

## The Rosary

On the crucifix: Apostles Creed.

On the large, separated beads: Our Father.

On the smaller beads (decade); Hail Mary

At the end of a decade: Glory Be and the Fatima Prayer

On the medallion: Hail Holy Queen.

### THE JOYFUL MYSTERIES

Mondays and Saturdays: The Anunciation, the Presentation, The Nativity, The Presentation, The Finding in the Temple.

### THE SORROWFUL MYSTERIES

Tuesdays and Fridays: The Agony in the Garden, The Scourging at the Pillar, The Crowning with Thorns, Jesus Carries His Cross, The Crucifixion.

### THE LUMINOUS MYSTERIES

Thursdays: The Baptism of Jesus, The Wedding Feast at Cana, the Proclamation of the Kingdom, The Transfiguration, The Institution of the Eucharist.

### THE GLORIOUS MYSTERIES

Wednesdays and Sundays: The Resurrection, The Ascension, Descent of the Holy Spirit, The Assumption, The Crowning of Mary.

### PRAYER AT THE END OF THE ROSARY

Let us pray. O God, whose only begotten Son through his life, death and resurrection has purchased for us the rewards of eternal life. Grant, we beseech Thee, that by meditating on the mysteries of the Most Holy rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the Same Christ, our Lord. Amen

## PRAYER FOR THE SOULS IN PURGATORY

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

### MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my associates and in particular for the intentions of the Holy Father.

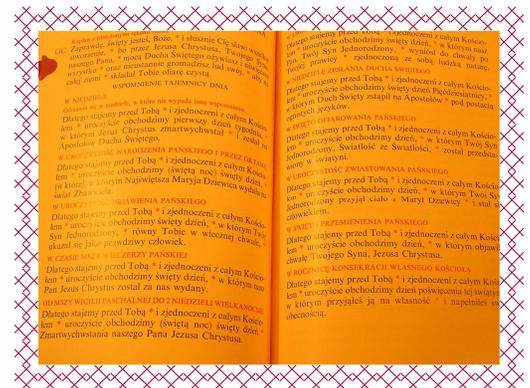
### GUARDIAN ANGEL PRAYER

Angel of God, my guardian dear, to whom His love commits thee here, ever this night be at my side, to light to guard, to rule and guide, Amen.



## ARKANSAS VALLEY PARISHES

## Prayers Every Catholic Should Know



## ARKANSAS VALLEY PARISHES

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## SERVING THE PEOPLE OF GOD IN THE ARKANSAS VALLEY

# Catholic Culture

The things that hold a culture together, are religion, values and rituals. The Church is no different. Catholicism is not a religion that one can take up or put away at will. Even the most adamant former Catholics, whether churching or un-churched, find themselves fighting their former religious culture. This is evidenced by the intolerance they have for Catholics who will not listen to their reasons, or to leave the Church and justify the former Catholic's choice to leave.

Catholicism is as much a family culture as it is a religion. The rituals sneak out and surprise us at the most intense times of our lives. One of the ways that we can help to strengthen our ties to who we really are and to the religion of our ancestors is to take up anew the traditions that helped them make it through the difficult times of years gone by.

Your parish offers you the following as a way to return to that touch stone of your youth and that of your grandparents through these prayers that you can memorize, just as they did, and then meditate on their meaning as you recite them. God Be With You.

## Common Prayers

### SIGN OF THE CROSS

In the name of the Father ✠ and of the Son  
And of the Holy Spirit. Amen.

### OUR FATHER

Our Father, Who are in heaven, hallowed by Thy name; Thy kingdom come;  
Thy will be done on earth as it is in heaven.  
Give us this day our daily bread;  
And forgive us our trespasses,  
as we forgive those who trespass against us;  
And lead us not into temptation but deliver us from evil.  
Amen.

### HAIL MARY

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

### GLORY BE

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

### THE BLESSING BEFORE MEALS

Bless us O lord, and these Thy gifts, which we are  
about to receive from Thy bounty, through Christ our  
Lord, Amen.

### HOW TO BEGIN CONFESSION

Bless me Father for I have sinned, (this is my first confession) and These are my sins.

Bless me Father for I have sinned. My last confession was \_\_\_\_\_ ago and these are my sins.

### ACT OF CONTRITION

O my God, I am sorry for all my sins with all my heart  
In choosing to do wrong and failing to do good I have  
sinned against you, whom I should love above all things.  
I firmly intend with the help of your grace to sin no  
more and to avoid whatever leads me to sin. Our Savior  
Jesus Christ died for our sins. In His  
name, O God, I beg you mercy, Amen.

### THE APOSTLES' CREED

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

He ascended into heaven, and is seated at the right  
hand of the Father. He will come again to judge the  
living and the dead. I believe in the Holy Spirit, the  
Holy catholic Church, the communion of saints, the  
forgiveness of sins, the resurrections of the body, and  
the life everlasting. Amen.

### HAIL HOLY QUEEN

Hail, Holy Queen! Mother of Mercy. Hail our life,  
our sweetness and our hope! To thee do we cry, poor  
banished children of Eve; to thee do we send up our  
sighs, mourning and weeping in this valley of tears.  
Turn the, O gracious advocate, thine eyes of mercy  
towards us, and after this our exile, show unto us the  
blessed Fruit of thy womb, Jesus. O clement, O loving,  
O sweet Virgin Mary!

Pray for us, O holy Mother of God.

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

### THE FATIMA PRAYER

O My Jesus, forgive us our sins. Save us from the fires  
of Hell, and lead all souls to Heaven, especially those  
who are most in need of Thy mercy. Amen.

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