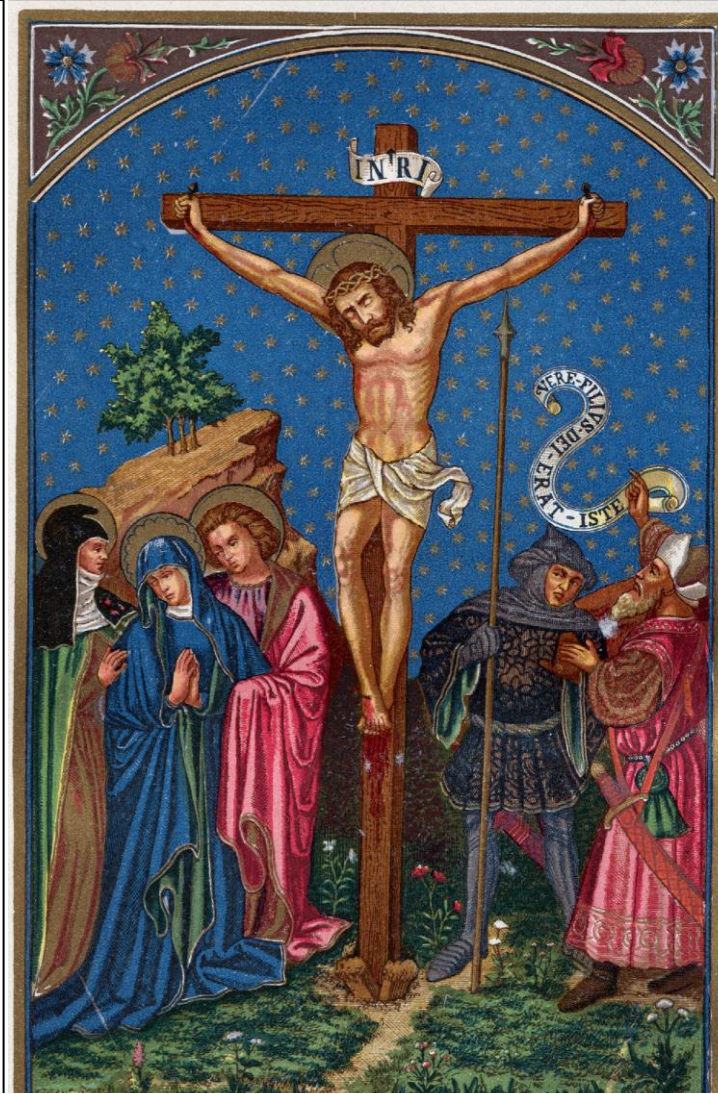


Behold, O good and sweetest Jesus, I cast myself upon my knees in Thy sight, and with the most fervent desire of my soul I pray and beseech Thee to impress upon my heart lively sentiments of faith, hope and charity, with true repentance for my sins and a most firm desire of amendment: whilst with deep affection and grief of soul I consider within myself and mentally contemplate Thy five most precious Wounds, having before mine eyes that which David, thy prophet, long ago spoke in Thine own person concerning Thee, my Jesus: *They have pierced my hands and my feet; they have numbered all my bones.* (Psalm 21:17 and 18)

The faithful, who recite this prayer devoutly before an image of Jesus Christ Crucified, may gain: an indulgence of 10 years; a plenary indulgence if, moreover, they go to confession, receive Holy Communion and pray for the Holy Father's intention.



**“One day through the ROSARY and the SCAPULAR, I will save the world.” Our Lady to St. Dominic**



**O Queen, who art the beauty of Carmel, pray for us.**

(An Indulgence of 300 days (S.P. Ap., Nov. 8, 1921)

O blessed Virgin, full of grace, Queen of all Saints, how sweet it is for me to venerate thee under the title of our Lady of Mount Carmel.

It takes me back to the days of the prophet Elias, when thou wast prefigured on Mount Carmel under the form of the little cloud, from which, as it increased, there fell a kindly rain, symbolic of the sanctifying graces that come to us from thee.

Even from the days of the Apostles, thou hast been honoured under this mystic title; and today I am filled with joy at the thought that we are united with those first clients of thine, & in union with them we salute thee, saying: O beauty of Carmel, glory of Libanus, thou purest of lilies, mystic rose in the flowering garden of the Church.



Meanwhile, O Virgin of virgins, be mindful of me in my misery, & show thyself my Mother. Shed upon me ever more and more the living light of that faith which made thee blessed; inflame me with that heavenly love wherewith thou didst love thy dear Son, Jesus Christ. I am filled with miseries both spiritual and temporal. I am straitened by many sorrows in body and soul, and I take refuge, like a child, in the shadow of thy motherly protection.

Do thou, Mother of God, who hast such power and might, obtain for me from blessed Jesus, the heavenly gifts of humility, chastity & meekness, which were the fairest ornaments of thine immaculate soul. Do thou grant me to be strong in the midst of the temptations & bitterness which so often overwhelm my spirit. And when the days of my earthly pilgrimage are accomplished according to God's holy will, grant that my soul may obtain the glory of paradise, through the merits of Christ & thine intercession. **Am**

(An indulgence of 500 days)  
(S.P. Ap., March 26, 1927 & April 29, 1935)



## July - Month of the Most Precious Blood of Jesus

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> RED D1CL  <b>MOST PRECIOUS BLOOD OF OUR LORD JESUS CHRIST</b> OCTAVE DAY NATIVITY OF ST. JOHN THE BAPTIST	<b>2</b> WHITE D2CL  <b>THE VISITATION OF THE BVM</b> STS. PROCESSUS & MARTINIAN, MM	<b>3</b> WHITE X SD  <b>*OUR LADY OF PERPETUAL SUCCOUR</b> ST. LEO II, PC WITHIN THE OCTAVE	<b>4</b> RED X SD  WITHIN THE OCTAVE	<b>5</b> WHITE D  <b>FIRST FRIDAY</b> ST ANTHONY MARY ZACCARIA, C WITHIN THE OCTAVE ANNIVERSARY OF THE MOST REVEREND MSGR HARTLEY <b>ABSTINENCE</b>	<b>6</b> RED DM  <b>FIRST SATURDAY</b> OCTAVE DAY OF STS. PETER & PAUL, APP
<b>7</b> Sd  7 <sup>th</sup> Sunday after Pentecost Sts. Cyril & Methodius, BppCc	<b>8</b> Sd White x  St. Elizabeth, Queen of Portugal, W	<b>9</b> Green x  Ferial day Mass of preceding Sunday	<b>10</b> Sd Red x  Seven Holy Brothers, Mm Sts. Rufina & Secunda, VvMm	<b>11</b> Sp Red x  St Pius I, PM St. Benedict Feast Day Commemoration	<b>12</b> d White  St. John Gualbert, Ab Sts. Nabor & Felix, Mm <b>ABSTINENCE</b>	<b>13</b> Sd Red x  St. Anacletus, PM
<b>14</b> sd Green  8 <sup>th</sup> Sunday after Pentecost St. Bonaventure, BpCD	<b>15</b> Sd White x  St. Henry II, Emperor of Germany, C	<b>16</b> dm White  OUR LADY OF MT. CARMEL	<b>17</b> sd White x  St. Alexius, C	<b>18</b> d White  St. Camillus de Lellis, C St. Symphorosa & Her seven sons, Mm	<b>19</b> d White  St. Vincent de Paul, C <b>ABSTINENCE</b>	<b>20</b> d White  St. Jerome Emilian, C St. Margaret, VM
<b>21</b> sd Green  9 <sup>th</sup> Sunday after Pentecost St. Praxedes, V	<b>22</b> d White  St. Mary Magdalen, Penitent	<b>23</b> d Red  St. Apollinaris, BpM St. Liborius, BpC	<b>24</b> Violet  Vigil of St. James, Ap St. Christina, VM	<b>25</b> d2cl Red  ST. JAMES THE GREATER, AP St. Christopher, M	<b>26</b> d2cl White  ST. ANNE, mother of BVM <b>ABSTINENCE</b>	<b>27</b> sp White x  Our Lady's Saturday St. Pantaleon, M
<b>28</b> sd Green  10 <sup>th</sup> Sunday after Pentecost St. Nazarius & comp., Mm	<b>29</b> sd White x  St. Martha, V St. Felix II & comp., Mm	<b>30</b> sp Red x  Sts. Abdon & Sennen, Mm	<b>31</b> dm White  St. Ignatius of Loyola, C			
<p><b>Sacred Heart of Jesus, Who didst manifest to Blessed Margaret Mary the desire of reigning in Christian families, we today wish to proclaim Thy most complete regal dominion over our own. We would live in future with The life, we would cause to flourish in our midst those virtues to which Thou hast promised peace here below, we would banish far from us the spirit of the world which Thou hast cursed; and thou shalt reign, over our minds in the simplicity of our faith, and over our hearts by the whole-hearted love with which they shall burn for Thee, the flame of which we shall keep alive by the frequent reception of thy divine Eucharist.</b></p>						



Wolfgang Langenmantel and Sophie Imhoff married in 1612, but after about three years their marriage was in crisis, so much so that the two spouses began to consider seriously the idea of divorcing. A lack of mutual understanding and frequent arguments meant the marriage was on the verge of breaking down altogether. Before a complete separation, however, the noble Wolfgang decided to go by foot to the nearby monastery of Ingolstadt (Forty miles from Augsburg), the home of Fr Jakob Rem, a priest well known and esteemed for his discernment. Jakob Rem was the founder in Ingolstadt of the Marian congregation that promoted devotion to Our Lady "thrice admirable". He died in 1618 and his process of beatification is underway. When Wolfgang requested his help, Father Jakob decided to entrust this grave situation to the intercession of the Blessed Mother, and together he and Wolfgang prayed with intensity and devotion, invoking the help of Mary "thrice admirable." A painting of the Virgin of the Snows was hanging in the monastery chapel and in front of this image Fr Jakob knelt to ask for the grace of reconciliation between the two spouses. Over the span of twenty-eight days, Wolfgang went on pilgrimage on four consecutive Saturdays to the monastery of Ingolstadt in order to lay his marriage with Sophie at the feet of the Virgin Mary. The twenty-eight days of prayer reflected the time in which a woman's body prepares to welcome a new life. It is a process that leads from death to new life. During this period of 28 days the marriage of Wolfgang & Sophie was renewed, obtaining a new strength & vitality.

Related to this is an extraordinary event witnessed by Fr Jakob on 28<sup>th</sup> September 1615 in the monastery chapel.

Sophie had given Fr Jakob the special ribbon used during her wedding to Wolfgang. Following local custom, the hands of both spouses had been bound together with a ribbon during their nuptial mass, as a sign or the indissoluble bond created between them, thanks to the grace of the sacrament. After every argument with her husband, Sophie had tied a little knot in the wedding ribbon; that same ribbon, full of knots, was given to Fr. Jakob for special prayers. While he knelt in front of the painting, he took the ribbon and prayed intensely to the Virgin Mary to untie each & every knot preventing peace between the spouses; "With this act of devotion," he said solemnly to the Virgin of the Snow, "I raise to you the ribbon of marriage; untie all the knots and make it smooth." As Fr Jakob prayed, the knots of the ribbon miraculously fell loose, leaving it as white and brilliant as it had been on Wolfgang & Sophie's wedding Day.

Through the intercession of the Blessed Virgin Mary, the moral miracle of conversion of heart shone forth and Wolfgang & Sophie were able to put such love into practice and forgive each other; their marriage, therefore, was saved and the Divider, defeated!

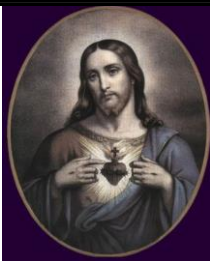
*- Our Lady Undoer of Knots Pray for Us.*

Wolfgang & Sophie's grandson Hieronymus Ambrosius von Langenmantel (1666-1709) entered the religious life. He dedicated one of the chapels to the memory of his family and commissioned an altarpiece as an ex voto to commemorate the saving of his grandparents' marriage through Our Lady's intercession. The Bavarian painter Johann Melchior George Schmidtner, completed the painting between 1699 & 1700. He represented the Blessed Virgin of Good Counsel but also wanted to add details that would recall the history of the family.

The painting depicts the Blessed Mother in heaven, among the angels. She is intent upon untying the knots in a ribbon that is held for her by an angel on her left. After untying the knots, Mary passes the untied ribbon to another angel on her right. The episode evidently recalls the miracle that took place on 28<sup>th</sup> Sept. 1615, when the knots of the wedding ribbon were untied through the intercession of Mary. This emphasised the importance of the figure of Mary as mediatrix within the life of the couple.

The Virgin is represented according to the image described in Revelation: "A great portent appeared in heaven, a woman clothed with the sun, with the moon under her feet, & on her head a crown of 12 stars; she was with child." Mary, the new Eve, crushes the head of the serpent with her foot, fulfilling the prophecy made in Genesis. There is a beautiful detail at the bottom of the picture: the archangel Raphael accompanying Tobias to the meeting with his wife.

## June – The Month of the Most Sacred Heart of Jesus

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p style="text-align: center;"><b>PRAYER FOR DAILY NEGLECTS</b></p> <p style="text-align: center;">ETERNAL FATHER, I OFFER THEE THE MOST SACRED HEART OF YOUR BELOVED SON, OUR LORD JESUS CHRIST,</p> <p style="text-align: center;">WITH ALL ITS' LOVE, ALL ITS' SUFFERINGS AND ALL ITS' MERITS.</p> <p style="text-align: center;">FIRST, TO EXPIATE ALL THE SINS I HAVE COMMITTED THIS DAY &amp; DURING ALL MY LIFE. (GLORY BE TO THE FATHER...)</p> <p style="text-align: center;">SECOND, TO PURIFY THE GOOD THAT I HAVE DONE BADLY THIS DAY &amp; DURING ALL MY LIFE, ( GLORY BE ...)</p> <p style="text-align: center;">THIRD, TO PROVIDE FOR THE GOOD I OUGHT TO HAVE DONE &amp; THAT I HAVE NEGLECTED THIS DAY &amp; DURING ALL MY LIFE. (GLORY BE ...)</p>							<p style="text-align: right;"><b>1</b></p> <p style="text-align: right;">WHITE</p> <p style="text-align: right;">SD</p> <p style="text-align: right;">FIRST SATURDAY WITHIN THE OCTAVE ST ANGELA MERICI, V</p>
<b>2</b> Sd White	<b>3</b> Sd White	<b>4</b> sd White	<b>5</b> d Red	<b>6</b> Dm White	<b>7</b> d1cl White	<b>8</b> d2cl White	
Sunday within the octave of Corpus Christi Within the Octave St. Marcellinus & comp., Mm	Within the octave	Within the octave St. Francis Caracciolo, C	Within the octave St. Boniface BpM	Octave day of Corpus Christi St. Norbert, BpC	First Friday THE SACRED HEART OF JESUS ABSTINENCE	THE QUEENSHIP OF THE BVM [from May 31] Within the Octave	
<b>9</b> sd White	<b>10</b> sd White	<b>11</b> dm Red	<b>12</b> d White	<b>13</b> d White	<b>14</b> dm White	<b>15</b> sp White x	
Sunday within the octave of the Sacred Heart Within the octave Sts. Primus & Felician, Mm	St Margaret Queen of Scotland, W Within the Octave	St. Barnabas, Ap Within the Octave	St. John of San Facundo, C Within the octave St. Basilides & comp., Mm	St. Anthony of Padua Within the Octave	Octave day of the Sacred Heart of Jesus St. Basil the Great, BpCD ABSTINENCE	Our Lady's Saturday St. Vitus & comp., Mm	
<b>16</b> sd Green	<b>17</b> Green x	<b>18</b> d White	<b>19</b> d White	<b>20</b> sp Red x	<b>21</b> d White	<b>22</b> d White	
4 <sup>th</sup> Sunday after Pentecost	Ferial Day Mass of preceding Sunday	St. Ephrem, Deacon, CD Sts. Mark & Marcellianus, Mm	St. Juliana Falconieri, V Sts. Gervase & Protase, Mm	St. Silverius, PM	St. Aloysius Gonzaga, C ABSTINENCE	St. Paulinus, BpC Vigil of the Nativity of St. John the Baptist [anticipated]	
<b>23</b> sd Green	<b>24</b> d1cl White	<b>25</b> d White	<b>26</b> d Red	<b>27</b> sd White x	<b>28</b> d Red	<b>29</b> d1cl Red	
5 <sup>th</sup> Sunday after Pentecost	NATIVITY OF ST. JOHN THE BAPTIST	St. William, Ab Within the Octave	Sts. John & Paul, Mm Within the Octave	Within the octave	St Irenaeus, BpM Within the Octave Vigil of Sts. Peter & Paul ABSTINENCE	STS. PETER & PAUL, App	
<b>30</b> Sd Green	<p style="text-align: center;"><b>O sweetest Jesus, Thou dost pour forth Thy love abundantly on men, while they repay Thee most ungratefully with neglect, indifference and contempt. Behold us humbly kneeling before Thine altar (outside a church or oratory say: in Thy presence); we would fain repair this heartless ingratitude on the part of men, and the manifold injuries that are everywhere done to Thy most loving Heart, by a special act of homage.</b></p> <p style="text-align: center;">(An indulgence for 7 years. - A plenary indulgence under the usual conditions for the daily recitation of this chaplet throughout one month - S.C. Ind., March 20, 1815)</p>						

V: OH GOD MAKE SPEED TO SAVE ME;  
 R: O LORD, MAKE HASTE TO HELP ME.  
 V: GLORY BE TO THE FATHER AND TO THE SON AND TO THE HOLY GHOST,  
 R: AS IT WAS IN THE BEGINNING, IS NOW AND EVER SHALL BE, WORLD WITHOUT END AMEN.

MY MOST LOVING JESUS, WHEN I CONSIDER THY TENDER HEART AND BEHOLD IT FULL OF MERCY AND TENDERNESS TOWARD SINNERS, MY OWN HEART IS FILLED WITH JOY AND CONFIDENCE THAT I SHALL BE KINDLY WELCOMED BY THEE.

