

Forgive me my sins, O Lord, forgive me my sins;  
 the sins of my youth,  
 the sins of my age,  
 the sins of my soul,  
 the sins of my body;  
 my idle sins,  
 my serious voluntary sins,  
 the sins I know,  
 the sins I have concealed so long,  
 and which are now hidden from my memory.  
 I am truly sorry for every sin, mortal and venial,  
 For all the sins of my childhood, up to the present hour.  
 I know my sins have wounded Thy tender Heart, O my Saviour,  
 let me be freed from the bonds of evil,  
 through the most bitter passion of my Redeemer.  
 O my Jesus, forget and forgive what I have been.  
*Amen.*



*SUNDAY                      MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY                      SATURDAY*

<b>VISITS TO THE BLESSED SACRAMENT</b> <b>When entering the chapel, genuflect before the tabernacle, and pray:</b> <i><b>Down in adoration falling,</b></i> <i><b>Lo! The sacred Host we hail!</b></i> <i>(Ind. Of 100days, each time – Benedict XV, Mar.22, 1917.)</i>			<b>1</b> d1cl <b>Red</b> <b>MOST PRECIOUS BLOOD OF OUR LORD JESUS CHRIST</b> Bl Oliver Plunkett, Bp.M	<b>2</b> d2cl <b>White</b> <b>THE VISITATION OF THE BVM</b> Sts. Processus & Martinian Mm	<b>3</b> sd <b>White x</b> First Friday St. Leo II, PC Within the Octave <b>ABSTINENCE</b>	<b>4</b> sd <b>Red x</b> St. Procopius, Ab First Saturday <b>Within the Octave</b> Anniversary of the Most Reverend Msgr Hartley
<b>5</b> sd <b>Green</b> <b>6<sup>th</sup> Sunday after Pentecost</b> St Anthony Maria Zaccaria, C Within the Octave	<b>6</b> dm <b>Red</b> <b>Octave day of Sts. Peter &amp; Paul, App</b>	<b>7</b> d <b>White</b> <b>Sts.Cyril &amp; Methodius, BppCc</b>	<b>8</b> sd <b>White x</b> <b>St. Elizabeth, Queen of Portugal, W</b>	<b>9</b> d1cl <b>Green x</b> St. John Fisher, Bp St. Thomas More, M <b>Ferial day</b> Mass of preceding Sunday	<b>10</b> sd <b>Red x</b> <b>Seven Holy Brothers, Mm</b> Sts.Rufina & Secunda, VvMm <b>ABSTINENCE</b>	<b>11</b> d1cl <b>White</b> <b>Solemnity of St.Benedict Ab</b> Our Lady's Saturday <b>St Pius I, PM</b>
<b>12</b> sd <b>Green</b> <b>7<sup>th</sup> Sunday after Pentecost</b> St. John Gualbert, Ab Sts. Nabor & Felix, Mm Within the Octave of St Benedict	<b>13</b> sd <b>Red x</b> <b>St. Anacletus, PM</b> Within the Octave of St Benedict	<b>14</b> d <b>White</b> <b>St. Bonaventure, BpCD</b> Within the Octave of St Benedict	<b>15</b> sd <b>White x</b> <b>St. Henry II, Emperor of Germany, C</b> Within the Octave of St Benedict	<b>16</b> dm <b>White</b> <b>OUR LADY OF MT. CARMEL</b> <b>Our Lady of Einsiedeln</b> Within the Octave of St Benedict	<b>17</b> sd <b>White x</b> St. Alexius, C St.Andrew Svoradi & Comp.,M Within the Octave of St Benedict <b>ABSTINENCE</b>	<b>18</b> d <b>White</b> <b>St. Camillus de Lellis, C</b> St. Symphorosa & Her seven sons, Mm <b>Octave day of St Benedict</b> Benedictine Oblate Formation day
<b>19</b> sd <b>Green</b> <b>8<sup>th</sup> Sunday after Pentecost</b> St. Vincent de Paul, C	<b>20</b> d <b>White</b> <b>St. Jerome Emilian &amp; comp., C</b> St. Margaret, VM	<b>21</b> sp <b>White x</b> <b>St. Praxedes, V</b>	<b>22</b> d <b>White</b> <b>St. Mary Magdalen, Penitent</b>	<b>23</b> d <b>Red</b> <b>St. Apollinarus, BpM</b> St. Liborius, BpC	<b>24</b> <b>Violet</b> <b>Vigil of St. James, Ap</b> St. Christina, VM <b>ABSTINENCE</b>	<b>25</b> d2cl <b>Red</b> <b>St. James the Greater, Ap</b> St. Christopher, M
<b>26</b> d2cl <b>White</b> <b>Sts Joachim &amp; Anne, parents of BVM</b> 9 <sup>th</sup> Sunday after Pentecost	<b>27</b> sp <b>Red</b> <b>St. Pantaleon, M</b> Mass of preceding Sunday – Green Vestments	<b>28</b> sd <b>Red x</b> <b>St. Nazarius &amp; comp., Mm</b>	<b>29</b> sd <b>White x</b> <b>St. Martha, V</b> St. Felix & comp., Mm	<b>30</b> sp <b>Red x</b> <b>Sts. Abdon &amp; Sennen, Mm</b>	<b>31</b> d1cl <b>White</b> <b>St. Ignatius of Loyola, C</b> <b>ABSTINENCE</b>	
<p style="text-align: center;"><b>Hail, saving Victim, offered upon the scaffold of the cross for me and for the whole human race.</b>  <b>Hail, precious blood, streaming from the wounds of our crucified Lord Jesus Christ and washing away the sins of the whole world.</b>  <b>Remember, O Lord, Thy servant, whom Thou hast redeemed with Thy Precious blood.</b></p> <p style="text-align: center;">Indulgence of 500 days every time each one is said during the elevation in the Mass, even if each is said separately.</p>						



12 Degrees of Humility

The twelve degrees of humility which are laid down in St. Benedict’s Rule are commended by St. Thomas Aquinas.

- 1. The first is a deep compunction of heart, and holy fear of God and his judgments, with a constant attention to walk in the divine presence, sunk under the weight of this confusion and fear.
- 2. The perfect renunciation of our own will.
- 3. Ready obedience.
- 4. Patience under all sufferings and injuries
- 5. The manifestation of our thoughts and designs to our superior or director.
- 6. To be content, and to rejoice, in all humiliations; to be pleased with mean employments, poor clothes & to live simplicity and poverty (which he will have among monks to be extended even to the ornaments of the altar); and to judge ourselves unworthy and bad servants in every thing that is enjoined us.
- 7. Sincerely to esteem ourselves baser and more unworthy than everyone, even the greatest sinners.
- 8. To avoid all love of singularity in words or actions.
- 9. To love and practice silence.
- 10.To avoid dissolute mirth and loud laughter.
- 11.Never to speak with a loud voice, and to be modest in our words.
- 12.To be humble in all our exterior actions, by keeping our eyes humbly cast down with the publican and the penitent mannasses.

St. Benedict adds, that divine love is the sublime recompense of sincere humility, and promises, upon the warrant of the divine word, that God will raise that soul to perfect charity which, faithfully walking in these twelve degrees, shall have happily learned true humility. Elsewhere he calls obedience with delay the first degree of humility, but means the first among the exterior degrees; for he places before it interior compunction of soul, and the renunciation of our own will.



June – The Month of the Most Sacred Heart of Jesus

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>We adore Thee, O Most Holy Lord Jesus Christ, here and in all Thy churches that are in the whole world, and we bless Thee; for by Thy holy cross Thou hast redeemed the world.</b></p> <p><i>Indulgence of 7 years every time said on bended knees upon entering or leaving a church</i></p>				<p><b>ACT OF SPIRITUAL COMMUNION</b> <i>By St. Alphonsus Ligouri</i></p> <p>My Jesus, I believe that Thou art truly present in the Most Blessed Sacrament. I love Thee above all things and I desire to possess Thee within my soul. Since I am unable now to receive Thee sacramentally, come at least spiritually into my heart. I embrace Thee as being already there, &amp; unite myself wholly to Thee; never, permit me to be separated from Thee. Jesus, my sweet love, wound, inflame this heart of mine, so that it may be always &amp; all on fire for Thee.</p> <p><i>Indulgence of 60days, once a day – Leo XIII - June 30<sup>th</sup> 1893)</i></p>		
	1 d2cl  White  <b>QUEENSHIP OF THE BVM</b> [Transferred from May 31] St. Angelica Merici, V	2 sp  Red x  St.Marcellinus & comp., Mm	3   Green  Ferial Day Mass of preceding Sunday	4 d1cl  White  CORPUS CHRISTI	5 sd  White  First Friday Within the Octave St. Boniface BpM ABSTINENCE	6 sd  White  First Saturday Within the Octave St. Norbert, BpC
7 sd  White  Sunday within the Octave of Corpus Christi Within the Octave	8 sd  White  Within the Octave	9 sd  White  St Columba (Columcille), Ab Within the Octave Sts. Primus & Felician, Mm	10 sd  White  Within the Octave St. Margaret, Queen of Scotland, W	11 dm  White  Octave day of Corpus Christi St. Barnabas, Ap	12 d1cl  White  THE SACRED HEART OF JESUS St Basilides and comp. Mm ABSTINENCE	13 d  White  St. Anthony of Padua, CD Within the Octave
14 sd Sunday within the Octave of the Sacred Heart St. Basil the Great, BpCD Within the Octave	15 sd  White  Within the Octave St.Vitus & Comp., Mm	16 sd  White  Within the Octave	17 sd  White  Within the Octave	18 sd  White  St. Ephrem, Deacon, CD Within the Octave Sts. Mark & Marcellianus, Mm	19 dm sd White Octave day of the Sacred Heart of Jesus St. Juliana Falconieri, V Sts. Gervase & Protase, Mm ABSTINENCE	20 sp  White x  Our Lady's Saturday St. Silverius, PM Benedictine Oblate Formation day
21 sd  Green  4 <sup>th</sup> Sunday after Pentecost St. Aloysius Gonzaga, C	22 d  White  St. Paulinus, BpC	23   Violet  Vigil of the Nativity of St. John the Baptist	24 d1cl  White  Nativity of St. John the Baptist	25 d  White  St. William, Ab Within the Octave	26 d  Red  Sts. John & Paul, Mm Within the Octave ABSTINENCE	27 sd  Violet  Within the Octave Vigil of Sts. Peter & Paul App [anticipated]
28 sd  Green  5 <sup>th</sup> Sunday after Pentecost St Irenaeus, BpM Within the Octave	29 d1cl  Red  Sts. Peter & Paul, App	30 dm  Red  Commemoration of St.Paul, Ap St. Peter, Ap Within the Octave	<p>✠ <b>Prayer for Daily Neglects</b> ✠</p> <p>Eternal Father, I offer Thee the Sacred Heart of your beloved son Jesus, with all its love, all its suffering &amp; all its merits. First – To expiate the sins I have committed this day &amp; during all my life. Glory be....</p> <p>Second – To purify the good I have done badly this day &amp; during all my life. Glory Be...</p> <p>Third -To supply for the good I ought to have done &amp; that I have neglected this day &amp; during all my life Glory Be ...</p>			



Prayer in honour of the Queenship of Mary.  
O Mary Immaculate Queen, look down upon this distressed and suffering world. You know our misery and our weakness. O thou who art our Mother, saving us in the hour of peril, have compassion on us in these days of great and heavy trial.

Jesus has confided to you the treasure of His grace, and through you He wills to grant us pardon and mercy. In these hours of anguish, therefore, your children come to you as their hope.

