Prayers & Hymns
The Magnificat

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 has remembered his promise of mercy,
   The promise He made to our fathers,
   To Abraham and his children for ever.
“God would never inspire me with desires which cannot be realized; so in spite of my littleness, I can hope to be a saint.”

Saint Therese of Lisieux

Feast Day, October 1

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BASIC CATHOLIC 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 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 amongst 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. Amen.

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.
"Strive to preserve your heart in peace; let no event of this world disturb it."

Saint John of the Cross

*Feast Day, December 14*

**BASIC CATHOLIC PRAYERS IN LATIN**

*Signum Crucis*

In nomine Patris, et Filii, et Spiritus Sancti. Amen.

*Pater Noster*

Pater Noster,
qui es in caelis,
sanctificetur nomen tuum.
Adveniat regnum tuum.
Fiat voluntas tua, sicut in caelo et in terra.
Panem nostrum quotidieum da nobis hodie,
et dimitte nobis debita nostra
sicut et nos dimittimus debitoribus nostris.
Et ne nos inducas in tentationem,
sed libera nos a malo. Amen.

*Ave Maria*

Ave Maria, gratia plena, Dominus tecum.
Benedicta tu in mulieribus,
et benedictus fructus ventris tui, Iesus.
Sancta Maria, Mater Dei,
ora pro nobis peccatoribus, nunc, et in hora mortis nostrae. Amen.

*Gloria Patri*

Gloria Patri,
et Filio,
et Spiritui Sancto.
Sicut erat in principio,
et nunc, et semper,
et in saecula saeculorum. Amen.
Angelus (English)
V. The angel of the Lord declared unto Mary.
R. And she conceived of the Holy Spirit.
V. Hail Mary, full of grace; the Lord is with Thee: blessed art thou among women, and blessed is the fruit of thy womb, Jesus.
R. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

V. Behold the handmaid of the Lord,
R. Be it done unto me according to Thy word.
V. Hail Mary, full of grace; the Lord is with Thee: blessed art thou among women, and blessed is the fruit of thy womb, Jesus.
R. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

V. And the Word was made flesh,
R. And dwelt among us.
V. Hail Mary, full of grace; the Lord is with Thee: blessed art thou among women, and blessed is the fruit of thy womb, Jesus.
R. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

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 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.
R. Amen.
Angelus (Latin)
V. Angelus Domini nuntiavit Mariae.
R. Et concepit de Spiritu Sancto.
V. Ave Maria, gratia plena; Dominus tecum:
benedicta tu in mulieribus, et benedictus fructus ventris tui Iesus.
R. Sancta Maria, Mater Dei ora pro nobis peccatoribus, nunc et in hora mortis nostrae. Amen.

V. Ecce ancilla Domini,
R. Fiat mihi secundum verbum tuum.
V. Ave Maria, gratia plena; Dominus tecum:
benedicta tu in mulieribus, et benedictus fructus ventris tui Iesus.
R. Sancta Maria, Mater Dei ora pro nobis peccatoribus, nunc et in hora mortis nostrae. Amen.

V. Et Verbum caro factum est,
R. Et habitavit in nobis.
V. Ave Maria, gratia plena; Dominus tecum:
benedicta tu in mulieribus, et benedictus fructus ventris tui Iesus.
R. Sancta Maria, Mater Dei ora pro nobis peccatoribus, nunc et in hora mortis nostrae. Amen.

V. Ora pro nobis, sancta Dei Genetrix,
R. Ut digni efficiamur promissionibus Christi.

Oremus.
Gratiam tuam, quaesumus, Domine, mentibus nostris infunde; ut qui, Angelo nuntiante, Christi Fili i ternum cognovimus, per passionem eius et crucem ad resurrectionis gloriam perducamur. Per eundem Christum Dominum nostrum.
R. Amen.

“The world does not need what you have, but who you are.”
Saint Teresa Benedicta of the Cross
Feast Day, August 9
Regina Caeli (English)
V. Queen of Heaven, rejoice, alleluia.
R. For He whom thou didst deserve to bear, alleluia.

