which begins at our Baptism.

We make it anew at every Mass — the re-enactment of "the new and everlasting covenant."

Finer details of our covenant with God are left to ourselves. Parents, priests and other teachers help with ideas and suggest ideals. But we have to work out much on our own, with promptings from God, Our Lady, Guardian Angel, patron saint...

Such a Way of Life is freely chosen, not imposed, and for it we make our own Rule of Life. While fulfilling the duties imposed on us by God and His Church, we decide, with our family or even for ourselves: *Which* Mass will we go to? *What* prayers will we say in the morning? *How often* will we go to Confession? *To whom* will we be Good Samaritans today?

LOYALTY

- to what is TRUE
- to what is BEAUTIFUL
- to what is GOOD
- to GOD, Who offers us truth, beauty and goodness.

GOD'S PLAN

"He has showed you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, mid to walk humbly with your God;" (Micah 6:8).

GOOD EXAMPLE

"And the peace of God, which is beyond all understanding, keep your hearts and minds in Christ Jesus. As for the rest, brethren, whatever is true, pure, just, innocent, beautiful, whatever is of good repute, if virtuous, if praiseworthy, think of these things; do the things which you have learnt and accepted and heard and seen in me; and the God of peace will be with you;" (Philippians 4:7-9).

GOD'S WORK OF ART

"We are of God's making, created in Christ Jesus for good works, which God has prepared, so that we may walk in them;" (Ephesians 2:10).

OPPORTUNITIES

With Jesus in our hearts there are opportunities never to be missed —

- Family & friends
- Worship & work (study)
- Reading & sport (hobbies)
- Charitable & social.

VOCATION IN LIFE

- What are **my talents**?
- What are the **needs of people** I might help?
- Is my intention the **glory of God** in all I do?
- What is **His holy will** for me?

THE CREATOR AND HIS CREATURES

"Man is created to praise, reverence and serve God our Father, and by thus means to save his soul. All other things on the face of the earth are created for man to help him fulfil the purpose for which he was created. From this it follows that man is to use these things to the extent that they will help him attain this end. Likewise, he must rid himself of them in so far as they prevent him from attaining it;" (St Ignatius Loyola).

Come, Holy Spirit, fill the hearts of Thy faithful, and kindle in them the fire of Thy love.



Daily Prayers

THE SIGN OF THE CROSS



In the Name of the Father
And of the Son
And of the Holy Spirit. Amen

THE LORD'S PRAYER OUR FATHER

Who art¹ in Heaven:
hallowed² 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 trespasses³
as we forgive those
who trespass against us
and lead us not into temptation⁴
but deliver us from Evil. Amen.⁵

HAIL MARY

HAIL, MARY,⁸ full of grace⁹
the Lord is with thee.
Blessed art¹ 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,

A NIGHT OFFERING

NOW, I lay me down to sleep,
I pray the Lord my soul to keep;
And if I die before I wake,
I pray the Lord my soul to take.
Amen

1. art (not *aren't* or *aunt*) = are. Old English *thou, thee, thy, thine* are "words which lift our hearts to a higher world...words and cadences, mere fragile things of sound, yet wound about with mystery, steeped in Majesty - like the dawn, and sunrise."

2. hallowed (not *hello*) = holy and sacred.

3. trespass = sins.

4. temptation = fighting with Satan, the Evil One.

A MORNING OFFERING

O GOD, I offer Thee all my prayers, works
joys and sufferings of this day,
for Thine is the kingdom⁶,
the power and the glory,
for ever and ever. Amen.
2. **O JESUS**, through the most pure heart of Mary,
I offer You all my prayers, works,
joys and sufferings of this day,
For all the intentions of Your Divine⁷ heart.
3. **FATHER IN HEAVEN** I give You today,
All I do and think and say;
And I unite it with all that was done
By Jesus Christ, Your only Son.

GUARDIAN ANGEL AND SAINT

O ANGEL OF GOD, my guardian dear
To whom God's love commits me here,
Ever this day [*or* night] be at my side,
To light and guard, to rule and guide. Amen.
SAINT [N], named my patron in Heaven
at my Baptism,
help me to please Jesus today
by imitating your virtues. Amen.

Another night prayer

LIGHTEN our darkness, we beseech Thee, O Lord,
and by Thy great mercy defend us
from all the perils and dangers of this night,
For the love of Thine only Son, our Saviour Jesus
Christ, Who is living and reigning with Thee
In the unity of the Holy Spirit,
God, for ever and ever. Amen.¹⁰

5. Omitted at Mass where it flows on into the next prayer.

6. This is a doxology = *glory words* praising God.

7. Divine = that He is God.

8. The *Hail Mary* is called the Angelic Salutation.

9. grace = sharing in God's life, making us holy & pleasing to Him.

10. Adapted from the Galatians Sacramentary.