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# Why **SQUANDER** **ILLNESS**



**PRAYERS AND THOUGHTS  
FOR CATHOLIC AND  
NON-CATHOLIC  
PATIENTS**



# WHY SQUANDER ILLNESS?

Prayers and Thoughts for Catholic and Non-Catholic  
Patients

by

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The late Dr. James F. Carty, Memorial  
Hospital, New York City, whose years of  
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thoughts and prayers.

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## Dear Patient:

This is a personal note to you! Through no choice of your own, you have been inducted for a time into the Army of the Sick and Suffering. Your Leader is none other than Christ, the Man of Sorrows. In His sufferings, in His innocence, in His plight you will find the courage and strength to bear your cross as He bore His and to make that cross a sincere act of love.

You do not go your way—the way of the cross—alone. As a patient in this hospital, you are favored by a special remembrance in the prayers offered daily to God in the hospital chapel. The Chaplain, the Sisters and the Nurses are fully aware of the part God has in bringing you through your sickness and each day at morning prayer and at the Holy Sacrifice of the Mass they petition the Divine Physician in your behalf. They constitute the shock troops of Christ, endeavoring to help you in whatever way possible. They strive to follow a heaven-lit star—in the **SERVICE OF CHRIST**—in and through the patient. Was it not He who said—"Whatsoever you do unto these the least of all brethren, you do unto Me"?

In order to make your stay here replete with happy and fruitful memories and productive of lasting good, this little book has been dedicated especially to you. In it you will find many prayers and thoughts that will echo and re-echo in the heart of God. Your entire time here can be one grand act of love. May it echo and re-echo among all throughout the hospital!

If you are not very ill, if you have been spared pain, if you have entered only for a check-up, or if, as a mother, you have been blessed with a child, all the more reason then to thank God and send shafts of ardent love heavenwards.

The first section of this booklet contains prayers that may be used by Catholics and non-Catholics

alike. We draw special attention to **"MY DAILY PRAYER"** because it is so inclusive and strikes a responsive chord in the heart of everyone. Say "My Daily Prayer" every day, won't you? Let it be your evening as well as your morning prayer! The second section is intended especially for Catholics, although many others will derive much in the way of consolation, inspiration and stimulation from its use. Remember, as the poet, Tennyson, said: "More things are wrought by prayer than this world dreams of."

\* \* \*

Catholics may go to confession at any time. In humble faith and trust they will thus place themselves, first and above all, under the care of the Divine Physician. And every morning, before the physicians of the body make their rounds, Christ in the Eucharist, the Heavenly Healer, travels the corridors of His hospital, visiting and blessing His beloved sick. You have the opportunity to welcome Him, even daily, in Holy Communion. Just ask for it!

Every time you receive, you grow in the love and friendship of God and, consequently, merit more grace from your illness. You call upon the Man of Sorrows in your suffering. You obtain the virtues of patience and fortitude to enable you to imitate Our Lord when He suffered on Calvary. And Calvary is repeated every morning in the hospital chapel. It would be very pleasing to Him, when possible, if you would say the Mass prayers at that time and unite your intentions with those of the priest.

If you are seriously ill, you should desire to receive the **Sacrament of Extreme Unction**. There is no reason to be afraid. It is Christ, your Changeless Friend, coming to your aid. He, the Divine Physician, gives wonderful help to the soul and

sometimes even to the body through this sacrament.

\* \* \*

No matter who you are or what your faith is, God loves you and, because God loves you, the staff of His hospital—Chaplain, Sisters, Doctors and Nurses—are interested in you. Whatever can be done to help you, spiritually as well as physically, will be done in a true family spirit, motivated by their belief in the Fatherhood of God and the Brotherhood of Man and animated by the charge of the Divine Master: "Whatsoever you do unto these, the least of all my brethren, you do unto Me."

May God Be With You!

