

**ADORATION SISTERS OF THE SACRED  
HEART OF JESUS**



**PRAYER  
MANUAL**

## PREFACE

This revised prayer manual is a compilation of prayers in use by the Adoration Sisters of the Sacred Heart of Jesus at different times of the day and season, and for different intentions. It lays down precise guidelines for prayer at different times in our different Communities. When we adhere to this, we form a discipline that is beyond what each person will feel like doing, as this is not a leisure practice but a path to be in closer union with God.

The Prayer manual includes prayers, meant not only to impact our personal lives as Sisters, but also the Society and the World at large. It was basically rearranged to follow the order of the day. This will help make praying easier for both Sisters and Visitors to the Convent that join the Sisters in prayers.

Prayer, as we know is an inner movement of the heart and mind towards God. Nevertheless, this movement of the heart can be expressed in many ways. As speech is necessary for human survival and thriving, our Community prayers together is also necessary for spiritual growth and holiness. Hence, it is fitting that the content of our hearts should be expressed outwardly in words. In this way, we pray with our whole being, body and spirit and we also are able to pray with others. In doing so, we follow the example of Jesus, who prayed vocally in the synagogue with

friends, family, and strangers, and in private by himself(CCC 2700 - 2704).

Therefore, as we use this prayer manual as a guide and spiritual tool to increase our daily prayer life, let us endeavor to focus on every word of the prayers. Bringing the meaning of the words into our hearts and not rushing through the prayers like we are in a hurry to get them over with. Let them slowly enter into the depths of our hearts with humility and awe of God.

(December 2022)

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### MORNING PRAYERS

**I**n the name of the Father and of the Son and of the Holy Spirit. Amen.

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

R. And enkindle in us the fire of your love.

V. Send forth your Spirit and they shall be created,

R. And you shall renew the face of the earth.

#### Let us pray:

O God, who taught the hearts of the faithful by the light of the Holy Spirit, grant that by the same Spirit we may be truly wise and ever rejoice in his consolation through Christ our Lord. Amen.

#### FORMAT FOR DAILY ADORATION

- \* Sign of the Cross
- \* Invocation of the Holy Spirit
- \* Opening hymn alongside the exposition of the Blessed Sacrament
- \* Total silence in Adoration
- \* Prayer for Nigeria in Distress (45 minutes into the Adoration)

- \* Novena of Confidence to the Sacred Heart of Jesus (Day1-9 every month)
- \* Chaplet of the Sacred Heart of Jesus
- \* Litany of the Sacred Heart of Jesus
- \* Closing hymn (or Morning prayers, where Lauds is preceded by adoration)
- \* We fly to your Patronage...
- \* Most Sacred Heart of Jesus (3x)
- \* Have mercy on us

#### FORMAT FOR FRIDAY ADORATION

- \* Introduction (The Liturgist introduces the theme, readings and hymns to be used 5 minutes before the time)
- \* Sign of the Cross
- \* Invocation of the Holy Spirit
- \* Opening Hymn alongside the exposition of the Blessed Sacrament
- \* Short Opening Prayer
- \* Act of Reparation and Litany of Reparation

- \* Brief Silence
- \* Scripture Reading (15 minutes into the Adoration)
- \* Silent Reflection (on the reading heard)
- \* Appropriate hymn related to the reading
- \* Silence
- \* Prayer for Nigeria in Distress
- \* Novena of Confidence to the Sacred Heart of Jesus (Day 1-9 every month)
- \* Chaplet of the Sacred Heart of Jesus
- \* Litany of the Sacred Heart of Jesus
- \* Morning offering; Act of Consecration to the Sacred Heart of Jesus and Founder's intention
- \* Lauds
- \* Other prayers
- \* Closing hymn to the Blessed Sacrament
- \* We fly to your patronage
- \* Most Sacred Heart of Jesus (3x)

## **ACT OF REPARATION TO THE SACRED HEART OF JESUS**

**O** Merciful Jesus, ever present on our altars and with a Heart open to receive all who labour and are burdened! O Adorable Heart of Jesus, source of true contrition, give to our hearts a true spirit of penance and to our eyes a fountain of tears, that we may bewail our sins and the sins of the world.

Pardon, Lord Jesus, all the injuries and outrages done to you in the course of your holy life and bitter passion. Pardon all the impieties, irreverences and sacrileges, which have been committed against you in the Holy Sacrament of the Eucharist, since its institution. Graciously receive the small tribute of our sincere repentance as an agreeable offering in your sight, in requital for the benefits we daily receive from the altar, where you are a living and continual sacrifice and in union with the holocaust which you did present to your Eternal Father on Calvary.

Sweet Jesus, give your blessing to the ardent desire we now entertain and the holy resolution we have taken of ever loving and adoring you, with our whole mind and with our whole heart, in the sacrament of your love, thus to repair by true conversion of heart and an ardent zeal for your glory, our past negligence and infidelities. Be you, O Adorable Heart who knows the clay of which we are formed, our mediator with your Heavenly Father whom we have so grievously offended; strengthen our weakness, confirm our resolution and with your charity, humility, meekness and patience, blot out the multitude of our iniquities. Be our support, our refuge and our strength, that nothing henceforth, in life or death, may separate us from you. Amen.

#### LITANY OF REPARATION

**W**e all promise that in the future:  
For the forgetfulness and the ingratitude of people  
**R/ We will console you, O Lord.** (repeat

10

after each invocation)  
For your abandonment in your holy tabernacle.  
For the crimes of sinners  
For the blasphemies vomited against you  
For the outrages offered your divinity  
For the sacrilege by which your sacrament of love is profaned  
For the immodesty and the irreverence shown in your adorable presence  
For the betrayals of which you are the adorable victim  
For the coldness of the greater number of your children  
For the contempt offered your advances full of love  
For the infidelities of those who call themselves your friends  
For the abuse which is made of your grace  
For our own unfaithfulness  
For the inconceivable hardness of our hearts  
For our long delay in loving you  
For our tepidity in your holy service  
For the bitter sadness in which the loss of

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souls plunges you  
For your long waiting at the doors of our  
hearts  
For the bitter refusal which we make you  
For your sighs of love  
For your tears of love  
For your imprisonment of love  
For your martyrdom of love

#### **PRAYER**

**O** Divine Saviour Jesus, who did breathe forth from your Heart this sorrowful complaint: "I sought for those who could console me, but I found none". Deign to accept the feeble tribute of our consolations, and to aid us so powerfully by the help of your grace, that for the future, flying more and more from all that could displease you, we may in everything and forever, show ourselves to be your faithful and devoted guards of honour. We ask this of you by your Sacred Heart, O Sweet Jesus, who being God lives and reigns with the Father and the Holy Spirit, forever and ever. Amen.

#### **PRAYER FOR NIGERIA IN DISTRESS**

**A**ll Powerful and Merciful Father, you are the God of justice, love and peace. You rule over all the nations of the earth. Power and might are in your hands and no one can withstand you. We present our country Nigeria before you. We praise and thank you for you are the source of all we have and are. We are sorry for all the sins we have committed and for good deeds we have failed to do. In your loving forgiveness, keep us safe from the punishments we deserve. Lord, we are weighed down not only by uncertainties, but also by moral, economic and political problems. Listen to the cries of your people who confidently turn to you. God of infinite goodness, our strength in adversity, our health in weakness, our comfort in sorrow, be merciful to us your people. Spare this nation Nigeria from chaos, anarchy and doom. Bless us with your kingdom of justice, love and peace. We ask this through

Jesus Christ our Lord. Amen (CBCN July 27,1993).

**NOVENA OF CONFIDENCE TO THE SACRED HEART OF JESUS**

**O** Lord Jesus Christ; to your Most Sacred Heart we confide these intentions ... (our requests), Let your Sacred Heart decide, we count on you, we trust in you, we throw ourselves on your mercy. Lord Jesus, you will not fail us. Sacred Heart of Jesus, we trust in you. Sacred Heart of Jesus, we believe in your love for us. Sacred Heart of Jesus, your kingdom come. Sacred Heart of Jesus, we have asked you for many favours, but we earnestly implore these ones. Take them, place them in your open Heart. When the Eternal Father looks upon them, He will see them covered with your precious blood. They will be no longer our prayers, but yours, Jesus. Sacred Heart of Jesus, we place all our trust in you. Let us not be disappointed, Amen.

**CHAPLET OF THE SACRED HEART OF JESUS**

On the Medal: Anima Christi:

Soul of Christ, sanctify me  
Body of Christ, save me  
Blood of Christ, refresh me  
Water flowing from the side of Christ,  
cleanse me  
Passion of Christ, strengthen me  
O good Jesus, hear me  
Within your wounds, hide me  
Never permit me to be separated from you  
From the wicked enemy, defend me  
At the hour of my death, call me  
And bid me come to you  
That with your saints I may praise you  
Forever and ever, Amen.

**On the large beads:**

O Sweetest Heart of Jesus, I implore that I may ever love you more and more

**On the small beads:**

Sweet Heart of Jesus, be my love

**At the end of each decade:**

Sweet Heart of Mary, be my salvation

**Conclusion:** May the Most Sacred 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 THE SACRED HEART OF JESUS**



Lord, have mercy  
**Lord have mercy**

(Repeat)

Christ, have mercy  
**Christ, have mercy**

God the Son,  
Redeemer of  
the world

Lord have mercy  
**Lord have mercy**

God the Holy Spirit

Christ hear us  
**Christ graciously hear us**

Holy Trinity, one God

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

Heart of Jesus, Son of the  
Eternal Father.

