

Franciscan
Daughters
of Mary



Community
Prayers



Preach the Gospel Always,
when Necessary
use Words.

~ Saint Francis of Assisi

TABLE OF CONTENTS

| | |
|---|-----------|
| Prayers to Begin the Liturgy of the Hours | 1 |
| Prayer of Adoration | |
| Prayer Before the Cross | |
| Prayer of Peace | |
| Prayers at End of the Liturgy of the Hours | |
| Community Intercessions | 2 |
| Pater Noster | 3 |
| Community Litany | |
| Prayers After Communion | 4 |
| Anima Christi | |
| Salve Regina | |
| Prayer to St. Michael | |
| Admonitions of St. Francis | 5 |
| Week I | |
| Week II | 7 |
| Week III | 8 |
| Week IV | 9 |
| Franciscan Daughters of Mary Confiteor | 10 |
| Marian Prayers of Devotion | 11 |
| Ave Maria | |
| St. Francis' Salutation | |
| The Ultima | |
| Memorare | 12 |
| Consecration to Our Lady of Guadalupe | |
| Millenium Prayer of John Paul II | |
| Angelus | 13 |
| Regina Coeli (English & Latin) | 14 |
| Prayers | |
| Grace Before Meals | 15 |
| Grace After Meals | |
| Lord's Day Prayers | |

Sayings of St. Francis

*Preach the Gospel always.
When necessary use words.*

*It is not fitting,
when one is in God's service,
to have a gloomy face
or a chilling look*

*Do not seek to have anything under Heaven,
except Holy Poverty,
by which, in this world,
you are nourished by the Lord
with bodily food and virtue,
and, in the next,
will attain a Heavenly Inheritance.*

*Prayer of Love for God
by St. John Mary Vianney*

Almighty God I love You,
And my only desire is to love You until the end of my life.

I love You, O infinitely lovable God,
And would rather die loving You
than live an instant without loving You.

I love You Lord, and the only grace I ask of You
is to love You forever and ever.

I love You, Lord
and my desire to reach Heaven
is to have the happiness of loving You perfectly.

I love You, my Divine Redeemer
because You were crucified for me.

I love You, my God
because You keep me here on earth crucified for You.

Please God, let me die loving You
and feeling all the love I have for You.
Amen.



*"Whoever wishes to come after Me
must deny himself,
take up his cross,
follow Me."*

Mt 16:24

Liturgy of the Hours

~ Beginning Prayers ~

Prayer of Adoration

We adore You, Lord Jesus Christ,
in all Your Churches throughout the whole world,
and we bless You,
because by Your Holy Cross,
You have redeemed the world.
Amen.

Prayer Before the Cross

Most High, glorious God,
enlighten the darkness of my heart,
and give me true faith
certain hope
and perfect charity,
sense and knowledge, Lord,
that I may carry out
Your Holy and True Command.
Amen.

Prayer of Peace

Lord, make me an instrument of Thy peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is error, truth;
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.

Praised be You, my Lord, through Sister Moon and the stars,
In the heavens you have made them bright, precious and fair.

Praised be You, my Lord, through Brothers Wind and Air,
And fair and stormy, all weather's moods,
by which You cherish all that You have made.

Praised be You my Lord through Sister Water,
So useful, humble, precious and pure.

Praised be You my Lord through Brother Fire,
through whom You light the night
and he is beautiful and playful and robust and strong.

Praised be You my Lord through our Sister,
Mother Earth who sustains and governs us,
producing varied fruits with coloured flowers and herbs.
Praise be You my Lord through those who grant pardon
for love of You and bear sickness and trial.
Blessed are those who endure in peace,
By You Most High, they will be crowned.

Praised be You, my Lord through Sister Death,
from whom no-one living can escape.
Woe to those who die in mortal sin!
Blessed are they She finds doing Your Will.
No second death can do them harm.

Praise and bless my Lord and give Him thanks,
And serve Him with great humility.

Heavenly Father,
You gave Your servant Francis
great love for each of Your creatures.
Teach us to see Your design in all of creation.
We ask this in Jesus' Name.

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 Your wounds, hide me.
Separated from you, let me never be.

From the evil one, protect me.
At the hour of my death, call me.
And close to you, bid me
that with your saints
I may be praising you forever and ever.
Amen.

Prayer of St. Teresa

Let nothing disturb thee,
Nothing affright thee;
All things are passing,
God never changeth!
Patient endurance
Attaineth to all things;
Who God possesseth
In nothing is wanting;
Alone God sufficeth.

St Francis' Canticle of Creatures

Most High, all-powerful, all-good Lord,
All praise is Yours, all glory, all honour and all blessings.
To you alone, Most High, do they belong,
and no mortal lips are worthy to pronounce Your Name.

Praised be You my Lord with all Your creatures,
especially Sir Brother Sun,
Who is the day through whom You give us light.
And he is beautiful and radiant with great splendour,
Of You Most High, he bears the likeness.