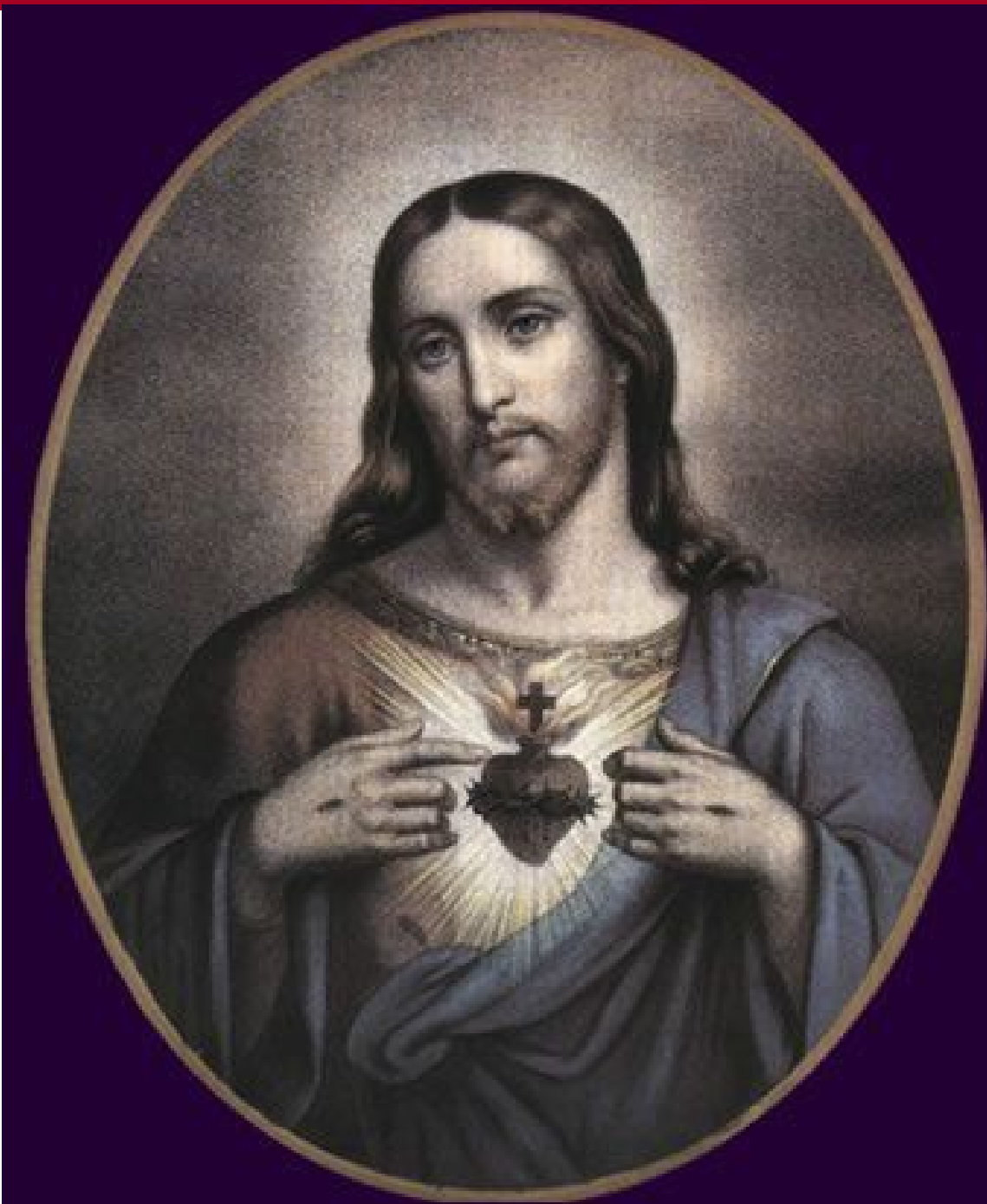
We recognise your Queenship and ardently desire your triumph. We need a Mother and a Mother’s Heart. You are for us the luminous dawn which dissipates our darkness and points out the way to life. In your clemency obtain for us the courage and the confidence of which we have such need.

Most Holy and Adorable Trinity, You who did crown with glory in Heaven the Blessed Virgin Mary, Mother of the Saviour, grant that all her children on earth may acknowledge her as their Sovereign Queen, that all hearts, homes, and nations may recognise her rights as Mother and as Queen.

Mary Immaculate Queen, triumph and reign! Amen.





O Heart of love, I put all my trust in Thee; for I fear all things from my own weakness, but I hope for all things from Thy goodness.  
(Mary Margaret Alocque - Indulgence of 300 days).



# August – Month of the Immaculate Heart of Mary

To Go to Jesus, we must go to Mary. She is our Mediatrix of intercession  
To Go to God our father, we must go to Jesus, for He is our mediator of redemption  
(St. Louis de Montfort)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>Holy Mary, Mother of God and Virgin, I choose thee this day for my queen, patron and advocate, and firmly resolve and purpose never to abandon thee, never to say or do anything against thee, nor to permit that aught be done by others to dishonour thee. Receive me, then, I conjure thee, as thy perpetual servant; assist me in all my actions, and do not abandon me at the hour of my death. Amen.  An indulgence of 500 days (pre-1968)</div>						<div>1dmWhite</div> <div>First Saturday St.Peter’s Chains St. Paul, Ap The Holy Machabees,Mm</div>
<div>2sdGreen</div> <div>10<sup>th</sup> Sunday after Pentecost St. Alphonsus Mary de Ligouri, Bp CD St. Stephen I, PM</div>	<div>3sdRed x</div> <div>Finding of the body of St. Stephen, 1st Martyr</div>	<div>4DmWhite</div> <div>St. Dominic, C</div>	<div>5dmWhite</div> <div>Dedication of the church of Our Lady of the Snows</div>	<div>6d2clWhite</div> <div>TRANSFIGURATION OF OUR LORD St. Xystus II, P &amp; Comp. Mm</div>	<div>7dWhite</div> <div>First Friday St. Cajetan, C St. Donatus, BpM ABSTINENCE</div>	<div>8sdRed x</div> <div>St Cyriacus &amp; comp., Mm Vigil of St. Lawrence [anticipated]</div>
<div>9sdGreen</div> <div>11<sup>th</sup> Sunday after Pentecost St. John Mary Vianney, C St Romanus,M</div>	<div>10d2clRed</div> <div>St. Lawrence, M</div>	<div>11spRed x</div> <div>Sts. Tiburtius &amp; Susanna VMm</div>	<div>12dWhite</div> <div>St. Clare, V</div>	<div>13spRed x</div> <div>Sts. Hippolytus &amp; Cassian, Mm</div>	<div>14Violet</div> <div>Vigil of the Assumption of the BVM St. Eusebius, C ABSTINENCE</div>	<div>15d1clWhite</div> <div>ASSUMPTION OF THE BVM HOLY DAY OF OBLIGATION Benedictine Oblate Formation day</div>
<div>16d2clWhite</div> <div>St. Joachim, Father of the BVM, C 12<sup>th</sup> Sunday after Pentecost Within the Octave</div>	<div>17dWhite</div> <div>St. Hyacinth, C Within the Octave BVM Octave day of St. Lawrence</div>	<div>18sdWhite</div> <div>Within the Octave St. Agapitus, M Mass of preceding Sunday – Green Vestments</div>	<div>19dWhite</div> <div>St. John Eudes, C Within the Octave</div>	<div>20dWhite</div> <div>St. Bernard, AbD Within the Octave</div>	<div>21dWhite</div> <div>St. Jane Francis de Chantal, W Within the Octave ABSTINENCE</div>	<div>22d2clWhite</div> <div>IMMACULATE HEART OF MARY St. Timothy &amp; Comp., Mm Vigil of St. Bartholomew, Ap</div>
<div>23sdGreen</div> <div>13<sup>th</sup> Sunday after Pentecost</div>	<div>24d2clRed</div> <div>St. Bartholomew, Ap</div>	<div>25sdWhite x</div> <div>St. Louis IX, King of France, C</div>	<div>26spRed x</div> <div>St Zephyrinus, PM</div>	<div>27dWhite</div> <div>St. Joseph Calasanctius, C</div>	<div>28dWhite</div> <div>St. Augustine, BpCD St Hermes, M ABSTINENCE</div>	<div>29dmRed</div> <div>The beheading of St. John the Baptist St. Sabina, M</div>
<div>30d1clGreen</div> <div>14<sup>th</sup> Sunday after Pentecost St. Rose of Lima, V St Felix &amp; Adauctus, Mm</div>	<div>31dWhite</div> <div>St Raymond Nonnatus, C</div>	<div>Blessed art Thou, O Virgin Mary, by the Lord God most high, above all women upon the earth</div> <div>An indulgence of 300 days, A plenary indulgence once a month on the usual conditions for the daily devout repetition of the invocations (1936)</div>				





# THE 7 SORROWS ROSARY

## SEVEN SORROWS

## HOW TO PRAY

1. The prophecy of Simeon
2. The flight into Egypt
3. The loss of the Child Jesus in the temple
4. Jesus meets Mary on the Way of the Cross
5. The Crucifixion
6. Jesus' body taken down from the Cross
7. The burial of Jesus

Act of Contrition (optional) & *Hail Mary* on first 3 beads.

On each large bead, announce Sorrow & pray the *Our Father*.

On small beads, pray 7 *Hail Marys* & meditate on Sorrow.


Concluding each Sorrow, pray: *Most Merciful Mother, remind us always about the Sorrows of your Son, Jesus.*

To finish, pray a *Hail Mary* on each of the final 3 beads.

### Mary attached seven promises to the faithful recitation of this Rosary

2. "I will grant peace to their families"
3. "They will be enlightened about the divine Mysteries."
4. "I will console them in their pains and I will accompany them in their work."
5. "I will give them as much as they ask for as long as it does not oppose the adorable will of My divine Son or the sanctification of their souls."
6. "I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives."
7. "I will visibly help them at the moment of their death – they will see the face of their Mother."
8. "I have obtained this grace from My divine Son, that those who propagate this devotion to My tears and sorrows will be taken directly from this earthly life to eternal happiness, since all their sins will be forgiven and My Son will be their eternal consolation and joy."

## May – The Queenship of Mary

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Our Lady Help of Christians, Patroness of Australia – Feast day May 24<sup>th</sup></p> <p>Almighty God, deepen in our hearts our love of Mary Help of Christians. Through her prayers and under her protection, may the light of Christ shine over our land. May Australia be granted harmony, justice and peace. Grant wisdom to our leaders and integrity to our citizens. Bless especially the men and women of the Australian Defence Force and their families. We ask this through Christ Our Lord . Amen.</p> <p><i>(Pope Pius VII established this feast in 1815 in thanksgiving for his release from imprisonment by Napoleon Bonaparte – In 1844, Australia became the first country in the world to have Mary Help of Christians as Patroness)</i></p>					1 d2cl    First Friday STS. PHILLIP & JAMES, APP ABSTINENCE	2 d    First Saturday St. Athanasius, BpCD
3 d2cl  Red  FINDING OF THE HOLY CROSS 4 <sup>th</sup> Sunday after Easter Sts.Alexander I,P & Comp. Mm	4 d  White  St Monica, W	5 d  White  St. Pius V, PC	6 dm  Red  St. John , ApEv, before the Latin Gate	7 d  Red  St Stanislaus, BpM	8 dm  White  Apparition of St. Michael The Archangel ABSTINENCE	9 d  White  St. Gregory Nazianzen, BpCD
10 sd  White  5 <sup>th</sup> Sunday after Easter St. Antoninus, BpC Sts.Gordian & Epimachus, Mm	11 White x  Ferial Day Rogation Day [Lesser Litanies]	12 sd  Red  St. Nereus & comp., Mm Rogation Day [Lesser Litanies]	13 dm  White  St.Robert Bellarmine BpCD Vigil of the Ascension Holy Relics Rogation Day [Lesser Litanies]	14 d1cl  White  ASCENSION THURSDAY	15 d  White  St. John Baptist de la Salle, C Within the Octave ABSTINENCE	16 sd  White  St. Ubaldu, BpC Within the Octave Benedictine Oblate Formation day
17 sd  White  Sunday within the Octave St. Paschal Baylon, C Within the Octave	18 d  Red  St. Venantius,M Within the Octave	19 d  White  St. Peter Celestine, PC Within the Octave St. Pudentiana, V	20 sd  White  St. Bernardine of Siena, C Within the Octave	21 dm  White  Octave Day of the Ascension	22 White x  Ferial Day Mass of preceding Sunday ABSTINENCE	23  Violet/Red  Our Lady Help of Christians [Anticipated] Vigil of Pentecost FASTING & PARTIAL ABSTINENCE
24 d1cl  Red  PENTECOST SUNDAY	25 d1cl  Red  PENTECOST MONDAY	26 d1cl  Red  PENTECOST TUESDAY St.Augustine of Canterbury, BpC	27 sd  Red  PENTECOST WEDNESDAY St. Bede the Venerable, CD St John I, PM Ember Wednesday FASTING & PARTIAL ABSTINENCE	28 sd  Red  PENTECOST THURSDAY	29 sd  Red  PENTECOST FRIDAY St. Mary Magdalen dei pazzi, V Ember Friday FASTING & ABSTINENCE	30 sd  Red  PENTECOST SATURDAY St. Felix,I, PM Ember Saturday FASTING & PARTIAL ABSTINENCE
31 d1cl  White  TRINITY SUNDAY	<p><u>Consecration of our Home to Mary, Queen of the Universe.</u> - Most Blessed Virgin, whose Heart is Sorrowful and Immaculate, we recognise Thee as the Lady and Queen of this house. Have the kindness to preserve it from any evil, from fire, water, thunder, storms, earthquakes, from robbers, wicked people, from revolutions, war, raids, from persecution &amp; taxes, from any other evil known by Thee. Bless, protect, defend and preserve as Thy personal property, those who live and will live here. Keep them from adversity &amp; misfortune, but above all preserve them from offending God, Let not a single mortal sin be ever committed in this house and may all those who enter it work for the Glory of God, for the Reign of Jesus &amp; Mary. Let this house be forever consecrated to You, O Jesus &amp; Mary. Let it be blessed with all those who inhabit it. Amen.</p>					









Prayer to Mary Sorrowing, Queen of Martyrs

Mary, most holy Virgin and Queen of martyrs, would that I could be in heaven to contemplate the honours showered upon thee by the ever-blessed Trinity and by all the host of heaven.

