



ALPHA + OMEGA  
God's Way Till Eternity

Behold, he cometh with the clouds,  
and every eye shall see him, and they  
also that pierced him. And all the tribes of  
the earth shall bewail themselves because of him.  
Even so. Amen.  
I am Alpha and Omega, the beginning and the end,  
saith the Lord God, who is, and who was,  
and who is to come, the Almighty.

Revelation 1:7–8

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### Sign of the Cross

In the name of the Father [*place your right-hand fingers with open palm on your forehead*] and of the Son [*right hand on lower chest*] and of the Holy Spirit [*right hand from left to right shoulder*]. Amen.

*Optional: By the sign of the holy cross [make a cross with your thumb on your forehead], deliver us O Lord [cross your mouth], from all that is evil [cross your chest]. Amen.*

### Apostles Creed

I believe in God, the Father Almighty, the Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the power of the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven and is seated at the right hand of God the Father Almighty. From thence 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 the life everlasting. Amen.

### 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.

### 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.

### 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.

### 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 vale of tears. Turn then, most gracious Advocate, thine eyes of mercy towards 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. 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 thine 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 clemency hear and answer me. Amen.

### St Michael the Archangel Prayer

St Michael the Archangel, defend us in battle, be our protection against the wickedness and 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 the evil spirits who wander through the world seeking the ruin of souls. Amen.

### Guardian Angel Prayer

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.

### Armour of God (Ephesians 6:10–20)

Lord God, I pray for your strength and mighty power, to be clothed with the Armour of God so that I may be able to stand against the deceits of the devil – for our wrestling is not against flesh and blood, but against principalities and powers; against the rulers of the world, of this darkness; against the spirits of wickedness in high places. I take unto myself the Armour of God so that I may be able to resist evil today and stand in all things perfect. Gird my loins with the truth and arm me with the breastplate of justice. Shod my feet with the preparation of the Gospel of peace. In all things, give me the shield of faith to extinguish the fiery darts of the evil one. I take unto myself the helmet of salvation and the Sword of the Spirit, which is the Word of God; at all times praying and supplicating in the Spirit, watching and offering petitions for all the saints. Give me speech so that I may open my mouth with confidence to make known the mystery of the Gospel, for which I am an ambassador in a chain, so that I may boldly speak as I ought to. Amen.

### Psalm 91 (Douay-Rheims Psalm 90)

I dwell with the help of the Most High. I abide under the protection of the God of heaven. You are my protector and my refuge. My Lord, my God, I trust in you, for you have delivered me from the snare of the hunters and from piercing words. Overshadow me with your shoulders, and under your wings I place my trust. Let your truth compass me with a shield. I am not afraid of the terror of the night, of the arrow that flies in the day, of the business that haunts in the dark, of invasion or of the noonday devil – even if a thousand shall fall at my side and ten thousand at my right hand – it will not come near me. But even so, you will consider with your eyes and see the retribution of the wicked, because you, O Lord, are my hope. I have made the Most High my refuge. No evil will come to me, nor will the scourge come near my dwelling, for you have given your angels charge over me, to keep me in all your ways. In their hands they will bear me up, lest I dash my foot against a stone. I will walk upon the viper and the basilisk<sup>1</sup>, and will trample underfoot the lion and the dragon. Because I hoped in you, you will deliver me. You will protect me because I have known your name. I will cry to you, and you will hear me. You are with me in tribulation. You will deliver me, and you will exalt me. You will fill me with length of days, and you will show me your salvation. Amen.

### Psalm 23 (Douay-Rheims Psalm 22)

The Lord rules over me and there is nothing I shall want. He has set me in a place of pasture. On the water of refreshment, he has brought me up, he has converted my soul and has led me on the paths of justice for his own name's sake. Even though I should walk in the midst of the shadow of death, I will fear no evil, for you are with me. Your rod and your staff have comforted me. You have prepared a table before me in the face of those who afflict me. You have anointed my head with oil, and my

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<sup>1</sup> A basilisk is a legendary, extremely venomous snakelike dragon or reptile, with a lethal stare or breath. In this context, it refers to an evil spirit in the same way that the dragon refers to Satan.

chalice, which inebriates me with your splendour. And your mercy will follow me all the days of my life so that I may dwell in the house of the Lord for the length of days. 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.

