

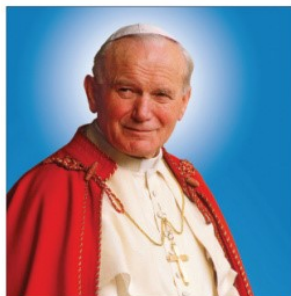
## Intercession Prayers A student's prayer to St. Anthony

Blessed St. Anthony I place my studies under your powerful protection. **Your intercession** has often helped me to make progress in learning and devotion. I choose you as protector **and patron saint of my studies**. **Through your intercession** may the Holy Spirit fill me with light, strength, intelligence and humility. **I implore the Creator** of all things to grant me the ability to grasp things correctly, and the talent of being exact in my explanations.

Amen.



## "Saints" of the 21st Century



**Litany  
of  
Pope Saint John Paul II**



Reigned as Supreme Pontiff  
October 16, 1978 - April 2, 2005

God our Father, in your wise and loving providence you raised up Pope John Paul II as shepherd and universal father of your pilgrim Church on earth.

Your Spirit made him a shining light ablaze with the radiance of your Son, even in the darkest shadows, that we might not fear.

Through him you called your Church to walk in justice, to taste your mercy, and to face in worship the Son whose fiery rays illumine the splendour and dignity of each human life.

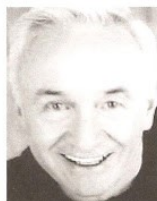
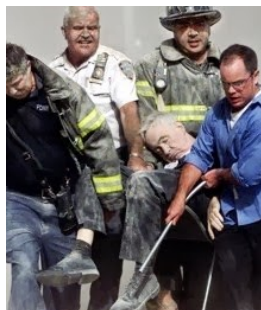
He has now crossed the threshold of hope to hear the song of the Word, no longer in echoes, but face to Face, with his beloved Mary and all the saints.

Embrace him with your everlasting mercy and preserve in your Church the voice of this shepherd who said with the Fisherman:

"Lord you know that I love you"

Saint John Paul the Great, Pray for us.

Amen



Fr. Mychal Judge, OFM

### Fr. Mychal's Prayer

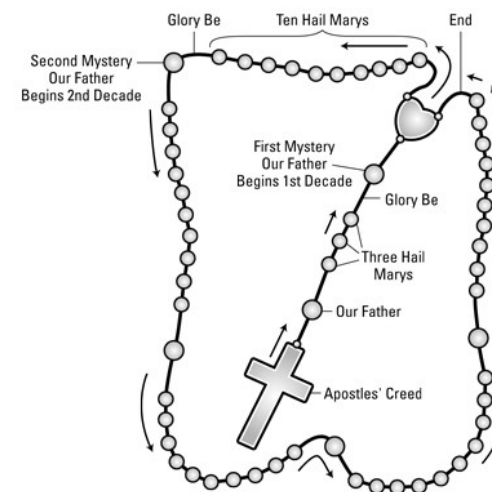
Lord, take me where You want me to go;  
Let me meet who You want me to meet;  
Tell me what You want me to say;  
And Keep me along Your way.

Amen

"If no one told you today that they love you, let me tell you: I love you, and no matter what mess you're in, you're always loved by God. **Father Mychal Judge**

# Praying—Our Lady & the Saints

## Praying the Rosary



### TIPS TO PRAY THE ROSARY EVERY DAY

- Fall asleep praying the Rosary. It is better than counting sheep.
- Say it in moments of sadness or spiritual drought.
- If you can't pray a whole Rosary at once, break it into parts.
- Carry a Rosary in your pocket.
- Say it while you wait (for example, at the bus stop).
- Use each mystery to ask for a particular intention.
- Pray while you walk and think of the people in your life.
- Recite the Rosary while doing chores or while you work out.
- Use images and music. The Rosary is a contemplative prayer.
- If you're upset, pray for the situation that worries you.

SOURCE: ACIPRENSA.COM

## Joyful Mysteries Mondays & Saturdays



**First Mystery - The Annunciation**  
The angel Gabriel appears to Mary and announces she is to bear a son, who will be named Jesus. Mary is perplexed as she is a virgin. Gabriel explains that the Holy Spirit and the Most High will overshadow her. The child will be the Son of God.



**Second Mystery - The Visitation**  
Mary who is pregnant with Jesus travels to visit her cousin, Elizabeth, who will soon give birth to John the Baptist. Elizabeth was filled with the Holy Spirit and said "Blessed are you among women, and blessed is the fruit of your womb."



**Third Mystery - The Birth of Jesus**  
Joseph traveled with Mary to Bethlehem to register according to the decree of Emperor Augustus. While there, she gave birth to Jesus, wrapped him in swaddling clothes and laid him in a manger because there is no room in the inn.



**Fourth Mystery - The Presentation**  
When the days were completed for their purification according to the law of Moses, they took Him to the temple in Jerusalem to present him to the Lord.