But, seeing that I am still a pilgrim in this vale of tears, do thou accept from me, thine unworthy servant and a miserable sinner, the most sincere homage and the most perfect act of submission that any human creature can make to thee.

In thine adorable heart pierced by so many swords of sorrow, today and for ever I lay mine own poor soul: accept me as a sharer in thy sorrows and permit not that I should ever abandon the Cross, whereon thine only-begotten Son breathed forth His blessed spirit for my sake.

With thee, O Mary, I will suffer all the troubles, contradictions and weaknesses, with which it shall please thy divine Son to visit me in this life. I offer all to thee in memory of those pains which thou didst suffer during thy life on earth; so may every thought of my mind and every beat of my heart be from this day forth an act of compassion with thy sorrows and an act of joy for the glories which are thine in paradise.

Yes, dear Mother, as I now suffer with thee, and rejoice with thee at seeing thee so glorified, so do thou have compassion on me and reconcile me with Jesus, thy Son, that I may be enabled to become thy true and faithful child.

On my last day do thou come to assist me in my agony, as thou once didst assist thy divine Son in His agony, that so I may pass from this bitter exile to a share in thy glory in heaven. Amen.

An indulgence of 500 days  
(S.C. Ind. March 26. 1887; S.P. Ap., May 19, 1934).

April – Month of the Holy Ghost

Burn, O Lord, our loins and our hearts with the fire of the Holy Ghost – 3 year Indulgence daily  
(Plenary indulgence if said daily for a month - under the usual conditions).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>O God, who in the ranks of the Apostolic Priesthood hast caused Thy servants to be invested with the pontifical or priestly dignity; grant, we beseech Thee, that they also may be joined unto the everlasting fellowship of the same Thy priests. Through Christ our Lord. Amen</i> <i>(Roman Missal-) An indulgence of 3 years S.P. Ap., Oct. 25, 1936</i> <i>A plenary indulgence once a month, under the usual conditions if said daily.</i>			1  Violet  Wednesday in Holy Week  FASTING	2 d1cl  White  MAUNDY THURSDAY  FASTING	3 d1cl  Black  GOOD FRIDAY First Friday FASTING & ABSTINENCE	4 d1cl  Violet/White  HOLY SATURDAY First Saturday FASTING & ABST. UNTIL NOON
5 d1cl  White  EASTER SUNDAY	6 d1cl  White  EASTER MONDAY	7 d1cl  White  EASTER TUESDAY	8 sd  White  Easter Wednesday	9 sd  White  Easter Thursday	10 Sd  White  Easter Friday ABSTINENCE	11 sd  White  Easter Saturday St. Leo I, PCD
12 dm  White  Low Sunday [Quasimodo Sunday]	13 sd  Red x  St. Justin, M St. Hermenegild, M	14 d  Red  St. Justin, M St. Tiburtius & Comp., Mm	15  White x  Ferial Day Mass of preceding Sunday	16  White x  Ferial Day Mass of preceding Sunday	17 sp  Red x  St. Anicetus, PM ABSTINENCE	18 sp  White x  Our Lady's Saturday Benedictine Oblate Formation day
19 s  White  2 <sup>nd</sup> Sunday after Easter	20  White x  Ferial Day Mass of preceding Sunday	21 d  White  St. Anselm of Canterbury, BpCD	22 d1cl  White  THE SOLEMNITY OF ST. JOSEPH Spouse of the BVM Sts Soter & Caius, PpMm	23 sd  Red x  St. George, M Within the Octave	24 d  Red  St.Fidelis of Sigmaringen,M Within the Octave ABSTINENCE	25 d2cl  Red  St. Mark Ev [The Greater Litanies]
26 s  White  3 <sup>rd</sup> Sunday after Easter Sts.Cletus & Marcellinus,PpMm Within the Octave	27 d  White  St. Peter Canisius, CD Within the Octave	28 d  White  St. Paul of the Cross, C St. Vitalis, M	29 d  White  Sts. Odo, Mayol, Odilo & Hugh, Ab Octave day of St Joseph St. Peter of Verona, M	30 d  White  St. Catherine of Siena, V		



Prayer for the Victory of the Grace of the Holy Ghost - (From the Roman Breviary)

O Holy Ghost, let the might of your love be more and more felt in the hearts of humankind. Let your light shine more and more on souls that are wandering in the darkness far away from God. Turn then to the light-giving Heart of Jesus and to the healing streams of his Precious Blood. Strengthen the souls that love you; perfect in them your seven gifts and your twelve fruits, And so make them your temples here that you may be adored by them forever.

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The Veni Creator Spiritus prayer is traditionally recited or sung on January 1<sup>st</sup>, Pentecost, vespers, the dedication of a church, confirmation & Holy Orders and whenever the Holy Spirit is solemnly invoked. A partial indulgence is granted if it is recited or sung on January 1<sup>st</sup> and on the feast of Pentecost.

V

ENI Cre- á-tor Spí-ri-tus, Men- ris Virtú-te firmans pérpe-ti. 5. Hostem re-pél-las lóngi-us, tes tu- ó-rum ví-si-ta : Imple Pa-cémque do-nes pró-ti-nus : Ductó-re sic te praévi-o, Vi- su-pérna grá-ti-a Quae tu cre- ásti pécto-ra. 2. Qui dí-ce- témus omne nó-xi- um. 6. Per te sci- ámus da Patrem, No- ris Pa-rácli-tus, Altíssimi do-num De- i, Fons vi-vus, ignis, scámus atque Fí-li- um, Teque utri- úsque Spí-ri-tum Cre- cá-ri-tas, Et spi- ri- tá- lis úncti- o. 3. Tu septi- fórmis mú- dámus omni témpo-re. 7. De- o Pa-tri sit gló-ri- a, Et ne-re, Dí-gi-tus pa-térnae dexteræ, Tu ri-te pro-míssum Pa- Fí-li- o, qui a mórtu- is Surré-xit, ac Pa-rácli-to, In sae- tris, Sermó-ne di-tans gúttu-ra. 4. Accénde lumen sénsi- cu- ló-rum saécu-la. A-men. bus, Infúnde amó-rem, córdi-bus, Infirma nostri córpo-

October – Month of the Holy Rosary

O Mary, who didst enter the world free from stain, do thou obtain for me from God, that I may pass out of it free from sin.

(An Indulgence of 100 days once per day)



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
“Accomplishing Our Purpose” in Union with Jesus. It is beneficial for us to train ourselves not only to put up with difficulties but in a certain sense to choose them. That doesn’t mean provoking them! But it means that when they do arise, we accept them with all our hearts, by a positive act of freedom, impelling us to move quickly from disappointment to acquiescence based on trust. St Thérèse of Lisieux did not like having her work interrupted. Sometimes she was asked to do work requiring quite a lot of concentration. The schedule of the Carmelite community was so intense that she had very little time at her disposal. When she finally found an hour or two to devote to the job, she applied herself in the following spirit: “I choose to be interrupted.” Should that occur she accepted it in good grace & if nobody interrupted her, she considered it a charming blessing. <i>Feast day Oct. 1<sup>st</sup></i> .													
1 sp  St. Remigius, BpC St Therese of Lisieux, V		2 dm  First Friday HOLY GUARDIAN ANGELS ABSTINENCE		3 d  First Saturday St. Theresa of the Child Jesus, V		4 sd  19 <sup>th</sup> Sunday after Pentecost St. Francis of Assisi, C		5 d1cl  St. Placidus & comp., Mm		6 d  St. Bruno, C,		7 d2cl  THE MOST HOLY ROSARY St. Mark, PC St. Sergius & comp, Mm	
8 d  St. Bridget, W		9 d  St John Leonardi, C St Dionysius Bp & comp., Mm ABSTINENCE		10 sd  St Francis Borgia, C		11 d2cl  MATERNITY OF THE BVM 20 <sup>th</sup> Sunday after Pentecost		12 d  Ferial Day Mass of preceding Sunday		13 sd  St. Edward, King of England, C		14 d  St. Callistus I, PM	
15 d  St. Teresa of Avila, V		16 sd  St. Gall, Ab St Hedwig, W ABSTINENCE		17 d  St. Margaret Mary Alacoque, V Benedictine Oblate Formation day		18 d2cl  21 <sup>st</sup> Sunday after Pentecost St Luke, EV		19 d  St Peter of Alcantara, C		20 d  St. John Cantius, C		21 sp  St Hilarion, Ab St. Ursula & comp., VvMm	
22 d  Ferial Day Mass of preceding Sunday		23 d  Ferial Day Mass of preceding Sunday ABSTINENCE		24 dm  St. Raphael the Archangel		25 d1cl  KINGSHIP OF JESUS CHRIST 22 <sup>nd</sup> Sunday after Pentecost		26 sp  St. Evaristus, PM		27 d  Vigil of Sts. Simon & Jude App		28 d2cl  Sts. Simon & Jude, App	
29 d  Ferial Day Mass of preceding Sunday		30 d  Ferial Day Mass of preceding Sunday FASTING & ABSTINENCE		31 d  Vigil of All Saints Commemoration of St Wolfgang, Bp FASTING & ABSTINENCE									





# March – Month of Saint Joseph

Prayer to St. Joseph for our work - “All for Jesus, all through Mary, all after thine example O Patriarch Joseph; such shall be my watchword in life and in death” ( Indulgence of 300 days – Pius X)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<div>Prayer for Holy Purity</div> <p>O Guardian of Virgins &amp; holy Father St. Joseph, to whose faithful custody Christ Jesus, Innocence itself, &amp; Mary, Virgin of Virgins, were committed, I pray &amp; beseech thee by these dear pledges, Jesus &amp; Mary that, being preserved from all uncleanness, I may with spotless mind, pure heart and chaste body, ever serve Jesus and Mary most chastely all the days of my life.</p> <p>Amen</p> <p><i>Indulgence of 300 days every time prayed with devotion- Plenary(under the usual conditions) for the recitation daily for a month</i></p>				
1 sd  2 <sup>nd</sup> Sunday of Lent  Violet	2  Ferial day FASTING Violet x	3  Commemoration of St.Cunegunda,V,Ob Ferial day FASTING Violet	4 sd  St. Casimir, C St. Lucius I, PM FASTING White	5  Ferial day FASTING Violet	6 d  First Friday Sts. Perpetua & Felicitas, Mm FASTING & ABSTINENCE Red	7 d  First Saturday St. Thomas Aquinas, CD FASTING White
8 sd  3 <sup>rd</sup> Sunday of Lent St. John of God & St. Camillus de Lellus, Cc  Violet	9 dm  St. Frances of Rome, W FASTING White	10 sd  Forty Holy Martyrs FASTING Red x	11  Ferial day FASTING Violet	12 d  St. Gregory the Great, PCD FASTING White	13  Ferial day FASTING & ABSTINENCE Violet	14  Ferial day FASTING Violet
15  4 <sup>th</sup> Sunday of Lent Laetare Sunday  Rose/Violet	16  Ferial day FASTING Violet	17 d  St. Patrick, BpC FASTING White	18 d  St. Cyril of Jerusalem, BpCD FASTING White	19 d1cl  St. Joseph Spouse of the BVM, C FASTING White	20  Ferial day FASTING & ABSTINENCE Violet	21 d1cl  St. Benedict, Ab Benedictine Oblate Formation day FASTING White
22 sd  PASSION SUNDAY St Isadore the Farmer, C  Violet	23  Ferial day FASTING Violet x	24 dm  St. Gabriel the Archangel FASTING White	25 d1cl  ANNUNCIATION OF THE BVM FASTING White	26  Ferial day FASTING Violet	27 dm  SEVEN SORROWS OF THE BVM St John Damascene,CD FASTING & ABSTINENCE White	28 sd  St John Capistran, C FASTING White
29 sd  PALM SUNDAY  Violet	30  Monday in Holy Week FASTING Violet	31  Tuesday in Holy Week FASTING Violet	May the intercession of the Blessed Patriarch & Abbot Benedict render Thee merciful unto us, O Lord, that what our own unworthiness cannot obtain, we may receive through his powerful patronage. Through Christ Our Lord, Amen - Feast day 21 <sup>st</sup> March (This prayer may be said when using the St. Benedict Medal for any pious purpose.)			






