

Our Lady of Fatima Retreat House
Prayer book AEB2111 (Dev)

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*Our Lady of Fatima
Retreat House*

Notre Dame, Indiana

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Our Lady of Fatima Retreat House

PRAYER BOOK

Published for

**Notre Dame Retreat
League**

Our Lady of Fatima
Retreat House

Notre Dame,
Ind.



THIS PRAYER BOOK
DONATED

by

THE JAMES A. CLARK FAMILY

IN MEMORY OF

FRANCES

BELOVED

WIFE AND MOTHER



A Souvenir of My Retreat
At
Our Lady of Fatima Retreat House
Notre Dame, Indiana

Date

Name

Address

City

Retreat Master

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PRAYER FOR THE TIME OF RETREAT

My God, I thank You from the bottom of my heart because, instead of punishing me for my sins as I deserved, You have brought me to this holy retreat in order to work in me, by Your grace, a true and complete conversion.

O my God, I offer myself to You with my whole heart to make this retreat to the best of my power, according to Your will. My purpose is to employ myself in it with as much fervor as, at the hour of my death, I shall wish to have done.

My God, I most humbly ask of You all lights and all the helps I am in need of in order to fulfill all Your holy desires during this retreat, and I beg of You not to permit that I should through my fault lose any of the graces that You offer me in this holy place, as I have so often lost so many during the past.

My God, I accept with all my heart the pains I must take in order to make a good retreat and I conjure You to receive them in union with the merits of Jesus Christ, my Savior. I confess, O Lord, that this is but little in comparison with what I ought to and would like to do to appease Your Justice and obtain Your mercy. Amen.

(Reflect a few moments and ponder the words of this prayer.)

SUGGESTIONS FOR A PERFECT RETREAT

1. Free time is to be spent in earnest meditation, prayer and spiritual reading. Spir-

itual books and pamphlets will be found in the lounge and in the foyer.

2. STRICT SILENCE will be observed throughout the entire retreat. This is of the greatest importance in creating and preserving an atmosphere of recollection and prayer.
3. It is essential, therefore, that you remain ALONE while walking about the grounds or in your private room.
4. Avoid telephone calls, unless urgent.
5. Private conferences with the Retreat Master and Retreat Director are available.
6. Do your best. God will do the rest!

HELPFUL PRACTICES

1. Shun all occasions of sin.
2. Say your morning and evening prayers daily.
3. Hear Mass with devotion every Sunday and Holyday of obligation. Use the Missal.
4. Subscribe to a Catholic paper and a Catholic magazine
5. Read nothing but clean and wholesome literature.
6. Keep your Legion of Decency pledge.
7. Go to Confession and Communion, at least once a month; better still, every Sunday and First Friday.
8. Be mindful of the requests of Our Lady of the Rosary of Fatima, — and heed them.
9. Be devoted to the Sacred Heart of Jesus and the Immaculate Heart of Mary.
10. Study, know and appreciate your Cath-

olic Religion, and give inquirers an intelligent answer when they ask about Catholic doctrines and practices.

MORNING PRAYERS

LEADER: In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

LEADER: O Jesus

ALL: Through the Immaculate Heart of Mary * I offer You my prayers, works, 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 glory of God—the salvation of souls * and my own perfection.

LEADER: Blessed be the holy and undivided Trinity, now and forever. Amen.

ALL: Holy, holy, holy, Lord God of hosts * the earth is full of Your Glory * Glory be to the Father, Glory be to the Son, Glory be to the Holy Ghost.

LEADER: Let us pray

ALL: O Lord God Almighty * who has brought us to the beginning of this day * preserve us by Thy power * that during this day we may not fall into any sin * but that all our words, thoughts and work * may be directed to the doing of Your Will. * Through our Lord Jesus Christ, Your Son, * who lives and reigns with You in the unity of the Holy Ghost * World without end. Amen.

LEADER: O Lord God, King of heaven and earth * may it please You this day to direct and sanctify * to rule and govern our hearts

and bodies * our thoughts, words and deeds
* according to Your law and in the doing of
Your commandments * that now and forever
we may by Your help * attain salvation and
freedom * O Savior of the world, who live
and reign forever and ever. Amen.

LEADER: O my God,

ALL: I believe all You have revealed * be-
cause You are the infallible truth.

O my God, I hope to obtain all You have
promised * because You are almighty, good,
and faithful.

O my God, I love You above all things with
my whole heart and soul * because You are
all good and worthy of all love.

O my God, for love of You * I am sorry
that I have ever offended You * and I firmly
resolve never to sin again.

CONSECRATION TO OUR LADY

LEADER: O my Queen! O my Mother

ALL: I give myself entirely to thee * and to
show my devotion to thee * I consecrate to
thee this day * my eyes, my ears, my mouth,
my heart, my whole being without reserve *
Wherefore good Mother, as I am thine * pre-
serve me, defend me, as thy property and
possession.

PRAYER TO ST. JOSEPH

LEADER: Let us pray

ALL: O God, who in Your ineffable providence
* did vouchsafe to choose blessed Joseph
to be the spouse of Your most holy Mother *
grant we beseech You * that we may be

made worthy to have him for our intercessor in heaven * whom on earth we venerate as our protector. * Who lives and reigns world without end. Amen.

PRAYER FOR SINNERS

LEADER: My God

ALL: I offer You all the Masses which are being celebrated today throughout the whole world * for sinners who are in their agony * and who are to die this day. * May the Precious Blood of Jesus, their Redeemer, obtain mercy for them.

LEADER: Our Father

ALL: 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.

LEADER: Hail Mary

ALL: Full of grace * the Lord is with thee * blessed art Thou among women * and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God * pray for us sinners * now and at the hour of our death. Amen.

LEADER: I believe in God,

ALL: The Father Almighty, * Creator of heaven and earth * and in Jesus Christ, His only Son, our Lord * who was conceived by the Holy Ghost * born of the Virgin Mary * suffered under Pontius Pilate * was crucified, died and was buried. * He descended into

hell * the third day He arose again from the dead * He ascended into Heaven * sitteth at the right hand of God * the Father Almighty * from thence He shall come to judge the living and the dead. * I believe in the Holy Ghost * the Holy Catholic Church * the communion of saints * the forgiveness of sins * the resurrection of the body * and life everlasting. Amen.

THE ANGELUS

LEADER: The Angel of the Lord declared unto Mary

ALL: And she conceived of the Holy Ghost

LEADER: Hail Mary, Full of Grace, etc.

ALL: Holy Mary, etc.

LEADER: Behold the handmaid of the Lord

ALL: Be it done unto me according to Thy Word

LEADER: Hail Mary, Full of Grace, etc.

ALL: Holy Mary, Mother of God, etc.

LEADER: And the Word was made flesh

ALL: And dwelt among us

LEADER: Hail Mary, Full of Grace, etc.

ALL: Holy Mary, Mother of God, etc.

LEADER: Pray for us, O holy Mother of God

ALL: That we may be made worthy of the promises of Christ.

LEADER: Let us pray.

ALL: 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. Amen.

THE REGINA COELI

(to be recited in place of the Angelus, from Holy Saturday to Trinity Sunday)

LEADER: O Queen of Heaven, rejoice!
Alleluia!

ALL: For He, Whom Thou didst deserve to bear, Alleluia!

LEADER: Hath risen, as He said. Alleluia!

ALL: Pray for us to God, Alleluia!

LEADER: Rejoice, and be glad, O Virgin Mary, Alleluia!

ALL: Because Our Lord is truly risen, Alleluia!

LEADER: Let us pray:

ALL: O God, * Who by the Resurrection of Thy Son, Our Lord Jesus Christ, * hast vouchsafed to make glad the whole 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.

PRAYER IN PREPARATION FOR MASS

As the Priest Leaves the Sacristy

LEADER: The Mass is not a mere prayer; it is an action in which the God-man offers Himself to His eternal Father; it is the same sacrifice as that of Calvary, a sacrifice infinitely precious in the eyes of God. Before we offer this sacrifice to God with the priest, we shall make our intentions.

ALL: O eternal Father, we offer You this sacrifice in adoration, * to acknowledge You as the Creator and supreme Lord of all things. * We offer it to pay, as much as we can, * the debt of gratitude which we owe You *

for the many favors You have bestowed upon us; * we offer it in propitiation and satisfaction for our many sins and negligences; * we offer it in supplication for the relief of the poor souls in purgatory; * to obtain the temporal and spiritual blessings * which we, our relatives and friends, * Your Church and all the world stand in need of; * in particular, we offer it for the success of this retreat.

