



How to Baptise in Case of Emergency

Pour ordinary water on the forehead of the person to be baptised, with the intention of doing what the Church does, and say while pouring it: "I baptise you in the name of the Father, and of the Son, and of the Holy Spirit".

Any person of faith of either sex who has reached the age of reason can and should baptise in case of necessity. The same person must say the words while pouring the water.

Prayer to Jesus Christ Crucified

My good and dear Jesus, I kneel before You, asking You most earnestly to engrave upon my heart a deep and lively faith, hope and charity with true repentance for my sins, and a firm resolve to make amends. As I reflect upon Your five wounds, and dwell upon them with deep compassion and grief, I recall good Jesus the words the prophet David spoke long ago concerning Yourself; "They have pierced my hands and my feet, they have counted all my bones!"

Jesus when on earth spoke of **God (Father/Son/Holy Spirit), Self, Others and Earth**. His command was to **LOVE**. Let us do so faithfully.

L - Be **Loyal** to God in word & deed, especially Mass, Prayer, Sacrifice.

O - Respect, be kind and caring to **Others**.

V - **Value** yourself as good and virtuous made by God.

E - **Care** for and enjoy the **Earth** that provides us with fresh air, beauty and food.

"This is what God asks of you: only this..

To act Justly, To Love tenderly and walk humbly with your God." (Micah 6:8)

Serenity Prayer

God, grant me the **Serenity** to accept the things I cannot change.

Courage to change the things I can,
And **Wisdom** to know the difference.

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OTHER PRAYERS

Other Prayers

Memorare (in time of need) - Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help or sought thy intercession was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of virgins, my Mother. To thee I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy, hear and answer me. Amen.

Prayer to Saint Joseph - St. Joseph, you are the chaste and loving spouse of the Virgin Mary, the foster father of Jesus, the protector and provider of the Holy Family and all families. We have complete confidence in your loving care for new life and in your fidelity to the family. We commend our efforts to your prayers and protection. Help us always to defend the gift of human life that it may grow to the abundance of eternal life promised and bestowed on us by your son, our brother, Jesus Christ. Amen.

The Mysteries of the Rosary

The Joyful Mysteries - (Mon. & Sat.)

1. The Annunciation, 2. The Visitation, 3. The Birth of Christ, 4. The Presentation, 5. The Finding in the Temple.

The Sorrowful Mysteries - (Tues. & Fri.)

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.

The Glorious Mysteries - (Wed. & Sun.)

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

The Mysteries of Light - (Thurs.)

1. The Baptism of Our Lord, 2. The Miracle of Cana, 3. The Proclamation of the Kingdom, 4. the Transfiguration of Our Lord, 5. The Institution of the Eucharist.

Prayer to St. Michael - St. Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly host, by the power of God, cast Satan into hell and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

Prayer to Patron Saint - Great Saint N., who at my baptism was chosen as my guardian and under whose patronage I became an adopted child of God and solemnly renounce Satan, his works and allurements, assist me by your powerful intercession in the fulfillment of these sacred promises. Amen.

Hail Holy Queen - Hail, Holy Queen, Mother of Mercy, hail our life, our sweetness, and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mournings and weeping in this valley of

THE MYSTERIES OF THE ROSARY

THE MASS

tears. Turn then, O most gracious advocate, thine eyes of mercy toward us, and after this our exile, show unto us the Blessed Fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

Prayer of St. Francis - 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.

Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.

The Mass

"Why should I go to Mass?" I go to Mass to give thanks to God. "The Mass is the most perfect form of prayer!" (Pope Paul VI). Jesus having celebrated the Last Supper offered an invitation to his followers 'Do this in memory of me'. He invites us to **assemble** in His name, **listen** to His word in the readings, **celebrate** His presence among us when the words of consecration are pronounced over the gifts, **break** the Bread of Life, and **share** it in Holy Communion. At the end of the celebration we are commissioned to go and **live out** what we have celebrated. Jesus said, "I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever." (John 6:51).

