



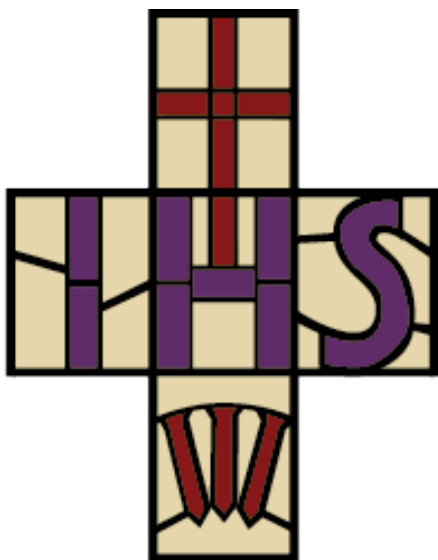
BELLARMINE
Jesuit Retreat House

75th
Anniversary

Bellarmino Jesuit Retreat House

Prayers for Time on Retreat
and Throughout the Year

75th Anniversary Edition



In medieval Western Europe, the Greek letters “IHS” denoted the first three letters of Jesus’ name, *iota-eta-sigma*, or *IΗΣ*. The emblem is an acronym of the Latin, “*Iesus Hominum Salvator*,” which translates as, “Jesus, the savior of humanity.” Often, the emblem is depicted with solar rays around it representing the monstrance and three nails resting below the insignia portraying the nails used at the Crucifixion. In this form, St. Ignatius Loyola adopted the symbol for the Society of Jesus.

Bellarmino Jesuit Retreat House’s logomark is represented above. It is a visual representation of the charism of the Jesuits at Bellarmine and was inspired by the stained glass windows on the entrance doors to the Chapel of the Sacred Heart.

Welcome to Bellarmine Jesuit Retreat House

You are warmly invited to consider Bellarmine Jesuit Retreat House your home-away-from-home. Removing yourself from the hectic pace and busyness of daily life can be a powerful source of blessing and grace. The serene environment and sacred space here offer you an opportunity to enter into a new and more intimate relationship with God. And coming to see yourself as God sees you opens the way to deeper self-knowledge and new insight into the purpose and meaning of your life.

Copies of this prayer book are available for purchase in the Resource Center if you would like to have one as a reminder of the graces you received while on retreat.



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THE GIFT OF SILENCE

Silence, both exterior and interior, is key to a meaningful Bellarmine retreat experience. Our atmosphere of quiet allows the possibility for you to hear God speaking within you. Silence, then, is a gift you give yourself and your fellow retreatants. Retreatants who are new to an environment of silence often say at retreat's end that the silence was a highlight of their time at Bellarmine. The quiet helps prepare you to become a "contemplative in action."

While on retreat, pray to be open to God's desire to be generous to you. Rest, relax, and feel free to use whichever of the retreat's many options are helpful to you – participating in Mass, attending the talks, having a personal conference with a spiritual director, making a confession, joining in the devotional prayers, doing some spiritual reading, journaling, walking outdoors, or just spending reflective time on your own. You have chosen to set aside sacred time to be with God. Trust that you will be blessed.



OUR PATRON SAINTS & THE *SPIRITUAL EXERCISES*

St. Ignatius Loyola, SJ (1491 – 1556)



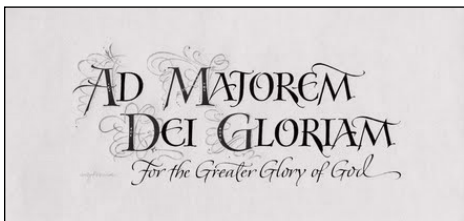
Ignatius Loyola is the founder of the Society of Jesus, and one of the great spiritual masters of the Church. He was born into a Basque family of minor nobility that was loyal to the Spanish Crown. Ignatius said of himself that up to the age of 30, he “had a

vain desire of winning glory.” A later companion wrote that the young Ignatius wasted time in “gambling, was dissolute in his dealings with women, and keen about using his sword.” But after being badly wounded in a battle and nearly dying, his body needed nine months to convalesce and heal. More important, however, that time became an occasion for the healing of his soul. While reading a book on the lives of the saints and another on the life of Christ, Ignatius underwent a profound religious conversion.

Once he fully recovered, he set off on pilgrimage to the Abbey of Montserrat. There he gave away his fine clothes and surrendered his sword to Our Lady, asking her intercession that he might learn how better to serve her Son. Ignatius spent the following year making a retreat in a cave in the nearby town of Manresa, where he experienced a series of mystical illuminations that inspired him to write the *Spiritual Exercises*.

Later, at the University of Paris, Ignatius gathered with companions, including Sts. Francis Xavier and Peter Faber. In 1540, they became the founding members of the Society of Jesus, commonly known as the Jesuits and identified by the letters “SJ.”

Ignatius’ text, *The Spiritual Exercises*, was approved by the Church in 1548. Because of the profound impact that his writings have had on the Church, St. Ignatius was named the patron saint of retreats.



What are the *Spiritual Exercises*?

St. Ignatius writes: “*The phrase ‘Spiritual Exercises’ takes in all the formal ways we have of making contact with God, such as meditation, contemplation, vocal prayer, devotions, examination of conscience and so on.*” As physical exercises are good for our physical well-being, daily spiritual exercises help get our souls in shape. A fundamental truth underlies the *Spiritual Exercises*: God loves us unconditionally, and we, even in our limitation, enjoy a special worth and dignity in the eyes of God. The main purpose of the *Spiritual Exercises* is to unite us with God Who is Love.

Ignatius offers many ways to “make” the *Spiritual Exercises*. One may make the full set of the *Spiritual*

***“Teach us to give
and not to count
the cost.”***

- St. Ignatius Loyola

Exercises over thirty days or spread out over a year. Or one may make an abbreviated set of the *Spiritual Exercises* over a period of three to

eight days of retreat. The *Spiritual Exercises* may be given personally to an individual, or they may be preached to groups.

The *Spiritual Exercises* are the only type of retreat given here at Bellarmine. In fact, Bellarmine exists for this purpose. The *Exercises* themselves are structured prayer in the sense that they are part of an ongoing process of conversion. Simply stated, the *Exercises* are designed to bring us into deeper intimacy with God and greater personal freedom.

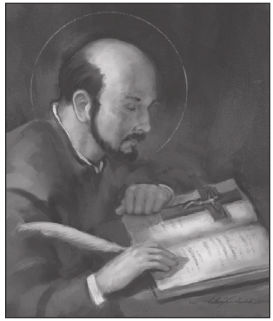
The *Spiritual Exercises* are divided into four “weeks” or phases. In the first phase, we consider how much we are loved by God. Only then are we able to honestly look at our sinful, human condition and its destructiveness. We pray for the grace of repentance and forgiveness and for a heartfelt knowledge of God’s mercy. In the second phase, we consider the life of Jesus on earth.

We pray that we may know Jesus more intimately, follow Him more closely, and love Him more ardently. In the third phase,

***“For no one can
lay a foundation other
than the one that is
there, namely, Jesus
Christ.”***

1 Cor. 3:11

we ponder the Passion of our Lord, praying for compassion with Jesus in His sufferings, so that, when we experience suffering, we might be able to bear it with faith and hope. In the fourth phase, we ask to be moved by the Spirit of our Risen Lord, that we might become co-laborers with Christ in bringing His saving grace to the world.



First Principle and Foundation

≈ Traditional Translation ≈

We are created to praise, reverence, and serve God, our Lord, and by this means to save our soul. The other things on the face of the earth are created for us to help us in attaining the end for which we are created. Hence, we are to make use of them in so far as they help us in the attainment of our end. We must rid ourselves of them in so far as they prove a hindrance to us. Therefore, we must make ourselves indifferent to all created things, so far as we are allowed free choice and are not under any prohibition. Consequently, so far as we are concerned, we should not prefer health to sickness, riches to poverty, honor to dishonor, a long life to a short life. The same holds for all other things. Our one desire and choice should be what is more conducive to the end for which we are created.