~ Ending Prayers ~

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 quotidianum 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

After the final prayer of the Hours:

Hymn in honor of the Blessed Virgin Mary

Community Litany

St. Joseph, pray for us
Sts. Francis and Clare, pray for us
(Saint of the day), pray for us
Blessed Angela, pray for us
Blesseds Francis Seelos and Vasil, pray for us
our Guardian Angels and all of the holy Saints and Angels, pray for us

Reading from Blessed Angela; To Love is to Give

The Community Servant will then offer an extemporaneous prayer for all of the sisters as a reflection on the reading

Prayers After Communion

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 Your wounds, hide me.
Separated from You, let me never be.
From the evil one, protect me.
At the hour of my death, call me.
And close to You, bid me.
That with Your saints I may be
Praising You forever and ever. Amen.

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 exsiliium ostende.
O clemens, O pia, O dulcis Virgo Maria.
Amen

Prayer to Saint Michael the Archangel

Saint Michael, the Archangel, defend us in battle.
Be our defense against the wickedness and snares of the devil.
May God rebuke him, we humbly pray.
And, do thou, O prince of the heavenly hosts,
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.

Litany of Humility

O Jesus, meek and humble of heart, hear me.

From the desire of being esteemed, *deliver me, Jesus.*
From the desire of being loved,
From the desire of being extolled,
From the desire of being honored,
From the desire of being praised,
From the desire of being preferred to others,
From the desire of being consulted, *deliver me, Jesus.*
From the desire of being approved,
From the fear of being humiliated,
From the fear of being despised,
From the fear of suffering rebukes,
From the fear of being calumniated,
From the fear of being forgotten,
From the fear of being ridiculed,
From the fear of being wronged,
From the fear of being suspected,

That others may be loved more than I, *Jesus, grant me the grace to desire it.*
That others may be esteemed more than I,
That in the opinion of the world, others may increase, and I may decrease,
That others may be chosen and I set aside,
That others may be praised and I unnoticed,
That others may be preferred to me in everything,
That others may become holier than I, provided that I may become as holy as I
should.

(Rafael Cardinal Merry del Val)

Sixth Joy: *The Resurrection* (Luke 24:1-6):

Very early on Sunday morning the women went to the tomb, carrying the spices they had prepared. They found the stone rolled away from the entrance to the grave, so they went in; but they did not find the body of Jesus. Suddenly, two men in shining clothes stood by them. Full of fear, the women bowed down to the ground. The men said: "Why are you looking among the dead for the one who is alive? He is not here; He is Risen from the dead."

Let us pray:

God Our Father, by raising Jesus Christ Your Son, You conquered the power of death and opened for us the way to Eternal Life. Raise us up and renew our lives by the Holy Spirit within. Grant this through Jesus Christ Our Lord. Amen.

Seventh Joy: *The Crowning of Our Lady in Heaven* (Rev 12:1; Ps 45:14-15):

A great sign appeared in the sky: a Woman clothed with the moon under her feet, and on her head a crown of twelve stars. A glorious crown in the hand of the Lord, a royal diadem held by your God.

Let us pray:

All-powerful and ever-living God, You raised Mary, Mother of Your Son, body and soul to the glory of Heaven. May we see Heaven as our final goal and come to share her glory. We ask this through her Son, Jesus Christ Our Lord. Amen.

Conclusion:

After the Seventh Decade, two Hail Marys are added, to make seventy-two in all, the number of Our Lady's years on earth, according to tradition. To this is finally added an Our Father and Hail Mary for church unity and the intentions of all the Bishops and our Superiors.

These Seven Sorrows of Our Lady

may be substituted during penitential seasons and on Friday

First Sorrow: The Prophecy of Simeon about Jesus [Luke 2:25-35].

Second Sorrow: The Holy Family's flight into Egypt [Matt 2:7-15].

Third Sorrow: The Search for Jesus as Lost [Luke 2:41-45].

Fourth Sorrow: The Meeting of the Women of Jerusalem with Jesus carrying the Cross [Luke 23:27-31].

Fifth Sorrow: The Watch of the Mother of Jesus as he dies on the Cross [John 19:23-30].

Sixth Sorrow: The Taking of the Body of Jesus from the Cross [Mark 15:42-46].

Seventh Sorrow: The Burial in the Tomb [John 19:40-42].



*“Our whole being should be seized with fear,
the whole world should tremble
and Heaven rejoice,
when Christ, Son of the Living God
is present on the altar in the hands of the priest.
What wonderful majesty!
What stupendous condescension!
O sublime humility!
O humble sublimity!
That the Lord of the whole universe,
God and the Son of God,
should humble Himself like this
and hide under the form of a little bread,
for our salvation.”*

St. Francis of Assisi

Admonitions of Saint Francis

Week I

Sunday I: [I. The Body of Christ]

The Lord Jesus says to his disciples: *I am the way, they truth and the life; no one comes to the Father except through Me. If you knew Me, you would also know My Father; and from now on, you do know Him and have seen Him. Philip says to him: Lord, show us the Father and it will be enough for us. Jesus says to him: Have I been with you for so long a time and you have not known me? Philip, he who sees Me sees also the Father (Jn 13:6-9).*