## WHY SQUANDER ILLNESS?

Three and thirty years Christ dwelt on earth—years of poverty, pain, toil, hardship, humiliation, disappointment, crowned with a death of agony on the Cross. Yet ever and always, from the cradle to the Cross, from the depths of His anguished heart came the prayer: "Father, not My will, but Thine be done". To prove that to share His sufferings is a privilege of those who are dear to Him, He allowed His own Blessed Mother to stand beneath His Cross on the first Good Friday, her soul pierced with the sword of sorrow. And from that same Cross He speaks lovingly to the sick and suffering today: "If anyone will come after Me, let him deny himself, take up his cross and follow Me." Matt. 16:24.

Why, then, cannot pain be made redemption? Why under the alchemy of Divine Love cannot our crosses become crucifixes? Why cannot sufferings be regarded as penance for the offences we have committed against God and our neighbor? Why cannot we use a cross to become God-like? We cannot become like Him in power. We cannot become like Him in knowledge. There is only one way we can become like Him and that is in the way He

bore His sorrows and His Cross. "Father, not My will, but Thine be done."

Here in this hospital, away from the toil and the turmoil of life, this blessed opportunity is yours to come closer to God with whom you wish to spend your eternal life. In the stress and strain of daily living, amid the excitement and exhilaration of other moments, all too often we forget the **DIVINE DESIGN OF LIVING**. God knows where our happiness lies. **DO WE KNOW?**

Your sickness, unwelcome as it may be, affords you the time to reflect and the chance to check on yourself. Through serious thought and prayerful meditation the real purpose of your life—**LOVE AND SERVICE OF GOD**—will come crystal clear. You will hearken to whatever inspirations He may bring to you. You will see the folly and the foolishness of so many (often sinful) things in life that once seemed so necessary or desirable. In the sick-room you are alone with your thoughts much of the time. The noise of the work-a-day world dwindles to a faint hum. Seeing the world and worldly things from a distance, you realize how small and insignificant it all is. Trials, sickness, sufferings compel you to acknowledge your helplessness and to admit your dependence upon God. Illness, then, is often a blessing in disguise. Perhaps it will be for you. Think it over!

It is an old experience that, whenever God takes away something, He makes room for His grace. Without God sickness is a heavy yoke; with God it is beautiful worship, a continuous oblation. Your bed or your wheel-chair is your altar on which you sacrifice yourself with your Saviour. God alone knows the good you can do for yourself, for your relatives and friends, for the missionaries, for the souls in Purgatory by your patient, sacrificial suffering. You will be living the Mass, another Calvary, day by day.



There is nothing more tragic in all the world to-day than wasted pain. Think how much suffering there is in hospitals and among the poor and the casualties of war. Think of how much of that suffering goes to waste. The Little Flower, St. Therese of the Child Jesus, sanctified every pain of her youthful life. In so doing she was a missionary by prayer as she wished to be an apostle of pain and suffering in spreading the Kingdom of Christ; and so successful was she that today she is the heavenly patroness of our missionaries. You, too, can be a missionary by consecrating every pain, by drinking a few drops of the bitterness that overflowed the Chalice of Gethsemani.

Open your heart, then, to the whisperings of the Divine Lover; lay your heart upon His altar and your reward will be as generous as your love. Father O'Donnell, President of Notre Dame University, knew Christ and Christians. That is why he wrote:

*"He talked with SINNERS, ate with them and died  
With two for company on a sorry hill.  
And when grey dawns have brought US to His side,  
We know, heart-brokenly, that He LOVES US STILL."*

May you, my dear patient, return to Him love for love! May His love make melody in your heart now and forever more! And may this booklet help you in some small way to be one with Him in sickness and in health, in life and in death! This is our hope and prayer as we dedicate this book to you. May it serve as a memento of your stay in the hospital and as a reminder of Our Lord's words: "What doth it profit a man if he gain the whole world and suffer the loss of his own soul?"

*"The Lord bless thee and keep thee.  
The Lord show His face to thee and  
have mercy on thee.  
The Lord turn His countenance to thee  
and give thee peace." Num. 6, 24.*

## ALONE WITH THEE

Alone with Thee, a little while apart  
From all the world I love to be away  
And in the twilight calm, O Sacred Heart,  
I love to be alone with Thee and pray.  
Before Thy altar, silent and alone,  
What human tongue can tell the joy I feel  
To know I am, dear Lord, Thy very own,  
And Thou art near me when at eve I kneel.  
Alone with Thee, peace in my rapt soul  
swelling!  
In pain and sorrow Thou my comfort be.  
Fill all my thoughts that they may still  
be dwelling  
In life, in death, dear Lord, alone with Thee.

