

Prayer Before Sleep

Dear God, as I lay me down to sleep,
relax the tension of my body;
calm the restlessness of my mind;
still the thoughts which worry and
perplex me.
Help me to rest myself and all my
problems in your strong and loving
arms.
Let your Spirit speak to my mind and
heart while I am
asleep, so that, when I wake up in the
morning,
I may find that I have received in the
night-time,
light for my way;
strength for my tasks;
peace for my worries;
forgiveness for my sins.
Grant me sleep tonight, and tomorrow
power to live.
- Author Unknown



Glorious Mysteries

(Wednesday & Sunday)

The Resurrection

The Ascension

The Coming of the Holy Spirit

The Assumption of Our Lady

The Coronation of Our Lady

Joyful Mysteries

(Monday & Saturday)

The Annunciation

The Visitation

The Birth of Our Lord

The Presentation

The Finding in the Temple

Sorrowful Mysteries

(Tuesday & Friday)

The Agony in the Garden

The Scourging

The Crowning With Thorns

The Carrying of the Cross

The Crucifixion

Luminous Mysteries

(Thursday)

Baptism of Jesus Christ

Christ Reveals Himself at Cana

Proclamation of the Kingdom

The Transfiguration

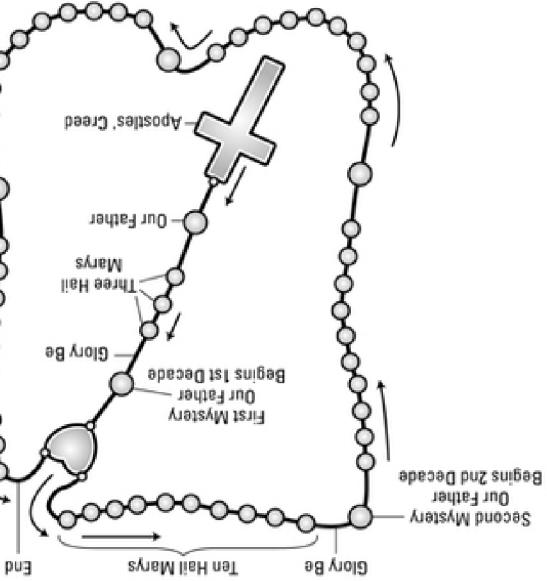
Institution of the Eucharist

The Rosary Guide



The Apostles' Creed

I believe in God, the Father almighty,
Creator of heaven and earth, and in Jesus
Christ, his only Son, our Lord, who was
conceived by the Holy Spirit, born of the
Virgin Mary, suffered under Pontius Pilate,
was crucified, died and was buried;
descended into hell; 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 there he will
come 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 resurrection of the
body, and life everlasting.



The Our Father

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 trespasses

and forgive us our daily bread;

and lead us not into temptation,

but deliver us from evil.

Amen

The Hail Mary

as we forgive those who trespass

against us;

and lead us not into temptation,

but deliver us from evil.

Holy Mary, Mother of God,

blessed are you among women,

and blessed is the fruit of your womb, Jesus.

Hail Mary, full of grace, the Lord is with you;

now and at the hour of our death.

Amen.

The Glory Be (The Doxology)

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

Amen.

O My Jesus (Fatima Prayer)

O my Jesus, forgive us our sins. Save us
from the fires of hell. Take all souls into
heaven especially, those most in need of

Amen

Hail Holy Queen

Hail Holy Queen, Mother of mercy, 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 then, most
gracious advocate, thine eyes of mercy
toward us and after this our exile show
unto us the blessed fruit of thy womb,

O Clement, O loving, O sweet virgin
Mary! Pray for us that we may be made
worthy of the promises of Christ

Jesus.

Unto us the blessed fruit of thy womb,
gracious advocate, thine eyes of mercy
show toward us and after this our exile show
unto us the blessed fruit of thy womb,

valley of tears. Turn then, most

of Eve; to thee do we send up our
sighs, mourning and weeping in this
valley 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,

thee do we cry, poor banished children

of Eve; to thee do we send up our

life our sweetness and our hope. To

thee do we cry, poor banished children

of Eve; to thee do we send up our

wishes, mourning and weeping in this

valley 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,

valley 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,

valley 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,

valley 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,

valley 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,

valley 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,

valley 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,

valley of tears. Turn then, most