### Thanksgiving Prayer (after meals)

We give thee thanks, Almighty God, for all thy benefits, who lives and reigns for ever and ever. Amen.

### Come Holy Spirit

Come Holy Spirit, come by means of the powerful intercession of the Immaculate Heart of Mary, your well-beloved spouse. Come Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love. Send forth your Spirit and they shall be created, and thou shalt renew the face of the earth.

O God, who instructed 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.

### Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

good Jesus, hear me.

Within your wounds, hide me.

Suffer me not to be separated from you.

From the evil one, defend me.

At the hour of my death, call me; and bid me come to you.

That with your angels and saints I may praise you for all eternity. Amen.

### Memorare to St Joseph

Remember, O most chaste spouse of the Virgin Mary, that never was it known that anyone who implored your help and sought your intercession were left unassisted. Full of confidence in your power I fly unto you and beg your protection. Despise not, O Guardian of the Redeemer, my humble supplication but in your bounty, hear and answer me. Amen.

### Prayer of St Francis of Assisi

Lord, make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.

### Prayer for Daily Neglects

*A Poor Clare nun, who had just died, appeared to her abbess who was praying for her soul, and said to her, "I went straight to heaven, for, by means of this prayer, recited every evening, I paid my debts..."*

Eternal Father, I offer thee the Sacred Heart of Jesus, with all its love, all its sufferings and all its merits.

First: to expiate all the sins I have committed this day and during all my life. 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.

Second: to purify the good I have done poorly this day and during all my life. 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.

Third: to supply for the good I ought to have done, and that I have neglected this day and during all my life. 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.

### St Gertrude Prayer (to release a thousand souls from purgatory)

*Our Lord Jesus told St Gertrude the Great that each time she piously recited this prayer, a thousand souls would be released from purgatory. Jesus Christ confirmed the same to Fernanda on 02/10/2015.*

Eternal Father, I offer thee the Most Precious Blood of thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the holy souls in purgatory, for sinners everywhere, for sinners in the universal Church, those in my own home and within my family. Amen.

### The Pardon Prayer

*The Angel of Peace and of Portugal taught the Fatima visionaries – Lucia, Jacinta and Francisco – to pray as follows:*

My God, I believe, I adore, I hope and I love thee! I ask pardon for those who do not believe, do not adore, do not hope and do not love thee.

### The Sacrifice Prayer

*Our Blessed Mother Mary taught the Fatima visionaries to offer all their personal sacrifices to God by praying:*

O My Jesus, I offer this for love of thee, for the conversion of sinners, and in reparation for the sins committed against the Immaculate Heart of Mary.

### The Angel's Prayer (in front of the Blessed Sacrament)

*The Angel of Peace, appearing to the Fatima visionaries, taught them to kneel before the Blessed Sacrament and pray as follows:*

Most Holy Trinity – Father, Son and Holy Spirit – I adore thee profoundly. I offer thee the most Precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifferences whereby he is offended. And through the infinite merits of his Most Sacred Heart and the Immaculate Heart of Mary, I beg of thee the conversion of poor sinners.

### Consecration to Mary

My Heavenly Mother, be this day, my guide, my joy and my company. Accept my whole being under thy full protection. My Queen, my Mother, I give myself entirely to thee and to show my devotion to thee, I consecrate to thee this day, my eyes, my ears, my mouth, my heart, my whole being without reserve. Wherefore, good Mother, as I am thine own, keep me, guard me, as thy property and possession. Amen.