## LEAD KINDLY LIGHT

Lead, Kindly Light, amid the encircling gloom  
Lead Thou me on!  
The night is dark, and I am far from home—  
Lead Thou me on!  
Keep Thou my feet; I do not ask to see  
The distant scene—one step enough for me.  
I was not ever thus, nor pray'd that Thou  
Shouldst lead me on;  
I loved to choose and see my path, but now  
Lead Thou me on!  
I loved the garish day, and, spite of fears,  
Pride ruled my will: remember not past years.  
So long Thy power hath blest me, sure it still  
Will lead me on,  
O'er moor and fen, o'er crag and torrent, till  
The night is gone;  
And with the morn those angel faces smile  
Which I have loved long since, and lost  
awhile.

John Henry Newman.

## SECTION ONE

### MY DAILY PRAYER

**O MY GOD**, I place my trust and confidence in Thee, Who will reward the good and punish the wicked. I believe in Thee and accept everything Thou hast taught and revealed.

**I BELIEVE** that in one God there are three Divine Persons—God the Father, God the Son and God the Holy Ghost.

**I BELIEVE** that God the Son became Man without ceasing to be God. He is Jesus Christ, my Lord and my Saviour, the Redeemer of the human race. He died on the Cross for my salvation and eternal happiness.

**O MY GOD**, give me strong faith. Help me to believe with lively faith.

**O MY GOD**, Who art all-good and all-merciful, I sincerely hope to be saved. Help me to do all that is necessary to gain eternal life.

**I HAVE** committed many sins in my life, but now I turn away from them. I am sorry, truly sorry for all of them, because I have offended Thee, my God, Who art all-good, all-perfect, all-holy and all-merciful.

**I LOVE** Thee, O my God, with all my heart. Please forgive me for having offended Thee.

**I PROMISE** that, with Thy help, I will never offend Thee again.

**MY GOD, HAVE MERCY ON ME.**

## IN TIME OF SICKNESS

O Divine Physician, Thou Who hast always loved to console and heal the sick of body and mind, give me patience to bear this suffering in reparation for the sufferings which I and others have inflicted on Thy Crucified Body. By Thy Power, relieve the sharpness of my pain and exhaustion but above all, kind Jesus, heal the wounds of my soul. Even though I find it hard to pray, yet shall I ever say, "Thy Will be done." Amen.

## PRAYER FOR COURAGE

*(Of the Soldier, St. Ignatius)*

Dear Lord, teach me to be generous; teach me to serve You as You deserve, to give and not count the cost, to fight and not heed the wound, to toil and not seek for rest, to labor and not seek reward, save that of feeling that I do Your will.

## MY LIFE

My life is but a weaving  
Between God and me.  
I may but draw the colors,  
He worketh skillfully.  
Full oft He chooses sorrow  
And I, in foolish pride,  
Forget He sees the upper  
And I, the under side.

Father Tabb.

\* \* \*

## FOR A HAPPY DEATH

This is the Greatest Grace we can ask of God. A Happy Death means a Heaven of Happiness for all eternity. A Bad Death means a HELL of eternal misery.

Jesus, Mary, Joseph, I give you my heart and my soul. Jesus, Mary, Joseph, assist me in my last agony. Jesus, Mary, Joseph, may I breathe forth my soul in peace with you. Amen. **Indulgence: 7 years**

## LEARNING CHRIST

Teach me, my Lord, to be sweet and gentle in all the events of life; in disappointments, in the thoughtlessness of others, in the insincerity of those I trusted, in the unfaithfulness of those on whom I relied.

Let me put myself aside, to think of the happiness of others, to hide my little pains and heartaches, so that I may be the only one to suffer from them.

Teach me to profit by the suffering that comes across my path.

Let me so use it that it may mellow me, not harden nor embitter me; that it may make me patient, not irritable; that it may make me broad in my forgiveness, not narrow, haughty and over-bearing.

May no one be less good for having come within my influence. No one less pure, less true, less kind, less noble for having been a fellow-traveler in our journey toward Eternal Life.

