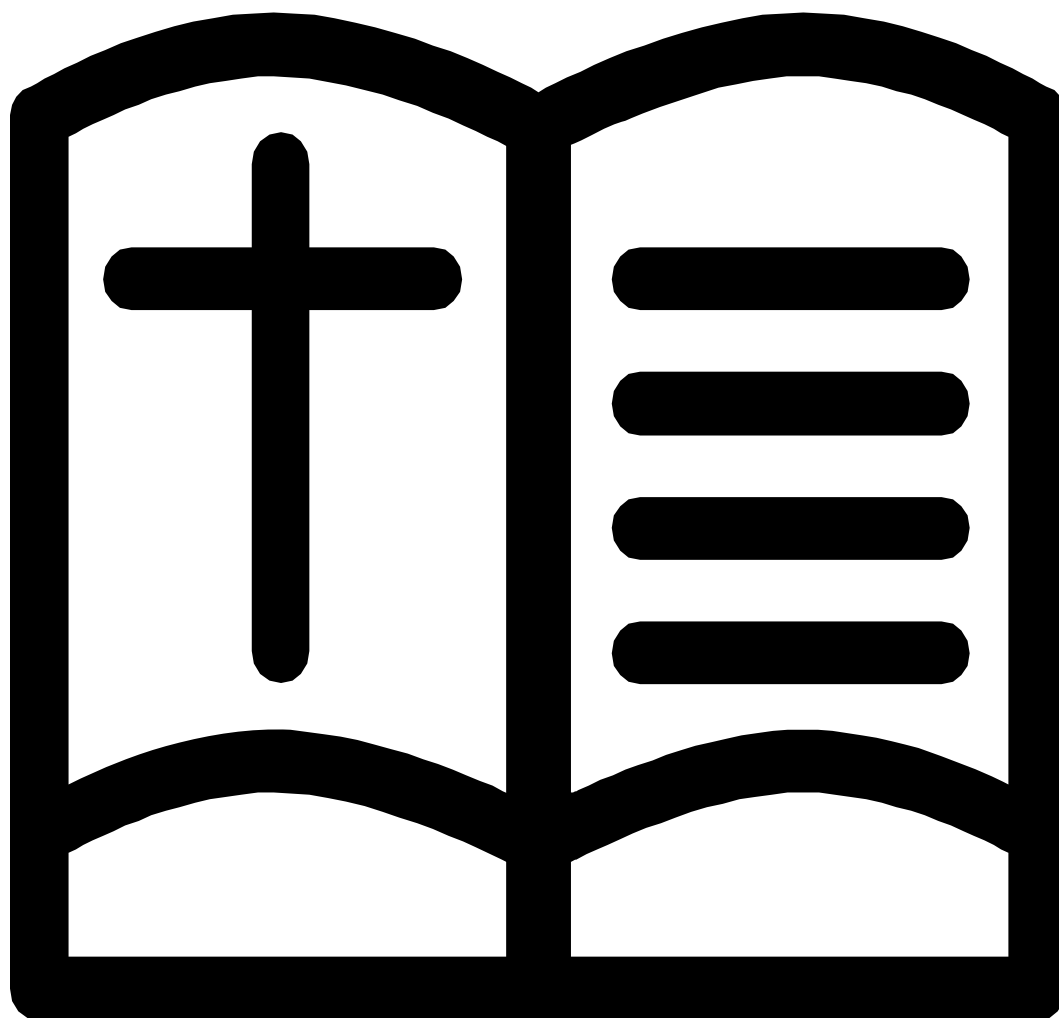


**HOLY TRINITY & ST. MICHAEL
PARISHES
BOOKLET OF PRAYERS**



HOLY TRINITY & ST. MICHAEL GRADE LEVEL

PRAYERS

Students will be responsible for memorizing the prayers and concepts at each grade level.