Sacred Scripture tells us that the Father dwells in *inaccessible light (1Tim6:16)*, and that God is Spirit (*Jn4:24*), and St. John adds, *No one at any time has seen God (Jn 1:18)*. Because God is Spirit, He can be seen only in Spirit; *it is the Spirit that gives life; the flesh profits nothing (John 6:64)*. But God the Son is equal to the Father and so He too can be seen only in the same way as the Father and the Holy Spirit. That is why all those were condemned who saw Our Lord Jesus Christ in His humanity but did not see and believe according to the Spirit in His Divinity that He is the true Son of God. Now in the same way, all those are damned who see the Sacrament of the Body of Christ which is consecrated on the altar in the form of bread and wine by the words of Our Lord in the hands of the priest, and so not see or believe in spirit and in God that this is really the Most Holy Body and Blood of Our Lord Jesus Christ. It is the Most High Himself Who has told us: *This is my Body and Blood of the new covenant (Mk 14:22-24)*, and, *He who eats My Flesh and drinks My Blood has life everlasting (Jn 6:55)*.

And so it is the Spirit of God Who dwells in His faithful who receive the Most Holy Body and Blood of Our Lord. Anyone who does not have this Spirit and presumes to receive Him *eats and drinks judgment on himself*. And so we may ask in the words of Scripture, *Men of rank, how long will you be dull of heart? (Ps 4:3)*. Why do you refuse to recognize the truth *and believe in the Son of God? (Jn 9:35)*. Every day He humbles Himself just as He did when He came from His *Heavenly Throne (Wis 18:15)* into the Virgin's womb; each day He Himself comes to us and lets us see Him in abjection, when He descends from the Bosom of the Father into the hands of the priest at the altar. He shows Himself to us in this Sacred Bread just as He once appeared to His apostles in real Flesh. With their own eyes they saw only His Flesh, but they believed that He was God, because they contemplated Him with the eyes of the Spirit. We, too, with our own eyes, see only bread and wine, but we must see further and firmly believe that this is His Most Holy Body and Blood living and true. In this way our Lord remains continually with His followers as He promised, *Behold, I am with you all days, even unto the consummation of the world (Mt 28:20)*.

Sunday II: [II. The Evil of Self-will]

God told Adam: *From every tree of the Garden you may eat; but from the tree of the knowledge of good and evil you must not eat (Gen 2:16-17)*. Adam then could eat of all the trees in the Garden, and as long as he did not act against obedience, he did not sin. A man eats of the tree that brings knowledge of good when he claims that his good will comes from himself alone and prides himself on the good that God says and does in him. And so, at the devil's prompting and by transgression of God's command, the fruit becomes for him the fruit that brings knowledge of evil, and it is only right that he should pay the penalty.

Let us pray:

Eternal Father, you inspired the Virgin Mary, Mother of Your Son, to visit Elizabeth and assist her in her need. Keep us open to the working of Your Spirit, and with Mary may we praise You forever. We ask this through Jesus Christ Our Lord. Amen.

Third Joy: The Nativity (Luke 2:4-7):

Joseph went from the town of Nazareth to Bethlehem to register with Mary who was with Child. While they were there she gave birth to her First-born son, wrapped Him in swaddling clothes, and laid Him in a manger.

Let us pray:

Father, source of light in every age, the virgin conceived and bore your Son who is called Wonderful God, Prince of Peace. May her prayer, the gift of a mother's love, be Your people's joy through all ages.

Fourth Joy: The Adoration of the Magi (Matt 2:9-11):

After their audience with King Herod, the Magi set out. The star which they had observed at its rising went ahead of them until it came to a standstill over the place where the Child was. On entering the house, they found the Child with Mary, His Mother. They prostrated themselves and did Him homage. Then they opened their coffers and presented Him with gifts of gold, frankincense, and myrrh.

Let us pray:

Father of Light, Unchanging God, You revealed Your Son to the nations by the guidance of a star. Your light is strong; Your love is near. Lead us to Your glory in heaven by the light of faith. We ask this through Jesus Christ Our Lord. Amen.

Fifth Joy: The Finding in the Temple (Luke 2:43-46):

As Mary and Joseph were returning from Jerusalem at the end of the feast, the Child Jesus remained behind. Mary and Joseph returned to Jerusalem in search of Him. On the third day they came upon Jesus in the temple sitting in the midst of the teachers, listening to them and asking them questions.

Let us pray:

Father in Heaven, Creator of all, teach us the sanctity of human life, show us the value of family love. Help us to live as the Holy Family, united in respect and love. Bring us to the joy and peace of Your Eternal Home, in the Name of Jesus, Our Lord. Amen.

May Your priests have the heart of St. Joseph,
Mary's Most Chaste Spouse.

May the Blessed Mother's own pierced heart
inspire them to embrace all who suffer at the foot of the Cross.

May Your priests be holy,
filled with the fire of Your love,
seeking nothing but Your greater glory
and the salvation of souls.
Amen.

Various Prayers

Franciscan Crown Rosary

After each meditation and prayer, pray 1 Our Father and 10 Hail Marys.

The Seven Joys of our Lady

First Joy: *The Annunciation* (Luke 1:26-33):

The angel Gabriel was sent from God to a Virgin named Mary. The angel said to her: "Hail full of grace! The Lord is with you. Blessed are you among women. You have found favor with God. You shall conceive and bear a son and give him the name 'Jesus'" And Mary said: "I am the servant of the Lord. Let it be done to me according to your word."