As I go my rounds from one task to another, let me whisper, from time to time, a word of love to Thee.

May my life be lived in the super-natural, full of power for good, and strong in its purpose of sanctity.

\* \* \*

## THE DAILY PLEA OF THE SUFFERING

"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 by giving that we receive; by pardoning that we are pardoned, and by dying that we are born to eternal life in Thee."

\* \* \*

There is one argument that may be opposed to all of the sophistries of unbelievers; no man ever repented of being a Christian on his deathbed.

Saint Thomas More.

## SECTION TWO

### DAILY PRAYERS

*Not in quantity, but in quality, does the benefit of prayer consist. Turn your heart toward the hospital chapel where Jesus in the Blessed Sacrament holds court and place yourself in the presence of God.*

### IN THE MORNING:

Thank your Heavenly Father for preserving you during the night; implore His assistance, spiritual and temporal, for the day; and promise Him that, with His grace, you will avoid the slightest sin during the day. Use your own words and they will come from the heart. Get your heart into your prayer. Ask Him to help you to bear all and suffer all patiently during the day for His sake.

### THE OUR FATHER

Our Father, who art in heaven, hallowed be Thy name; Thy Kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

### THE HAIL MARY

Hail Mary, full of grace! The Lord is with thee; blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners . . . Now and at the hour of our death. Amen.

## **ACT OF CONTRITION**

O my God; I am heartily sorry for having offended Thee, because Thou art all good and I firmly purpose by the help of Thy grace not to offend Thee again.

(S. Penitentiary 300 days, Jan. 13, 1921)

## **ANGEL GUARDIAN PRAYER**

Angel of God, my Guardian dear,  
To whom God's love commits me here,  
Ever this day be at my side,  
To light and guard,  
To rule and guide. Amen.

## **PRAYER TO YOUR PATRON SAINT**

O great saint, whose name I bear, protect me, pray for me, that like thee I may serve God faithfully on earth, and glorify Him eternally with thee in heaven. Amen.

## **MORNING OFFERING:**

O Jesus, through the Immaculate Heart of Mary, I offer Thee my prayers, works and sufferings this day for all the intentions of Thy Sacred Heart, in union with the holy sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all our associates and in particular for the intention of this month.

## **MY SICK-BED!**

When from the sick-bed where I lie,  
Lord, on Thy Cross I see Thee die,  
My pains have no more pain for me;  
Thy sufferings, Lord, are all I see.  
This altar where I Thee adore  
Consoles me, and I weep no more;  
Or if my heart still sigh and moan,  
'Tis for Thy sorrows, Lord, alone.

## IN THE EVENING

Again place yourself in the presence of God and make a momentary examination of conscience, followed by a good, heartfelt act of contrition. Then, the Our Father, Hail Mary.

## A NIGHT PRAYER

*By St. Alphonsus Ligouri*

Jesus Christ, my God, I adore Thee and I thank Thee for all the favors Thou hast bestowed upon me this day. I offer Thee my sleep and every moment of this night, and I beseech Thee to keep me free from sin. Therefore I place myself in Thy most sacred side and under the protecting mantle of our Lady and my Mother. May Thy holy angels help me and keep me in peace and may Thy blessing be upon me. Amen.

\* \* \*

## SOME ASPIRATIONS WHEN YOU ARE TOO SICK FOR EXTENDED PRAYER:

Jesus, Mary and Joseph, I give you my heart and 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. Amen.

*Indulgence: 7 years for each*

Jesus!

Mary!

Jesus! Mary! Joseph!

My God and my all!

Jesus, my God, I love Thee above  
all things!

\* \* \*

*Indulgence: 300 days*

*300 days*

*7 years*

*300 days*

*300 days*

## MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that any one who fled to thy protection, implored thy help or sought thy intercession, was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of virgins, my Moth-



er; to thee I come; before thee I stand sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

*Indulgence: 3 years*

## **CLOSING PRAYER:**

Bless, O Lord, the repose I am going to take in order to renew my strength that I may be better able to serve Thee. O all ye Saints and Angels, but chiefly thou, O mother of God, intercede for me this night and during the rest of my life, but particularly at the hour of death.