Kindergarten

1. Sign of the Cross
2. Glory Prayer
3. The Lord's Prayer
4. Hail Mary
5. Meal Prayers

Grade 1

6. Guardian Angel Prayer
7. Act of Contrition

Grade 2

8. Sacrament of Reconciliation
9. Ten Commandments
10. First Communion Preparation
11. Liturgy of the Word & Liturgy of the Eucharist (Order of the Mass)
12. Apostles Creed
13. Morning Offering

Grade 3

14. Seven Sacraments
15. Nicene Creed
16. How to say the Rosary

Grade 4

17. Mysteries of the Rosary
18. Hail Holy Queen
19. Memorare
20. Prayer to Saint Michael
21. Stations of the Cross
22. Benediction Divine Praises

Grade 5

23. Angelus
24. Holy Days of Obligation
25. Act of Faith
26. Parts of the Mass and Responses (Altar Server Preparation)

Grade 6

27. Precepts of the Church
28. Corporal & Spiritual Works of Mercy
29. Act of Love
30. Theological Virtues
31. Cardinal Virtues

Grade 7

32. Act of Hope
33. Beatitudes
34. Prayer to the Holy Spirit
35. Gifts of the Holy Spirit
36. Regina Caeli (Prayer during the Easter Season instead of the Angelus)

Grade 8

37. Fruits of the Holy Spirit
38. Eternal Rest Prayer
39. Prayer to St. Francis of Assisi
40. Seven Capital Sins
41. Sins Against the Holy Spirit

Grades 9 – 12

42. Spontaneous Prayer
43. Canticle of Mary
44. Morning Prayer
45. Evening Prayer
46. Liturgy of the Hours
47. Praying the Scriptures

2006-08-29

PRAYERS

1. The Sign of the Cross

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

2. Glory Be to the Father

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.

3. 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~~ 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

5a. 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.

5b. Grace After Meals

We give you thanks, Almighty God, for these and all Your blessings which we have received from your bounty through Christ our Lord.
Amen.

6. Guardian Angel

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.

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7. Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of heaven and the pains of hell. But most of all because they have offended Thee, my God, Who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to confess my sins, to do penance, and to amend my life. Amen.

8. Sacrament of Reconciliation

...children are prepared in the Second Grade

There are two types of sin: mortal and venial. Mortal Sin is of a grievous matter, sufficient reflection and full knowledge of the willingness to do wrong. Venial Sin is lessening of the love of God in the heart and weakening of the power to resist, our everyday faults. The Sacrament of Reconciliation is the act of confessing your sins to a priest and asking for God's forgiveness by saying the Act of Contrition then receiving absolution.

9. The Ten Commandments:

- 1. I am the Lord your God, you shall not have strange gods before**
- 2. ~~Thou~~ you shall not take the Lord your God's name in vain.**
- 3. Remember to keep holy the Lord's Day.**
- 4. Honor your father and mother.**
- 5. You shall not kill.**
- 6. You shall not commit adultery.**
- 7. You shall not steal.**
- 8. You shall not bear false witness against your neighbor.**
- 9. You shall not covet your neighbor's wife.**
- 10. You shall not covet your neighbor's goods.**

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10. Sacrament of the Holy Eucharist (First Holy Communion)

...children are prepared in the Second Grade

The Sacrament of the Holy Eucharist is receiving the Body and Blood of our Lord, Jesus Christ. In order to receive Holy Communion, you must be free from mortal sin. You must be sorry for any venial sins committed since your last confession. To honor the Lord, we fast for one hour before receiving Holy Communion. Fasting means going without food or drink, except water. Catholics are required to receive Holy Communion at least once a year during Easter time (Ash Wednesday to Trinity Sunday). But it is important to receive Holy Communion often, if possible, at every Mass.

11. Parts of the Mass

Liturgy of the Word

1. First Reading
2. Responsorial Psalm
3. Second Reading
4. Gospel Acclamation
5. Gospel Reading
6. Homily
7. Profession of Faith
8. General Intercessions

Liturgy of the Eucharist

1. Preparation of the Gifts
2. Eucharistic Prayer
3. Distribution of Communion

12. Apostle's Creed

I believe in God the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord; Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; He descended into hell; the third day He rose from the dead. He ascended into heaven, and is seated at the right hand of God, the Father Almighty. From thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins,

the resurrection of the body, and life everlasting. Amen.

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13. Morning Offering

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

14. Seven Sacraments

1. Baptism
2. Reconciliation
3. Eucharist
4. Confirmation
5. Marriage
6. Holy Orders
7. Anointing of the Sick

15. Nicene Creed

We believe in one God, the Father, the Almighty, maker of Heaven and earth. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in Being with the Father. Through him all things were made. For us men and for our salvation he came down from heaven: by the power of the Holy Spirit he was born of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate; he suffered, died and was buried. On the third day he rose again in fulfillment of the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

16. Praying the Rosary

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Creed.”