Heart of Jesus, formed by  
the Holy Spirit in the womb

of the Virgin Mother  
Heart of Jesus,  
substantially united to the  
word of God

worthy of all praise  
Heart of Jesus, king and  
centre of all hearts

Heart of Jesus, infinite in  
majesty

Heart of Jesus, wherein  
are all the treasures of  
wisdom and knowledge

Heart of Jesus, Holy  
Temple of God

Heart of Jesus, wherein  
abides the fullness of the  
Godhead

Heart of Jesus, Tabernacle  
of the Most High

Heart of Jesus, in whom  
the Father is well pleased

Heart of Jesus, House of  
God and gate of heaven

Heart of Jesus, of whose  
fullness we have all  
received

Heart of Jesus, glowing  
furnace of charity

Heart of Jesus, desire of  
the everlasting hills

Heart of Jesus, abode of  
justice and love

Heart of Jesus, patient and  
abounding in mercy

Heart of Jesus, full of  
kindness and love,

Heart of Jesus, rich unto all  
who call upon you

Heart of Jesus, abyss of all  
virtues

Heart of Jesus, source of  
life and holiness

Heart of Jesus, most

Heart of Jesus, propitiation  
for our sins

Heart of Jesus,  
overwhelmed with insults

Heart of Jesus, bruised for  
our sins

Heart of Jesus, obedient  
even unto death

Heart of Jesus, pierced  
with a lance

Heart of Jesus, source of  
all consolation

Heart of Jesus, our peace  
and our reconciliation

Heart of Jesus, our life and  
resurrection

Heart of Jesus, victim for  
sinners

Heart of Jesus, salvation of  
all who trust in you

Heart of Jesus, hope of all  
who die in you

Heart of Jesus, delight of all  
the saints

Lamb of God, You take away  
the sins of the world,  
**Spare us O Lord**

Lamb of God, You take away  
the sins of the world,  
**Graciously hear us O Lord**

Lamb of God, You take away  
the sins of the world  
**Have mercy on us**

Jesus, Meek and Humble of  
Heart,  
**Make our hearts like unto  
Yours.**

### Let us pray

**O** Almighty and Eternal God, look upon the Heart of your dearly beloved Son and upon the praise and satisfaction He offers you on behalf of sinners and being thus appeased, grant pardon to those who seek your mercy, in the name of the same Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, world without end, Amen.

### MORNING OFFERING

**O** my Jesus, through the Immaculate Heart of Mary, I offer you all my prayers, works, joys and sufferings of this day, for all the intentions of your Most 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 for the general intentions recommended for this month. Amen.

**ACT OF CONSECRATION TO THE  
SACRED HEART OF JESUS**

**I** ... N ... give and consecrate myself, my person and my life, my actions, pains and penalties to the Sacred Heart of Our Lord Jesus Christ. This I do that my heart shall no longer seek to use ought of me, save in His honour and for His love and glory, to belong wholly to Him and to do all for love of Him, renouncing with my whole heart, all that could displease Him. This is my irrevocable will. I take You therefore, O Sacred Heart, as the one great object of my love, the protector of my life, the assurance of my salvation, the remedy of my frailty and inconstancy, the fountain of reparation for all the faults of my life and my sure refuge at the hour of death. Be You accordingly, O bounteous heart, my justification with God your Father, and turn away from me the shafts of His just anger. O Heart of love, I place all my confidence in you, for while my weakness and malice fill me with fears, your goodness inspires me with an unbounded hope. Consume

therefore in me all that could displease or resist You.

May Your pure love so engrave You before all else upon my heart, that I can never forget You nor be separated from You and by all Your graciousness, may I implore that my name be written in You, since I wish to make all my happiness, and all my glory, consist in living and dying as Your witness. Amen.

**PRAYER FOR OUR FOUNDER'S  
INTENTION**

**A**lmighty Father, from whom all good things come, we thank you for the gift of your Servant and Bishop **PATRICK EBOSELE EKPU**; whose desire it is to enhance the realization of Jesus' prayer; **“that they may be one”** you inspired him to found our religious family, **The Congregation of the Sisters of the Sacred Heart of Jesus**. Send your Holy Spirit to strengthen him in faith. Grant him the wisdom and knowledge to lead and guide us so that by your grace we may live

out the Charism of our Institute. We beseech you to grant him good health of mind and body and a fulfilled old age. We ask this through Christ our Lord. Amen

#### **LAUDS**

- \* Lord, open our lips...
- \* Invitatory Antiphon
- \* Invitatory Psalm
- \* Hymn
- \* Psalms/Canticle
- \* Short Reading
- \* Short Responsory
- \* Benedictus Antiphon
- \* Canticle of Zachariah (Benedictus)
- \* Intercessions (when the leader is silent it means that we use the alternative response).

#### **PRAYER FOR OUR FAMILIES, RELATIVES, FRIENDS, AFFILIATES, BENEFACTORS AND BENEFACTRESSES**

**B**less and reward, O Most Sacred Heart of Jesus, our families, relatives, friends, affiliates, benefactors and benefactresses, obtain for them the graces and blessings they need this day. Rekindle in them the fire of your love so that they may respond generously to the mission to which you have called them. We ask this through your Most Sacred Heart. Amen

- \* For increase of genuine vocations into the Priesthood and Religious life, we pray O Lord.
- \* Intercessions for Celebrant(s) of the day (Birthday/Anniversary)
  
- \* The Lord's Prayer
- \* Concluding Prayer
- \* (Blessing)

· **THE ANGELUS**  
V The Angel of the Lord declared unto  
Mary  
R **And She conceived of the Holy  
Spirit**  
Hail Mary...

V Behold the Handmaid of the Lord  
R **Be it done unto me according to  
Your**  
word Hail Mary ...

V And the Word was made flesh  
R **And dwelt among 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**

**P**our forth, we beseech you, O Lord,  
your grace into our hearts, that we to  
whom the incarnation of Christ your  
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  
\* Glory be to the Father...(3x)  
\* May the divine assistance remain  
always with us  
R. and may the souls of all the faithful  
departed through the mercy of God rest in  
peace, Amen.

· **REGINACAEI**  
O Queen of heaven rejoice, Alleluia  
For He whom you did merit  
to bear, Alleluia  
Has risen, as He said, Alleluia  
Pray for us to God, Alleluia  
Rejoice and be glad O Virgin  
Mary, Alleluia  
For the Lord has risen indeed, Alleluia

**Let Us Pray**

**O** God, who gave joy to the world  
through the resurrection of your  
Son, our Lord Jesus Christ, grant  
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

- Glory be to the father.... (3x)
- May the Divine assistance remain always with us and may the souls of all the faithful departed through the mercy of God, rest in peace. Amen

**PRAYER FOR VOCATION AND STABILITY IN OUR CONGREGATION**

**A**ll Holy Father, you who every family on earth worships and glorifies. We thank you for the gift of your only begotten son, our Lord Jesus Christ. We pray you to touch the hearts of our young women so that they may distinguish your voice from that of the world and generously respond to serve you in this Congregation of the Sisters of the Sacred Heart of Jesus. May your Holy Spirit illumine our hearts. Bestow upon us the spirit of wisdom, insight, strength and

understanding to seek the virtues that conform to our chosen vocation. Assist us in our on-going formation process with a continual willingness to repeatedly renew and re-affirm our dedication. We ask this through Jesus Christ our Lord. Amen  
For the grace to authentically live out our Consecrated Life; and for our Formators:  
Our Father, Hail Mary, Glory be...

**Meditation (30 mins)**

**PRAYER FOR OUR APOSTOLATE (After Morning Prayer)**

**E**ternal and Gracious God, we thank you for assuring us of your care and compassion. Fill our hearts this day with your light. Keep your love alive in us as we reach out to all we encounter in our apostolate. May we come to live more fully the love we profess and may our lives bear witness to the faith we proclaim. Bless us, bless the work of our hands and help us to give our best in all the tasks you have assigned to us no matter how small. Bless

all those we minister to so that they may come to know you better. May our efforts to enlighten others bring you honour and sanctify us. We ask this through Christ our Lord. Amen.

\* **Founders' Sayings (read out by the Leader)**

\* **We fly to your protection ...**

\* V Most Sacred Heart of  
Jesus(3X)

\* R Have mercy on us (3X)

\* In the name of the Father ....

\* In Jesus, We are one!

### **SEXT**

**(Saturdays / Sundays)**

\* God come to our aid ...

\* Glory be to the Father ... (Alleluia)

\* Hymns

\* Psalms

\* Scriptural Reading

\* Concluding prayer from the  
Breviary

### **PRAYER AGAINST BRIBERY AND CORRUPTION IN NIGERIA (CBCN)**

**F**ather in heaven, you always provide for all your creatures so that all may live as you have willed. You have blessed our Country Nigeria with rich human and natural resources to be used to your honour and glory and for the well-being of every Nigerian. We are deeply sorry for the wrong use of these your gifts and blessings through acts of injustice, bribery and corruption, as a result of which many of our people are hungry, sick; ignorant and defenseless.