The Eucharist means thanksgiving. We **thank** God for saving and redeeming us. The Mass is a celebration of **thanksgiving and service** of God. It is important we celebrate Mass with grateful and generous hearts and then go forth nourished by the Word of God and the presence of Jesus within us, through our reception of the Eucharist, to help us live our lives in the service of the Lord in word and deed. We are **nourished** to live our Christian calling, in a life of service of God and neighbour.

Let us be conscious of all the spiritual and temporal gifts God has blessed us with and give generous thanks for such blessings.

Prayer after Holy Communion - O Jesus, I believe that Thou art truly present in the Blessed Sacrament. Although my eyes and tongue tell me that I have received only bread, yet my faith tells me that I have received Thy Body and Blood. I believe, Lord; help Thou my unbelief. I adore Thee as my God and my Saviour. Amen.

Anima Christi - Soul of Christ, Sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within Thy wounds hide me. Suffer me not to be separated from Thee. From the malignant enemy defend me. In the hour of death call me, and bid me come to Thee, that with Thy saints I may praise Thee forever and ever. Amen.

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Faith & Prayer Card

According to the Catholic Church



"Come to me all you who labour and are over burdened and I will give you rest".

Matt 11:28

"You are God's chosen race, his saints; he loves you and you should be clothed in sincere compassion, in kindness and humility, gentleness and patience. Bear with one another; forgive each other as soon as a quarrel begins. The Lord has forgiven you; now you must do the same. Over all these clothes, to keep them together and complete them, put on love. And may the peace of Christ reign in your hearts, because it is for this that you were called together as parts of one body. Always be thankful." *Colossians (3:12-17)*





The Apostles' 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; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He will 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.

The Ten Commandments

that God gave to Moses on Mount Sinai

1. I am the Lord your God, you shall not have strange gods before me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember that you keep holy the Sabbath day.
4. Honour your father and your 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 neighbour.
9. You shall not covet your neighbour's wife.
10. You shall not covet your neighbour's goods.

The Great Commandments

Jesus said that the whole Law can be summed up in two Commandments

1. You shall love the Lord your God with your whole heart, with your whole soul and with all your mind.
2. You shall love your neighbour as yourself. (Matthew 22:37-39)

The Commandments of the Church are these Six

1. To come together to celebrate Mass on Sundays and holy days of obligation.
2. To fast and abstain on Ash Wednesday and Good Friday.
3. To confess sins at least once a year.
4. To receive Holy Communion at least during the Easter season.
5. To give financial support to the Church and clergy.
6. To observe the marriage laws of the Church.

The Seven Sacraments - Baptism, Confirmation, Eucharist, Penance, Anointing of the Sick, Holy Orders, Matrimony.

The Cardinal Virtues - Prudence, Fortitude, Justice, Temperance.

The Seven Capital Sins - Pride, Anger, Covetousness, Lust, Envy, Gluttony, Sloth.

The Theological Virtues - Faith, Hope, Love.

The Gifts of the Holy Spirit - The Gifts of the Holy Spirit are wisdom, understanding, right judgement, courage, knowledge, reverence, and wonder and awe in God's presence.

The Fruits of the Holy Spirit - Love, joy, peace, patience, kindness, goodness, gentleness, self-control, trustfulness.

Spiritual Works of Mercy - Instruct the ignorant, Counsel the doubtful, Admonish the sinner, Comfort the sorrowful, Forgive injuries, Bear wrongs patiently, Pray for the living and dead.

Corporal Works of Mercy - Feed the hungry, Give drink to the thirsty, Clothe the naked, Shelter the homeless, Visit the sick, Visit the imprisoned, Bury the dead.

The Last Things - Death, Judgement, Heaven, Hell.