- *St. Ignatius Loyola*

≈ *Contemporary Translation* ≈

The goal of our life is to live with God forever. God gave us life because God loves us. Our own response of love allows God's life to flow into us without limit. All the things in this world are gifts of God, presented to us so that we can know God more easily and make a return of love to God more readily. As a result, we appreciate and use all these gifts of God insofar as they help us develop as loving persons. But if any of these gifts become the center of our lives, they displace God and so hinder our growth toward our goal in everyday life. Then we must hold ourselves in balance before all of these created gifts insofar as we have a choice and are not bound by some obligation. We should not fix our desires on health or sickness, wealth or poverty, success or failure, a long life or a short one. For everything has the potential of calling forth in us a deeper response to our life in God. Our only desire and our one choice should be this: I want and I choose what better leads to God's deepening life in me.

- *Translated by Fr. David Fleming, SJ*



❧ *Prayer of the First Principle* ❧

Lord, my God,
when Your love spilled over into creation,
You thought of me.

I am of love, from love, for love.

Let my heart, O God, always recognize, cherish
and enjoy Your goodness in all of creation.

Direct all that is in me toward Your praise.

Teach me reverence for every person, all things.

Energize me in Your service.

Lord God, let nothing ever distract me
from Your love... neither health nor sickness,
wealth nor poverty, honor nor dishonor,
long life nor short life.

May I never seek nor choose to be other than
You intend or wish. *Amen.*

- *Paraphrased by Jacqueline Bergan & Sister Marie Schwan, CSJ*

❧ *Anima Christi (Soul of Christ)* ❧

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 come to Thee.

That, with Thy Saints, I may praise Thee

Forever and ever. *Amen.*

- *A favorite prayer of St. Ignatius*

✧ *Contemporary Translation* ✧

Soul of Christ, make me holy.
Body of Christ, be my salvation.
Blood of Christ, let me drink Your wine.
Water flowing from the side of Christ,
wash me clean.

Passion of Christ, strengthen me.
Kind Jesus, hear my prayer.
Hide me within Your wounds
And keep me close to You.

Defend me from the evil enemy
And call me at the hour of my death
To the fellowship of Your saints
That I might sing Your praise with them
for all eternity. *Amen.*

- Fr. David Fleming, SJ

✧ *Prayer for Generosity* ✧

*Dearest Lord,
teach me to be generous.
Teach me to serve You as You deserve;
To give and not to count the cost;
To fight and not to heed the wounds;
To toil and not to seek for rest;
To labor and not to ask reward,
Save that of knowing that I do Your will.
Amen.*

✠ *Suscipe: Take, Lord, and Receive* ✠

Take, Lord, and receive
all my liberty, my memory, my understanding,
and my entire will.

All that I have and call my own.

You have given it all to me.

To You, Lord, I return it.

Everything is Yours; do with it what You will.

Give me only Your love and Your grace.

That is enough for me. *Amen.*

- *St. Ignatius Loyola*

(Translation by Fr. David Fleming, SJ)

St. Peter Faber, SJ (1506 – 1546)

St. Peter Faber was a roommate of St. Ignatius and St. Francis Xavier at the University of Paris. Ignatius believed that Peter Faber gave the *Spiritual Exercises* better than anyone else. He is a favorite saint of Pope Francis, who canonized him in 2014.

✠ *Prayer to St. Peter Faber, SJ* ✠

Gracious God, You called St. Peter Faber to be “the quiet companion of St. Ignatius” in the founding of the Society of Jesus, and a powerful instrument in helping Your people to unite themselves with Christ.



Through the intercession of St. Peter, we ask You for the complete healing of all those on our prayer list, body, mind, spirit and speech, that they might be restored to their loved ones and brought closer to You. We ask You this in Jesus' name. *Amen.*

St. Robert Bellarmine, SJ (1542 – 1621)



Robert Bellarmine was a cardinal archbishop, papal advisor, and one of the 17th century's most distinguished theologians. He was also the spiritual father of St. Aloysius Gonzaga, SJ – the patron saint of youth. Bellarmine combined great wisdom and learning with a passionate love of Christ. He lived in the midst of a busy life fraught with much controversy. He was a teacher who practiced what he taught. In 1930, he was canonized and the following year was named a Doctor of the Church.

St. Robert is the patron saint of our retreat house because he embodies the integration of head and heart and of contemplation and action, which foster our growing in the likeness of Christ.

Our mission at Bellarmine Jesuit Retreat House, like that of St. Robert Bellarmine, SJ, is to assist people in falling more deeply in love with Jesus, living faith not apart from the world but in the market place of our age.

✠Prayer to St. Robert Bellarmine, SJ✠

O Lord, You blessed St. Robert Bellarmine with great wisdom and learning. May we, like him, use well the double gifts of faith and reason. May we grow in understanding our faith, diligence in living it, compassion in our service toward those in need, and in all things, grow toward ever-greater love of You. Through Our Lord Jesus Christ. *Amen.*

PATHWAYS TO PRAYER

Devotional / Verbal Prayer

Prayer is simply tuning into God's presence. Over the centuries, people have found different ways of doing this, and these ways have been passed on from generation to generation. One of these is what might be called devotional or vocal prayer. This is the kind of prayer that uses words - our own words, or those given to us in set form. They can be said aloud or spoken in the heart.

Prayer uses words in order to have a more personal relationship with God. You are not stuck to the words. You can change them, or say only some of them, or come up with your own, whatever helps you converse with God. You can talk to the Lord, using whatever words you wish. If you use one of the traditional prayers, give your mind, imagination, and feelings free rein to roam within these words and enjoy the wonders of God. You might want to say the "Our Father" and/or the "Hail Mary." Take your time, and experience your thoughts and feelings "roaming within the words" as you speak.

Lectio Divina

A time-honored way of praying is called Lectio Divina ("holy reading"). This is simply the slow reading of scripture. You take a short passage, rinse your mind of all outside thoughts, decide how long you are going to spend in prayer, and begin to read the scripture slowly. God will speak to you through

these words. You do not know where, when, or how. You simply read slowly until something catches you. It is usually God speaking “live” to you. Talk to God about it for as long as it lasts. Then read on ... slowly, until something else catches you. And so on, until your time for prayer is finished. You are not trying to study the Scriptures. You are simply letting God speak to you through these words. The thoughts that come to mind may seem to have nothing to do with the words themselves, but sometimes that is how God speaks to you. Simply open yourself to receive whatever God says. Try it now, using a passage from John’s Gospel. Read very slowly. Stay with whatever catches you. You do not have to get through the whole passage.

Jesus said, “I am the good shepherd. A good shepherd lays down his life for the sheep. A hired hand, who is not a shepherd and whose sheep are not his own, sees a wolf coming and leaves the sheep and runs away, and the wolf catches and scatters them. This is because he works for pay and has no concern for the sheep. I am the good shepherd, and I know mine and mine know Me, just as the Father knows Me and I know the Father; and I will lay down My life for the sheep.”

Jn 10:11-15

Meditation

In Meditation, the emphasis is on “thinking.” Take one of the truths of our faith and contemplate it. Do not just think about it on your own, but talk it over with God. Try to see God’s point of view and ask God to help you understand the meaning of this

truth. Do not just think about it in the abstract, but think about how this truth comes into play in your own life. For example, the cross, or evil, or suffering: Why do such things happen? Talk to Jesus about the cross, and how He dealt with it. Reflect upon and discuss the crosses in your life and how you should handle them. Pick anything you like. Take for instance, the trial of Jesus before Pilate: Why did Pilate act the way he did? He could see that Jesus was innocent, and he had the power to do whatever he wanted. Ask yourself:

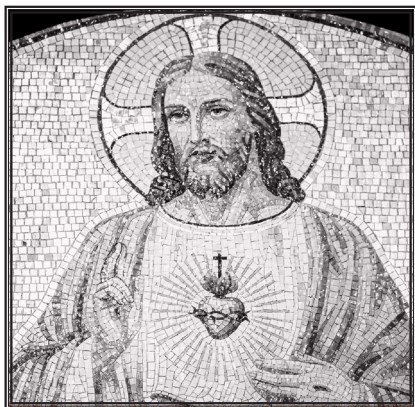
What is it that holds people back from doing what they know is right?