ALAS, HOW MANY TIMES HAVE I SINNED! BUT NOW, WITH PETER AND WITH MAGDALEN, I WEEP FOR MY SINS AND DETEST THEM BECAUSE THEY OFFEND THEE, WHO ART INFINITE GOODNESS.

AH, MERCIFULLY GRANT ME PARDON FOR THEM ALL; AND LET ME DIE, I ASK IT THROUGH THY SACRED HEART, LET ME DIE RATHER THAN OFFEND THEE AGAIN; AT LEAST LET ME LIVE ONLY TO LOVE THEE IN RETURN.

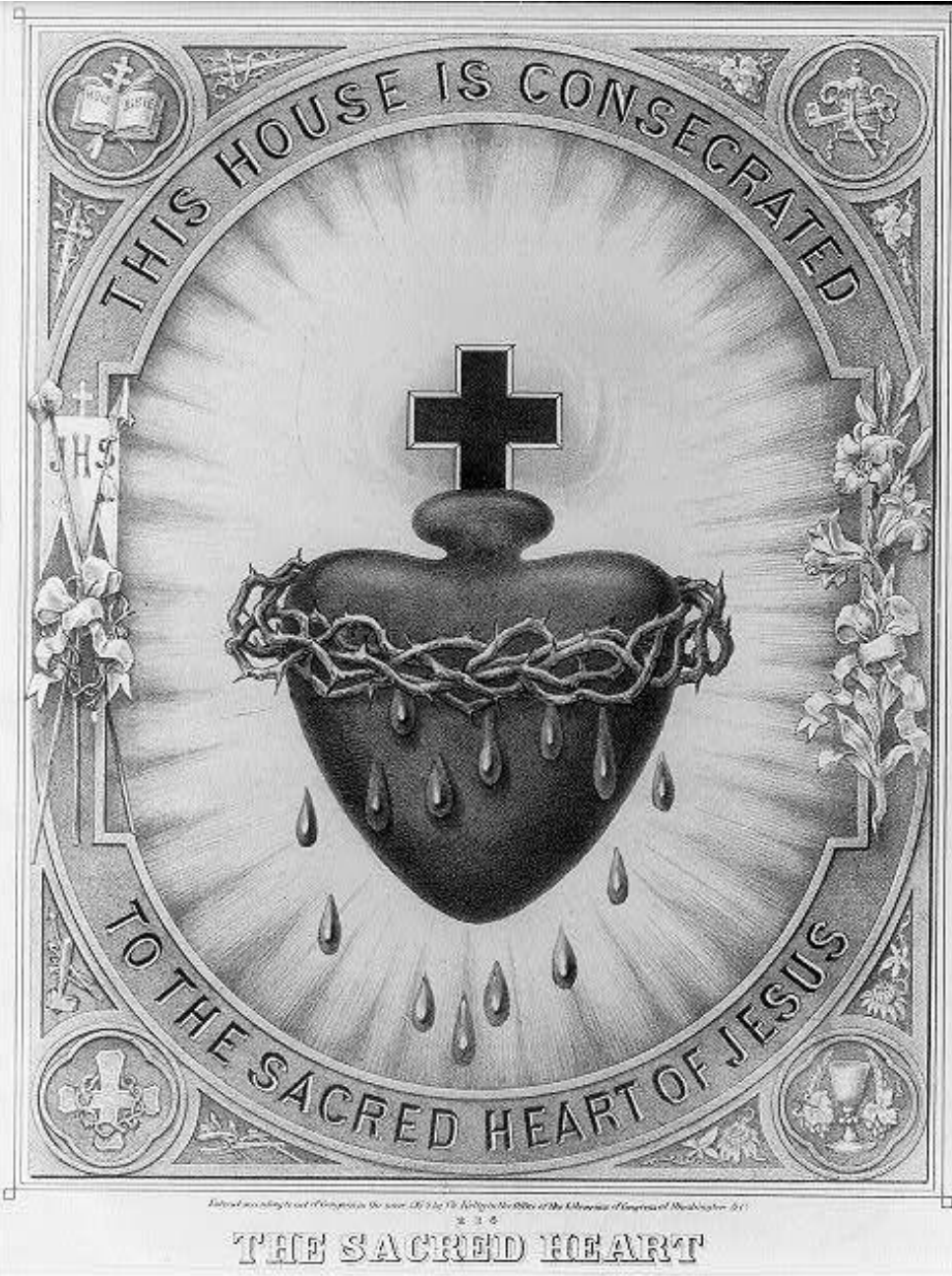
**Our Father once and Glory be five times.**

SWEET HEART OF MY JESUS, MAKE ME LOVE THEE EVER MORE AND MORE.



Eucharistic Heart of Jesus, increase in us our Faith, Hope and Charity

(An indulgence of 300 days – Benedict XV, April 5, 1917)



Let all men sing the praises,  
 O Jesus,  
 of Thy most generous Heart,  
 the Conqueror of death and hell,  
 for well it merits every praise.

I am more than ever shamed  
 when I behold my own heart  
 so cowardly that it trembles at  
 every idle word out of human respect

but it shall be so no longer;  
 from Thee I implore strength  
 so courageous, that after fighting  
 and conquering on earth,  
 I may hereafter triumph joyfully  
 with Thee in heaven.

**Our Father once  
 and Glory be five times.**



My Jesus, by the sorrows Thou didst suffer  
 in Thine agony in the Garden,  
 in Thy scourging and crowning with  
 thorns, on the way to Calvary, in Thy  
 crucifixion and death,  
 have mercy on the souls in purgatory and  
 especially on those that are most forsaken;  
 do Thou deliver them from the dire  
 torments they endure; call them and  
 admit them to Thy most sweet embrace in  
 paradise.

Our Father, Hail Mary,  
 Eternal rest, etc.

(An indulgence of 500 days – S. C. Ind., Dec 14, 1889)

# August – Month of the Immaculate Heart of Mary

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>THE ANGEL OF PORTUGAL TAUGHT THE FATIMA SEERS THIS PRAYER,            WHICH THEY RECITED ON THEIR KNEES, WITH THEIR FOREHEADS TOUCHING THE GROUND:            "MOST HOLY TRINITY, FATHER, SON &amp; HOLY GHOST, I ADORE YOU PROFOUNDLY, AND I OFFER YOU            THE MOST PRECIOUS BODY, BLOOD, SOUL AND DIVINITY OF JESUS CHRIST PRESENT IN ALL THE            TABERNACLES OF THE WORLD IN REPARATION FOR THE OUTRAGES, SACRILEGES AND            INDIFFERENCES WITH WHICH HE IS OFFENDED, AND BY THE INFINITE MERITS OF HIS MOST            SACRED HEART AND OF THE IMMACULATE HEART OF MARY I ASK YOU FOR THE CONVERSION OF            POOR SINNERS"            REPEATED THREE TIMES.</p>				<p><b>1</b>            WHITE            DM            ST. PETER'S CHAINS            ST. PAUL, AP            THE HOLY            MACHABEES, MM</p>	<p><b>2</b>            WHITE            D            FIRST FRIDAY            ST. ALPHONSUS MARY            DE LIGOURI, BP CD            ST. STEPHEN I, PM            ABSTINENCE</p>	<p><b>3</b>            X            RED            FIRST SATURDAY            FINDING OF THE            BODY OF ST.            STEPHEN, 1ST MARTYR</p>
<p><b>4</b>            sd            Green            11th Sunday after            Pentecost            St. Dominic, C</p>	<p><b>5</b>            dm            White            Dedication of the            church of Our Lady of            the Snows</p>	<p><b>6</b>            d2cl            White            TRANSFIGURATION            OF OUR LORD            St. Xystus II, P &amp; Comp. Mm</p>	<p><b>7</b>            d            White            St. Cajetan,, C            St. Donatus, BpM</p>	<p><b>8</b>            sd            Red x            St Cyriacus &amp; comp., Mm</p>	<p><b>9</b>            d            White            St. John Mary Vianney, C            Vigil of St. Lawrence,            St Romanus, M            ABSTINENCE</p>	<p><b>10</b>            d2cl            Red            ST. LAWRENCE, M</p>
<p><b>11</b>            sd            Green            12th Sunday after            Pentecost            Sts. Tiburtius &amp; Susanna VMm</p>	<p><b>12</b>            d            White            St. Clare, V</p>	<p><b>13</b>            sp            Red x            Sts. Hippolytus &amp;            Cassian, Mm</p>	<p><b>14</b>            Vigil of the Assumption            of the BVM            St. Eusebius, C</p>	<p><b>15</b>            d1cl            White            ASSUMPTION OF THE            BVM            HOLY DAY OF OBLIGATION</p>	<p><b>16</b>            d2cl            White            St. JOACHIM, Father of            the BVM, C            ABSTINENCE</p>	<p><b>17</b>            d            White            St. Hyacinth, C            Within the Octave BVM            Octave day of St. Lawrence</p>
<p><b>18</b>            sd            Green            13th Sunday after            Pentecost            St. Agapitus, M            Within the Octave</p>	<p><b>19</b>            d            White            St. John Eudes, C            Within the Octave</p>	<p><b>20</b>            d            White            St. Bernard, AbD            Within the Octave</p>	<p><b>21</b>            d            White            St. Jane Francis de            Chantal, W            Within the Octave</p>	<p><b>22</b>            d2cl            White            IMMACULATE HEART            OF MARY            St. Timothy &amp; Comp., Mm</p>	<p><b>23</b>            d            White            St. Philip Benizi, C            Vigil of St. Bartholomew, Ap            ABSTINENCE</p>	<p><b>24</b>            d2cl            Red            ST. BARTHOLOMEW, Ap</p>
<p><b>25</b>            sd            Green            14th Sunday after            Pentecost            St. Louis IX, King of France, C</p>	<p><b>26</b>            sp            Red x            St Zephyrinus, PM</p>	<p><b>27</b>            d            White            St. Joseph Calasanctius, C</p>	<p><b>28</b>            d            White            St. Augustine, BpCD            St Hermes, M</p>	<p><b>29</b>            dm            Red            The beheading of            St. John the Baptist            St. Sabina, M</p>	<p><b>30</b>            d            White            St. Rose of Lima, V            Sts. Felix &amp; Adauctus, Mm            ABSTINENCE</p>	<p><b>31</b>            d            White            St. Raymund Nonnatus, C</p>
	<p><b>O Mary, bless this house where thy Name is always blessed.            Praise forever be to Mary Immaculate, the ever-Virgin Mother,            blessed among women, the Mother of our Lord Jesus Christ,            the Queen of Paradise.            (An indulgence of 300 days - Pius X, Audience, Feb. 26, 1905, exhib. March 21,            1905).</b></p>					



O Mary, Mother of grace and Mother of mercy, do thou protect us from our enemy and receive us at the hour of our death.

*María, Mater grátia, Mater misericórdiae, Tu nos ab hoste prótege et mortis hora súscipe*

(An indulgence of 300 days.)

A plenary indulgence once a month on the usual conditions for the daily recitation of this invocation)



Remember, O Virgin Mother of God, when thou shalt stand before the face of the Lord, that thou speak favourable things on our behalf and that He may turn away His indignation from us.

*Recordáre, Virgo Mater Dei, dum stéteris in conspéctu Dómini, ut loquáris pro nobis bona, et ut avértat indignatiónem suam a nobis.*

(An indulgence of 300 days.)

A plenary indulgence once a month on the usual conditions for the daily recitation of this invocation)



Bless us, Mary Maiden mild, bless us too, her tender Child.

*Nos cum prole pia benedícat Virgo María.*

(An indulgence of 300 days)



My Mother, my Hope.

*Mater mea, fidúcia mea.*

(An indulgence of 300 days)



Holy Mary, deliver us from the pains of hell.

*Sancta María, líbera nos a pœnis inférni.*

(An indulgence of 300 days)



Thou art my Mother, O Virgin Mary: keep me safe lest I ever offend thy dear Son, and get me the grace to please Him always and in all things.

*Tu es mea mater, Virgo María, defénde me ne in ætérnum Iædam dilectíssimum Filiu tuum, et fac ut semper et per ómnia illi pláceam.*

(An indulgence of 300 days)

## May – The Queenship of Mary

*Most high Queen of the universe, Mary ever Virgin, make intercession for our peace and salvation, thou who didst bear Christ the Lord, the Saviour of all mankind (Roman Missal).*

(Indulgence of 300 days. Plenary indulgence once a month under usual conditions for daily recitation of the invocation. S.P. Ap., Oct 10 1936)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>O MARY, OUR HOPE, HAVE PITY ON US.</b> (INDULGENCE OF 300 DAYS) (PIUS X RESCRIPT IN HIS OWN HAND, JAN 3 1906 EXHIB, JAN 8 1906)</p>		<p><b>1</b> D2CL <b>RED</b> STS. PHILLIP &amp; JAMES, APP</p>	<p><b>2</b> WHITE D ST. ATHANASIUS, BPCD</p>	<p><b>3</b> RED D2CL FIRST FRIDAY FINDING OF THE HOLY CROSS ST. ALEXANDER I, P &amp; COMP. MM ABSTINENCE</p>	<p><b>4</b> WHITE D FIRST SATURDAY ST. MONICA, W</p>	
<p><b>5</b> sd White 5<sup>th</sup> Sunday after Easter St. Pius V, PC</p>	<p><b>6</b> Dm Red St. John, ApEv, before the Latin Gate [Lesser Litanies] Rogation Day</p>	<p><b>7</b> d Red St. Stanislaus, BpM [Lesser Litanies] Rogation Day</p>	<p><b>8</b> dm White Apparition of St. Michael The Archangel Vigil of the Ascension [Lesser Litanies] Rogation Day</p>	<p><b>9</b> d1cl White ASCENSION THURSDAY HOLY DAY OF OBLIGATION</p>	<p><b>10</b> d White St. Antoninus, BpC Within the Octave Sts. Gordian &amp; Epimachus, Mm ABSTINENCE</p>	<p><b>11</b> Sd White Within the Octave</p>
<p><b>12</b> sd White Sunday within the octave of the Ascension St. Nereus &amp; comp., Mm Within the Octave</p>	<p><b>13</b> d White Our Lady of Fatima St. Robert Bellarmine BpCD Within the Octave</p>	<p><b>14</b> sd White Within the Octave St. Boniface, M</p>	<p><b>15</b> d White St. John Baptist de la Salle, C Within the Octave</p>	<p><b>16</b> dm White Octave day of the Ascension St. Ubaldu, BpC</p>	<p><b>17</b> d White St. Paschal Baylon, C ABSTINENCE</p>	<p><b>18</b> Violet/Red Vigil of Pentecost St. Venantius, M FASTING &amp; PARTIAL ABSTINENCE</p>
<p><b>19</b> d1cl Red PENTECOST SUNDAY</p>	<p><b>20</b> d1cl Red PENTECOST MONDAY</p>	<p><b>21</b> d1cl Red PENTECOST TUESDAY</p>	<p><b>22</b> sd Red Pentecost Wednesday Ember Wednesday FASTING &amp; PARTIAL ABSTINENCE</p>	<p><b>23</b> sd Red Pentecost Thursday</p>	<p><b>24</b> sd Red *Our Lady Help of Christians Pentecost Friday Ember Friday FASTING &amp; ABSTINENCE</p>	<p><b>25</b> sd Red Pentecost Saturday St. Gregory VII, PC St Urban I, PM Ember Saturday FASTING &amp; PARTIAL ABSTINENCE</p>
<p><b>26</b> d1cl White TRINITY SUNDAY First Sunday after Pentecost</p>	<p><b>27</b> d White St. Bede, the Venerable, CD St. John I, PM</p>	<p><b>28</b> d White St. Augustine of Canterbury BPC</p>	<p><b>29</b> sd White x St. Magdalen dei pazzi, V</p>	<p><b>30</b> d1cl White CORPUS CHRISTI</p>	<p><b>31</b> sd White *Queenship of the BVM Within the Octave St Petronilla, V ABSTINENCE</p>	
<p><b>O Mary, Virgin Mother of God, pray to Jesus for me.</b> <i>Virgo Dei Génitrix, María, deprecáre Iesum pro me.</i> (An indulgence of 300 days. A plenary indulgence under the usual conditions, if this invocation ins repeated every day for a month).</p>						



*O Mary, conceived without sin, pray for us who have recourse to thee; O refuge of sinners, Mother of the dying, forsake us not at the hour of our death; obtain for us the grace of perfect sorrow, sincere contrition, the pardon and remission of our sins, a worthy receiving of the holy Viaticum, and the comfort of the Sacrament of Extreme Unction, in order that we may appear with greater security before the throne of the just but merciful Judge, our God and our Redeemer. Amen.*  
 (An indulgence of 500 days (Secretariat of Briefs, March 11, 1856 S.P. Ap., March 7, 1932)

