

SAINT THERESE CARMELITE SCHOOL



*Prayers & Hymns*



*"I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world. " John 6:51*

Jesus Christ Our Lord

Holy Thursday at the Last Supper

## **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 the Child Jesus and the Holy Face

Feast Day, October 1



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*"The more you honor me, the more I shall bless you."*

*Infant of Prague  
Feast Day, January 14*

## **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.

*“Take, beloved son this scapular of thy order as a badge of my confraternity and for thee and all Carmelites a special sign of grace.”*

Our Lady of Mount Carmel

Feast Day, July 16



## BASIC CATHOLIC PRAYERS IN LATIN

### ***Signum Crucis***

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

### ***Pater Noster***

Pater Noster,  
Qui es in caelis,  
sanctificétur nomen Tuum.  
Advéniat regnum Tuum.  
Fiat volúntas tua, sicut in caelo et in terra.  
Panem nostrum quotidiánum da nobis hódie,  
et dimitte nobis débíta nostra  
sicut et nos dimittimus debitóribus nostris.  
Et ne nos indúcas in tentatiónem,  
sed líbera nos a malo. Amen.

### ***Ave María***

Ave María, gratía plena, Dóminus tecum.  
Benedícta tu in muliéribus,  
et benedíctus fructus ventris tui, Iesus.  
Sancta María, Mater Dei,  
ora pro nobis peccatóribus, nunc, et in hora mortis nostrae. Amen.

### ***Gloria Patri***

Glória Patri,  
et Fílio,  
et Spirítui Sancto.  
Sicut erat in princípío,  
et nunc, et semper,  
et in saecula saeculórum. Amen.



*I wish I could persuade everyone to be devoted to this glorious saint, for I have great experience of the blessings which he can obtain from God.”  
St. Teresa of Avila*

**Saint Joseph**  
Feast Day, March 19



**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 amongst 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 amongst 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 amongst 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.*

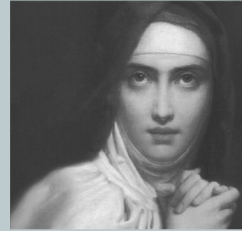
Let us pray.

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.

*“I believe that God helps those who set out  
to do great things for His sake  
and never fails those who trust in Him alone.”*

Saint Teresa of Jesus  
Feast Day, October 15



**Angelus (Latin)**

V. Angelus Dómini nuntiávit Mariae.

R. Et concépit de Spíritu Sancto.

V. Ave María, gratía plena, Dóminus tecum. Benedícta tu in muliéribus,  
et benedíctus fructus ventris tui, Iesus.

R. Sancta María, Mater Dei, ora pro nobis peccatóribus, nunc, et in hora mortis  
nostrae. Amen.

V. Ecce ancilla Dómini,

R. Fiat mihi secundum verbum tuum.

V. Ave María, gratía plena, Dóminus tecum. Benedícta tu in muliéribus,  
et benedíctus fructus ventris tui, Iesus.

R. Sancta María, Mater Dei, ora pro nobis peccatóribus, nunc, et in hora mortis  
nostrae. Amen.

V. Et Verbum caro factum est,

R. Et habitávit in nobis.

V. Ave María, gratía plena, Dóminus tecum. Benedícta tu in muliéribus,  
et benedíctus fructus ventris tui, Iesus.

R. Sancta María, Mater Dei, ora pro nobis peccatóribus, nunc, et in hora mortis  
nostrae. Amen.

V. Ora pro nobis, sancta Dei Génetrix,

R. Ut digni efficiámur promissionibus Christi.

Oremus.

Grátiam Tuam, quaésumus, Dómine, méntibus nostris infúnde; ut qui,  
Angelo nuntiánte, Christi Fílii Tui incarnationem cognóvimus, per  
passiónem eius et crucem ad resurrectionis glóriam perducámur. Per  
eumdem Christum Dóminum nostrum.

R. Amen.



*“I propose to have no other purpose in all my activities, either interior or exterior, than the motive of love alone.”*

Saint Teresa Margaret Redi

*Feast Day, September 1*

***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.*



*“Perfection of life consists of drawing close to God.”*

Saint Teresa of Jesus Fernandez Solar

*Feast Day, July 13*



***Regina Caeli (Latin)***

V. Regína caéli laetáre, allelúia.

R. Quía Quem meruísti portáre, allelúia.

V. Resurréxit sicut díxit, allelúia.

R. Ora pro nóbis Déum, allelúia.

V. Gáude et laetáre, Vírgo María, allelúia.

R. Quía surréxit Dóminus vére, allelúia.

Oremus.