THANKSGIVING AFTER MASS AND HOLY COMMUNION

LEADER: AN ACT OF FAITH

ALL: O Jesus, my Lord, * I believe that You are really and truly present * in my heart and my soul. * Your words are true. * "THIS IS MY BODY, THIS IS MY BLOOD." * I believe that You are present * because You have plainly told me so. * You have come to me * because You want my faith, * my hope, my love, my service. * No distant, faraway God are You; * but You, Jesus of Nazareth, * living my very life as an Example to me, * are really in my heart. * You are here to help me, * to strengthen me, * to be with me this day and always, * my Companion and my Guide.

LEADER: AN ACT OF ADORATION

ALL: Just because You were human like myself, dear Lord, * I am not unmindful that You are also God's only Son, * true God and true Man. * Therefore, I adore You, my Lord and my God. * You created me, * You redeemed me, * and now You have come to me in Holy Communion * to unite me with

Yourself; * and in this great Sacrament, * to be the Food and Nourishment of my soul. * I know that Your grace remains with me * as long as I commit no serious sin. * Therefore, I ask You to help me overcome myself, * and to avoid all serious sin, this day, * and all the days of my life. * Here on my knees I adore You, * My Lord, My God, and My All! * May I never cease to adore and love You * as I ought on earth, * that I may love and adore You forever in heaven.

LEADER: AN ACT OF LOVE

ALL: My Lord, Jesus, * I love You. * I love You with all my heart. * You know that I love You, * and that I wish to love You daily more and more. * You have given Yourself to me; * now let me give myself to You. * I give You my body, that it may be chaste and pure. * I give You my soul, that it may be free of sin. * I give You my heart, that it may always love You. * I give You every breath that I breathe, * and especially my last. * I give You myself in life and in death, * that I may be Yours forever.

LEADER: AN ACT OF THANKSGIVING

ALL: Jesus, * because I must live by faith, I often forget I owe You a real debt of gratitude. * Thanks for the many graces You have given me, * and most of all, for the gift of Yourself in Holy Communion. * Because I don't understand, * because my faith is weak, * and my sins blind me to Your gifts, * don't let me be ungrateful. * I thank You for creating me, * I thank You for dying for me! * I thank You for each day's blessings, * for

health, for home, * for this opportunity to learn to know You better in this Retreat. * I thank You for my family. * I thank You for Your Blessed Mother, Whom You share with me; * but most of all, right now, * I thank You just for Yourself in Holy Communion, * my Divine Friend, * my God! * What return shall I make to You? * You ask only this: * "If you love me, keep My Commandments." * I want to show my gratitude to You * by increased devotion and loyalty to You in this great Sacrament, * by more frequent Communion in my life; * by a realization of my need for You. * I want to prove my gratitude by obedience to Your Commandments, * by the honest efforts I make to do my duty every day, * by charity to my neighbor, * and by the real effort I shall make to resemble You * more and more in my daily living.

LEADER: AN ACT OF COMMENDATION

ALL: O Jesus, Lord, * I recommend to You: * Our Holy Father, the Pope, Your representative upon earth. * Bless him and guide him in all his problems. * Bless all his efforts for the welfare of humanity and the salvation of mankind. * Grant our Bishops, and Priests, * our Brothers and Sisters, and all religious, * zeal in their vocation and the spirit of You, * that they may work with You for the salvation of souls * and for the good of the world. * Bless my parents, Lord, * my family, my relatives, friends and enemies; * the sick, especially those who are at death's door: * preserve them from everlasting death. * Keep

the souls of all who are in the state of grace faithful to You. * To infidels, heretics and sinners, * grant light to know You, * and courage to accept Your grace and follow You.

LEADER: A PETITION

ALL: O Jesus, since You have given me Yourself, * You can refuse me nothing that I really need. * I ask now, not for riches, honors and pleasures, * but just for real spiritual gifts. * Give me a sincere hatred of sin, * true sorrow for my past offenses, * freedom from evil habits and inclinations, * a heart full of fearlessness and courage like Your Own, * that I may not be a coward in doing what is right and just. * Give me the grace to do Your Holy Will in life, * to die a holy death, * and to live daily in Your way and in the Spirit of Your Church. * Permit me to ask now for a few special favors: (**here pause until Leader begins**). You have said, Lord Jesus, * "If you ask the Father anything in My Name, He will give it to you." * Now, I ask in Your Name, * and I know that Our Father in Heaven * will hear my prayers and relieve my needs.

LEADER: THE ANIMA CHRISTI

ALL: 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 . . . Permit me not to be separated from Thee . . . From the wicked foe defend me . . . At the hour of my death call me . . .

And bid me come to Thee . . . That with Thy saints I may praise Thee . . . For ever and ever. Amen.

LEADER: AN OFFERING TO CHRIST.

ALL: Take, O Lord, and receive * all my liberty, * my memory, my understanding and my will. * Thou hast given me all that I have and all that I possess: * I restore it all to Thee and surrender it, * that Thou mayest dispose of it according to Thy will. * Give me only Thy love and Thy grace, * and I am rich enough and desire nothing more.

LEADER: PRAYER TO JESUS CRUCIFIED

ALL: Behold, O good and sweet Jesus, * I cast myself upon my knees in Thy sight * and with all the ardor of my soul * I pray and beseech Thee to impress upon my heart * lively sentiments of faith, hope and charity, * with true repentance for my sins * and a firm purpose of amendment, * whilst with deep affection and grief of soul * I consider and contemplate Thy five wounds, * having before me the words which David Thy prophet said of Thee, * my good Jesus: * "They have pierced my Hands and Feet: * they have numbered all my bones."

(Our Father, Hail Mary, Glory be to the Father—for the Intentions of Our Holy Father.)

QUARTER-HOUR VISIT WITH CHRIST

READ AND PONDER THESE WORDS

YOU are ALONE in this Chapel—

yet not alone,—for CHRIST UPON THE ALTAR IS
HERE WITH YOU!

There will come another day,—yes, sooner perhaps than you think,—when, again, **YOU WILL BE ALONE WITH CHRIST**: the day when you are about to leave, Father, Mother,—perhaps, Wife and Children—Friends, Wealth, all the Pleasures of the World; the day when you feel your strength departing and your senses closing on the world about you; when all you hold dear in life fades away.

Then, **YOU WILL BE ALONE WITH CHRIST**,—**ALONE** for the last time on earth with **CHRIST**, **YOUR SAVIOR * COMING TO REWARD YOU FOR A LIFE OF SERVICE**, or **CHRIST YOUR JUDGE * COMING TO CONDEMN YOU ETERNALLY FOR A LIFE OF SIN**.

THEN, at last, the great business of your soul's salvation will force itself upon you, and you will realize, **THEN**,—if never before,—that it profiteth nothing to gain the whole world and lose your own soul.

DO NOT, if you are wise, **WAIT UNTIL THAT LAST VISIT OF CHRIST**,—**DO NOT WAIT TO BE ALONE WITH HIM**.

You are **ALONE WITH HIM** in this Chapel.

Speak to Him **NOW**, while you may!

Pray to Him **NOW!**

Beg pardon **NOW**, while you may!

THEN, it will be too late.

NOW, HE CALLS TO YOU FROM OUT THE TABERNACLE.
HEarken TO HIS VOICE!

EXAMINATION OF CONSCIENCE

*IMAGINE THAT YOU ARE ON CALVARY IN THE
PRESENCE OF YOUR CRUCIFIED JESUS*

LEADER: Return thanks to God for all His benefits and for His Love.

ALL: O my God * I thank You for all the gifts and graces You have granted me. * You have loved me from all eternity. * You have created me though others might have given you more glory. * Your Divine Son died on the Cross to redeem me. * You have called me to Your Church, * and have mercifully preserved me in the Faith till this time. *

How many times have You granted me the grace of assisting at the Holy Sacrifice of the Mass, * of receiving the pardon of my sins in the Sacrament of Penance, * and of being fed in Holy Communion, with the Divine Flesh of my Lord! * You have prepared a place for me in Heaven, * where, if I serve You faithfully here on earth, * I shall know, love and possess You forever. * I thank You, too, dear Lord, * for the everyday blessings of health, and strength, * for our homes, our families, our parents and friends.

LEADER: Ask for light to know your sins and faults, and for the grace to be sorry for them.