Consecration to St Joseph, Father of the Church



O Glorious Patriarch & Patron of the Church!  
O Virgin Spouse of the Virgin Mother of God!  
O Guardian & Virginal Father of the word Incarnate!  
O Blessed St. Joseph, beloved of God and chosen from all eternity,  
for the eminent dignity of being the father of Jesus on earth!  
O Great St. Joseph, whom God has made the Head of the Holy Family,  
in the presence of Jesus & Mary, I choose you this day to be my spiritual father,  
my guardian and my protector. Accept me, I beseech thee,  
though utterly unworthy, to be a member of your “Holy House.”  
Present me to your Immaculate Spouse; ask her also to adopt me as her child.  
With her, pray that I may constantly think of Jesus and serve him faithfully,  
to the end of my life.  
O most beloved and glorious saint, model of all virtues, reign in my home,  
and deign to make of it a sanctuary of peace and happiness.  
O Terror of Demons, increase in me virtue,  
protect me from the evil one and help me not to offend God in any way.  
O my Spiritual Father, I hereby consecrate myself to you,  
in faithful imitation of Jesus and Mary,  
I place myself and all my concerns under your care and protection.  
To you, after Jesus and Mary, I consecrate my body and soul, with all their faculties,  
my spiritual growth, my home and all my affairs and undertakings.  
Forsake me not, but adopt me as a servant and child of the Holy Family.  
Watch over me at all times, but especially at the hour of my death.  
Console and strengthen me with the presence of Jesus and Mary so that, with you,  
I may praise and adore the Holy Trinity for all eternity.  
I make this prayer in Jesus Holy Name.  
Amen.

November – Month of the Holy Souls

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Feast Day 11 <sup>th</sup> November	O my God, I offer Thee all the holy Masses which will be said this day throughout the whole world for poor sinners who are now in their death agony and who will die this day. May the Precious Blood of our Saviour Jesus Christ obtain for them mercy. Amen. (Indulgence of 300 days – Pope Pius X, December 18, 1907)					O Lord, my God, even now I accept from thy hand willingly and with submission, the kind of death it may please Thee to send me with all its sorrows, pains, and anguish. <i>Plenary Indulgence under the usual conditions when prayed with true love of God – Pope Pius X March 9, 1904</i>
1 d1cl ALL SAINTS DAY 23 <sup>rd</sup> Sunday after Pentecost HOLY DAY OF OBLIGATION	2 d All Souls Day	3 sd Within the Octave Mass of preceding Sunday – Green Vestments	4 d St. Charles Borromeo, BpC Within the Octave Sts. Vitalis & Agricola, Mm	5 sd White x Within the Octave	6 sd White x First Friday Within the Octave Abstinence	7 sd White x First Saturday Within the Octave
8 sd 24 <sup>th</sup> Sunday after Pentecost [5 <sup>th</sup> Sunday after Epiphany] Octave day of All Saints Four Holy Crowned Martyrs	9 d2cl DEDICATION OF THE ARCH BASILICA OF OUR SAVIOUR St. Theodore of Amasea, M	10 d St. Andrew Avellino, C St. Tryphon & Comp. Mm	11 d2cl St. Martin de Tours, BpC St. Mennas, M	12 sd Red x St. Martin I, PM	13 d2cl White x Feast of all Monks O.S.B. St. Didacus, C ABSTINENCE	14 d Red Commemoration of all souls, O.S.B. St. Josaphat, BpM
15 sd 25 <sup>th</sup> Sunday after Pentecost [6 <sup>th</sup> Sunday after Epiphany] St. Albert the Great, BpCD	16 d2cl White St Gertrude, Abbess, V	17 d1cl White x St. Gregory Thaumaturgus, BpC	18 dm White Dedication of the Basilicas of St. Peter and St. Paul	19 d White St. Mechtilde, V St. Elizabeth of Hungary, W St. Pontianus, PM	20 d White St. Edmund – King, M St. Felix of Valois, C ABSTINENCE	21 dm White Presentation of the BVM Benedictine Oblate Formation day
22 sd 26 <sup>th</sup> Sunday after Pentecost [24 <sup>th</sup> & last Sunday after Pentecost] St. Cecilia, VM	23 d Red St. Clement I, PM St. Felicitas, M	24 d White St. John of the cross, CD St. Chrysogonus, M	25 d Red St. Catharine of Alexandria, VM	26 d White St. Sylvester, Ab St. Peter of Alexandria, BpM	27 d Green x Ferial Day Mass of preceding Sunday ABSTINENCE	28 Violet Vigil of St. Andrew, Ap [Anticipated]
29 sd 1 <sup>st</sup> Sunday of Advent St. Saturninus, M	30 d2cl Red St. Andrew, App	<u>The Proficiscere Prayer</u> (Go Forth, Christian Soul) – While the soul is in agony of its departure, the priest (or any person) recites this... Go Forth, O Christian soul, from this world, in the name of God the Father Almighty, who created you; In the name of Jesus Christ, Son of the Living God, who suffered for you; In the name of the Holy Ghost, who was poured forth upon you; In the name of the angels and archangels; in the name of the thrones and dominions; in the name of the principalities and powers; In the name of the cherubim and seraphim; in the name of the patriarchs and prophets; in the name of the holy apostles and evangelists; In the name of the holy martyrs and confessors; in the name of the holy monks and hermits; in the name of the holy virgins and of all the saints of God: May your place be this day in peace, and your abode in holy Zion. Through the same Christ our Lord, Amen.				
Eternal rest grant unto them O Lord and let perpetual light shine upon them. From the gates of hell deliver their souls O Lord and through the mercy of God may they rest in Peace, Amen. <i>Partial Indulgence for the Holy Souls in Purgatory- Plenary between Nov 1-8<sup>th</sup>.</i>						







Traditional Christmas Prayer  
God of every nation and people,  
from the very beginning of creation  
You have made manifest your love.  
When our need for a Saviour was great  
You sent your Son to be born of the Virgin Mary.  
To our lives He brings joy and peace, justice, mercy and love.  
Lord, bless all who look upon this manger;  
may it remind us of the humble birth of Jesus,  
and raise up our thoughts to Him,  
who is God-with-us and Saviour of all,  
and who lives and reigns for ever and ever,  
Amen.

PRAYER BEFORE A NATIVITY SCENE  
All-powerful God;  
Your eternal Word took flesh on our earth when the Virgin Mary  
placed her life at the service of your plan.  
Lift our minds in watchful hope to hear the voice which announces His  
glory, and open our minds to receive the Spirit who prepares  
us for His coming.  
We ask this through Christ our Lord. Amen..

Christmas Evening Prayer  
O holy Child of Bethlehem,  
Descend on us, we pray:  
Cast out our sin, and enter in;  
Be born in us today.  
We hear the Christmas angels  
The great glad tidings tell:  
O come to us, abide with us,  
Our Lord Emmanuel  
Amen

# February – Month of the Holy Family

Jesus, Mary and Joseph, I give thee 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!  
(Pre-1968 Indulgence of 7 years each time)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
[Prayer for blessing candles at Candlemas: - February 2 <sup>nd</sup> ] Let Us Pray. O Lord Jesus Christ, the true light, Who enlightenest every man that cometh into this world, pour forth thy blessing upon these waxen candles and sanctify them with the light of Thy grace; & be pleased to grant that, as theses lights, kindled with visible fire, dispel the darkness of night, so our hearts, being enlightened with invisible fire, even the effulgence of the Holy Spirit, may be delivered from the blindness of every vice, that with the eye of the mind purified we may be able to discern those things which are pleasing to Thee and useful for our salvation; whereby, after the dark trials of this world, we may be found worthy to enter into the light that is never obscured, through Thee, Christ Jesus, Saviour of the world, Who in perfect Trinity livest and reignest, world without end. Amen.						 February 3 <sup>rd</sup>
1 sd  Violet  Septuagesima Sunday St. Ignatius, BpM St. Brigid of Ireland, V	2 d2cl  White Candlemas Day  PURIFICATION OF THE BVM	3 sp  Red x  Blessing of the throats St. Blaise, BpM	4 d  White  St. Andrew Corsini, BpC	5 d  Red  St. Agatha, VM	6 d  White First Friday St. Titus, BpC St. Dorothy, VM ABSTINENCE	7 d  White  First Saturday St Romuald, Ab
8 sd  Violet  Sexagesima Sunday Memorial – Sts John of Matha & Felix of Valois,Cc	9 d  White St. Cyril of Alexandria, BpCD St. Apollonia, VM	10 d2cl  White  St Scholastica, V	11 Dm  White Apparition of Our Lady of Lourdes Pope St. Gregory II, C	12 d  White The Seven Holy Founders of the Servites, Cc	13 x  Violet 40 HOUR DEVOTION Ferial day Mass of preceding Sunday ABSTINENCE	14 sp  White Blessing of Our Lady's Saturday St. Valentine, Priest M
15 sd  Violet  Quinquagesima Sunday Sts. Faustinus & Jovita, Mm	16   Violet x Ferial day Mass of preceding Sunday	17   Violet x Ferial day Mass of preceding Sunday	18   Violet ASH WEDNESDAY St. Simeon, BpM FASTING & ABSTINENCE	19   Violet x Ferial day FASTING	20   Violet Ferial day FASTING & ABSTINENCE	21   Violet Benedictine Oblate Formation day Ferial day FASTING
22 sd  Violet  1 <sup>st</sup> Sunday of Lent St. Peter's Chair at Antioch St. Paul, Ap	23 d  White St. Peter Damian, BpCD Vigil of St Matthias FASTING	24 d2cl  Red  St. MATTHIAS, AP FASTING	25 d2cl  Violet x St Walburga,V Ferial day Ember Wednesday FASTING & PARTIAL ABSTINENCE	26   Violet Memorial- St. Mechtilde, V Ferial day FASTING	27 d  White St. Gabriel of Our Lady of Sorrows, C Ferial day Ember Friday FASTING & ABSTINENCE	28   White Ferial day Ember Saturday FASTING & PARTIAL ABSTINENCE
SAY THIS PRAYER QUIETLY: Dear God, I come before you at this moment. Please Enlighten what is dark in me, Strengthen what is weak in me. Mend what is broken in me, Heal what is sick in me, and Revive whatever peace and love that has died in me. This prayer is for me, my family, my friends, my enemies and even those who hate me. Amen.					Grant us, O Lord Jesus, faithfully to imitate the examples of Thy Holy Family. Indulgence of 3 years – Plenary indulgence under the usual conditions if recited daily for a month.	





## Daily Prayer before a picture of The Holy Family

O Most loving Jesus, Who by Thy surpassing virtues & the example of Thy home life didst hallow the household in which Thou didst choose to live whilst on earth.

Mercifully look down upon this family, whose members, humbly prostrate before Thee, implore Thy protection.