V. Hath risen, as He said, alleluia.
R. Pray for us to God, alleluia.

V. Rejoice and be glad, O Virgin Mary, alleluia.
R. Because our Lord is truly risen, alleluia.

Let us pray.
O God, who by the resurrection of Thy Son, our Lord Jesus Christ, hast vouchsafed to make glad the world, grant, we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may attain the joys of eternal life. Through the same Christ our Lord. 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, Jesus.
O clement, O loving, O sweet Virgin Mary!

V. Pray for us, O Holy Mother of God
R. That we may be made worthy of the promises of Christ.
Regina Caeli (Latin)
V. Regina caéli laetáre, allelúia.
R. Quía quem meruísti portáre, allelúia.

V. Resurréxit sicut díxit, allelúia.
R. Ora pro nóbis Déum, allelúia.

V. Gáude et laetáre, Virgo María, allelúia.
R. Quía surréxit Dóminus vére, allelúia.

Oremus.
Déus, qui per resurrectiónem Filii Túi Dómini nóstri Jésu Chrísti múndum
laetificáre dignátus es: praésta, quaésumus: ut per ejus Genitrícem
Vírginem Maríam, perpétuae capiámus gáudia vítae. Per eúndem Chrístum
Dóminum nóstrum. Ámen.

Salve Regina
Salve Regina, Mater misericordiae.
Vita, dulcedo, et spes nostra, salve.
Ad te clamamus exsules filii Hevae.
Ad te Suspiramus,
gementes et flentes in hac lacrimarum valle.
Eia ergo, Advocata nostra,
illos tuos misericordes oculos ad nos converte.
Et Iesum, benedictum fructum ventris tui,
nobis post hoc exsilium ostende.
O clemens, o pia, o dulcis Virgo Maria.

V. Ora pro nobis, Sancta Dei Genitrix.
R. Ut digni efficiamur promissionibus Christi.
**Come, Holy Spirit**
Come, Holy Spirit, fill the hearts of Thy faithful and enkindle in them the fire of Thy love.

V. Send forth Thy Spirit and they shall be created.
R. And Thou shalt renew the face of the earth.

Let us pray.
O God, who did instruct the hearts of the faithful by the light of the Holy Spirit, grant us in the same Spirit to be truly wise and ever to rejoice in His consolation. Through Christ Our Lord. Amen.

**Tantum Ergo (English)**
Down in adoration falling,
Lo! The sacred Host we hail,
Lo! Oe’r ancient forms departing
Newer rites of grace prevail;
Faith for all defects supplying,
Where the feeble senses fail.
To the everlasting Father,
And the Son Who reigns on high
With the Holy Spirit proceeding
Forth from each eternally,
Be salvation, honor blessing,
Might and endless majesty. Amen.

**Divine Praises**
Blessed be God.
Blessed be His Holy Name.
Blessed be Jesus Christ, true God and true Man.
Blessed be the Name of Jesus.
Blessed be His Most Sacred Heart.
Blessed be His Most Precious Blood.
Blessed be Jesus in the Most Holy Sacrament of the Altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary most Holy.
Blessed be her Holy and Immaculate Conception.
Blessed be her Glorious Assumption.
Blessed be the Name of Mary, Virgin and Mother.
Blessed be St. Joseph, her most chaste spouse.
Blessed be God in His Angels and in His Saints.
“Put on holiness as your breastplate, and it will enable you to love the Lord your God with all your heart and soul and strength, and your neighbor as yourself.”
Saint Albert of Jerusalem
Feast Day, September 17

**Veni, Sancte Spiritus**
Veni, Sancte Spiritus, reple Tuorum corda fidelium, et Tui amoris in eis ignem accende.
V. Emitte Spiritum Tuum et creabuntur;
R. Et renovabis faciem terrae.
Oremus.

**Tantum Ergo** *(Latin)*
Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Praestet fides supplementum
Sensuum defectui.
Genitori, Genitoque
Laus et iubilatio,
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio. Amen.