What holds me back from doing what I know is right? Is there something I can do about that?

Do I do a lot of thinking ... with God?

Prayer of the Heart

In Prayer of the Heart, simply express your feelings to God. These may be feeling of joy, sadness, gratitude, profound peace -whatever is overflowing from your heart. Jesus prayed this way. In Gethsemane, Jesus said, "My Father, if it is possible, let this cup pass from Me." (Just before saying this, He had told His disciples, "My soul is sorrowful even to death.") On the cross Jesus prayed: "My God, My God, why have You forsaken Me." You may experience this form of prayer at



a time of crisis, or a time of great joy. It can even happen when you are in the middle of another form of prayer. You may sense the Lord inviting you to express your feelings to Him, so consider stopping and letting these feelings flow. Your prayer may not have a lot of content, but prayer does not always have to. It is the Holy Spirit who prays with you, and in you: “For we do not know how to pray as we ought, but the Spirit, Itself, intercedes for us with sighs too deep for words.” - *Romans 8:26*

Prayer of the Heart is usually not something you can plan. When it happens, it happens. It may arise simply when you see the sun, moon, stars, a little child, a kind deed. All you have to do is let your feelings flow to God. This form of prayer is one that you have already experienced many times in your life ... Although you may not have thought of it as prayer. The Psalms are full of this kind of prayer, and they can help put words to your deepest feelings. You may find it helpful to open yourself to Prayer of the Heart when the Responsorial Psalm is sung at Mass.

Active Contemplation

Recall that Meditation is thinking something over with God, using your power of reason to try to figure something out, not alone but with God. On the other hand, Contemplation is simply being with God without words or thoughts. Active contemplation lies between the two. Pick any of the Gospel events, for example, the feeding of the crowd; Jesus at the house of Martha and Mary; or the disciples with Jesus in the boat that was tossed by the storm. Now, place yourself right there in the scene ... sitting on the grass, in Martha's living room, or in the bow of the boat. You can make it concrete by seeing and feeling the sights, sounds, smells, the warmth, the cold, the tone of voice, and the facial expressions. With this, watch the scene, not from the outside, but from inside: all eyes and ears, interested to see and be part of what happens. Let it unfold without pre-planning it and ask God to direct your imagination. As you watch and listen, experience the whole range of reactions and

“The two disciples heard what he said and followed Jesus. Jesus turned and saw them following Him and said to them, ‘What are you looking for?’ They said, ‘Rabbi, where are You staying?’ He said to them, ‘Come and you will see.’ So they went and saw where He was staying and they stayed with Him that day.”

John 1:37-39

emotions. And that is it! You do not have to come up with new resolutions or solutions. Simply spend some time with the Lord. The Gospels are full of events that lend themselves very easily to this form of prayer. (*Consider the Gospel passage from John on the preceding page.*)

Infused Contemplation

One of the easiest of all forms of prayer is one that most people think is out of their league: Infused Contemplation. We usually associate this with mystics, monks, cloistered nuns, and great saints. The truth is, Infused Contemplation is meant for all of us. You already do it, although you may not realize it. You are no stranger to wordless experiences: looking at a starry sky, or at a sleeping child's face. Often it happens when driving a long stretch alone. In these experiences, you are fully "captivated" by something. You do not try to analyze it. You simply take it in.

Contemplative prayer is the same kind of experience, except that you are captivated by the presence of God. It is simply being with God and knowing it. You are letting yourself be captivated by God. That is enough. It is everything. God shapes us through these experiences, like a child is shaped by being held in a mother's arms. Sometimes contemplative prayer happens unpredictably when you were not even planning on praying, or were using a different form of prayer. On the other hand, sometimes you may try to move into contemplative prayer and be unsuccessful. Not to worry, You cannot always make it happen. It is ultimately a gift

from God, thus named “Infused Contemplation.” It is always worth a try. Be as still as you can, wash your mind of any thoughts, close your eyes, and open your entire self to the presence of God deep within you. To have that experience, if only briefly, is so good, so profound, it cannot be put into words.

Adapted from the writing of Bishop Kenneth Untener (1937-2004). He served as Bishop of the Diocese of Saginaw from 1980 until his death.

Other Prayer Methods

The prayer methods mentioned above are not the only means of prayer but the most traditional. The heart of all prayer is spending quality time with God. The ways in which that time can be spent are bound only by the limits of your imagination. Following are some additional styles of prayer you may wish to explore.

∞ Journaling - Letters to God ∞

As St. Ignatius discovered, reflecting through writing often draws out your inner thoughts, feelings, and desires. A powerful way to pray from the heart is through journaling or writing a letter to God. Using the literary form of a letter often draws more out of you than you thought was there. It provides a document that you can use to review your prayer journey from time to time.

If you write a letter, the hardest part can be not to pre-plan it but to let it flow. Pray that the Holy Spirit inspires your writing. Picture our loving God

speaking words of consolation and encouragement. And then begin to write without editing your thoughts. Keep your pen moving and your heart open to God's love.

After you have written your letter, try writing a letter from God back to you! Picture God's loving words of consolation and encouragement and begin to write without editing your thoughts. Again, keep your pen moving and your heart open to God's love. Be careful that your own self-judging voice does not slip into your letter for if your words are truly inspired by the Holy Spirit, even words of corrections will be spoken gently with love.

❧ *A Contemplative Walk* ❧

Who does not enjoy a leisurely stroll outdoors? Yet do you think of this as prayer? If you consciously invite the Lord to walk with you, these walks can be an active form of contemplative prayer. Whether you are walking in the midst of a busy city, or walking alone in a woods, take the time to open your senses to the beauty that surrounds you. See the sights with new eyes. Smell the flowers. Listen to the birds singing or the cars honking with renewed appreciation for the life that surrounds you. Soak in the beauty, and look with compassion on the pain. *Psalm 8 expresses the wonder of creation.*

***“O LORD, our Lord,
how awesome is Your name
through all the earth!”***

Psalm 8:10

❧ *Praying with Art & Music* ❧

When it comes to paintings, sculpture, or music, tastes may differ widely, but the love for art and music is universal. However, when you invite the Lord to be present during these human forms of enjoyment, they can open a window to something sacred.



The idea of a sacred icon is that it becomes a sort of window into the Divine. You look through the image into eternity. You gaze deeply at the picture to be in communion with God, who dwells in and beyond all creation. The picture can be a sacred image which depicts a scene from the Bible or a stormy sea. Art which depicts what is true, what is good, and what is beautiful can be used to lift your awareness to the Divine Artist who creates all life.

The same can be said of music – both sacred and secular. During Mass we sing and listen to music, but how often do we take the time to fill our cars or homes with music that lifts our spirits to God in praise and thanksgiving? Even secular love songs can be heard as celebrating the love of our Creator for us. What transforms “just listening” into prayer is the intention and awareness we bring to the experience. When listening to music, listen closely to hear God speaking to you. When viewing a painting or sculpture, look to see God’s hand at work in creation and for His loving gaze upon His children. Listening and looking may lead you into a deeper communion with God. This is the essence of all prayer.

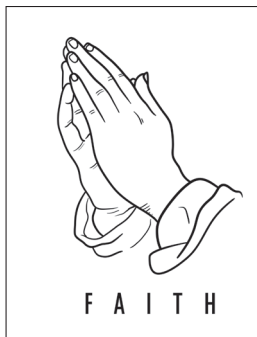
✻ *Gesture, Movement & Dance Prayer* ✻

When words fail you, consider using gesture, movement, or dance to express your prayer. The Liturgy is filled with sacred gesture – e.g. the Sign of the Cross, genuflecting, kneeling, and sitting.

