

# Devotions to the Precious Blood

The Blood of Jesus, like His wounds, is deserving of special honour because of its close relation to the sacred Passion. This devotion may be said to have begun with the Apostles, who speak of the Precious Blood, the price of our Redemption, as synonymous with the Passion and death of the Saviour. In exercising this devout practice, it is most appropriate to offer the Blood of Jesus in expiation for sin, for the conversion of sinners, for the wants of the Church, and for the souls in purgatory.

*INCLINE* unto my aid, O God.

*R. O Lord, make haste to help me*

*V. Glory be to the Father and to the son and to the Holy Ghost.*

*R. As it was in the beginning, is now and ever shall be, world without end Amen.*

## First Mystery:

The first time our loving Saviour shed His Precious Blood for us was on the eighth day after his birth, when He was circumcised in order to fulfil the law of Moses. While, then, we reflect that Jesus did this to satisfy the justice of God for our lax ways, let us rouse ourselves to sorrow for them, and promise, with the help of His all-powerful grace, to be henceforth truly chaste in body and in soul.

✠ Our Father 5 times & Glory Be once.

V. We beseech Thee therefore, help Thy servants, whom Thou hast redeemed with Thy Precious Blood. ☩

## Second Mystery:

NEXT, in the Garden of Olives, Jesus shed His Blood for us in such quantity that it bathed the earth around. He did this at the sight of the ingratitude with which men would meet His love. Let us, then, repent sincerely that we have hitherto corresponded so ill with the countless blessings of God, and resolve to make good use of His graces and inspirations.

⦿ to ⦿ as per above

### Third Mystery:

NEXT, in His cruel scourging, Jesus shed His Blood when His flesh was so torn that streams of blood flowed from every part of His body, all for which He offered all the time to His eternal Father in payment of our impatience and our softness. How comes it, then, that we do not curb our anger and love of self? Henceforth we will try our best to bear our troubles well, and, despising self, take peacefully the injuries which men may do us.

⦿ to ⦿ as per above

### Fourth Mystery:

AGAIN, from the sacred head of Jesus, blood poured down when it was crowned with thorns, in punishment of our pride and evil thoughts. Shall we, then, continue to nourish haughtiness, foster foul imaginations, and feed the wayward will within us? Henceforth let there be ever before our eyes our utter nothingness, our misery, and our weakness; and with generous hearts let us resist all the temptations of the devil.

⦿ to ⦿ as per above

### Further 3 mysteries & concluding prayers

Please see top right-hand-side of 2<sup>nd</sup> last page of calendar



*July – Month of the Most Precious Blood of Jesus*


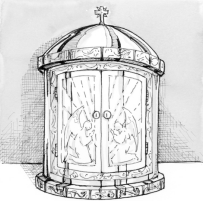
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>VISITS TO THE BLESSED SACRAMENT</b> When entering the church, genuflect before the tabernacle, and say: <b>Down in adoration falling, Lo! The sacred Host we hail!</b> <i>(Ind. Of 100days, each time – Benedict XV, Mar.22, 1917.)</i>		<b>1</b> <span style="color:Red">Red</span> d1cl <b>MOST PRECIOUS BLOOD OF OUR LORD JESUS CHRIST</b> Octave day of Nativity of St. John the Baptist	<b>2</b> <span style="color:White">White</span> d2cl <b>THE VISITATION OF THE BVM</b> Sts. Processus & Martinian Mm	<b>3</b> <span style="color:White">White</span> sd <b>St. Leo II, PC</b> Within the Octave of Sacred Heart – Within the Octave of the Holy apostles – resumed Mass of 3 <sup>rd</sup> Sunday after Pentecost	<b>4</b> <span style="color:White">White</span>  dm <span style="color:Red">First Friday</span> <b>Octave day of the SH</b> Within Octave of the Holy apostles <span style="color:Blue">Anniversary of the Most Reverend Msgr Hartley</span> <span style="color:Red">ABSTINENCE</span>	<b>5</b> <span style="color:White">White</span> d <span style="color:Blue">First Saturday</span> <b>St Anthony Maria Zaccaria, C</b> Within the Octave of the Holy apostles
<b>6</b> <span style="color:Green">Green</span> sd <b>4<sup>th</sup> Sunday after Pentecost</b> Octave day of Sts. Peter & Paul, App	<b>7</b> <span style="color:White">White</span> d Sts. Cyril & Methodius, BpCc	<b>8</b> <span style="color:White">White</span> x sd St. Elizabeth, Queen of Portugal, W	<b>9</b> <span style="color:Green">Green</span> x sp <span style="color:Green">Ferial day</span> Mass of preceding Sunday	<b>10</b> <span style="color:Red">Red</span> x sd <b>Seven Holy Brothers, Mm</b> Sts. Rufina & Secunda, VvMm <span style="color:Blue">St. Benedict</span> <span style="color:Blue">Feast Day Commemoration</span>	<b>11</b> <span style="color:Red">Red</span> x  sp <b>St Pius I, PM</b> <span style="color:Red">ABSTINENCE</span>	<b>12</b> <span style="color:White">White</span> d <b>St. John Gualbert, Ab</b> Sts. Nabor & Felix, Mm
<b>13</b> <span style="color:Green">Green</span> sd <b>5<sup>th</sup> Sunday after Pentecost</b> St. Anacletus, PM	<b>14</b> <span style="color:White">White</span> d St. Bonaventure, BpCD	<b>15</b> <span style="color:White">White</span> x sd St. Henry II, Emperor of Germany, C	<b>16</b> <span style="color:White">White</span> dm <span style="color:Blue">OUR LADY OF MT. CARMEL</span>	<b>17</b> <span style="color:White">White</span> x sd St. Alexius, C	<b>18</b> <span style="color:White">White</span>  d <b>St. Camillus de Lellis, C</b> St. Symphorosa & Her seven sons, Mm <span style="color:Red">ABSTINENCE</span>	<b>19</b> <span style="color:White">White</span> d <b>St. Vincent de Paul, C</b> <span style="color:Blue">Benedictine Oblates Formation day</span>
<b>20</b> <span style="color:Green">Green</span> sd <b>6<sup>th</sup> Sunday after Pentecost</b> St. Jerome Emilian, C St. Margaret, VM	<b>21</b> <span style="color:White">White</span> x sp St. Praxedes, V	<b>22</b> <span style="color:White">White</span> d St. Mary Magdalen, Penitent	<b>23</b> <span style="color:Red">Red</span> d St. Apollinarus, BpM St. Liborius, BpC	<b>24</b> <span style="color:Violet">Violet</span> sp Vigil of St. James, Ap St. Christina, VM	<b>25</b> <span style="color:Red">Red</span>  d2cl <b>ST. JAMES THE GREATER, AP</b> St. Christopher, M <span style="color:Red">ABSTINENCE</span>	<b>26</b> <span style="color:White">White</span> d2cl <b>ST. ANNE, mother of BVM</b>
<b>27</b> <span style="color:Green">Green</span> sd <b>7<sup>th</sup> Sunday after Pentecost</b> St. Pantaleon, M	<b>28</b> <span style="color:Red">Red</span> x sd St. Nazarius & comp., Mm	<b>29</b> <span style="color:White">White</span> x sd St. Martha, V St. Felix II & comp., Mm	<b>30</b> <span style="color:Red">Red</span> x sp Sts. Abdon & Sennen, Mm	<b>31</b> <span style="color:White">White</span> dm St. Ignatius of Loyola, C		
<b>My Jesus, by the sorrows Thou didst suffer in Thine agony in the Garden, in thy scourging and crowning with thorns, in the way to Calvary, in Thy crucifixion and death, have mercy on the souls in purgatory, and especially on those that are most forsaken; do Thou deliver them from the dire torments they endure; call them and admit them to Thy most sweet embrace in paradise.</b> 						





*Praise the Lord, all ye nations; praise Him, all ye people, for His mercy is confirmed upon us and the truth of the Lord remains forever.*  
(Indulgence of 300 days every time. 3 years if publicly recited – A plenary Indulgence once a month under the usual conditions if repeated daily)

June – The Month of the Most Sacred Heart of Jesus

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Let us turn to Mary, dedicating ourselves yet more &amp; more to her, and filled with confidence in her maternal heart let us say to her: Through the high worth of thy most sweet Heart obtain for me, O mighty Mother of God and my Mother, a true and lasting devotion to the Sacred Heart of Jesus thy Son; to the end that I may take up my abode, with all my thoughts &amp; affections, in that Sacred Heart and may faithfully fulfil my every duty and serve Jesus with a ready heart every day of my life and especially this present day.</p> <p>V. Heart of Jesus, burning with love of us R. Make our hearts to burn with love of Thee.</p>					
1 dm(sd) White Within the Octave Sunday within the octave of the Ascension St. Angelica Merici, V	2 sd White Within the octave of Ascension St. Marcellinus & comp., Mm	3 sd White Within the octave of Ascension	4 d White St. Francis Caracciolo, C Within the octave of Ascension	5 dm White Octave day of the Ascension St. Boniface BpM	6 d White First Friday St. Norbert, BpC ABSTINENCE	7 sd1cl Red / Violet First Saturday Vigil of Pentecost FASTING & PARTIAL ABSTINENCE
8 d1cl Red PENTECOST SUNDAY	9 d1cl Red PENTECOST MONDAY	10 d1cl Red PENTECOST TUESDAY	11 sd Red PENTECOST WEDNESDAY St. Barnabas, Ap Ember Wednesday FASTING & PARTIAL ABSTINENCE	12 sd Red PENTECOST THURSDAY St. John of San Facundo, C St. Basilides & Comp., Mm	13 sd Red PENTECOST FRIDAY St. Anthony of Padua, CD Ember Friday FASTING & ABSTINENCE	14 sd Red PENTECOST SATURDAY St. Basil the Great, BpCD Ember Saturday FASTING & PARTIAL ABSTINENCE
15 d1cl White Trinity Sunday 1 <sup>st</sup> Sunday after Pentecost	16 sp Green Ferial Day Mass of preceding Sunday	17 sp Green x Ferial Day Mass of preceding Sunday	18 d White St. Ephrem, Deacon, CD Sts. Mark & Marcellianus, Mm	19 d1cl White CORPUS CHRISTI	20 sd White Within the Octave of CC St. Silverius, PM ABSTINENCE	21 sd White Within the Octave of CC St. Aloysius Gonzaga, C Benedictine Oblates Formation day
22 sd White Sunday within the octave of Corpus Christi St. Paulinus, BpC 2 <sup>nd</sup> Sunday after Pentecost	23 sd White Within the Octave of CC vigil of the Nativity of St. John the Baptist	24 d1cl White NATIVITY OF ST. JOHN THE BAPTIST Within the Octave of CC	25 sd White Within the Octave of CC St. William, Ab Within the Octave of SJB	26 dm White Octave day of Corpus Christi Sts. John & Paul, Mm Within the Octave of SJB	27 d1cl White SACRED HEART OF JESUS ABSTINENCE	28 d Red St Irenaeus, BpM Within the Octave of SH Within the Octave of SJB Vigil of Sts. Peter & Paul
29 d1cl Red 4 <sup>th</sup> Sunday after Pentecost STS. PETER & PAUL, App Sunday within Octave of SH Within the Octave of SJB	30 dm Red Commemoration of St. Paul, Ap St. Peter, Ap Within the Octave of SH Within the Octave of SJB	<p>✠ Blessed and praised be the Sacred Heart and precious Blood of Jesus in the Most Holy Sacrament of the altar ✠</p> <p>(Indulgence of 300 days every time said)</p>				











Corpus Christi Procession

# August – Month of the Immaculate Heart of Mary

Sweet Heart of Mary, be my salvation.