Let us pray:

Almighty Father of Our Lord Jesus Christ, You have revealed the beauty of Your power by exalting the humble Virgin of Nazareth and making her the Mother of Our Savior. May the prayers of the Blessed Virgin Mary bring Jesus to the waiting world and fill the void of completion with the presence of her Child, who lives and reigns with You and the Holy Spirit, one God, for ever and ever. Amen.

Second Joy: *The Visitation* (Luke 1:39-47):

Mary set out, proceeding in haste to a town of Judah. She entered Zechariah's house and greeted Elizabeth. Elizabeth was filled with the Holy Spirit and cried out: "Blest are you among women and blest is the Fruit of your Womb. But how is it that the Mother of my Lord should come to me? Blest are you for trusting that the Lord's words to you would be fulfilled." Then Mary said: "My being proclaims the greatness of the Lord; my spirit finds joy in God my Savior".

Monday: [III. *Perfect and Imperfect Obedience*]

Our Lord tells us in the Gospel: *Everyone of you who does not renounce all that he possesses cannot be my disciple* (Lk 14:33), and, *He who would save his life will lose it* (Mt 16:25). A man takes leave of all that he possesses and loses both his body and his life when he gives himself up completely to obedience in the hands of his Superior. Any good he does or says which he knows is not against the will of his Superior is true obedience. A subject may realize there are many courses of action that would be better and more profitable to his soul than what his Superior commands. In that case he should make an offering of his own will to God, and do his best to carry out what the Superior has enjoined. This is loving obedience which is pleasing to God and one's own neighbor.

If his Superior commands his subject anything that is against his conscience, the subject should not spurn his authority, even though he cannot obey him. If anyone persecutes him because of this, he should love him all the more, for God's sake. A religious who prefers to suffer persecution rather than be separated from his confreres certainly perseveres in true obedience because he lays down his life for his brethren (Jn 15:13). There are many religious who under the pretext of doing something more perfect than what their Superior commands look behind and return to the vomit of their own will which they have given up (Prov 26:11). People like that are murderers and, by their bad example they cause the loss of many souls.

Tuesday: [IV. *No One Should Claim the Office of Superior as Their Own*]

I did not come to be served, but to serve, says the Lord (Mt 20:28). Those who are put in charge of others should be no prouder of their office than if they had been appointed to wash the feet of their confreres. They should be no more upset at the loss of their authority than they would be if they were deprived of the task of washing feet. The more they are upset, the greater the risk they incur to their souls.

Wednesday: [V. *No one should give way to pride but boast only in the cross of the Lord*]

Try to realize the dignity God has conferred on you. He created and formed your body in the image of His beloved Son, and your soul in *His own likeness* (cf. Gen. 1:26). And yet every creature under heaven serves and acknowledges and obeys its Creator in its own way better than you do. Even the devils were not solely responsible for crucifying Him; it was you who crucified him with them and you continue to crucify him by taking pleasure in your vices and sins.

What have you to be proud of? If you were so clever and learned that you knew everything and could speak every language, so that the things of heaven were an open book to you, still you could not boast of that. Any of the devils knew more about the things of heaven, knows more about the things of earth, than any human being, even one who might have received from God a special revelation of the highest wisdom. If you were the most handsome and the richest man in the world, and could work wonders and drive out devils, all that would be something extrinsic to you; it would not belong to you and you could not boast of it. But there is one thing of which we can all boast; we can boast of our humiliations (cf. 2 Cor. 12:15) and in taking up daily the holy cross of our Lord Jesus Christ.

Thursday: [VI. *Imitation of Christ*]

Look at the Good Shepherd, my brothers. To save His sheep He endured the agony of the cross. They followed him in trials and persecutions, in ignominy, hunger,

and thirst, in humiliations and temptations, and so on. And for this God rewarded them with eternal life. We ought to be ashamed of ourselves; the saints endured all that, but we who are servants of God try to win honour and glory by recounting and making known what they have done.

Friday: [VII. *Good works must follow knowledge*]

St. Paul tells us, *The letter kills, but the spirit gives life.* (2 Cor. 3:6).

A man has been killed by the letter when he wants to know quotations only so that people will think he is very learned and he can make money to give to his relatives and friends. A religious has been killed by the letter when he has no desire to follow the spirit of Sacred Scripture, but wants to know what it says only so that he can explain it to others. On the other hand, those have received life from the spirit of Sacred Scripture who, by their words and example, refer to the most high God, to whom belongs all good, all that they know or wish to know, and do not allow their knowledge to become a source of self-complacency.

Week II

Sunday I: [VIII. *Beware the sin of envy*]

St. Paul tells us, *No one can say: Jesus is Lord, except in the Holy Spirit;* (1 Cor. 12:3) and: *There is none who does good, no, not even one.* (Rom. 3:12). And so when a man envies his brother the good God says or does through him, it is like committing a sin of blasphemy, because he is really envying God, who is the only source of every good.

Sunday II: [IX. *Charity*]

Our Lord says in the Gospel, *Love your enemies* (Mt. 5:44). A man really loves his enemy when he is not offended by the injury done to himself, but for love of God feels burning sorrow for the sin his enemy has brought on his own soul, and proves his love in a practical way.