## September – Month of Our Lady of Sorrows

Mother of love, of sorrow and of mercy, pray for us.  
*Mater amoris, dolóris et misericórdiæ, ora pro nobis.*  
 (An indulgence of 300 days) (Pius X, Audience, May 14, 1908; S.C. Ind., May 30, 1908)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> <b>GREEN</b> SD <b>15<sup>TH</sup> SUNDAY AFTER PENTECOST</b> ST. GILES, AB TWELVE HOLY BROTHERS, MM	<b>2</b> WHITE X SD ST. STEPHEN, KING OF HUNGARY, C	<b>3</b> WHITE D ST. PIUS X, PC	<b>4</b> <b>GREEN</b> X MASS OF PRECEDING SUNDAY Ferial Day	<b>5</b> WHITE X SD ST. LAWRENCE JUSTINIAN, BPC	<b>6</b> <b>GREEN</b> X FIRST FRIDAY <b>FERIAL DAY</b> MASS OF PRECEDING SUNDAY ABSTINENCE	<b>7</b> WHITE X SP FIRST SATURDAY OUR LADY'S SATURDAY
<b>8</b> White d2cl <b>NATIVITY OF THE BVM</b> <b>16<sup>TH</sup> Sunday after Pentecost</b> St. Hadrian, M	<b>9</b> White d St. Peter Claver, C St. Gorgonius, M	<b>10</b> White d St. Nicholas of Tolentino, C	<b>11</b> Red x sp Sts. Protus & Hyacinth, Mm	<b>12</b> White dm <b>The Most Holy Name of Mary</b>	<b>13</b> Green Ferial Day Mass of preceding Sunday ABSTINENCE	<b>14</b> Red dm <b>EXALTATION OF THE HOLY CROSS</b>
<b>15</b> White d2cl <b>SEVEN SORROWS OF THE BVM</b> <b>17<sup>TH</sup> Sunday after Pentecost</b> St. Nicomedes, M	<b>16</b> Red x sd St Cornelius, P & Cyprian, BpMm St Euphemia, V & Comp., Mm	<b>17</b> White d Impression of the Stigmata of St. Francis, C	<b>18</b> White d St. Joseph of Cupertino, C <b>Ember Wednesday</b> FASTING & PARTIAL ABSTINENCE	<b>19</b> Red d St. Januarius Bp & comp., Mm	<b>20</b> Red d St. Eustace & comp., Mm Vigil of S. Matthew, ApEv <b>Ember Friday</b> FASTING & ABSTINENCE	<b>21</b> Red d2cl ST. MATTHEW AP EV <b>Ember Saturday</b> FASTING & PARTIAL ABSTINENCE
<b>22</b> Green sd <b>18<sup>TH</sup> Sunday after Pentecost</b> St. Thomas of Villanova BpC St. Maurice & Comp., Mm	<b>23</b> Red x sd St. Linus, PM St. Thecla, VM	<b>24</b> White dm <b>Our Lady of Ransom</b>	<b>25</b> Green x Mass of preceding Sunday Ferial Day	<b>26</b> Red d2cl ST. ISAAC JOGUES & COMP., MM Sts. Cyprian & Justina, Mm	<b>27</b> Red x sd Sts. Cosmas & Damian, Mm ABSTINENCE	<b>28</b> Red x Sd St. Wenceslaus, M
<b>29</b> White d1cl DEDICATION OF ST. MICHAEL the Archangel <b>19<sup>TH</sup> Sunday after Pentecost</b>	<b>30</b> White d St. Jerome, CD			<p><b>Blessed art thou, O Virgin Mary, by the Lord God most high, above all women upon the earth</b>            (Roman Missal).</p> <p><b>Benedicta es Tu, Virgo María, a Dómino Deo excélsó, præ ómnibus muliéribus super terram.</b>            (ex Missali Romano). An indulgence of 300 days            (A plenary indulgence once a month on the usual conditions for the daily recitation of this ejaculation. - S.P. Ap., May 20, 1936)</p>		
<b>Mother of Mercy, pray for us.</b> (An indulgence of 300 days) 						



Ave María, Grátia plena  
Dóminus tecum;  
benedicta tu in muliéribus,  
et benedíctus fructus ventris  
tui, Jesus.  
Sancta María, Mater Dei,  
ora pro nobis peccatóribus,  
nunc et in hora mortis nostræ.  
Amen.



Salve Regína,  
Mater misericórdiæ;  
vita dulcédo,  
et spes nostra, salve.  
Ad te clamámus,  
éxules filii Hérvæ;  
ad te suspirámus,  
geméntes et flentes  
in hac lacrimárum valle.  
Eja ergo, Advocáta nostra, illos  
tuos misericódes óculos ad nos  
convérte.  
Et Jesum, benedíctum fructum  
ventris tui,  
nobis post hoc exsílum osténde.  
O clemens, o pia,  
o dulcis Virgo María.



## April – Month of the Holy Spirit



*Come Holy Spirit, Come by the means of the immaculate heart of Mary, your well-beloved Spouse*



	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	SATURDAY 6
	WHITE D1CL EASTER MONDAY	WHITE D1CL EASTER TUESDAY	WHITE SD EASTER WEDNESDAY	WHITE SD EASTER THURSDAY ST. ISIDORE BPCD	WHITE SD FIRST FRIDAY EASTER FRIDAY ST. VINCENT FERRER, C ABSTINENCE	WHITE SD FIRST SATURDAY EASTER SATURDAY
7 dm White Low Sunday	8 d1cl White ANNUNCIATION OF THE BVM (From March 25)	9 White x Ferial day Mass of preceding Sunday	10 White x Ferial day Mass of preceding Sunday	11 d White St. Leo I, PCD	12 White x Ferial day Mass of preceding Sunday ABSTINENCE	13 sd Red x St. Hermenegild, M
14 sd White 2 <sup>nd</sup> Sunday after Easter St. Justin, M St. Tiburtius & Comp., Mn	15 White x Ferial day Mass of preceding Sunday	16 White x Ferial day Mass of preceding Sunday	17 d1cl White THE SOLEMNITY OF ST. JOSEPH Spouse of the BVM	18 sd White x Within the Octave	19 sd White x Within the Octave ABSTINENCE	20 sd White x Within the Octave
21 sd White 3 <sup>rd</sup> Sunday after Easter St. Anselm, BpCD Within the Octave	22 sd Red x Sts. Soter & Caius, PpMm Within the Octave	23 sd Red x St. George, M Within the Octave	24 dm White Octave day of Solemnity of St. Joseph St. Fidelis of Sigmaringen, M	25 d2cl Red ST. MARK, EV [Greater Litanies]	26 sd Red x Sts. Cletus & Marcellinus, PpMm ABSTINENCE	27 d White St. Peter Canisius, CD
28 sd White 4 <sup>th</sup> Sunday after Easter St. Paul of the Cross, C St. Vitalis, M	29 d Red St. Peter of Verona, M	30 d White St. Catharine of Siena, V	<p>May Thy Holy Spirit, we beseech Thee, O Lord, enkindle in us that fire which our Lord Jesus Christ sent upon the earth from the innermost recesses of His Sacred Heart, and which He willed should burn with exceeding warmth: Who liveth and reigneth with Thee in the unity of the same Holy Spirit for ever &amp; ever. Amen.</p> <p>An indulgence of 7 years. A plenary indulgence under the usual conditions for the daily recitation of this chaplet throughout one month (S.C. Ind., March 20, 1815)</p> <p>O God, Who hast taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of that same Spirit we may always be truly wise and ever rejoice in His consolations, through Christ, Our Lord. Amen.</p>			
<p><b>O Holy Spirit, descend plentifully into my heart. Enlighten the dark corners of this neglected dwelling and scatter there thy cheerful beams.</b> St Augustine of Hippo.</p>						

*Novena to the Holy Ghost*

*We ought to pray and invoke the Holy Spirit, for each of us greatly needs His protection and His help. The more man is deficient in wisdom, weak in strength, borne down with trouble, prone to sin, so ought he the more fly to Him Who is the never ceasing Fount of Light, Strength, Consolation and Holiness".*

*— Pope Leo XIII*

**The novena in honour of the Holy Ghost is the oldest of all novenas since it was first made at the directions of Our Lord Himself when He sent His Apostles back to Jerusalem to await the coming of the Holy Ghost on the first Pentecost. It is still the only novena prescribed by the Church. Addressed to the Third Person of the Blessed Trinity, it is a powerful plea for the light and strength and love so sorely needed by every Christian.**

To encourage devotion to the Holy Spirit, the Church has enriched this novena with the following indulgences  
The faithful who devoutly assist at the public novena in honour of the Holy Ghost immediately preceding the Feast of Pentecost may gain:

- An indulgence of 10 years on any day of the novena;
- A plenary indulgence if they take part in at least five of the exercises and moreover, go to confessions and receive Holy Communion

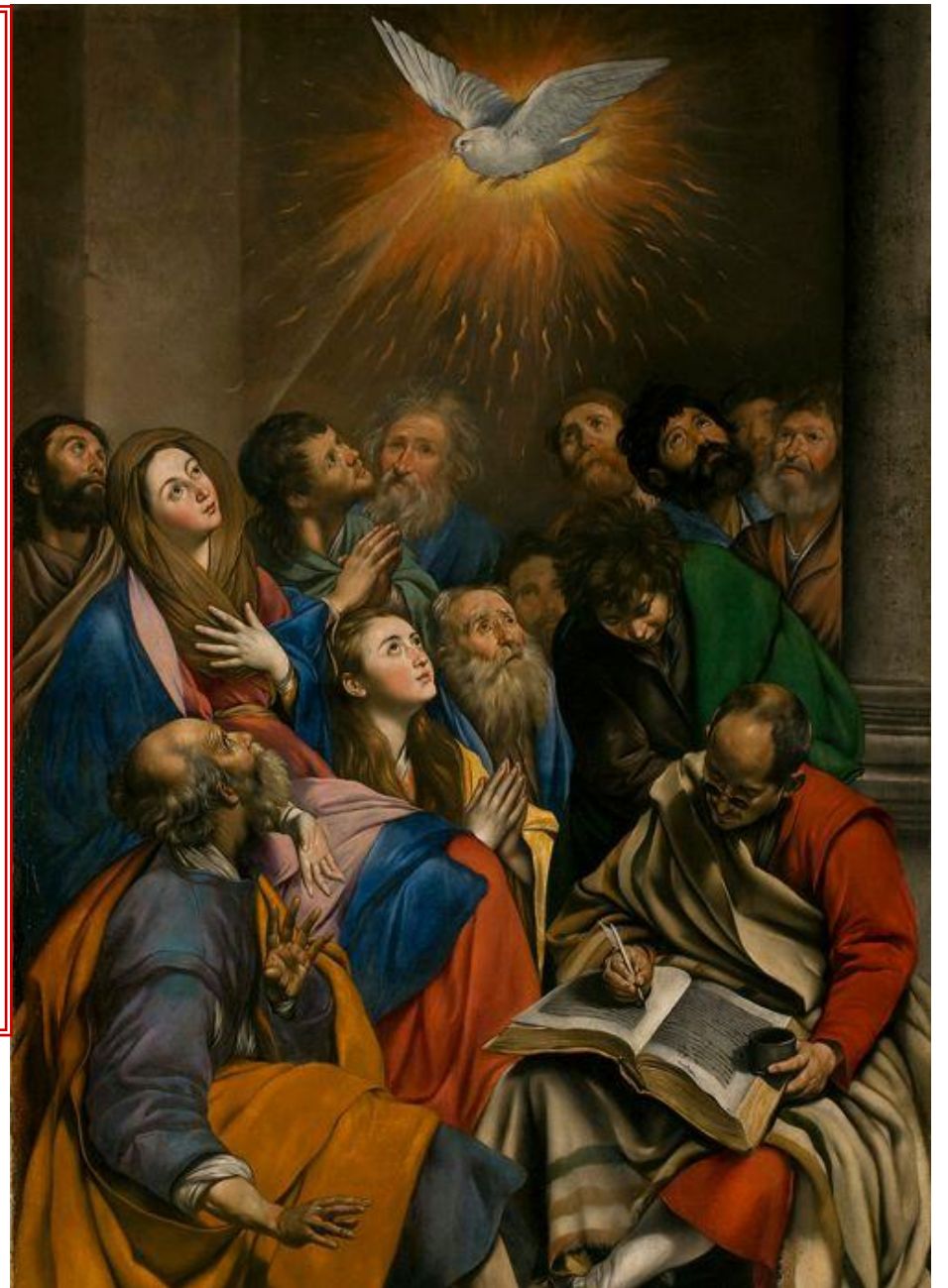
**Act of consecration to the Holy Ghost**

On my knees, before the great multitude of heavenly witnesses, I offer myself, soul & body, to Thee O Eternal Spirit of God. I adore the brightness of Thy purity, the unerring keenness of Thy justice, and the might of thy love. Thou art the Strength and light of my soul. In Thee I live and move and am. I desire never to grieve Thee. Mercifully guard my every thought and grant that I may always watch for Thy light and listen to Thy voice and follow Thy gracious inspirations. I cling to Thee and give myself to Thee and ask Thee by Thy compassion to watch over me in my weakness. Holding the pierced feet of Jesus and looking at His five Wounds and trusting in His Precious Blood and adoring His opened side and stricken Heart. I implore Thee Adorable Spirit, Helper of my infirmity, so to keep me in Thy grace that I may never sin against Thee. Give me grace O Holy Ghost, Spirit of the Father and of the Son to say to Thee always and everywhere "Speak, Lord for Thy servant heareth."

**Prayer for the seven gifts of the Holy Ghost**



O Lord Jesus Christ Who, before ascending into heaven did promise to send the Holy Ghost to finish Thy work in the souls of Thine Apostles and Disciples. Deign to grant the same Holy Spirit to me that He may perfect in my soul the work of Thy grace and Thy love. Grant me the Spirit of Wisdom that I may despise the perishable things of this world and aspire only after the things that are eternal, the Spirit of Understanding to enlighten my mind with the light of Thy divine truth, the Spirit of Counsel that I may ever choose the surest way of pleasing God and gaining heaven, the Spirit of Fortitude that I may bear my cross with Thee and that I may overcome with courage all the obstacles that oppose my salvation, the Spirit of Fear of the Lord that I may be filled with a loving reverence towards God and may dread in any way to displease Him. Mark me dear Lord, with the sign of Thy true disciples and animate me in all things with Thy Spirit. Amen

*Novena to the Holy Ghost prayers are on the inside last pages of this calendar*



# October – Month of the Holy Rosary

O Virgin Mary, Mother of Jesus, make us saints. (St. Joseph Benedict Cottolengo)  
(An Indulgence of 300 days)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>MY MOTHER, DELIVER ME FROM MORTAL SIN.</b> ✠ <b>HAIL MARY THREE TIMES</b> (INDULGENCE OF 300 DAYS) (BRIEF FEB. 8, 1900 S.P. AP., JAN 7, 1935)	<b>1</b> WHITE SP  <b>ST. REMIGIUS, BPC</b> MASS OF PRECEDING SUNDAY <b>[GREEN VESTMENTS]</b>	<b>2</b> WHITE DM  HOLY GUARDIAN ANGELS	<b>3</b> WHITE D  ST. THERESA OF THE CHILD JESUS, V	<b>4</b> WHITE DM  <b>FIRST FRIDAY</b> <b>ST. FRANCIS OF ASSISI, C</b> <b>ABSTINENCE</b>	<b>5</b> X SP WHITE  <b>FIRST SATURDAY</b> <b>OUR LADY'S SATURDAY</b> ST. PLACIDUS & COMP., MM
<b>6</b> sd Green  20 <sup>th</sup> Sunday after Pentecost St. Bruno, C	<b>7</b> d2cl White  THE MOST HOLY ROSARY St. Mark, PC St. Sergius & comp., Mm	<b>8</b> d White  St. Bridget, W	<b>9</b> d White  St John Leonard, C St Dionysius Bp & comp., Mm	<b>10</b> sd White x  St Francis Borgia, C	<b>11</b> d2cl White  MATERNITY OF THE BVM <b>ABSTINENCE</b>	<b>12</b> sp White x  Our Lady's Saturday
<b>13</b> sd Green  21 <sup>st</sup> Sunday after Pentecost St. Edward, King of England, C	<b>14</b> d Red  St. Callistus I, PM	<b>15</b> d White  St. Theresa of Avila, V	<b>16</b> sd White x  St Hedwig, W	<b>17</b> d White  St. Margaret Mary Alacoque, V	<b>18</b> d2cl Red  ST LUKE, EV <b>ABSTINENCE</b>	<b>19</b> d White  St Peter of Alcantara, C
<b>20</b> sd Green  22 <sup>nd</sup> Sunday after Pentecost St. John Cantius, C	<b>21</b> sp White x  St Hilarion, Ab St. Ursula & comp., VvMm	<b>22</b> Green x  Ferial Day Mass of preceding Sunday	<b>23</b> Green x  Ferial Day Mass of preceding Sunday	<b>24</b> dm White  St. Raphael the Archangel	<b>25</b> sp Red x  Sts. Chrysanthus & Daria, Mm <b>ABSTINENCE</b>	<b>26</b> Violet  Vigil of the Sts. Simon & Jude, App [Anticipated] St. Evaristus, PM
<b>27</b> d1cl White  <b>KINGSHIP OF JESUS CHRIST</b> 23 <sup>rd</sup> Sunday after Pentecost	<b>28</b> d2cl Red  STs. SIMON & JUDE, App,	<b>29</b> Green  Ferial Day Mass of preceding Sunday	<b>30</b> Green x  Ferial Day Mass of preceding Sunday	<b>31</b> Violet  Vigil of All Saints <b>FASTING &amp; PARTIAL ABSTINENCE</b>	<b>O Mary, make me to live in God, with God, and for God.</b> O Maria, fac ut vivam in Deo, cum Deo et pro Deo. (An indulgence of 300 Days) 	

Offering of Masses for the Dying  
**My God, I offer Thee all Masses which are being celebrated today throughout the world, for sinners who are in their agony and who are to die this day.**  
**May the Precious Blood of Jesus, their Redeemer, obtain mercy for them.**

(Indulgence of 300 days Pius X, 18 Dec., 1907)



One of the most popular prayers for the Holy Souls in Purgatory is traditionally attributed to St. Gertrude the Great (1256-1301)

*Eternal Father,  
 I offer You the Most Precious Blood of Your Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the Universal Church, those in my own home, and within my family.  
 Amen*



*My Jesus, by the sorrows Thou didst suffer in Thine agony in the Garden, in Thy scourging and crowning with thorns, on the way to Calvary, in Thy crucifixion and death, have mercy on the souls in purgatory and especially on those that are most forsaken; do Thou deliver them from the dire torments they endure; call them and admit them to Thy most sweet embrace in paradise.*

*Our Father, Hail Mary,*

*V. Eternal rest give unto them, O Lord.  
 R. & let perpetual light shine upon them.  
 V. From the gates of hell,  
 R. Deliver their souls, O Lord.  
 V. May they rest in peace.  
 R. Amen.  
 V. O Lord, hear my prayer.  
 R. And let my cry come unto Thee.*

(An indulgence of 500 days – S. C. Ind., Dec 14, 1889)