Indulgence of 300 days – A plenary indulgence once a month under the usual conditions if repeated daily (S.C. Ind., Sept. 30, 1852)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div></div> <div><i>All fair art thou, O Mary.</i> <i>The original stain is not in thee. Thou art the glory of Jerusalem.</i> <i>Thou art the joy of Israel. Thou art the honour of our people. Thou art the advocate of sinners. O Mary, O Mary, Virgin most prudent, Mother most clement, Pray for us; Intercede for us with the Lord Jesus Christ. (Indulgence of 500 days every time)</i></div>					1 dm  White   First Friday St. Peter's Chains St. Paul, Ap The Holy Machabees, Mm ABSTINENCE	2 d  White  First Saturday St. Alphonsus Mary de Ligouri, Bp CD St. Stephen I, PM
3 sd  Green  8 <sup>th</sup> Sunday after Pentecost Finding of the body of St. Stephen, 1st Martyr	4 dm  White  St. Dominic, C	5 dm  White  Dedication of the church of Our Lady of the Snows	6 d2cl  White  TRANSFIGURATION OF OUR LORD St. Xystus II, P & Comp. Mm	7 d  White  St. Cajetan, C St. Donatus, BpM	8 sd  Red x   St Cyriacus & comp., Mm ABSTINENCE	9 d  White  St. John Mary Vianney, C Vigil of St. Lawrence, St Romanus, M
10 d2cl  Red  9 <sup>th</sup> Sunday after Pentecost ST. LAWRENCE, M	11 sp  Red  Sts. Tiburtius & Susanna VMm Mass of preceding Sunday – Green Vestments	12 d  White  St. Clare, V	13 sp  Red x  Sts. Hippolytus & Cassian, Mm	14 sp  Violet  Vigil of the Assumption of the BVM St. Eusebius, C	15 d1cl  White  ASSUMPTION OF THE BVM HOLY DAY OF OBLIGATION	16 d2cl  White  St. JOACHIM, Father of the BVM, C Benedictine Oblates Formation day
17 sd  Green  10 <sup>th</sup> Sunday after Pentecost St. Hyacinth, C Within the Octave BVM Octave day of St. Lawrence	18 sd  White x  Within the Octave of BVM St. Agapitus, M	19 d  White  St. John Eudes, C Within the Octave of BVM	20 d  White  St. Bernard, AbD Within the Octave of BVM	21 d  White  St. Jane Francis de Chantal, W Within the Octave of BVM	22 d2cl  White   IMMACULATE HEART OF MARY St. Timothy & Comp., Mm ABSTINENCE	23 d  White  St. Philip Benizi, C Vigil of St. Bartholomew, Ap
24 d2cl  Red  11 <sup>th</sup> Sunday after Pentecost ST. BARTHOLOMEW, Ap	25 sd  White x  St. Louis IX, King of France, C	26 sp  Red  St Zephyrinus, PM Mass of preceding Sunday – Green Vestments	27 d  White  St. Joseph Calasanctius, C	28 d  White  St. Augustine, BpCD St Hermes, M	29 dm  Red   The beheading of St. John the Baptist St. Sabina, M ABSTINENCE	30 d  White  St. Rose of Lima, V Sts. Felix & Adauctus, Mm
31 sd  Green  12 <sup>th</sup> Sunday after Pentecost	<div><i>O God, Who, through the Immaculate Conception of the Virgin, didst prepare a suitable dwelling place for Thy Son, grant, we beseech Thee, that, as through the death of Thy Son, foreseen by Thee, Thou didst preserve her from all stain of sin, by her intercession we also may be purified and so may come to Thee. Through the same Christ Our Lord. Amen.</i> <i>(Indulgence of 3 years every time)</i></div>					





# THE 7 SORROWS ROSARY

## SEVEN SORROWS

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

## HOW TO PRAY

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;

1. "I will grant peace to their families"
2. "They will be enlightened about the divine Mysteries."
3. "I will console them in their pains and I will accompany them in their work."
4. "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."
5. "I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives."
6. "I will visibly help them at the moment of their death – they will see the face of their Mother."
7. "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

Oh Holy Mary, help the unfortunate, aid the weak, refresh the sorrowful, pray for the people, intercede for the clergy, plead for religious women; let all enjoy thine aid who keep holy commemoration of thee.

(Indulgence of 3 years every time)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hail Holy queen, mother of mercy, hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. (Indulgence of 5 years every time said. Plenary indulgence at the point of death to those who have frequently said it during life)				1 d2cl  St. Joseph the Worker STS. PHILLIP & JAMES, APP	2 d  First Friday St. Athanasius, BpCD ABSTINENCE	3 d2cl  First Saturday FINDING OF THE HOLY CROSS St. Alexander I, P & Comp. Mm
4 sd  2 <sup>nd</sup> Sunday after Easter St Monica, W	5 d  St. Pius V, PC	6 dm  St. John , ApEv, before the Latin Gate	7 d1cl  THE SOLEMNITY OF ST. JOSEPH Spouse of the BVM St. Stanislaus, BpM	8 dm  Apparition of St. Michael The Archangel Within the Octave of St. Joseph	9 d  St. Gregpru Nazianzen, BpCD Within the Octave of St. Joseph ABSTINENCE	10 d  St. Antoninus, BpC Sts.Gordian & Epimachus, Mm Within the Octave of St Joseph
11 sd  3 <sup>rd</sup> Sunday after Easter Within the Octave	12 sd  Our Lady of Fatima St. Nereus & comp., Mm Within the Octave of St Joseph	13 d  St. Robert Bellarmine BpCD Within the Octave of St Joseph	14 dm  Octave day of St Joseph St. Boniface, M	15 d  St. John Baptist de la Salle,C	16 sd  St. Ubalodus, BpC ABSTINENCE	17 d  St. Paschal Baylon, C Benedictine Oblates Formation day
18 sd  4 <sup>th</sup> Sunday after Easter St. Venantius,M	19 d  St. Peter Celestine, PC St. Pudentiana, V	20 sd  St. Bernardine of Siena, C	21 sp  Ferial Day Mass of preceding Sunday	22 sp  Ferial Day Mass of preceding Sunday	23 sp  Ferial Day Mass of preceding Sunday ABSTINENCE	24 sp  Our Lady's Saturday
25 sd  5 <sup>th</sup> Sunday after Easter St. Gregory VII, PC St. Urban I, PM	26 d  St. Philip Neri, C St. Eleutherius, PM Rogation Day [Lesser Litanies]	27 d  St. Bede the Venerable, CD St. John I, PM Rogation Day [Lesser Litanies]	28 d  St. Augustine of Canterbury BpC Vigil of the Ascension Rogation Day [Lesser Litanies]	29 d1cl  St. Augustine of Canterbury BpC Vigil of the Ascension Rogation Day [Lesser Litanies] ASCENSION THURSDAY HOLY DAY OF OBLIGATION	30 sd  Within the Octave of the Ascension St. Felix I, PM ABSTINENCE	31 d2cl  QUEENSHIP of the BVM St Petronilla, V Within the Octave of the Ascension

### PRAYER TO THE HOLY TRINITY.

I ADORE Thee, O my God, one God in three Persons; I humble myself before Thy Majesty. Thou alone art being, life, truth, beauty and goodness. I glorify Thee, I praise Thee, I thank Thee, and I love Thee, all incapable and unworthy as I am, in union with the dear Son Jesus Christ, our Saviour and our Father, in the mercifulness of His Heart and through His infinite merits. I wish to serve Thee, to please Thee, to obey Thee, and to love Thee always, in union with Mary immaculate, Mother of God and our Mother, loving also and serving my neighbour for Thy sake. Therefore, give me the Holy Spirit to enlighten, correct, and guide me in the way of Thy commandments, and in all perfection, until I come to the happiness of heaven, where I shall glorify Thee forever. Amen.  
(Ind. Of 300 days, each time. – Pius X. Apr. 18, 1906.)







Our Lady of Mt.Carmel with St. Dominic

The Blessed Virgin Under Diverse Titles – Our Lady of Pity  
An oration

Kneeling at thy most sacred feet, I venerate thee, great Queen of Heaven, with the deepest reverence, and I confess that thou art the Daughter of God the Father, the Mother of the divine Word and the Bride of the Holy Ghost. Thou art full of grace, virtue and the heavenly gifts; thou art the most pure temple of the Holy Trinity. Thou art the treasurer and dispenser of God’s mercies. Thy pure heart is full to overflowing with charity, sweetness and tenderness for us, poor sinners; wherefore we name thee our Lady of divine Pity.


Hence it is with sure confidence that I present myself before thee, our most loving Mother, afflicted & straitened on every side, and I beseech thee to make me feel the love thou hast for me, by granting me ....., if it is in conformity with the will of God and profitable to my salvation. Ah, I beseech thee, turn thy pure eyes upon me & upon all who are dear to me. Consider the cruel warfare waged by the world, the flesh & the devil against our souls, and see how many are perishing in the strife.

Remember, most tender Mother, that we are thy children, purchased by the Precious Blood of thine only-begotten Son. Deign to pray for us without ceasing to the Blessed Trinity, that we may have the grace to be ever victorious over the devil, the world and all our perverse passions; that grace whereby the just may sanctify themselves ever more and more, sinners may be converted, heresies destroyed, unbelievers enlightened and the Jews brought to the light of faith.

Ask this grace for us, dearest Mother, through the infinite goodness of God most high, the merits of thy most holy Son, the nurture which thou gavest Him, the anxious care wherewith thou didst wait upon Him, the love with which thou didst cherish Him, the tears thou didst shed and the sorrows thou didst undergo during His passion. Amen  
An indulgence of 500 days each time  
(S.C. Ind. March 26. 1860; S.P. Ap.,1, 1932).