Monday: [X. *Exterior mortification*]

Many people blame the devil or their neighbour when they fall into sin or are offended. But that is not right. Everyone has his own enemy in his power and this enemy is his lower nature which leads him into sin. Blessed the religious who keeps this enemy a prisoner under his control and protects himself against it. As long as he does this no other enemy, visible or invisible, can harm him.

Tuesday: [XI. *No one should be scandalized at another's fall*]

Nothing should upset a religious except sin. And even then, no matter what kind of sin has been committed, if he is upset or angry for any other reason except charity, he is only drawing blame upon himself. A religious lives a good life and avoids sin when he is never angry or disturbed at anything. Blessed the man who keeps nothing for himself, but renders *to Caesar the things that are Caesar's, and to God the things that are God's* (Mt. 22:21). *to God what is God's.*

Wednesday: [XII. *How to know the Spirit of God*]

We can be sure that a man is a true religious and has the spirit of God if his lower nature does not give way to pride when God accomplishes some good

Prayers for Priests

St. Francis' Words to the Priests

Listen to this, my brothers:

If it is right to honour the Blessed Virgin Mary
because she bore Him in her most holy womb;
if St. John the Baptist trembled and was afraid even to touch
Christ's Sacred Head;
if the tomb where He lay for only a short while is so venerated;
how holy and virtuous and worthy should not a priest be;
he touches Christ with his own hands,
Christ Who is to die now no more but enjoy eternal life and glory,
upon Whom the angels desire to look (1Pet 1:12).
A priest receives Him in to his heart and mouth
and offers Him to others to be received.

Remember your dignity, then, my priest brothers.

You shall make and keep yourselves holy,
because God is holy (Lev 11:44)..

In this mystery God has honored you above all other human beings,
and so you must love, honor and revere Him more than all others.

St. John Mary Vianney on Priests

"The priesthood is the love of the heart of Jesus."

"A good shepherd, a pastor after God's heart, is the greatest treasure which the good Lord can grant to a parish, and one of the most precious gifts of divine mercy."

"O, how great is the priest! ... If he realized what he is, he would die... God obeys him: he utters a few words and the Lord descends from heaven at his voice, to be contained within a small host..."

Prayer for Priests

Dear Lord,

we pray that the Blessed Mother wrap her mantle around your priests and
through her intercession strengthen their ministry.

We pray that Mary will guide Your priests to follow her own words, "Do
whatever He tells you." (Jn 2:5)

(L) Blessed are You, Lord our God, for the true rest You have given us in Your Son, Jesus and for this day which is a commemoration of His redeeming work. We welcome this day with gladness and consecrate it to the celebration of His Resurrection, and of the New Creation founded in Him. Look graciously upon Your servants and give us Your blessing. Blessed are You, Lord our God, Who favor Your people set aside to Your honor.

(G) Amen.

(Community Servant gives thanks to the Lord, drinks from the cup and passes it to others so they may give thanks)

Blessing of the Bread

(L) The eyes of all look to You, O Lord, and You give them their food in due season (Ps 104:27).

(G) You open Your hand, You satisfy the desire of every living thing (Ps 145:16).

(L) Blessed are You, Lord our God, King of the Universe Who bring forth bread from the earth (Ps 104:14).

(G) Amen.

(Distribute the bread and begin the meal)

Grace before meals

Bless us O Lord, and these thy gifts
which we are about to receive from thy bounty,
bless O Lord the hands that have provided this meal for us
and bless all of those who are without this day
providing for them from thy bounty
through Christ our Lord.

Amen

Grace after meals

V: Bless us O Lord

R: and these thy gifts

which we have received from thy bounty
through Christ our Lord.

Amen

V: Eternal rest grant unto them, O Lord

R: and let perpetual light shine upon them.

All: May the souls of the faithfully

through him, and if he seems all the more worthless and inferior to others in his own eyes. Our lower nature is opposed to every good.

Thursday: [XIII. *Patience*]

We can never tell how patient or humble a person is when everything is going well with him. But when those who should co-operate with him do the exact opposite, then we can tell. A man has as much patience and humility as he has then, and no more.

Friday: [XIV. *Poverty of spirit*]

Blessed are the poor in spirit, for theirs is the kingdom of heaven (Mt. 5:9). There are many who spend all their time at their prayers and other religious exercises and mortify themselves by long fasts and so on. But if anyone says as much as a word that implies a reflection on their self-esteem or takes something from them, they are immediately up in arms and annoyed. These people are not really poor in spirit. A person is really poor in spirit when he hates himself and loves those who strike him in the face (*cf Mt 5:39*),

Week III

Sunday I: [XV. *The peacemakers*]

Blessed are the peacemakers, for they shall be called the children of God (Mt 5:9). They are truly peacemakers who are able to preserve their peace of mind and heart for love of our Lord Jesus Christ, despite all that they suffer in this world.

Sunday II: [XVI. *Purity of heart*]

Blessed are the clean of heart, for they shall see God (Mt. 5:8).

A man is really clean of heart when he has no time for the things of this world but is always searching for the things of heaven, never failing to keep God before his eyes and always adoring him with a pure heart and soul.