2. Say the "Our Father."
3. Say three "Hail Mary's."
4. Say the "Glory Be to the Father."
5. Announce the First Mystery; then say the "Our Father."
6. Say ten "Hail Mary's" while meditating on the Mystery.
7. Say the "Glory Be to the Father."
8. After each decade say the following prayer requested by the Blessed Virgin Mary at Fatima: "O my Jesus, forgive us our sins, and do not let us fall into temptation."
9. ~~Repeat the "Our Father,"~~ Repeat especially at those times with most need of thy mercy.
10. Cleanse thy Rosary by praying the "Hail, Holy Queen."
11. Generally, the Joyful Mysteries are said on Mondays & Thursdays; the Sorrowful Mysteries on Tuesdays & Fridays; the Glorious Mysteries on Wednesdays & Saturdays. Depending on the season, each of the Mysteries is recommended for Sundays.

17. Mysteries of the Rosary

Joyful Mysteries

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding in the Temple

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of Mary

Sorrowful Mysteries

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

Luminous Mysteries

1. Baptism of Jesus
2. Wedding at Cana
3. Proclamation of the Kingdom
4. Transfiguration
5. Institution of the Eucharist

Glorious Mysteries

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18. Hail Holy Queen

Hail, holy queen, mother of mercy, our life, our sweetness, and our hope. To you we cry, poor banished children of Eve; to you we send

up our sighs, mourning and weeping in this valley of tears. Turn then, O most gracious advocate, your eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God.

Response: That we may be made worthy of the promises of Christ. Let us pray: O God, whose only begotten Son, by his life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech you, that meditating upon these mysteries of the most holy rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise. ~~Memorize~~ ^{Amen} the same Christ our Lord.

Remember, O most gracious ^{Amen} Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession, was left unaided. Inspired with this confidence, I fly unto you, O Virgin of virgins, my Mother. To you I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions. ~~Pray to Saint Michael~~ ^{Amen} and answer me.

Saint Michael, the Archangel, ^{Amen} defend us in battle; be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do you, O Prince of the heavenly host, by the power of God, ~~the sword of truth, slay him and his evil spirits who roam~~

21. Stations of the Cross

- | | |
|--|---|
| 1. Jesus is condemned to death on the cross. | 9. Jesus falls a third time. |
| 2. Jesus carries his cross. | 10. Jesus is stripped of his clothes. |
| 3. Jesus falls the first time. | 11. Jesus is nailed to the cross. |
| 4. Jesus meets his Mother. | 12. Jesus dies on the cross. |
| 5. Jesus is helped by Simon of Cyrene. | 13. Jesus is taken down from the cross. |
| 6. Veronica wipes the face of Jesus. | 14. Jesus is placed in the tomb. |
| 7. Jesus falls a second time. | 15. The Resurrection. |
| 8. Jesus speaks to the women of Jerusalem. | |

22. The Divine Praises used during Benediction

... *Exposition of the Blessed Sacrament is when the Holy Eucharist is taken from the tabernacle and placed in the Monstrance. The Monstrance is then placed upon the altar for a time of prayer and adoration. Benediction and the Divine Praises follow. The Holy Eucharist is returned to the tabernacle after adoration. A hymn of praise may be sung at the conclusion.*

**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 Saint Joseph, her most chaste spouse.
Blessed be God in his angels and in his saints.**

23. The Angelus (The Angel of the Lord)

The angel of the Lord declared unto Mary.

***Response:* and she conceived of the Holy Spirit. (Hail Mary)**

Behold the handmaid of the Lord.

***Response:* be it done to me according to thy word. (Hail Mary)**

And the Word was made flesh.

***Response:* and dwelt among us. (Hail Mary)**

Pray for us, O holy Mother of God.

***Response:* that we may be made worthy of the promises of Christ. pray. Pour forth, we beseech thee, O Lord, thy grace into our hearts, that we, to whom the Incarnation of Christ thy 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.**

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24. Holy Days of Obligation

Solemnity of Mary- January 1st

Ascension of the Lord (Ascension Thursday) – 40 days after Easter

Assumption of Mary – August 15th

All Saints Day – November 1st

Immaculate Conception – December 8th

Birth of Jesus Christ (Christmas) – December 25th

25. Act of Faith

O my God, I firmly believe that thou art one God in three Divine Persons, Father, Son, and Holy Spirit; I believe that thy Divine Son became man and died for our sins, and that he will come to judge the living and the dead. Amen.