September – Month of Our Lady of Sorrows

Mary Sorrowing, Mother of Christians, pray for us.  
(Indulgence of 300 days every time)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 sp  White x  St. Giles, Ab Twelve Holy Brothers, Mm	2 sd  White x  St. Stephen, King of Hungary, C	3 d  White  St. Pius X, PC	4 sp  Green x  Ferial Day Mass of preceding Sunday	5 sd  White x  First Friday St. Lawrence Justinian,BpC ABSTINENCE	6 sp  White x  First Saturday Our Lady's Saturday
7 sd  Green  13 <sup>th</sup> Sunday after Pentecost	8 d2cl  White  NATIVITY OF THE BVM St. Hadrian, M	9 d  White  St. Peter Claver, C St. Gorgonius, M	10 d  White  St. Nicholas of Tolentino, C	11 sp  Red x  Sts. Protus & Hyacinth, Mm	12 dm  White  The Most Holy Name of Mary ABSTINENCE	13 sp  White x  Our Lady's Saturday
14 dm  Red  EXALTATION OF THE HOLY CROSS 14 <sup>th</sup> Sunday after Pentecost	15 d2cl  White  SEVEN SORROWS OF THE BVM St. Nicomedes, M	16 sd  Red x  St Cornelius, P & Cyprian, BpMm St Euphemia,V & Comp.,Mm	17 d Impression of the Stigmata of St. Francis, C Ember Wednesday FASTING & PARTIAL ABSTINENCE	18 d  White  St. Joseph of Cupertino, C	19 d  Red  St. Januarius Bp & comp., Mm Ember Friday FASTING & ABSTINENCE	20 d  Red  St. Eustace & comp., Mm Vigil of S. Matthew, ApEv Ember Saturday Benedictine Oblates Formation day FASTING & PARTIAL ABSTINENCE
21 d2cl  Red  15 <sup>th</sup> Sunday after Pentecost ST. MATTHEW ApEv	22 d  White  St. Thomas of Villanova BpC St. Maurice & Comp., Mm	23 sd  Red x  St. Linus, PM St.Thecla, VM	24 dm  White  Our Lady of Ransom	25   Green  Ferial Day Mass of preceding Sunday	26 d2cl  Red  ST. ISAAC JOGUES & COMP., MM Sts. Cyprian & Justina, Mm ABSTINENCE	27 sd  Red x  Sts. Cosmas & Damian, Mm
28 sd  Green  16 <sup>th</sup> Sunday after Pentecost St. Wenceslaus, M	29 d1cl  White  DEDICATION OF ST. MICHAEL the Archangel	30 d  White  St. Jerome, CD				
Our Lady of La Salette, reconciler of sinners, pray without ceasing for us who have recourse to thee. (Feast day September 19 <sup>th</sup> ) (An indulgence of 300 days each time) 			O Virgin Mary, Our Lady of the Most Blessed Sacrament, glory of the Christian people, joy of the universal Church, salvation of the world pray for us, and awaken in all the faithful devotion to the Most Holy Eucharist, in order that they may render themselves worthy to receive it daily. (Indulgence of 500 days every time)  Virgin most sorrowful, pray for us. (Indulgence of 300 days every time, 5years if this prayer, along with a Hail Mary, is said seven times in honour of the most sorrowful Mother			





This painting of “Our Lady Of The Rosary of Pompei” depicts the Battle of Lepanto. October 7<sup>th</sup> is the feast of the Most Holy Rosary which was established to commemorate the Catholic naval victory over the Muslim Turks in the Battle of Lepanto in 1571. Pope Saint Pius V first established this feast under the title “Our Lady of Victories”. The following year Pope Gregory XIII changed it to “The Holy Rosary” due to the fact that the whole Christian world was praying the Rosary to obtain victory.

## April – Month of the Holy Ghost

*O Holy Spirit, Guest of my soul, remain with me and see that I ever remain with Thee. – Indulgence 300 days each time.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Come, Holy Ghost, fill the hearts of Thy faithful and kindle in them the fire of Thy love. V. Send forth Thy Spirit, and they shall be created; R. And Thou shalt renew the face of the earth. Let Us Pray: O God, who by the light of the Holy Ghost didst instruct the hearts of the faithful, grant us by the same Spirit to relish what is right and ever to rejoice in His consolation. Through Christ Our Lord. Amen. (Indulgence of 5 years each time)</div>		1 sp	2 d	3 sp	4 d	5 d
		Violet	White	Violet	White	White
			St. Francis of Paula, C FASTING	Ferial Day FASTING	First Friday St. Isidore BpCD FASTING & ABSTINENCE	First Saturday St. Vincent Ferrer, C FASTING
6 sd	7 sp	8 sp	9 sp	10 sp	11 dm	12 sp
Violet	Violet x	Violet	Violet	Violet	White	Violet
PASSION SUNDAY	Ferial day FASTING	Ferial day FASTING	Ferial day FASTING	Ferial day FASTING	Seven Sorrows of the BVM St. Leo I, PCD FASTING & ABSTINENCE	Ferial day FASTING
13 sd	14 sp	15 sp	16 sp	17 d1cl	18 d1cl	19 d1cl
Violet	Violet	Violet	Violet	White	Black	Violet/White
Palm Sunday St. Hermenegild, M	Monday in Holy Week St. Justin, M St. Tiburtius & Comp., Mn FASTING	Tuesday in Holy Week FASTING	Wednesday in Holy Week FASTING	MAUNDY THURSDAY FASTING	GOOD FRIDAY FASTING & ABSTINENCE	HOLY SATURDAY Benedictine Oblates Formation day FAST UNTIL NOON
20 d1cl	21 d1cl	22 d1cl	23 sd	24 sd	25 sd	26 sd
White	White	White	White	White	White	White
EASTER SUNDAY	EASTER MONDAY	EASTER TUESDAY	Easter Wednesday St. George, M	Easter Thursday St. Fidelis of Sigmaringen, M	Easter Friday [The Greater Litanies] ABSTINENCE	Easter Saturday [Saturday in Albis] Sts. Cletus & Marcellinus, PpMm
27 dm	28 d2cl	29 d	30 d	<div>Prayer to the Holy Trinity</div> <div>I Adore Thee, O my God, one God in three Persons; I humble myself before Thy majesty. Thou alone art being, life, truth, beauty and goodness. I glorify Thee, I praise Thee, I thank Thee and I love Thee, all incapable and unworthy as I am, in union with the dear Son, Jesus Christ, our Saviour and our Father, in the mercifulness of His Heart and through His infinite merits. I wish to serve Thee, to please Thee, to obey Thee, and to love Thee always, in union with Mary immaculate, Mother of God and our Mother, loving also and serving my neighbour for Thy sake. Therefore, give me the Holy Spirit to enlighten, correct and guide me in the way of Thy commandments, and in all perfection, until I come to the happiness of heaven, where I shall glorify Thee forever. Amen. (Ind. Of 300 days, each time. – Pius X. Apr. 18, 1906)</div>		
White	Red	Red	White			
Low Sunday St. Peter Canisius, CD	ST. MARK, EV- from April 25 <sup>th</sup> St. Paul of the Cross, C St. Vitalis, M	St. Peter of Verona, M	St. Catharine of Siena, V			
<div>Come Holy Spirit, come by the means of the powerful intercession of the immaculate heart of Mary your well-beloved Spouse. St Augustine of Hippo.</div>						



Prayer for the 7 gifts of the Holy Ghost.

The Spirit of Wisdom

Come, O Blessed Spirit of Wisdom and reveal to my soul the mysteries of Heavenly things, their exceeding greatness and power and beauty. Teach me to love them above & beyond all the passing joys & satisfactions of earth. Show me the way by which I may be able to attain to them and possess them and hold them hereafter, mine own forever. Amen.

The Spirit of Understanding

Come, O Blessed Spirit of Understanding, enlighten my mind that I may perceive and embrace all the mysteries of the deep things of God; that in the end I may be found worthy in Thy light clearly to see the Eternal Light and may come unto a perfect knowledge of Thee and of the Father and of the Son. Amen.

The Spirit of Counsel

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

The Spirit of Fortitude

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

The Spirit of Knowledge

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

The Sprit of Piety

Come, O Blessed Spirit of Piety, possess my heart, incline it to a true faith in Thee, to a Holy love of Thee, my God, that with my whole soul I may seek Thee and find Thee my best, my truest joy. Amen.

The Spirit of Fear of the Lord

Come, O Blessed Spirit of holy Fear, penetrate my inmost heart, that I may set Thee, my Lord and God, before my face forever; and shun all things that might offend Thee, so that I may be made worthy to appear before the pure eyes of Thy Divine Majesty in the Heaven of Heavens, where thou livest and reignest in the Unity of the Ever-blessed Trinity, God, world without end. Amen

Prayer for the 12 Fruits of the Holy Ghost

O holy Spirit, Eternal Love of the Father and of the Son, grant me to taste the sweetness of Thy loving-kindness: the Fruit of **CHARITY**, that I may love Thee above all things and my neighbour as myself; the Fruit of **JOY**, that I may be filled with a holy consolation; the Fruit of **PEACE**, that I may enjoy inward tranquillity of soul; the Fruit of **PATIENCE**, that I may not be discouraged by delay, but may persevere in prayer; the Fruit of **BENIGNITY**, that I may be kind and considerate to all men; the Fruit of **GOODNESS**, that I may be ever ready to do good to all; the Fruit of **LONG-SUFFERING**, that I may humbly submit to everything that is opposed to my own desires; the Fruit of **MILDNESS**, that I may subdue every rising of evil temper and so, far from offering the least injury, may never return the greatest; the Fruit of **FAITH**, that I may rightly receive the work of truth and walk in it; the Fruit of **MODESTY**, that I may be holy in my thoughts, watchful in my words and grave in all my behaviour; the Fruit of **CONTINENCY**, that using Thy creatures to Thy glory I may keep my body in subjection; the Fruit of **CHASTITY**, that with a pure body and a clean heart, I may adore and please Thee to my life's end. I ask for all these so that having served Thee faithfully here on earth I may attain in Christ Jesus to praise Thee eternally in Heaven, with the Father and the Son, Three Persons, One Glorious and Eternal God, to Whom be glory now and ever more. Amen

(Partial indulgence)





The Annunciation

October – Month of the Holy Rosary

O Mary, queen of the clergy, pray for us; obtain for us numerous and holy priests.

(An Indulgence of 300 days every time)

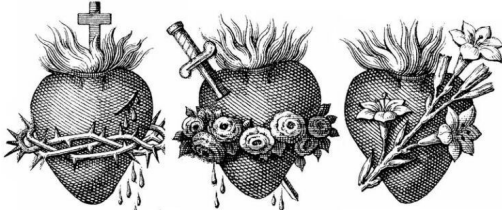

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>5sdGreen17<sup>th</sup> Sunday after PentecostSt. Placidus &amp; comp., Mm</div>	<div>6dWhiteYe angels, archangels, thrones and dominions, ye principalities and powers, ye virtues of heaven, ye cherubim and seraphim, bless ye the Lord foreverAn Indulgence of 300 days every timeBless the Lord, all ye His angels, ye strong in power, who do His willAn Indulgence of 300 days every timeAngel, who didst support Our Lord Jesus Christ, come and support us, too; come, and do not delay - An Indulgence of 300 days every time</div> <div>13sdWhite xSt. Edward, King of England, C</div>	<div>7d2clWhiteTHE MOST HOLY ROSARYSt. Mark, PCSt. Sergius &amp; comp., Mm</div> <div>14dRedSt. Callistus I, PM</div>	<div>1spWhite xSt. Remigius, BpC</div> <div>8dWhiteSt. Bridget, W</div>	<div>2dmWhiteHOLY GUARDIAN ANGELS</div> <div>9dWhiteSt John Leonard, CSt Dionysius Bp &amp; comp., Mm</div>	<div>3dWhiteFirst FridaySt. Theresa of the Child Jesus, VABSTINENCE</div> <div>10sdWhite xSt Francis Borgia, CABSTINENCE</div>	<div>4dmWhiteFirst SaturdaySt. Francis of Assisi, C</div> <div>11d2clWhiteMATERNITY OF THE BVM</div>
<div>12sdGreen18<sup>th</sup> Sunday after Pentecost</div>	<div>20dWhiteSt. John Cantius, C</div>	<div>21spWhite xSt Hilarion, AbSt. Ursula &amp; comp., VvMm</div>	<div>22spGreen xFerial DayMass of preceding Sunday</div>	<div>23spGreen xFerial DayMass of preceding Sunday</div>	<div>24dmWhiteSt. Raphael the ArchangelABSTINENCE</div>	<div>25spWhite xOur Lady's SaturdaySts. Chrysanthus &amp; Daria Mm</div>
<div>26d1clWhiteKINGSHIP OF JESUS CHRIST20<sup>th</sup> Sunday after PentecostSt. Evaristus, PM</div>	<div>27spVioletVigil of Sts. Simon &amp; JudeApp</div>	<div>28d2clRedST. SIMON &amp; JUDE, App</div>	<div>29spGreenFerial DayResumed mass of 20<sup>th</sup> Sunday after Pentecost</div>	<div>30spGreen xFerial DayMass of preceding Sunday</div>	<div>31spVioletVigil of All SaintsFASTING &amp; ABSTINENCE</div>	