ALL: Jesus, my Lord and my God! * Judge of the living and of the dead, * before Whom I must one day appear to give an exact account of my whole life, * enlighten me, I beg You, that I may know and see myself as I am, * and see wherein I have offended You. * May I know and detest all my sins and negligences, * as You know and detest them, Lord; * and as I shall know and detest them on the day of death and judgment. * Give me courage to judge myself with just severity, * that then You may judge me with mercy and forgiveness.

LEADER: The Act of Self-Examination.

(Silent prayer for five minutes while each retreatant examines his own conscience).

THE PARTICULAR EXAMEN

Am I trying my best to make a good Retreat; to get out of it all that it holds for me? Am I keeping the silence expected, that

I may hear the Voice of Christ? Am I attentive at all the Instructions? Have I asked God to help me, and the others, to be generous with Him that I may heed the Voice of Christ, and thereby make a good Retreat? After the Meditations given by the Retreat Master, have I tried to apply the lessons to my own life, and my own particular needs and difficulties?

THE GENERAL EXAMEN

What is the state of my conscience? How do I stand regarding sin? Do I really and sincerely try to guard myself against it? Have I discovered that there is some one thing in my life that leads me more into sin than anything else, and do I try to watch that weakness, so that I'll be strong when temptation comes? Perhaps at this moment, my soul, that was once bright and beautiful in grace, is black and ugly with mortal sin, just because I wasn't ready when temptation came. Have I always done my share to keep myself free from sin or have I turned away from God Who is always willing to do His share to help me? Have I tried to use my free will, that God gave me for His glory, to save my soul,—or, have I deliberately let evil thoughts and desires, imagination and memory of past sins, control my whole being—will and all?

HOW HAVE I SINNED IN THOUGHT, DESIRE, WORD, DEED—OR OMISSION?

LEADER: THE ACT OF CONTRITION

ALL: O my God, * permit me to throw myself with holy Magdalen at the feet of my

Savior * and there to weep for my numerous sins. * I have not given You, my God, * the glory that I owed You by so many titles * and have abused Your gifts to offend You, * infinitely good in Yourself and infinitely worthy of love. * In Your presence did I sin; * I saddened Your Heart at the very moment you were regarding me with infinite love. * I was so blind and ungrateful as to love creatures more than You, my Creator, * and to prefer to the accomplishment of Your adorable will * my own vain satisfaction. * On account of these infidelities, * I shall praise You less for all eternity * and shall be eternally deprived of that degree of glory You destined for me, * if I had but generously obeyed Your law and inspirations. * By my sins I have concurred with the executioners of Your Divine Son * in His bitter passion, ignominy and sorrow. * Had I sinned less, Jesus would have suffered less, * and His agony on the Cross would have been less bitter and cruel. * Pardon me, my dearest God, * all the foul iniquities of my life, * I deplore and detest them from the bottom of my heart, * because they fill You with such an infinite abhorrence. * My God and Father, * I beg of You to say to me * the consoling words which Jesus addressed to Blessed Magdalen: * "Thy sins are forgiven thee."

LEADER: THE ACT OF RESOLUTION

ALL: O most merciful Jesus, I wish henceforward to satisfy the desires of Your Sacred Heart, * which was pierced on the Cross for my salvation. * I firmly resolve to avoid every

voluntary infraction of Your law, * and to attach myself particularly to follow courageously Your footsteps * even to Calvary. * Deign, my Redeemer, * to confirm my resolution by the merits of the Blood that flowed from the wound in Your Sacred Heart, * which I offer with Your Life, Passion and Death, * to pay as much as I can * the debts I have contracted with Your divine Justice. * I wish, my God, to repair the past, * and with the help of Your grace, which I humbly beg, I wish to strive for perfection in my state of life, * and like the elect in heaven, * accomplish perfectly, at every moment of my life, * Your holy and adorable will. * Dear Heart of Jesus, * grant me the grace of remaining in You, * and of living only with Your Divine Life, and of conforming always and in everything, * the dispositions and sentiments of my heart * to those which animate You.

RECITE ANGELUS or REGINA COELI

pp. 10 and 11.

SUPPLEMENT TO THE EXAMINATION OF CONSCIENCE

PREPARATION FOR RETREAT CONFESSION

*(If you wish you may follow this in
your Retreat Confession)*

WHAT SINS HAVE I COMMITTED AGAINST THE FIRST COMMANDMENT?

Against FAITH? Have I entertained doubts in matters of Faith? God has told me these things are so; they must be true. Have I read or spread irreligious books or writings? Against

HOPE? by despair (distrust or discouragement) or presumption (false confidence)? By the reverence due to God,—by superstition or the like?

WHAT SINS HAVE I COMMITTED AGAINST THE SECOND COMMANDMENT?

How have I used the Name of God? Do I dishonor Him by cursing, using His Name in anger, or without good reason? Have I always treated the Holy Name of Jesus with reverence or, do I insult Our Lord by using His Name carelessly?

WHAT SINS HAVE I COMMITTED AGAINST THE THIRD COMMANDMENT?

Have I been faithful to my Sunday Mass, or, have I missed Mass on Sundays and holydays of obligation through my own fault? How have I made my confessions? Have I always prepared well?—examining my conscience honestly and sincerely,—or, do I hurry over everything without searching the dark corners of my heart? Do I rush right out of Church as soon as Mass is over, forgetting that Christ is with me, and that my body is now a tabernacle of the Holy Eucharist? Do I do manual labor on Sundays or holydays without necessity? Have I eaten meat on days of abstinence? Have I fasted according to the laws of the Church?

WHAT SINS HAVE I COMMITTED AGAINST THE FOURTH COMMANDMENT?

SONS AND DAUGHTERS: Have I always

tried to be cheerfully obedient and respectful at home? Have I openly disobeyed my parents or growled at their commands? Have I been sullen and babyish even when I did obey through fear,—and thus taken the good out of what I did for them? Have I been on the square with my Father and Mother,—not going anywhere or with any persons against their will? Just because they didn't forbid it,—that's no reason for going places and with persons that I had to keep quiet about when I got home.—Do I tell them what I am doing and where I am going so that I am giving them a pretty good account of myself and a pretty good idea of how I am taking care of myself? Or do I think I no longer need their advice,—that I am old enough to look out for myself? Am I "dating" a Catholic? One who can later teach my children according to Catholic principles?—Do I think that I no longer need take my parents' advice—that I am old enough to look out for myself. Am I sneaky, sly, pretending that everything is all right, when I know that I am doing wrong?—Have I ever looked down on my parents, or felt ashamed of them? Do I fully realize that God will take no excuses for disobedience and dishonor shown to my Parents, and that I may find out in hell that I am not as wise as I thought I was? Am I cheerful and helpful around the home, or do I easily become peevish and discontented and complaining,—perhaps, even raising my voice as though I were somebody important, when things are not to my liking? Do I expect to receive fav-

ors above anybody else at home—and do I act constantly like the spoiled child who must be petted at all times? Do I willingly help with the work about the house, or do I scheme to get out of it and leave it for somebody else to do? Have I ever let my Mother do things that I was able to do? Am I earnestly trying to be a good son, or daughter, as Christ was of Mary? Am I loyal to my School and Teachers? Have I been using for God's glory all the talents He has given me, or, have I been a lazy, good-for-nothing? In the classroom or office have I not been a show-off thereby interfering with the others who really want to do what is right? Have I been wasting my time and my parents' money by dodging tasks in school, skipping classes, and the like? What kind of companions do I choose? Am I one who is easily led? Do I try to impress others with the fact that I'm not a baby and that I can tell and listen to dirty jokes with the worst of them? Have I been disloyal to God and to my parents by disobedience, just because the rest of the crowd would laugh at me if I were right enough to do what is right and refuse to do what I know is forbidden? Am I trying to prove myself worthy of my parents' trust?

PARENTS: Do I fulfill my duties toward my spouse and children? Am I helpful around the house? Do I have time for my family? Do I insist that the adolescent children keep regular hours? Am I watchful over their companionship and amusements? There may be grave danger in being too lavish in giving

them spending money and thus creating in them a habit of undue self-sufficiency and independence of parental authority. Do I allow them uncontrolled use of an automobile? Much child delinquency springs from carelessness on the part of parents. Do I try to make my home a home dedicated to Our Lord and His Mother? The practice of the Family Rosary would go a long way in making your home life a happy and blessed one. It only takes ten minutes or so to say it! Ask yourself if you find yourself pushing your family around . . . even out of the home . . . because you are not tolerant with them? Have your children enjoyed their home and your company? Am I giving my children a Catholic education even though this may require a great sacrifice?