May the divine assistance always remain with us. Amen. And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

## **A MOMENT'S THOUGHT!**

Guard against a danger in your sickness! Too easily it can lead into self-centeredness so that you forget others and become a little world in yourself, if it is not offset by charity, patience and understanding. Sickness is your cross for a time, but remember: there is nothing so bad that couldn't be worse.

Ask God constantly for charity, patience and understanding. Be at peace with God so that you may be at peace with yourself and others. Your efforts will be rewarded here and hereafter.

Perhaps your sickness has been brought on or made worse by your own imprudence or by some excess, and Our Lord is anxious to give you a chance to rest, reflect and atone. At any rate, He holds out to you the opportunity, the best opportunity to gain merit for heaven. How happy you will be for all eternity and how grateful to God for having sent you to the hospital, if you make use of this God-given opportunity.

**There are two types of men, those who are afraid to lose God and those who are afraid that they may find Him.—Pascal.**

## CONFESSION

The priest is ready at all times to hear your confession. "The night is day for us when God is in our heart, and the day is night for us when He is not there." (St. Francis De Sales.) Be sure you are at peace with God. Why not go when you enter, and thus place yourself, first and above all, under the care of the Divine Physician? If you have been to confession recently, you still should seek this sacrament, for God wishes to give you more grace and strength to continue growing in His friendship.

### BEFORE CONFESSION:

Come, Holy Ghost, enlighten my mind that I may clearly know my sins. Move my heart that I may be sincerely sorry for them, honestly confess them and firmly resolve to amend my life.

Mary, my Mother, help me to make a good confession.

### EXAMINATION OF CONSCIENCE

1st Com.: Failure to pray? Ridiculing religion?  
2nd Com.: Cursing? Swearing? 3rd Com.: Missing Mass through your own fault on Sundays and holy days? Irreverence in Church? 4th Com.: Disobedience or disrespect to parents and superiors? Neglect of parent's duties to children? 5th Com.: Anger? Hatred? Quarreling? Drunkenness? 6th and 9th Com.: Thoughts, words or actions against purity? Alone or with others? Bad pictures, books or magazines? Limitation or prevention of children? 7th and 10th Com.: Theft? Dishonesty? Envy? Discontent? 8th Com.: Lies? Uncharitable conversation? Injuring another's character?

Com. of Church: Neglecting confession for a year? Omitting fast, abstinence on days specified? Easter duty? Support of Church? Married by a priest?

## ACT OF CONTRITION

O my God! I am heartily sorry  
For having offended Thee,  
Because Thou art all good  
And I firmly purpose  
By the help of Thy grace  
Not to offend Thee again.

(S. Penitentiary 300 days, Jan. 13, 1921)

## AFTER CONFESSION

Do not talk to others in the room immediately after the priest leaves. You have just received a wonderful sacrament. Make the most of these moments with your God and preserve or increase the respect of non-Catholics for this sacrament. It is well to repeat the Act of Contrition before saying your penance. Strive to put your whole heart and soul into it. Then:

## "THANK YOU"

O merciful God, again You have shown mercy to me. I thank You for Your infinite goodness and this wonderful blessing. Strengthen and support me, dear Jesus, in my good resolutions. You are my Best Friend, my Changeless Friend—may I be loyal and true to You. Help me by Thy grace.

"Sweet Heart of Jesus, I implore,  
That I may love Thee more and more."

Indulgence: 300 days

## MY OFFERING

Dear Lord, I pray Thy  
Hand to take  
My body, broken now  
For Thee!  
Accept the sacrifice  
I make,  
Oh, Body, broken once  
For me.

## HOLY COMMUNION

Every Catholic patient should receive Holy Communion at least once during his illness. Why not receive as often as possible? You cannot realize how much frequent communion will add to your patience in suffering and to your glory in heaven. "He that eateth My flesh and drinketh My blood hath everlasting life; and I will raise him up on the last day," says Our Lord. (John, VI-55).