# March – Month of Saint Joseph

Jesus, Mary, Joseph – recited 3 times  
( Indulgence of 7 years & 7 quarantines – Pius X, June 8, 1906)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Memorare to St Joseph</div> <div>Remember, O Most Chaste Spouse of the Virgin Mary, that never was it known that anyone who fled to thy protection, implored they help, or sought thy intercession was left unaided.</div> <div>Inspired by this confidence, I fly unto thee, my spiritual father, and beg your protection.</div> <div>O Foster Father of the Redeemer, despise not my petitions, but in your goodness hear and answer me.</div> <div>Amen</div>				<div></div>		<div>1</div> <div>sp</div> <div>White x</div> <div>40 HOURS DEVOTION</div> <div>First Saturday</div> <div>Our Lady's Saturday</div>
<div>2</div> <div>sd2cl</div> <div>Violet</div> <div>Quinquagesima Sunday</div>	<div>3</div> <div>sp</div> <div>Violet x</div> <div>Ferial day</div> <div>Mass of preceding Sunday</div>	<div>4</div> <div>sd</div> <div>White x</div> <div>St. Casimir, C</div> <div>St. Lucius I, PM</div>	<div>5</div> <div>sp</div> <div>Violet</div> <div>ASH WEDNESDAY</div> <div>FASTING &amp; ABSTINENCE</div>	<div>6</div> <div>d</div> <div>Red</div> <div>Sts. Perpetua &amp; Felicitas, Mm</div> <div>FASTING</div>	<div>7</div> <div>d</div> <div>White</div> <div>First Friday</div> <div>St. Thomas Aquinas, CD</div> <div>FASTING &amp; ABSTINENCE</div>	<div>8</div> <div>d</div> <div>White</div> <div>St. John of God, C</div> <div>FASTING</div>
<div>9</div> <div>sd1cl</div> <div>Violet</div> <div>1<sup>st</sup> Sunday of Lent</div> <div>St. Frances of Rome, W</div>	<div>10</div> <div>sd</div> <div>Red x</div> <div>Forty Holy Martyrs</div> <div>FASTING</div>	<div>11</div> <div>sp</div> <div>Violet</div> <div>Ferial day</div> <div>FASTING</div>	<div>12</div> <div>d</div> <div>White</div> <div>St. Gregory the Great, PCD</div> <div>Ember Wednesday</div> <div>FASTING &amp; PARTIAL ABSTINENCE</div>	<div>13</div> <div>sp</div> <div>Violet</div> <div>Ferial day</div> <div>FASTING</div>	<div>14</div> <div>sp</div> <div>Violet</div> <div>Ferial day</div> <div>Ember Friday</div> <div>FASTING &amp; ABSTINENCE</div>	<div>15</div> <div>sp</div> <div>Violet</div> <div>Ferial day</div> <div>Ember Saturday</div> <div>Benedictine Oblates Formation day</div> <div>FASTING &amp; PARTIAL ABSTINENCE</div>
<div>16</div> <div>sd1cl</div> <div>Violet</div> <div>2<sup>nd</sup> Sunday of Lent</div>	<div>17</div> <div>d</div> <div>White</div> <div>St. Patrick, BpC</div> <div>FASTING</div>	<div>18</div> <div>d</div> <div>White</div> <div>St. Cyril of Jerusalem, BpCD</div> <div>FASTING</div>	<div>19</div> <div>d1cl</div> <div>White</div> <div>St. JOSEPH</div> <div>Spouse of the BVM</div> <div>FASTING</div>	<div>20</div> <div>sp</div> <div>Violet x</div> <div>Ferial day</div> <div>FASTING</div>	<div>21</div> <div>dm</div> <div>White</div> <div>St. Benedict, Ab</div> <div>FASTING &amp; ABSTINENCE</div>	<div>22</div> <div>dm</div> <div>White</div> <div>St Isadore the Farmer, C</div> <div>FASTING</div>
<div>23</div> <div>sd1cl</div> <div>Violet</div> <div>3<sup>rd</sup> Sunday of Lent</div>	<div>24</div> <div>dm</div> <div>White</div> <div>St. Gabriel the Archangel</div> <div>FASTING</div>	<div>25</div> <div>d1cl</div> <div>White</div> <div>ANNUNCIATION OF THE BVM</div> <div>FASTING</div>	<div>26</div> <div>sp</div> <div>Violet x</div> <div>Ferial day</div> <div>FASTING</div>	<div>27</div> <div>d</div> <div>White</div> <div>St John Damascene,CD</div> <div>FASTING</div>	<div>28</div> <div>sd</div> <div>White</div> <div>St John Capistran, C</div> <div>FASTING &amp; ABSTINENCE</div>	<div>29</div> <div>sp</div> <div>Violet</div> <div>Ferial day</div> <div>FASTING</div>
<div>30</div> <div>sd1cl</div> <div>Rose or Violet</div> <div>4<sup>th</sup> Sunday of Lent</div> <div>Laetare Sunday</div>	<div>31</div> <div>Sp</div> <div>Violet x</div> <div>Ferial day</div> <div>FASTING</div>	<div>The Cross is my sure salvation.</div> <div>The Cross it is that I worship evermore.</div> <div>The Cross of Our Lord is with me.</div> <div>The Cross is my refuge.</div> <div>St. Thomas Aquinas - An indulgence of 300 days . A plenary indulgence once a month under the usual conditions for the daily recitation of these invocations.</div> <div>(Pius IX, rescscript in his own hand , Jan. 21, 1874; S.P. Ap., March 10 1933</div> <div>Crux mihi certa salus.</div> <div>Crux est quam semper adoro.</div> <div>Crux domini mecum,,</div> <div>Crux mini refugium.</div> <div></div>				