In the *Spiritual Exercises*, St. Ignatius invites retreatants to pay particular attention to the posture adopted in prayer. For example, to pray with open hands can symbolize the desire to give yourself completely to God and to receive all that God wants you to have. To place your hands over your heart can calm a busy mind and open a troubled spirit to God.

In the privacy of your room or in a secluded spot outdoors, let go of judgments and inhibitions and let your desire for God be expressed through movement. Pray with your whole body the desires of your heart, the joys of your spirit, or the laments of your soul. If you watch a

baby dancing, you will immediately realize that this impulse to move your body expressively through space is innate and universal. This can be a very freeing form of prayer. It will certainly give new meaning to the term “*Spiritual Exercises*.”



*“Act as if everything depended on you;
trust as if everything depended on God.”*

- St. Ignatius Loyola

DEVOTIONAL & VERBAL PRAYER

Morning Offerings

✻ Traditional Translation ✻

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys, sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of Your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians; I offer them for the intentions of our bishops and of all Apostles of Prayer, and in particular for those recommended by our Holy Father this month.

✻ Contemporary Translation ✻

O Jesus, I come before You at the beginning of this day. I gaze at Your face, I look upon Your side pierced by the lance. Your wounded heart speaks to me of God's love poured out for us.

Take, Lord, and receive my heart: the words of faith that I speak, the works of justice I would do, my joys and sufferings. When I come to the Eucharistic table, gather my offerings to Your own for the life of the world. At the end of the day, place me with Mary, Your mother, and for her sake, take me to Your heart. *Amen.*

- *Maryland Province Jesuits*

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.
He descended into hell;
on the third day He rose again from the dead;
He ascended into heaven,
is seated at the right hand of God the Father
Almighty;
from thence 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. *Amen.*

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 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,
prayer for us sinners now,
and at the hour of our death. *Amen.*



Glory Be to the Father

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.*



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 exile, show unto us the blessed
fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary! *Amen.*

Why Pray the Rosary

The Catechism describes the rosary as a journey through the entire gospel. Our recitation of it draws us into Mary's contemplation of the earthly life, death, and glorious resurrection of her Son. Mary shares her faith with us and leads us to Jesus, so that we may know him as our Savior.

The Mysteries of the Rosary

Joyful Mysteries (Monday and Saturday)

1. The Annunciation
2. The Visitation
3. The Birth of Jesus
4. The Presentation
5. Finding the Child Jesus in the Temple

Sorrowful Mysteries (Tuesday and Friday)

1. The Agony in the Garden
2. The Scourging at the Pillar
3. Crowning with Thorns
4. Carrying of the Cross
5. The Crucifixion

Glorious Mysteries (Wednesday and Saturday)

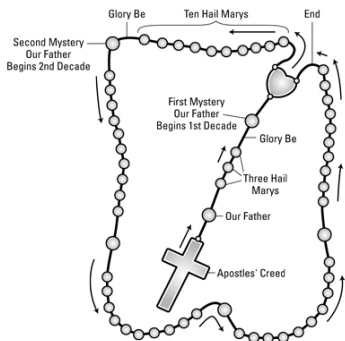
1. The Resurrection
2. The Ascension
3. Descent of the Holy Spirit
4. The Assumption
5. The Coronation

Luminous Mysteries (Thursday)

1. Baptism of Jesus
2. Wedding at Cana
3. Proclaiming the Kingdom
4. Transfiguration
5. Institution of the Eucharist

How to Pray the Rosary

1. Make the Sign of the Cross and say the “Apostles’ Creed.”
2. Say the “Our Father.”
3. Say three “Hail Marys.”
4. Say the “Glory Be to the Father.”
5. Announce the First Mystery; then say the “Our Father.”
6. Say ten “Hail Marys,” while meditating on the Mystery.
7. Say the “Glory Be to the Father.” After each decade say the following prayer requested by the Blessed Virgin Mary at Fatima: “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.”
8. Announce the Second Mystery: then say the “Our Father.” Repeat 6 and 7 and continue with the Third, Fourth, and Fifth Mysteries in the same manner.
9. Say the “Hail, Holy Queen” on the medal after the five decades are completed.



The Magnificat, *the Song of Mary*

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior,
for He has looked with favor on His lowly
servant.

From this day all generations will call me blessed.
The Almighty has done great things for me, and
holy is His Name.

He has mercy on those who fear Him in every
generation.

He has shown the strength of His arm.

He has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich He has sent away empty.

He has come to the help of His servant Israel
for He remembered His promise of mercy,
the promise He made to our ancestors,
to Abraham and His children forever.

Luke 1:46-55

Memorare



Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, we fly unto thee, O Virgin of Virgins, our Mother; to thee do we come, before thee we stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not our petitions, but in thy mercy hear and answer them. *Amen.*

The Angelus

Verse: The Angel of the Lord declared to Mary:

Response: And she conceived of the Holy Spirit.

Hail Mary, full of grace...

V. Behold the handmaid of the Lord:

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

Hail Mary, full of grace...

V. And the Word was made Flesh:

R. And dwelt among us.

Hail Mary, full of grace...

V. Pray for us, O Holy Mother of God

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

V. Let us pray:

R. Pour forth, we beseech Thee, O Lord, Thy grace unto 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.*



The Regina Caeli

V. Queen of Heaven, rejoice, alleluia.

R. For He whom you did merit to bear, alleluia.

V. Has risen, as he said, alleluia.

R. Pray for us to God, alleluia.

V. Rejoice and be glad, O Virgin Mary, alleluia.

R. For the Lord has truly risen, alleluia.

V. **Let us pray:**

R. O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. *Amen.*



Prayer to Saint Michael

Saint Michael, the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God cast into hell Satan and all the evil spirits who prowl throughout the world seeking the ruin of souls. *Amen.*



Peace Prayer of Saint Francis

Lord, make me an instrument of Your peace.
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy.

O Divine Master, grant that I may not so much seek
To be consoled as to console;
To be understood as to understand;
To be loved as to love.

For it is in giving that we receive:
It is in pardoning that we are pardoned;
And it is in dying that we are born to eternal life.
Amen.

Intentional Prayers

The following prayers are taken or adapted from “The Roman Ritual Book of Blessing.” The scripture beside each title is meant to help you with your prayers about these matters. The other prayers included are traditional prayers of our faith.

∞ For One's Spouse ∞

Gracious and kind God, faithful friend of the people of the Old Testament, I thank You for the spouse You have sent me to share my life, for better, for worse, for richer, for poorer, in sickness and in health. Bless my spouse for his/her faithfulness to me. Enrich his/her life with joy and happiness. Let not the cares and concerns of this life overpower him/her. Through Christ Our Lord. *Amen.*

John 15:9-12

∞ For Mothers ∞

Loving God, as a mother gives life and nourishment to her children, so You watch over Your Church. Bless my mother and all mothers that they may be strengthened as Christian mothers. Let the example of their faith and love shine forth. Grant that we, their sons and daughters, may honor them always with a spirit of profound respect. I thank You for my mother and for all mothers for their faithful presence in my life and in our lives. Grant her and them the grace to enjoy the good things of this life and strength to endure the disappointments and sorrow of this life. Through Christ Our Lord. *Amen.*

1 Samuel 1:19-20, 24 & 2:1

❧ *For Fathers* ❧

God our Father, in Your wisdom and love You made all things. Bless my father and all fathers that they may be strengthened as Christian fathers. Let the example of their faith and love shine forth. Grant that we, their sons and daughters, may honor them always with a spirit of profound respect. I thank You for him and for all fathers for the long hours they have labored for us, for their concern and encouragement. Grant him and them the grace to enjoy their successes and to turn over all frustrations to You. Through Christ Our Lord. *Amen.*

Philippians 1:3-11

❧ *For Family* ❧

God, You have created us in love and saved us in mercy, and through the bond of marriage You have established the family and willed that it should become a sign of Christ's love for His Church. Shower Your blessings on my family. Enable us, who are joined by one love, to support one another by our fervor of spirit and devotion to prayer. Make us responsive to the needs of others and witnesses to the faith in all we say and do. Through Christ Our Lord. *Amen.*

Ephesians 4:1-6

“I ... urge you to live in a manner worthy of the call you have received, with all humility and gentleness, with patience, bearing with one another through love.”