Monday: [XVII. *The humble religious*]

Blessed the religious who takes no more pride in the good that God says and does through him, than in that which he says and does through someone else. It is wrong for anyone to be anxious to receive more from his neighbour than he himself is willing to give to God.

Tuesday: [XVIII. *Compassion for one's neighbour*]

Blessed the man who is patient with his neighbour's shortcomings as he would like him to be if he were in a similar position himself.

Wednesday: [XIX. *The happy and the unhappy religious*]

Blessed the religious who refers all the good he has to his Lord and God. He who attributes anything to himself hides *his master's money (Mt. 25:18)* in himself, and *even what he thinks he has shall be taken away (Mt. 25:18).*

Thursday: [XX. *The virtuous and humble religious*]

Blessed the religious who has no more regard for himself when people praise him and make much of him than when they despise and revile him and say that he is ignorant. What a man is before God, that he is and no more. Woe to that religious who, after he has been put in a position of authority by others, is not anxious to leave it of his own free will. On the other hand, blessed is that religious who is elected to office against his will but always wants to be subject to others.

Friday: [XXI. *The happy and silly religious*]

Blessed that religious who finds all his joy and happiness in the words and deeds of our Lord and uses them to make people love God gladly. Woe to the religious who amuses himself with silly gossip, trying to make people laugh.

Week IV

Sunday I: [XXII. *The talkative religious*]

Blessed that religious who never says anything just for what he can get out of it. He should never be *hasty in his words* (Prov. 29:20) or open his heart to everyone, but he should think hard before he speaks. Woe to that religious who does not keep the favours God has given him to himself; people should see them only through his good works, but he wants to tell everybody about them, hoping he will get something out of it. In this way he has received his reward, and it does not do his listeners any good.

Sunday II: [XXIII. *True correction*]

Blessed that religious who takes blame, accusation, or punishment from another as patiently as if it were coming from himself. Blessed the religious who obeys quietly when he is corrected, confesses his fault humbly and makes atonement cheerfully. Blessed the religious who is in no hurry to make excuses, but accepts the embarrassment and blame even if he did not commit the offense.

Monday: [XIV. *True humility*]

Blessed that person who is just as unassuming among his subjects as he would be among his superiors. Blessed the religious who is always willing to be corrected. A man is a *faithful and prudent servant* (Mt. 24:45) when he is quick to atone for all his offences, interiorly by contrition, exteriorly by confessing them and making reparation.

Tuesday: [XXV. *True love*]

Blessed that friar who loves his brothers as much when he is sick and can be of no use to him as when he is well and can be of use to him. Blessed that friar who loves and respects his brother as much when he is absent as when he is present and who would not say anything behind his back that he could not say charitably to his face.

Wednesday: [XXVI. *Religious should be respectful towards the clergy*]

Blessed is that servant of God who has confidence in priests who live according to the laws of the holy Roman Church. Woe to those who despise them. Even if they fall into sin, no one should pass judgement on them, for God has reserved judgement on them for himself. They are in a privileged position because they have charge of the Body and Blood of our Lord Jesus Christ, which they receive and which they alone administer to others, and so anyone who sins against them commits a greater crime than if he sinned against anyone else in the whole world.

Christmas Season (Christmas to Epiphany)

- (L) Let us thank Him this day especially for the great blessings He has bestowed on us in Christ. In Him the fullness of God was pleased to dwell, reconciling earth to Heaven, and imparting to us the fullness of life. In Him the Word became Flesh (Jn1:1), enabling men and women of flesh to become children of God. Lord our God, You have revealed to us Your Glory in Jesus Your Son and have made us partakers of the Divine Nature.
- (G) Now we live with Him through the Holy Spirit, and we look for the day when we will dwell with Him in Your everlasting kingdom.

Forty Days of Lent

- (L) Let us thank Him this day especially for the victory over sin that He won for us upon the Cross, and for this time of penance where we turn our eyes to Him with renewed fervor, hungering and thirsting for righteousness. Lord our God, we have fasted this week that we might seek Your face.
- (G) And now we eat and drink with joy as we celebrate Your salvation.

Easter Season (Easter to Pentecost)

- (L) Let us thank Him especially for the great victory He has won for us in Christ. By His Resurrection He has triumphed over sin, conquered death, defeated satan, and won for us the riches of an Eternal Inheritance. We were perishing through sin have been brought together with Christ and raised up with Him to share with Him in His Heavenly Glory. Lord, our God, You have given us a new birth through the Resurrection of Jesus Christ.
- (G) Now we live with Him through the Holy Spirit, and we look for the day when we will dwell with Him in Your everlasting Kingdom.

(Seasonal variations end)

- (L) Sisters, this is the Lord's Day.
- (G) Let us welcome it in joy and peace
- (L) Today we set aside the concerns of the week that we may honor the Lord and celebrate His Resurrection. Today we cease from our work in order to worship God and remember the Eternal Life to which He has called us.
- (G) The Lord Himself is with us, to refresh and strengthen us.
- (L) Let us praise God and give Him thanks.
- (G) Let us love one another as Christ has loved us.
- (L) May the Holy Spirit be with us, to deepen our devotion to the Lord and to increase our zeal for the way of life He has given us.