Déus, Qui per resurrectionem Fílii Túi Dómini nóstri Jésu Chrísti múnđum laetificáre dignátus es: praesta, quaesumus: ut per ejus Genitricem Vírginem Mariám, 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.*



*“The world does not need  
what you have, but who you are.”*

Saint Teresa Benedicta of the Cross

*Feast Day, August 9*

***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.

*“Holy Spirit, inspire me; Love of God, consume me.”*

Saint Miriam of Jesus Crucified

*Feast Day, August 25*



***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. Deus, qui corda fidelium Sancti Spiritus illustratione docuisti: da nobis in eodem Spiritu recta sapere, et de eius semper consolatione gaudere. Per Christum Dominum nostrum. Amen.

***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.

***Divine Mercy Chaplet***

**Opening Prayer:** You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us. ~~~ O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You! (*Repeat 3 times*) ~~~Our Father, Hail Mary and the Apostle's Creed ~~~ **For each of the five decades** (*On each "Our Father" bead, pray*) Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world. (*On each "Hail Mary" beads pray*) For the sake of His sorrowful Passion, have mercy on us and on the whole world. ~~~ **Concluding prayer** Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world. (*Repeat 3 times*) ~~~Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.



*“Believe that He loves you. He wants to help you  
Himself in the struggles you must undergo.  
Believe in His love. His exceeding love.”*

Saint Elizabeth of the Most Holy Trinity

Feast Day, November 8

***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 about 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.

*"With zeal have I been zealous for the Lord God of hosts,"  
3 Kings 19:10*

Prophet Elijah  
Feast Day, July 20



### **Prayer Before Examination of Conscience**

Holy Spirit enlighten my mind and soften my heart, so that I can know my sins and be truly sorry for them.

### **The Ten Commandments**

1. Thou shalt not have strange gods before me.
2. Thou shalt not take the name of the Lord thy God in vain.
3. Remember thou keep holy the Lord's Day.
4. Honor thy father and thy mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbor's wife.
10. Thou shalt not covet thy neighbor's goods.

### **Steps when going to Confession**

- 1) I go into the confessionals and kneel down.
- 2) I begin my confession by making the sign of the cross and reciting it aloud.
- 3) The priest welcomes me.
- 4) I say, "Bless me father for I have sinned. "It's been \_\_\_\_ (how long?) since my last confession."
- 5) "These are my sins...."
- 6) "For these and all my sins I am truly sorry."
- 7) I listen to the penance the priest gives me.
- 8) I say the **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. Amen
- 9) I receive absolution.
- 10) The priest says, "Give thanks to the Lord for He is good." I reply, "His mercy endures forever."
- 11) I return to the pew and pray. I do my penance as soon as possible.



*“The sword of the spirit, the word of God, must abound in your mouths and hearts. Let all you do have the Lord’s word for accompaniment.”*

Saint Albert of Jerusalem

Feast Day, September 17

### **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 Through 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.

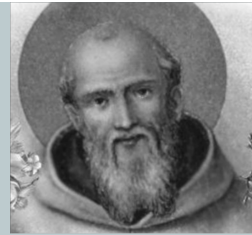
### **Direct Our Actions O Lord**

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.

*“Whoever dies in the Brown Scapular shall not suffer Eternal fire. It shall be a sign of salvation, a protection in danger, and a pledge of peace.”*

**Saint Simon Stock**

*Feast Day, May 16*



**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.  
R. *Through the mercy of God, rest in peace. Amen.*

**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

**Invocations to the Sacred Heart of Jesus**

Jesus, meek and humble of heart, make my heart like unto Thine!  
Most Sacred Heart of Jesus, I trust in Thee!  
Most Sacred Heart of Jesus, have mercy on us!

**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.*



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

Saint John of the Cross

Feast Day, December 14

***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***

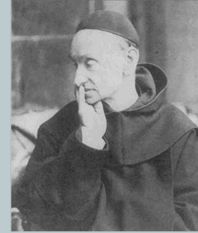
Christ with me, Christ before me,  
Christ behind me, Christ in me,  
Christ beneath me, Christ above me,  
Christ on my right, Christ on my left,  
Christ when I lie down, Christ when I sit down,  
Christ when I arise,  
Christ in the heart of every man who thinks of me,  
Christ in the mouth of everyone who speaks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.



*"Every step of our life should bring us closer to God, and help to provide at least a little happiness to our neighbor."*

Saint Raphael Kalinowski

Feast Day, November 19



**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, 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.



*“Yes, I have understood mercy: Saint Therese of the Child Jesus sensed its gentleness, I sense its power.”*

Blessed Pere Marie-Eugene of the Child Jesus

Feast Day, February 4

### ***Litany of Humility***

O Jesus! meek and humble of heart, Hear me.