Father, you alone can heal us and our nation of this sickness. We beg you, touch our lives and the lives of our leaders and people so that we may all realize the evil of bribery and corruption and work hard to eliminate it. Raise up for us God-fearing people and leaders who care for us and who will lead us in the path of peace, prosperity and progress. We ask this through Jesus Christ our Lord. Amen.

- \* Particular Examen (15 minutes)
- We fly to your protection**
- V Most Sacred Heart of Jesus (3X)
- R Have mercy on us

**VESPERS**

- \* In the name of the Father...
- \* Angelus/Regina Caeli
- \* God come to our aid...
- \* Glory be to the Father...
- \* Hymn
- \* Psalms/Canticle
- \* Reading
- \* Short Responsory
- \* Canticle of Mary (Magnificat)
- \* Intercessions (when the leader is silent it means that we use the alternative response)
- \* Bless and reward...
- \* For increase of genuine vocation...
- \* For ourselves too we pray, especially for our prayer companions (pause for each Sister to mention the name of her PC), may God make us true agents of redemptive love, through unity, peace and

reconciliation as we strive to... (Chapter theme), we pray O Lord...

- \* Prayer for the dead ...

**PRAYER FOR THE DEAD  
(Wednesday & Fridays during  
Intercessory Prayer)**

**H**eavenly Lord, we belong to you in life and in death, we humbly ask you to bless and grant a happy repose to the souls of the faithful departed. We pray especially for our dead sisters who have gone before us. May they see you face to face in your kingdom. Through our communion with them and their intercessions for us, may we who live here on earth work to attain the fullness of joy in your presence forever. Amen.

**V.** May the souls of all the faithful departed  
**R.** through the mercy of God, rest in peace.  
Amen  
Angels and Saints of God, pray for us.

### **SUFFRAGES FOR THE DEAD**

*(To be used for a dead Sister; three months from when she is buried at Vespers during the Intercessory Prayer)*

**H**eavenly Lord, we belong to you in life and in death, we humbly ask you to bless and grant a happy repose to the souls of the faithful departed. We pray especially for our dead sister {NN} who has gone before us. May she see you face to face in your kingdom. Through our communion with her and her intercessions for us, may we who live here on earth work to attain the fullness of joy in your presence forever. Amen.

May the soul of {NN} and the souls of all the faithful departed through the mercy of God, rest in peace. Amen  
Angels and Saints of God, pray for us.

- \* Our Father ...
- \* Concluding Prayer.

### **PRAYER FOR OUR SUPERIOR GENERAL AND HER COUNCIL**

**G**od our Father, in your mercy you have called your daughters, our Superior General (NN) and her Councilors to serve us in humility and love after the example of your Son. We ask you to give them the Spirit of wisdom, understanding and discernment to perform their duties diligently for the greater glory of your name and for the salvation of souls. We pray you to give us the grace to follow in the spirit of obedience so that together we may realize your prayer, 'that they may be one'. You who live and reign forever and ever. Amen.  
Our Lady seat of wisdom, Pray for us. (3x)

### **PRAYER FOR PEACE AND UNITY IN OUR CONGREGATION**

**O** Most Sacred Heart of Jesus, you are the source of love and peace, we beseech you to grant us abundant peace, that peace which pains and

stress cannot take from us. Help us to live united to you, and to one another in love and justice in our Congregation, for you are God forever and ever. Amen  
Our Lady Queen of peace. (3x)  
Pray for us

**For the grace to authentically live out our Consecrated Life and for the intentions of our Holy Father...N...**

Our Father, Hail Mary, Glory be.....

We fly to your protection...

Most Sacred Heart of Jesus: (3x)  
Have mercy on us.

In the name of the Father.....

#### **ACT OF CONSECRATION OF THE**

#### **FAMILY TO THE SACRED HEART OF JESUS**

**{To be prayed on every first Sunday of the month after Vespers and Solemnity of Holy Family}**

**O** Sacred Heart of Jesus, you have revealed to your church through the saints, your faithful servants and friends, your desire to reign over Christian families; behold us, therefore, assembled here today to acknowledge and proclaim your absolute dominion over all things including ourselves and our families, what we are and whatever we have or hope to have, we desire from now on to shape our whole life in accordance with your most holy will, to cultivate and foster in our home all the family virtues to which you have promised your abiding presence and true happiness and peace here below and to give no place to every worldly spirit and practice which you have condemned as contrary to your gospel and your kingdom.

Henceforth, yours it will be to reign

in our minds by the purity, simplicity and firmness of our faith and in our hearts by love for you alone, that love of you above all things which the Holy Spirits inspires and the flames of which we resolve by your grace to keep ever burning brightly by the frequent worthy reception of the sacraments of your loving mercy and forgiveness and of your body and blood in the Holy Eucharist.

Be pleased, O Divine Heart, to be with and preside over us whenever we are gathered together, to bless our spiritual and temporal affairs, to banish our cares and anxieties, to sanctify our joys, to enlighten our sorrows, to give success to every work of our hands and to protect us against all harm and every evil. If anyone of us should ever offend you, remind her, O Divine Heart overflowing with love, that you have nothing but compassion and kindness for the repentant sinner and that you came into the world to save sinners (1 Tim. 1: 15).

When the hour of parting comes and it

pleases you to permit bereavement to befall any of our families, let both those whom you will call away and those you will leave behind be resigned to your good pleasure and eternal decrees. One thought shall; uphold and console us, namely that one day will come when our families, re-united in our heavenly home will extol forever your love, your goodness and your glories. May the Immaculate Heart of Mary, your mother and ours and St. Joseph, the glorious guardian of the holy family, present to you, O Divine Fountain of love and mercy, this our consecration and keep us mindful of and faithful to it all the days of our lives, Forever and ever, Amen.

- \* Most Sacred Heart of Jesus
- \* Have mercy on us (3 times)

#### **ROSARY**

- \* Sign of the Cross.
- \* Invocation of the Holy Spirit.
- \* The Apostles Creed.

- \* Our Father...
- \* Hail Mary... (3x)
- \* Glory be...
- \* Announcement of the Mystery of the day with the intention of the Rosary

**THE MYSTERIES OF THE HOLY ROSARY**

**The Joyful Mysteries**

**(Mondays and Saturdays)**

1. The Annunciation (**Humility**)
2. The Visitation (**Fraternal Charity**)
3. The Nativity (**Love of God**)
4. The Presentation (**Sacrifice**)
5. Finding in the Temple (**Zeal**)

**The Luminous Mysteries or Mysteries of Light (Thursdays)**

1. The Baptism of Jesus (**Obedience**)
2. Christ's self-revelation at Cana (**Trust**)
3. Proclamation of the Kingdom of God (**Conversion**)

4. The Transfiguration (**Spirit of worship**)
5. Institution of the Eucharist (**Grateful heart**)

**The Sorrowful Mysteries**

**(Tuesdays and Fridays)**

1. The Prayer and agony in the garden (**True repentance**)
2. The Scourging at the Pillar (**Self-Denial**)
3. Crowning with Thorns (**Moral courage**)
4. Carrying of the Cross (**Patience**)
5. The Crucifixion (**Forgiveness**)

**The Glorious Mysteries**

**(Wednesdays and Sundays)**

1. The Resurrection (**Strong faith**)
2. The Ascension (**Hope**)
3. The Descent of the Holy Spirit (**Spiritual gifts**)
4. The Assumption (**A holy death**)
5. The Coronation of the Blessed Virgin Mary (**Devotion to Mary**)

**Let us pray**

Grant, we beseech you, O Lord, that we,

**LITANY OF THE BLESSED  
VIRGIN MARY/**



|  |  |
|--|--|
| Lord have mercy<br>on us,<br><b>Lord have mercy<br/>on us,</b><br>Christ have mercy<br>on us,<br><b>Christ have mercy<br/>on us,</b><br>Lord have mercy<br>on us,<br><b>Lord have mercy<br/>on us,</b><br>Christ hear us,<br><b>Christ graciously<br/>hear us</b><br>God the Father of<br>heaven | <b>Have mercy on us<br/>(repeat)</b><br>God the Son,<br>redeemer of the<br>world... <b>R</b><br>God the Holy<br>Spirit... <b>R</b><br>Holy Trinity, one<br>God... <b>R</b><br>Holy Mary<br><b>Pray for us<br/>(repeat)</b><br>Holy Mother of God<br>Holy Virgin of<br>virgins<br>Mother of Christ<br>Mother of the<br>Church |
|--|--|

|  |  |
|--|--|
| Mother of mercy<br>Mother of divine<br>grace<br>Mother of hope<br>Mother most pure<br>Mother most chaste<br>Mother inviolate<br>Mother undefiled<br>Mother most<br>amiable<br>Mother most<br>admirable<br>Mother of good<br>counsel<br>Mother of our<br>Creator<br>Mother of our<br>Saviour<br>Virgin most prudent<br>Virgin most<br>venerable<br>Virgin most<br>renowned<br>Virgin most<br>powerful | Virgin most<br>merciful<br>Virgin most faithful<br>Mirror of justice<br>Seat of wisdom<br>Cause of our joy<br>Spiritual vessel<br>Vessel of honour<br>Singular vessel of<br>devotion<br>Mystical rose<br>Tower of David<br>Tower of ivory<br>House of gold<br>Ark of the covenant<br>Gate of heaven<br>Morning star<br>Health of the sick<br>Refuge of sinners<br>Comfort of migrants<br>Comfort of the<br>afflicted<br>Help of Christians<br>Queen of Angels<br>Queen of Patriarchs |
|--|--|

Queen of Prophets  
Queen of Apostles  
Queen of Martyrs  
Queen of Confessors  
Queen of Virgins  
Queen of all Saints  
Queen conceived  
without original sin  
Queen assumed into  
Heaven  
Queen of the most  
holy Rosary  
Queen of our  
families  
Queen of Nigeria  
Queen of peace.