WHAT SINS HAVE I COMMITTED AGAINST THE FIFTH COMMANDMENT?

When tempted to anger, have I always controlled my tongue,—or do I fly into a temper and say mean things, call insulting names, or otherwise offend God? Have I ever injured another physically, by striking him, wounding him or the like? Have I embittered or shortened anyone's life by vexation or harsh treatment? Have I ever injured the life of my body, impairing my health or shortening my life by intemperate eating or drinking to excess, by violent anger or immoderate grief? Have I ever given scandal by leading others into sin? Have I suggested stealing, fighting, lying or anything that God could not approve

of? Have I ever been the cause of another's loss of purity? Have I told sinful stories to the young,—or to anybody else, for that matter? Have I ever thus been a servant of the devil, spreading filth and sin, when I should be a servant of Christ, giving good example to all around me?

WHAT SINS HAVE I COMMITTED AGAINST THE SIXTH AND NINTH COMMANDMENTS?

How have I watched over my Purity? In thought? In word? In actions? Have I always avoided carefully and at once every suggestion of evil that came to my mind and tried to poison my soul with impurity? Do I allow impure thoughts to wander through my mind as they please, without making a real effort to get my mind on something else? Do I realize that thought is the beginning of action, and that a dirty thought soon leads to dirty talk or to dirty actions? Do I force myself to remember that I am never alone; that God is always with me? What kind of secrets do I have with God,—just dirty ones? Have I listened with pleasure to dirty jokes or stories? Do I enjoy smutty remarks and words of double meaning? Have I encouraged anyone to tell a dirty joke or story? Have I been afraid to cut away from such companions at once in a Christian way, realizing that I must choose between them and Christ,—that I can't be friends with both? Have I always remembered that my body is something holy,—a living temple of the Holy Ghost, and have I used it to serve God? Or, have I sometimes

used my body in an impure way, yielding myself to Satan by committing mortal sin. If all the thoughts I have enjoyed, or all the words I have spoken, or all the actions I have done, were now written on my forehead where others could see them, would I be ashamed? Have I always made a clean breast of these things when I went to Confession? Did I ever let impurity cause me to make a bad confession?

WHAT SINS HAVE I COMMITTED AGAINST THE SEVENTH AND TENTH COMMANDMENTS?

Have I injured my neighbor in property by theft, cheating (fraud) or in any unjust way? Have I neglected my work to the serious loss of my employer? Have I destroyed or damaged the property of another? Have I been a thief? If I have stolen, even for the fun of it, then, no matter how I feel about it, I am no better than other thieves. Do I forget that unless that which has been stolen is returned, God still holds something against me? Have I anything in my possession now, that I took or received from another without the owner's consent?

WHAT SINS HAVE I COMMITTED AGAINST THE EIGHTH COMMANDMENT?

Have I always told the truth to one who has a right to know no matter how hard it was to do it? Do I easily lie out of trouble, lie out of a tight place, and come off, perhaps, unpunished, but more like the devil,

whom Our Lord calls the "Father of Lies"? When talking of absent friends, do I always give them a square deal,—or do I tell mean things about them, even though they are true? Have I been guilty of detraction or calumny?

Have I made up my mind to look at myself during this retreat as God has often had to look at me, and then, in the best confession of my whole life, set everything straight? Or, am I too cowardly to frame, with my own lips, the worst I know about myself and tell it out to the only one who can help me get rid of it—to Christ and His Priest who will hear my retreat confession?

ACT OF CONTRITION

O my God! * I am heartily sorry for having offended Thee, * and I detest all my sins, * because I dread the loss of heaven and the pains of hell; * but most of all, * because they offend Thee, my God, * Who are all-good and deserving of all my love. * I firmly resolve, * with the help of Thy grace, * to confess my sins, * to do penance, * and amend my life. Amen.

THE HOLY ROSARY

THE APOSTLES' CREED

I believe in God, the Father Almighty, Creator of heaven and earth; And in Jesus Christ, His only Son, our Lord, Who was conceived by the Holy Ghost, born of the Virgin

Mary; suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell, the third day He arose again from the dead. He ascended into heaven, sitteth at the right hand of God the Father Almighty, from hence He shall come to judge the living and the dead. I believe in the Holy Ghost, the holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

I. THE JOYFUL MYSTERIES—

(Mondays and Thursdays)

1. The Angel Gabriel announces to Mary that She is to be the Mother of God—HUMILITY
2. Mary Visits Her Cousin Elizabeth—CHARITY
3. Our Lord is Born in Bethlehem.—DETACHMENT
4. The Christ-Child is Presented in the Temple.—OBEDIENCE
5. The Child Jesus is Found in the Temple.—FERVOR

II. THE SORROWFUL MYSTERIES—

(Tuesdays and Fridays)

1. The Agony of Our Lord in the Garden.—SPIRIT OF PRAYER
2. The Scourging of Our Blessed Savior at the Pillar.—PURITY
3. The Crowning with Thorns.—MEEKNESS
4. The Carrying of the Cross.—PATIENCE
5. The Crucifixion of our Blessed Lord.—GENEROSITY

III. THE GLORIOUS MYSTERIES

(Wednesdays, Saturdays and Sundays)

1. The Resurrection of Our Lord.—FAITH
2. The Ascension of Christ into Heaven.—HOPE
3. The Descent of the Holy Ghost upon the Apostles.—DEVOTION TO THE HOLY GHOST

4. The Assumption of the Blessed Virgin into Heaven.—
DEVOTION TO THE BLESSED MOTHER
5. The Crowning of Our Blessed Mother as Queen of
Heaven.—PERSEVERANCE

AT THE END OF THE BEADS:

V.—Queen of the Most Holy Rosary, pray for us.

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

LET US PRAY

ALL: O God, whose only-begotten Son, by His life, death, and resurrection, * has purchased for us the reward of eternal life, * grant, we beseech Thee, * that meditating on these mysteries in the most holy Rosary of the Blessed Virgin Mary, * we may imitate what they contain, * and obtain what they promise. * Through Christ Our Lord. Amen.

N. B. A plenary indulgence may be gained by those who are in the state of grace, whenever they say five decades of the Rosary in the Church before the Blessed Sacrament.

SUGGESTED INTENTIONS FOR THE ROSARY:

The FIRST MYSTERY: For those in their last agony; for the suffering souls in Purgatory; for our own dear dead; for the souls of all departed Retreatants. **MOTHER OF CHRIST, DELIVER THEM!**

The SECOND MYSTERY: For our Holy Father the Pope; for our own Archbishop (or Bishop); for all priests and religious; for the Church throughout the world. **SWEET MOTHER, HELP THEM!**

The THIRD MYSTERY: For our own spiritual and temporal welfare; for our own dear absent loved ones; for our friends; for those whom we may have injured. **MOTHER OF DIVINE GRACE, BLESS THEM!**

The FOURTH MYSTERY: For the sick, and for those in any kind of pain and distress; for those in sorrow and affliction. **SWEET JESUS, MERCY!**

The FIFTH MYSTERY: In honor of our Immaculate Mother; of her Spouse, St. Joseph; of our Patron Saint and all God's Saints, and especially, for all Religious of the Congregation of the Holy Cross. **QUEEN OF ALL SAINTS, PRAY FOR US!**

LITANY OF THE BLESSED VIRGIN

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us. Christ hear us.

Christ, graciously hear us.

God the Father of heaven, have mercy on us

God the Son, Redeemer of the world,

God the Holy Ghost,

Holy Trinity, one God,

Holy Mary, pray for us,

Holy Mother of God,

Holy Virgin of virgins,

Mother of Christ,

Mother of divine grace,

Mother most pure,

Mother most chaste,

Mother inviolate,

Mother undefiled,
Mother most amiable,
Mother most admirable,
Mother of good counsel,
Mother of our Creator,
Mother of our Savior,
Virgin most prudent,
Virgin most venerable,
Virgin most renowned,
Virgin most powerful,
Virgin most merciful,
Virgin most faithful,
Mirror of justice,
Seat of Wisdom,
Cause of our joy,
Spiritual vessel,
Vessel of honor,
Singular vessel of devotion,
Mystical rose,
Tower of David,
Tower of ivory,
House of gold,
Ark of the covenant,
Gate of heaven,
Morning star,
Health of the sick,
Refuge of sinners,
Comforter of the afflicted,
Help of Christians,
Queen of Angels,
Queen of patriarchs,
Queen of prophets,
Queen of apostles,
Queen of martyrs,
Queen of confessors,

Queen of Virgins,
Queen of saints,
Queen conceived without original sin,
Queen assumed into heaven,
Queen of the most holy rosary,
Queen of peace,

Lamb of God, who takest away the sins of the world, spare us, O Lord.