Remember that we are Thine, bound & consecrated to Thee by a special devotion.

Protect us in Thy mercy, deliver us from danger, help us in our necessities, & 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.


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



## December – Month of the Immaculate Conception

Our Lady of the Immaculate conception, pray for us!

*Indulgence of 100 days every time*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Our Lady of Guadalupe, mystical rose, make intercession for Holy Church, protect the Sovereign Pontiff, help all those who invoke thee in their necessities, and since thou art the ever Virgin Mary and Mother of the true God, obtain for us from thy most holy Son the grace of keeping our faith, sweet hope in the midst of the bitterness of life, burning charity and the precious gift of final perseverance <i>An Indulgence of 500 days – Pope Pius X August 15<sup>th</sup> 1908</i>		1 dm  Bl. Richard Whiting, M Ferial day Mass of preceding Sunday	2 sd  St Peter Chrysologus, BpCD St. Bibiana, VM	3 d1cl  St. Francis Xavier, C	4 d  First Friday St. Peter Chrysologus, BpCD St. Barbara, VM ABSTINENCE	5   First Saturday Ferial day St. Sabbas, Ab Mass of preceding Sunday
6 sd  2 <sup>nd</sup> Sunday of Advent St. Nicholas BpC	7 d  St. Ambrose, BpCD Vigil of The Immaculate Conception FASTING & ABSTINENCE	8 d1cl  IMMACULATE CONCEPTION OF THE BVM HOLY DAY OF OBLIGATION	9 sd  White x Within the Octave	10 sd  White x In veneration of the relics of St. Benedict Within the Octave St. Melchiades, PM Bl. Mark Barkworth, Ob, M Blessed John Roberts & comp. Mm	11 sd  White x St. Damasus I, PC Within the Octave ABSTINENCE	12 d1cl  White x OUR LADY OF GUADALUPE Within the Octave
13 sd  Rose/Violet 3 <sup>rd</sup> Sunday of Advent (Gaudete Sunday) St. Lucy, VM Within the octave St. Benedict's Latin Mass Chapel Anniversary & Christmas Luncheon-12pm	14 sd  White x Commemoration of St. Odilia, V Within the Octave	15 dm  White Octave day of the Immaculate Conception	16 sd  Red x St. Eusebius, BpM Ember Wednesday FASTING & PARTIAL ABSTINENCE	17   Violet Ferial day Mass of preceding Sunday	18   Violet Ferial day Ember Friday FASTING & ABSTINENCE	19   Violet Ferial day Vigil of St. Thomas, Ap [anticipated] Ember Saturday Benedictine Oblate Formation day FASTING & PARTIAL ABSTINENCE
20 sd  Violet 4 <sup>th</sup> Sunday of Advent	21 d2cl  Red St. Thomas, Ap	22 d2cl  White St. Frances Xavier Cabrini, V	23   Violet Ferial day Mass of preceding Sunday	24   Violet Vigil of the Nativity	25 d1cl  White NATIVITY OF OUR LORD JESUS CHRIST St. Anastasia, M [2 <sup>nd</sup> Mass] HOLY DAY OF OBLIGATION	26 d1cl  Red ST. STEPHEN, FIRST MARTYR Titular of the Cathedral, Brisbane Arch-Diocese Within the Octave of Christmas
27 d2cl  White St. John, ApEv Within the Octave	28 d2cl  Violet THE HOLY INNOCENTS, MM Within the Octave	29 d  Red St. Thomas of Canterbury, BpM Within the Octave	30 sd  White Within the Octave of Christmas	31 d  White St. Sylvester I, PC Within the Octave	Our Lady of Guadalupe Pray for us <i>Indulgence of 100 days every time</i> Feast Day December 12 <sup>th</sup> 	





Psalterium Parvum Sacratissimi Vultus Iesu

The Little Psalter of the Most Holy Face of Jesus

The Little Psalter of the Holy Face consists of three parts of 50 invocations divided into decades. As with the Rosary of the Blessed Virgin, the three parts of the Little Psalter of the Holy Face need not be said all at once.

Opening verse, thrice:

✠ Exáudi, Dómine Iesu, preces servi tui. \* Illúmina fáciem tuam super sanctuárium tuum. (Dan 9:17)

✠ Hear, O Lord Jesus, the prayers of Thy servant. \* Cause Thy Face to shine upon Thy sanctuary.

On the Pater beads:

Sitívit ánima mea ad Deum fortem, vivum: \* quando véniam, et apparebo ante fáciem Dei? (Ps 41:3)

My soul is athirst for God, the strong and living God; \* when shall I come and appear before the Face of God?

On the Ave beads:

Vultum tuum, Dómine Iesu, rrrquíram; \* ne avértas fáciem tuam a me. (Ps 26:8-9)

Thy Face, Lord Jesus, will I seek, \* turn not away Thy Face from me.

To conclude each decade:

Protéctor noster, áspice, Deus, \* et réspice in fáciem Christi tui. (Ps 83:10)

Behold, O God our protector: \* and look upon the Face of Thy Christ.

At the end of five decades, thrice:

Exsúrgat Deus et dissipéntur inimíci eius: \* Et fúgiant qui odérunt eum a fácie eius. (Ps 67:2)

Let God arise, and let His enemies be scattered: \* and let them that hate Him flee from before His Face.

In conclusion:

✠ Signátum est super nos lumen vultus tui, Dómine Iesu; \* dedísti lætítiam in corde meo. (Ps 4:7)

✠ The light of Thy Face, Lord Jesus, is signed upon us; \* Thou hast given gladness in my heart.

Cum permissu superiorum, 7 March 2021



THE CENACLE PRESS  
AT SILVERSTREAM PRIORY

BENEDICTINE MONKS OF PERPETUAL ADORATION  
STAMULLEN, CO MEATH, IRELAND | CENACLEOSB.ORG



Vener. Effigies Sacre Vultus Domini nostri Iesu Christi

per Hanc in Sacramenti Sanctum et Nobis in Memento perpetuum conservetur et cultus

January ~ Month of the Holy Name of Jesus

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

(An Indulgence of 100 days, every time the sign of the cross is made with the above invocation of the Holy Trinity. 300 days if made using holy water)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"The enemy often tries to make us attempt and start many projects so that we will be overwhelmed with too many tasks, and therefore achieve nothing and leave everything unfinished. Sometimes he even suggests the wish to undertake some excellent work that he foresees we will never accomplish. This is to distract us from the prosecution of some less excellent work that we would have easily completed. He does not care how many plans and beginnings we make, providing nothing is finished" St. Francis de Sales *				1 d2cl  White  CIRCUMCISION OF OUR LORD HOLY DAY OF OBLIGATION	2 sp St. Thomas Becket of Canterbury, BpM First Friday Octave day of St. Stephen, First Martyr St. Genevieve, V ABSTINENCE	3 sp  White  First Saturday Octave day of St. John, ApEv
4 d2cl  White  THE MOST HOLY NAME OF JESUS Octave day of the Holy Innocents Mm	5  White  Vigil of the Epiphany St. Telesphorus, PM	6 d1cl  White  Epiphany The Epiphany of Our Lord	7 sd  White  Within the Octave of the Epiphany	8 sd  White  Within the Octave of the Epiphany	9 sd  White  Within the Octave of the Epiphany ABSTINENCE	10 sd  White  Within the Octave of the Epiphany
11 dm The Holy Family: Jesus, Mary & Joseph Sunday within the Octave St. Hyginus, PM	12 sd St. Benedict Biscop, Ab Within the Octave of the Epiphany Mass of preceding Sunday	13 dm White  Octave day of the Epiphany	14 d White  St. Hilary, BpCD St. Felix, Priest, M	15 d1cl White St Maurus, Ab Our Lady of Prompt Succor St. Paul, first Hermit, C	16 sd Red x St. Marcellus I, PM ABSTINENCE	17 d White  St. Anthony, Ab Benedictine Oblate Formation day
18 sd 2 <sup>nd</sup> Sunday after Epiphany St. Peter's Chair at Rome St. Paul, Ap St. Prisca, VM	19 sp Red x St. Marius and comp. Mm St. Canute, King, M	20 d Red  St. Fabian, P St. Sebastian, Mm	21 d1cl Red  St. Meinrad, M St. Agnes, VM	22 sd Red x  Sts. Vincent & Anastasius, Mm	23 sd White x St. Raymond of Pennafort, C St. Emerentiana, VM ABSTINENCE	24 d Red  St. Timothy, BpM
25 sd 3 <sup>rd</sup> Sunday after Epiphany The conversion of St. Paul, AP St. Peter, Ap	26 d Red  St. Polycarp, BpM	27 d White  St. John Chrysostom, BpCD	28 d White  St Cyril of Alexandria, BpCD St. Agnes, VM (2 <sup>nd</sup> time)	29 d White  * St. Francis de Sales, BpCD	30 sd Red St. Martina, VM ABSTINENCE	31 d White  St. Peter Nolasco, Cc St John Bosco, C



— ACT OF —

Reparation for Blasphemy

THE GOLDEN ARROW.






May the most holy, most sacred, most adorable, most mysterious, and unutterable Name of God be praised, blessed, loved, adored, and glorified in heaven, on earth and in hell, by all God's creatures and by the Sacred Heart of our Lord and Saviour, Jesus Christ, in the most Holy Sacrament of the Altar.—AMEN.

Please see 2<sup>nd</sup> last page of calendar

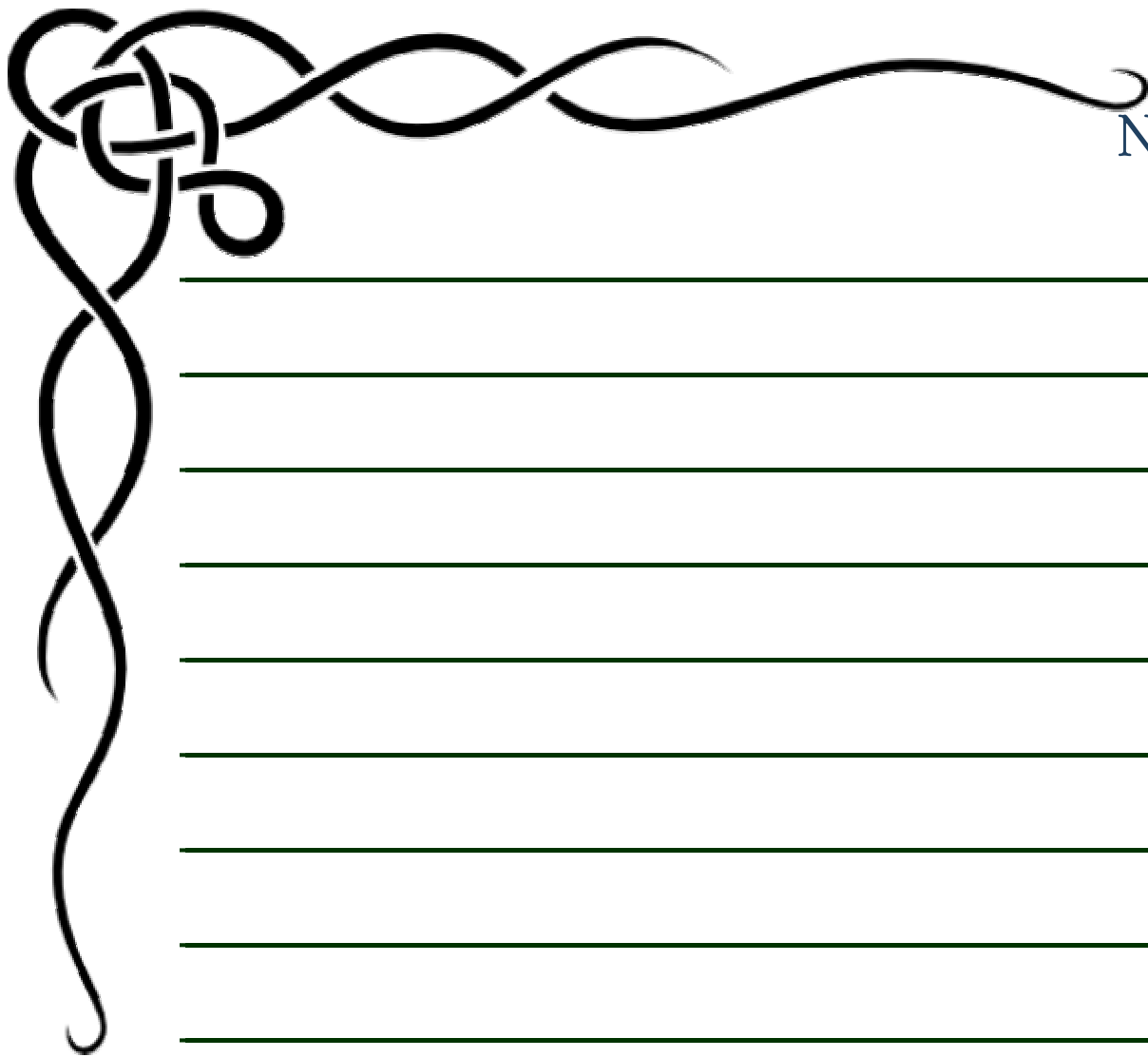
## For The Litany of the Most Holy Name of Jesus