*O God, the Creator and Redeemer of all the faithful; grant unto the souls of Thy servants and handmaids the remission of all their sins; that through our devout supplications they may obtain the pardon they have always desired. Who livest and reignest world without end.  
 Amen.*

*Rest eternal grant unto them O Lord and let perpetual light shine upon them And may they rest in peace, Amen.*

*(An indulgence of 3 years - a plenary indulgence on the usual conditions, if these prayers are said daily for a month) (S. C. Ind., Sept 15, 1888, S.P. Ap., April 25, 1934).*

## March – Month of Saint Joseph

Jesus, my God, I love Thee above all things.  
 (Indulgence of 50 days, each time – Pius IX. May 7, 1854)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>JESUS, MARY, JOSEPH.</b> <i>(INDULGENCE OF 7 YEARS &amp; 7 QUARANTINES – PIUS X, JUNE 8, 1906)</i> 				1 <b>VIOLET</b>   FIRST FRIDAY FERIAL DAY MASS OF PRECEDING SUNDAY <b>FASTING &amp; ABSTINENCE</b>	2 <b>VIOLET</b>  FIRST SATURDAY FERIAL DAY MASS OF PRECEDING SUNDAY <b>FASTING</b>
3 <sub>sd</sub> <b>Violet</b>  3 <sup>rd</sup> Sunday of Lent	4 <sub>sd</sub> <b>White x</b>  St. Casimir, C St. Lucius I, PM <b>FASTING</b>	5 <b>Violet</b>  Ferial day Mass of preceding Sunday <b>FASTING</b>	6 <sub>d</sub> <b>Red</b>  Sts. Perpetua & Felicitas, Mm <b>FASTING</b>	7 <sub>d</sub> <b>White</b>  St. Thomas Aquinas, CD <b>FASTING</b>	8 <sub>d</sub> <b>White</b>   St. John of God, C <b>FASTING &amp; ABSTINENCE</b>	9 <sub>d</sub> <b>White</b>  St. Frances of Rome, W <b>FASTING</b>
10 <sub>sd</sub> <b>Rose or Violet</b>  Laetare Sunday 4 <sup>th</sup> Sunday of Lent Forty Holy Martyrs	11 <b>Violet x</b>  Ferial day Mass of preceding Sunday <b>FASTING</b>	12 <sub>d</sub> <b>White</b>  St. Gregory the Great, PCD <b>FASTING</b>	13 <b>Violet</b>  Ferial day Mass of preceding Sunday <b>FASTING</b>	14 <b>Violet</b>  Ferial day Mass of preceding Sunday <b>FASTING</b>	15 <b>Violet</b>   Ferial day Mass of preceding Sunday <b>FASTING &amp; ABSTINENCE</b>	16 <b>Violet</b>  Ferial day Mass of preceding Sunday <b>FASTING</b>
17 <sub>sd</sub> <b>Violet</b>  PASSION SUNDAY St. Patrick, BpC	18 <sub>d</sub> <b>White</b>  St. Cyril of Jerusalem, Bp CD <b>FASTING</b>	19 <sub>d1cl</sub> <b>White</b>  ST. JOSEPH Spouse of the BVM, C <b>FASTING</b>	20 <b>Violet x</b>  Ferial day Mass of preceding Sunday <b>FASTING</b>	21 <sub>dm</sub> <b>White</b>  St. Benedict, Ab <b>FASTING</b>	22 <sub>Dm</sub> <b>White</b>   Seven Sorrows of BVM St Isadore the Farmer, C <b>FASTING &amp; ABSTINENCE</b>	23 <b>Violet</b>  Ferial day Mass of preceding Sunday <b>FASTING</b>
24 <sub>sd</sub> <b>Violet</b>  Palm Sunday St. Gabriel the Archangel	25 <b>Violet</b>  Monday in Holy Week <b>FASTING</b>	26 <b>Violet</b>  Tuesday in Holy Week <b>FASTING</b>	27 <b>Violet</b>  Wednesday in Holy Week St John Damascene, CD <b>FASTING</b>	28 <sub>d1cl</sub> <b>White</b>  MAUNDY THURSDAY <b>FASTING</b>	29 <sub>d1cl</sub> <b>Black</b>   GOOD FRIDAY <b>FASTING &amp; ABSTINENCE</b>	30 <sub>d1cl</sub> <b>Violet/White</b>  HOLY SATURDAY FAST UNTIL NOON
31 <sub>d1cl</sub> <b>White</b>  EASTER SUNDAY	<b>✠ Memorare to St Joseph ✠</b> <i>Remember, most pure spouse of Mary ever-Virgin, my loving protector, St Joseph, that never has it been heard that anyone ever invoked thy protection, or besought aid of thee, without being consoled. In this confidence I come before thee, I fervently recommend myself to thee. Despise not my prayer, foster-father of our Redeemer, but do thou in thy pity receive it. Amen.</i> (Indulgence of 300 days once a day, Pius IX, June 26, 1863)					





*St. Joseph, Terror of Demons*  
by Bernadette Carstensen (2020)  
Commissioned by Fr. Donald Calloway, MIC  
Available at [www.consecrationtostjoseph.org](http://www.consecrationtostjoseph.org)

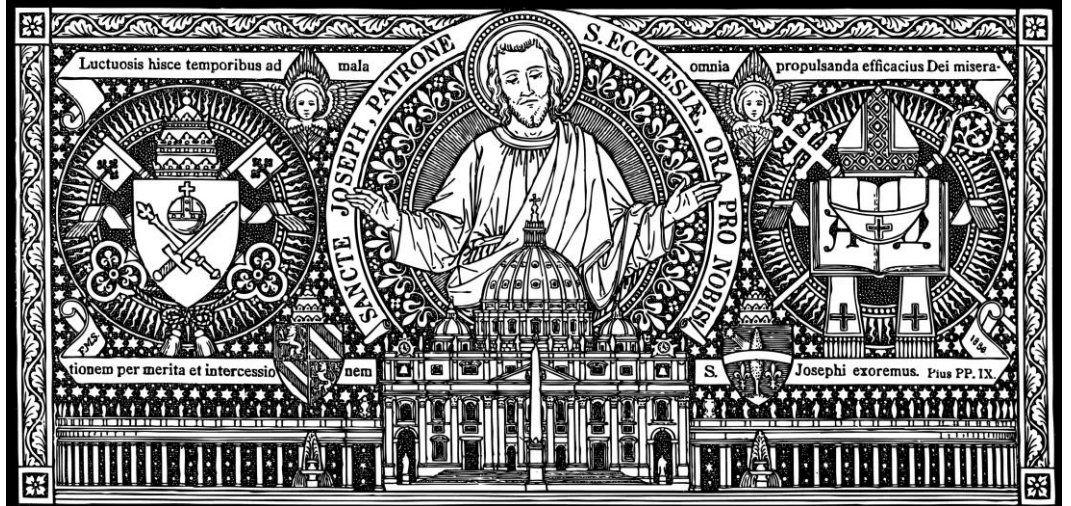
## Ad te, beate Joseph (To you O blessed Joseph)

To you, O blessed Joseph, do we come in our tribulation, and having implored the help of your most holy spouse, we confidently invoke your patronage also.

Through that charity which bound you to the immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by his Blood, and with your power and strength to aid us in our necessities.



O most watchful Guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be propitious to us and from heaven assist us in our struggle with the power of darkness; and, as once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live piously, to die a holy death, and to obtain eternal happiness in heaven.  
*Amen.*

(Partial indulgence)



# November – Month of the Holy Souls

Holy Mary, deliver us from the pains of hell.  
(An indulgence of 300 days)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><i>DIVINE HEART OF JESUS, GRANT, WE BESEECH THEE, ETERNAL REST TO THE SOULS IN PURGATORY, THE FINAL GRACE TO THOSE WHO SHALL DIE TODAY, TRUE REPENTANCE TO SINNERS, THE LIGHT OF THE FAITH TO PAGANS, AND THY BLESSING TO ME AND MINE.</i></p> <p><i>TO THEE O MOST COMPASSIONATE HEART OF JESUS, I COMMEND ALL THESE SOULS, AND I OFFER TO THEE ON THEIR BEHALF ALL THY MERITS, TOGETHER WITH THE MERITS OF THY MOST HOLY MOTHER AND OF ALL THE SAINTS AND ANGELS, AND ALL THE SACRIFICES OF THE HOLY MASS, COMMUNIONS, PRAYERS AND GOOD WORKS, WHICH SHALL BE ACCOMPLISHED TODAY THROUGHOUT THE CHRISTIAN WORLD.</i></p> <p style="font-size: small;">(INDULGENCE OF 100 DAYS, ONCE A DAY, LEO XIII 13/3/1901)</p>				<p style="font-size: 2em; color: red;">1</p> <p style="color: red;">WHITE</p> <p style="font-size: small;">D1CL</p> <p style="color: red; font-size: small;">FIRST FRIDAY ALL SAINTS DAY HOLY DAY OF OBLIGATION</p>	<p style="font-size: 2em; color: black;">2</p> <p style="color: black;">BLACK</p> <p style="font-size: small;">D</p> <p style="color: blue; font-size: small;">FIRST SATURDAY ALL SOULS' DAY</p>
<p style="font-size: 2em; color: red;">3</p> <p style="color: green;">Green</p> <p style="font-size: small;">sd</p> <p style="font-size: small;">24<sup>th</sup> Sunday after Pentecost [4<sup>th</sup> Sunday after Epiphany] Within the Octave</p>	<p style="font-size: 2em;">4</p> <p style="color: white;">White</p> <p style="font-size: small;">d</p> <p style="font-size: small;">St. Charles Borromeo, BpC Within the Octave Sts. Vitalis &amp; Agricola, Mm</p>	<p style="font-size: 2em;">5</p> <p style="color: white;">White x</p> <p style="font-size: small;">sd</p> <p style="font-size: small;">Within the Octave</p>	<p style="font-size: 2em;">6</p> <p style="color: white;">White x</p> <p style="font-size: small;">sd</p> <p style="font-size: small;">Within the Octave</p>	<p style="font-size: 2em;">7</p> <p style="color: white;">White x</p> <p style="font-size: small;">sd</p> <p style="font-size: small;">Within the Octave</p>	<p style="font-size: 2em;">8</p> <p style="color: white;">White</p> <p style="font-size: small;">dm</p> <p style="font-size: small;">Octave Day of All Saints Holy four crowned Martyrs <span style="color: red;">ABSTINENCE</span></p>	<p style="font-size: 2em;">9</p> <p style="color: white;">White</p> <p style="font-size: small;">d2cl</p> <p style="font-size: small;">DEDICATION OF THE ARCHBASILICA OF OUR SAVIOUR St. Theodore, M</p>
<p style="font-size: 2em; color: red;">10</p> <p style="color: green;">Green</p> <p style="font-size: small;">sd</p> <p style="font-size: small;">25<sup>th</sup> Sunday after Pentecost [5<sup>th</sup> Sunday after Epiphany] St. Andrew Avellino, C St. Tryphon &amp; Comp., Mm</p>	<p style="font-size: 2em;">11</p> <p style="color: white;">White</p> <p style="font-size: small;">d</p> <p style="font-size: small;">St. Martin of Tours, BpC St. Mennas, M</p>	<p style="font-size: 2em;">12</p> <p style="color: red;">Red x</p> <p style="font-size: small;">sd</p> <p style="font-size: small;">St. MARTIN I, PM</p>	<p style="font-size: 2em;">13</p> <p style="color: white;">White x</p> <p style="font-size: small;">sd</p> <p style="font-size: small;">St. Didacus, C</p>	<p style="font-size: 2em;">14</p> <p style="color: red;">Red</p> <p style="font-size: small;">d</p> <p style="font-size: small;">St. JOSAPHAT, BpM</p>	<p style="font-size: 2em;">15</p> <p style="color: white;">White</p> <p style="font-size: small;">d</p> <p style="font-size: small;">St. Albert the Great, BpCD <span style="color: red;">ABSTINENCE</span></p>	<p style="font-size: 2em;">16</p> <p style="color: white;">White</p> <p style="font-size: small;">d</p> <p style="font-size: small;">St Gertrude, V Abbess</p>
<p style="font-size: 2em; color: red;">17</p> <p style="color: green;">Green</p> <p style="font-size: small;">sd</p> <p style="font-size: small;">26<sup>th</sup> Sunday after Pentecost [6<sup>th</sup> Sunday after Epiphany] St. Gregory Thaumaturgus, BpC</p>	<p style="font-size: 2em;">18</p> <p style="color: white;">White</p> <p style="font-size: small;">dm</p> <p style="font-size: small;">DEDICATION OF THE BASILICAS OF ST. PETER AND ST. PAUL</p>	<p style="font-size: 2em;">19</p> <p style="color: white;">White</p> <p style="font-size: small;">d</p> <p style="font-size: small;">St. Elizabeth of Hungary, W St. Pontianus, PM</p>	<p style="font-size: 2em;">20</p> <p style="color: white;">White</p> <p style="font-size: small;">d</p> <p style="font-size: small;">St. Felix of Valois, C</p>	<p style="font-size: 2em;">21</p> <p style="color: white;">White</p> <p style="font-size: small;">dm</p> <p style="color: blue; font-size: small;">PRESENTATION OF THE BVM</p>	<p style="font-size: 2em;">22</p> <p style="color: red;">Red</p> <p style="font-size: small;">d</p> <p style="font-size: small;">ST. CECILIA, VM <span style="color: red;">ABSTINENCE</span></p>	<p style="font-size: 2em;">23</p> <p style="color: red;">Red</p> <p style="font-size: small;">d</p> <p style="font-size: small;">ST. CLEMENT I, PM St. Felicitas, M</p>
<p style="font-size: 2em; color: red;">24</p> <p style="color: green;">Green</p> <p style="font-size: small;">sd</p> <p style="font-size: small;">27<sup>th</sup> &amp; last Sunday after Pentecost St. John of the cross, CD St. Chrysogonus, M</p>	<p style="font-size: 2em;">25</p> <p style="color: red;">Red</p> <p style="font-size: small;">d</p> <p style="font-size: small;">ST. CATHARINE OF ALEXANDRIA, VM</p>	<p style="font-size: 2em;">26</p> <p style="color: white;">White</p> <p style="font-size: small;">d</p> <p style="font-size: small;">St. Sylvester, Ab St. Peter of Alexandria, BpM</p>	<p style="font-size: 2em;">27</p> <p style="color: green;">Green x</p> <p style="font-size: small;">Ferial Day Mass of preceding Sunday</p>	<p style="font-size: 2em;">28</p> <p style="color: green;">Green x</p> <p style="font-size: small;">Ferial Day Mass of preceding Sunday</p>	<p style="font-size: 2em;">29</p> <p style="color: violet;">Violet</p> <p style="font-size: small;">Vigil of St. Andrew, Ap St. Saturninus, M <span style="color: red;">ABSTINENCE</span></p>	<p style="font-size: 2em;">30</p> <p style="color: red;">Red</p> <p style="font-size: small;">d2cl</p> <p style="font-size: small;">ST. ANDREW, AP</p>
<p style="color: blue; font-weight: bold;">May Thy Holy Spirit, we beseech Thee, O Lord, enkindle in us that fire which our Lord Jesus Christ sent upon the earth from the innermost recesses of His Sacred Heart, and which He willed should burn with exceeding warmth: Who liveth and reigneth with Thee in the unity of the same Holy Spirit for ever &amp; ever. Amen.</p> <p style="font-size: small;">(An indulgence of 7 years. A plenary indulgence under the usual conditions for the daily recitation of this chaplet throughout one month)</p>					<p style="font-size: small;">Month of November Any daily devotions for the Holy Souls, public or private (Indulgence: 1) 7 years and 7 quarantines, each day 2) Plenary, once during the month) (Leo XIII January 17, 1888)</p>	



# Gloria in excelsis Deo et in Terra Pax



Blessed be God!  
(Indulgence of 100 days – Pius X)

Praised be Jesus Christ, now and  
forevermore  
(Indulgence of 100 days – Clement XIII)

My God and my all!  
(Indulgence of 100 days – Leo XIII)

My Jesus, Mercy!  
(Indulgence of 100 days – Pius IX)

O Jesus in the blessed  
sacrament, have mercy on us.  
(Indulgence of 300 days – Pius X)

Jesus, son of David, have mercy  
on me.  
(Ind. of 100 days, once a day - Leo XIII)

Saviour of the world, have mercy  
on us.  
(Ind. of 50 days, once a day - Leo XIII)

My sweetest Jesus, be not my  
Judge, but my Saviour.  
(Ind. of 50 days each time – Pius IX)