Lamb of God, who takest away the sins of the world, graciously hear us, O Lord.

Lamb of God who takest away the sins of the world, have mercy on us

Pray for us, O holy Mother of God,

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

LEADER: Let us pray: Grant us Thy servants, we beseech Thee, O Lord God to enjoy perpetual health of mind and body; and by the glorious intercession of Blessed Mary, ever Virgin to be delivered from present sorrow and to rejoice with eternal joy. Through Christ our Lord.

ALL: Amen.

DEVOTION OF FIVE FIRST SATURDAYS

whose object is to make reparation to the Immaculate Heart of Mary for all the offences and outrages it receives from ungrateful men. The devotion consists in:

1. Going to Confession and Communion.
2. Saying Rosary.

3. 15 minute meditation on Mysteries of Rosary.
4. Having intention of making reparation to Immaculate Heart of Mary.

MEMORARE

Of the Blessed Virgin

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 with this confidence, * I fly to you, O Virgin of virgins, my Mother; * to you I come, * before you I stand sinful and sorrowful. * O Mother of the Word Incarnate, * despise not my petition, * but in your mercy hear and answer me. Amen.

THE WAY OF THE CROSS

Only two conditions are required to gain the indulgences attached to this Devotion:

1. To make the Stations while moving from one to the other without notable interruption.

2. To meditate on the Passion of Our Lord.

It is not required, though it is naturally proper, to meditate on the particular mystery of the Passion represented by the Station one is visiting; neither is it necessary to say vocal prayers while making the Stations or after making them, to pray for the Intentions of the Holy Father.

INDULGENCES ATTACHED TO THE WAY OF THE CROSS. 1. Plenary indulgence each time. 2. Another Plenary Indulgence, if one receives Holy Communion on the same day; or, if one receives it within a month after making the Way of the Cross ten times. 3. A Partial Indulgence of ten years and ten times forty days, if, after having begun the Way of the Cross, one is unable for some reasonable cause to finish it.

PRAYER BEFORE THE STATIONS

"Turn away Thy Face from my sins, and blot out my iniquities. Create in me a clean heart, O God, and renew a right spirit within me."

O Jesus, I believe that by Your death You paid the penalty for all my sins. I am heartily sorry for them, because they displease You, Who are so good; and with the help of Your grace, I will not sin again. I offer You this Way of the Cross in reparation for my sins. I ask that whatever indulgences I gain may be applied to the souls in Purgatory. More ardently still, I ask that I may so realize the infinite malice of sin that I shall never more commit it: that I may be so impressed with the importance of salvation that, in the future, I shall subject everything else to it.

THE 'STABAT MATER'

At the Cross her station keeping,
Stood the mournful Mother weeping,
Close to Jesus to the last.
Through her heart, His sorrow sharing,
All His bitter anguish bearing,
Lo! the piercing sword had passed.

O how sad and sore distressed
Was that Mother, highly blessed,
Of the sole-begotten One.

Woe-begone, with heart's prostration,
Mother meek, the bitter Passion
Saw she of her glorious Son.

Who on Christ's dear Mother gazing,
In her trouble so amazing,
Born of woman, would not weep?

Who on Christ's dear Mother thinking,
Such a cup of sorrow drinking,
Would not share her sorrow deep?

For His people's sins rejected,
Saw her Jesus unprotected,
Saw with thorns, with scourges rent:

Saw her Son from judgment taken,
Her Beloved in death forsaken,
Till His spirit forth He sent.

Fount of love and holy sorrow
Mother! may my spirit borrow
Somewhat of thy woe profound;

Unto Christ, with pure emotion,
Raise my contrite heart's devotion,
Love to read in every wound.

Those five wounds of Jesus smitten,
Mother! in my heart be written,
Deep as in thine own they be;

Thou, thy Savior's Cross who bearest,
Thou, thy Son's rebuke who sharest.
Let me share them both with thee.

In the Passion of my Maker,
Be my sinful soul partaker,
Weep till death and weep with thee;

Mine with thee be that sad station,
There to watch the great salvation,
Wrought upon the atoning tree.

Virgin, thou of virgins fairest,
May the bitter woe thou bearest,
Make on me impressions deep.

Thus Christ's dying may I carry,
With Him in His Passion tarry,
And His wounds in memory keep.

May His wound both wound and heal me,
He enkindle, cleanse, anneal me,
Be His Cross my hope and stay.

May He, when the mountains quiver,
From that flame which burns for ever,
Shield me on the judgment day.

Jesus, may Thy Cross defend me,
And Thy Mother's prayer befriend me,
Let me die in Thy embrace;

When to dust my dust returneth,
Grant a soul that to Thee yearneth,
In Thy paradise a place. Amen

BEFORE EACH STATION

LEADER: We adore Thee, O Christ, and we bless Thee.

ALL: Because by Thy Holy Cross Thou hast redeemed the world.

THE FIRST STATION

Jesus is Condemned to Death

"Then he released to them Barabbas, and having scourged Jesus, delivered Him unto them to be crucified."

Wishing to liberate Jesus, Pilate brings Him before the multitude. He is bruised and bleeding from head to foot, and there is no soundness in Him. Instead of being moved to sympathy by His pitiable condition, the rabble gloats over it, and shouts for more blood.

ALL: O Jesus, * I have little reason to become indignant * at the people who clamored for Your death. * They only represented me and other sinners in their cry. * Hence, I follow You now, * not as a protest against what others have done, * but in humble reparation for what I myself have done. * How many times have I offended You * by doing evil because others were doing it, * and I had not the courage to do what was right. * Like Pilate, * I chose to be "in with the crowd" * rather than obey the voice of conscience * and remain loyal to You. * Henceforth, Lord, * may my conduct in the face of temptation * always be a proof of my unwavering love for You.

AFTER EACH STATION

LEADER: Have mercy on us, O Lord.

ALL: Have mercy on us.

LEADER: May the souls of the faithful departed, through the mercy of God, rest in peace.

ALL: Amen.

THE SECOND STATION

Jesus Takes Up His Cross

"And bearing His own cross, He went forth to that place which is called Golgotha."

The heavy cross on which He must die,—the instrument of torture reserved for the punishment of slaves and criminals,—is thrown upon the bruised and bleeding shoulders of our Savior, Who welcomes it with all His Heart, because He wishes that "by His bruises, we should be healed." And with the Cross, the sinless Christ takes upon Himself the guilt of all our sins.

ALL: My Lord Jesus, * give me grace to carry all the crosses * You see fit to send me; * the cross of obedience; * the cross of work; * crosses of suffering and sickness. * I accept them now * as a penance for my sins, * for which I have, till now, suffered so little, * and for which You have suffered so much. * Teach me the priceless value of my soul, * the folly and wickedness of sin, * by which it might be lost.

THE THIRD STATION

Jesus Falls the First Time

"I am a worm and no man."

Weak and exhausted, still bound by ropes and chains, little wonder that Jesus falls! Because His hands are tied, the fall opens new wounds and produces new bruises on His Sacred Head. Let me here try to recall my first fully deliberate sin,—the first thought, word or deed that I knew was forbidden by

God. True, it was but a child's sin, but it was enough to offend Our Lord, for it was wrong, and I knew it.

ALL: Jesus Redeemer, * I know that You would rather be crushed * beneath Your Cross a thousand times * than that I should fall into a single mortal sin. * How, then, can I regard my sins so lightly? * May this first fall of Yours so impress me * with the malice of sin * that I may never again wilfully * violate any of Your Commandments. I am heartily sorry for all my sins. * May I keep in my heart always * an abiding sorrow for them.

THE FOURTH STATION

Jesus Meets His Blessed Mother

"Thine own soul a sword shall pierce."

Simeon's prophecy was more than fulfilled when Mary met Jesus, stumbling under a heavy cross, bruised and disfigured beyond recognition,—for ME! She tried to comfort Him in His distress, but was thrust aside. Truly, God had asked a hard thing of Her when He asked Her to be "The Mother of Sorrows."