## Consecration to St Joseph

O dearest St Joseph, I consecrate myself to your honour and give myself to you, that you may always be my father, my protector and my guide in the way of salvation. Obtain for me a greater purity of heart and fervent love of the interior life. After your example may I do all my actions for the greater glory of God, in union with the Divine Heart of Jesus and the Immaculate Heart of Mary. O Blessed St Joseph, pray for me, that I may share in the peace and joy of your holy death. Amen.

## The Divine Praises

Blessed be God.

Blessed be his Holy Name.

Blessed be Jesus Christ, True God and True Man.

Blessed be the Name of Jesus.

Blessed be his Most Sacred Heart.

Blessed be his Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the Great Mother of God, Mary Most Holy.

Blessed be her Holy and Immaculate Conception.

Blessed be her Glorious Assumption.

Blessed be the Name of Mary, Virgin and Mother.

Blessed be St Joseph, her most Chaste Spouse.

Blessed be God in his angels and in his saints. Amen.

May the heart of Jesus, in the most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time. Amen.

## Litany of Our Lady

*Leader... Response*

Lord, have mercy on us... Lord, have mercy on us.

Christ, have mercy on us... Christ, have mercy on us.

Lord, have mercy on us... Lord, have mercy on us.

Christ hear us... Christ, graciously hear us.

God, the Father of heaven... have mercy on us.

God, the Son, Redeemer of the world... have mercy on us.

God, the Holy Spirit... have mercy on us.

Holy Trinity, One God... have mercy on us.

Holy Mary... pray for us.

Holy Mother of God... pray for us.

Holy Virgin of Virgins... pray for us.

Mother of Christ... pray for us.

Mother of the Church... pray for us.

Mother of Divine Grace... pray for us.

Mother Most Pure... pray for us.

Mother Most Chaste... pray for us.

Mother Inviolable... pray for us.

Mother undefiled... pray for us.

Mother Most Amiable... pray for us.

Mother Most Admirable... pray for us.

Mother of Good Counsel... pray for us.  
Mother of our Creator... pray for us.  
Mother of our Saviour... pray for us.  
Virgin Most Prudent... pray for us.  
Virgin Most Venerable... pray for us.  
Virgin Most Renowned... pray for us.  
Virgin Most Powerful... pray for us.  
Virgin Most Merciful... pray for us.  
Virgin Most Faithful... pray for us.  
Mirror of Justice... pray for us.  
Seat of Wisdom... pray for us.  
Cause of our Joy... pray for us.  
Spiritual Vessel... pray for us.  
Vessel of Honour... pray for us.  
Singular Vessel of Devotion... pray for us.  
Mystical Rose... pray for us.  
Tower of David... pray for us.  
Tower of Ivory... pray for us.  
House of Gold... pray for us.  
Ark of the Covenant... pray for us.  
Gate of Heaven... pray for us.  
Morning Star... pray for us.  
Health of the Sick... pray for us.  
Refuge of Sinners... pray for us.  
Comforter of the Afflicted... pray for us.  
Help of Christians... pray for us.  
Queen of Angels... pray for us.  
Queen of Patriarchs... pray for us.  
Queen of Prophets... pray for us.  
Queen of Apostles... pray for us.  
Queen of Martyrs... pray for us.  
Queen of Confessors... pray for us.  
Queen of Virgins... pray for us.  
Queen of all Saints... pray for us.  
Queen conceived without original sin... pray for us.  
Queen assumed into heaven... pray for us.  
Queen of the Most Holy Rosary... pray for us.  
Queen of the Family... pray for us.  
Queen of Peace... pray for us.  
Lamb of God, who takes away the sins of the world... spare us, O Lord.  
Lamb of God, who takes away the sins of the world... graciously hear us, O Lord.  
Lamb of God, who takes away the sins of the world... have mercy on us.  
Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ.

*Let us pray:*

Grant, O Lord God, we beseech thee, that we, thy servants may, rejoice in continual health of mind and body; and, through the glorious intercession of Blessed Mary ever virgin, may be freed from present sorrow, and enjoy eternal gladness. Through Christ our Lord. Amen.