## February – Month of the Holy Family

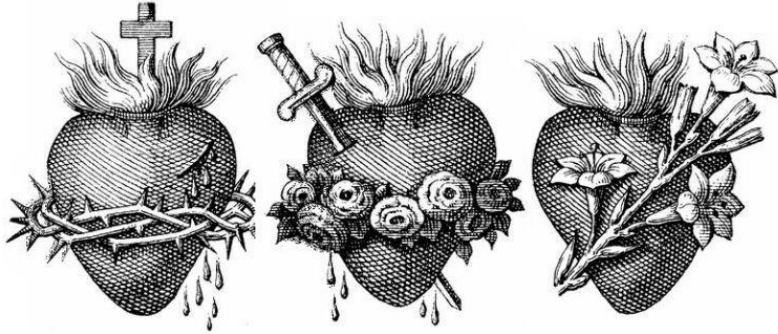
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>PRAYER IN HONOUR OF THE HOLY FAMILY</b></p> <p>GRANT US, O LORD JESUS, FAITHFULLY TO IMITATE THE EXAMPLES OF THY HOLY FAMILY, SO THAT IN THE HOUR OF OUR DEATH, IN THE COMPANY OF THY GLORIOUS VIRGIN MOTHER AND ST JOSEPH, WE MAY DESERVE TO BE RECEIVED BY THEE INTO ETERNAL TABERNACLES.</p> <p>(INDULGENCE OF 200 DAYS, ONCE A DAY. – LEO XIII FEB. 6, 1893)</p>						
<p><b>4</b> sd Violet Sexagesima Sunday St. Andrew Corsini, BpC</p>	<p><b>5</b> d Red St. Agatha, VM</p>	<p><b>6</b> d White St. Titus, BpC St. Dorothy, VM</p>	<p><b>7</b> d White St Romuald, Ab</p>	<p><b>1</b> D RED ST. IGNATIUS, BPM</p>	<p><b>2</b> D2CL DAY WHITE CANDLEMAS FIRST FRIDAY PURIFICATION OF THE BVM ABSTINENCE</p>	<p><b>3</b> SP X WHITE FIRST SATURDAY OUR LADY'S SATURDAY ST. BLAISE, BPM</p>
<p><b>11</b> sd Violet Quinquagesima Sunday Apparition of Our Lady of Lourdes</p>	<p><b>12</b> d White The Seven Holy Founders of the Servites, C</p>	<p><b>13</b> Violet x Shrove Tuesday Ferial day Mass of preceding Sunday</p>	<p><b>14</b> Violet ASH WEDNESDAY St. Valentine, Priest M FASTING AND ABSTINENCE</p>	<p><b>8</b> d White St John of Matha, C</p>	<p><b>9</b> d White 40 hour Devotion St. Cyril of Alexandria, BpCD St. Apollonia, VM ABSTINENCE</p>	<p><b>10</b> d White St Scholastica, V</p>
<p><b>18</b> Sd Violet 1st Sunday of Lent St. Simeon, BpM</p>	<p><b>19</b> Violet x Ferial day Mass of preceding Sunday FASTING</p>	<p><b>20</b> Violet Ferial day Mass of preceding Sunday FASTING</p>	<p><b>21</b> Violet Ferial day Ember Wednesday FASTING &amp; PARTIAL ABSTINENCE</p>	<p><b>15</b> Violet x Ferial day Sts. Faustinus &amp; Jovita, Mm FASTING</p>	<p><b>16</b> Violet Ferial day Mass of preceding Sunday FASTING &amp; ABSTINENCE</p>	<p><b>17</b> Violet Ferial day Mass of preceding Sunday FASTING</p>
<p><b>25</b> sd Violet 2nd Sunday of Lent</p>	<p><b>26</b> d2cl Red ST. MATTHIAS, AP [From February 25]</p>	<p><b>27</b> White x Ferial day Mass of preceding Sunday FASTING</p>	<p><b>28</b> d White St. Gabriel of Our Lady of Sorrows, C FASTING</p>	<p><b>22</b> dm White St. Peter's Chair at Antioch St. Paul, Ap FASTING</p>	<p><b>23</b> d White St. Peter Damian, BpCD Ember Friday FASTING &amp; ABSTINENCE</p>	<p><b>24</b> Violet Ferial day Vigil of the St. Matthias, Ap Ember Saturday FASTING &amp; PARTIAL ABSTINENCE</p>
<p><i>Jesus, Mary and Joseph, I give you my heart and my soul. Jesus, Mary and Joseph, assist me in my last agony. Jesus, Mary and Joseph, may I breathe forth my soul in peace with thee!</i> (Indulgence of 300 days, each time, for all three. – Pius VII, Apr. 28, 1807)</p>						<p><b>Our Lady of Lourdes</b> (or the Pillar, or under another title approved by ecclesiastical authority) <b>pray for us.</b> (An Indulgence of 300 days) <b>Domine nostra de Lourdes, ora pro nobis.</b></p>

## Daily Prayer before a picture of the Holy Family

Most loving Jesus, who by Thy surpassing virtues and the example of Thy home life didst hallow the household in which Thou didst choose to live while on earth, mercifully look down upon this family, whose members, humbly prostrate before Thee, implore Thy protection. Remember that we are Thine, bound and consecrated to Thee by a special devotion. Protect us in Thy mercy, deliver us from danger, help us in our necessities and impart to us strength to persevere always in the imitation of Thy Holy Family, so that, by serving Thee and loving Thee faithfully during this mortal life, we may at length give Thee eternal praise in heaven.

O Mary, dearest Mother, we implore thy assistance, knowing that thy divine Son will hearken to thy petitions.

Do thou, most glorious patriarch, Saint Joseph, help us with thy powerful patronage and place our petitions in Mary's hands, that she may offer them to Jesus Christ.



Jesus, Mary and Joseph, bless us now and at the hour of our death.  
(Indulgence. of 50 days, each time. – Pius VII. July 2, 1816)



# December – Month of the Immaculate Conception

My Mother, deliver me from mortal sin. Hail Mary *three times* (Indulgence of 300 days)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> SD VIOLET 1 <sup>ST</sup> SUNDAY OF ADVENT	<b>2</b> SD RED X ST. BIBIANA, VM	<b>3</b> DM WHITE ST. FRANCIS XAVIER, C	<b>4</b> D WHITE ST. PETER CHRYSOLOGUS, BPCD ST. BARBARA, VM	<b>5</b> VIOLET X FERIAL DAY ST. SABAS, AB MASS OF PRECEDING SUNDAY	<b>6</b> D WHITE FIRST FRIDAY ST. NICHOLAS, BPC ABSTINENCE	<b>7</b> D WHITE FIRST SATURDAY ST. AMBROSE, BPCD VIGIL OF THE IMMACULATE CONCEPTION OF THE BVM FASTING & ABSTINENCE
<b>8</b> d1cl White IMMACULATE CONCEPTION OF THE BVM 2 <sup>ND</sup> Sunday of Advent HOLY DAY OF OBLIGATION	<b>9</b> sd White Within the Octave mass of preceding Sunday [Violet vestments]	<b>10</b> sd White x Within the Octave St. Melchisedech, PM	<b>11</b> sd White x St. Damasus I, PC Within the Octave	<b>12</b> sd White x Within the Octave	<b>13</b> d Red St. Lucy, VM Within the Octave ABSTINENCE	<b>14</b> sd White x Within the Octave
<b>15</b> sd Rose/Violet Gaudete Sunday 3 <sup>RD</sup> Sunday of Advent Octave day of the Immaculate conception	<b>16</b> sd Red x ST. EUSEBIUS, BpM	<b>17</b> Ferial day Mass of preceding Sunday Violet	<b>18</b> Ferial day Ember Wednesday FASTING & PARTIAL ABSTINENCE Violet	<b>19</b> Ferial day Mass of preceding Sunday Violet	<b>20</b> Vigil of St. Thomas, Ap Ember Friday FASTING & ABSTINENCE Violet	<b>21</b> d2cl ST. THOMAS, AP Ember Saturday FASTING & PARTIAL ABSTINENCE Red
<b>22</b> sd Violet 4 <sup>TH</sup> Sunday of Advent	<b>23</b> d2cl White ST. FRANCES XAVIER CABRINI, V [from December 22]	<b>24</b> Violet Vigil of the Nativity FASTING & ABSTINENCE	<b>25</b> d1cl White NATIVITY OF OUR LORD JESUS CHRIST Christmas Day St. Anastasia, M [2 <sup>ND</sup> Mass] HOLY DAY OF OBLIGATION	<b>26</b> d2cl Red ST. STEPHEN, FIRST MARTYR Within the Octave * (common of the diocese of Brisbane)	<b>27</b> d2cl White St. John, ApEv Within the Octave ABSTINENCE	<b>28</b> d2cl Violet THE HOLY INNOCENTS, MM Within the Octave
<b>29</b> sd White Sunday within the octave of Christmas St. Thomas of Canterbury, BpM Within the Octave	<b>30</b> sd White Within the Octave	<b>31</b> d White St. Sylvester I, PC Within the Octave	<b>St. Benedict's Latin Mass Chapel Anniversary &amp; Christmas luncheon 15<sup>th</sup> Dec 12 midday</b>	<b>Prayer to St. Stephen</b> <i>The apostles chose Stephen the deacon, a man full of faith and of the Holy Ghost, whom the Jews stoned whilst he prayed, saying: "Lord Jesus, receive my spirit, and lay not this sin to their charge."</i> <i>V. By the merits and prayers of blessed Stephen, R. Be merciful, O God, to Thy people. Let us pray:</i> <i>Almighty &amp; everlasting God, who didst consecrate the first-fruits of Thy martyrs in the blood of blessed Stephen the deacon; grant, we beseech Thee, that he may pray for us, even as he also prayed for his persecutors, to our Lord Jesus Christ thy Son, who liveth and reigneth world without end. Amen.</i> (An indulgence of 300 days once a day. A plenary indulgence under the usual conditions on the two Feast days of St. Stephen (3 Aug & 26 Dec), if this is said devoutly on each of the nine days immediately preceding either of the Feast days)		
<p><b>"Fasting is the soul of prayer. Mercy is the lifeblood of fasting. So if you pray, fast. If you fast, show mercy; If you want your petition to be heard, hear the petition of others. If you do not close your ear to others, you open God's ear to yourself".</b>  <i>St. Peter Chrysologus (Feast day Dec 4<sup>th</sup>)</i></p>						



Good Jesus! O most tender Jesus! O most sweet Jesus!  
 O Jesus, Son of Mary the Virgin, full of mercy & kindness!  
 O sweet Jesus, according to Thy great mercy, have pity on me!

O most merciful Jesus, I entreat Thee by that Precious Blood of Thine, which  
 Thou didst will to pour forth for sinners, to wash away all my iniquities, and to  
 look upon me, poor & unworthy as I am, humbly asking pardon of Thee, and  
 invoking this Holy Name of Jesus.

O Name of Jesus, sweet Name! Name of Jesus, Name of joy!  
 Name of Jesus, Name of strength!  
 Nay, what meaneth the Name of Jesus but Saviour?

Wherefore, O Jesus, by Thine own holy Name, be to me Jesus, and save me.  
 Suffer me not to be lost – me, whom Thou didst create out of nothing.  
 O good Jesus, let not my iniquity destroy what Thy almighty goodness made.

O sweet Jesus, recognise what is Thine own, and wipe away from me  
 what is not of Thee!

O most kind Jesus, have pity on me while it is the time of pity,  
 and condemn me not when it is the time of judgment.  
 The dead shall not praise Thee, Lord Jesus, not all those who go down into hell.

O most loving Jesus! O Jesus, most longed for by Thine own!  
 O most gentle Jesus!

Jesus, Jesus, Jesus, let me enter into the number of Thine elect.  
 O Jesus, salvation of those who believe in Thee;

Jesus, Son of Mary the Virgin,  
 pour into me grace, wisdom, charity, chastity and humility that I may be able  
 perfectly to love Thee, to praise Thee, to enjoy Thee, to serve Thee  
 and to make my boast in Thee,  
 together with all those who invoke Thy Name, which is Jesus. Amen.

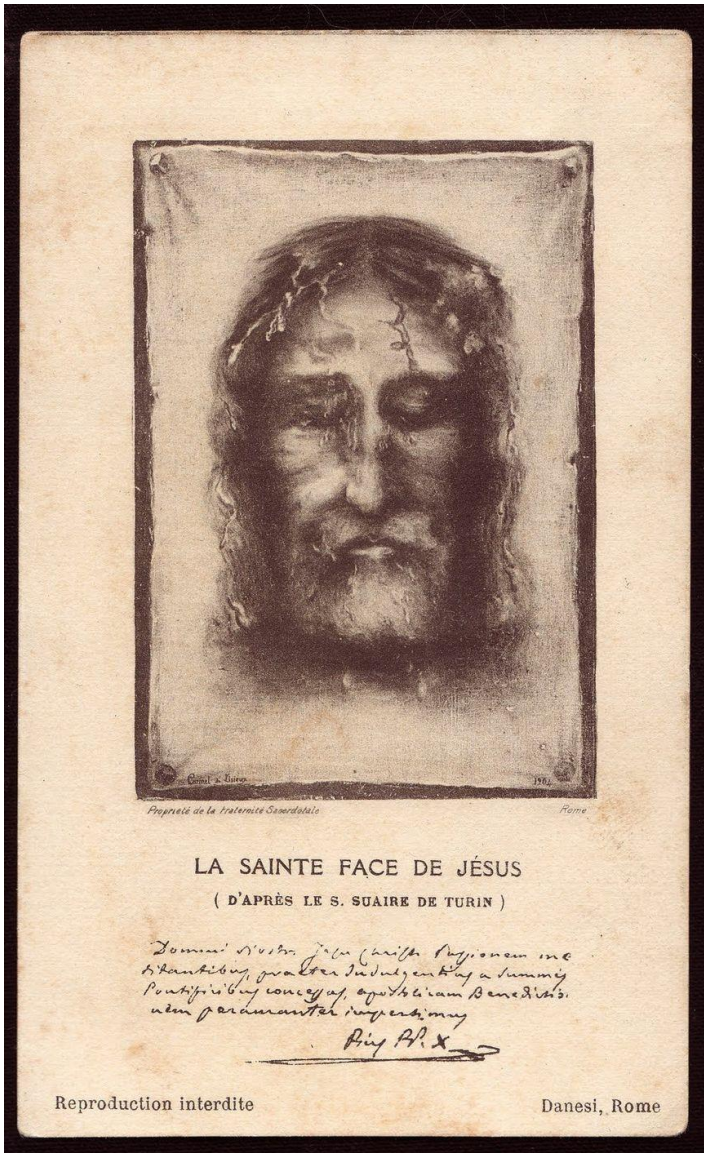
(Indulgence of 100 days, once a day – Pius IX, Nov 26, 1876)

## January - Month of the Holy Name of Jesus

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> WHITE D2CL  CIRCUMCISION OF OUR LORD HOLY DAY OF OBLIGATION	<b>2</b> WHITE D2CL  THE MOST HOLY NAME OF JESUS OCTAVE DAY OF ST. STEPHEN, FIRST MARTYR	<b>3</b> WHITE SP  OCTAVE DAY OF ST. JOHN, APEV ST. GENEVIEVE, V	<b>4</b> RED SP  OCTAVE DAY OF HOLY INNOCENTS, MM	<b>5</b> WHITE  FIRST FRIDAY VIGIL OF THE EPIPHANY ST. TELESOPHORUS, PM ABSTINENCE	<b>6</b> WHITE D1CL  FIRST SATURDAY  THE EPIPHANY OF OUR LORD
<b>7</b> dm White  The Holy Family: Jesus, Mary & Joseph Sunday within the Octave	<b>8</b> sd White  Within the Octave of the Epiphany	<b>9</b> sd White  Within the Octave of the Epiphany	<b>10</b> sd White  Within the Octave of the Epiphany	<b>11</b> sd White  Within the Octave of the Epiphany St. Hyginus, PM	<b>12</b> sd White  Within the Octave of the Epiphany ABSTINENCE	<b>13</b> dm White  Octave day of the Epiphany
<b>14</b> sd Green  2 <sup>nd</sup> Sunday after Epiphany St. Hilary, BpCD St. Felix, Priest, M	<b>15</b> d White  St. Paul, First Hermit, C St. Maurus, Ab	<b>16</b> sd Red x  St. Marcellus I, PM	<b>17</b> d White  St Anthony, Ab	<b>18</b> dm White  St. Peter's Chair at Rome St. Paul, Ap St. Prisca, VM	<b>19</b> sp Red x  St. Marius & comp., Mm St. Canute, King, M ABSTINENCE	<b>20</b> d Red  St. Fabian, P St. Sebastian, Mm
<b>21</b> sd Green  3 <sup>rd</sup> Sunday after Epiphany St. Agnes, VM	<b>22</b> sd Red x  Sts. Vincent & Anastasius, Mm	<b>23</b> sd White x  St. Raymond of Pennafort, C St. Emerentiana, VM	<b>24</b> d Red  St. Timothy, BpM	<b>25</b> dm White  The Conversion of St. Paul Ap St. Peter, Ap	<b>26</b> d Red  St. Polycarp, BpM ABSTINENCE	<b>27</b> d White  St. John Chrysostom, BpCD
<b>28</b> sd Violet  Septuagesima Sunday St. Peter Nolasco, C St. Agnes, VM (2 <sup>nd</sup> time)	<b>29</b> d White  St. Francis de Sales, BpCD	<b>30</b> sd Red x  St. Martina, VM	<b>31</b> d White  St John Bosco, C	<b>🏹 The Golden Arrow Prayer 🏹</b>  <i>May the most holy, most sacred, most adorable, most mysterious and unutterable Name of God be always praised, blessed, loved, adored and glorified in heaven, on earth and under the earth, by all the creatures of God and by the Sacred Heart of our Lord Jesus Christ in the most Holy Sacrament of the altar.</i>		
<b>🏹 Origin of the Golden Arrow Prayer 🏹</b> This was revealed by Our Lord to a Carmelite Nun, Sr. Mary of St. Peter, on August 26 <sup>th</sup> 1843 as a reparation for blasphemy. "This Golden Arrow will wound My Heart delightfully," He said, "and heal the wounds inflicted by blasphemy." Imprimatur T.J.Toolen, Archbishop of Mobile-Birn						



# The Holy Face of Jesus



## Canticle to the Holy Face of Jesus (by St. Thérèse of Lisieux, August 12 1895)

Also known as Saint Thérèse of the Child Jesus and the Holy Face and "The Little Flower"

Dear Jesus! 'tis Thy Holy Face is here the start that guides my way;  
Thy countenance, so full of grace, is heaven on earth, for me, to-day.  
And love finds holy charms for me in Thy sweet eyes with tear-drops wet;  
Through mine own tears I smile at Thee, and in Thy grief's my pains forget.  
How gladly would I live unknown, thus to console Thy aching heart.  
Thy veiled beauty, it is shown to those who live from earth apart.

I long to fly to Thee alone!

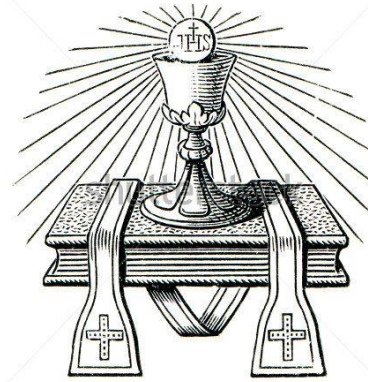
Thy Face is now my fatherland – The radiant sunshine of my days,  
- My realm of love, my sunlit land, where, all life long, I sing Thy praise;  
It is the lily of the vale, whose mystic perfume, freely given,  
brings comfort, when I faint and fail, and makes me taste the peace of heaven.