ALL: O Jesus, * since You have permitted * the nearest and dearest to Your Sacred Heart, * Your own Blessed Mother, * to be so afflicted, * how conducive to salvation * suffering must be in Your sight! * Mary, the most loved of God, * is the most afflicted. * And I lose heart even under the slightest adversity. * Teach me, Mother, * to see that Jesus calls to suffering * those whom He loves; * and be always near me * when I need You most,— * in

trials and temptations, * and in particular, * at the hour of my death.

THE FIFTH STATION

Simon Helps Jesus To Carry The Cross

"They laid hold of Simon and him they forced to take up His cross."

It was not to relieve Jesus of pain or burden that His cross was taken from Him, but to reserve Him for the Crucifixion, which His enemies feared He might not live to undergo. Simon was forced to help Jesus. How many times have I wished I had been able to help Jesus carry His cross. Let me think! Has my life, thus far, brought any consolation to Christ?

ALL: My Divine Savior, * it is only by studying You * that I learn to realize * how devoid of genuine love I really am! * How little must I love You, since I serve You only under compulsion! * I try to shirk every arduous duty. * Let my regret at not having been with You * on the road to Calvary, * be genuine and sincere. * Let me not forget * what my daily conduct means to You. * Let my life, day after day, be a proof of my loyalty and love.

THE SIXTH STATION

Veronica Wipes the Face of Jesus

"I have not turned away my face from them that rebuked me and spit upon me."

The Face of Jesus, once so beautiful, is now so swollen and sore, so covered with

blood and spittle, that a woman is moved to brave the meanness of the mob and dry His Face with a towel. Do I show such courage, when, to avoid the laughter or the mockery of the crowd, I yield to sin? Our Lord was so pleased with one so fearless of the crowd's opinion that He left the imprint of His Face and stains of His Precious Blood upon the towel.

ALL: O Jesus, * what a lesson against cowardice * and human respect I have here! * Whilst others, by their cursing, * by their profane and foul language, are spitting in Your Sacred Face, * I look on without protest. * Perhaps, I myself sometimes imitate them. I now promise, dear Lord, * never again to utter a wilful curse or an immodest word. * Like Veronica, * I will take Your part against people * who dishonor You. * Grant me courage when I need it most,— * when, to be a comfort to You, * I must be willing to be laughed at * or scorned by those around me.

THE SEVENTH STATION

Jesus Falls the Second Time

“Wounds, bruises and swollen sores; and they are not dressed, nor bound up, nor fomented with oil.”

The whole Body of Jesus is torn into shreds, and He is literally crushed, Face foremost, to the ground. Then He is struck and kicked, and violently jerked to His Feet by His executioners.— Let me here recall the sins I have committed since my First Holy Communion. Have I always been faithful to Our Lord since

that day? Rather, have I not carelessly permitted sinful habits to become almost a part of my daily life?

ALL: O Jesus, * this second fall, like everything else You endure for me, * is meant to teach me. * I know that You will readily pardon the sin * that I commit without great wilfulness; * or the sin that I am resolved * not to commit again. * But You are grieved exceedingly, I know, * by my repeated falls. * You cannot excuse my habits of sin. * With a love that has grown with so many pardons * for my careless sinning in the past, * I promise to overcome, completely, * any sin into which I habitually fall.

THE EIGHTH STATION

Jesus Speaks to the Women of Jerusalem

"Daughters of Jerusalem, weep not over Me, but for yourselves and your children."

Let us listen to what Jesus says to these tender-hearted women: "Weep for those who will come after you; for those who will sin, even after they see what sin has cost Me. They need your tears and prayers more than I do!" — As much as Our Blessed Lord appreciates their sympathy, in this hour of suffering He is thinking, not of Himself, but of the offended Majesty of God, of the infinite malice of sin,—the cause of all His sufferings.

ALL: It is indeed we who sin who should be pitied, Lord. * We know what sin has cost You, * and still, we foolishly ignore this proof of Your love * and turn to the false pleasures

of sin. * Teach us the folly of sin, * and the wisdom of a clean, holy life. * I know You appreciate the sympathy * I manifest towards You in Your sufferings. * I must never forget, though, * that my sins are responsible for them all. * I am sorry, Lord, * and I will take care in the future * to avoid sin at all costs.

THE NINTH STATION

Jesus Falls the Third Time

"And they came to a place called Golgotha, which is the place of Calvary."

In forcing Jesus to hasten forward, the guards multiply their blows and kicks and imprecations. At the foot of Calvary, Jesus fell the last time. — Let me here recall my first strong temptation to serious sin. A thought of Jesus with His Face in the dust, pinned to the earth by His cross, would have strengthened me then. If I had died after that temptation, where would my soul be today?

ALL: O Jesus, * when evil seems so attractive * and it is hard to be good, * bring to my mind this third fall of Yours. * If mortal sin has ever claimed a moment of my life, * help me to face the truth: * it wasn't a fall, * it was a deliberate choice. * It was wrong, and I knew it. * Grant that keen sorrow for my sins * may often stir my heart * to keep me from offending You again. * I know it is Your intention, * by this third fall, * to make reparation for the numberless venial sins * which I daily commit without remorse. * In the future, * I shall no longer draw the line * be-

tween venial and mortal sins, * but shall avoid, for Your sake, * everything that Your holy law does not sanction.

THE TENTH STATION

Jesus is Stripped of His Garments

"They divided His garments, casting lots for them."

"And they gave Him wine to drink, mingled with gall. And when He tasted, He would not drink."

The journey is done, the cross is ready. Rough hands, without reverence, without pity, tear away the blood-stained garments from the sinless Christ, and leave Him naked,—bruised and bleeding,—a spectacle to the mocking gaze of sinful men. Jesus was atoning for the deadly sin of impurity. — By His refusal to drink, even though tormented by a burning thirst, He would offer reparation for the all-too-common sin of drunkenness, which, next to impurity, defiles the living temples of the Holy Ghost.

ALL: My dear Redeemer, * make me always reserved and modest. * Create in me a keen sense of shame; * make me remember * that I am always in Your sight; * that my eyes, my ears, my lips, * my hands and my body, * were given me to serve You; * not to be used for immodesty and sin. * I did not need this new argument * to teach me that impurity is an abomination * in Your sight. * Your Body, * torn to shreds for my impure deeds; * Your Head, * pierced with thorns for my unclean thoughts and desires, * were enough for me.

THE ELEVENTH STATION

Jesus is Nailed to the Cross

"What are these wounds in the midst of Thy hands? With them was I wounded in the house of them that loved Me."

The soldiers threw Our Lord upon the Cross, and stretched out His sore arms. The nails rip their way through Our Savior's Hands and Feet. Those Hands which had always been uplifted in blessing and relieved so much suffering and misery; those Feet which Magdalen had bathed with her tears and at which so many hardened sinners found their peace and consolation, are now nailed to the Cross. And my sins are the nails that fastened Christ to His Cross; the sins committed by my hands, the sins committed by my feet that so readily carried me into sinful company.

ALL: O Jesus, * on Your Sacred Body are marks of my sins, * and wounds that speak of Your love for me. * Grant that I may never forget them. * Let me always remember the nails and the spear * that You willingly allowed * to pierce Your Sacred Flesh, * that I might cleanse my body from sin, * and keep it a living temple of the Holy Ghost, * a fitting shrine for a heart * that beats only for You. * Free me, then, * from every charge You have against me, * and like the converted Magdalen, * I shall always be true to You.

THE TWELFTH STATION

Jesus Dies on the Cross

"They shall look upon Me, Whom they have pierced."

Death now lays hold of God, the Author of all life. Dying on the Cross, Jesus is a conscious observer of the mockery and derision, of the curses and blasphemies heaped upon Him. Only when heartless men tired of afflicting Him, did He "bow His Head and die." Jesus dies, and the world is redeemed. His Death is the price of my happiness today, the price He paid to put a confessional at my service.

ALL: O dying Jesus, * I was created by You
* that I might know, love and serve You. * I
acknowledge the part I played in Your Cruci-
fixion and Death. * Grant that I may never
again displease You by sin. * When I am
tempted, * help me to call to mind Your
crucified Body, * done to death that I might
live. * If I were more guilty * than the thieves
dying at Your side, * You would not have me
to despair, * if only I be resolved to renounce
sin. * This I am determined to do. * Grant
that from today on, * I may lead a truly loyal
life, * the surest pledge of a truly happy
death.

THE THIRTEENTH STATION

Jesus is Taken Down from the Cross

"O all ye that pass by the way, attend and see if there be any sorrow like unto my sorrow."