Lamb of God, you  
take away the sins of  
the world

**Spare us O Lord.**

Lamb of God, you  
take away the sins  
of the world  
**Graciously hear us  
O Lord.**

Lamb of God, you  
take 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**

your servants, may enjoy perpetual health,  
of mind and body and by the glorious  
intercession of the Blessed Mary ever  
Virgin, may be delivered from present  
sorrows and attain eternal joy, through  
Christ our Lord. Amen

### **ACT OF CONSECRATION TO THE IMMACULATE HEART OF MARY**

**(Saturdays/Sundays)**

**O** Immaculate Heart of  
Mary, Queen of heaven  
and earth, Refuge of  
sinners, Mother of mercy, in accordance  
with your ardent wish made known at  
Fatima, we consecrate to you ourselves, our  
families, our Congregation, our Country  
and the whole human race. Reign over us  
and teach us how to make the Heart of Jesus  
reign and triumph, in us and around us, as it  
has reigned and triumphed in you. Reign  
over us dearest Mother that we may be  
yours in prosperity and adversity, in joy and



in sorrow, in health and in sickness, in life and in death. O most compassionate Heart of Mary, Queen of virgins, watch over our minds and hearts and preserve them from the deluge of impurity, which you did lament so sorrowfully at Fatima. We want to be pure like you. We want to atone for the many crimes committed against Jesus and you. We want to imitate your virtues by the practice of a Christian life without regard to human respect. As we resolve to entrust to you our life and vocation as Christians, that you may dispose of it according to God's most holy will and your designs of salvation, we pledge to live it according to your desires, especially as it pertains to a renewed spirit of prayer and penance, the fervent participation in the celebration of the Holy Eucharist and in the works of the apostolate, the daily recitation of the Holy rosary and a truly penitential life in keeping with the Gospel life. Amen

### **PRAYER TO OUR LADY OF MERCY (May devotion)**

**O** Immaculate and ever gracious, ever bountiful, behold, we your suppliants, prostrate before you in all humility and most earnestly implore you to be our protectress and advocate with God. To obtain for us those graces and blessings which may best conduce to His greater glory and our own sanctification. More particularly, we beseech your intercession on behalf of our Institute, the Congregation of the Adoration Sisters of the Sacred Heart of Jesus for exercise of those works of mercy and charity, which Jesus Christ, the Almighty Son of God, did so love when on earth.

Defend it, O Blessed Lady, against its enemies. May it extend and prosper and may the worship of God your honour the welfare of His servants, be promoted wherever it is established throughout the world. May the unity of charity prevail in all our communities and all scandals be



unheard of amongst us. May we whom your Divine Son has made his spouses by calling us from our homes and kindred to dispense his mercies to our fellow creatures, possess the true spirit of charity, unity and sacrificial love.

May we in all things seek to be united to him and to you, to advance in all perfection by the observance of our holy rule and our vows, to deny ourselves and be conformable to God's Holy will. Amen.

Our Lady Queen of Virgins. (3x)

Pray for us.

**PRAYER TO ST. JOSEPH  
(October Devotion)**

**T**o thee, O blessed Joseph, we have recourse in our tribulations and while imploring the aid of thy most holy spouse, we confidently invoke thy patronage also. By that love which united thee to the Immaculate Virgin, Mother of God and by the fatherly affection with which thou did embrace the



Infant Jesus, we humbly beseech thee graciously to regard the inheritance, which Jesus Christ purchased with His blood and to help us in our necessities, by thy powerful intercession.

Protect O most provident guardian of the Holy Family, the chosen children of Jesus Christ, ward off from us, O most loving father, all taint of error and corruption; graciously assist us from heaven O most powerful protector, in our struggle with the powers of darkness and as thou did once rescue the child Jesus from imminent peril to his life, so now defend the holy church of God from the snares of her enemies and from all adversity. Shield each one of us with thy unceasing patronage, that imitating thy example and supported by thy aid, we may be enabled to live a good life, die a holy death and secure everlasting happiness in heaven. Amen

### COMPLINE

- \* God come to our aid....
- \* Glory be..., (Alleluia)
- \* Consciousness Examen  
**(15minutes)**
- \* (An act of contrition) any  
penitential prayer
- \* Hymn
- \* Psalms
- \* Scriptural Reading
- \* Short Responsory
- \* Nunc Dimittis
- \* A hymn to our Lady

### FOR PEACE AND UNITY IN OUR (ARCH) DIOCESE

**L**ord Jesus, Eternal Shepherd, grant peace and unity to all people in this (Arch) Diocese, especially between the Chief Shepherd, his Priests and Consecrated Persons. May we continue your mission of love and salvation, and may the Holy Spirit inspire us all to continue to work for the common good and for the unity of the one family of God. We

ask this through Christ our Lord. Amen

Our Lady, Queen of peace: (3X)  
Pray for us.

### PRAYER TO OUR LADY OF THIS COMPOUND

**O** Sweet and Gentle Lady, Immaculate Mother of God. We choose thee this night to be the Mistress and Lady of this compound. Guard it dear Mother from pestilence, fire, lightning and tempest; from schisms and heresies, depredation of burglars and the malice of enemies and from every other evil known to thee. Bless and protect, defend and preserve as thy personal property, those who live in this compound. Keep us away from adversity and misfortune and preserve us from offending God. Let not a single mortal sin be committed in this compound, let it be ever consecrated to you, O Jesus and Mary. May all those who enter this compound work for the Glory of God and

the reign of Jesus and Mary. Protect all who dwell here Sweet Lady, watch over our going out and coming in and preserve us from all harm and sudden death. Keep us free from all sin and pray for us to God that we may live in His love and depart from this life in His grace. Amen.

- \* Gospel Reading
- \* We fly to your protection
- \* Most Sacred Heart of Jesus; Have mercy on us (3x)
- \* Grand Silence

## NOVENAS NOVENA FOR THE FEAST OF PENTECOST

- \* In the name of the Father...
- \* Opening Hymn to the Holy Spirit
- \* Opening Prayer...
- \* Scriptural Reading and Reflection of the Day
- \* Brief Silence
- \* A Hymn to our Lady
- \* Concluding Prayer

### Opening Prayer

**A**ll powerful God, Father of our Lord Jesus Christ, by water and the Holy Spirit you freed your sons and daughters from sin and gave us new life. Send your Holy Spirit upon us to be our helper and guide. Give us the spirit of wisdom and understanding, the spirit of right judgment and courage, the spirit of knowledge and reverence. Fill us with the spirit of wonder and awe in your presence.

O Holy Spirit, we beseech you to grant the intentions of this novena {**mention intention**}. May your will be done in us and through us and may you be praised and glorified forever more! Amen

**SCRIPTURAL READINGS AND REFLECTIONS FOR EACH DAY.**

**Day 1.... Is 11:2-3**

**Reflection:** The seven gifts of the Holy Spirit are present in their fullness in Jesus Christ but are found in all Christians who are in a state of grace. We receive them when we are infused with sanctifying grace, the life of God within us. With these God's gifts, we respond to the promptings of the Holy Spirit as if by instinct, the way Christ Himself would.

**Concluding Prayer**

**(All):** Lord Jesus Christ, Who before ascending into heaven, promised to send the Holy Spirit to finish Your work in the souls of Your Apostles and Disciples, deign to grant the same Holy Spirit to us, that He

may perfect in our souls the work of Your grace and Your love. Amen

**Day 2..... Wisdom 7:24-28**

**Reflection:** The gift of wisdom corresponds to the virtue of charity. In the gift of wisdom, we see God at work in our lives and in the world. For the wise person, the wonders of nature, historical events, and the ups and downs of our lives take on deeper meaning. The matters of judgment about the truth, and being able to see the whole image of God. We see God as our Father and other people with dignity. Lastly being able to see God in everyone and everything everywhere.

**Concluding Prayer**

**(All):** O Lord, grant that we may despise the perishable things of this world, and aspire only after the things that are eternal and to love them more above all things. Amen

**Day 3.....Col 4:5-6**

**Reflection:** The gift of understanding

corresponds to the virtue of faith. In understanding, we comprehend how we need to live as a follower of Christ. A person with understanding is not confused by all the conflicting messages in our culture about the right way to live our Christian life. This gift perfects a person's untested reason in the understanding of truth, where self-evident principles are known

**Concluding Prayer**

**(All):** O Holy Spirit enlighten our minds with the light of your divine truth, that we may know and believe all the mysteries of salvation; and may at last merit the eternal light in your glory, and have a clear vision of you and the Father and the Son. Amen.