(Pour the wine, raise it, and recite the following prayer)

- (L) Let us praise God with this symbol of joy and thank Him for the blessings of the past week: for health, strength, and wisdom; for our life together in the Franciscan Daughters of Mary; for the discipline of our trials and temptations; for the joy that has come to us out of our work.

(The following section will vary depending on the season)

Standard Form

- (L) Let us thank Him this day especially for the great blessings He has bestowed on us in Christ. From His fullness we have all received grace upon grace (*Jn 1:16*). We who were dead through sin have been brought to life together with Christ and raised up with Him to share with Him in His Heavenly Glory. Lord our God, You have brought us into the rest given by Christ.
- (G) Now we live with Him through the Holy Spirit, and we look for the day when we will dwell with Him in Your everlasting Kingdom.

Advent

- (L) Let us thank Him this day especially for the Salvation we receive in Christ. By His coming in the Flesh He ransomed us from sin and the power of death, and by His coming again He will renew all things, destroy every evil, and establish the eternal reign of God on earth. Lord our God, You have made us your true sons and daughters through Jesus Christ.
- (G) Now we live with Him through the Holy Spirit, and we look for the day when we will dwell with Him in Your everlasting kingdom.

Thursday: [XXVII. Virtue and Vice]

Where there is Love and Wisdom,
there is neither Fear nor Ignorance.
Where there is Patience and Humility,
there is neither Anger nor Annoyance.
Where there is Poverty and Joy,
there is neither Cupidity nor Avarice.
Where there is Peace and Contemplation,
there is neither Care nor Restlessness.
Where there is the Fear of God to guard the dwelling,
there no enemy can enter,
Where there is Mercy and Prudence,
there is neither Excess nor Harshness.

Friday: [XXVIII. Virtue should be concealed or it will be lost]

Blessed the religious who treasures up for heaven (*cf. Mt. 6:20*) the favours God has given him and does not want to show them off for what he can get out of them. God himself will reveal his works to whomsoever he pleases. Blessed the religious who keeps God's marvelous doings to himself.

*"I prayed to the Lord
that He might show me when I am His servant
and when I am not,
for I want to be nothing but His servant.
And now the gracious Lord Himself
in His mercy is giving me this answer;
'Know that you are in truth My servant
when you think, speak and do things that are holy,"
St. Francis*



Marian Devotional Prayers

Ave Maria

Ave Maria,
Gratia plena
Dominus tecum.
benedicta tu in mulieribus,
Et benedictus fructus ventris tui Jesu.
Sancta Maria, Mater Dei,
Ora pro nobis peccatoribus,
nunc et in hora mortis nostre.
Amen.

St. Francis' Salutation of the Blessed Virgin Mary

Hail, O Lady, Holy Queen, Mary, Holy Mother of God: you are the Virgin made Church chosen by the most Holy Father in heaven whom He consecrated with His Most Holy Beloved Son and with the Holy Spirit, the Paraclete, in whom there was and is all fullness of grace and every good.

Hail His Palace!
Hail His Tabernacle!
Hail His Dwelling!
Hail His Robe!
Hail His Servant!
Hail His Mother!

And hail all you holy virtues which are poured into the hearts of the faithful through the grace and enlightenment of the Holy Spirit, that from being unbelievers, you make them faithful to God.

Amen.

The Ultima

Ultima in mortis hora
Filius pro nobis ora
Bonam mortem impetra
Virgo, Mater Domina

In our last and needful hour,
Come and aid us with thy power,
Happy death for us obtain,
Virgin Mary, fairest Queen

The Lord's Day Celebration

The Lighting of the Candle

- (A) In the beginning was the Word and the Word was with God and the Word was God. (Jn 1:1)
- (G) All things came to be through Him and with out Him nothing came to be. (Jn 1:3)
- (A) Through Him was life and this life was the light of men. (Jn 1:4)
- (G) The light shines in the darkness and the darkness has not overcome it (Jn 1:5)
- (A) Heavenly Father, in honor of Your Son, Light of the World and Author of Life, we are about to kindle the light for the Lord's Day. On this day You raised Your Son, Jesus from the dead and began the New Creation. May our celebration of His Resurrection this day be filled with Your peace and Heavenly blessing. Be gracious to us and pour out Your Holy Spirit upon us. Father of Mercy, continue Your loving kindness toward us. Make us worthy to walk in the way of Your Son, faithful to Your teaching and unwavering in love of God and love of neighbor. Deliver us from evil and in Your mercy keep us from sin, protect us from all anxiety and grant us peace in our day. May we wait in joyful hope for the coming of our Savior, Jesus Christ. *(from the Communion Rite)*
- (G) For in You is the fountain of life; in Your light we see light.. (Ps 36:10)

(Light the candle and recite the following blessing)

- (A) Blessed are You, Lord our God, who created light on the First Day and raised Your Son, the Light of the World, to begin the New Creation. Blessed are You, Lord our God, King of the Universe, Who give us joy as we kindle the light of the Lord's Day.
- (G) Amen.
- (L) Let us trust in the Lord and in His saving help.
- (G) The Lord is my light and my salvation. *(Psalm 27:1)*
- (L) Let us receive His life and rejoice in His presence.
- (G) He is the true Light that enlightens every man. *(Jn 1:9)*
- (L) Let us keep His commandments and walk in His ways.
- (G) His word is a lamp to my feet and a light for my path. *(Ps 119:105)*
- (L) Let us proclaim His goodness and show forth His glory.
- (G) We are the light of the world and the salt of the earth. *(Mt 5:13-14)*

Regina Coeli

Latin

Regina caeli, laetare, alleluia.

