

Daily Prayers

Morning Offering (said at 8:05 every morning):

O Jesus, Through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for 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 relatives and friends, and in particular for the intentions of the Holy Father. Amen

Midday Prayers (said before lunch):

The Angelus

V: The Angel of the Lord declared to Mary

R: And she conceived of the Holy Spirit.

Hail Mary.....

V: Behold the handmaid of the Lord

R: Be it done unto me according to Thy word.

Hail Mary....

V: And the Word was made Flesh

R: And dwelt among us.

Hail Mary.....

V: Pray for us, O Holy Mother of God

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

Hail Mary.....

V: Let us pray:

R: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord. Amen

Dismissal Prayers (said at 3:04)

Act of Contrition

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