**Day 4..... Prov. 12:15**

**Reflection:** The gift of Counsel (right judgment) corresponds to the virtue of prudence. With the gift of counsel/right judgment, we know the difference between right and wrong, and we choose to do what

is right. A person with right judgment avoids sin and lives out the values taught by Jesus. This gift of truth that allows the person to respond prudently, and happily to believe Christ the Lord.

**Concluding Prayer**

**(All):** O Spirit of Counsel, grant that we may ever choose the surest ways of pleasing God and gaining heaven; Incline our hearts to what is good; turn it away from all that is evil, and direct us by the straight path of your commandments. Amen.

**Day 5..... 2Tim. 1:6-8**

**Reflection:** The gift of Fortitude corresponds to the virtue of courage. With the gift of fortitude, we overcome our fear and are willing to take risks as followers of Jesus Christ. A person with courage is willing to stand up for what is right in the sight of God, even if it means accepting rejection, verbal abuse, or even physical

harm and death. The gift of courage allows people the firmness of mind that is required both in doing good and in enduring evil, especially with regards to good or evil that are difficult.

**Concluding Prayer**

**(All):** O Blessed Spirit of Fortitude, strengthen our weaknesses, that we may bear our crosses with you, and overcome with courage all the obstacles that oppose our salvation. May we never be overcome and separated from you, who are our God and greatest good. Amen

**Day 6..... Prov. 18:13-15**

**Reflection:** The gift of Knowledge corresponds to the virtue of hope. With the gift of knowledge, we understand who God is. It is more than an accumulation of facts. It is the ability to study, learn and judge correctly matters of faith and right actions, and to put what is learned to good use for constructive purposes.

**Concluding Prayer**

**(All):** Come, O Blessed Spirit of Knowledge, and grant that we may perceive the will of the Father; show us the nothingness of earthly things, that we may realize their vanity and use them only for your glory and our own salvation, looking ever beyond them to you and your eternal rewards. Amen.

**Day 7..... 1Tim 4:7-8**

**Reflection:** The gift of Piety, sometimes called reverence, corresponds to the virtue of justice, which at the Holy Spirit's instigation, we pay worship and duty to God as our Father.

With this gift, we have a deep sense of respect for God and the church. A person with reverence recognizes total reliance on God and comes before God with humility, trust, and love.

**Concluding Prayer**

**(All):** Come, O Blessed Spirit of Piety, possess our hearts. Enkindle in us such love for God that we may find the service of God

sweet and amiable and, for His sake, lovingly submit to all legitimate authority. Amen.

**Day 8..... Philip. 2:12-15**

**Reflection:** The gift of the Fear of God corresponds to the virtue of temperance. The Holy fear of God is, in this context, “filial” or chaste fear whereby we revere God and avoid separating ourselves from him—as opposed to “servile” fear, whereby we fear punishment. In this gift, we acknowledge that everything comes as a gift from God, thereby downplaying our personal achievements and self-sufficiency, and in return gladly offer praise, worship and adoration to God.

**Concluding Prayer**

**(All):** Come, O blessed Spirit of Holy Fear, penetrate our inmost heart, that we may set you, our Lord and God, before our faces forever; help us to shun all things that can offend you, and make us worthy to appear before the pure eyes of your Divine

Majesty in heaven where you live and reign in the unity of the Blessed Trinity, God, world without end. Amen.

**Day 9..... Gal. 5:16-25**

**Reflection:** The gifts of the Holy Spirit perfect the supernatural virtues by enabling us to practice them with greater docility to divine inspiration. As we grow in the knowledge and love of God under the direction of the Holy Spirit, our service becomes more sincere and generous, the practice of virtue, more perfect. Such acts of virtue leave the heart filled with joy and consolation and are known as Fruits of the Holy Spirit. These Fruits in turn render the practice of virtue more attractive, and become a powerful incentive for still greater effort in the service of God.

**Concluding Prayer**

**(All):** Come, O Divine Spirit, fill our hearts with your heavenly fruits: charity, joy, peace, patience, long-suffering, kindness, goodness, faith, mildness, modesty, self-

control and chastity, that we may never weary in the service of God, but by continued faithful submission to your inspiration, may merit to be united eternally with you in the love of the Father and the Son. Amen.

### **NOVENA TO THE SACRED HEART OF JESUS**

- \* In the name of the Father, ...
- \* Opening Hymn: To the Sacred Heart of Jesus
- \* Introduction: Varies from day to day
- \* Act of Reparation/Litany of Reparation
- \* Scriptural Reading and Reflection
- \* A Hymn to our Lady.
- \* Conclusion: Novena prayer for the feast of the Sacred Heart of Jesus.

#### **Day1:**

**Introduction:** “Let us begin to work out our salvation, for no one will do it for us,

since even He Himself, who made us without ourselves, will not save us without ourselves” --- **St. Margaret Mary Alacoque.**

**Scriptural Reading: Phil 2:12**

#### **Day 2:**

**Introduction:** “Let us ask Him to strengthen our weakness, to enrich our poverty, to soften the hardness of our hearts so as to make them susceptible to His pure love, which will not be content with a divided heart.” --- **St. Margaret Mary Alacoque.**

**Scriptural Reading: Eph. 3: 14 – 19**

#### **Day 3:**

**Introduction:** “Behold, O my soul, the means by which you can honour God, viz by renouncing and humbling yourself with Jesus Christ and for love of Jesus Christ. Thus, you will find life in death, sweetness in bitterness, and God in self-effacement: for you must leave in order to find him” ---

**St. Margaret Mary Alacoque.**

**Scriptural Reading: Philippians 2:1-3**

**Day 4:**

**Introduction:** Take your abode in this Adorable Heart; bring to it your little vexations and annoyances, and your hearts will then be calmed. You will find in this Heart the remedy for your ills, strength in your weakness and a refuge in all your needs. --- **St. Margaret Mary Alacoque.**

**Scriptural Reading: Matt. 11:28-30**

**Day 5:**

**Introduction:** (God's love saved us). What is here written of the side of Christ, opened by the wound from the soldier, should also be said of the Heart which was certainly reached by the stab of the lance, since the soldier pierced it precisely to make certain that Jesus Christ crucified was really dead. Hence the wound of the most Sacred Heart of Jesus, now that He has completed His mortal life, remains through the course of the ages a striking image of that

spontaneous charity by which God gave His only begotten Son for the redemption of men and by which Christ expressed such passionate love for us that He offered Himself as a bleeding victim on Calvary for our sake: "Christ loved us and delivered Himself for us, an oblation and a sacrifice to God for an odor of sweetness. **Haurietis Aquas #78.**

**Scriptural Reading: John 3:16**

**Day 6:**

**Introduction:** (Christ' gift of Himself). To the unbloody gift of Himself under the appearance of bread and wine our Savior Jesus Christ wished to join, as the chief proof of His deep and infinite love, the bloody sacrifice of the Cross. By this manner of acting He gave an example of His supreme charity, which He had proposed to His disciples as the highest point of love in these words: "Greater love than this no man hath, that a man lay down his life for his friends. **Haurietis Aquas #73.**

**Scriptural Reading: Luke 22:15**

**Day 7:**

**Introduction:** (Behold your Mother)  
Another most precious gift of His Sacred Heart is, as we have said, Mary the beloved Mother of God and the most loving Mother of us all. She who gave birth to our Savior according to the flesh and was associated with Him in recalling the children of Eve to the life of divine grace has deservedly been hailed as the spiritual Mother of the whole human race. And so St. Augustine writes of her: "Clearly She is Mother of the members of the Savior (which is what we are), because She labored with Him in love that the faithful who are members of the Head might be born in the Church. **Haurietis Aquas #72.**

**Scriptural Reading: John. 19:26-27**

**Day 8:**

**Introduction:** (Love inspires us to spread the devotion to the Sacred Heart of Jesus).  
We therefore urge all Our children in

Christ, both those who are already accustomed to drink the saving waters flowing from the Heart of the Redeemer and, more especially those who look on from a distance like hesitant spectators, to eagerly embrace this devotion. Let them carefully consider, as we have said, that it is a question of a devotion which has long been powerful in the Church and is solidly founded on the Gospel narrative. It received clear support from tradition and the Sacred Liturgy and has been frequently and generously praised by the Roman Pontiffs themselves. These were not satisfied with establishing a feast in honor of the most Sacred Heart of the Redeemer and extending it to the Universal Church; they were also responsible for the solemn acts of dedication which consecrated the whole human race to the same Sacred Heart.