R. Quia quem meruisti portare, alleluia.

V. Resurrexit, sicut dixit, alleluia.

R. Ora pro nobis Deum, alleluia.

V. Gaude et laetare, Virgo Maria, alleluia.

R. Quia surrexit Dominus vere, alleluia.

Oremus. Deus, qui per resurrectionem Filii tui, Domini nostri Iesu Christi, mundum laetificare dignatus es: praesta, quaesumus; ut per eius Genetricem Virginem Mariam, perpetuae capiamus gaudia vitae.
Per eundem Christum Dominum nostrum. Amen.

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 shall 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 forever.
Amen

Memorare

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

Inspired by this confidence, I fly unto you, O Virgin of virgins, my mother; to you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me.
Amen.

Consecration to Our Lady of Guadalupe

Remember, O most gracious Virgin Mary,
that all who have sought out your protection,
needed your help,
or asked for your intercession was not left abandoned.
Inspired by this, and with great confidence,
I dedicate and consecrate myself to you,
under the title of Our Lady of Guadalupe,
Patroness of this community, the Franciscan Daughters of Mary,
and the Intercessor on behalf of the cause of life.
I humbly ask for your prayers, wisdom, and guidance
as I live call to religious life within this community.
Bring me in closer union with your Son, Jesus,
that in all things I may follow your example of trust, humility, chastity,
charity, Poverty and obedience, to God, Our Father in Heaven.
Amen.

Morning Offering to Our Lady of Guadalupe

Immaculate Heart of Mary,
Heart of my Mother,
Our Lady of Guadalupe,
I unite to thy purity, thy sanctity,
thy zeal and thy love,
all my thoughts, words, acts, and sufferings this day,
that there may be nothing in me
that does not become through thee,
a pleasure to Jesus,
a gain to souls,
and an act of reparation
for the offenses against thy Heart. Amen.

Guadalupe Prayer

Our Lady of Guadalupe, Mystical Rose, make intercession for the Holy Church, protect the Sovereign Pontiff, help all those who invoke thee in their necessities, and since thou art the ever Virgin Mary, and Mother of the True God, obtain for us from thy most holy Son the grace of keeping our faith, of sweet hope in the midst of the bitterness of life, of burning charity, and the precious gift of final perseverance. Amen.

One Our Father, Hail Mary, Glory be to the Father

Millennium Prayer of Pope John Paul II

Above all creatures, may you be blessed, you, the Handmaid of the Lord, who in the fullest way obeyed the divine call!

Hail to you, who are wholly united to the redeeming consecration of your Son!

Mother of the Church! Enlighten the People of God along the paths of faith, hope, and love! Help us to live in the truth of the consecration of Christ for the entire human family of the modern world.

In entrusting to you, O Mother, the world, all individuals and peoples, we also entrust to you this very consecration of the world, placing it in your motherly Heart.

Immaculate Heart! Help us to conquer the menace of evil, which so easily takes root in the hearts of the people of today, and whose immeasurable effects already weigh down upon our modern world and seem to block the paths towards the future!

From famine and war, *deliver us.*

From nuclear war, from incalculable self-destruction,
from every kind of war, *deliver us.*

From sins against the life of man from its very
beginning, *deliver us.*

From hatred and from the demeaning of the dignity
of the children of God, *deliver us.*

From every kind of injustice in the life of society,
both national and international, *delivery us.*

From readiness to trample on the commandments of
god, *deliver us.*

From attempts to stifle in human hearts the very
truth of God, *deliver us.*

From the loss of awareness of good and evil, *deliver us.*

From sins against the Holy Spirit, *deliver us!*

Accept, O Mother of Christ, this cry laden with the suffering of all individual human beings, laden with the sufferings of whole societies.

Help us with the power of the Holy Spirit to conquer all sin: individual sin and the 'sin of the world,' sin in all its manifestations.

Let there be revealed, once more in the history of the world, the infinite saving power of the Redemption: the power of merciful Love! May it put a stop to evil! May it transform consciences! May your Immaculate Heart reveal for all the light of Hope! Amen.

Angelus

V. The angel of the Lord declared unto Mary;

R. And she conceived by the Holy Spirit.

Hail Mary, full of grace...

V. Behold the handmaid of the Lord;

R. Be it done unto me according to your 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.

Let us pray: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ, Your 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

Regina Coeli

English

Queen of heaven, rejoice, alleluia!

The Son whom you did merit to bear, alleluia!

Has risen as He said, alleluia!

Pray for us to God, alleluia!

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

R. For the Lord is truly risen, alleluia!

Let us pray: O God, who gave joy to the world through the resurrection of Your Son, our Lord Jesus Christ, grant that we may obtain through His Virgin Mother, Mary, the joys of eternal life, through the same Christ our Lord. Amen