**Consecration to St Joseph**  
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.

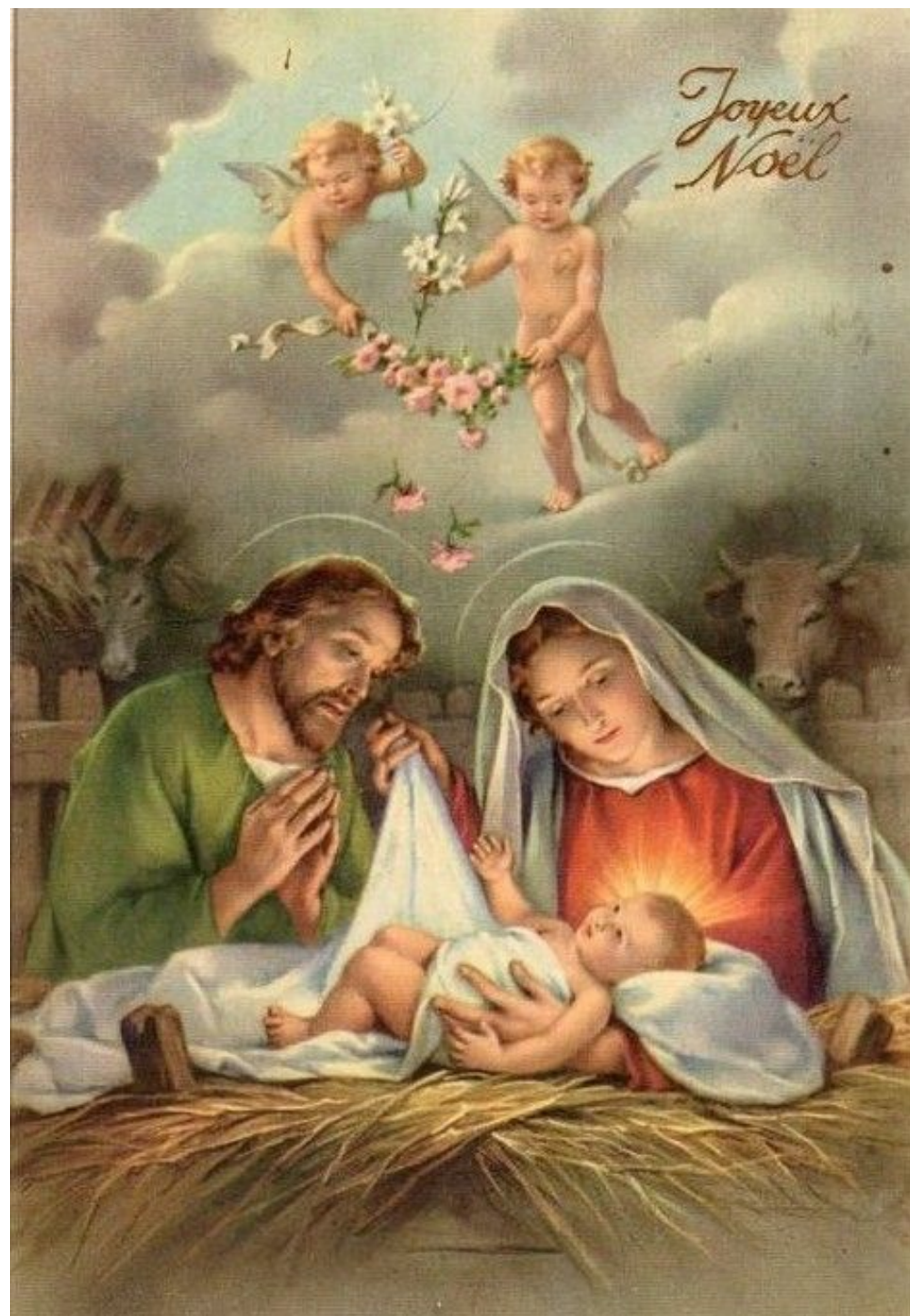


# November – Month of the Holy Souls






Prayers for the Holy Souls for each day of the week– Followed by 1x Our Father, 1x Hail Mary & also the prayer\* below this month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>O Lord God omnipotent, I beseech Thee by the precious Blood, which Thy divine Son Jesus shed in the Garden, deliver the souls in purgatory, and especially that one which is the most forsaken of all, and bring it into Thy glory, where it may praise and bless Thee for ever. <b>Amen.</b></p>	<p>O Lord God omnipotent, I beseech Thee by the Precious Blood of Thy divine Son Jesus that was shed in His cruel scourging, deliver the souls in purgatory, and among them all, especially that soul which is nearest to its entrance into Thy glory, that it may soon begin to praise Thee and bless Thee for ever. <b>Amen.</b></p>	<p>O Lord God omnipotent, I beseech Thee by the Precious Blood of Thy divine Son Jesus that was shed in His bitter crowning with thorns, deliver the souls in purgatory and among them all, particularly that soul which is in the greatest need of our prayers, in order that it may not long be delayed in praising Thee in Thy glory and blessing Thee for ever. <b>Amen.</b></p>	<p>O Lord God omnipotent, I beseech Thee by the Precious Blood of Thy divine Son Jesus that was shed in the streets of Jerusalem whilst He carried on His sacred shoulders the heavy burden of the Cross, deliver the souls in purgatory and especially that one which is richest in merits in Thy sight, so that, having soon attained the high place in glory to which it is destined, it may praise Thee triumphantly and bless Thee for ever. <b>Amen.</b></p>	<p>O Lord God omnipotent, I beseech Thee by the Precious Blood of Thy divine Son Jesus, which He Himself on the night before His passion gave as meat and drink to His beloved Apostles and bequeathed to His holy Church to be the perpetual Sacrifice and life-giving nourishment of His faithful people, deliver the souls in purgatory, but most of all, that soul which was most devoted to this Mystery of infinite love, in order that it may praise Thee therefore, together with Thy divine Son and the Holy Spirit in Thy glory for ever. <b>Amen.</b></p>	<p>O Lord God omnipotent, I beseech Thee by the Precious Blood which Jesus Thy divine Son did shed this day upon the tree of the Cross, especially from His sacred hands and feet, deliver the souls in purgatory, and particularly that soul for whom I am most bound to pray, in order that I may not be the cause which hinders Thee from admitting it quickly to the possession of Thy glory where it may praise Thee and bless Thee for evermore. <b>Amen.</b></p>	<p><b>1<sup>st</sup> d1cl</b> <b>White</b> <b>First Saturday</b> <b>ALL SAINTS DAY</b> <b>HOLY DAY OF OBLIGATION</b> O Lord God omnipotent, I beseech Thee by the Precious Blood which gushed forth from the sacred Side of Thy Divine Son Jesus in the presence and to the great sorrow of His most holy Mother, deliver the souls in purgatory and among them all especially that soul which has been most devout to this noble Lady, that it may come quickly into Thy glory, there to praise Thee in her, and her in Thee through all the ages. <b>Amen.</b></p>
<p><b>2<sup>nd</sup> sd</b> <b>Green</b> <b>21<sup>st</sup> Sunday after Pentecost</b> Within the Octave</p>	<p><b>3<sup>rd</sup> d</b> <b>Black</b> <b>All Souls Day</b> from Nov 2<sup>nd</sup></p>	<p><b>4<sup>th</sup> d</b> <b>White</b> St. Charles Borromeo, BpC Within the Octave Sts. Vitalis &amp; Agricola, Mm</p>	<p><b>5<sup>th</sup> sd</b> <b>White x</b> Within the Octave</p>	<p><b>6<sup>th</sup> sd</b> <b>White x</b> Within the Octave</p>	<p><b>7<sup>th</sup> sd</b> <b>White x</b>  <b>First Friday</b> Within the Octave <b>ABSTINENCE</b></p>	<p><b>8<sup>th</sup> dm</b> <b>White</b> <b>Octave Day of All Saints</b> Four Holy Crowned Martyrs</p>
<p><b>9<sup>th</sup> d2cl</b> <b>White</b> <b>22<sup>nd</sup> Sunday after Pentecost</b> DEDICATION OF THE ARCH BASILICA OF OUR SAVIOUR St. Theodore, M Dedication of St. John Lateran</p>	<p><b>10<sup>th</sup> d</b> <b>White</b> St. Andrew Avellino, C St. Tryphon &amp; Comp. Mm</p>	<p><b>11<sup>th</sup> d</b> <b>White</b> <b>St. Martin de Tours, BpC</b> St. Mennas, M</p>	<p><b>12<sup>th</sup> sd</b> <b>Red x</b> <b>ST. MARTIN I, PM</b></p>	<p><b>13<sup>th</sup> sd</b> <b>White x</b> St. Didacus, C</p>	<p><b>14<sup>th</sup> d</b> <b>Red</b>  <b>ST. JOSAPHAT, BpM</b> <b>ABSTINENCE</b></p>	<p><b>15<sup>th</sup> d</b> <b>White</b> <b>St. Albert the Great, BpCD</b> Benedictine Oblates Formation day</p>
<p><b>16<sup>th</sup> sd</b> <b>Green</b> <b>23<sup>rd</sup> Sunday after Pentecost</b> St Gertrude, V Abbess</p>	<p><b>17<sup>th</sup> sd</b> <b>White x</b> St. Gregory Thaumaturgus, BpC</p>	<p><b>18<sup>th</sup> dm</b> <b>White</b> Dedication of the Basilicas of St. Peter and St. Paul</p>	<p><b>19<sup>th</sup> d</b> <b>White</b> St. Elizabeth of Hungary, W St. Pontianus, PM</p>	<p><b>20<sup>th</sup> d</b> <b>White</b> St. Felix of Valois, C</p>	<p><b>21<sup>st</sup> dm</b> <b>White</b>  <b>Presentation of the BVM</b> <b>ABSTINENCE</b></p>	<p><b>22<sup>nd</sup> d</b> <b>Red</b> St. Cecilia, VM</p>
<p><b>23<sup>rd</sup> sd</b> <b>Green</b> <b>24<sup>th</sup> &amp; last Sunday after Pentecost</b></p>	<p><b>24<sup>th</sup> sd</b> <b>White</b> St. John of the cross, CD St. Chrysogonus, M</p>	<p><b>25<sup>th</sup> d</b> <b>Red</b> St. Catharine of Alexandria, VM</p>	<p><b>26<sup>th</sup> d</b> <b>White</b> St. Sylvester, Ab St. Peter of Alexandria, BpM</p>	<p><b>27<sup>th</sup> sp</b> <b>Green x</b> <b>Ferial Day</b> Mass of preceding Sunday</p>	<p><b>28<sup>th</sup> sp</b> <b>Green x</b>  <b>Ferial Day</b> Mass of preceding Sunday <b>ABSTINENCE</b></p>	<p><b>29<sup>th</sup> sp</b> <b>Violet</b> Vigil of St. Andrew, Ap St. Saturninus, M</p>
<p><b>30<sup>th</sup> sd</b> <b>Violet</b> <b>1<sup>st</sup> Sunday of Advent</b></p>	<p><b>*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.</b> <b>(Requiem aeternam dona eis, Domine. Et lux perpetua luceat eis. Fidelium animae, per misericordiam Dei, requiescant in pace. Amen)</b> <i>An Indulgence of 500 days for each of these prayers - S.C. Ind., Nov. 18, 1826; S.P. Ap., Jan 26, 1932.).</i></p>					





O Lord Jesus Christ, Who when Thou wast subject to Mary & Joseph didst sanctify the home life with ineffable virtues, grant that, by their joint assistance, we may profit by the example of Thy holy family and become partakers of their eternal happiness. Who livest and reignest for ever and ever. Amen. *(Indulgence of 5 years each time)*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
		<p>Thou who wast a Virgin before thy delivery, Pray for us. Hail Mary, .....</p> <p>Thou who wast a Virgin in thy delivery, pray for us. Hail Mary, .....</p> <p>Thou who wast a Virgin after thy delivery , pray for us. Hail Mary, .....</p> <p>An indulgence of 300 days. A plenary indulgence once a month on the usual conditions, if these invocations are repeated daily. (S. C. Ind., May 29, 1893; S. P. Ap., Oct. 12, 1937).</p>				1 d	Red	First Saturday St. Ignatius, BpM
2 d2cl White Candlemas Day  PURIFICATION OF THE BVM 4 <sup>th</sup> Sunday after Epiphany	3 sp Red Blessing of the throats  St. Blaise, BpM Mass of preceding Sunday – Green Vestments	4 d White  St. Andrew Corsini, BpC	5 d Red  St. Agatha, VM	6 d White  St. Titus, BpC St. Dorothy, VM	7 d White  First Friday St Romuald, Ab ABSTINENCE	8 d White  St John of Matha, C		
9 sd Green 5 <sup>th</sup> Sunday after Epiphany St. Cyril of Alexandria, BpCD St. Apollonia, VM	10 d White  St Scholastica, V	11 dm White  Apparition of Our Lady of Lourdes	12 d White  The Seven Holy Founders of the Servites, Cc	13 sp Green x  Ferial day Mass of preceding Sunday	14 sp Red x  St. Valentine, Priest M ABSTINENCE	15 sd Green 6 <sup>th</sup> Sunday after Epiphany (anticipated) Sts. Faustinus & Jovita, Mm Benedictine Oblates Formation day		
16 sd2cl Violet Septuagesima Sunday	17 sp Violet x  Ferial day Mass of preceding Sunday	18 sp Red x  St. Simeon, BpM	19 sp Violet x  Ferial day Mass of preceding Sunday	20 sp Violet x  Ferial day Mass of preceding Sunday	21 sp Violet x  Ferial day Mass of preceding Sunday ABSTINENCE	22 dm White  St. Peter's Chair at Antioch St. Paul, Ap Vigil of St Matthias (anticipated)		
23 sd2cl Violet Sexagesima Sunday St. Peter Damian, BpCD	24 d2cl Red  ST. MATTHIAS, AP	25 sp Violet x  Ferial day Mass of preceding Sunday	26 sp Violet x  Ferial day Mass of preceding Sunday	27 d White  St. Gabriel of Our Lady of Sorrows, C	28 sp Violet x  40 Hours Devotion Ferial day Mass of preceding Sunday ABSTINENCE			
<p>O God, who hast commanded us to honour our father and our mother; in Thy mercy have pity on the souls of my father and mother, (or, the soul of my father, or, the soul of my mother,) and forgive them their trespasses (or, forgive him his trespasses, or, forgive her, her trespasses); and make me to see them (or, him, or, her) again in the joy of everlasting brightness. Through Christ our Lord. Amen.</p> <p>(Roman Missal). An indulgence of 3years.</p> <p>A plenary indulgence under the usual conditions, if the devout recitation of this prayer be continued every day for a month (S.P. Ap., Sept. 12 1935).</p>								