## PRAYERS BEFORE HOLY COMMUNION

*The prayers for Holy Communion should be said slowly, a few words at a time. It is well to stop after every few words, that they may sink into the heart.*

Jesus, my God, I believe all that You said about the Holy Eucharist. You said that You are present in the Consecrated Host and that we must receive You in Holy Communion, else we "shall not have life" in us.

You are, my God, so holy and so pure, and I am a miserable sinner. I am so unworthy to receive You. I am sorry for my sins and I beg You to create a clean heart in me, so that I may worthily receive You, my Food, my Friend, my pledge of everlasting life, my God and my All. Make me realize what it means to receive my God in Holy Communion.

O most sweet Virgin Mary, Mother of God and my Mother, lend me, I beseech thee, thy Immaculate Heart to receive my Jesus: that so I may receive Him by thee, by whom the world received Him.

O Jesus, I offer Thee Thy sinless Mother's Heart, with its perfect disposition at the moment of Thy Incarnation and all her communions. Come to me now by her as I came to Thee by her.

"O Lord, I am not worthy that Thou shouldst come to me, say but the word and my soul shall be healed."

"O sweetest heart of Jesus, I implore

That I may love Thee more and more."\*

Sweet Heart of Jesus, be my love.\*

My Jesus, I believe in Thee, I hope in Thee,  
I love Thee with all my heart.

\*300 days' indulgence each time.

## PRAYER FOR FIDELITY

O Lord Jesus Christ, Son of the living God, Who according to the will of Thy Father and the co-operation of the Holy Ghost hast by Thy death given life to the world, deliver me by this Thy most sacred Body and Blood from all my iniquities and from all evils, and make me always cling to Thy commandments and never suffer me to be separated from Thee, who with the same God the Father and the Holy Ghost livest and reignest God, world without end. Amen.

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Jesus, Thou art coming,  
Holy as Thou art,  
Thou the God Who made me,  
To my little heart.  
Jesus, I believe it  
On Thy only word,  
Humbly, I adore Thee,  
As my King and Lord.  
Take my body, Jesus,  
Eyes and ears and tongue,  
Never let them, Jesus,  
Help to do Thee wrong.  
Take my heart and fill it,  
Full of love for Thee;  
All I have I give Thee,  
Give Thyself to me.

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People are often the carpenters of their own crosses.—St. Philip Neri.

## PRAYERS AFTER HOLY COMMUNION

May the Body of our Lord Jesus Christ preserve my soul to live everlasting. I thank You, my Jesus, for coming to me. Your mercy is infinite in humbling Yourself like this to be the Food of my soul and to console me in this valley of tears. How can I thank You enough, my good God?

I adore You, I praise You, I thank You with all my heart. I offer You all my actions and sufferings of this day as a love-token. Help me so that I may not sin today. Make me pure and pleasing to You.

O Jesus, receive my poor offering. You have given Yourself to me. 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 from Sin; I give You MY HEART that it may always love You; I give You my EVERY BREATH that I shall breathe and, especially, my last; I give You myself in life and in death that I may be Yours forever and ever.

## PRAYER OF ST. IGNATIUS

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.

Never permit me to be separated from Thee.

From the wicked enemy defend me.

At the hour of death call me, and bid me come to Thee,

That with Thy saints I may praise Thee for all eternity. Amen.

Indulgence: 300 days

## PRAYER AFTER HOLY COMMUNION BEFORE A CRUCIFIX

*A Plenary Indulgence is attached when you pray for  
the Pope's intentions.*

Behold, O good and sweetest Jesus, I cast myself upon my knees in Thy sight, and with the most fervent desire of my soul, I pray and beseech Thee, that Thou wouldst deeply impress upon my heart lively sentiments of faith, hope and charity, true contrition for my sins, and a most firm purpose of amendment; whilst with great affection and grief of soul, I ponder within myself and mentally contemplate Thy five Wounds, having before my eyes the words which long ago David the prophet spoke in Thine own Person concerning Thee, O good Jesus: "They have pierced My hands and My feet; they have numbered all My bones."

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## SPIRITUAL COMMUNION

*Ask Jesus to come into your soul with an increase of His own Divine Life, since you cannot now receive Him sacramentally. Yes, He comes! Thank Him for coming. Talk to Him.*

"Lord Jesus, come to me!"