**Haurietis Aquas #113.**

**Scriptural Reading: John. 15:12-14**

**Day 9:**

**Introduction:** (In Christ is hidden all the

treasures of wisdom and knowledge) Finally, moved by an earnest desire to set strong bulwarks against the wicked designs of those who hate God and the Church and, at the same time, to lead men back again, in their private and public life, to a love of God and their neighbor, we do not hesitate to declare that devotion to the Sacred Heart of Jesus is the most effective school of the love of God; the love of God, we say, which must be the foundation on which to build the kingdom of God in the hearts of individuals, families, and nations, as that same predecessor of pious memory wisely reminds us: The reign of Jesus Christ takes its strength and form from divine love: to love with holiness and order is its foundation and its perfection. From it these must flow: to perform duties without blame; to take away nothing of another's right; to guide the lower human affairs by heavenly principles; to give the love of God precedence over all other creatures. **Haurietis Aquas #123.**

**Scriptural Reading: Col. 2:2-3**

## **NOVENA PRAYER FOR THE FEAST OF THE SACRED HEART OF JESUS**

**O** Adorable Jesus, who has revealed to us your Most Sacred Heart, that we may form some idea of the extent of your love, send forth your light and your grace into our hearts, that we may value as we ought so precious a favour. We adore you, O infinitely Amiable Heart and beseech you to receive our adoration, in union with the perfect homage of all your saints and in particular, in union with the unceasing adoration of the Heavenly spirits who crowd your sanctuary during this glorious solemnity and honour the presence of your Amiable Heart on our altars. Yet, it is not for those pure and ardent spirits that you burn with love in the Holy Eucharist. It is for us, it is for all creatures, even for those who are most unmindful of all your mercies. But though the entire world should forget you, O Divine Victim of charity, we, at least, should return you love for love since you have loved us with an eternal charity, and selected us long before our

existence as the favorites of your Divine Heart, the objects of its tenderness affection and peculiar favours. Penetrated with the confidence which should arise from the recollection of all you have already done for us and are willing to do for those who trust in you, we humbly present our present necessities to you, O Adorable Heart, the fountain of all grace, the Ocean of Mercy and Exhaustless source of consolation and strength. We most fervently entreat you to infuse into our hearts the dispositions you require and then for your own sake, to grant the earnest petitions for this novena...NN... You are, O Furnace of love, a public Victim. Your mercies and graces are offered to all who will only ask, that they may receive. But your tender compassion seems peculiarly directed to all unhappy sinners.

For them you were overwhelmed with sorrow in the garden of Olives, and wounded on the cross, for them we most particularly pray and most earnestly

entreat the grace of conversion. For ourselves and every member of this community, we beg the true spirit of our holy state, whatever particular graces you know to be the most necessary for each of us, but particularly that ardent charity and sincere humility which seem to have been the most favourite virtues of your Adorable Heart.

Animate us with your zeal for the salvation of those committed to our care model their young hearts on yours and assist us all to learn of you, who are meek and humble of heart, that we may find rest to our souls in this life and everlasting repose in a happy eternity. Amen.

**NOVENA PRAYER FOR THE FEAST  
OF ST. AUGUSTINE  
(August 19 – 27)**

- \* Sign of the cross
- \* O holy St. Augustine ... {as in Day 1, and for other days}
- \* Prayer for the day

- \* Glorious St. Augustine... {as in Day 1, and for other days}
- \* 1 Our Father... 1 Hail Mary... 1 Glory be
- \* Conclusion
- \* St. Augustine! Pray for us!

**St. Augustine Novena - Day 1**

**O holy St. Augustine**, who has famously declared that “Our hearts were made for you, O Lord, and they are restless until they rest in you.”, aid us in our own search for our Lord that through your intercession we may be granted the wisdom to determine the purpose God has planned for us. Pray that we be blessed with the courage to follow God's will even at times when we do not understand. Ask our Lord to lead us to a life worthy of His love, that we may one day share the riches of His kingdom. Petition our Lord and Savior to ease the burden of our problems and grant our special intention, and we will honor you all of our days.

**Day 1 Prayer:** Beloved St. Augustine the miracles you have performed for the greater glory of God have caused people to seek your intercession for their most pressing concerns. Hear our cries as we invoke your name to petition God for an increased faith and to aid us in our present distress {NN}.

**Glorious St. Augustine** we boldly ask for your intercession confident in your boundless wisdom and compassion. May this devotion lead us to a life dedicated to fulfilling the will of God that we may one day be deemed worthy of sharing His Kingdom with you and all the saints for all eternity. Amen

- **1 Our Father... 1 Hail Mary....**
- **1 Glory be ...**
- **St. Augustine! Pray for us!**

**Day 2**

**O holy St. Augustine...**

Holy St. Augustine, you have been plucked from a life of iniquity through the incessant

prayers of your mother Saint Monica to become a staunch defender of the faith. Pray for us now and turn not from our petitions, that we may also be blessed with God's grace and guidance through this present predicament into a life of complete subservience to His will {NN}.

**Glorious St. Augustine...**

**Day 3**

**O holy St. Augustine...**

Glorious St. Augustine you are renowned in the Christian world for your kindness, compassion and powerful intercession. Emboldened by this, we humbly come before you to invoke your aid in asking for God's all-powerful assistance to see us through our most pressing concern {NN}.

**Glorious St. Augustine...**

**Day 4**

**O holy St. Augustine...**

St. Augustine, through you God has manifested his power and mastery of the

earth, enabling you to make prophesies and to perform miracles to aid the poorest of the poor, whom you have chosen to serve. Look upon us, poor servants of God, and the afflictions of body and spirit that plague us, and in your kindness, help us seek the aid of the One True God we seek to love and serve throughout our lives {NN}.

**Glorious St. Augustine...**

**O holy St. Augustine...**

St. Augustine, God's faithful servant, educator and evangelist, show us the mercy you are renowned for and come to our aid in this time of distress. Hear our cries and ask our Lord Jesus Christ to bless us with a favorable response to our petition {NN}.

**Glorious St. Augustine...**

**Day 6**

**O holy St. Augustine...**

Holy St. Augustine, you were saved when you heeded God's call for your conversion,

and granted the power to perform powerful miracles in His name. Let your kindness cause you to plead to God for a miraculous resolution of our present problem and the granting of our special intention {NN}

**Glorious St. Augustine...**

**Day 7**

**O holy St. Augustine...**

Glorious St. Augustine, in your compassion, wisdom and grace, all who seek your aid do not leave empty handed. In this time of extreme anxiety, we entrust our present predicament to the power of your kind intercession. May you obtain for us the grace to have the special favor we ask for to be granted {NN}

**Glorious St. Augustine...**

**Day 8**

**O holy St. Augustine...**

St. Augustine, God has tasked you with aiding people in distress even when the assistance they need requires you to

perform miracles in His name. Refuse not our request for your kind intercession and obtain for us the special favor that we seek through this novena {NN}

**Glorious St. Augustine...**

**Day 9**

**O holy St. Augustine...**

Holy St. Augustine, you have overcome great adversity to be revered as one of the greatest Saints of our Church. In your wisdom and compassion, aid us in our own life quest to fulfill the destiny laid for us, that God may bless us with the strength, courage and wisdom to surrender our temporal concerns to His will. Intercede for us that our most pressing concerns be resolved and our petition granted {NN}

**Glorious St. Augustine...**

**NOVENA PRAYER FOR THE  
FEAST OF ST. TERESA OF AVILA  
{October 06 – 14}**

O Most loving Heavenly Father! We thank

you for the great gift you gave us through your beloved St. Teresa of Avila, Virgin and Doctor of the Church. Her life was a great example of prayer, sacrifice and faith in you. We humbly pray for her most holy intercession... (NN) St. Teresa, we know that you are a powerful intercessor because of your close relationship to the Holy Mother and Jesus through prayer. Open wide the doors to the interior castle of our hearts and souls so that we may know how to pray!

**{Day 1} Pray for us, that we may have the gift of prayer.** St. Teresa of Avila, you are an example of prayerful holiness that we will try to follow. You are in heaven praising God. With your seat of honor, please, beg God to bring us to eternal rest with you.

· **Our Father... Hail Mary...**  
· **Glory be...**  
· **St. Teresa of Avila, pray for us!**  
**Amen**

Day 1 ... Pray for us, that we may have the gift of prayer.

Day 2 ... Pray for us, that we may have greater trust in God.

Day 3... Pray for us, that we may see God's plan in our lives.

Day 4... Pray for us, that we may love Jesus as you did.

Day 5... Pray for us, that we may know how to listen to God

Day 6 ... Pray for us, that we may be able to pray during times of grief

Day 7... Pray for us, that we may have a more consistent relationship with God through prayer.

Day 8 ... Pray for us, that we may see God's hand in our daily lives.

Day 9 ... Pray for us, that we may recognize God's answers to our prayers.

**NOVENA PRAYER FOR THE  
FEAST OF  
ST. MARGARET-MARY ALACOQUE**

**(October 07 - 15)**

O St. Margaret Mary, through you,

Jesus pours out His abundant graces to all humankind. Help us to put aside personal interests and abandon ourselves entirely and lovingly to His Adorable Heart. May our work, like yours, merit His special care and favour, through Jesus' Holy Name.

St Margaret Mary, we implore you, to whom the Sacred Heart of Jesus manifested His Divine treasures, to obtain the graces we seek from His Adorable Heart. With unlimited confidence, we ask {NN}. O glorious St Margaret Mary, through your intercession, may the Divine Heart of Jesus continue to be glorified and loved. Amen

\* Our Father... Hail Mary... Glory Be...

St. Margaret Mary, you who were made a partaker of the divine treasures of the Sacred Heart of Jesus, obtain for us, we beseech you, from this Adorable Heart, the graces we need so sorely. We ask these favors of you with unbounded confidence. May the Divine Heart of Jesus be pleased

to bestow them upon us through your intercession, so that once again He may be loved and glorified through you. Amen.