The sufferings of Jesus are now at an end, but the agony of Mary is keener than ever.

My sins have done Him all that they could do. They have broken His Heart, and now His dead Body is placed in the arms of His Mother, — and mine! How her thoughts ran over the thirty years during which her life was inseparably one with His. In Bethlehem, she first gave Him to the world; now, the world and my sins are through with Him, and they give Him back to her. No parting by death was ever half as hard as that of Mary from Jesus.

ALL: O Mary, * as I kneel sorrowful and ashamed before you, * teach me to love Jesus as you love Him. * Teach me to atone for my sins * with a love proved by my daily conduct.

In Holy Communion, * I receive this self-same Body, * glorified as it now is in heaven. * Assist me, * Mother of God and my Mother, * to receive Him often * with all the love and reverence He deserves. * Obtain for me * more of your devotedness and love, * more of your sinlessness and purity of soul. * Help me never to forget * that I am one of those who caused the Way of the Cross.

THE FOURTEENTH STATION

Jesus is Placed in the Tomb

"They took, therefore, the Body of Jesus and bound It in linen cloths, as the manner of the Jews is to bury."

The mob and the executioners have left Calvary; only a few friends remain with Mary to sympathize and help. She herself is exhausted after the sufferings she endured; but God will soon reward her by the restoration

of Jesus, resplendent with heavenly glory.—
Some day, I, too, shall die and be laid away.
I do not know when or where. But this I do know,
it is of the utmost importance that I die in
the state of grace. And only sin can spoil
that plan of Christ for me. It does not matter
where they lay my body, but may Jesus Christ
receive my soul into heaven for all eternity.

ALL: O Jesus, * grant that Your sufferings
and Your death * may be often in my mind.
* You laid down Your life, * that I might lead
a clean, holy and worthy life. * Grant, then,
that when the earth receives my body, * You
may receive my soul * in a glorious welcome
to Heaven. * Give this same grace, Lord, *
to my parents and my family, * to all my rel-
atives and friends. * May I never forget *
that my sins were the cause of Your death. *
My sins struck You with the mailed fist, *
spat in Your Face, * scourged You, * crowned
You with thorns, * and nailed You to the
Cross. * May I be anathema * if I love not the
Lord Jesus!

CONCLUDING PRAYER

ALL: O my Savior, * Lord Jesus, * it is only
after meditating on Your bitter Passion and
Death, * that I understand the meaning of
Your question: "What doth it profit a man, *
if he gain the whole world * and suffer the
loss of his soul?" It is plain to me, now, *
why there should have been millions of mar-
tyrs; * why, today, thousands of men and
women * exchange home for monastery and

cloister; * why there should be a special season * of penance and prayer. * It is because no other achievement * is worthy of my ambition, * compared to the salvation of my soul; * no other love worthy of my heart, * compared to the "love of God, which is in Christ Jesus, Our Lord." * May the lessons taught by Your Passion and Death * move me to sorrow, dear Lord, * keep me from sin, * and inflame my heart with love for You for evermore. Amen.

LITANY OF THE SACRED HEART

Lord, have mercy on us.

Christ, have mercy on us.

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

Christ, graciously hear us.

God the Father of heaven, have mercy on us.

God the Son, Redeemer of the world,

God the Holy Ghost,

Holy Trinity, one God,

Heart of Jesus, Son of the eternal Father, have mercy on us.

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

Heart of Jesus, substantially united to the Word of God,

Heart of Jesus, of Infinite majesty,

Heart of Jesus, sacred temple of God,

Heart of Jesus, tabernacle of the Most High,

Heart of Jesus, house of God and gate of heaven,

Heart of Jesus, burning furnace of charity,

Heart of Jesus, abode of justice and love,

Heart of Jesus, full of goodness and love,
Heart of Jesus, abyss of all virtues,
Heart of Jesus, most worthy of all praise,
Heart of Jesus, king and center of all hearts,
Heart of Jesus, in whom are all the treasures of
wisdom and knowledge,
Heart of Jesus, in whom dwells the fullness of
the divinity,
Heart of Jesus, in whom the Father was well
pleased,
Heart of Jesus, of whose fullness we have all
received,
Heart of Jesus, desire of the everlasting hills,
Heart of Jesus, patient and most merciful,
Heart of Jesus, enriching all who invoke Thee,
Heart of Jesus, fountain of life and holiness,
Heart of Jesus, propitiation for our sins,
Heart of Jesus, loaded down with opprobrium,
Heart of Jesus, bruised for our offenses,
Heart of Jesus, obedient unto death,
Heart of Jesus, pierced with a lance,
Heart of Jesus, source of all consolation,
Heart of Jesus, our life and resurrection,
Heart of Jesus, our peace and reconciliation,
Heart of Jesus, victim for sin,
Heart of Jesus, salvation of those who trust in
Thee,
Heart of Jesus, hope of those who die in Thee,
Heart of Jesus, delight of all the saints,
Lamb of God, who takest away the sins of the
world, spare us, O Lord.
Lamb of God, who takest away the sins of the
world, graciously hear us, O Lord.
Lamb of God, who takest away the sins of the
world, have mercy on us.

Jesus, meek and humble of heart.
Make our hearts like unto Thine.

Let us pray: O almighty and eternal God, look upon the Heart of Thy dearly beloved Son and upon the praise and satisfaction He offers Thee in the name of sinners, and being appeased grant pardon to those who seek Thy mercy, in the name of the same Jesus Christ, Thy Son, who liveth and reigneth with Thee in the unity of the Holy Ghost, God, world without end. Amen.

CONSECRATION TO THE SACRED HEART OF JESUS

ALL: Most sweet Jesus, Redeemer of the human race * look down upon us humbly prostrate before Thy Altar. * We are Thine and Thine we wish to be * but to be more surely united with Thee * behold each one of us * freely consecrates himself today to Thy Most Sacred Heart. Many indeed have never known Thee * many, too, despising Thy precepts have rejected Thee * Have mercy on them all Most Merciful Jesus * and draw them to Thy Sacred Heart. * Be Thou King, O Lord * not only of the faithful who have never forsaken Thee * but also of the prodigal children who have abandoned Thee. * Grant that they may quickly return to their Father's house * lest they die of wretchedness and hunger. * Be Thou King of those who are deceived by erroneous opinions * or whom discord keeps aloof * and call them back to the harbor of

truth and unity of faith * so that soon there may be but one flock and one shepherd * Be Thou King of all those * who are still involved in the darkness of idolatry and Islamism * and refuse not to draw them all into the light and kingdom of God. * Turn Thine eyes of mercy towards the children of that race, * once Thy chosen people. * Of old they called down upon themselves the Blood of the Savior, * may it now descend upon them, a laver of redemption and of life. * Grant, O Lord to Thy Church, * assurance of freedom and immunity from harm; * give peace and order to all nations, * and make the earth resound from pole to pole with one cry; * Praise to the Divine Heart that wrought our salvation; * to It be glory and honor forever. Amen.

EVENING PRAYERS

LEADER: In the Name of the Father, and of the Son, and of the Holy Ghost, Amen.

LEADER: Come, Holy Ghost,

ALL: Fill the hearts of the faithful and enkindle in them the Fire of Thy love.

ACTS OF ADORATION, LOVE AND THANKSGIVING

LEADER: O my God,

ALL: I present myself before Thee at the end of another day, * to offer Thee anew the homage of my heart. * I humbly adore Thee, my Creator, my Redeemer, and my Judge. * I believe in Thee, because Thou art Truth itself; *

I hope in Thee, because Thou art faithful to Thy promises; * I love Thee with my whole heart, because Thou art infinitely worthy of being loved; * and for Thy sake I love my neighbor as myself.

What return, O my God, can I make for Thy innumerable blessings, * and particularly for the favors of this day?

All ye angels and saints, unite with me in praising the God of mercies * who is so bountiful to so unworthy a creature.

EXAMINATION OF CONSCIENCE

LEADER: O heavenly Dispenser of grace, God the Holy Ghost, come down into my soul.

ALL: Enlighten my mind that I may clearly see my sins; * move my heart that I may truly repent of them and endeavor to amend my life.

(Here examine your conscience).

ACT OF CONTRITION

LEADER: My God and Father,

ALL: Have mercy on me according to Thy great mercy. * I am deeply sorry for all my sins, * because I have deserved to be punished by Thee, the omniscient and just judge, * in this life and in the life to come, * but much more because I have offended and grieved Thee, the most high and most lovable God.