## January 2027 – Month of the Holy Name of Jesus

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>“May the most holy name of Jesus be infinitely blessed” pray 5x times, followed by 1x Glory be.</p> <p>Indulgence of 300 days every time</p>					<div>1<div>d2cl</div><div>White</div><div>First Friday</div><div>CIRCUMCISION</div><div>OF OUR LORD</div><div>HOLY DAY OF OBLIGATION</div><div>ABSTINENCE</div></div>	<div>2<div>sp</div><div>Red</div><div>First Saturday</div><div>Octave day of St. Stephen,</div><div>First Martyr</div></div>
<div>3<div>d2cl</div><div>White</div><div>THE MOST HOLY NAME OF JESUS</div><div>Octave day of St. John, ApEv</div></div>	<div>4<div>sp</div><div>Red</div><div>Octave day of</div><div>the Holy Innocents, Mm</div></div>	<div>5<div>White</div><div>Vigil of the Epiphany</div><div>St. Telesphorus, PM</div></div>	<div>6<div>d1cl</div><div>White</div><div><div>Magi from the east arrived</div><div>The Epiphany of Our Lord</div></div></div>	<div>7<div>sd</div><div>White</div><div>Within the Octave of the</div><div>Epiphany</div></div>	<div>8<div>sd</div><div>White</div><div>Within the Octave of the</div><div>Epiphany</div><div>ABSTINENCE</div></div>	<div>9<div>sd</div><div>White</div><div>Within the Octave of the</div><div>Epiphany</div></div>
<div>10<div>dm</div><div>White</div><div>The Holy Family:</div><div>Jesus, Mary &amp; Joseph</div><div>Sunday within the Octave of</div><div>Epiphany</div></div>	<div>11<div>sd</div><div>White</div><div>Within the Octave of the</div><div>Epiphany</div><div>St. Hyginus, PM</div></div>	<div>12<div>sd</div><div>White</div><div>Within the Octave of the</div><div>Epiphany</div></div>	<div>13<div>dm</div><div>White</div><div>Octave day</div><div>of the Epiphany</div></div>	<div>14<div>d</div><div>White</div><div>St. Hilary, BpCD</div><div>St. Felix, Priest, M</div></div>	<div>15<div>d</div><div>White</div><div>St Maurus, Ab</div><div>St. Paul, first Hermit, C</div><div>ABSTINENCE</div></div>	<div>16<div>sd</div><div>Red x</div><div>St. Marcellus I, PM</div><div>Benedictine Oblates Formation day</div></div>
<div>17<div>sd</div><div>Green</div><div>2<sup>nd</sup> Sunday after Epiphany</div><div>St. Anthony, Ab</div></div>	<div>18<div>dm</div><div>White</div><div>St. Peter's Chair at Rome</div><div>St. Paul, Ap</div><div>St. Prisca, VM</div></div>	<div>19<div>sp</div><div>Red x</div><div>St. Marius &amp; comp., Mm</div><div>St. Canute, King, M</div></div>	<div>20<div>d</div><div>Red</div><div>St. Fabian, P</div><div>St. Sebastian, Mm</div></div>	<div>21<div>d1cl</div><div>Red</div><div>St. Meinrad, M</div><div>St. Agnes, VM</div></div>	<div>22<div>sd</div><div>Red x</div><div>Sts. Vincent &amp;</div><div>Anastasius, Mm</div><div>ABSTINENCE</div></div>	<div>23<div>sd</div><div>Green</div><div>3<sup>rd</sup> Sunday after Epiphany</div><div>[Anticipated]</div><div>St. Raymond Pennafort, C</div><div>St. Emerentiana, VM</div></div>
<div>24<div>sd</div><div>Violet</div><div>Septuagesima Sunday</div><div>St. Timothy, BpM</div></div>	<div>25<div>dm</div><div>White</div><div>The Conversion of</div><div>St. Paul, Ap</div><div>St Peter, Ap</div></div>	<div>26<div>d</div><div>Red</div><div>St. Polycarp, BpM</div></div>	<div>27<div>d</div><div>White</div><div>St. John Chrysostom, BpCD</div></div>	<div>28<div>d</div><div>White</div><div>St Cyril of Alexandria,</div><div>BpCD</div><div>St. Agnes, VM (2<sup>nd</sup> time)</div></div>	<div>29<div>d</div><div>White</div><div>St. Francis de Sales, BpCD</div><div>ABSTINENCE</div></div>	<div>30<div>sd</div><div>Red x</div><div>St. Martina, VM</div></div>
<div>31<div>sd</div><div>Violet</div><div>Sexagesima Sunday</div><div>St. Peter Nolasco, C</div><div>St John Bosco, C</div></div>	<div>O God, Who didst constitute Thine only begotten Son the Saviour of mankind and didst bid that He should be called Jesus: mercifully grant that we, who venerate His holy Name on earth, may also be filled with the vision of Him in Heaven. Through the same Christ Our Lord. Amen.</div> <div>(Indulgence of 5 years every time)</div>					





Notes, prayers, occasions to remember

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Notes, prayers, occasions to remember

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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 15minutes, 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 Diving 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 they good pleasure, for the greater glory of God in time and in eternity. 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 they eternal Father on the cross and which 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.

**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.



## The Oblates of St. Benedict

Since the time of St. Benedict, lay men and women have been inspired by the spirituality and gospel simplicity of the Benedictine way of life. Some of these lay people — both married and single, seek a closer association with the Benedictine order. These are the Oblates of St. Benedict, an important part of the wider Benedictine family.

The literal translation of the word oblate means offering or someone who offers themselves to God. Ordinary people who seek to live extraordinary lives of devotion. Oblates of St. Benedict offer themselves for the service of God in their everyday lives, in so far as their station in life permits. They come from and continue to live out their faith in all walks of life.

The Oblates of St. Benedict usually don't live in a Benedictine monastery (although a small percentage do) but rather in their own homes, using Scripture and the Rule of St. Benedict to shape their spiritual lives and daily activities so, "that in all things God may be glorified".

### Why become an Oblate?

- \* To carry traditional monastic values into the world in daily life by the teachings of St. Benedict;
- \* To seek God daily through prayer, The daily office, study and conversion of life;
- \* To develop a love and reverence for lectio divina (Scriptural reflection & prayer);
- \* To receive spiritual strength & inspiration from the Benedictine community & way of life.
- \* To become part of a strong spiritual community of believers.

### How does one become an Oblate?

Over a period of time, the Oblate aspirant discerns their calling through coming to know the Abbott and attending the formation sessions. After a period of preparation, the aspirant makes a formal promise or Act of Oblation, to share the Benedictine way of life and monastic values.

The commitment is not binding in the way that religious vows are, but it brings the oblate into the Benedictine family and engages them fully in the prayer, work and spiritual life of the community.

**Aspirant or Inquirer Stage** The first stage is the process of inquiry. Its purpose is to help one become familiar with the Rule of St. Benedict under the guidance of the Abbott and the oblate community. It is a time of discernment as one explores at a profound level, one's interest in the Benedictine life. This stage generally takes a minimum 3months, up to one year.

**Novice stage:** After completion of the inquirer stage one becomes a candidate in the Benedictine community. The focus of this stage is on deep prayer practice (as one's life circumstances allow) and deepening awareness of Benedictine Spirituality through reading & participation at meetings & the study of the Rule of St. Benedict and praying the daily prayer in the monastic diurnal or breviary. This stage also takes one year and one day.

**Benedictine Oblate:** After the successful completion of the Candidacy stage, one may request acceptance as a full Oblate. If one chooses oblation, the Oblate promises in a ceremony before the Abbott, Oblates, family and friends to live according to Benedictine spirituality in affiliation with the Hermitage of St. Martin de Tours. The oblation & its promise is not a vow, but is a free gift of oneself to God. The taking on of an oblate habit is optional and encouraged.

**Oblates from all locations and guests are invited to monthly formation meetings at the Hermitage of St. Martin de Tours in the St Benedict's Latin Mass Chapel, on the third Saturdays of each month. Starting with 8.30am mass and a formation session. We use the "Commentary on the Rule of St. Benedict" as a study guide.**

## Indulgences

An indulgence is the remission by God, in whole or in part, of the temporal punishment due to sin after its' 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. Thomas 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 or oratory. All others are considered private.

### **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.

### **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.

### **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**

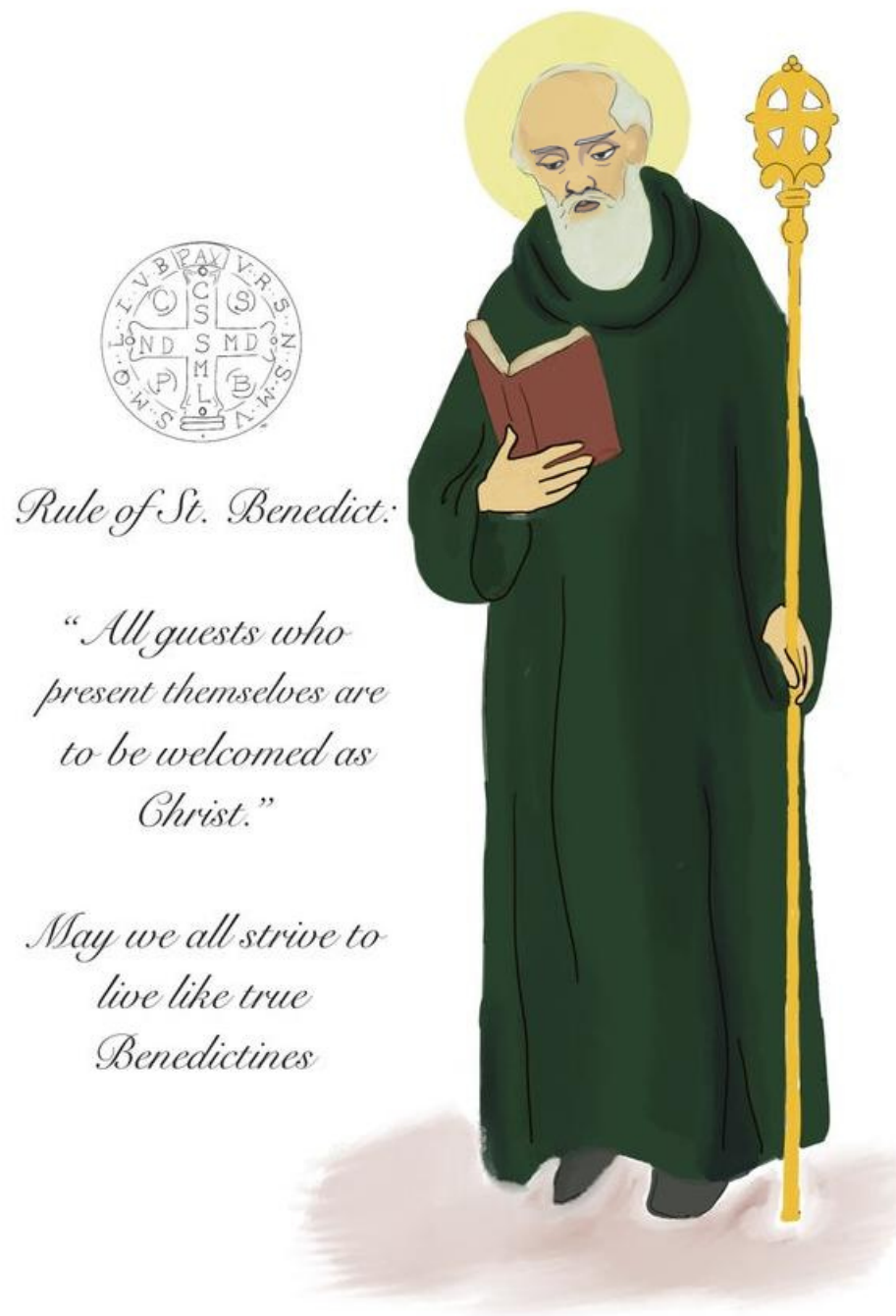
In order to gain even a partial indulgence, one must have a genuine sorrow and hatred for one's sins, a firm determination to amend, and a sincere desire to satisfy divine justice: One must be in the state of grace. To gain a plenary indulgence, one must, in addition, be free from attachment to any venial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