**V. Pray for us, O blessed Margaret;  
R. That we may be made worthy of the promises of Christ.**

**Let us pray**

O Lord Jesus Christ, who didst wondrously open the unsearchable riches of your Heart to Blessed Margaret Mary, the virgin: grant unto us, by her merits and our imitation of her, that we may love you in all things and above all things, and may be worthy to have our everlasting dwelling in the same Sacred Heart: who lives and reigns, world without end. Amen.

· **St. Margaret Mary of Alacoque,  
Pray for Us ...**

**CHRISTMAS NOVENA  
(December 16 - 24)**

- \* Invocation of the Holy Spirit
- \* Mention the Intention

- \* **Leader:** Our Lord and King is drawing near, O come let us adore Him
- \* **All:** Our Lord and King is drawing near, O come let us adore Him

**Day One**

**Leader:** In that day, says the Lord, I will restore the kingdom of David. I will rebuild its ruin and make it strong again. And so all the rest of mankind will come to me, all the Gentiles whom I have called to be my own.

**All:** Our Lord and King...

**Leader:** Behold, the God-man of the house of David will come to sit upon the royal throne and you will see him and your hearts will rejoice.

**All:** Our Lord and King...

**In a Call & Response mode:**

**Let the heavens be glad and earth rejoice**

O all you mountains praise the Lord.

**Drop down dew from above, you**

**heavens**

and let the clouds rain the just one.

**Let the earth be opened,**  
and bud forth the Saviour.

**Remember us O Lord,**  
and visit us in your salvation.

**Show your mercy to us, O Lord**  
and grant us your salvation.

**Send forth, the Lamb, the Ruler of the earth**

from the desert rock to the Mount of Zion.

**Come to free us, O Lord God of host:**  
show your face, and we shall be saved.

**Come O Lord, and visit us in peace,**  
so that we may rejoice before you.

**May we know on earth, O Lord, your way,**

your salvation among all nations.

**Put forth, O Lord, your strength,**  
and come to save us.

**Come, O Lord and do not hesitate:**

Pardon the sins of your people,

**O that you would rend the heavens and come down,**

the mountains would melt in your presence.

**Come, and show us your face, O Lord;**

you who sit on the cherub.

**Leader:** Glory be to the Father ...

**All:** As it was in the ....

**Biblical Reading:** Lk. 1:26-29

**Hymn**

**PRAYER:** Hasten, we beseech you, O Lord: do not delay. Grant us the help of supernatural virtue, so that your coming will be a consolation to those who hope in your mercy. You who live and reign with God the Father in the unity of the Holy Spirit God world without end, Amen.

**Day Two**

**Leader:** Blessed be God the Father of our Lord Jesus Christ, who in His great mercy has given us a new birth as his sons, by raising Jesus Christ from the dead, so that we have a sure hope and the promise of an inheritance that can never be spoilt or soiled and never fade away, because it is

being kept for you in the heavens.

**All:** Our Lord and King...

**Leader:** Let the heavens be glad and earth rejoice...

**Biblical Reading:** Is. 40:31

**Hymn**

**Prayer:** Hasten, we beseech you...

**Day Three**

**Leader:** Behold, the Lord our protector will come to save us, Israel's Holy One, wearing the crown of royalty. He will exercise his rule from sea to shining sea and from the waters of the river to the ends of the earth.

**All:** Our Lord and King...

**Leader:** Let the heavens be glad and earth rejoice...

**Biblical Reading:** Rm. 8:23-25

**Hymn**

**Prayer:** Hasten, we beseech you...

**Day Four**

**Leader:** Love, greatest of all virtues and its possession is the greatest treasure and the assurance of our participation in the promise of eternal inheritance.

**All:** Our Lord and King...

**Leader:** Let the heavens be glad and earth rejoice...

**Biblical Reading:** 1 Jn. 4:9-10

**Hymn**

**Prayer:** Hasten, we beseech you...

**Day Five**

**Leader:** Rejoice, O daughter of Zion and exult fully O daughter of Jerusalem!

Behold, the Lord and Master comes, and there shall be a brilliant light in that day, the mountains shall drop down sweetness, and the hills flow with milk and honey for in that day the great prophet will come, and he will renew Jerusalem.

**All:** Our Lord and King...

**Leader:** Let the heavens be glad and earth rejoice...

**Biblical Reading:** Is. 9:1-2

**Hymn**

**Prayer:** Hasten, we beseech you...

**Day Six**

**Leader:** Bethlehem, city of the highest God, from you will come forth the King of Israel. He will proceed forth from his eternity; he will be praised in the midst of the entire universe: there will be peace in our land when he comes.

**All:** Our Lord and King...

**Leader:** Let the heavens be glad and earth rejoice...

**Biblical Reading:** Mic. 5:3-4.

**Hymn**

**Prayer:** Hasten, we beseech you...

**Day Seven**

**Leader:** The Lord will come down like rain upon the fleece of Gideon: Justice will thrive and abundance of true peace, all the kings of the earth will adore him and every nation will serve him.

**All:** Our Lord and King...

**Leader:** Let the heavens be glad and earth  
rejoice...

**Biblical Reading:** Lk. 2:13

**Prayer:** Hasten, we beseech you...

### Day Eight

**Leader:** Now be patient, Sisters,  
until the Lord's coming. Think of the  
farmer; how patiently he waits for the  
precious fruits of the ground until it has had  
the autumn rains and the spring rain! You  
too have to be patient; do not lose heart,  
because the Lord's coming will be very  
soon.

**All:** Our Lord and King...

**Leader:** Let the heavens be glad and  
earth rejoice...

**Biblical Reading:** James. 5:7-8

**Hymn**

**Prayer:** Hasten, we beseech you...

**Leader:** Tomorrow the wickedness  
of the world will be

destroyed, and over us will  
reign the Saviour of the  
world.

**All:** Our Lord and King...

**Leader:** Near at last is Christ our  
King

**All:** Come let us adore him

**Leader:** Let the heavens be glad and  
earth rejoice...

**Biblical Reading:** Heb. 11:1-10

**Hymn**

**Prayer:** Hasten, we beseech you...

### LITANY OF THE MOST HOLY NAME OF JESUS

(To be said in December)

Lord have mercy      **Lord have mercy**

Christ have mercy      **Christ have mercy**

Lord have mercy      **Lord have mercy**

Jesus hear us

**Jesus graciously hear us**

God the Father in heaven:

**Have mercy on us** (repeat)

God the Son, Redeemer of the world

God the Holy Spirit  
Holy Trinity, one God  
Jesus, Son of the Living God  
Jesus, Splendor of the Father  
Jesus, Brightness of eternal Light  
Jesus, King of Glory  
Jesus, Sun of Justice  
Jesus, Son of the Virgin Mary  
Jesus, most amiable  
Jesus, most admirable  
Jesus, mighty God  
Jesus, Father of the world to come  
Jesus, the Angel of great counsel  
Jesus, most powerful  
Jesus, most patient  
Jesus, most obedient  
Jesus, meek and humble of heart  
Jesus, Lover of Chastity  
Jesus, Lover of us  
Jesus, God of peace  
Jesus, Author of life  
Jesus, Model of virtues  
Jesus, zealous lover of souls  
Jesus, our God  
Jesus, our Refuge  
Jesus, Father of the poor

Jesus, Treasure of the faithful  
Jesus, Good Shepherd  
Jesus, true Light  
Jesus, eternal Wisdom  
Jesus, infinite Goodness  
Jesus, our Way and our Life  
Jesus, Joy of Angels  
Jesus, King of Patriarchs  
Jesus, Master of the Apostles  
Jesus, Teacher of the Evangelists  
Jesus, Strength of the Martyrs  
Jesus, Light of Confessors  
Jesus, Purity of Virgins  
Jesus, Crown of Saints  
Be merciful unto us    **Spare us, O Jesus**  
Be merciful unto us    **Graciously hear us**  
                                  **O Jesus**  
From all evil            **O Jesus, deliver us**  
                                  **(repeat)**  
From all sin  
From your wrath  
From the snares of the devil  
From the spirit of fornication  
From everlasting death  
From the neglect of Your holy inspiration  
For the mystery of Your holy incarnation

Through Your Nativity  
Through Your Infancy  
Through Your most divine life  
Through Your Labours  
Through Your Agony and Passion  
Through Your Cross and dereliction  
Through Your Sufferings  
Through Your Death and Burial  
Through Your Resurrection  
Through Your Ascension  
Through Your institution of the Most Holy  
Eucharist  
Through Your Joys  
Through Your Glory

Lamb of God you take away the sins of the  
world: **Spare us, O Jesus**

Lamb of God you take away the sins of the  
world: **Graciously hear us, O Jesus**

Lamb of God you take away the sins of the  
world: **Have mercy on us**

Jesus hear us; **Jesus graciously hear us.**

**Let us pray:**

O Lord Jesus Christ, you have said, Ask

and you shall receive; seek and you shall  
find; knock and it shall be opened unto you;  
mercifully attend to our supplications and  
grant us the grace of your divine love, that  
we may ever love You with our whole hearts  
and in all our words and actions and never  
cease from praising and glorifying Your  
holy name, Give us, O Lord a perpetual  
fear and love of your Holy Name: for You  
never cease to govern those whom You  
establish in Your love. Who lives and  
reigns with the Father and the Holy Spirit,  
world without end, Amen.