Ephesians 4:1-2

❧ *For Young Children* ❧

God, Gracious Father, out of the speech of little children You have fashioned a hymn of praise. Look with kindness on children, especially (*insert names*) whom I commend to Your tender care. Your Son, born of the Virgin Mary gladly welcomed little children. He took them in His arms, blessed them, and held them up as an example for all. We pray that You, Father, will also send Your blessing on them, so that they may grow in Christian maturity and, by the power of the Holy Spirit, become Christ's witnesses in the world, spreading and defending the faith. Through Christ Our Lord. *Amen.*

Ephesians 4:1-6

❧ *For Sons & Daughters* ❧

Father of mercies, inexhaustible source of life and author of all good, I bless You and thank You for brightening my life by Your gift of my son(s) and/or daughter(s).

Grant that my children (child) will find peace and happiness and that they (he/she) will be compassionate Christians. Help them (he/she) always strive for what is right and good and one day, by Your grace, reach their (his/her) home in heaven. Through Christ Our Lord. *Amen.*



1 Corinthians 13:4-13

≈For Elders≈

All-powerful and ever-living God, in whom we live and move and have our being, I thank You and praise You for giving members of my family long years, lived in faith and in doing good. Grant that they may have the loving support of their friends and relatives, that in good health they may be cheerful, and in poor health not lose hope. Sustained by the help of Your blessing, let them spend their years giving praise to Your name. Through Christ Our Lord. *Amen.*

Luke 2:25-32, 36:3-8

≈For the Sick≈

Lord, Our God, You sent Your Son into the world to bear our infirmities and to endure our sufferings. For my friends, Your servants who are sick, I ask that Your blessing will give them strength to overcome their weakness through the power of patience and the comfort of hope and that with Your aid they will soon be restored to health. Through Christ Our Lord. *Amen.*

2 Corinthians 1:3-7

≈For Those Suffering from Addiction≈

God of mercy, I bless You in the name of Your Son, Jesus Christ, who ministered to all who came to Him. Give Your strength to Your servants, who are bound by the chains of addiction. Enfold them in Your love and restore them to the freedom of God's children. Lord, look with compassion on all those who have lost their health and freedom. Restore to them the assurance of Your unfailing mercy, and

strengthen them in the work of recovery. To those who care for them, grant patient understanding and a love that perseveres. Through Christ Our Lord.

Amen.

2 Corinthians 4:6-9

Additional Prayers

✻ For Vocations ✻

Father, in the name of Jesus, through the power of Your Holy Spirit, inspire men and women to labor for Your Kingdom. We especially pray for those discerning their state in life: single, celibate or married, religious, ordained or lay. Inspire them to be generous, courageous, and joyful. We pray through the intercession of Mary, our Mother, St. Ignatius, and all the saints. *Amen.*

✻ For Healing ✻

*Jesus, I ask You to enter in my heart
and touch those life experiences
which need to be healed. You know me so
much better than I know myself.*

*Therefore, bring Your love
to every corner of my heart.*

Walk through my life, Lord.

*Comfort me when others were not kind.
If I have felt lonely, abandoned and rejected
by humanity, grant me through Your
healing love, a new sense of worth as a
person. Jesus, I give myself to You:
body, mind and spirit.*

-I thank You for making me whole.

Thank You, Lord. Amen.

✻For Healing of Mind, Body & Spirit✻

Lord, look upon me with eyes of mercy. May Your healing Spirit rest upon me. It is through Your power that I was created. Since You created me from nothing, You can certainly recreate me. Fill me with the healing power of Your spirit. May Your life-giving powers flow into every cell of my body, my memories, and into the depths of my soul. Mend what is broken. Cast out anything that should not be within me. Restore my strength for service in Your Kingdom. Touch my soul with Your compassion for others. Touch my heart with Your courage and infinite love for all. Touch my mind with Your wisdom, that my mouth may always proclaim Your praise. Teach me to reach out to You in my need and help me to lead others to You by my example. Most loving Heart of Jesus, bring me health in body and spirit that I may serve You with all my strength. *Amen.*

✻For the Grace to Age Well✻

When the signs of age begin to mark by body
(and still more when they touch my mind);
when the illness that is to diminish me or carry me
off strikes from without or is born within me;
when the painful moment comes in which I
suddenly awaken to the fact that I am ill or
growing old;
and above all, at that last moment when I feel I am
losing hold of myself and am absolutely passive
within the hands of the great unknown forces
that have formed me;
in all those dark moments, O God,
grant that I may understand that it is You
(provided only my faith is strong enough)

who are painfully parting the fibers of my being
in order to penetrate to the very marrow of my
substance and bear me away within Yourself.

- *Pierre Teilhard de Chardin, SJ*

✻ *For the Faithful Departed* ✻

Leader: O God, the Creator and Redeemer of all
the faithful, give to Your departed servants the
full remission of all their sins. May You open
their hearts to the depth of Your mercy that
they may enjoy the fullness of Your love for all
eternity, You who live and reign forever and
ever. *Amen.*

Leader: Eternal rest grant unto them, O Lord.

All: And let perpetual light shine upon them.
Amen.

✻ *The Serenity Prayer* ✻

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

Living one day at a time,
enjoying one moment at a time,
accepting hardship as the pathway to peace;
taking, as He did, this sinful world as it is,
not as I would have it;
trusting that He will make all things right
if I surrender to His will;
that I may be reasonably happy in this life,
and supremely happy with Him
forever in the next.

Amen.

- *Attributed to Reinhold Niebuhr*

❧ *Falling in Love with God* ❧

Nothing is more practical than finding God,
that is, than falling in love in a quite absolute,
final way.

What you are in love with,
what seizes your imagination,
will affect everything.

It will decide what will get you out of bed in the
morning,
what you do with your evenings,
how you spend your weekends,
what you read,
who you know,
what breaks your heart,
and what amazes you with joy and gratitude.

Fall in love,
stay in love,
and it will decide everything.

- *Pedro Arrupe, SJ*

❧ *In the Hands of God* ❧

More than ever,
I find myself in the hands of God.
This is what I have wanted all my life
from my youth.
But now there is a difference;
the initiative is entirely with God.
It is indeed a profound spiritual experience
to know and feel myself so totally
in God's hands.

- *Pedro Arrupe, SJ*

*Fr. Pedro Arrupe, SJ, former Superior General of the Jesuits,
composed this prayer after suffering from a debilitating stroke
which left him impaired for the last 10 years of his life.*

✠ *Litany of the Sacred Heart of Jesus* ✠

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us. Christ, hear us.

Christ, have mercy on us.

God, our Father of heaven,

have mercy on us.

God, the Son, Redeemer of the world,

have mercy on us.

God, the Holy Spirit,

have mercy on us.

Holy Trinity, one God,

have mercy on us.

(*Response: In flame our hearts with Your love.*)

Heart of Jesus, aflame with love for us,

Heart of Jesus, Son of the Eternal Father,

Heart of Jesus, formed by the Holy Spirit in the
womb of the Virgin Mother,

Heart of Jesus, one with the eternal Word,

Heart of Jesus, infinite in majesty,

Heart of Jesus, holy temple of God,

Heart of Jesus, source of justice and love,

Heart of Jesus, full of goodness and love,

Heart of Jesus, wellspring of all virtue,

Heart of Jesus, worthy of all praise,

Heart of Jesus, king and center of all hearts,

Heart of Jesus, treasure house of wisdom and
knowledge,

Heart of Jesus, in Whom there dwells the
fullness of God,

Heart of Jesus, in Whom the Father is well pleased,

Heart of Jesus, from Whose fullness we have all
received,
Heart of Jesus, compassionate and forgiving,
Heart of Jesus, patient and full of mercy,
Heart of Jesus, generous to all who turn to You,
Heart of Jesus, fountain of life and holiness,
Heart of Jesus, obedient to the will of the Father,
Heart of Jesus, broken for our sins,
Heart of Jesus, pierced by a lance,
Heart of Jesus, source of all consolation,
Heart of Jesus, our life and resurrection,
Heart of Jesus, our peace and reconciliation,
Heart of Jesus, salvation of all who trust in You,
Heart of Jesus, hope of all who die in You,
Heart of Jesus, delight of all the saints,

Lamb of God, You take away the sins of the world,
have mercy on us.