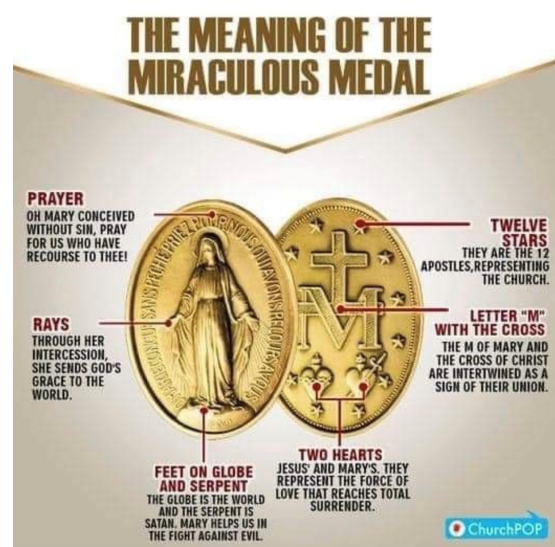
### **VISIT TO A CHURCH**

This condition for gaining a plenary indulgence is met by entering a church or oratory with the intention of honouring God or 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.





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

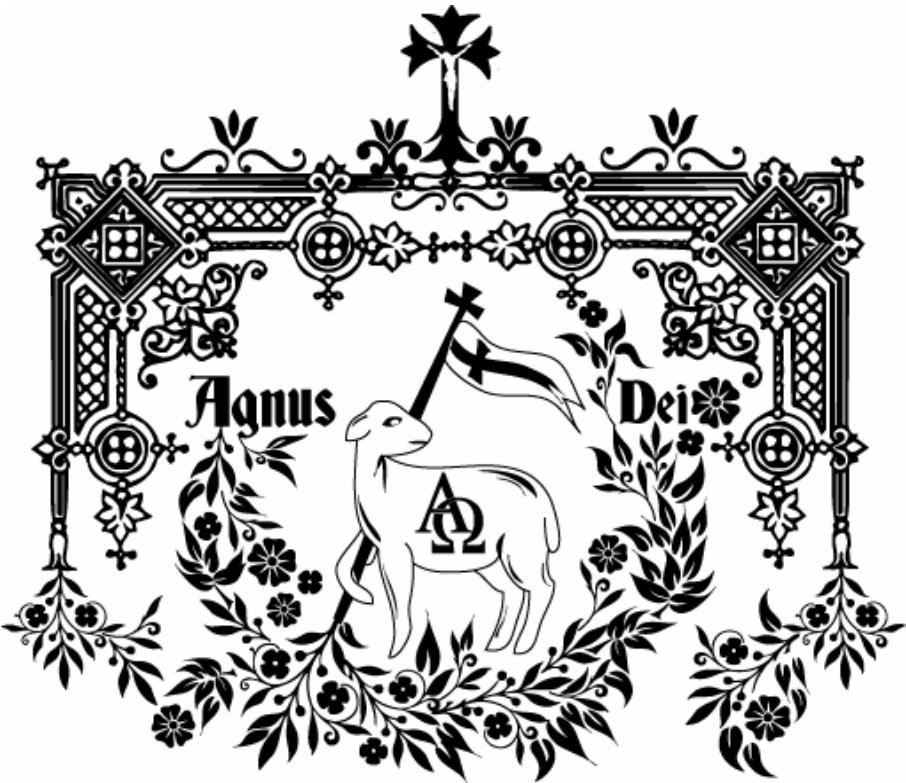
Charity - Joy - Peace - Patience - Faithfulness - Goodness - Generosity – Kindness – Gentleness - Modesty - Chastity – Self-Control.

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 ✠ Sins against the Holy Ghost

- |                 |   |                |                                  |
|-----------------|---|----------------|----------------------------------|
| 1. Pride        | - | Humility       | Presumption of God’s mercy       |
| 2. Covetousness | - | Generosity     | Despair                          |
| 3. Lust         | - | Chastity       | Impugning the known truth        |
| 4. Anger        | - | Meekness       | Envy at another’s spiritual good |
| 5. Gluttony     | - | Temperance     | Obstinacy in sin                 |
| 6. Envy         | - | Brotherly love | Final impenitence                |
| 7. Sloth        | - | Diligence      |                                  |

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

The four Sins that Cry out to Heaven for Vengeance

Wilful murder - Gen 4:10

The sin of Sodom - Gen 18:20-21

Oppression of the Poor - Ex 2:23

Defrauding labourers of their wages - James 5:4

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

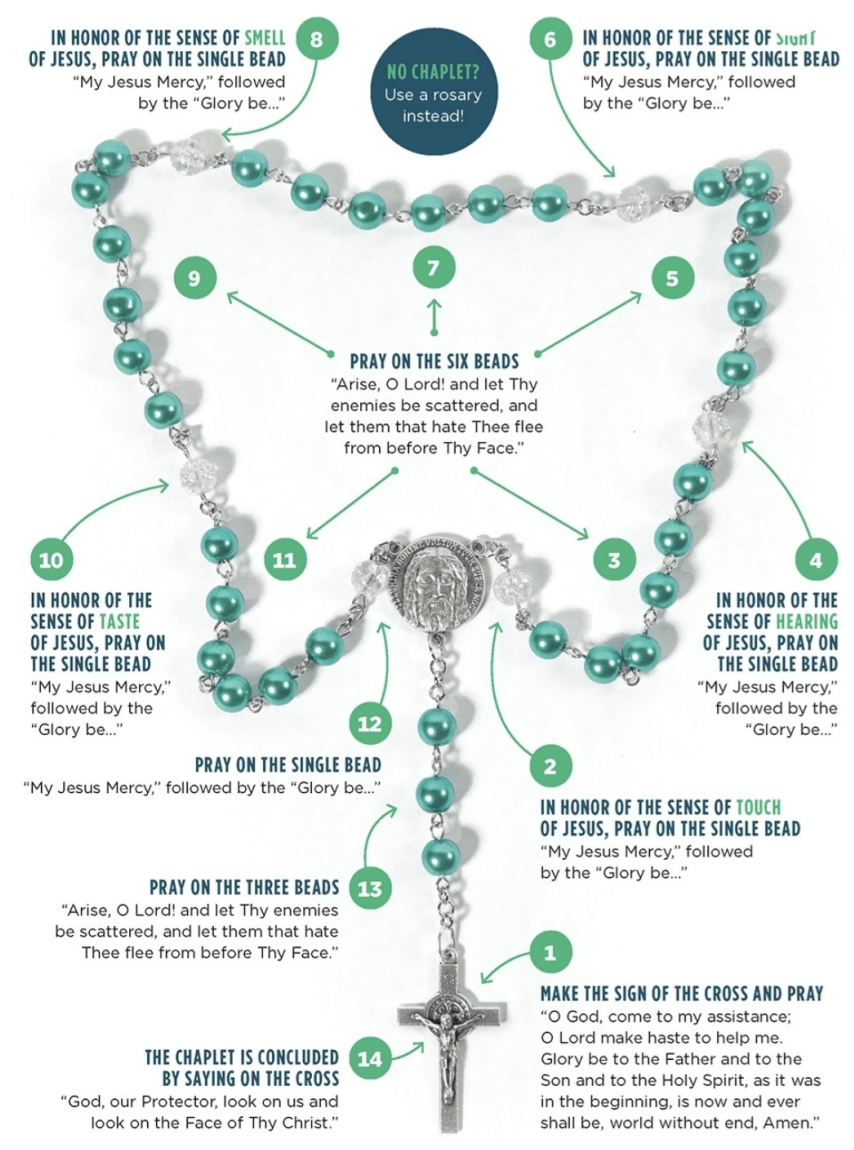
The first consecutive Wednesday, Friday and Saturday of the first week of Spring, Summer, Winter and Autumn. They are to sanctify (to ask God’s blessing upon) the new season.



The Female Doctors of the Church

“A Doctor of the Church is a person whose teaching on faith has been deemed sound and of benefit to the Church through their writing, study, or research.” (uscatholic.org) These persons also lived holy lives, that is why all of them are saints. The Church has bestowed the title to only 36 saints, and only four of them were women: Saint Teresa of Avila, Saint Catherine of Siena, Saint Therese of Lisieux, and Saint Hildegard of Bingen.





### The Holy Face Chaplet ~ From January 2027

The chaplet of the Holy Face was given to Sr. Marie de Saint Pierre (Sr. Mary of St. Peter), a Holy Discalced Carmelite Nun of Tours, France, during apparitions of our Lord experienced from November 15, 1843 to 1847. He revealed to her this reparative work saying it would be “His greatest consolation” and “the only means of appeasing the Father.” “By offering My Face to My Eternal Father, nothing will be refused and the conversion of many sinners will be obtained.”

The express purpose of the Holy Face chaplet, as revealed to Sr. Mary, was to make reparation for the blasphemies and outrages of “Revolutionary men” (the communists) – through whom God is allowing the world to be chastised for its unbelief – as well as for the blasphemies of atheists and freemasons among others, and for the profanation of Sundays by Christians, thus making reparation for sins against the first three commandments.

The chaplet is prayed on a rosary of 39 beads – (See illustration Left). The 33 small beads represent the 33 years of the mortal life of our Divine Lord. The first 30 recall to mind the 30 years of his private life, and are divided into 5 groups of 6 beads preceded by a Single bead; to honour each of the five senses. Touch, Hearing, Sight, Smell & Taste of Jesus and the suffering he endured through each. The last group of 3 beads recall the public life of the Saviour & honour all the wounds of His adorable Face. The final Gloria prayer, recited 7 times throughout the chaplet to honour the 7 last words of Jesus upon the Cross, and the 7 sorrows of the Immaculate Virgin, however 7 extra Gloria’s can be prayed at the conclusion of the chaplet as extra prayers are always beneficial. Sr. Mary recommends reciting a further 6 prayers at the end, concluding with the powerful Golden Arrow Prayer.

**To Practice the Holy Face Devotion, Prayers or Reparation are to be made on Sundays & Holy Days of obligation in front of the Blessed Sacrament or in front of an image of the Holy Face.**  
**Eight promises were given from Our Lord in connection with this devotion.**

1. All those who honour My Face in a spirit of reparation will by doing so perform the office of the pious Veronica. According to the care they take in making reparation to My Face, disfigured by blasphemers, so will I take care of their souls, which have been disfigured by sin. My Face is the seal of the Divinity, which has the virtue of reproducing in souls the image of God.
2. Those who by words, prayers or writing defend My cause in this work of reparation I will defend before My Father, and will give them My Kingdom.
3. By offering My Face to My Eternal Father, nothing will be refused, & the conversion of many sinners will be obtained.
4. By My Holy Face, they will work wonders, appease the anger of God & draw down mercy on sinners.
5. As in a kingdom they can procure all that is desired with a coin stamped with the king’s effigy, so in the Kingdom of Heaven they will obtain all they desire with the precious coin of My Holy Face.
6. Those who on earth contemplate the wounds of My Face shall in heaven behold it radiant with glory.
7. They will receive in their souls a bright & constant irradiation of My Divinity, that by their likeness to My Face they shall shine with particular splendour in heaven.
8. I will defend them, I will preserve them & I assure them of final perseverance.