**EXPOSITION OF THE BLESSED  
SACRAMENT AND BENEDICTION  
(When the priest opens the tabernacle  
the following or other Eucharistic hymn  
is sung).**

O Salutaris Hostia  
Quae caeli pandis ostium  
Bella premunt hostilia  
Da robur fer auxillium

Uni trinoque Domino  
Sit sempiterna gloria  
Qui vitam sine termino  
Nobis donet in patria. **Amen**

### **BENEDICTION**

Tantum ergo sacramentum  
Veneremur cernui  
Et antiquum documentum  
Novo cedat ritui  
Praestet fides supplementum  
Sensuum defectui

Genitori, genitoque  
Laus et jubilatio  
Salus, honor, virtus quoque  
Sit et benedictio  
Procedenti ab utroque  
Compar sit laudatio. Amen,

**V:** Pane de caelo praestitiseis  
**R:** Omne delectamentum in se  
habentem  
**V:** You have given us bread from

heaven

**R:** The bread, which is full of all  
goodness

### **Oremus**

Dues, qui nobis, sub: Sacramento mirabili  
passionis tuae memoriam reliquisti, tribue  
quæsumus ita nos: Corporis et Sanguinis  
tui sacra mysteria venerari, ut redemptionis  
tuae fructum in nobis Jugiter sentiamus qui  
vivis et regnas in sæcula sæculorum.  
Amen.

### **Let us pray**

O, God who in this wonderful sacrament  
has left us a memorial of your passion: help  
us to reverence the sacred mysteries of your  
body and your blood, that we always in  
experience in lives the effects of your  
redemption, who lives and reigns forever  
and ever, 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.

Ant. Adoremus in æternum Sanctissimum  
Sacramentum  
Laudate Dominum, omnes gentes:  
Laudate eum omnes populi  
Quoniam confirmata est super nos

misericordia ejus  
Et veritas Domini manet in æternum  
Gloria Patri, et Filio et Spiritui Sancto  
Sicut erat in principio, et nunc, et semper,  
Et in sæcula sæculorum. Amen.

## APPENDICES

### APPENDIX I CREATIVE WAYS FOR MARIAN DEVOTION

#### MODE 1

The community sits in a circle with a lighted candle held by the leader, while the scriptural reading on the Mystery is taken by different Sisters while passing the symbol i.e lighted candle. The “Hail Mary” is prayed.

#### MODE 2

Meditation on the Mysteries guided by Scriptural reading.

#### MODE 3

All kneel, a hymn to Mary is sung and the Litany is recited.

#### MODE 4

The Rosary is prayed privately.

#### MODE 5

As normal with procession.

#### MODE 6

As normal without procession.

#### MODE 7

A tape can be used to lead the Rosary while the Sisters pray along.

### APPENDIX II CREATIVE WAYS OF PRAYING THE LAUDS AND VESPERS

**L**auds as morning prayers and vespers as evening prayers are the two hinges of the Divine Office. They are the chief hours and are to be celebrated as such (Vatican II, Constitution on the Sacred Liturgy Sacrosanctum Concilium 89A no. 100).

**Note:** The Liturgist should be creative in leading the Sisters in praying the Psalms. She should moderate whichever mode she chooses.

#### Mode 1

Two groups alternate the Psalm, and a Sister, alone, takes the intercessory prayers.

#### Mode 2

Instrumental introit with silent meditation

before the Psalms.

**Mode 3**

The Psalms are prayed silently alongside music in background.

**Mode 4**

Prayer as normal.

**Mode 5**

The Cantor(s) alternates the Psalm with the Sisters.

**Mode 6**

Everybody rises up for the Glory be to the father; then joining of our hands together in solidarity as we say the Lord's prayer.

**Mode 7**

Gestures, actions, symbols, signs are practiced in the hour e.g burning of incense raising of hands, dancing and bowing etc.

**Mode 8**

Pray the Psalms silently and read aloud a striking phrase from it

**APPENDIX III  
FAITH SHARING**

**PREAMBLE**

**F**aith sharing is an exercise rooted in the Gospel. And it demands TRUST.

It is a sharing that involves telling our sacred stories. It also involves sharing our experience of faith. It is not a time for admonition or sermon or moralizing (this is not exhortation, preaching or moralizing. All comments must be “I, My, Me, not “You”, They”, “We”, or using verbs like “should”). It is an exercise in which each individual Jesus' faces question “who do you say I am?”. ”In faith sharing we tap from the gift of faith of others.

**METHOD 1**

**STEP 1**

Introduction by the Liturgist

**STEP 2**

The invocation of the Holy Spirit

**STEP 3**

Leader reads a scriptural text. **(Pause for 2 minutes)**

**STEP 4**

The leader repeats the scripture passage

**STEP 5**

Reflection on the passage for 10 minutes  
(what is God's personal message)

**STEP 6**

Sharing of one's reflection with the group.

**STEP 7**

What did I hear others share? What message does God have for me in what others have shared?

**STEP 8**

Prayer of gratitude and thankfulness.

**METHOD 2**

**STEP 1**

Introduction by the Liturgist

**STEP 2**

Invocation of the Holy Spirit

**STEP 3**

We read a text

**STEP 4**

We pick out words and meditate on them

**STEP 5**

We let God speak to us in silence

**STEP 6**

We share what we have heard in our hearts (i.e. which word has touched me personally? We may share also on any spiritual experience. We don't discuss or comment on others contribution. We may also share by singing, praying or commenting on the text read.)

**STEP 7**

We pray together spontaneously.

**METHOD 3**

**STEP 1**

Introduction by the Liturgist

**STEP 2**

Invocation of the Holy Spirit

**STEP 3**

Read a Scriptural/Spiritual passage

**STEP 4**

Observe Silence

**STEP 5**

Sing appropriate hymn or song

**STEP 6**

Share on each Sister's giftedness

**STEP 7**

Hold the hands of the Sister next to you and pray for her

**STEP 8**

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Conclude with the Lord's Prayer

**METHOD 4**

**(Symbols may be used here)**

**STEP 1**

Introduction by the Liturgist

**STEP 2**

Opening prayer

**STEP 3**

Sing praises to God

**STEP 4**

Scriptural reading or any inspiring passage

**STEP 5**

Share either from the passage/ the day's encounter or experience or on the symbols presented

**STEP 6**

Song of thanksgiving

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**STEP 7**

Conclude as wish.

**APPENDIX IV  
ACT OF CONSECRATION OF THE  
HUMAN RACE TO THE SACRED  
HEART OF JESUS**

**M**ost Sweet Jesus, Redeemer of the human race, look down upon us humbly prostrate before your altar. We are yours and yours we wish to be: but to be more surely united with you, behold each one of us freely consecrates herself today to your Most Sacred Heart. Many indeed have never known you: many too despising your precepts, have rejected you. Have mercy on them all, Most Merciful Jesus, and draw them to your Sacred Heart. Be you King O Lord, not only of the faithful who have never forsaken you, but also of the prodigal children who have abandoned you: Grant that they may quickly return to their father's house lest they die of wretchedness and hunger. Be

you King of those who are deceived by erroneous opinions or whom discord holds aloof, and call them back to the harbour of truth and unity of faith, so that soon there may be but one flock and one Shepherd. Grant O Lord to your Church assurance of freedom and immunity from harm, give peace and order to all nations, and make the earth resound from pole to pole with one cry: "praise to the Divine Heart that wrought our salvation: to it be glory and honour forever", Amen.

**APPENDIX V**

*(Formation Houses)*

**PRAYER FOR OUR STUDENT SISTERS**

**O** Holy Spirit of the Father and the Son, we thank you for your gifts of wisdom and understanding. We ask you to enlighten the hearts of our student Sisters. May they live daily in your presence and recognize you in all they do. Keep them free from bad companies and all harm. May they never lose sight of you

through their acquired knowledge. Above all, may their lives be a thanksgiving to the Father, and life giving to humankind. We ask this through Jesus Christ our Lord. Amen

#### **DIOCESAN PRAYER FOR VOCATION**

**A**lmighty and Merciful God, remember that you loved us your children so much that you sent your only begotten Son into the world to spread this message of love and salvation to everyone.

Since this good news must be retold to every age and people, deign to raise worthy witnesses from every generation and nation to keep your message ever new and alive. Our nation and people need your redeeming Gospel in order to seek and find you our source of true joy and eternal life. So in your goodness, inspire our young men and women with the spirit of the gospel to leave worldly goods and the

pursuit of empty happiness to follow you with a generous heart as did Peter, Paul, Augustine, Patrick, Francis Xavier, Agatha, Cecilia, Teresa, Maria Goretti and many others. Inspire in our youth the spirit of sacrifice, that like these saints they may follow you without counting the cost or seeking worldly return. Put in them a spark of your own burning zeal for souls. Make faith and charity flourish in our homes so that they may become rich springs of vocations to the priesthood and religious life. Remove whatever tends to draw our young men and women away from you, so that soon there may be many hands to lead souls to you, our good shepherd. We ask this through Christ our Lord, Amen.

Christ the eternal high priest: Hear us  
Mary Queen of Apostles: Pray for us  
All you holy Pastors: Pray for us  
All holy men and women religious: Pray for us  
All the saints of God: Pray for us