Lamb of God, You take away the sins of the world,
graciously hear us, O Lord.

Lamb of God, You take away the sins of the world,
have mercy on us, O Lord.

Jesus, gentle and humble of heart,
touch our hearts and make them like Your own.

Let us pray.

Father,
we rejoice in the gifts of love we have received
from the Heart of Jesus, Your Son.
Open our hearts to share His life
and continue to bless us with His love.
We ask this in the name of Jesus, our Lord.
Amen.

*∞ Act of Consecration
to the Sacred Heart ∞*

O Sacred Heart of Jesus, I give and consecrate to You my life, my thoughts, words, actions and sufferings. Let my entire being, henceforth, be employed solely in loving, serving, honoring and glorifying You.

It is my desire and firm determination to belong entirely to You, to do all for love of You, and to renounce with my whole heart all that could displease You.

Therefore I choose You, O Sacred Heart, to be the sole object of my love, the protection of my life, the pledge of my salvation, the support of my weakness and inconstancy, the reparation of all the defects of my past life, and my secure refuge at the hour of my death.

O Bountiful Heart, in You I place all my confidence ... I hope all from Your goodness. Change in me all that displeases or resists You. Let Your pure love be so deeply imprinted in my heart, that I may never forget You.

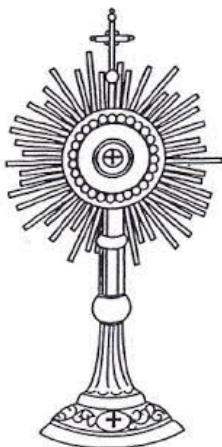
O Jesus, I implore You by Your infinite mercy, let my name be written in Your Sacred Heart, for in Your love and service I find all my happiness and glory; in Your love and service I will live and die.
Amen.

- St. Margaret Mary Alacoque

✠ *Prayer Before the Blessed Sacrament* ✠

We adore You, Lord Jesus Christ, truly God and fully man, in this Blessed Sacrament of the altar. As we kneel before You, we profess our belief that You are really present in this sacrament.

You give us Your Body and Blood for our spiritual nourishment in this Eucharist offered at Your table. We worship You and express our joy that You have chosen to remain among us in this way, so that we can come into Your presence seeking help and comfort in times of need. We recall that we can come into Your presence to be renewed and refreshed at all times. We believe that we are united through Your Eucharistic Presence with all believers on earth and in heaven.



Thank You, Lord, for the great blessings of this sacrament. May it always remind us of Your great love for us, and inspire us to love You and others in return.

Grant us, Lord Jesus, through Your most Sacred Heart, that after having worshipped and served You here on earth, we may also praise and worship You forever in heaven. *Amen.*

SELECTED SCRIPTURE

Psalms

The Book of Psalms is the prayer book of the bible. The psalms are prayers which Jesus memorized and prayed often.

∞Psalm 23 - the Good Shepherd∞

The Lord is my shepherd;
there is nothing I lack.
In green pastures He makes me lie down;
to still waters He leads me;
He restores my soul.
He guides me along right paths
for the sake of His name.
Even though I walk through the valley of the
shadow of death,
I will fear no evil, for You are with me;
Your rod and Your staff comfort me.
You set a table before me
in front of my enemies;
You anoint my head with oil;
my cup overflows.
Indeed, goodness and mercy will pursue me
all the days of my life;
I will dwell in the house of the Lord
all the days of my life.

∞Psalm 46:10 - Be Still∞

Be still
and know that I am God.

≈ *Psalm 25 - Teach Me Your Path* ≈

To You I lift up my soul, O Lord, my God.

In You, O Lord, I trust; let me not be put to shame;
let not my enemies exult over me.

No one who waits for You shall be put to shame;
those shall be put to shame who heedlessly
break faith.

Your ways, O Lord, make known to me; teach me
Your paths.

Guide me in Your truth and teach me,
for You are God, my Savior,
and for You I will wait all the day.

Remember that Your compassion, O Lord,
and Your kindness are from of old.

Good and upright is the Lord: thus He shows
sinners the way.

He guides the humble to justice; He teaches the
humble the way.

All the paths of the Lord are kindness and
constancy toward those who keep His covenant
and His decrees. For Your name's sake, O Lord,
You will pardon my guilt, great as it is.

When a person fears the Lord,
the Lord shows them the way they should
choose.

Let integrity and uprightness preserve me,
because I wait for You, O Lord.

❧ *Psalm 138 - Hymn of Thanksgiving* ❧

I give thanks to You, O God, with every fiber of my being. For You have heard the words that I have spoken and the ones that are too deep in my heart to put into words.

In the presence of all Your creatures - angels, saints, and men and women everywhere - I will sing Your glorious praise.

I worship You and praise You everywhere I go - in the depths of my heart, in the assembly with my friends - and always give thanks to Your name.

I want to praise and love You so completely because of Your constant love for me, Your gentle kindness, and because You have revealed the truth to me - Your life. You have indeed made great above all things Your name and Your promise of everlasting love and life.

The only thing I have to do is call upon You with confidence, and You will answer me; You build up strength within me by Your healing power and Your loving touch.

I want the whole world to know of the wondrous things You have done for me, so that they too can praise You for Your great glory and love; for even when I was at my lowest and in the greatest distress, You reached out Your hand to save me and preserve me from all harm.

You indeed are my God, and because You are, You will complete what You have begun in me. Your faithfulness and Your kindness will endure forever

because that is Your very nature, Your name and Your promise.

So I will give thanks to You, my God, because of Your constant love for me. You have built up strength within me and have given me the promise of everlasting life with You.

- Paraphrase of Psalm 138

☞ *Psalm 139:1-18 - Lord, You Know Me* ☞

Lord, You have probed me, You know me:

You know when I sit and stand;

You understand my thoughts from afar.

You sift through my travels and my rest;

with all my ways You are familiar.

Even before a word is on my tongue, Lord, You know it all.

Behind and before You encircle me and rest Your hand upon me.

Such knowledge is too wonderful for me,
far too lofty for me to reach.

Where can I go from Your spirit?

From Your presence, where can I flee?

If I ascend to the heavens, You are there;

If I lie down in Sheol, there You are.

If I take the wings of dawn and dwell beyond the sea, even there Your hand guides me,

Your right hand holds me fast.

If I say, "Surely darkness shall hide me,

and night shall be my light"

darkness is not dark for You,

and night shines as the day.

Darkness and light are but one.

You formed my inmost being;
You knit me in my mother's womb.
I praise You, because I am wonderfully made;
wonderful are Your works!

My very self You know.
My bones are not hidden from You,
when I was being made in secret,
fashioned in the depths of the earth.
Your eyes saw me unformed;
in Your book all are written down;
my days were shaped, before one came to be.

How precious to me are Your designs, O God;
how vast the sum of them!
Were I to count them,
they would outnumber the sands;
When I complete them, still You are with me.

Scriptures of Reconciliation

∞ The Ten Commandments ∞

1. I am the Lord your God. You shall not have other gods besides Me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

Exodus 20:1-17 & Deuteronomy 5:6-21

❧ The Greatest Commandment ❧

You shall love the Lord your God with all your heart, with all your soul, and with all your mind. And the second is like it: You shall love your neighbor as yourself.