Thy Face, in its unearthly grace, is like the divinest myrrh to me,  
that on my heart I gladly place; It is my lyre of melody;  
My rest – my comfort – is Thy Face.

My only wealth, Lord! Is Thy Face; I ask naught else than this from Thee;  
hid in the secret of that Face, the more I shall resemble Thee!

Oh, leave on me some impress faint of thy sweet, humble, patient Face,  
and soon I shall become a saint, and draw men to thy saving grace.

So, in the secret of thy Face, Oh! Hide me, hide me, Jesus blest!  
There let me find its hidden grace, its holy fires, and in heaven's rest,  
Its rapturous kiss, in Thy embrace!

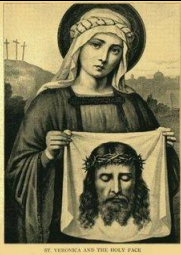




Devotion to the Holy Name is

in His Name, and also on the second precept of the Decalogue which obliges us to honour the Name of God. The purposes, therefore, of this devotion are to beget honour and respect for God's Name, and to prevent and make reparation for improper language.

rist, that we should pray

## January 2025 – Month of The Holy Name of Jesus

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>THOU SHALT CALL HIS NAME JESUS, FOR HE SHALL SAVE HIS PEOPLE FROM THEIR SINS.</b> <i>LET US PRAY:</i> O GOD, WHO DIDST MAKE THY ONLY-BEGOTTEN SON THE SAVIOUR OF THE HUMAN RACE, AND DIDST COMMAND HIM TO BE CALLED JESUS, GRANT PROPITIOUSLY THAT HIM WHOSE HOLY NAME WE VENERATE ON EARTH, WE MAY BEHOLD IN THE GLORIOUS VISION OF HEAVEN. WHO WITH THEE LIVETH AND REIGNETH FOREVER AND EVER. AMEN		<b>1</b> WHITE DZCL  CIRCUMCISION OF OUR LORD HOLY DAY OF OBLIGATION	SP  OCTAVE DAY OF ST. STEPHEN, FIRST MARTYR	<b>2</b> RED  <b>3</b> WHITE SP  FIRST FRIDAY OCTAVE DAY OF ST. JOHN, APEV ST. GENEVIEVE, V ABSTINENCE	SP  <b>4</b> RED  FIRST SATURDAY OCTAVE DAY OF HOLY INNOCENTS, MM
<b>5</b> d2cl White THE MOST HOLY NAME OF JESUS Vigil of the Epiphany St. Telesphorus, PM	<b>6</b> d1cl White  The Epiphany of Our Lord	<b>7</b> sd White Within the Octave of the Epiphany	<b>8</b> sd White Within the Octave of the Epiphany	<b>9</b> sd White Within the Octave of the Epiphany	<b>10</b> sd White Within the Octave of the Epiphany ABSTINENCE	<b>11</b> sd White Within the Octave of the Epiphany St. Hyginus, PM
<b>12</b> dm White The Holy Family: Jesus, Mary & Joseph Sunday within the Octave	<b>13</b> dm White Octave day of the Epiphany	<b>14</b> d White St. Hilary, BpCD St. Felix, Priest, M	<b>15</b> d White St. Paul, first Hermit St. Maurus, Ab	<b>16</b> sd Red x St. Marcellus I, PM	<b>17</b> d White St. Anthony, Ab ABSTINENCE	<b>18</b> dm White St. Peter's Chair at Rome St. Paul, Ap St. Prisca, VM
<b>19</b> sd Green 2nd Sunday after Epiphany St. Marius & comp., Mm St. Canute, King, M	<b>20</b> d Red St. Fabian, P St. Sebastian, Mm	<b>21</b> d Red St. Agnes, VM	<b>22</b> sd Red x Sts. Vincent & Anastasius, Mm	<b>23</b> sd White x St. Raymond Pennafort, C	<b>24</b> d Red St. Timothy, BpM ABSTINENCE	<b>25</b> dm White The Conversion of St. Paul Ap
<b>26</b> sd Green 3rd Sunday after Epiphany St. Polycarp, BpM	<b>27</b> d White St. John Chrysostom, BpCD	<b>28</b> d White St. Peter Nolasco, C St. Agnes, VM (2nd time)	<b>29</b> d White St. Francis de Sales, BpCD	<b>30</b> sd Red x St. Martina, VM	<b>31</b> d White St John Bosco, C ABSTINENCE	

My Lord, grant that I may love Thee, and the at the reward of my love my be to love Thee ever more and more.

(Ind. Of 100 days, once a day. – Leo XIII. March 15, 1890)

May the most just, most high, and most adorable will of God be done in all things, praised and magnified forever.

(Ind. Of 100 days, once a day – Pius VII. May 19, 1818)



## Our Lady's Five First Saturdays

On July 13, 1917, Our Lady appeared for a third time to the three children of Fatima and showed them the vision of hell and made the now-famous thirteen prophecies. In this vision, **Our Lady** said:

**"The Lord wishes to establish in the world the devotion to my Immaculate Heart. I will come to ask for the communion of Reparation on the First Saturdays. If people do what I shall tell you, many souls will be saved and there will be peace."**

Eight years later, on December 10, 1925, Our Lady did indeed come back. She appeared (with the Child Jesus) to Lucia in the convent of the Dorothean Sisters in Pontevedra.

The **Child Jesus** spoke first:

**"Have compassion on the heart of your most holy Mother, which is covered with thorns with which ungrateful men pierce it at every moment, while there is no one to remove them with an act of reparation."**

The **Great Promise**

**Our Lady** then said:

**"My daughter, look at my heart surrounded with thorns with which ungrateful men pierce it at every moment by their blasphemies and ingratitude. You, at least, try to console me. I promise to assist at the hour of death with all the graces necessary for salvation, all those who, on the First Saturday of 5 consecutive months, go to confession and receive Holy Communion, recite 5 decades of the Rosary, and keep me company for a quarter of an hour while meditating on the mysteries of the Rosary, with the intention of making reparation to me."**

Why 5, why not 7 or 9? Lucia once asked this question of Our Lord and received this answer:

### FIVE REASONS

**"My daughter, the motive is simple: There are 5 kinds of offences and blasphemies uttered against the Immaculate Heart of Mary:**

- 1) Blasphemies against the Immaculate Conception;**
- 2) Blasphemies against her virginity;**
- 3) Blasphemies against her divine maternity;**
- 4) Blasphemies of those who openly seek to foster in the hearts of children indifference or even hatred for this immaculate mother;**
- 5) The offences of those who directly outrage her in holy images."**

So what do we have to do to make the 5 first Saturdays? To derive profit from Our Lady's great promise, the devotion must be properly understood and duly performed.

The requirements stipulated by Our Lady are as follows:

### 1. Confession

A reparative confession means that the confession should not only be good (valid & licit), but also be offered in the spirit of reparation, in this case, to Mary's Immaculate Heart. This confession may be made on the First Saturday itself or some days before or after, within the preceding octave would suffice

### 2. Communion

The communion of reparation must be sacramental duly received with the intention of making reparation. This offering, like the confession, is an interior act and so no external action to express the intention is needed.

### 3. The Rosary

The Rosary mentioned here was indicated by the Portuguese word 'terco' which is commonly employed to denote a Rosary of five decades, since it forms a third of the full Rosary of 15 decades. This, too, must be recited in a spirit of reparation.

### 4. Meditation for 15 minutes

Here the meditation on one mystery or more is to be made without simultaneous recitation of the Rosary decade. As indicated, the meditation may be either on one mystery alone for 15 minutes, or on all 15 mysteries, spending about one minute on each one, or this could even be made before each decade, spending three minutes or more in considering the mystery of that decade. This meditation has likewise to be made in the spirit of reparation to the Immaculate Heart.

### 5. The Spirit of Reparation

All these acts, as said above, have to be done with the intention of offering reparation to the Immaculate Heart of Mary for the offences committed against Her. Everyone who offends Her commits, so to speak, a two-fold offence, for these sins also offend her Divine Son, Jesus Christ, and so endanger our salvation. They give bad example to others and weaken the strength of society to withstand immoral onslaughts. Such devotions therefore make us consider not only the enormity of the offence against God, but also the effect of sins on human society, as well as the need for undoing these social effects, even when the offender repents and is converted. Further, this reparation emphasises our responsibility toward sinners who, themselves, will not pray and make reparation for their sins.

### 6. Five Consecutive First Saturdays

The idea of five in a row is to make us persevere in the devotional acts. Once this is done, Our Lady knows that the person would become devoted to Her Immaculate Heart & persist in practicing such devotion on all First Saturdays, working thereby for personal self-reform and for the salvation of others.

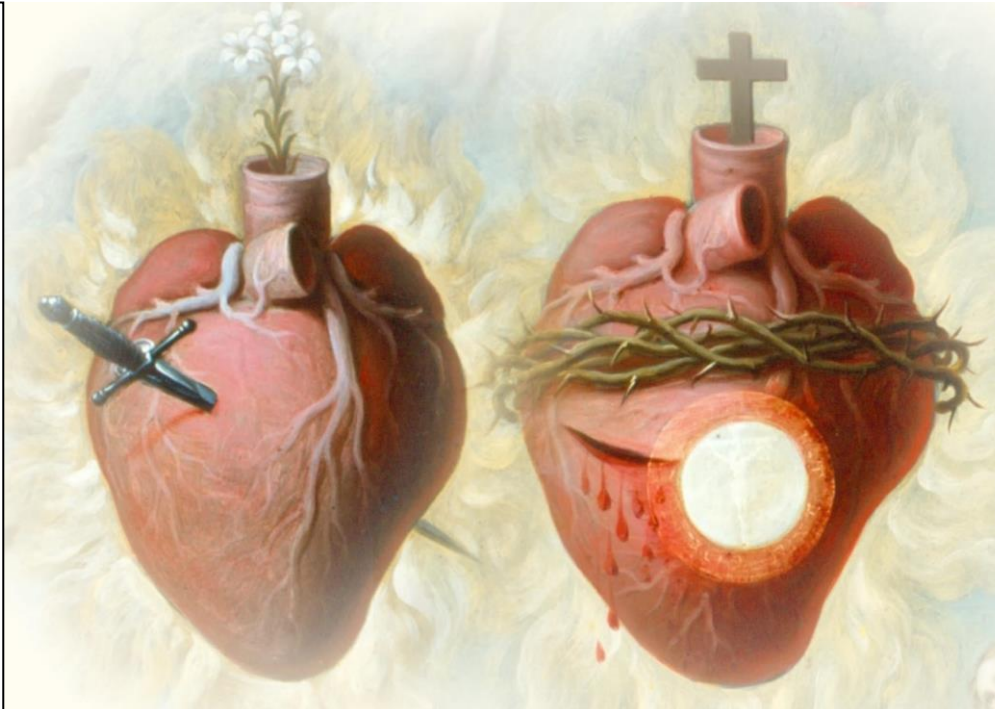
Unless Russia is converted, the movement against God and for sin will continue to spread, promoting wars and persecutions and making the attainment for peace and justice impossible for this world. One means of obtaining Russia's conversion is to practise the Fatima Message. The stakes are so great that to encourage Catholics to practise the devotion of the First Saturdays, Our Lady has assured us that She will obtain salvation for all those who observe the First Saturdays for five consecutive months in accordance with Her conditions.

At the supreme moment the departing person will be either in a state of grace or not. In either case Our Lady will be by his side. If in the state of grace, She will console and help him to resist whatever temptations the devil might put before him in his last attempt to take the person with him to hell. If not in the state of grace, Our Lady will help the person to repent in a manner agreeable to God and so benefit by the fruits of redemption and be saved.



Consecration to the Immaculate heart of Mary, by St. Louis de Montfort.

I, ( name), a faithless sinner, renew & ratify today in thy hands the vows of my Baptism; I renounce forever Satan, his pomps and works; and I give myself entirely to Jesus Christ, the incarnate Wisdom, to carry my cross after Him all the days of my life, and to be more faithful to him than I have ever been before. In the presence of all the heavenly court I choose thee this day for my Mother and Mistress. I deliver and consecrate to thee, as they slave, my body and soul, my goods, both interior & exterior, and even the value of all my good actions, past, present and future; leaving to thee the entire and full right of disposing of me, and all that belongs to me, without exception, according to thy good pleasure, for the greater glory of God in time and in eternity.



Consecration of the Human Race to the Sacred Heart of Jesus

Most sweet Jesus, Redeemer of the human race, look down upon us humbly prostrate before Your altar. We are Thine and Thine we wish to be; but, to be more surely united with Thee, behold each one of us freely consecrates himself today to Thy most Sacred Heart. Many indeed have never known Thee. Have mercy on them all, most merciful Jesus and draw them to Thy Sacred Heart. Be thou Kind, O Lord, not only of the faithful who have never forsaken Thee, but also of the prodigal children who have abandoned Thee; grant that they may quickly return to their Father's house lest they die of wretchedness and hunger. Be Thou King of those who are deceived by erroneous opinions, or whom discord keeps 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. Be Thou King of all those who are still involved in the darkness of idolatry or of Islamism, and refuse not to draw them all into the light and kingdom of God. Turn Thine Eyes of Mercy towards the children of that race, once Thy chosen people: of old they called down upon themselves the blood of the Saviour; may It now descend upon them a layer of redemption and of life. Grant, O Lord, to Thy 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 be to the divine Heart that wrought our salvation to It be glory and honour for ever. Amen.

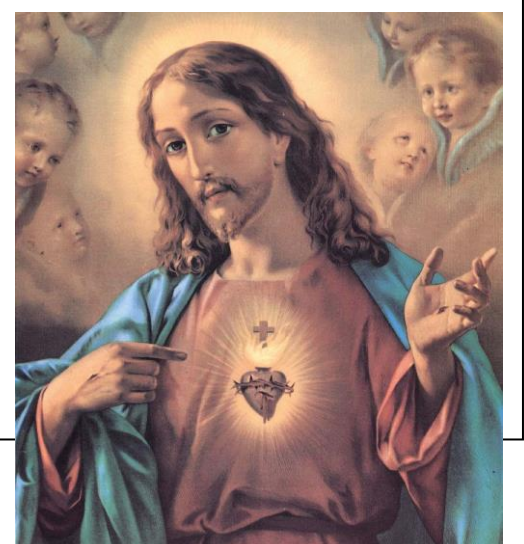
### Act of Reparation to the Sacred Heart of Jesus

O sweet Jesus, whose overflowing charity for men is requited by so much forgetfulness, negligence and contempt, behold us prostrate before Thy altar eager to repair by a special act of homage the cruel indifference and injuries, to which Thy loving Heart is everywhere subject. Mindful alas! That we ourselves have had a share in such great indignities, which we now deplore from the depths of our hearts, we humbly ask Thy pardon and declare our readiness to atone by voluntary expiation not only for our own personal offences, but also for the sins of those, who straying far from the path of salvation, refuse in their obstinate infidelity to follow Thee, their Shepherd and Leader, or, renouncing the vows of their baptism, have cast off the sweet yoke of Thy law.

We are now resolved to expiate each and every deplorable outrage committed against Thee; we are determined to make amends for the manifold offences against Christian modesty in unbecoming dress and behaviour, for all the foul seduction laid to ensnare the feet of the innocent, for the frequent violation of Sundays and holidays, and the shocking blasphemies uttered against Thee and Thy Saints. We wish also to make amends for the insults to which Thy Vicar on earth and Thy priests are subjected, for the profanation, by conscious neglect or terrible acts of sacrilege, of the very Sacrament of Thy divine love; and lastly for the public crimes of nations who resist the rights and the teaching authority of the Church which Thou hast Founded.

Would, O divine Jesus, we were able to wash away such abominations with our blood. We now offer, in reparation for these violations of Thy divine honour, the satisfaction Thou didst once make to Thy eternal Father on the cross and which Thou dost continue to renew daily on our altars; we offer it in union with the acts of atonement of thy virgin Mother and all the Saints and of the pious faithful on earth; and we sincerely promise to make reparation, as far as we can with the help of Thy grace, for all neglect of Thy great love and for the sins we and others have committed in the past. Henceforth we will live a life of unwavering faith, of the gospel and especially that of charity. We promise to the best of our power to prevent others from offending Thee and to bring as many as possible to follow Thee.

O loving Jesus, through the intercession of the Blessed Virgin Mary our model in reparation, deign to receive the voluntary offering we make of this act of expiation; and by the crowning gift of perseverance keep us faithful unto death in our duty and the allegiance we owe to Thee, so that we may all one day come to that happy home, where Thou with the Father and the Holy Ghost livest and reignest God world without end. Amen.



## Indulgences

An indulgence is the remission by God, in whole or in part, of the temporal punishment due to sin after it's guilt has been forgiven in the Sacrament of Penance. When a penitent performs an indulgenced work, the Church grants him, by means of what is called an indulgence, some of the superabundant merits of the undeserved sufferings of Our Lord and the Saints, and so enables him to pay his debt to God's justice or to relieve a suffering soul in Purgatory. For, as St. Thoma says, "When a person gains an indulgence, he pays the penalty which he owed for his faults out of the common stock of the Church's goods."

In order to gain an indulgence, one must have been baptized, one must be in the state of grace (at least at the end of the required exercise), one must be under the ecclesiastical jurisdiction of the one who has granted the indulgence, and one must not be excommunicated. Besides fulfilling all the requirements of the indulgence exactly, devoutly and in accordance with the general sense of the grant, must have at least the general intention of acquiring the indulgence.

"Public devotions" are such as are held in common in a church oratory. All others are considered private.

### PLENARY INDULGENCES

As a rule, only one plenary indulgence may be gained on any day for any one specific good work. If one is unable to gain a plenary indulgence completely (by not completing all requirements) one nevertheless gains a partial indulgence in keeping with one's disposition.