~~26. Parts of the Mass and Responses (also Altar Society Preparation)~~
Catholic Church teaches, because thou hast revealed them, who can neither deceive nor be deceived. Amen.
Children should know and understand the parts of Mass and how to respond by the 5th grade.

➤ *Introductory Rites*

- Entrance (with song)
- Veneration of the Altar and Greeting
- Penitential Rite or Rite of Blessing and Sprinkling with Holy Water
- ~~Glory~~ to God (Gloria...except during Advent and Lent)
- Opening Prayer

➤ *Liturgy of the Word*

- First Reading (usually from the Old Testament or the Acts)
- ~~Response~~ Psalm
- Second Reading (not on weekdays unless a Feast) from the New Testament
- ~~Sanctus~~ Alleluia...except during Lent
- Homily
- Profession of Faith (Creed)
- General Intercessions

➤ *Liturgy of the Eucharist*

- Preparation of the Gifts (with song or music)
- Eucharistic Prayer (with sung acclamations – Holy, Holy, Holy)
- ~~Sanctus~~ of Communion (with, Song, Amen)

➤ *Concluding Rite*

- Greeting
- Blessing
- Recessional (with song)

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27. The Precepts of the Church

1. To attend Mass on Sundays and Holy Days of Obligation.
2. To confess your sins at least once a year.
3. To humbly receive Holy Communion at least during the Easter Season.
4. To fast and abstain on the days appointed.
5. To contribute to the support of the Church.
6. To observe the laws of the Church concerning marriage.

28a. The Corporal Works of Mercy
...ways we care for one another's physical needs

1. Feed the hungry
2. Give drink to the thirsty
3. Shelter the homeless
4. Clothe the naked
5. Care for the sick
6. Help those imprisoned
7. Bury the dead

28b. The Spiritual Works of Mercy
...ways we care for one another's spiritual needs

- | | | |
|-----------------------------------|----|-----------------------------------|
| 1. Admonish the sinner | OR | Give correction to those who need |
| 2. Instruct the ignorant | OR | Share your knowledge with others. |
| 3. Counsel the doubtful | OR | Give advice to those who need |
| 4. Comfort the sorrowful | OR | Comfort those who suffer |
| 5. Bear wrongs patiently | OR | Be patient with people |
| 6. Forgive all injuries | OR | Forgive those who hurt you |
| 7. Pray for the living & the dead | OR | Pray for others |

29. Act of Love

O my God, I love thee above all things, with my whole heart and soul, because thou art all good and worthy of all love. I love my neighbor as myself for the love of thee. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.

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30. Theological Virtues
...help you direct your life towards God

1. Faith
2. Hope
3. Love (Charity)

31. Cardinal Virtues

You received these gifts when you were baptized, and they are strengthened in you at

...help you to act the right way

1. **Prudence** – gives you the power to decide what is good or best &
2. **Justice** – gives you the power to respect the rights of others and treat
3. **Fortitude** – gives you the courage to do what is right even when it is
4. **Temperance** – gives you the power to control your desire for pleasure

32. Act of Hope

O my God, relying on thy infinite goodness and promises, I hope to obtain pardon of my sins, the help of thy grace, and life everlasting, through the Jesus Christ, my Lord and Redeemer. Amen.

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33. Beatitudes

The Beatitudes	What the Beatitudes Mean for Us
"Blessed are the poor in spirit; for theirs is the kingdom of Heaven"	People who are poor in spirit depend on God for everything. Nothing becomes more important to them than God.

"Blessed are those who mourn; for they will be comforted."	People who mourn are saddened by sin, evil, and suffering in the world. They trust that God will comfort them.
"Blessed are the meek; for they will inherit the earth"	Humble people show gentleness and patience towards others. They will share in God's promises.
"Blessed are those who hunger and thirst for righteousness; for they shall be satisfied."	People who are fair and just towards others are doing God's loving will.
"Blessed are the merciful; for they will see God."	Merciful people are concerned about others' feelings. They are willing to forgive those who hurt them.
"Blessed are the pure in heart; for they will see God."	People who keep God first in their lives are pure in heart. They give their worries and concerns to God.
"Blessed are the peacemakers; for they will be called children of God."	Peacemakers are people who bring peace and reconciliation into the lives of others. They treat others fairly.
"Blessed are those who are persecuted for righteousness' sake; for theirs is the kingdom of Heaven."	People who are willing to be ignored or insulted for doing what they feel God wants will share in God's kingdom.