Consecration to the Holy Family

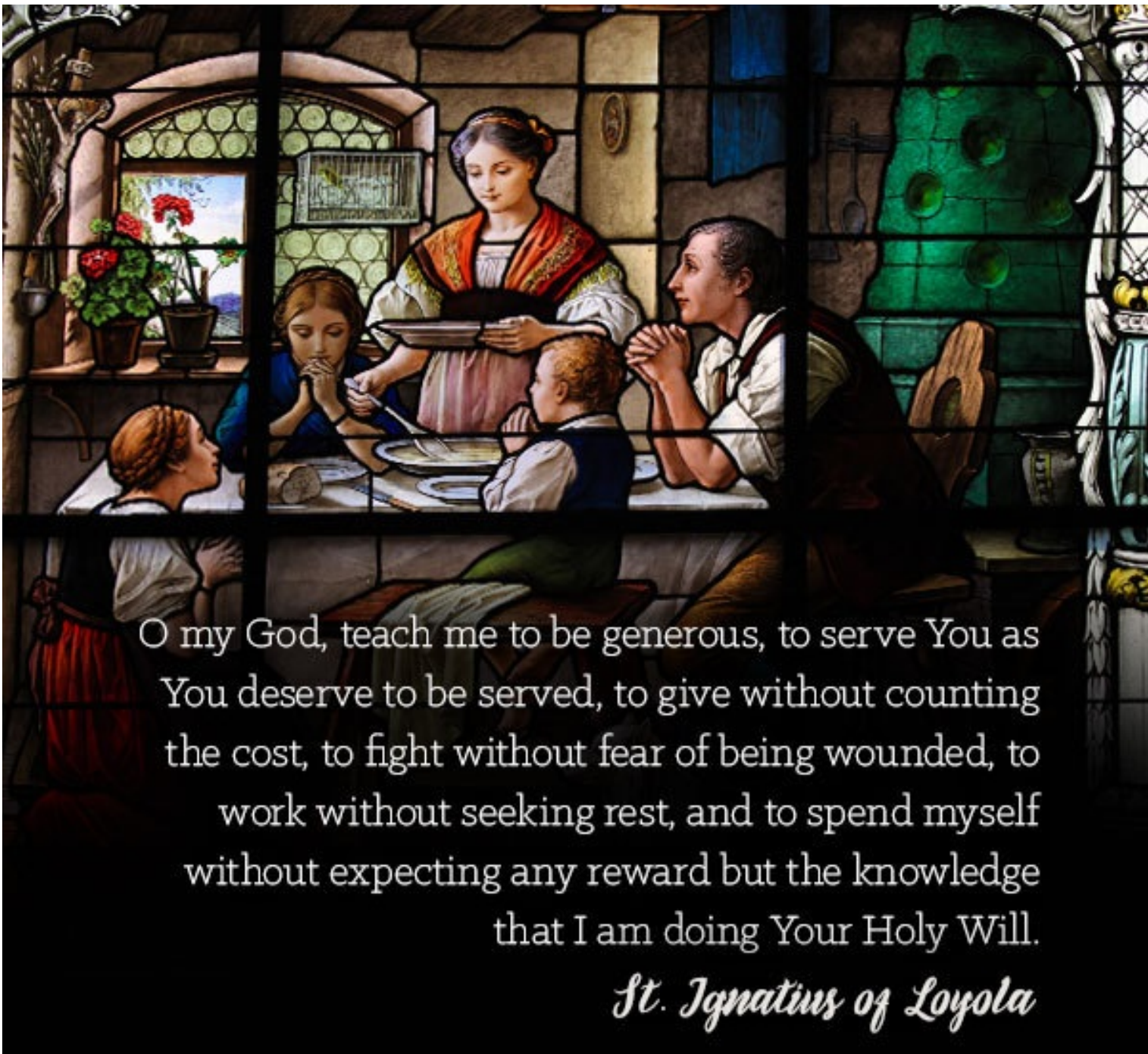
O Jesus, our most loving Redeemer, who having come to enlighten the world with Thy teaching and example, didst will to pass the greater part of Thy life in humility and subjection to Mary and Joseph in the poor home of Nazareth, thus sanctifying the Family that was to be an example for all Christian families, graciously receive our family as it dedicates and consecrates itself to Thee this day. Do Thou defend us, guard us and establish amongst us Thy holy fear, true peace and concord in Christian love: in order that by conforming ourselves to the divine pattern of Thy family we may be able, all of us without exception, to attain to eternal happiness.

Mary, dear Mother of Jesus and Mother of us, by thy kindly intercession make this, our humble offering, acceptable in the sight of Jesus and obtain for us His graces and blessings.

O Saint Joseph, most holy Guardian of Jesus and Mary, assist us by thy prayers in all our spiritual and temporal necessities; that so we may be enabled to praise our divine Saviour Jesus together with Mary and thee, for all eternity.

Our Father, Hail Mary and Glory be three times.

An indulgence of 500 days.  
A plenary indulgence on the usual conditions, if this prayer is repeated with devotion every day for a month (S. P. Ap.. June 1, 1923 and Oct. 20, 1935)



December – Month of the Immaculate Conception

By thy Immaculate Conception, O Mary, make my body pure and my soul holy.

Indulgence of 300 days every time

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 d2cl  ST. ANDREW, AP. (from 30 <sup>th</sup> Nov)	2 sd  ST. BIBIANA, VM	3 dm  St. Francis Xavier, C	4 d  St. Peter Chrysologus, BpCD St. Barbara, VM	5 sp  First Friday Ferial day Mass of preceding Sunday ABSTINENCE	6 d  First Saturday St. Nicholas BpC Vigil of the Immaculate Conception(anticipated)
7 sd2cl  2 <sup>nd</sup> Sunday of Advent St. Ambrose, BpCD	8 d1cl  IMMACULATE CONCEPTION OF THE BVM HOLY DAY OF OBLIGATION	9 sd  White x Within the Octave of BVM	10 sd  White x Within the Octave of BVM St. Melchiades, PM	11 sd  White x St. Damasus I, PC Within the Octave of BVM In veneration of the relics of St.Benedict	12 sd  White x Within the Octave of BVM ABSTINENCE	13 d  Red St. LUCY, VM Within the Octave of BVM
14 sd2cl  3 <sup>rd</sup> Sunday of Advent (Gaudete Sunday) Within the octave of BVM St. Benedict's Latin Mass Chapel Anniversary & Christmas Luncheon-12pm	15 dm  White Octave day of the Immaculate Conception	16 sd  Red x ST. EUSEBIUS, BpM	17 sp  Violet Ferial day Ember Wednesday FASTING & PARTIAL ABSTINENCE	18 sp  Rose/Violet Ferial day Mass of preceding Sunday	19 sp  Violet Ferial day Ember Friday FASTING & PARTIAL ABSTINENCE	20 sp  Violet Ferial day Ember Saturday Benedictine Oblates Formation day FASTING & PARTIAL ABSTINENCE
21 sd2cl  Violet 4 <sup>th</sup> Sunday of Advent	22 d2cl  White ST. FRANCES XAVIER CABRINI, V Vigil of St. Thomas	23 d2cl  Red St. Thomas, Ap (From Dec. 21st )	24 sp  Violet Vigil of the Nativity FASTING & ABSTINENCE	25 d1cl  White NATIVITY OF OUR LORD JESUS CHRIST St. Anastasia, M [2 <sup>nd</sup> Mass] HOLY DAY OF OBLIGATION	26 d2cl  Red ST. STEPHEN, FIRST MARTYR Within the Octave of Christmas (common of the diocese of Brisbane) ABSTINENCE	27 d2cl  White St. John, ApEv Within the Octave of Christmas
28 d2cl  Red THE HOLY INNOCENTS, MM Within the Octave of Christmas	29 d  Red St. Thomas of Canterbury , BpM Within the Octave of Christmas	30 sd  White Within the Octave of Christmas	31 d  White St. Sylvester I, PC Within the Octave of Christmas	We fly to thy patronage, O holy Mother of God; despise not thou our petitions in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin (Roman Breviary) An Indulgence of 5 years. A plenary indulgence under the usual conditions, if this prayer is said daily for a month. A plenary indulgence to be gained at the hour of death by those who have been accustomed to recite this prayer frequently in life, provided that, having confessed their sins and received Holy Communion, or at least being duly contrite, they devoutly invoke the most holy Name of Jesus with their lips, if they can, but if not, in their heart and accept death at the hands of the Lord with resignation as the just punishment of their sins (S. C. Ind., April 5, 1786; S. P. Ap., Dec. 12, 1935)		









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

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

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

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

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

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

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

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

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

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

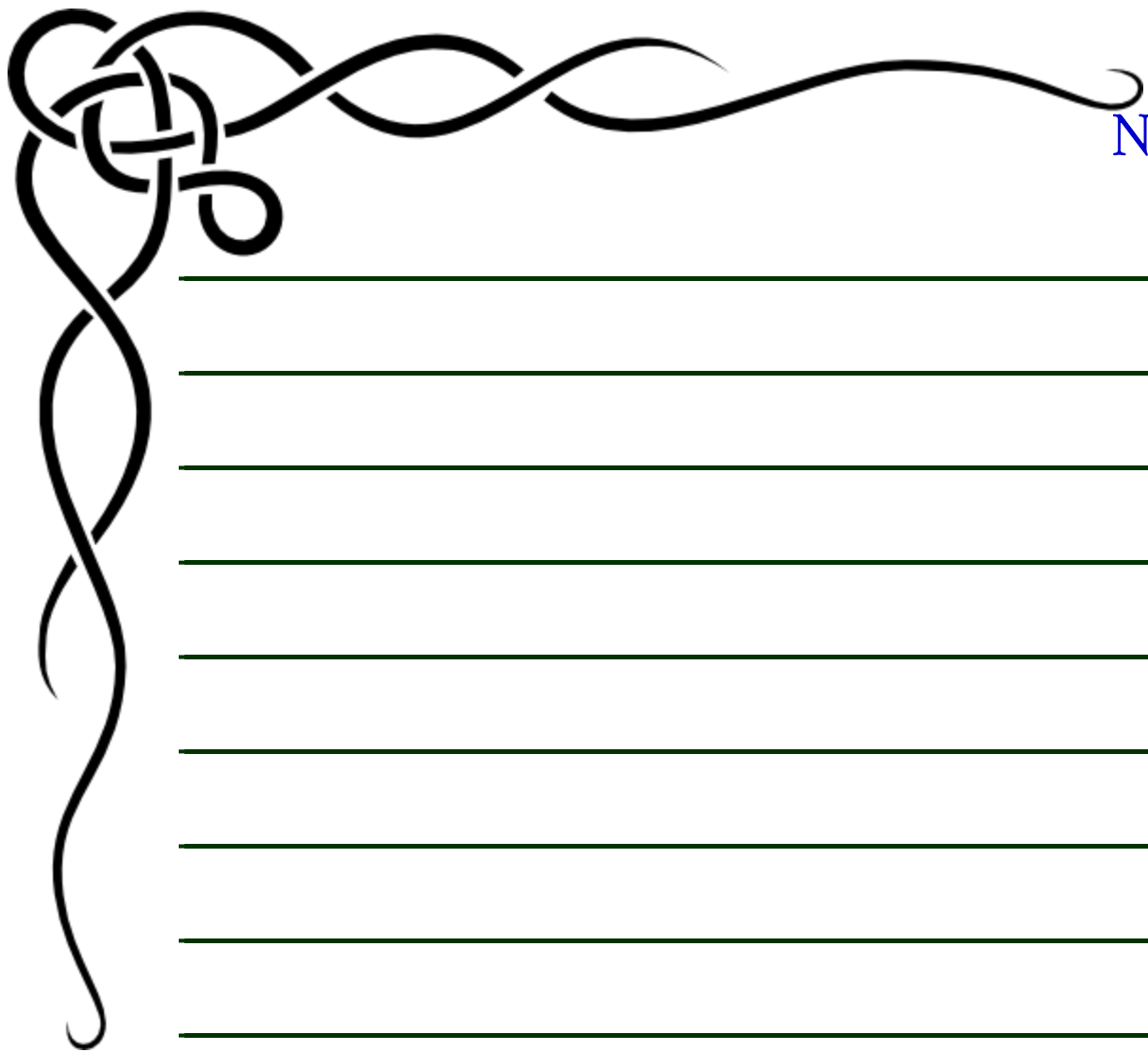
## January 2026 – Month of The Holy Name of Jesus