From the desire of being esteemed,

**R. Deliver me, Jesus.**

From the desire of being loved...**R**

From the desire of being extolled ... **R.**

From the desire of being honored ... **R.**

From the desire of being praised ... **R.**

From the desire of being preferred to others... **R.**

From the desire of being consulted ... **R.**

From the desire of being approved ... **R.**

From the fear of being humiliated ... **R.**

From the fear of being despised... **R.**

From the fear of suffering rebukes ... **R.**

From the fear of being calumniated ... **R.**

From the fear of being forgotten ... **R.**

From the fear of being ridiculed ... **R.**

From the fear of being wronged ... **R.**

From the fear of being suspected ... **R.**

That others may be loved more than I,

**R. Jesus, grant me the grace to desire it.**

That others may be esteemed more than I ...**R.**

That, in the opinion of the world,

others may increase and I may decrease ... **R.**

That others may be chosen and I set aside ... **R.**

That others may be praised and I unnoticed ... **R.**

That others may be preferred to me in everything... **R.**

That others may become holier than I,

provided that I may become as holy as I should... **R.**

*“God gave me a father and mother  
more worthy of Heaven than of earth.”*

*Saint Therese describing her parents,  
Saints Zelig and Louis Martin  
Feast Day, July 12*



### ***Panis Angelicus***

Panis angélicus fit panis hóminum;  
Dat panis cáelicus figúris términum:  
O res mirábilis mandúcat Dóminum  
Pauper, servus et húmilis.

Te trina Déitas únaque póscimus:  
Sic nos tu vísitá, sicut te cólimus;  
Per tuas sémitas duc nos quo téndimus,  
Ad lucem quam inhábitas.

### ***Je vous salue Marie***

Je vous salue Marie comblée de grâce,  
le Seigneur est avec vous  
Vous êtes bénie entre toutes les femmes  
et Jésus votre enfant est béni.

Sainte Marie, Mère de Dieu  
priez pour nous, pauvres pécheurs,  
maintenant et à l'heure de notre mort,  
Amen, amen Alléluia.

### ***Sub Tuum Praesidium***

Sub tuum praesidium confugimus,  
sancta Dei Genitrix:  
nostras deprecationes  
ne despicias in necessitatibus:  
sed a periculis cunctis  
libera nos semper,  
Virgo gloriosa et benedicta.



*"Jesus, Mary," were their last words before being martyred.*

Blessed Martyrs Denis of the Nativity and Redemptus of the Cross

Martyred in 1638 for not renouncing their faith

*Feast Day, November 29*

***O Jesus, we adore Thee***

1. O Jesus, we adore thee  
Who in thy love divine,  
Conceal thy mighty Godhead  
In forms of bread and wine.

O Sacrament most holy,  
O Sacrament divine,  
All praise and all thanksgiving  
Be every moment thine!

O Sacrament most holy,  
O Sacrament divine,  
All praise and all thanksgiving  
Be every moment thine!

4. O Jesus, we adore thee,  
Come, live in us, we pray,  
That all our thoughts and actions  
Be thine alone today.

2. O Jesus, we adore thee,  
Our Victim and our Priest,  
Whose precious blood and body  
Become our sacred feast.

O Sacrament most holy,  
O Sacrament divine,  
All praise and all thanksgiving  
Be every moment thine!

O Sacrament most holy,  
O Sacrament divine,  
All praise and all thanksgiving  
Be every moment thine!

5. O come, all you who labor  
In sorrow and in pain;  
Come, eat this bread from heaven,  
Your peace and strength regain.

3. O Jesus, we adore thee,  
Our Savior and our King,  
And with the saints and angels  
A Humble homage bring.

O Sacrament most holy,  
O Sacrament divine,  
All praise and all thanksgiving  
Be every moment thine!