"O Jesus, I look to the hospital chapel, to Thy holy tabernacle in adoration, where Thou art really present for love of me. I love Thee above all things, O My God. I cannot at this moment receive Thee in Holy Communion. But come, Jesus, come spiritually into my heart; come to cleanse it and make it like to Thine. I embrace and unite myself entirely to Thee. O never suffer me to be separated from Thee. Amen."

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Humor is not an obstacle to sanctity. If you can find nothing else to smile at, there is always yourself.—Bishop Kelley.

## YOUR HOSPITAL STAFF

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### THE SISTER'S PRAYER

Mary, help me live from day to day,  
In such a self forgetful way,  
That even when I kneel to pray,  
My prayer shall be for Others.

Help me in all the work I do  
To ever be sincere and true,  
And know that all I do for you  
Must needs be done for Others.

Let self be crucified and slain  
And buried deep; and all in vain  
My efforts be to rise again  
Unless to live for Others.

And when my work on earth is done,  
And my new work in Heaven's begun,  
May I forget the crown I've won  
Whilst thinking still of Others.

Others, Mary, yes Others,  
Let this my motto be,  
Help me live for Others  
That I may live with thee.

\* \* \*

### THE PHYSICIAN'S PRAYER

Lord, Who on earth didst minister  
To those who helpless lay  
In pain and weakness, hear me now,  
As unto Thee I pray.

Give to mine eyes the power to see  
The hidden source of ill,  
Give to my hand the healing touch  
The throb of pain to still.



Grant that mine ears be swift to hear  
The cry of those in pain;  
Give to my tongue the words that bring  
Comfort and strength again.

Fill Thou my heart with tenderness,  
My brain with wisdom true,  
And when in weariness I sink,  
Strengthen Thou me anew.

So in Thy footsteps may I tread,  
Strong in Thy strength alway,  
So may I do Thy blessed work  
And praise Thee day by day.

\* \* \*

## THE HOSPITAL CHAPLAIN

To live in the midst of the world, without wishing  
its pleasures;

To be a member of each family, yet belonging to  
none;

To share all sufferings, to penetrate all secrets;

To heal all wounds; to go from men to God and  
offer Him their prayers;

To return from God to men, to bring pardon and  
hope!

To have a heart of fire for charity, and a heart of  
bronze for chastity;

To teach and to pardon, to console and to bless  
always.

My God! what a life! And it is yours, O Priest of  
Jesus Christ!

Lacordaire.

## **A NURSE'S CONSECRATION TO MARY**

O ever glorious and Immaculate Mother of God, I choose thee as my Mother, my Patroness and my Ideal in the sacred profession of a nurse. Realizing that you, dear Mother Mary, ever acted as an Assistant to the Divine Physician, I beg of you to guide and direct me in every moment of my nursing career. Let all my thoughts, words and actions, every step I take, every breath I draw be directed to the greater honor and glory of God. Walking in your glorious footsteps and imitating your angelic purity, your deep humility, your unquestioning obedience, and your boundless charity, may I, after a life of unflinching service and Christlike sympathy, merit the favor of being close to you and your Divine Son for all eternity. Amen.

\* \* \*

### **IN PAIN, VIRGIN MARY!**

Yes, 'tis in thee my hopes repose,  
And I will hope in thee always;  
O Virgin, help me in the days  
That lie before me till life's close.  
If sometimes, while with pain I smart,  
I feel my courage fail me quite,  
Let but thy image greet my sight  
And heaven descend into my heart.

\* \* \*

### **ANOTHER WAY!**

A patient who was very weak had his own way of using his beads. "Father," he said to the Chaplain, "it is too hard for me to say the Rosary. I simply say: 'Jesus, Mary and Joseph' at each bead and I trust that the good Lord will be satisfied with it."

## ON THE GOOD PATIENT

Persons who have a great deal to do with the sick soon come to classify shut-ins under two heads, simply enough characterized as good patients or bad patients. There are four marks of the good patient, and if any one is missing, a sick person is usually listed as a bad patient. The necessary marks of the good patient are these:

1. A good patient is **obedient**. No one in the world, not even a child, has quite the same reasons for obedience as the shut-in. His illness or incapacity renders him dependent on others: doctors, nurses, attendants, family and friends. Everybody, when not ill, recognizes in the dependence caused by illness the reasons for obedience; yet, not everybody practices obedience when actually ill.