*When the chaplet is prayed in Latin, the language the devil particularly hates, this chaplet is given even greater efficacy. St. Athanasius relates that the devils on being asked what verse in the scriptures they feared the most, replied. “That with which the 67<sup>th</sup> Psalm commences: Let God arise, and let His Enemies be scattered, and let them that hate Him flee from before His face!” They added that this verse always compelled them to take flight.*

#### Additional Reparation Prayers in conclusion ~

1. Eternal Father, I offer Thee the Cross or our Lord Jesus Christ and all the other instruments of his holy Passion, that Thy may put division in the camp of Thine enemies, for as Thy beloved Son has said, “A Kingdom divided against itself shall fall.”
2. May the thrice Holy Name of God overthrow all their plans.
3. May the name of the Living God split them up by disagreements.
4. May the terrible Name of the God of Eternity stamp out all their godlessness.
5. Lord, I do not desire the death of the sinner, but I want him to be converted and to live. “Father, forgive them for they know not what they do.”
6. [Golden Arrow prayer] - May the most holy, most sacred, most adorable, most incomprehensible & unutterable Name of God be always praised, blessed, loved, adores & glorified in heaven, on earth & under the earth, by all the creatures of God & by the Sacred Heart of our Lord Jesus Christ in the Most Holy Sacrament of the Altar. Amen

### 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 Ghost, 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 Ghost, 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. He ascended into heaven and is seated at the right hand of God the father almighty, from thence he shall come to judge the living and the dead. I believe in the Holy Ghost, 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 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 other 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

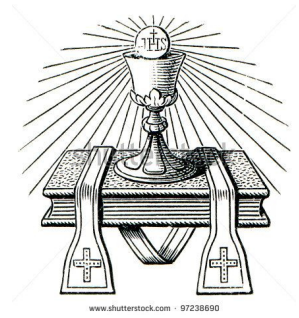
My God, I believe, I adore, I hope and I love Thee! I beg pardon for all those who do not believe, do not adore, do not hope and do not love Thee. Amen. (Repeated 3 times)  
{Prayer given to the 3 seers of Fatima, by the Angel of Peace in 1916}

#### 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.





# 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” {Ecc1 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 honoreth 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 not 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}**

Key	
Holy Days of obligation	
<b>FEAST DAYS OF JESUS CHRIST</b>	<b>Marian Feast days</b>
<b>Ember Days</b>	<b>Other Feast days with special blessings</b>
<b>Feast days &amp; other events specific to Benedictines, St Benedict &amp; St Benedict’s Latin Mass Chapel</b>	
<u>Titles appended to Saints’ names:</u>	<u>Liturgical mark designating the rank of the day</u>
* Ab – Abbot	* <b>d1cl</b> – double of first class
* Ap(p) – Apostle(s)	* <b>d2cl</b> – double of second class
* Bp(p) – Bishop(s)	* <b>dm</b> – Double major feast
* C – Confessor(s)	* <b>d</b> – double feast
* D – Doctor	* <b>sd</b> – semi-double feast
* Ev – Evangelist	* <b>sp</b> – single feast
* M(m) – Martyr(s)	* <b>v</b> – vigil
* <b>Ob – Oblate (Extra title added)</b>	* <b>f</b> – ferial day, no feast appointed
* P(p) – Pope(s)	
* V(v) – Virgin(s)	
Then any commemorations appropriate to the day in their proper order.	
<b>There will also be</b> the designated colour of vestments pertaining to the mass and Divine Office of the day: <b>Black, Green, Red, Violet, Rose</b> or <b>White</b> .	

## The Litany of the Most Holy Name of Jesus -Continued from January 2026

Lord, have mercy on us.	Kyrie, eleison.
Christ, have mercy on us.	Christe, eleison.
Lord, have mercy on us.	Kyrie, eleison.
Jesus, hear us.	Jesu, audi nos.
Jesus, graciously hear us.	Jesu, exaudi nos.
God the Father of Heaven,	Pater de caelis, Deus,
<i>*Have mercy on us.</i>	<i>*Miserere nobis</i>
God the Son, Redeemer of the world *	Fili, Redemptor mundi, Deus, *
God the Holy Ghost, *	Spiritus Sancte, Deus, *
Holy Trinity, One God, *	Sancta Trinitas, unus Deus, *
Jesus, Son of the living God, *	Jesu, Fili Dei vivi, *
Jesus, splendour of the Father, *	Jesu, splendour Patris, *
Jesus, brightness of Eternal Light, *	Jesu, candor lucis aeternae, *
Jesus, King of glory, *	Jesu, rex gloriae, *
Jesus, Sun of justice, *	Jesu, sol justitiae, *
Jesus, Son of the Virgin Mary, *	Jesu, Fili Mariae Virginis, *
Jesus, most amiable, *	Jesu amabilis, *
Jesus most admirable, *	Jesu admirabilis, *
Jesus, mighty God, *	Jesu, Deus fortis, *
Jesus, Father of the world to come, *	Jesu, pater futuri saeculi, *
Jesus, angel of the great counsel, *	Jesu, magni consilii angele, *
Jesus, most powerful, *	Jesu Potentissime, *
Jesus, most patient, *	Jesu patientissime, *
Jesus, most obedient, *	Jesu obedientissime, *
Jesus, meek and humble of heart, *	Jesu, mitis er humilis corede, *
Jesus, lover of chastity, *	Jesu amator castitatis, *
Jesus, lover of us, *	Jesu, amator noster, *
Jesus, God of peace, *	Jesu, Deus pacis, *
Jesus, Author of life, *	Jesu, auctor vitae, *
Jesus, Model of virtues, *	Jesu, exemplar virtutum, *
Jesus, zealous for souls, *	Jesu, zeletor animarum, *
Jesus, our God, *	Jesu, Deus noster, *
Jesus our refuge, *	Jesu, refugium nostrum, *
Jesus, Father of the poor, *	Jesu, pater pauperum, *
Jesus, Treasure of the faithful, *	Jesu, thesaure fidelium, *
Jesus, good Shepherd, *	Jesu, bone pastor, *
Jesus, true Light, *	Jesu, lux vera, *
Jesus, eternal Wisdom, *	Jesu, sapiential aeterna, *
Jesus, infinite Goodness, *	Jesu, bonitas infinita, *
Jesus, our Way and our Life, *	Jesu, via et vita nostra, *
Jesus, joy of Angels, *	Jesu, gaudium Angelorum, *
Jesus, King of Patriarchs, *	Jesu, rex Patriarcharum, *
Jesus, Master of Apostles, *	Jesu, magister Apostolorum, *
Jesus, Teacher of Evangelists, *	Jesu, doctor Evangelistarum, *
Jesus, strength of Martyrs, *	Jesu, fortitude Martyrum, *
Jesus, light of Confessors, *	Jesu, lumen Confessorum, *
Jesus, purity of Virgins, *	Jesu, puritas Virginum, *
Jesus, crown of all Saints, *	Jesu, corona Sanctorum omnium, *

Be merciful, spare us, O Jesus.	Propitius esto, parce nobis, Jesu,
Be merciful, graciously hear us, O Jesus.	Propitius esto, exaudi nos, Jesu.
From all evil, <i>*Jesus deliver us.</i>	Ab Omni malo, <i>*Libera nos, Jesu.</i>
From all sin, *	Ab omni peccato, *
From Thy wrath, *	Ab ira tua, *
From the snares of the devil, *	Ab insidiis diaboli, *
From the spirit of fornication, *	A spiritu fornicationis, *
From everlasting death, *	A morte perpetua, *
From neglect of Thy inspirations, *	A neglectu inspirationum tuarum, *
Through the mystery of thy holy incarnation, *	Per mysterium sanctae incarnationis tuae, *
Through Thy Nativity, *	Per nativitatem tuam, *
Through Thine Infancy, *	Per infantiam tuam, *
Through Thy most divine life, *	Per divinissimam vitam tuam, *
Through Thy Labors, *	Per labores tuos, *
Through Thine Agony and Passion, *	Per agoniam et passionem tuam, *
Through Thy Cross and abandonment, *	Per crucem et derelictionem tuam, *
Through Thy Sufferings, *	Per languores tuos, *
Through Thy Death and Burial, *	Per mortem et sepulturam tuam, *
Through Thy Resurrection, *	Per resurrectionem tuam, *
Through Thine Ascension, *	Per ascensionem tuam, *
Through Thy institution of the Most Holy Eucharist	* Per sanctissimae Eucharistiae institutionem tuam, *
Through Thy Joys, *	Per gaudia tua, *
Through Thy Glory, *	Per glorium tuam, *

Lamb of God, who takest away the sins of the World, spare us, O Jesus.

Lamb of God, who takest away the sins of the World, graciously hear us, O Jesus.

Lamb of God, who takest away the sins of the world, Have mercy on us, O Jesus.

Jesus Hear us.

Jesus, graciously hear us.

Let us pray:

O Lord Jesus Christ, who hast said:

Ask, and ye shall receive;

Seek, and ye shall find;

Knock, and it shall be opened unto you:

Grant, we beseech Thee, unto us who ask, the gift of Thy most divine Love, that we may ever love Thee with our whole hearts, and in all our words and actions, and never cease from showing forth thy praise.

Make us O Lord, to have a perpetual fear and Love of Thy Holy Name;

For thou never failest to govern those whom Thou dost solidly establish

Establish in Thy Love.

Who livest and reignest,

One god forever & ever

**R.Amen.**

Agnus Dei, qui tollis peccata Mundi, parce nobis Jesu.

Agnus Dei, qui tollis peccata mundi, exaudi nos, Jesu.

Agnus Dei, qui tollis peccata mundi, miserere nobis, Jesu.

Jesu audi nos.

Jesu, exuadi nos.

Oremus.

Domine Jesu Christe, qui dixisti: Petite, et accipietis; quaerite, et invenietis; pulsate, et aperietur vobis: quaesumus, da nobis petentibus divinissimi tui amoris affectum, ut te toto corde, ore et opera diligamus, et a tua nunquam laude cessemus.

Sancti Nominis tui, Domine, timorem partier et amorem fac nos habere perpertuum: quia nunquam tua gubernatione desituis, quos in solidaitate tuae dilectionis instituis

Qui vivis et regnas, in secula seculorem

**R.Amen.**





†Most Reverend Steven Hartley +61 0434 777 322

(St. Therese of Lisieux)

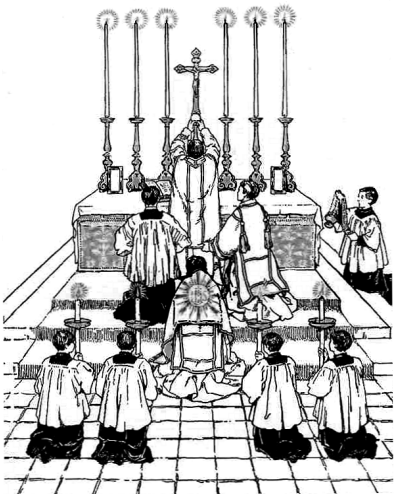
“We have only short moments of this life to work for God's glory.  
The devil knows this and that is why he tries  
to make us waste time in useless things.  
O, let us not waste our time! Let us save souls!  
Souls are falling into hell innumerable as the flakes of snow  
on a winter day. Jesus weeps!  
Instead of consoling Him we are brooding over our own sorrows...”

Traditional  
Roman  
Benedictine  
2026



St Benedict's Latin Mass Chapel  
2 Cressbrook Court, Meadowbrook Qld 4131

St. Benedict's Traditional 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

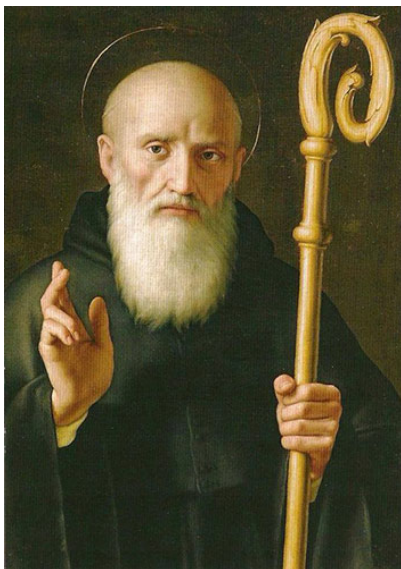
### Benedictine Oblates:

of the Hermitage of St. Martin de Tours  
Formation sessions 3<sup>rd</sup> Saturday of each month

### 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.

SAINT BENEDICT MEDAL