**Laudes Divinae**
Benedictus Deus.
Benedictum Nomen Sanctum eius.
Benedictus Iesus Christus, verus Deus et verus homo.
Benedictum Nomen Iesu.
Benedictum Cor eius sacratissimum.
Benedictus Sanguis eius pretiosissimus.
Benedictus Iesus in sanctissimo altaris Sacramento.
Benedictus Sanctus Spiritus, Paraclitus.
Benedicta excelsa Mater Christi, Maria sanctissima.
Benedicta sancta eius et immaculata Conceptio.
Benedicta eius gloriosa Assumptio.
Benedictum nomen Mariae, Virginis et Matris.
Benedictus sanctus Ioseph, eius castissimus Sponsus.
Benedictus Deus in Angelis suis, et in Sanctis suis.
The 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 us. 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.

Anima Christi
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.
Separated from Thee let me never be.
From the evil one, protect me.
At the hour of death, call me.
And bid me, come to Thee,
That I may praise Thee in the company
Of Thy Saints, for all eternity. Amen.
**Act of Contrition**
O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because of Thy just punishments, but most of all because they offend Thee, my God, who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasion of sin.

**The Ten Commandments**
1. You shall not have other gods besides me.
2. You shall not take the name of the Lord 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.

**Evening Prayer**
O my God, at the end of this day I thank Thee most heartily for all the graces I have received from Thee. I am sorry that I have not made a better use of them. I am sorry for all the sins I have committed against Thee. Forgive me, O my God, and graciously protect me this night. Blessed Virgin Mary, my dear heavenly mother, take me under thy protection. St. Joseph, my dear guardian angel, and all you saints of God, pray for me. Sweet Jesus, have pity on all poor sinners, and save them from hell. Have mercy on the suffering souls in purgatory.

**Miraculous Medal Prayer**
O Mary, conceived without sin, pray for us who have recourse to thee, and for those who do not have recourse to thee, especially the enemies of the Church and those recommended to thee. Amen.
Morning Offering
O my God, I offer Thee all my prayers, works, joys, and sufferings in union with the Sacred Heart of Jesus, for the intentions for which He pleads and offers Himself in the Holy Sacrifice of the Mass, in thanksgiving for Thy favors, in reparation for my offenses, and in humble supplication for my temporal and eternal welfare, for the wants of our holy Mother the Church, for the conversion of sinners, and for the relief of the poor souls in purgatory. I wish to gain all the indulgences attached to the prayers I shall say and to the good works I shall perform this day.

Daily Offering to Mary
O Jesus, through the Immaculate Heart of Mary, I offer thee 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 relatives and friends, and in particular for the intentions of the Holy Father. Amen.

Daily Consecration to Mary
O Mary, my Queen and my Mother, I give myself entirely to you. And to show my devotion to you, I consecrate to you today, my eyes, my ears, my mouth, my heart, my whole being without reserve. Wherefore, O loving Mother, as I am your own, keep me and defend me as your property and possession. Amen

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

Direct Our Actions O Lord
Direct, we beseech Thee, O Lord, all our actions by Thy holy inspiration, and carry them on by Thy gracious assistance so that every prayer and work of ours may begin always from Thee and through Thee be happily ended. Through Christ our Lord. Amen.
Grace Before Meals
Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ our Lord. Amen.

Grace After Meals
We give Thee thanks for all Thy benefits, O Almighty God, who livest and reignest world without end. Amen. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Prayer for the Poor Souls in Purgatory
V. Eternal rest grant unto them, O Lord
R. And let perpetual light shine upon them.

V. May the souls of the faithful departed.

Prayer to Saint Joseph
Oh St. Joseph whose protection is so great, so strong, so prompt before the Throne of God, I place in you all my interests and desires.
Oh St. Joseph, do assist me by your powerful intercession and obtain for me from your Divine Son all spiritual blessings through Jesus Christ, Our Lord; so that having engaged here below your Heavenly power, I may offer my Thanksgiving and Homage to the most Loving of Fathers.
Oh St. Joseph, I never weary contemplating you and Jesus asleep in your arms. I dare not approach while He reposes near your heart. Press Him in my name and kiss His fine Head for me, and ask Him to return the kiss when I draw my dying breath.

St. Joseph, Patron of departing souls, pray for us. Amen

Actiones Nostras
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;
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.

Prayer of Saint Thomas Aquinas
Grant me grace, O merciful God, to desire ardently all that is pleasing to Thee, to examine it prudently, to acknowledge it truthfully, and to accomplish it perfectly, for the praise and glory of Thy name. Amen.