The Beatitudes

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are the gentle, for they shall possess the land.
3. Blessed are those who mourn, for they shall be comforted.
4. Blessed are those who hunger and thirst for justice, for they shall be satisfied.
5. Blessed are the merciful, for they shall obtain mercy.
6. Blessed are the pure of heart, for they shall see God.
7. Blessed are the peacemakers, for they shall be called the children of God.
8. Blessed are those who suffer persecution for justice's sake, for theirs is the kingdom of heaven. (Matthew 5:3-10).

OUR FAITH

Morning Prayers

The Sign of the Cross - In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Morning Offering - O 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 Sacred Heart, and I wish to gain all the indulgences I can this day, for my own salvation, and for the souls in purgatory. Amen.

Morning Prayer - Father in heaven, you love me, you're with me night and day. I want to love you always in all I do and say. I'll try to please you, Father. Bless me through the day. Amen.

The Lord's Prayer - Our Father, who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary - Hail Mary, full of grace! The Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory Be - Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Angel of God - O 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.

Consecration to the Blessed Mother - O Mary, my Mother and my Queen, I give myself entirely to You. And to show my devotion to You, I consecrate to You this day, my eyes, my ears, my mouth, my heart, and my whole being, without reserve. Wherefore, O loving Mother, since I am thine, keep me and guard me as thy property and possession. Amen.

Daily Prayers

Prayer before Meals - Bless us, O God, as we sit together. Bless the food we eat today. Bless the hands that made the food. Bless us, O God. Amen.

Prayer after Meals - Thank you, God, for the food we have eaten. Thank you, God, for all our friends. Thank you, God, for everything. Thank you, God. Amen.

The Angelus (at noon & 6pm) -

- V. The Angel of the Lord declared unto Mary.
R. And she conceived by the Holy Spirit. Hail Mary...
V. Behold the handmaid of the Lord.
R. Be it done unto me according to Thy 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 promise of Christ.



Let us 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.

Night Prayers

Night Prayer - God, our Father, I come to say thank you for your love today. Thank you for my family, and all the friends you give to me. Guard me in the dark of night, and in the morning send your light. Amen.

Night Prayer (traditional) - Jesus, Mary and Joseph, I give You my heart and my soul, Jesus, Mary and Joseph, assist me now and in my last agony. Jesus, Mary and Joseph, may I breathe forth my soul in peace with You. Amen.

Prayer to the Holy Spirit - Come Holy Spirit, fill the hearts of your faithful. Enkindle in us the fire of your love. Send forth your Spirit, and we shall be created, And you shall renew the face of the earth. O God, who has taught the hearts of the faithful by the light of the Holy Spirit, Grant us in the same spirit to be truly wise, and ever to rejoice in his consolation, Through Jesus Christ, our Lord. Amen.

Examination of Conscience - What sins have I committed of thought, word, deed and omission, against God, neighbour, and self?

Act of Sorrow - O my God, I thank you for loving me. I am sorry for all my sins, for not loving others and not loving you. Help me to live like Jesus and not sin again. Amen.

Confiteor - I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Act of Contrition - O my God, I am heartily sorry for having offended You, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are so good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance and to amend my life. Amen.

An Act of Faith - O my God, I believe in you, And in all that your holy Church teaches, Because you have said it, And your Word is true. You are the Christ, the Son of the living God. You are my Lord and my God. Lord, I believe; increase my faith.

An Act of Hope - O my God, I put my hope in you, Because I am sure of your promises. Deliver us, Lord, from every evil, And grant us peace in our day, As we wait in joyful hope, For the coming of our Saviour, Jesus Christ.

An Act of Love - O my God, I love you with all my heart, With all my soul, and with all my strength. Lord, increase our love. Help us to love one another.

Closing Invocation - Holy Mother of Jesus, my guardian angel, St. Joseph and my holy patron saint, protect me during this night and during my whole life, especially at the hour of my death. Amen.

MORNING PRAYERS

DAILY PRAYERS

NIGHT PRAYERS

