

## Prayer at St. Mark's

### Reception Prayers:

#### **The Sign of the Cross**

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

#### **Morning Prayer**

Father in heaven, you love me,  
You are 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.

#### **Evening 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.

#### **Grace before Meals Prayer**

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.

#### **Grace after Meals Prayer**

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.

### **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.

### **Our Father**

Our Father, Who art in Heaven, hallowed be  
Thy Name. Thy Kingdom come. Thy Will be done,  
on earth, as it is in Heaven. Give us this day our  
daily bread and forgive us our trespasses as we  
forgive those who trespass against us; and lead us  
not into temptation, but deliver us from evil.

Amen.

### **Year 1 Prayers:**

#### **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.

#### **Prayer to the Guardian Angel**

Angel sent by God to guide me,  
be my light and walk beside me;  
be my guardian and protect me;  
on the paths of life direct me.

### **Year 2 Prayers:**

#### **Eternal Rest**

Eternal rest give unto them, O Lord.  
And let perpetual light shine upon them.

May they rest in peace.

Amen.

## Year 3 Prayers:

### **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.

### **The Angelus**

The Angel of the Lord declared to Mary: and she conceived of the Holy Spirit.  
Hail Mary... Holy Mary...  
Behold the handmaid of the Lord: be it done to me according to your word.  
Hail Mary... Holy Mary...  
And the Word was made flesh: and dwelt among us  
Pray for us, O holy Mother of God. That we may be made worthy of the  
promises of Christ.

Let us pray:

Pour 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 be brought by his passion and cross  
to the glory of his resurrection,  
through Christ our Lord. Amen.

## Year 4 Prayers:

### **The 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.  
Amen

### **The Memorare**

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

### **The Rosary:**

**(Begin with 1 Our Father, 3 Hail Marys and 1 Glory Be)**

#### The Joyful Mysteries

##### 1.The Annunciation

Mary learns that she has been chosen to be the mother of Jesus.

##### 2.The Visitation

Mary visits Elizabeth, who tells her that she will always be remembered.

##### 3.The Nativity

Jesus is born in a stable in Bethlehem.

##### 4.The Presentation

Mary and Joseph take the infant Jesus to the Temple to present him to God.

##### 5.The Finding of Jesus in the Temple

Jesus is found in the Temple discussing his faith with the teachers.

## **The Rosary:**

### The Mysteries of Light

1. The Baptism of Jesus in the River Jordan  
God proclaims that Jesus is his beloved Son.
2. The Wedding Feast at Cana  
At Mary's request, Jesus performs his first miracle.
3. The Proclamation of the Kingdom of God  
Jesus calls all to conversion and service to the Kingdom.
4. The Transfiguration of Jesus  
Jesus is revealed in glory to Peter, James, and John.
5. The Institution of the Eucharist  
Jesus offers his Body and Blood at the Last Supper.

## **The Rosary:**

### The Sorrowful Mysteries

1. The Agony in the Garden  
Jesus prays in the Garden of Gethsemane on the night before he dies.
2. The Scourging at the Pillar  
Jesus is lashed with whips.
3. The Crowning With Thorns  
Jesus is mocked and crowned with thorns.
4. The Carrying of the Cross  
Jesus carries the cross that will be used to crucify him.
5. The Crucifixion  
Jesus is nailed to the cross and dies

## **The Rosary:**

### The Glorious Mysteries

1. The Resurrection  
God the Father raises Jesus from the dead.
2. The Ascension  
Jesus returns to his Father in heaven.
3. The Coming of the Holy Spirit  
The Holy Spirit comes to bring new life to the disciples.
4. The Assumption of Mary  
At the end of her life on earth, Mary is taken body and soul into heaven.
5. The Coronation of Mary  
Mary is crowned as Queen of Heaven and Earth.

### **Rosary Prayers: O My Jesus**

O my Jesus, forgive us our sins, save us from the fires of hell,  
and lead all souls to Heaven, especially those in most need of your Mercy.  
Amen.

### **Rosary Prayers: Hail Holy Queen**

Hail, holy Queen, Mother of mercy, hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus, O merciful, O loving, O sweet Virgin Mary!

Amen.

### **Prayer after the Rosary**

O God, whose only-begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech Thee, 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, through the same Christ our Lord.

Amen.

## Year 5 Prayers:

### **The Magnificat**

My soul glorifies the Lord,  
My spirit rejoices in God, my Saviour.  
He looks on his servant in her loneliness;  
henceforth all ages will call me blessed.  
The Almighty works marvels for me.  
Holy his name!  
His mercy is from age to age,  
on those who fear him.  
He puts forth his arm in strength  
and scatters the proud-hearted.  
He casts the mighty from their thrones  
and raises the lowly.  
He fills the starving with good things,  
sends the rich away empty.  
He protects Israel, his servant,  
remembering his mercy,  
the mercy promised to our fathers,  
to Abraham and his sons for ever.  
Amen

### **Nunc Dimittis**

NOW dismiss Thy servant, O Lord,  
in peace, according to Thy word:  
For mine own eyes hath seen  
Thy salvation, Which Thou hast prepared  
in the sight of all the peoples,  
A light to reveal Thee to the nations  
and the glory of Thy people Israel.

## Year 6 Prayers:

### **The Benedictus**

Blessed be the Lord, the God of Israel!

He has looked favourably on his people and redeemed them.

He has raised up a mighty saviour for us in the house of his servant David,  
as he spoke through the mouth of his holy prophets from of old,

A saviour who would free us from our foes, from the hands of all who hate us.

So his love for our fathers is fulfilled and his holy covenant remembered.

He swore to Abraham our father to grant us, that we, being rescued from the  
hands of our enemies, might serve him without fear, in holiness and

righteousness before him all our days. As for you, child, you shall be called a  
prophet of God, the most High; for you will go before the Lord to prepare his  
ways, to give knowledge of salvation to his people, by the forgiveness of their  
sins. By the tender mercy of our God, the dawn from on high will break upon us,  
to give light to those who sit in darkness and in the shadow of death, to guide  
our feet into the way of peace.

Amen

### **The Prayer to the Holy Spirit.**

O Come, Holy Spirit,

fill the hearts of your faithful,  
and enkindle in them the fire of your love.

Send forth your Spirit  
and they shall be created.

And 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 that by the gift of that same Spirit  
we may be always truly wise

and ever rejoice in his consolation.

## **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; the third day He rose again from the dead;

He ascended into heaven, 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

*"Dear friends, one of the most effective ways we have to help is that of prayer. Prayer unites us; it makes us brothers and sisters ... and reminds us of a beautiful truth which we sometimes forget..." (Pope Francis)*