Out of fatherly love Thou hast created me,
* and I have been Thy unfaithful child. *
Through the Precious Blood of Thy Son Thou
has redeemed me and nourished me in Holy
Communion, * and I have answered all this
love with shameful ingratitude.

* Thou hast sanctified my soul by Thy grace,
* and I have desecrated it by failings and
sins. * Out of thousands Thou hast called me
to the true Church, * and I have been so un-
faithful. * From all eternity Thou hast loved
me, and from childhood I have grieved Thee.

Pardon me, O God, and according to the
multitude of Thy tender mercies blot out my
iniquity. * Do not deprive me of Thy love and
take not Thy Holy Spirit from me. * I am
firmly resolved never to offend Thee again.

O Jesus, for Thee I live. * O Jesus for Thee
I die. * O Jesus, I am Thine in life and in
death. Amen.

(100 days).

PRAYER OF PETITION

LEADER: Bless, O Lord, my parents and rela-
tives, my benefactors, friends and enemies,
living and dead.

ALL: Take under Thy protection all who are
near and dear to me, * and all who wish me
to pray for them. * Bless our Holy Father, our
bishops and priests; * bless the labors of
missionaries in pagan lands, * and spread Thy
holy Church over the whole earth.

Divine Heart of Jesus, convert sinners, save
the dying, set free the holy souls in purgatory.

(300 days).

LEADER: Eternal rest give unto them, O Lord, and let perpetual light shine upon them.

ALL: May they rest in peace. Amen.

(300 days, applicable only to the dead.)

LEADER: Let us pray to the Holy Family for a happy death.

ALL: Jesus, Mary, and Joseph, I give you my heart and my soul, Jesus, Mary, and Joseph, assist me in my last agony. Jesus, Mary and Joseph, may I breathe forth my soul in peace with you.

(7 years for each invocation.)

EVENING OFFERING

LEADER: O most Holy Trinity, to sanctify my night's rest, I offer it up to Thee in union with the eternal rest of Jesus in the bosom of His Heavenly Father and the nightly rest He took on earth.

ALL: I unite myself with all the praises and services * which during this night will be rendered to Thee, O Holy and Triune God, * and with all the holy Masses which will be celebrated in other parts of the world.

LEADER: O Holy Ghost, Father of love and holiness, fill my heart and my soul with the fire of Thy love that I may serve Thee with a chaste body and please Thee with a pure heart.

ALL: Holy Virgin Mary, Mother of Jesus and Mediatrix of all graces, * my Guardian Angel, * St. Joseph, my patron saint, * and all ye angels and saints of heaven, pray for me, * protect me during this night and my whole

life, especially at the hour of death. Amen.

LEADER: O divine Jesus, lonely tonight in so many tabernacles, without visitor or worshiper,

ALL: I offer Thee my loving heart; * may its every pulsation be a prayer of love to Thee. * Thou art ever watching under the sacramental veil; * in Thy love Thou never sleepest, * and Thou art never weary of Thy vigil for sinners.

O loving Jesus! O lonely Jesus! May my heart be a lamp, * the light of which shall burn and beam for Thee alone.

Watch, sacramental sentinel, * watch for the weary world, for erring souls, and for Thy poor, lonely child.

LEADER: All for Thee, Most Sacred Heart of Jesus. (300 days)

ALL: Sweet heart of Mary, be my salvation. (300 days)

THE BLESSING

LEADER: May the blessing of almighty God,

ALL: Of the Father, and of the Son, and of the Holy Ghost, * come down upon us and abide with us forever. Amen.

LEADER: Praised be Jesus Christ,

ALL: Now and forever. Amen.

"May he support us all the day long, * till the shades lengthen, and the evening comes, * and the busy world is hushed, and the fever of life is over and our work is done. * Then in his mercy may he give us a safe lodging, * and a holy rest and peace at last."—CARDINAL NEWMAN.

HYMNS

MOTHER DEAR, O PRAY FOR ME

Mother dear, O pray for me.
Whilst far from heav'n and thee
I wander in a fragile bark
O'er life's tempestuous sea,
O Virgin Mother from thy Throne
So bright in bliss above,
Protect thy child and cheer my path
With thy sweet smile of love.

(chorus)

Mother dear, remember me,
And never cease thy care,
Till in heaven eternally,
Thy love and bliss I share.

O LORD, I AM NOT WORTHY

O Lord, I am not worthy
That Thou shouldst come to me;
But speak the words of comfort,
My spirit healed shall be.

And humbly I'll receive Thee,
The Bridegroom of my soul;
No more by sin to grieve Thee,
Or fly Thy sweet control.

JESUS, MY LORD, MY GOD

Jesus! my Lord, my God, my all!
How can I love Thee as I ought!
And how revere this wondrous gift
So far surpassing hope or thought?

(Chorus)

Sweet Sacrament, we Thee adore,
Oh, make us love Thee more and more,
Oh, make us love Thee more and more!
Had I but Mary's sinless heart,
To love Thee, with my dearest King.
Oh, with what bursts of fervent praise,
Thy goodness, Jesus, would I sing!

ON THIS DAY

On this day, O beautiful Mother,
On this day we give thee our love.
Near thee, Madonna, fondly we hover,
Trusting thy gentle care to prove.

On this day we ask to share
Dearest Mother, thy sweet care.
Aid us ere our feet astray
Wander from the guiding way.
On this day, O beautiful Mother,
On this day we give thee our love.
Near thee, Madonna, fondly we hover,
Trusting thy gentle care to prove.

COME, HOLY GHOST

Come, Holy Ghost, Creator Blest,
And in our hearts take up Thy rest;
Come with Thy grace and heavenly aid
To fill the hearts which Thou hast made;
To fill the hearts which Thou has made.

O Comforter. To Thee we cry,
Thou heavenly gift of God most high;
Thou fount of life and fire of love,
And sweet anointing from above
And sweet anointing from above.

HYMNS FOR BENEDICTION

O SALUTARIS HOSTIA
Quae coeli pandis ostium!
Bella premunt hostilia;
Da robur, fer auxilium.

UNI TRINOQUE DOMINO
Sit sempiterna gloria,
Qui vitam sine termino
Nobis donet in patria. Amen.

O SAVING VICTIM opening wide
The gate of heaven to man below!
Our foes press on from every side;
Thine aid supply, Thy strength bestow.

To Thy great Name be endless praise,
Immortal Godhead, One in Three.
O grant us endless length of days
In our true native land with Thee. Amen.

TANTUM ERGO SACRAMENTUM

Veneremur cernui:
Et antiquum documentum
Novo cedat ritui;
Praestet fides supplementum
Sensuum defectui.

GENITORI GENITOQUE

Laus et jubilatio;
Salus, honor, virtus quoque
Sit et benedictio.
Procedenti ab utroque
Compar sit laudatio. Amen.

DOWN IN ADORATION falling
Lo! The Sacred Host we hail:
Lo! o'er 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 Ghost proceeding
Forth from each eternally,
Be salvation, honor, blessing,
Might and endless majesty! Amen.

V. Panem de coelo praestitisti eis,

R. Omne delectamentum in se habentem.

V. Thou didst give them bread from heaven.

R. Containing in itself all sweetness.

LET US PRAY: O God, Who in this wonderful Sacrament hast left us a memorial of Thy Passion, grant us, we beseech Thee, so to reverence the sacred mysteries of Thy Body and Blood, that we may continually feel in our souls the fruit of Thy redemption. Who livest and reignest for ever and ever. Amen.

RENEWAL OF BAPTISMAL VOWS

(The last exercise of the Retreat)

ALL: Most Holy Trinity, * Father, Son and Holy Ghost, * in Thy Presence *

I solemnly renew the promises which were made for me at Baptism. *

I renounce the devil * with all his works and pomps. *

I renounce the world * with all its indecency and pride. *

I renounce the flesh * with all its disorderly passions. *

I believe in God the Father * Who created me. *

I believe in God the Son * Who redeemed me. *

I believe in God the Holy Ghost * Who sanctified me. *

I believe in the Holy Catholic Church, * the communion of saints, * the forgiveness of sins, * the resurrection of the body, * and life everlasting.

In this faith, * I am resolved to live and die. * Therefore, I pledge myself * to keep the Commandments of God, and the Precepts of His Holy Church.

Moreover, * I solemnly promise before God and His holy angels, * that I will never join any Society * condemned by the Catholic Church.