Matthew 22:37-39

❧ The New Commandment ❧

A new commandment I give you, that you love one another as I have loved you.

John 13:4

❧ One Basis for the Last Judgment ❧

“Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?”

Then He will answer, “Amen I say to you, whatever you did for one of the least of these, you did for Me.”

Matthew 25:38-40

*“ God’s purpose in creating us
is to draw forth from us
a response of love and service
here on earth, so that we may attain
our goal of everlasting happiness
with Him in heaven.”*

- St. Ignatius Loyola

❧ *The Beatitudes* ❧

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Matthew 5:3-10

❧ *The Prodigal* ❧

I will return to my father and say, “I have sinned against you and am not worthy to be called your child...” But while he was still a long way off, his father caught sight of him and was filled with compassion. He ran to his son, embraced and kissed him.

Luke 15:18-20

❧ *Come to Me* ❧

And Jesus said, “Come to Me, all you who labor and are burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am meek and humble of heart; and you will find rest for yourselves. For My yoke is easy, and My burden light.”

Matthew 11:28-30

THE SACRAMENT OF RECONCILIATION



In the Sacrament of Reconciliation (or Penance), God offers us forgiveness of our sins and an experience of His love and mercy, which help us become more Christ-like. All sin is basically a failure to love. In the celebration of the Sacrament of

Reconciliation, lost love is restored, and weakened love is strengthened.

Sin is never merely a private affair. When we Christians fail to become what we can be, others, too, fail to become who they can be. One of the great benefits of a retreat is the opportunity to prepare well for the reception of the Sacrament of Reconciliation. Preparation for this Sacrament is made by a careful consideration of the choices we have made – in thought, in word, and in action, in order to discover not only our sins but also the underlying motives behind such failings.

Help from God is needed to get a true picture of our moral life. It is always a gift to know how much God loves us and to know our weakness. Only then can we cooperate with the grace needed to grow in virtue. An effective way to begin this examination is to pray to the Holy Spirit for enlightenment.

Prayer of Preparation Before Receiving the Sacrament

Heavenly Father, as I prepare to encounter Your mercy in the Sacrament of Reconciliation, I offer You my sinfulness: stretch out Your healing hand. My resolves are feeble and halting, but Your grace is strong and unfailing.

Jesus, You are the same Lord who made saints of Magdalene and Peter and the Good Thief, and Your grace can do all things in me. Change my heart; help me to become everything You want me to be ...

Come, Holy Spirit, send Your light into the depths of my heart. Let me see myself as You see me, as Your beloved. Help me to see my sins as You see them - as separating me from You. Then let me turn to You in true contrition. *Amen.*

Examination of Conscience:

A Look into the Heart

An Examination of Conscience is a deep look into my heart to consider:

Love for God

Love for myself

Love for my neighbor

Use of things

Healing virtues

Love for God

- How do I express my gratitude for the many gifts God has given me?
- Have I recognized and accepted my dependence upon God?
- Have I tried to make His will the all-embracing rule of my life?
- Is the overall thrust of my life toward God and His Kingdom?
- Have I worshiped “false gods” by making an idol of money, status or power?
- How often do I express my love for God in prayer, at Mass, and in reception of the Sacraments?
- How do I try to grow in the knowledge, love and imitation of Jesus?
- Am I sensitive and responsive to the inspirations of the Holy Spirit?
- Am I an active and loyal member of the Body of Christ, the Church?
- Have I been afraid to be truthful and affirm my faith because I fear what others may say or think of me?
- Do I reverence the name of God? Do I curse, blaspheme, or swear falsely?

Love for Myself

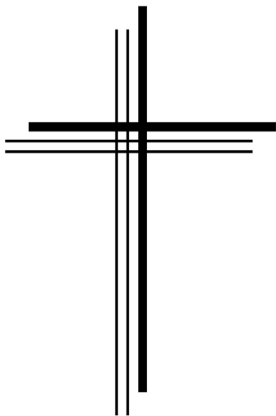
- Do I accept God’s unconditional love for me?
- Do I accept and love myself?
- Am I a perfectionist with unreasonable expectations of myself?

- Am I slothful?
- How well have I used my God-given talent?
- Do I refuse to forgive myself, even after God has forgiven me?
- Do I respect and care for my body, develop my mind and cultivate my spiritual life?
- Have I injured my health by the misuse of food, illegal drugs, prescription medication, or alcohol?
- Has pride made me think that I am better than others? Or that my success is simply and solely my own doing?

∞ Love for My Neighbor ∞

- Am I envious or jealous of others' talents, relationships, or possessions?
- What has been my loyalty to my family? How well do I treat my parents, siblings, and other relatives?
- If married, what is my relationship to my spouse? Am I faithful to my marriage vows?
- How much time do I spend with the children? Do I set a good example? Am I too permissive, too demanding? Do I exercise authority firmly but with love and reason?
- If single, am I sexually unchaste with others?
- Have I been deliberately impure in sexual acts committed alone?
- Do I seek pleasure from pornography?
- Do I express my love for others and allow others to love me?

- Do I treat others as I would want others to treat me? Am I abusive in word or deed?
- Am I respectful and just to my colleagues?
- Do I communicate openly and fairly, or do I resort to displays of anger or the silent treatment?
- Have I shown prejudice or discrimination toward anyone?
- Do I forgive those who offend me, or do I harbor resentments?
- Do I accept and affirm others, or judge, criticize and condemn?
- Have I injured anyone with gossip, rash judgments, or slander?



≈ Use of Things ≈

- Do I love things and use people instead of loving people and using things?
- Do I use things as if I had absolute dominion over them and not stewardship for which I will have to give an account?
- Do I buy what I do not need with money I do not have?
- Am I generous in sharing my material goods with those less fortunate?
- How well am I working to protect the environment? Do I pollute the environment?

*➤Healing Virtues:
Acting Against Vices➤*

Acting Contrary to Pride

Humility. Poverty of spirit. Acceptance of my dependence on God. Affirmation of others. Healthy sense of self. Gratitude.

Acting Contrary to Greed

Simplicity. Gratitude for what is given. Generosity. Involvement with the poor. Desire to imitate the poverty of Christ.

Acting Contrary to Anger

Patience. Kindness. Honesty. Respect for others. Pray for those who anger me.

Acting Contrary to Envy

Gratitude for my own and others' gifts. Speak well of those I envy.

Acting Contrary to Sloth

Promptness in fulfilling duties. Being accountable to God and to others. Faithfulness to regular prayer.

Acting Contrary to Gluttony

Self-discipline. Self-denial. An honest facing of a possible addiction.

Acting Contrary to Lust

Show respect to others. Recognize and respect the beauty and dignity of the human body. Speak honestly about my sexual desire and behavior with my spiritual director or confessor.

Acts of Contrition

✧ *Traditional Translation* ✧

O My God, I am heartily sorry for having offended You, 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 You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. *Amen.*

✧ *Contemporary Translation* ✧

O my God, I am truly sorry for my sins, for what I have wrongly thought, said, and done, for those things I have failed to do that I ought to have done. I am sorry for the ways that I have hurt myself and the ways that I have hurt others, especially by patterns of addictive sinfulness that I do over and over. I humbly ask for forgiveness and healing. Please help me to love and serve both You and Your people as You call me to do. I make this prayer in the name of Jesus, our Lord. *Amen.*

✧ *Scriptural Act of Contrition* ✧

Lord Jesus, You opened the eyes of the blind, healed the sick, forgave the sinful woman, and after Peter's denial confirmed him in Your love. Listen to my prayer: forgive all my sins, renew Your love in my heart, and help me to live in unity with my fellow Christians, that I may proclaim Your saving power to all the world. *Amen.*

Pope Francis Reminds Us...



“Let us all remember this: One cannot proclaim the Gospel of Jesus without the tangible witness of one’s life. Those who listen to us and observe us must be able to see in our actions what they hear from our lips, and so give glory to God! I am thinking now of some advice that St. Francis of Assisi gave his brothers:

‘Preach the Gospel, and if necessary, use words.’