## Litany of the Saints

*Leader... Response...*

Lord, have mercy on us... Lord, have mercy on us.  
Christ, have mercy on us... Christ, have mercy on us.  
Lord, have mercy on us... Lord, have mercy on us.  
Christ, hear us... Christ, graciously hear us.  
God the Father of heaven... have mercy on us.  
God the Son, Redeemer of the world... have mercy on us.  
God the Holy Spirit... have mercy on us.  
Holy Trinity, one God... have mercy on us.

Holy Mary... pray for us.  
Holy Mother of God... pray for us.  
Holy Virgin of Virgins... pray for us.

St Michael... pray for us.  
St Gabriel... pray for us.  
St Raphael... pray for us.  
All the holy angels and archangels... pray for us.

St John the Baptist... pray for us.  
St Joseph... pray for us.  
All the holy patriarchs and prophets... pray for us.

St Peter... pray for us.  
St Paul... pray for us.  
St Andrew... pray for us.  
St James... pray for us.  
St John... pray for us.  
St Thomas... pray for us.  
St Philip... pray for us.  
St Bartholomew... pray for us.  
St Matthew... pray for us.  
St Simon... pray for us.  
St Jude... pray for us.  
St Matthias... pray for us.  
St Barnabas... pray for us.  
St Luke... pray for us.  
St Mark... pray for us.  
All the holy Apostles and evangelists... pray for us.  
All the holy disciples of the Lord... pray for us.

All the holy innocents... pray for us.

St Stephen... pray for us.  
St Lawrence... pray for us.  
St Vincent... pray for us.  
St Fabian and St Sebastian... pray for us.  
St John and St Paul... pray for us.  
St Cosmas and St Damian... pray for us.



St Gervasius and St Protasius... pray for us.  
All the holy martyrs... pray for us.

St Sylvester... pray for us.  
St Gregory... pray for us.  
St Ambrose... pray for us.  
St Augustine... pray for us.  
St Jerome... pray for us.  
St Martin... pray for us.  
St Nicholas... pray for us.  
All the holy bishops and confessors... pray for us.  
All the holy doctors... pray for us.

St Anthony... pray for us.  
St Benedict... pray for us.  
St Bernard... pray for us.  
St Dominic... pray for us.  
St Francis... pray for us.  
All the holy priests and Levites... pray for us.  
All the holy monks and hermits... pray for us.

St Mary Magdalene... pray for us.  
St Agatha... pray for us.  
St Lucy... pray for us.  
St Agnes... pray for us.  
St Cecilia... pray for us.  
St Anastasia... pray for us.  
St Catherine... pray for us.  
St Clare... pray for us.  
All the holy virgins and widows... pray for us.

All the holy saints of God... pray for us.

Lord, be merciful... Lord, save your people.  
From all evil... Lord, save your people.  
From all sin... Lord, save your people.  
From your wrath... Lord, save your people.  
From a sudden and unprovided death... Lord, save your people.  
From the snares of the devil... Lord, save your people.  
From anger, hatred, and all ill-will... Lord, save your people.  
From the spirit of uncleanness... Lord, save your people.  
From lightning and tempests... Lord, save your people.  
From the scourge of earthquakes... Lord, save your people.  
From plague, famine and war... Lord, save your people.  
From everlasting death... Lord, save your people.

By the mystery of your holy incarnation... Lord, save your people.  
By your coming, Lord... save your people.  
By your birth... Lord, save your people.  
By your Baptism and holy fasting... Lord, save your people.

By your cross and passion... Lord, save your people.  
By your death and burial... Lord, save your people.  
By your holy resurrection... Lord, save your people.  
By your wondrous ascension... Lord, save your people.  
By the coming of the Holy Spirit... Lord, save your people.

On the day of judgment... Lord, save your people.  
Be merciful to us sinners... Lord, hear our prayer.  
That you will spare us... Lord, hear our prayer.  
That you will pardon us... Lord, hear our prayer.  
That it may please you to bring us to true penance... Lord, hear our prayer.