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34. Prayer to the Holy Spirit

Come, Holy Spirit

***Response:* Fill the hearts of Your faithful, kindle in them the fire of Your Spirit and they shall be created.**

***Response:* And you shall renew the face of the earth.**

Let us pray: O God, you have taught the hearts of the faithful by the light of the Holy Spirit; grant us, in the same Spirit, to have a taste for what is right, and to rejoice always in His consolation. Through Christ our Lord. Amen.

35. Gifts of the Holy Spirit

1. Wisdom
2. Understanding
3. Knowledge
4. Courage *or* Fortitude
5. Right Judgment *or* Counsel
6. Reverence *or* Piety
7. Wonder & Awe *or* Fear of the Lord

36. Regina Caeli

(Prayer during the Easter Season instead of Angelus)

Queen of heaven, rejoice, Alleluia.

For he whom you merited to bear, Alleluia, Has risen he said. Alleluia.

Pray to God for us, Alleluia. Rejoice and be glad, Virgin Mary. Alleluia.

For the Lord has truly risen, Alleluia.

Let us pray: O God, it was by the Resurrection of your Son, our Lord Jesus Christ, that you brought joy to the world. Grant that through the ~~intercession~~ ~~of the Virgin Mary~~ ~~and~~ ~~his~~ ~~Mother~~, we may attain the joy of eternal life.

37. Fruits of the Holy Spirit

- | | |
|---------------------------|------------------|
| 1. Charity <i>or</i> Love | 8. Modesty |
| 2. Joy | 9. Chastity |
| 3. Peace | 10. Gentleness |
| 4. Patience | 11. Generosity |
| 5. Kindness | 12. Self-control |
| 6. Goodness | |
| 7. Faithfulness | |

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38. Eternal Rest

Eternal rest grant unto him/her/them, O Lord,

Response: And let perpetual light shine upon him/her/them.

May he/she/they rest in peace. Amen.

Response: Amen.

May his/her/their soul (s) and the souls of the faithful departed, through the mercy of God, rest in peace.

Response: Amen.

39. 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 ~~40~~ eternal life.

These are called capital sins because they lead to other sins and other vices. They are the most basic inner sources of temptation

1. Pride – wanting to be considered more important or better than anyone
2. Avarice (or Covetousness) – wanting more and more possessions and
3. Envy – wanting to have another person's success or good
4. Wrath (or Violent Anger) – wanting to injure another because of some
5. Lust – wanting another just for sexual pleasure.
6. Gluttony – wanting more and more food and drink
7. Sloth – wanting to avoid work and responsibility

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41. Sins Against the Holy Spirit

The one who commits a sin against the Holy Spirit refuses to ask for forgiveness. This refusal may be ~~for~~ presumption; such as someone believing he or she can be saved without God's help or that God will forgive them without any act of asking forgiveness on their part. The refusal to ask forgiveness may also be ~~for~~ despair, such as believing that God cannot forgive them. People committing these sins reject the offer of salvation given to us by the Holy Spirit.

“Whoever blasphemes against the Holy Spirit never has forgiveness, but is guilty of an eternal sin.” There are no limits to the mercy of God, but who deliberately refuses to accept his mercy by repenting, rejects the

forgiveness of his sins and the salvation offered by the Holy Spirit. Such hardness of heart can lead to final impenitence and eternal loss.
(Catechism of the Catholic Church, no.1864)

42. Spontaneous Prayer

Should be able to pray spontaneously, which are prayers in their own words.

43. Canticle of Mary

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior for he has looked with favor on his lowly servant. From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name. He has mercy on those who fear him in every generation. He has shown the strength of his arm, he has scattered the proud in their conceit. He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich he has sent away empty. He has come to the help of his servant Israel for he has remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children forever. Amen.

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45. Evening Prayer

Spend time in prayer with God at the end of the day, praising Him, thanking Him asking for forgiveness and asking for help and protection.

Example:

O my God, I adore You, and I love You with all my heart. I thank You for having created me and saved me by Your grace, and for having preserved me during this day. I pray that You will take for Yourself whatever good I might have done this day, and that You forgive me whatever evil I have done. Your grace be with me always.
Official Prayer of the Church, prayed at various hours of the day.

47. Praying the Scriptures

Reading and meditating Scriptural passages from the Bible.

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