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

(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 with 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” <i>St. Francis de Sales *</i>				1 d2cl  CIRCUMCISION OF OUR LORD HOLY DAY OF OBLIGATION	2 sp  First Friday Octave day of St. Stephen, First Martyr St. Genevieve, V ABSTINENCE	3 sp  First Saturday Octave day of St. John, ApEv
4 d2cl  THE MOST HOLY NAME OF JESUS Octave day of Holy Innocents, Mm	5 sp  Vigil of the Epiphany St. Telesphorus, PM	6 d1cl  Epiphany The Epiphany of Our Lord	7 sd  Within the Octave of the Epiphany	8 sd  Within the Octave of the Epiphany	9 sd  Within the Octave of the Epiphany ABSTINENCE	10 sd  Within the Octave of the Epiphany
11 dm  The Holy Family: Jesus, Mary & Joseph Sunday within the Octave of Epiphany St. Hyginus, PM	12 sd  Within the Octave of the Epiphany Mass of preceding Sunday	13 dm  Octave day of the Epiphany	14 d  St. Hilary, BpCD St. Felix, Priest, M	15 d  St. Paul, first Hermit, C St. Maurus, Ab	16 sd  St. Marcellus I, PM ABSTINENCE	17 d  St. Anthony, Ab Benedictine Oblates 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  St. Marius & comp., Mm St. Canute, King, M	20 d  St. Fabian & Sebastian, Mm	21 d  St. Agnes, VM	22 sd  Sts. Vincent & Anastasius, Mm	23 sd  St. Raymond Pennafort, C St. Emerentiana, VM ABSTINENCE	24 d  St. Timothy, BpM
25 sd  3 <sup>rd</sup> Sunday after Epiphany The Conversion of St. Paul, Ap St Peter, Ap	26 d  St. Polycarp, BpM	27 d  St. John Chrysostom, BpCD	28 d  St. Peter Nolasco, C St. Agnes, VM (2 <sup>nd</sup> time)	29 d  * St. Francis de Sales, BpCD	30 sd  St. Martina, VM ABSTINENCE	31 d  St John Bosco, C





Notes, prayers, occasions to remember

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Notes, prayers, occasions to remember

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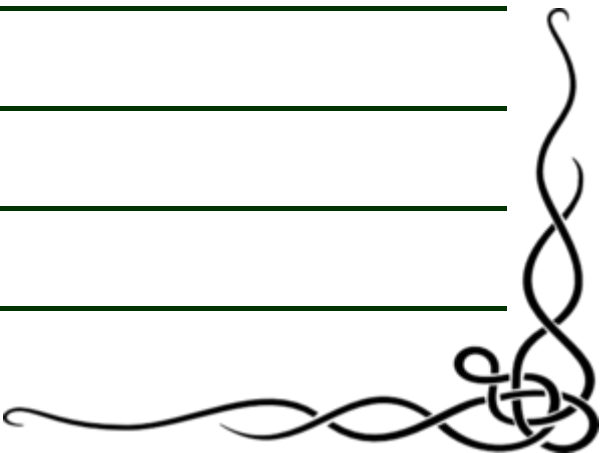
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Our Lady’s Five First Saturdays

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.

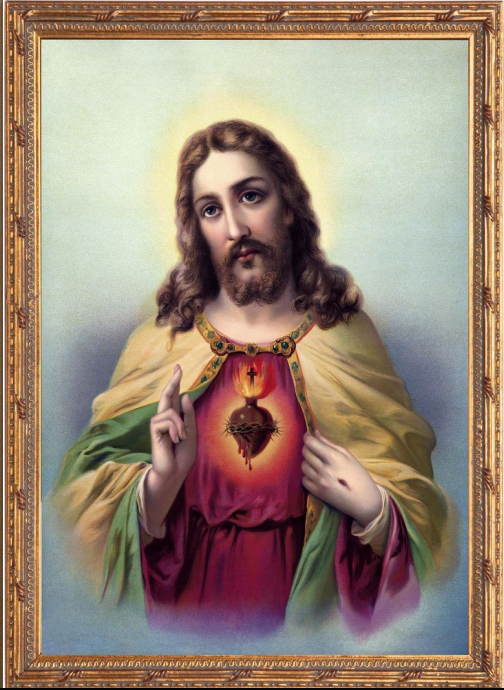
Unless Russia is converted, the movement against God and for sin will continue to spread, promoting wars and persecutions and making the attainment for peace and justice impossible for this world. One means of obtaining Russia’s conversion is to practise the Fatima Message. The stakes are so great that 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 thy slave, my body and soul, my goods, both interior & exterior, and even the value of all my good actions, past, present and future; leaving to thee the entire and full right of disposing of me, and all that belongs to me, without exception, according to thy good pleasure, for the greater glory of God in time and in eternity. 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.

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.



## 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.

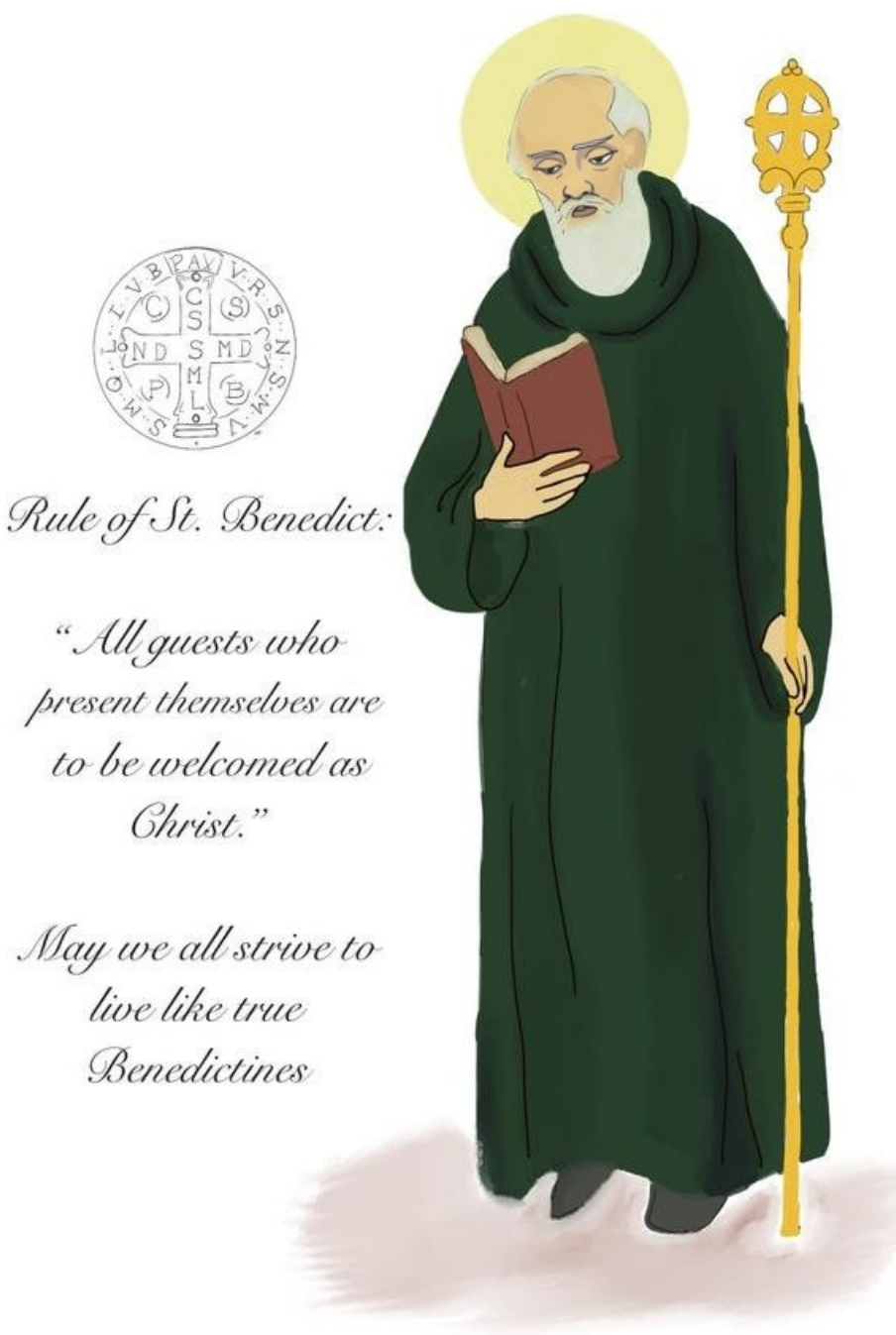
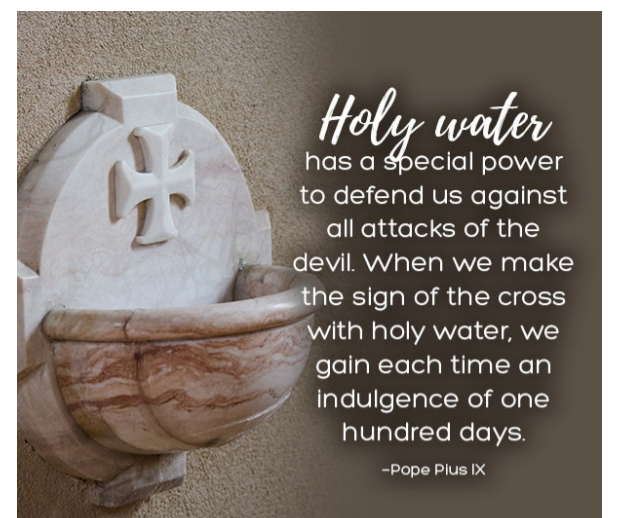
### **VISIT TO A CHURCH**

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

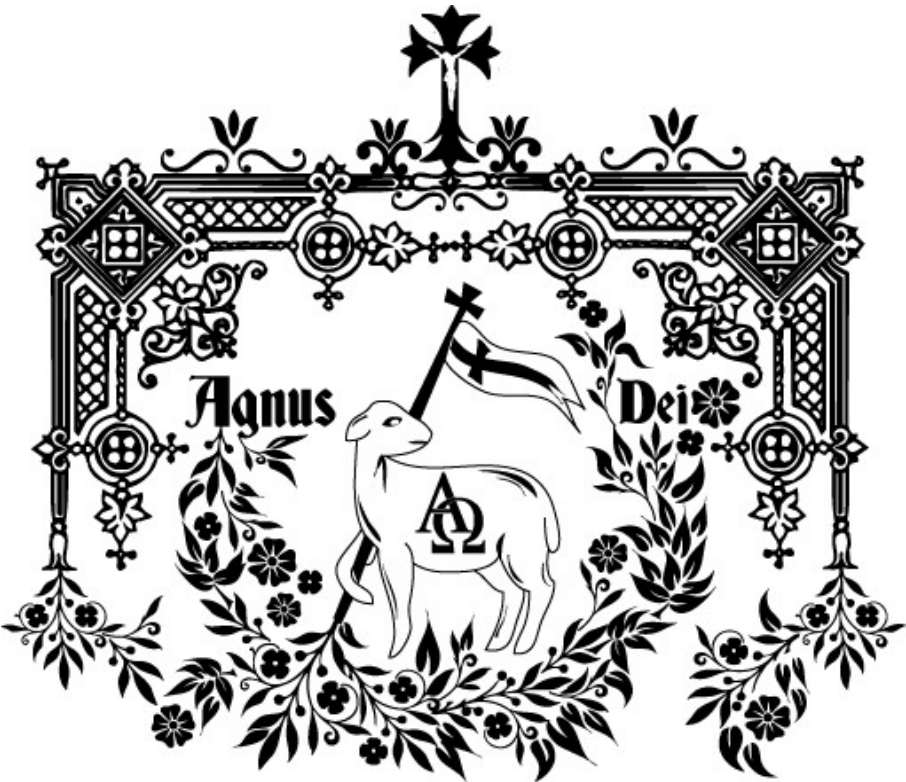
Charity - Joy - Peace - Patience - Faithfulness - Goodness - Generosity – Kindness – Gentleness - Modesty - Chastity – Self-Control.