Breastplate of Saint Patrick
Christ with me, Christ before me,
Christ behind me, Christ in me,
Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down,
Christ when I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.
Act of Faith
O my God! I firmly believe that Thou art one God in three Divine Persons, Father, Son, and Holy Ghost; I believe that Thy Divine Son became man, and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because Thou hast revealed them, Who canst neither deceive nor be deceived. Amen.

Act of Hope
O my God! relying on Thine infinite goodness and promises, I hope to obtain pardon of my sins, the help of Thy grace, and life everlasting, through the merits of Jesus Christ, My Lord and Redeemer. Amen.

Act of Love
O my God! I love Thee above all things, with my whole heart and soul, because Thou art all-good and worthy of all my love. I love my neighbor as myself for the love of Thee. I forgive all who have injured me, and ask pardon of all whom I have injured. Amen.

Prayer To Jesus Christ Crucified
My good and dear Jesus, I kneel before Thee, asking Thee most earnestly to engrave upon my heart a deep and lively faith, hope, and charity, with true repentance for my sins, and a firm resolve to make amends. As I reflect upon Thy five wounds, and dwell upon them with deep compassion and grief, I recall, good Jesus, the words the prophet David spoke long ago concerning Thyself: "They have pierced my hands and my feet; they have numbered all my bones!"

Fatima Prayer
O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Thy Mercy.

Fatima Prayer # 2
My God, I believe, I adore, I hope, and I love Thee. I beg pardon of Thee for those who do not believe, do not adore, do not hope, and do not love Thee.
Holy God, We Praise Thy Name
Holy God, we praise Thy name!
Lord all, we bow before Thee;
All on earth Thy scepter claim,
All in heav’n above adore Thee;
Infinite Thy vast domain,
Everlasting is Thy reign.

Hark! the loud celestial hymn
Angel choirs above are raising;
Cherubim and Seraphim
In unceasing chorus praising,
Fill the heav’ns with sweet accord:
Holy, holy, holy, Lord!

Jesus, My Lord, My God, My All
Jesus, my Lord, my God, my all,
How can I love Thee as I ought?
And how revere this wond’rous gift,
So far surpassing hope or thought.

Sweet Sacrament, we Thee adore.
O make us love Thee more and more!
O make us love Thee more and more!

Had I but Mary’s sinless heart,
To love Thee with, my dearest King;
O with what bursts of fervent praise,
Thy goodness, Jesus, would I sing!

Sweet Sacrament, we Thee adore.
O make us love Thee more and more!
O make us love Thee more and more!

“They who want to win the world for Christ must have courage to come into conflict with it.”
Blessed Titus Brandsma
Feast Day, July 27
America the Beautiful
O beautiful for spacious skies,
For amber waves of grain,
For purple mountain majesties
Above the fruited plain!
America! America!
God shed His grace on thee
And crown thy good with brotherhood
From sea to shining sea!

O beautiful for pilgrim feet
Whose stern impassioned stress
A thoroughfare of freedom beat
Across the wilderness!
America! America!
God mend thine every flaw,
Confirm thy soul in self-control,
Thy liberty in law!

My Country 'Tis of Thee
My country, 'tis of thee,
Sweet land of liberty, of thee I sing;
Land where my fathers died,
Land of the pilgrims' pride,
From every mountainside let freedom ring!

My native country, thee,
Land of the noble free, thy name I love;
I love thy rocks and rills,
Thy woods and templed hills;
My heart with rapture thrills, like that above.

Our fathers' God, to thee,
Author of liberty, to thee we sing;
Long may our land be bright
With freedom's holy light;
Protect us by thy might, great God, our King.
Star Spangled Banner
Oh, say can you see
By the dawns' early light
What so proudly we hailed
At the twilights' last gleaming?
Whose broad striped and bright stars
Through the perilous fight
O'er the ramparts we watched
Were so gallantly streaming?
And the rocket's red glare!
The bombs bursting in air!
Gave proof through the night
That our flag was still there
Oh, say does that star spangled
banner yet wave
O'er the land of the free
And the home of the brave?