**Fifth Mystery - Finding the Child in the Temple**  
After three days, Mary and Joseph find Jesus in the sitting in temple in the midst of the teachers. As Jesus listens and asks question, all marvel at his wisdom. He asks Mary and Joseph, "Why were you searching for me? Did you not know that I must be in my Father's house?"

## Luminous Mysteries Thursdays



**First Mystery - The Baptism of Jesus**  
After Jesus is baptized and is leaving the water, the heavens opened and he saw the Spirit of God descending like a dove upon Him. A voice from heaven said, "This is My beloved Son, with whom I am well pleased."



**Second Mystery - The Wedding at Cana**  
They run out of wine at the wedding. Jesus tells the servants to fill the empty jars with water and take them to the head steward. The head steward tells the bridegroom that everyone serves the best wine first, but you have saved the best till last.



**Third Mystery - Jesus Proclaims the Kingdom of God**  
Jesus says to a paralytic, to rise and go home. He does in the sight of everyone. They were all astounded and glorified God.



**Fourth Mystery - The Transfiguration**  
Jesus took Peter, James and John to a mountain-top. He was transfigured before them and was seen talking with Moses and Elijah. From above, a voice was heard "This is my Son, the Beloved; with whom I am well pleased. Listen to Him!"



**Fifth Mystery - Jesus Institutes the Eucharist**  
At the Last Supper, Jesus took bread, blessed it, broke it and gave it to His disciples. "Take and eat; this is My body." Then He took the cup, and said, "Drink from it, all of you; for this is My blood of the covenant, which is poured out for many for the forgiveness of sins."

## Sorrowful Mysteries Tuesdays & Fridays



**First Mystery - The Agony in the Garden**  
Jesus prays in the Garden of Gethsemane. "Father, if you are willing, remove this cup from me; yet not my will but yours be done."



**Second Mystery - The Scouring at the Pillar**  
Then Pilate took Jesus and had Him scourged. From the sole of the foot to the head. Wound and welt... a gaping gash...



**Third Mystery - The Crowning with Thorns**  
The soldiers wove a crown of thorns and put it on his head and a reed in his hand. They dressed Him in a purple robe. They kept coming up to him saying, "Hail, King of the Jews!" and striking Him on the face.



**Fourth Mystery - The Carrying of the Cross**  
"... and carrying the cross Himself, He went out to what is called the Place of the Skull, in Hebrew, Golgotha."



**Fifth Mystery - The Crucifixion**  
"Jesus cried out in a loud voice, 'Father, into Your hands I commend My spirit'; and when He had said this He breathed His last."

## Glorious Mysteries Wednesdays & Sundays\*



**First Mystery - The Resurrection**  
"Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for He has been raised just as He said. Come and see the place where He lay."



**Second Mystery - The Ascension**  
So then the Lord Jesus, after He had spoken to them, was taken up into heaven and sat down at the right hand of God.



**Third Mystery - The Descent of the Holy Spirit**  
The disciples were in one room when suddenly there came from heaven a sound like the rush of a violent wind, and it filled the house. Tongues of fire rest on each of them. All were filled with the Holy Spirit.



**Fourth Mystery - The Assumption**  
"A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. Upon her death, because Mary was immaculate she was assumed body and soul into heaven."



**Fifth Mystery - The Coronation**  
"You are the glory of Jerusalem... you are the splendid boast of our people. With your own hand you have done all this... May you be blessed by the Lord Almighty forever and ever!"

(\*Sundays during Lent are Sorrowful Mysteries and Sundays during Advent are Joyful Mysteries.)

# Regular Prayer's—The Angelus

*May be said at dawn, noon, and dusk*

V. The Angel of the Lord declared unto Mary,  
R. And she conceived of the Holy Spirit.

**Hail Mary, etc...**

V. Behold the handmaid of the Lord.  
R. Be it done unto me according to Your Word.

**Hail Mary, etc...**

V. And the Word was made flesh,  
R. And dwelt among us.

**Hail Mary, etc...**

V. Pray for us, O holy Mother of God.  
R. That we may be made worthy of the promises of Christ.

Let us pray:

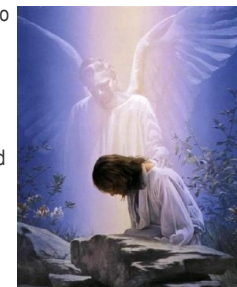
Pour forth, we beseech You, O Lord,  
Your Grace into our hearts;  
that as we have known the incarnation of Christ,  
your Son by the message of an angel,  
so by His passion and cross  
we may be brought to the glory of His Resurrection.  
Through the same Christ, our Lord.  
**Amen.**



## Prayers for Help

### Guardian Angel Prayer

Angel of God, my Guardian dear, to  
whom His love commits me here,  
ever this day (or night) be at my  
side, to light and guard, to rule and  
guide.  
**Amen**



### 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.  
**Amen**