Guide and protect your Holy Church... Lord, hear our prayer.  
Preserve in holy religion the pope and all those in Holy Orders... Lord, hear our prayer.  
Humble the enemies of the Holy Church... Lord, hear our prayer.  
Give peace and unity to the whole Christian people... Lord, hear our prayer.  
Bring back to the unity of the Church all those who are straying, and bring all nonbelievers to the light of the Gospel... Lord, hear our prayer.  
Strengthen and preserve us in your holy service... Lord, hear our prayer.

Raise our minds to desire the things of heaven... Lord, hear our prayer.  
Reward all our benefactors with eternal blessings... Lord, hear our prayer.  
Deliver our souls from eternal damnation, and the souls of our brethren, relatives and benefactors... Lord, hear our prayer.  
Give and preserve the fruits of the earth... Lord, hear our prayer.  
Grant eternal rest to all the faithful departed... Lord, hear our prayer.  
That it may please you to hear and heed us Jesus, the Son of the living God... Lord, hear our prayer.

Lamb of God, who takes away the sins of the world... spare us, O Lord.  
Lamb of God, who takes away the sins of the world... graciously hear us, O Lord.  
Lamb of God, who takes away the sins of the world... have mercy on us.  
Christ, hear us... Christ, graciously hear us.  
Lord Jesus, hear our prayer... Lord Jesus, hear our prayer.  
Lord, have mercy on us... Lord, have mercy on us.  
Christ, have mercy on us... Christ, have mercy on us.  
Lord, have mercy on us... Lord, have mercy on us.

*Let us pray:*

O God, our refuge and our strength, hear the prayers of your Church, for you yourself are the source of all devotion, and grant, we pray, that what we ask in faith we may truly obtain. Through Christ our Lord. Amen.

## Stations of the Cross

*The fifteen Stations of the Cross are:*

1. Jesus is condemned to death
2. Jesus takes up his cross
3. Jesus falls for the first time
4. The Virgin Mary meets Jesus
5. Simon of Cyrene is made to help Jesus bear the cross

6. Veronica wipes the face of Jesus
7. Jesus falls for the second time
8. Jesus meets the women of Jerusalem
9. Jesus falls for the third time
10. Jesus is stripped of his garments
11. Jesus is crucified
12. Jesus dies on the cross
13. Jesus is taken down from the cross and laid in the arms of Mary
14. Jesus is laid in the tomb
15. The resurrection of Jesus Christ.

*For each Station, announce it, genuflect and say: "We adore you, O Christ, and we bless you; because by your holy cross you have redeemed the world," followed by an **Our Father**, a **Hail Mary** and a **Glory Be**.*

### Magnificat

And Mary said, "My soul magnifies the Lord and my spirit rejoices in God my Saviour, because he has regarded the humility of his handmaid: for behold from henceforth all generations shall call me blessed, because he who is mighty has done great things to me, and holy is his name. And his mercy is from generation unto generations, to them that fear him. He has shown might with his arm: he has scattered the proud in the conceit of their heart. He has put down the mighty from their seat and has exalted the humble. He has filled the hungry with good things, and the rich he has sent empty away. He has received Israel his servant, being mindful of his mercy: as he spoke to our fathers, to Abraham and to his seed for ever." Amen.

### The Beatitudes

Blessed are the poor in spirit: for theirs is the Kingdom of Heaven. Blessed are the meek: for they shall possess the land. Blessed are they that mourn: for they shall be comforted. Blessed are they that hunger and thirst after justice: for they shall have their fill. Blessed are the merciful: for they shall obtain mercy. Blessed are the clean of heart: for they shall see God. Blessed are the peacemakers: for they shall be called children of God. Blessed are they that suffer persecution for justice' sake: for theirs is the Kingdom of Heaven. Blessed are ye when they shall revile you, and persecute you, and speak all that is evil against you, untruly, for my sake: be glad and rejoice, for your reward is very great in heaven. Amen.