### PARTIAL INDULGENCES

Once the soul has left the body, it lives in "spirit time," and this is not measured in days, months and years. So, by a 300 days indulgence one does not mean that the soul's suffering in Purgatory is shortened by 300 days, but that the indulgence cancels an amount of punishment equal to that which would have been remitted in the sight of God if that person had performed 300 days of the severe canonical penances of ancient times.

### GAINING PLENARY INDULGENCES

The conditions which the Church has laid down for the gaining of plenary indulgences are nearly always the same: Confession, Holy Communion, a visit to a Church and prayers for the Pope's intentions.

### CONFESSION

In order to gain at even a partial indulgence, one must have a genuine sorrow and hatred for one's sins, a firm determination to amend, and a sincere desire to satisfy divine justice: one must be in the state of grace. To gain a plenary indulgence, one must, in addition, be free from attachment to any venial sin.

In order to gain a plenary Indulgence on a certain day, one must go to confession at least within 8 days before or 8 days after that day. If one is accustomed to go to Confession at least twice a month, or to receive Holy Communion (in the state of grace and with a devout intention), then one may gain all plenary indulgences (except jubilee indulgences) without going to Confession for each plenary indulgence one wishes to gain. Nor are these benefits lost to daily Communion if they fail to receive Communion on one of two days during the week.

### HOLY COMMUNION

To gain a plenary indulgence one may receive Holy Communion on the day before that to which the indulgence is attached, on the day itself, or on the 8 days immediately following.

### VISIT TO A CHURCH

This condition for gaining a plenary indulgence is met by entering a church or oratory with the intention of honouring God of the Saints and devoutly reciting the required prayer. Where no set form is prescribed for that particular indulgence, one may use any vocal or mental prayer of one's own choice. When the visit must be made on a particular day, it may be made at any time from noon on the previous day to noon on the appointed day. The visit may be made to a public or semi public only when so stated, and the use of a semi public oratory is restricted to those who are legitimately entitled to its use.

### PRAYER FOR THE POPE'S INTENTION

This condition is fulfilled by saying one "Our Father", "Hail Mary" and "Gory Be" vocally. Mental prayer is not sufficient.

"The Pope's intentions" comprise the exaltation of Mother Church, the propagation of the Faith, the uprooting of heresy, the conversion of sinners, peace and concord among Christian nations and the other needs of Christianity.



### *I Looked for One that Would Comfort Me*

*Jesus is both God and man. As God, He is supremely and eternally and infinitely happy; in need of no one; above all the wants and desires of mere creatures; with all the possibilities of a thousand worlds of surpassing beauty and glory in the power of His Will.*

*But as man, He was as we are, except for sin. He felt hunger and cold and weariness; unkind words and actions grieved Him; His face lit up with the smile of gladness at the sight of His friends; sympathy and help and hospitality cheered Him; He wept with those in sorrow and rejoiced in their happiness; the sight of their bodily ills won miracles of healing from His tender Heart. The ingratitude and desertion of His friends touched Him to the quick; the kiss of Judas and the denial of Peter were cruel blows. Those He loved deserted Him; reproached Him; despised Him; laughed Him to scorn. They hated Him and blasphemed Him and hounded Him to death. All this horrible and profane ingratitude so wounded His Sacred Heart that it bled tears of blood.*

*O God, Who for the world's redemption wast pleased to be born, circumcised, rejected by the Jews, betrayed by the kiss of the traitor Judas, bound with chains, led like an innocent lamb to sacrifice, and shamefully presented before Annas, Caiphaz, Pilate and Herod, accused by false witnesses, beaten with whips, buffeted, insulted, spit upon, crowned with thorns, smitten with a reed, blindfolded, stripped of Thy garments, fastened with nails to the Cross and lifted up on high, reputed among thieves and made to drink gall and vinegar, and wounded with a lance; oh, by these most sacred sufferings, which, unworthy as I am, I thus commemorate, and by thy holy Cross and death, deliver me, Lord, from the pains of Hell, and deign to lead me where Thou didst lead the penitent thief, who was crucified by Thy side; Thou Who with the Father and the Holy ghost livest and reignest, world without end. AMEN*

*Our Father, Hail Mary. Glory be, each five times*





## Basic Christian Doctrine

### The Ten Commandments of God, The Decalogue

1. I am the Lord thy God, thou shalt not have strange gods before Me.
2. Thou shalt not take the Name of the Lord thy God in vain.
3. Remember to keep holy the Sabbath Day
4. Honour thy father and thy mother
5. Thou shalt not kill
6. Thou shalt not commit adultery
7. Thou shalt not steal
8. Thou shalt not bear false witness
9. Thou shalt not covet thy neighbours wife
10. Thou shalt not covet thy neighbours goods

### The Seven Sacraments

1. Baptism Matt 28:19
2. Confirmation Acts 8:17
3. Eucharist John 6:54-58
4. Penance John 20:21-23
5. Extreme Unction James 5:14-15
6. Holy Orders Luke 22:19-20
7. Matrimony Matt 19:4-6

### The Three Theological Virtues

Faith - Hope - Charity

### The Four Cardinal Virtues

Prudence - Justice - Fortitude - Temperance

### The Seven Gifts of the Holy Spirit

Wisdom - Knowledge - Fear of the Lord  
Counsel - Understanding - Fortitude - Piety

### The Twelve fruits of the Holy Spirit

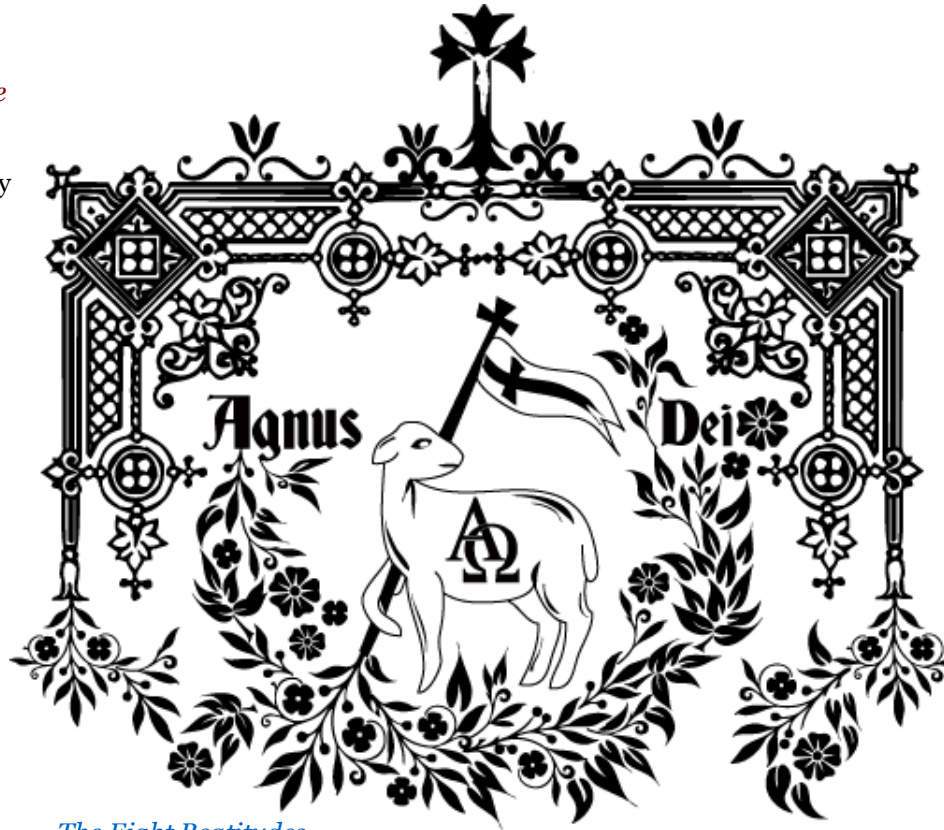
Charity - Joy - Peace - Patience - Faithfulness -  
Goodness - Generosity - Kindness - Gentleness -  
Modesty - Chastity - Self-Control.

### The Spiritual works of mercy

To counsel the doubtful - To instruct the ignorant  
To admonish sinners - To comfort the afflicted  
To forgive offenses - To bear wrongs patiently  
To pray for the living and the dead.

### The Corporal works of mercy

To give drink to the thirsty - To feed the hungry  
To harbour the harbourless - To visit the sick  
To visit the captive - To clothe the naked  
To bury the dead.



### The Eight Beatitudes

1. Blessed are the poor in spirit; for theirs is the kingdom of heaven.
2. Blessed are the meek, for they shall possess the land.
3. Blessed are they that mourn; for they shall be comforted.
4. Blessed are they that hunger & thirst after justice, for they shall be filled.
5. Blessed are the merciful; for they shall obtain mercy.
6. Blessed are the clean of heart; for they shall see God.
7. Blessed are the peacemakers; for they shall be called children of God.
8. Blessed are they that suffer persecution for justice' sake; for theirs is the kingdom of heaven.

### The Seven Deadly Sins & Opposite Virtues

- |                 |   |                |
|-----------------|---|----------------|
| 1. Pride        | - | Humility       |
| 2. Covetousness | - | Generosity     |
| 3. Lust         | - | Chastity       |
| 4. Anger        | - | Meekness       |
| 5. Gluttony     | - | Temperance     |
| 6. Envy         | - | Brotherly love |
| 7. Sloth        | - | Diligence      |

### Sins against the Holy Ghost

- Presumption of God's mercy
- Despair
- Impugning the known truth
- Envy at another's spiritual good
- Obstinacy in sin
- Final impenitence

### The Six Precepts of the Church

1. To hear Mass on Sundays & all holy days of obligation
2. To fast and abstain on the days commanded.
3. To confess our sins at least once a year.
4. To receive the blessed Eucharist at Easter.
5. To contribute to the support of our pastors
6. Not to solemnise marriage at forbidden times; nor to marry persons within the forbidden degrees of kindred, or otherwise prohibited by the Church; nor clandestinely

### Sins Crying to Heaven for Vengeance

Wilful murder - The sin of Sodom  
Oppression of the Poor  
Defrauding labourers of their wages

### Nine Ways of being accessory to another's Sin

By counsel - By consent - By praise/flattery  
By concealment - By defence of ill done  
By command - By provocation - By Silence  
By partaking

### The Three Conditions for a Mortal Sin

Grave matter - Full knowledge - Deliberate  
Consent (for young children, one could use the  
following terminology);  
It must be serious - I must know it is serious  
- I must freely do it anyway.

### Three Evangelical Counsels

Voluntary poverty - Chastity - Obedience

### Three Eminent Good Works

Alms-deeds - Prayer - Fasting

### The Four Last Things to be remembered

Death - Judgment - Heaven - Hell

### The Two Great Commandments to Love

1. You shall love the Lord your God with all your heart and with all your soul and with all your mind.
2. You shall love your neighbour as yourself.

## Fasting & Ember days

### Traditional Rules of Fasting and abstinence

Days of Fast: - Weekdays of Lent

Days of Abstinence: - All Fridays of the year

Days of Fast and Partial Abstinence: -

Ember Wednesdays, Ember Saturdays, Vigil of Pentecost & Vigil of All Saints

Days of Fast and Total Abstinence: -

Ash Wednesday, Fridays of Lent, Ember Fridays,

Vigil of the Immaculate conception, Christmas Eve

1. On days of Fast, only one full meal is allowed. Two other meatless meals may be taken according to one's needs, but together they should not equal another full meal.
2. On days of Abstinence, no meat or meat-soup or gravy made from meat stock may be taken.
3. On days of Fast and Partial Abstinence, meat and soup or gravy made from meat may be taken only once a day at the principal meal. This applies even to those that are not obliged to fast.
4. Persons not obliged to fast may eat meat several times on days of fast which are not days of abstinence.
5. All over the age of 7 are bound to Abstinence; all over 21 and under 59 are bound to Fast unless exempt, In cases of doubt, consult a priest or your confessor.

### The Ember days

Of Spring, Summer, Winter and Autumn are to sanctify (to ask God's blessing upon) the new season.



## Most Necessary Prayers

### *The Sign of the Cross*

In the name of the Father, and of the Son, and of the Holy Ghost. 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.

### *The 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.

### *The 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.

### *The Apostles Creed*

I believe in one God, the Father, the Almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, Our Lord, Who was conceived by the power of the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended to the dead. On the third day he rose again from 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.

### *St Michael Prayer*

Saint Michael the archangel, defend us in the day of battle, be our safeguard against the wickedness and snares of the devil. May God rebuke him we humbly pray and do thou, oh Prince of the heavenly host, by the power of God, cast into hell, satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

### *Guardian Angel Prayer*

Angel of God, my guardian dear, to whom God's love commits me here, ever this day (night) be at my side, to light and guard, to rule and guide. Amen.

### *Prayer for the dead*

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May their souls and all the souls of the faithful departed, through the mercy of God, rest in peace. Amen

### *Fatima Prayer*

O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially those in most need of Thy mercy.

### *Angel of Peace Prayer*

My God, I believe, I adore, I hope and I love Thee! I beg pardon for all those who do not believe, do not adore, do not hope and do not love Thee. Amen.

{Prayer given to the 3 seers of Fatima, by the Angel of Peace in 1916}

### *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 oh 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, oh sweet virgin Mary.

V: Pray for us holy mother of God;

R: That we may be made worthy of the promises of Christ. Amen.



### *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 offend Thee, my God, Who art all good and deserving of my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance and to amend my life. Amen

### *Act of Faith*

O my God, I firmly believe that Thou art one God in three Divine Persons, Father, Son and Holy Ghost: 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. I believe these and all the truths which the Holy Catholic Church teaches, because Thou hast revealed them, who canst neither deceive nor be deceived.

### *Act of Hope*

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

### *Act of Charity*

O my God, I love Thee above all things with my whole heart and soul, because Thou art all good and worthy of all my love. I love my neighbour as myself for love of Thee. I forgive all who have injured me and ask pardon of all whom I have injured.

### *The 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 my death call me, and bid me to come to Thee. That with Thy Saints I may praise Thee for ever and ever. Amen.



## Novena to the Holy Ghost- cont... from Month of April

An indulgence of 10 years on any day of the novena; A plenary indulgence if they take part in at least five of the exercises and moreover, go to confession and receive Holy Communion. **NOTE: The Act of Consecration prayer and the Prayer for the seven gifts are to be found in April's page of this calendar)**

### **First Day**

Holy Spirit! Lord of light! From Thy clear celestial height, Thy pure beaming radiance give!

#### **The Holy Ghost**

Only one thing is important ~ eternal salvation. Only one thing, therefore, is to be feared ~ sin. Sin is the result of ignorance, weakness and indifference. The Holy Ghost is the Spirit of Light, of Strength, and of Love. With His sevenfold gifts He enlightens the mind, strengthens the will, and inflames the heart with love of God. To ensure our salvation we ought to invoke the Diving Spirit daily, for "The Spirit helpeth our infirmity. We know not what we should pray for as we ought. But the Spirit Himself asketh for us."

#### **Prayer**

Almighty and eternal God, Who hast vouchsafed to regenerate us by water and the Holy Ghost, and hast given us forgiveness of all sins, vouchsafe to send forth from heaven upon us Thy sevenfold Spirit; the Spirit of Wisdom and Understanding, the Spirit of Counsel and Fortitude, the Spirit of Knowledge and Piety, and fill us with the Spirit of Holy Fear. Amen.

Our Father and Hail Mary – ONCE

Glory be to the father – SEVEN TIMES

Act of Consecration & prayer for the seven gifts – ONCE  
(To be found in April's page of this calendar)

### **Second Day**

Come thou, Father of the Poor! Come, treasure which endure! Come Thou, Light of all that live!

#### **The Gift of Holy Fear**

The gift of Fear fills us with a sovereign respect for God, and makes us dread nothing so much as to offend Him by sin. It is a fear that arises, not from the thought of hell, but from sentiments of reverence and filial submission to our heavenly Father. It is the fear that is the beginning of wisdom, detaching us from worldly pleasures that could in any way separate us from God. "They that fear the Lord will prepare their hearts, and in His sight will sanctify their souls."

#### **Prayer**

Come, O blessed Spirit of Holy Fear, penetrate my inmost heart, that I may set Thee, my Lord and God, before my face forever; help me to shun all things that can offend Thee, my Lord and God, before my face

Forever; help me to shun all things that can offend Thee, and make me worthy to appear before the pure eyes of Thy Divine Majesty in heaven where Thou livest and reignest in the unity of the Blessed Trinity, God, world without end. Amen.

Our Father and Hail Mary – ONCE

Glory be to the father – SEVEN TIMES

Act of Consecration & prayer for the seven gifts – ONCE  
(To be found in April's page of this calendar)



### **Third Day**

Thou, of all consolers, best, Visiting the troubled breast, Dost refreshing peace bestow.

#### **The Gift of Piety**

The gift of Piety begets in our hearts a filial affection for God as our most loving Father. It inspires us to love and respect for His sake, persons and things consecrated to Him, as well as those who are vested with His authority: His Blessed Mother and the Saints, The Church and its visible Head, our parents and superiors, our country and its rulers. He who is filled with the gift of Piety finds the practice of his religion, not a burdensome duty, but a delightful service. Where there is love, there is no labour.

#### **Prayer**

Come, O Blessed Spirit of Piety, possess my heart. Enkindle therein such a love for God that I may find satisfaction only in His service, and for His sake, lovingly submit to all legitimate authority. Amen.

Our Father and Hail Mary – ONCE

Glory be to the father – SEVEN TIMES

Act of Consecration & prayer for the seven gifts – ONCE  
(To be found in April's page of this calendar)



### **Fourth Day**

Thou in toil art comfort sweet; Pleasant coolness in the heat; Solace in the midst of woe.

#### **The Gift of Fortitude**

By the gift of Fortitude the soul is strengthened against natural fear, and supported to the end in the performance of duty. Fortitude imparts to the will, an impulse and energy which move it to undertake without hesitance, the most arduous tasks, to face dangers, to trample under foot, human respect, and to endure without complaint, the slow martyrdom of even lifelong tribulation. "He that shall persevere unto the end, he shall be saved."