God Bless America
God Bless America
Land that I love
Stand beside her
And guide her
Through the night with the light
from above
From the mountains (x2)
To the prairies
To the oceans
White with foam
God Bless America
My home sweet home

Joyful, Joyful We Adore Thee
Joyful, joyful, we adore thee,
God of glory, Lord of love;
hearts unfold like flowers before Thee,
opening to the sun above.
Melt the clouds of sin and sadness;
drive the dark of doubt away.
Giver of immortal gladness,
fill us with the light of day!

All thy works with joy surround Thee,
earth and heaven reflect Thy rays,
stars and angels sing around Thee,
center of unbroken praise.
Field and forest, vale and mountain,
flowery meadow, flashing sea,
chanting bird and flowing fountain,
call us to rejoice in Thee.

Pledge of Allegiance
I pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.
“Perfection of life consists of drawing close to God.”

Saint Teresa of the Andes

Feast Day, July 13

**Bookmark of Saint Teresa of Avila**

Let nothing disturb thee;
Let nothing dismay thee:
All things pass;
God never changes.
Patience attains all.
He who has God lacks nothing:
God alone suffices.

**Sub Tuum Praesidium**

(The oldest known prayer to Mary)

We fly to thy patronage, O holy Mother of God; despise not our petitions in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin. Amen.

**Saint Therese Novena Prayer**

Saint Therese the Little Flower, please pick me a rose from the heavenly garden and send it to me with a message of love. Ask God to grant me the favor I thee implore (mention petition) and tell Him I will love Him each day more and more.

Pray: 5 Our Father’s, 5 Hail Mary’s & 5 Glory Be’s

Saint Therese, help me to always believe as you did in God’s great love for me, so that I might imitate your “Little Way” each day. Amen.

**Spiritual Communion**

My Jesus,
I believe that Thou art present in the Most Holy Sacrament.
I love Thee above all things, and I desire to receive Thee into my soul.
Since I cannot at this moment receive Thee sacramentally, come at least spiritually into my heart. I embrace Thee as if Thou were already there and unite myself wholly to Thee. Never permit me to be separated from Thee. Amen.

**Bookmark (Spanish)**

Nada te turbe,
nada te espante;
todo se pasa,
Dios no se muda.
La paciencia todo lo alcanza.
Quien a Dios tiene nada la falta:
solo Dios basta.
Flos Carméli
Vitis florígera, Splendor caeli Virgo puérpera, Singuláris.
Mater mitis Sed viri néscia, Carmelítis Esto propitia Stella maris.
Radix Jesse Gérminans flósculum Nos ad esse Tecum in saeculum, Patiáris.
Inter spinas Quae crescis lilium, Serva puras Mentes fragílium Tuteláris.
Armatúra Fortis pugnántium, Furunt bella, Tende praesídium Scapuláris.
Per incépta Prudens consílium, Per adversa, Juge solátium Largiáris.

Flower of Carmel
Tall vine blossom laden
Splendor of Heaven,
Childbearing yet maiden
None equals thee.

Mother so tender
Who no man didst know,
On Carmel’s children
Thy favors bestow
Star of the sea.

Strong stem of Jesse
Who bore one bright Flower,
Be ever near us
And guard us each hour,
Who serve thee here.

Purest of lilies,
That flowers among thorns,
Bring help to the true heart
That in weakness turns
And trusts in thee.

Strongest of armor,
We trust in thy might:
Under thy scapular
Hard pressed in the fight,
We call to thee.

Our way uncertain,
Surrounded by foes,
Unfailing counsel
You give to those
Who turn to thee.
Psalm 23

The Lord is my shepherd;
I shall not want.
In verdant pastures He gives me repose;
Beside restful waters He leads me;
He refreshes my soul.
He guides me in right paths
For His name’s sake.
Even though I walk in the dark valley
I fear no evil; for You are at my side
With Your rod and Your staff
That give me courage.
You spread the table before me
In the sight of my foes;
You anoint my head with oil;
My cup overflows.
Only goodness and kindness follow me
All the days of my life;
And I shall dwell in the house of the Lord
For years to come.
All Carmelite Saints, Pray for us!