*“Come, Holy Ghost, creator blest, and in our hearts take up Thy rest.”*

Holy Martyrs of Compiègne  
Martyred during the French Revolution  
Feast Day, July 17



### **La Guadalupana**

Desde el cielo una hermosa mañana, desde el cielo una hermosa mañana  
La Guadalupana, la Guadalupana, la Guadalupana bajó al Tepeyac  
La Guadalupana, la Guadalupana, la Guadalupana bajó al Tepeyac

Su llegada llenó de alegría, su llegada llenó de alegría  
De luz y armonía, de luz y armonía, de luz y armonía todo el Anahuatl  
De luz y armonía, de luz y armonía, de luz y armonía todo el Anahuatl

Por el monte pasaba Juan Diego, por el monte pasaba Juan Diego  
Y acercose luego, y acercose luego, y acercose luego al oír cantar  
Y acercose luego, y acercose luego, y acercose luego al oír cantar

Juan Dieguito, la Virgen le dijo, Juan Dieguito, la Virgen le dijo  
Este cerro elijo, este cerro elijo, este cerro elijo para hacer mi altar  
Este cerro elijo, este cerro elijo, este cerro elijo para hacer mi altar

En la Tilma entre rosas pintadas, en la Tilma entre rosas pintadas  
Su imagen amada, su imagen amada, su imagen amada se dignó dejar  
Su imagen amada, su imagen amada, su imagen amada se dignó dejar

### **Las Posadas**

En el nombre del Cielo os pido posada pues no puede andar mi esposa amada.  
*R. Aquí no es mesón, sigan Adelante. Yo no debo abrir, no sea algún tunante.*

Venimos rendidos desde Nazaret. Yo soy carpintero de nombre José.  
*R. No me importa el nombre, déjenme dormir, pues que yo les digo que nos hemos de abrir.*

Mi esposa es María, es Reina del Cielo y madre va a ser del Divino Verbo.  
*R. ¿Eres ú José? ¿Tu esposa es María? Entren, peregrinos, no los conocía.*

Entren, santos peregrinos, peregrinos reciban este rincón,  
que aunque es pobre la morada, la morada, os la doy de corazón.



*Martyred for refusing to take the Oath of Civil Constitution imposed by the Constituent Assembly of the Revolution. "They bore in silence the cross that was placed upon them."*

### Holy Martyrs of France

Martyred during the French Revolution  
Blesseds Jean-Baptiste, Michael-Aloysius, and James  
Feast Day August 18

#### ***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!

*Good education, even as the world understands it, is an excellent companion of virtue, since virtue and education mutually help and fulfill each other."*

*Blessed Luca*

Holy Tucson Martyrs

Martyred during the Spanish Civil War

Blesseds Lucas, Angel Fort Eduardo, Vicente and Pedro

Feast Day May 4



### ***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!

Our father's 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.

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.



*“It is an act of Your clemency that has called us to share Your glory and eternal life.”*

St. Albert of Trapani

*Feast Day, August 7*

***Star Spangled Banner***

Oh, say can you see  
By the dawn's early light  
What so proudly we hailed  
At the twilight's last gleaming?

Whose broad stripes 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?

***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.

***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  
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,



*“We must study to serve one another; in this way we may create a sphere wherein all will become saints.”*

St. Titus Brandsma

Martyred in a concentration camp

Feast Day, July 27



**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.

**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.

**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.



*"I am the handmaid of the  
Lord, let it be done to me  
according to thy will."  
Our Lady  
Birthday, September 8*

**Flos Carméli**

Vitis florígera,  
Splendor caeli  
Virgo puérpera,  
Singuláris.

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

Mater mitis  
Sed viri néscia,  
Carmelítis  
Esto propitia  
Stella maris.

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

Radix Jesse  
Gérminans flósculum  
Nos ad esse  
Tecum in saeculum,  
Patiáris.

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

Inter spinas  
Quae crescis lílium,  
Serva puras  
Mentes fragílium  
Tuteláris.

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

Armatúra  
Fortis pugnántium,  
Furunt bella,  
Tende praesídium  
Scapuláris.

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

Per incérta  
Prudens consílium,  
Per advérsa,  
Juge solátium  
Largiáris.

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

*“Pray to our Blessed Mother to give you peace of soul.”*

Venerable Mother Luisita

Feast Day, February 11



## ***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.

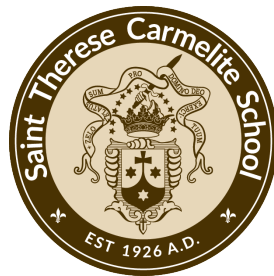


## **Christ Has No Body**

*Christ has no body now on earth but yours;  
no hands but yours;  
no feet but yours.*

*Yours are the eyes through which  
the compassion of Christ  
must look out on the world.  
Yours are the feet with which  
He is to go about doing good.  
Yours are the hands with which  
He is to bless His people.*

St. Teresa of Avila



*Founded in 1926 and deeply rooted in **Carmelite** spirituality and Roman **Catholic** Tradition and Roman Catholic Tradition, Saint Therese Carmelite School, united with parents who are the primary educators of their children, seeks to form students in **faith, academics, and virtue** through a **Classical** education.*

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