### **Prayer**

Come, O Blessed Spirit of Fortitude, uphold my soul in time of trouble and adversity, sustain my efforts after holiness, strengthen my weakness, give me courage against all the assaults of my enemies, that I may never be overcome, and separated from Thee, my God and greatest good. Amen.

Our Father and Hail Mary – ONCE

Glory be to the father – SEVEN TIMES

Act of Consecration & prayer for the seven gifts – ONCE  
(To be found in April's page of this calendar)



### **Fifth Day**

Light immortal! Light Divine! Visit Thou these hearts of Thine, and our inmost being fill!

#### **The Gift of Knowledge**

The gift of Knowledge enables the soul to evaluate created things at their true worth ~ in their relation to God. Knowledge unmasks the pretence of creatures, reveals their emptiness, and points out their only true purpose as instruments in the service of God. It shows us the loving care of God even in adversity, and directs us to glorify Him in every circumstance of life. Guided by its light, we put first things first, and prize the friendship of God beyond all else. "Knowledge is a fountain of life to him that possesseth it."

#### **Prayer**

Come, O Blessed Spirit of Knowledge, and grant that I may perceive the will of the Father; show me the nothingness of earthly things, that I may realize their vanity and use them only for Thy glory and my own salvation, looking ever beyond them to Thee, and Thy eternal rewards. Amen.

Our Father and Hail Mary – ONCE

Glory be to the father – SEVEN TIMES

Act of Consecration & prayer for the seven gifts – ONCE  
(To be found in April's page of this calendar)



### **Sixth Day**

If Thou take Thy grace away, nothing pure in man will stay, all his good is turned to ill.

#### **The Gift of Understanding**

Understanding, as a gift of the Holy Ghost, helps us to grasp the meaning of the truths of our holy religion. By faith we know them, but by Understanding we learn to

# The Catholic Life

## The Necessity of Prayer

God has not merely counselled, but commanded us to have recourse to prayer: **“He Who prays, “ says St. Alphonsus, “will certainly be saved; he who does not, will certainly be damned.”**

We are frail, dependent creatures, & as such are bound to render honour & gratitude to the Author of our being. We are subject to all kinds of infirmities & unable to do anything meritorious of eternal life without God’s grace. Since, therefore, God has decreed to give His special help only to those who seek it, prayer becomes a necessity, if we are to save our souls. **We ought always to pray and not to faint** {Luke 18:1}

Prayer has rightly been called incense ascending before the throne of God, a golden key which unlocks for us the treasures of heaven. Moreover, by this holy exercise we obtain for ourselves all we need both spiritually & temporally; we are strengthened against temptation & our natural weaknesses; our life is ennobled & filled with virtues and we are better fitted for heaven.

### How to Pray

Prayer is a simple, loving converse between the soul & God, as between a child & a loving parent, yet it is quite obvious that certain dispositions of soul are indispensable to this holy exercise. The Sacred Scriptures admonish us, in the first place, to prepare ourselves: **“Before prayer prepare thy soul, and be not as a man that tempteth God”** {Ecd 18:23}

This preparation is not difficult, consisting simply in humility, sorrow for our sins, a wish to improve our lives, confidence in God & His mercy & freedom from hatred of our neighbour. During prayer the chief things required are; a realization of the presence of God, attention to what we are saying, sincerity & fervour. If, while praying, we are purposely or consciously distracted we become like those irreligious worshippers, of whom our Lord said:

**“This people honoureth Me with their lips, but their heart is far from Me”** {Matt 15:8}

Finally, for good prayer it is necessary that we pray with perseverance & entire submission to the will of our heavenly Father who knows what is best for us.

**Our prayers will be more effective and of more value if we add to them works of charity & mortification.**

### To Whom We Should Pray

Prayer should primarily be directed to God in the Three Persons of the Blessed Trinity; but since the fruitfulness of our supplications depends solely on the merits of Christ, our Redeemer and advocate with the Father, we should offer them in His Name. Thereby they acquire the weight & influence which make them pleasing to the Father. It is also useful to invoke the intercession of the Blessed Virgin mother and the saints, who are God’s special friends, and as such enjoy not only great power with the Almighty, but are deeply interested in our welfare. We address our prayers to them requesting their intercession before God on our behalf for favours both temporal & spiritual.

### For What Should We Pray

The most perfect of prayers, the Our Father, contains all the things for which we should pray & also indicates the order of importance according to which our requests should be made. Therefore, in the first of the seven petitions which constitute this best of prayers we say, **“Hallowed be Thy Name,”** thus asking that God be acknowledged, glorified & praised throughout the world. In the second petition we say **“Thy kingdom come,”** that is, may we one day possess the kingdom of heaven, which God has prepared for us. Since this great kingdom can only be entered & enjoyed by those who do God’s will here on earth, we say in the third petition, **“Thy will be done,”** begging that we may be enabled at all times to keep His commandments. In the fourth petition we ask, **“give us this day our daily bread,”** that is, we beg of God those temporal & spiritual necessities without which we can sustain neither the life of our bodies nor that of our soul. Thus far we have sought good things.

In the fifth petition we ask to be preserved from evils of soul & body, imploring deliverance from our trespasses and sins which would exclude us from the kingdom of God. We then pray a sixth petition for victory over temptation which would hinder us from doing God’s will. Our seventh petition, concluding this beautiful prayer, we ask to be delivered from all evils which may imperil our spiritual or temporal life, such as sudden death, famine, war, pestilence etc.

### For Whom Should We Pray

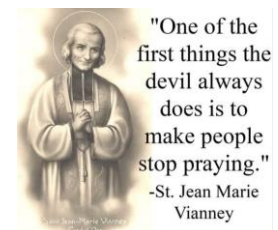
By the use of the word “Our” in the Lords’ prayer it is clear that God wishes us to pray no only for ourselves, but also for others, therefore it is our duty to offer supplications for all mankind, imploring for them first spiritual, then temporal benefits. In a special manner, however, we are bound to pray for our relatives, pastors, friends & benefactors, for our country & its rulers, for the just & the faithful departed, for enemies & sinners.

We should constantly offer prayers of thanksgiving for the numerous & weighty blessings which God continually bestows upon us & on the whole human race & thanking Him particularly for the crowns of victory & glory with which He has adorned the Blessed Virgin & the saints.

Thanksgiving & petition are, indeed, the two principal parts of prayer, the former as necessary as the latter. In fact, if we are not grateful for God’s benefits, how may we expect that He will heed our petitions? The one, is indispensable to the other.

### Conclusion

Let us with all confidence have recourse to prayer, being assured, as St. Bernard says, that **“God will grant what we ask or something better.”** In seeking the aid of men we are often disappointed, either because they are unable to give what we request or because they are unwilling to help us. Not so with God, Who is both almighty & all good. Moreover, we have the solemn promise of Christ confirmed by His oath, that God is always ready to hear & answer us: **“Amen, amen, I say to you, if you ask the Father anything in My Name, He will give it to you”** {John 16:23}. Our Lord is our advocate with the Father; hence when, with piety & perseverance, we ask for anything that is necessary for our salvation, it is impossible not to be heard. **“Let us go therefore, with confidence to the throne of grace, that we may obtain mercy, and find grace in seasonable aid”** {Heb 4:16}



### Sixth day cont...

appreciate and relish them. It enables us to penetrate the inner meaning of revealed truths, and through them to be quickened to newness of life. Our faith ceases to be sterile and inactive, but inspires a mode of life that bears eloquent testimony to the faith that is in us; we begin to “walk worthy of God, in all things pleasing, and increasing in the knowledge of God”

#### Prayer

Come, O Spirit of Understanding, and enlighten our minds, that we may know and believe all the mysteries of salvation; and may merit at last to see the eternal light in Thy Light; and in the light of glory, to have a clear vision Of Thee and the Father and the Son. Amen.

Our Father and Hail Mary – ONCE  
Glory be to the father – SEVEN TIMES  
Act of Consecration & prayer for the seven gifts – ONCE  
(To be found in April’s page of this calendar)

#### Seventh Day

Heal our wounds ~ our strength renew; On our dryness pour Thy dew! Wash the stains of guilt away!

#### The Gift of Counsel

The gift of Counsel endows the soul with supernatural prudence, enabling it to judge promptly and rightly, what must be done, especially in difficult circumstances. Counsel applies the principles furnished by Knowledge and Understanding, to the innumerable concrete cases that confront us in the course of our daily duty as parents, teachers, public servants, and Christian citizens. Counsel is supernatural common sense, a priceless treasure in the quest of salvation. “Above all these things, pray to the Most High, that He may direct thy way in truth.”

#### Prayer

Come, O Spirit of Counsel, help and guide me in all my ways, that I may always do Thy holy will. Incline my heart to that which is good; turn it away from all that is evil, and direct me by the straight path of Thy commandments to that goal of eternal life for which I long. Amen.

Our Father and Hail Mary – ONCE  
Glory be to the father – SEVEN TIMES  
Act of Consecration & prayer for the seven gifts – ONCE  
(To be found in April’s page of this calendar)

#### Eighth Day

Bend the stubborn heart and will; melt the frozen, warm the chill; guide the steps that go astray!

#### The Gift of Wisdom ...

### The Gift of Wisdom ...continued...

Embodying all the other gifts, as charity embraces all the other virtues, Wisdom is the most perfect of the gifts. Of Wisdom it is written, “all good things come to me with her, and innumerable riches, through her hands.” It is the gift of Wisdom that strengthens our faith, fortifies hope, perfects charity and promotes the practice of virtue in the highest degree. Wisdom enlightens the mind to discern and relish things divine, in the appreciation of which earthly joys lose their savour, whilst the Cross of Christ yields a divine sweetness according to the words of the Saviour; “Take up they cross and follow me, for my yoke is sweet and my burden light.”

#### Prayer

Come, O Spirit of Wisdom, and reveal to my soul the mysteries of heavenly things, their exceeding greatness, power and beauty. Teach me to love them above and beyond all the passing joys and satisfactions of earth. Help me to attain them and possess them forever Amen.

Our Father and Hail Mary – ONCE  
Glory be to the father – SEVEN TIMES  
Act of Consecration & prayer for the seven gifts – ONCE  
(To be found in April’s page of this calendar)

#### Ninth Day

Thou, on those who evermore Thee confess, and Thee adore, in Thy sevenfold gifts, descent:

#### The Fruits of the Holy Ghost

The gifts of the Holy Ghost 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 Ghost, 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 Ghost. 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, to serve Whom is to reign.

#### Prayer

Come, O Divine Spirit, fill my heart with Thy heavenly fruits: charity, joy, peace, patience, long-suffering, benignity, goodness, faith, mildness and modesty, continency and chastity, that I may never weary in the service of God, but by continued faithful submission to Thy inspiration, may merit to be united eternally with Thee in the love of the Father and the Son. Amen.

Our Father and Hail Mary – ONCE  
Glory be to the father – SEVEN TIMES  
Act of Consecration & prayer for the seven gifts – ONCE  
(To be found in April’s page of this calendar)

### Key

**FEAST DAYS OF JESUS CHRIST**  
**Marian Feast days**  
**Ember Days**

Holy Days of obligation

Liturgical mark designating the rank of the day.

- \* d1cl - double of first class
- \* d2cl - double of second class
- \* dm - Double major feast
- \* d - double feast
- \* sd - semi-double feast
- \* sp - single feast
- \* v - vigil
- \* f - ferial day, no feast appointed

Then any commemorations appropriate to the day in their proper order. There will also be the designated colour of vestments pertaining to the mass and Divine Office of the day: **Black, Green, Red, Violet, Rose** or **White**. X - designates a requiem or Votive Mass permitted on this day

To Saints’ names are appended their title:

- \* Ab - Abbot
- \* Ap(p) - Apostle(s)
- \* Bp(p) - Bishop(s)
- \* C© - Confessor(s)
- \* D - Doctor
- \* Ev - Evangelist
- \* M(m) - Martyr(s)
- \* P(p) - Pope(s)
- \* V(v) - Virgin(s)





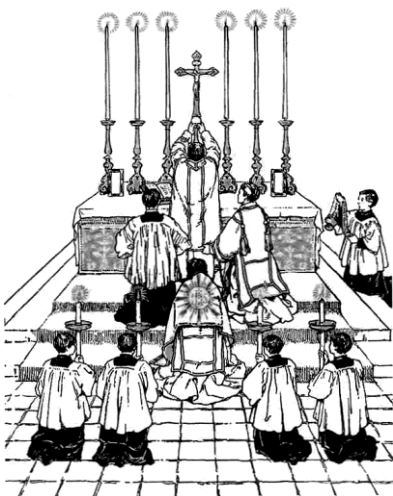
# Traditional Roman Catholic Calendar 2024

*“There are two things the devil is deadly afraid of:  
Fervent communions, and frequent visits to the  
Blessed Sacrament.” - St John Bosco.*

**St Benedict's Latin Mass Chapel**  
2 Cressbrook Court, Meadowbrook Qld 4131  
† Most Reverend Steven Hartley 0434 777 322



**St. Benedict's Latin Mass Chapel**  
2 Cressbrook Court  
Meadowbrook QLD 4131



## LITURGY AND DEVOTIONS

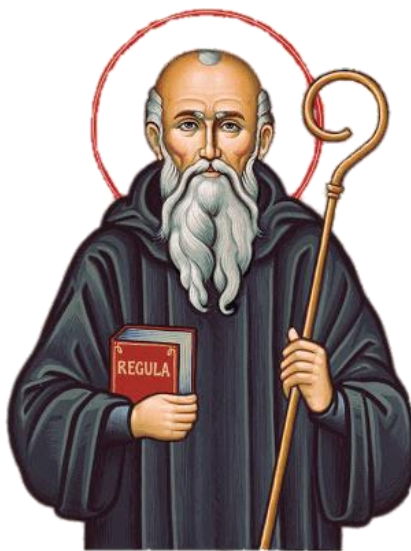
**Daily**  
Traditional Latin Mass

**Weekly:**  
Holy Hour/Adoration  
Stations of the Cross &  
Consecration to the Sacred Heart

**Monthly:**  
First Saturday Devotion

**Website:**  
[www.stbenedictstraditionallatinmassbrisbane.com](http://www.stbenedictstraditionallatinmassbrisbane.com)

**email:** FrHartley45@gmail.com



## The Benedictine Medal

St Benedict was born in the year 480 in Nursia Italy. While still a young man, he renounced everything & retired to a cave near the town of Subiaco to live as a hermit. While there he founded twelve monasteries in the surrounding area before moving & founding the great Benedictine monastery at Monte Cassino, south of Rome. It was here that he wrote the Rule of St Benedict, one of the most important documents of Christian civilisation.

The Medal of St Benedict is generally believed to date back to the time of the saint himself. Its long history saw two popes in particular contribute significantly to its promotion. Pope Leo IX (1048-1054), himself a Benedictine, attached special blessings to the Medal, which helped it spread and be venerated widely. In 1742 Pope Benedict XIV solemnly approved the use of the Medal and recommended it to all the Catholic faithful.

For the Medal to be efficacious It must first be blessed by a priest. The blessing comprises of three solemn prayers. The first is an exorcism. The second is a fervent petition for, among other things, the grace of salvation and the merciful assistance of God against the snare & deceits of the Devil. The third and final prayer is in honour of the Passion and death of Our Blessed Lord.

A blessed medal may be worn on a chain or cord around the neck. It may be attached to a Brown Scapular, Rosary beads or keychain. Carried devoutly in a pocket or purse, affixed to ones' Home or car or placed in the foundations of a building. Affixed to the centre of a crucifix, usually behind the corpus.

The front of the medal portrays a full length image of St Benedict. He holds a cross in his right hand and the book of his Holy Rule in his left. To the side of these are inscribed the Latin words **“Crux Santi Patris Benedicti”** \* (Cross of the Holy Father Benedict).

Further down can be seen a poisoned cup and a raven-both references to a Benedictine hagiography. Around the margin of the Medal is written **“Eius in obitu nro praesentia muniamur”** (May we at our death be fortified by his presence). This is a reference to the saint being a Patron of a Happy Death along with St Joseph.

The back of the Medal is dominated by a cross. Running down its vertical bar are the letters **“C-S-S-M-L.”** These stand for **“Crux Sacra Sit Mihi Lux”** (Holy Cross be my light). The horizontal bar of the cross carries the letters **“N-D-S-M-D,”** which stand for **“Non Draco Sit Mihi Dux”** (Let not the dragon be my guide). Immediately outside the cross are the letters **“C-S-P-B.”** This repeats the invocation that appears on the front of the Medal, \*

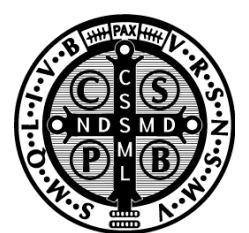
At the top of the cross is inscribed the word **“Pax”** (Peace), and around the margin are the letters **V-R-S-N-S-M-V & S-M-Q-L-I-V-B,** which refer to the Latin prayer of the Rite of Exorcism: **“Vade Retro Satana! Nunquam Suade Mihi Vana!”** and **“Sunt Mala Quae Libas. Ipse Venena Bibas.”** These translate as “Begone Satan. Do not suggest to me thy vanities”, and “Evil are the things thou profferest. Drink thou thy own poison”.

According to Dom Gueranger, the medal is effective in:

1. Asking for inner peace/spiritual healing
2. Asking for peace between individuals or nations.
3. Curing bodily afflictions/protection against contagions.
4. Destroying the effects of witchcraft and all other diabolical and haunting influences.
5. Healing those suffering wounds or illnesses
6. Obtaining the conversion of sinners, esp at death
7. Offering protection against storms and lightening.
8. protecting children from nightmares
9. Protecting mother & child during childbirth
10. Protecting animals infected with plague or other maladies
11. Protecting fields infested by harmful insects
12. Countering the effects of poison
13. Protecting those tempted or tormented by evil spirits.



Front



Back