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: -

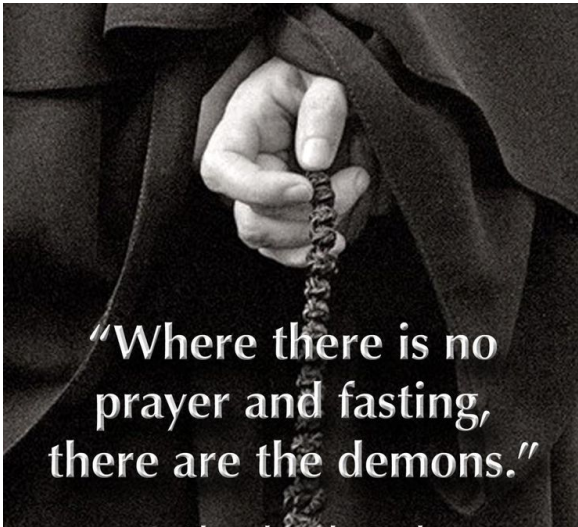
Ash Wednesday, Fridays of Lent, Ember Fridays,

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

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



“Where there is no prayer and fasting, there are the demons.”

Saint Benedict eating with his monks in the Refectory –by Bazzi 1508





# Mediation of the Five Wounds

We offer ourselves to the Heavenly Father through all the wounds of our Savior, Jesus Christ:

We kiss the wound of your Sacred Left Hand, with sorrow deep and true.

+

We kiss the wound of your Sacred Right Hand, with sorrow deep and true.

+

We kiss the wound of your Sacred Left Foot, with sorrow deep and true.

+

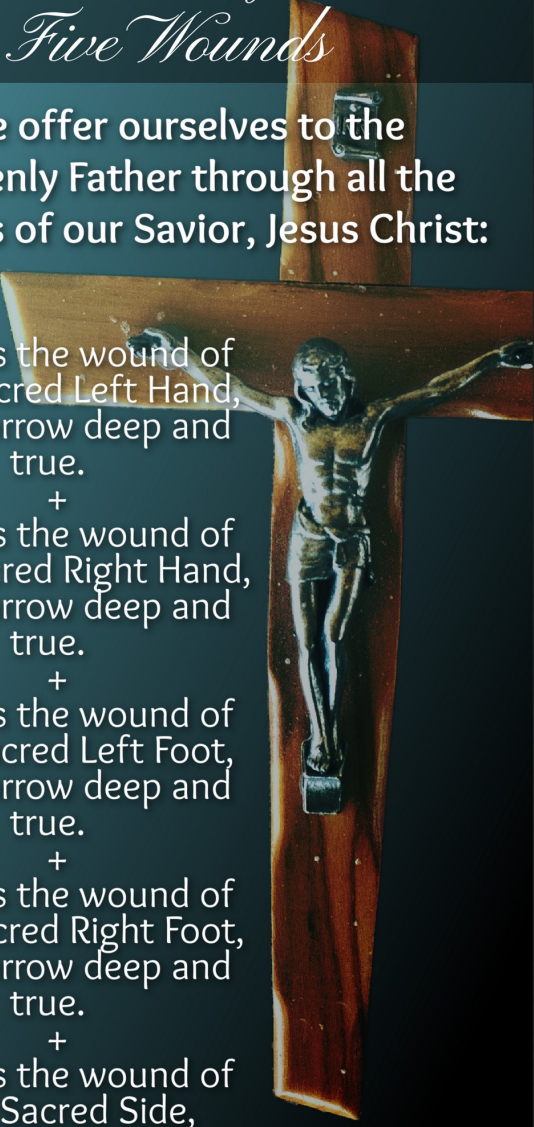
We kiss the wound of your Sacred Right Foot, with sorrow deep and true.

+

We kiss the wound of your Sacred Side, with sorrow deep and true.

+

Amen



Fifth Mystery:

WHAT streams of Precious Blood did not our loving Lord pour forth from His veins when laden with the heavy cross on that most grievous journey to Calvary! The very streets and ways of Jerusalem through which He passed were watered with it. This He did in satisfaction for the scandals and bad example by which His own creatures had led others astray. Who can tell how many of us are of this unhappy number? Who knows how many each one, by his own bad example, has brought down to hell? And what have we done to repair this evil? Henceforth let us, at least by word and example, do all we can to save souls, making ourselves a pattern of goodness and of a holy life to all.

✠ Our Father 5 times & Glory Be once.

V. We beseech Thee therefore, help Thy servants, whom Thou hast redeemed with Thy Precious Blood. ✠

Sixth Mystery:

STILL more Precious Blood did the Redeemer of mankind shed in His barbarous crucifixion, when, His veins and arteries being torn asunder, there rushed forth in a torrent from His hands and feet that saving balm of eternal life, to pay for all the crimes and sins of a lost world. Who, after this, would continue in sin and thus renew the cruel crucifixion of the Son of God? Let us weep bitterly for our bad deeds done, and detest them before the feet of the sacred minister of God; let us amend our evil ways, and henceforth begin a truly Christian life, with the remembrance ever in our hearts of all the Blood which our salvation cost the Saviour of men. ✠ to ✠ as per above

Seventh Mystery:

LAST of all, after His death, when His sacred side was opened by the lance, and His loving Heart was wounded, Jesus shed blood, and with it there came forth water, to show us how His blood was poured out to the last drop for our salvation. Oh, the great goodness of our redeeming Lord! Who will not love Thee, Saviour of my soul? What heart will not consume itself away for love of Thee, Who hast done all this for our Redemption? The tongue wants words to praise Thee; so let us invite all creatures upon earth, all angels and all saints in paradise, and most of all our dear mother Mary, to bless, praise, and celebrate Thy most Precious Blood. Glory to the Blood of Jesus! Now and ever throughout all ages. Amen.

✠ to ✠ as per above

Concluding Prayer

MOST Precious Blood of life eternal! price and ransom of the world! Drink and bath of the soul! Ever pleasing the cause of men before the throne of mercy; I adore Thee most profoundly; I would, if I were able, make Thee some compensation for the outrages and wrongs Thou dost ever suffer from men, and especially from those who dare in their rashness to blaspheme Thee. Who will not bless this Blood of value infinite? Who does not feel himself on fire with the love of Jesus, Who shed it all for us? What should I be but for this Blood which hath redeemed me? And what drew Thee, Precious Blood, from the veins of my Lord, even to the last drop? It was love. O boundless love, which gave to us this saving balsam! O balsam beyond all price, streaming forth from the fount of immeasurable love! Give to all hearts, all tongues, power to praise, celebrate, and thank Thee, now and ever, and throughout all eternity. Amen.

V. Thou hast redeemed us, O Lord, with Thy Blood.

R. And hast made us a kingdom to our God.

Let us Pray

ALMIGHTY and everlasting God, Who hast appointed Thine only-begotten Son the Saviour of the world, and hast willed to be appeased by His Blood; grant us, we beseech Thee, so to venerate this Blood, the price of our salvation, and so to be defended on earth by its power from the evils of this present life, that in heaven we may be made glad by its everlasting fruit. Who liveth and reigneth forever and ever. Amen

(Indulgence of 7 years and 7 quarantines, once a day - Pius VII Oct 18, 1815)

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.



Act of Contrition

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

Act of Faith

O my God, I firmly believe that Thou art one God in three Divine Persons, Father, Son and Holy Ghost: I believe that Thy Divine Son became man and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because Thou hast revealed them, who canst neither deceive nor be deceived.

Act of Hope

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

Act of Charity

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

The Anima Christi

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





# 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>Feasts etc. specific to St Benedict &amp; St Benedict's Latin Mass Chapel</b>	
<u>Titles appended to Saints' names:</u>	<u>Liturgical mark designating the</u>
* Ab – Abbot	<u>rank of the day</u>
* Ap(p) – Apostle(s)	* <b>d1cl</b> – double of first class
* Bp(p) – Bishop(s)	* <b>d2cl</b> – double of second class
* C – Confessor(s)	* <b>dm</b> – Double major feast
* D – Doctor	* <b>d</b> – double feast
* Ev – Evangelist	* <b>sd</b> – semi-double feast
* M(m) – Martyr(s)	* <b>sp</b> – single feast
* P(p) – Pope(s)	* <b>v</b> – vigil
* V(v) – Virgin(s)	* <b>f</b> – ferial day, no feast appointed
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> .	
X – designates a requiem or Votive Mass is permitted on this day	

## 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.  
Be merciful, graciously hear us, O Jesus.  
From all evil, *\*Jesus deliver us.*  
From all sin, \*  
From Thy wrath, \*  
From the snares of the devil, \*  
From the spirit of fornication, \*  
From everlasting death, \*  
From neglect of Thy inspirations, \*  
Through the mystery of thy holy incarnation, \*  
Through Thy Nativity, \*  
Through Thine Infancy, \*  
Through Thy most divine life, \*  
Through Thy Labors, \*  
Through Thine Agony and Passion, \*  
Through Thy Cross and abandonment, \*  
Through Thy Sufferings, \*  
Through Thy Death and Burial, \*  
Through Thy Resurrection, \*  
Through Thine Ascension, \*  
Through Thy institution of the Most Holy Eucharist \*  
Through Thy Joys, \*  
Through Thy Glory, \*

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.**

Propitius esto, parce nobis, Jesu,  
Propitius esto, exaudi nos, Jesu.  
Ab Omni malo, *\*Libera nos, Jesu.*  
Ab omni peccato, \*  
Ab ira tua, \*  
Ab insidiis diaboli, \*  
A spiritu fornicationis, \*  
A morte perpetua, \*  
A neglectu inspirationum tuarum, \*  
Per mysterium sanctae incarnationis tuae , \*  
Per nativitatem tuam, \*  
Per infantiam tuam, \*  
Per divinissimam vitam tuam, \*  
Per labores tuos, \*  
Per agoniam et passionem tuam, \*  
Per crucem et derelictionem tuam, \*  
Per languores tuos, \*  
Per mortem et sepulturam tuam, \*  
Per resurrectionem tuam, \*  
Per ascensionem tuam, \*  
Per sanctissimae Eucharistiae institutionem tuam, \*  
Per gaudia tua, \*  
Per glorium tuam, \*

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 0434 777 322

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

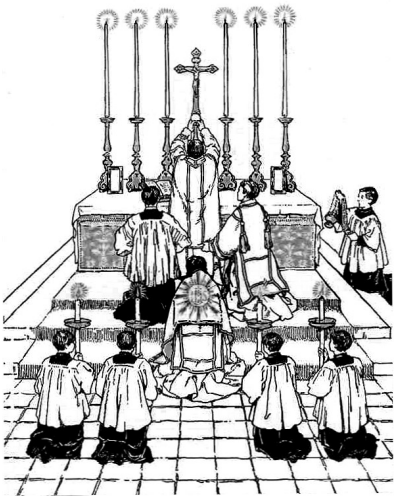
"Direct, we beg you, O Lord, our actions by your holy inspirations  
and carry them on by your gracious assistance,  
that every prayer and work of ours may begin always with you,  
and through you be happily ended. Amen" (Roman Ritual)

*Actiones nostras*

# Traditional Roman Catholic Calendar 2025



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