Put on Christ in your life, and you will find a friend in whom you can always trust.

Put on Christ, and you will see the wings of hope spreading and letting you journey with joy toward the future. Put on Christ and your life will be full of His love; it will be a fruitful future.”

- *Pope Francis, Basilica of Saint Paul*

✠ A Christian Prayer In Union With Creation ✠

Father, we praise you with all your creatures.
They came forth from your all-powerful hand;
they are yours, filled with your presence and your
tender love. Praise be to you!

Son of God, Jesus,
through you all things were made.
You were formed in the womb of Mary our Mother,
you became part of this earth,
and you gazed upon this world with human eyes.

Today you are alive in every creature
in your risen glory.
Praise be to you!

Holy Spirit, by your light
you guide this world towards the Father's love and
accompany creation as it groans in travail.
You also dwell in our hearts
and you inspire us to do what is good.
Praise be to you!

Triune Lord, wondrous community of infinite love,
teach us to contemplate you
in the beauty of the universe,
for all things speak of you.

Awaken our praise and thankfulness
for every being that you have made.
Give us the grace to feel profoundly joined to
everything that is.

God of love, show us our place in this world
as channels of your love
for all the creatures of this earth,
for not one of them is forgotten in your sight.
Enlighten those who possess power and money
that they may avoid the sin of indifference,
that they may love the common good, advance the
weak, and care for this world in which we live.

The poor and the earth are crying out.
O Lord, seize us with your power and light,
help us to protect all life,
to prepare for a better future,
for the coming of your Kingdom
of justice, peace, love and beauty.
Praise be to you! *Amen.*

- Pope Francis, *Laudato Si'*

❧ *A Prayer For Our Earth* ❧

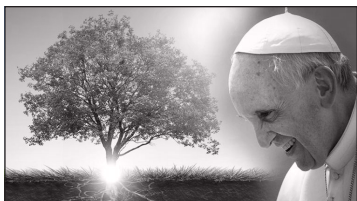
All-powerful God, you are present in the whole universe and in the smallest of your creatures. You embrace with your tenderness all that exists. Pour out upon us the power of your love, that we may protect life and beauty.

Fill us with peace, that we may live as brothers and sisters, harming no one. O God of the poor, help us to rescue the abandoned and forgotten of this earth, so precious in your eyes.

Bring healing to our lives, that we may protect the world and not prey on it, that we may sow beauty, not pollution and destruction. Touch the hearts of those who look only for gain at the expense of the poor and the earth.

Teach us to discover the worth of each thing, to be filled with awe and contemplation, to recognize that we are profoundly united with every creature as we journey towards your infinite light. We thank you for being with us each day. Encourage us, we pray, in our struggle for justice, love and peace. *Amen.*

- *Pope Francis, Laudato Si'*



The Anointing

My retreat comes to an end today.

Having said my goodbyes

I come into the sanctuary of my heart
to seek the blessings of the Lord before
I leave.

I sit down at His feet

and silently recite His name.

I pay attention to the sentiments that fill my heart

and to what it is I am really saying to
Him when I recite His name.

Then I anoint myself and every part of me

--spirit, heart, mind and body--
through the recitation of His name.

I review these days of my retreat

--the persons, the places, the events, the
things that have been part of my
experience, and I gratefully breath the
Name of each of them.

The places: my favorite spots on the grounds

and in the neighborhood ...

I fill them with His Grace
that other people coming to these places
be blessed.

I anoint my room and my furniture,

filling them with grace for future
occupants.

I do the same to other places of the house:

the dining room, the kitchen,

the chapel, the corridors,
the library, the showers.

And those experiences I was given

--the insights, the grace-filled moments:

I anoint them to make them fruitful.

I anoint the persons

who have been part of my experience
here.

Then I look to the future:

events that are likely to occur,

actions I shall perform,

people I am going to meet,

I make them holy with the ointment of
the Name,

sending it ahead of me

so that everywhere I go

I shall be protected and fortified

and made alive. *Amen.*

- *Anthony de Mello, SJ*



Mother Teresa Prayer

~Prayer of Silence~

We cannot find God in noise and agitation. Nature: trees, flowers, and grass grow in silence. The stars, the moon, and the sun move in silence. What is essential is not what we say but what God tells us and what He tells others through us. In silence, He listens to us; in silence, He speaks to our souls. In silence, we are granted the privilege of listening to His voice.

Silence of our eyes.

Silence of our ears.

Silence of our mouths.

Silence of our minds.

...in the silence of the heart

God will speak.

Silence of the heart is necessary so you can hear God everywhere - in the closing of the door, in the person who needs you, in the birds that sing, in the flowers, in the animals. If we are careful of silence it will be easy to pray. *Amen.*

- *Attributed to Mother Teresa*

Canonized on September 4, 2016

Awarded the Nobel Peace Prize in 1979



St. Ignatius Reminds Us...

∞Gratitude∞

Give thanks each day to God for favors received. God is the giver of infinite gifts and blessings. Ignatius' friends remember him as a man overflowing with gratitude. At night he would go up on the roof and sit quietly, looking for a long time at the sky. Then he would fall to his knees, often with tears, bowing to God in gratitude.

∞Prayer∞

Consider the method of the "Our Father." There is a greeting and reverence for God. We say thank you, share our experiences, ask for help, or cry out in pain. We beg for forgiveness, express love, spend time together, and listen. Tune into God's voice. This is what we do with friends. God desires our friendship.

I have called you friends, because I have told you everything I have heard from my Father. It was not you who chose me, but I who chose you and appointed you to go and bear fruit that will remain, so that whatever you ask the Father in my name He may give you. This I command you: love one another.

John 15:15b-17

∞Practice the Examen∞

Practice the Examen prayer on page 71.

Adaptations from Jim Manney's "Ignatian Spirituality A to Z" and "Ignatian Book of Days"

Journal

Retreat Date: _____

Journal

“Love ought to show itself in deeds more than in words. Love consists in sharing what one has and who one is with those one loves.”

(Spiritual Exercises, #230, 231)

IGNATIAN EXAMEN OF CONSCIOUSNESS

The Daily Examen is a prayer of reflection and commitment through which St. Ignatius taught us to recognize God in our daily life. It is meant to be a practical tool to help remove the false boundary between prayer and everyday living. It is a way of reflecting with gratitude on the events and feelings of our day. The Examen, prayed within about 15 minutes daily, helps us become more deeply aware of God's presence, of the urgings and actions of God's Spirit, and to discern how we are called to respond. The Examen is usually prayed at night, but some people find it helpful to pray it in the morning or at mid-day. It is a review of the last 24 hours. In times of stress, it can be helpful to pray the Examen twice a day.

St. Ignatius taught that this is the most important daily prayer we can practice. It is a life changing prayer!



MY DAILY EXAMEN

- 1. I quiet my mind and my heart for prayer.**

*“Lord, I believe at this moment
I am in Your presence, and You love me...
Come, Holy Spirit!”*

- 2. I offer gratitude to God for the blessings of the day and begin by savoring my gifts, not dwelling on my problems.**

*“Lord, I am grateful for all the ways
You have shown Your love to me this day.
I especially thank You for...”*

- 3. I review the events of the day, noticing the feelings that surface: my hopes, fears, regrets, joys, and sorrows.**

*“Lord, help me to recognize You
in all parts of my life.
Jesus, I want to see...”*

- 4. I pray from the feelings that surface: talking to God as a friend, listening with my heart for God’s response of love.**

*“Lord, You have examined my heart,
and You know everything about me...”*

- 5. I look forward in hope, asking for the grace to better serve You.**

*“Lord, enlighten me so that my future choices
praise, reverence, and serve You above all else.
Show me Your way.”*

Conclude with an “Our Father.”



“I ask the Father to give me an intimate knowledge of the many gifts I have received, that filled with gratitude for all, I may in all things love and serve the Divine Majesty.”

(Spiritual Exercises, #233)



BELLARMINE

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