2. A good patient is **cheerful**. Of course, there is no question of cheerfulness when a patient is running a high fever, consuming large quantities of medicine, and wandering in and out of delirium. But apart from these extreme conditions, cheerfulness can be practiced even in the midst of racking pain, and it is always a marvelous inspiration to others. Its basis is a deeply rooted trust in the Providence of God. Those lacking a happy frame of mind usually show it by dour and melancholy moods.

3. A good patient is **uncomplaining**. We doubt whether anybody has ever been or ever will be sick without having justifiable cause for complaint at times. The food is cold, or not the right kind, or brought too early or too late. The nurse is absent just when needed most. Friends don't call often enough, etc. There is always something. The bad patient vociferates over every seeming neglect; but the good patient knows that there is nothing perfect in this world, and suppresses every tendency to grumble.

4. A good patient is **grateful**, showing his appreciation for every small kindness by word or smile. The beautiful words, "Thank you," never light up the face of the bad patient, but they invariably reflect the nobility and unselfishness of the one who is good.

\* \* \*

## ST. TERESA'S BOOK MARK

*(A Volume of Wisdom in itself)*

Let nothing disturb thee,  
Let nothing affright thee,  
All things are passing,  
God alone is changeless.  
Patience gains all things,  
Who hath God wanteth nothing,  
Alone God sufficeth.

\* \* \*

## SMILE—EVEN IN SICKNESS!

A smile costs nothing, but gives much. It enriches those who receive it without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he can get along without it and none is so poor that he can't be made rich by it. A smile creates happiness in the home and in the hospital, fosters goodwill in business and is the counter-sign of friendship. It brings rest to the weary, strength to the sick, cheer to the discouraged, sunshine to the sad; and is nature's best antidote for trouble. Some people are too tired to give you a smile. Give them one of yours, as no one needs a smile so much as he who has no more to give.

## ON THE BAD PATIENT

Well and sick people alike should have a definite picture in their minds of what constitutes a **bad** patient. The well person will inevitably have to avoid being a bad patient some day, because almost certainly, some day, he will be sick. The one who is sick now needs the picture now, in order to know what to avoid. The marks of the bad patient are these, and it should be remembered that any one of them is enough to dub a patient "bad."

1. A bad patient is insufferably **proud**. He thinks he knows more than the doctor who is taking care of him, or, if not that, he thinks that the doctor knows nothing about his case at all. He is constantly making derogatory remarks about doctors in general, and about his own doctor in particular. If the prescribed medicine doesn't relieve his condition immediately, he blames it on the doctor. If the doctor advises surgery, he bemoans the recommendation to his friends, claiming that all any doctor ever wants to do is to get at you with a knife. Pride is always detestable; it is especially so in one whose very life may depend on the knowledge and skill he refuses to concede to another.

2. A bad patient is constantly **disobedient**. If the doctor says he must stay under the bed-clothes, he is sure to leave the bed as soon as he gets the opportunity. If he is told to drink lots of water, he brags to his friends that he doesn't drink a glassful a day. His disobedience makes him the despair of a conscientious physician, the cross of nurses, and a constant worry to his family and friends.

3. A bad patient is **petulant** and **cantankerous**. His favorite melody is the groan. He wants to know why this had to happen to him, what he has done to deserve it, why others are spared and he is stricken. Hardly anything pleases him. When good food is brought to him, he doesn't feel like eating, and thinks

everybody ought to know this without being told. When no food is brought, he complains bitterly that he is starving to death and nobody cares. If he is in a hospital, he takes his grievances out on the nurses; they are never around when he needs them; they are thoughtless and inefficient. Usually these accusations are balanced by the fact that he is labeled as one of the worst patients in the hospital.

4. A bad patient is selfishly **ungrateful**. He has very narrow vision; he can see only himself. What others do for him makes no impression on him; almost literally, he does not see it—self is in the way. The spoiled child that remains in so many grown-up men and women becomes evident in illness; and spoiled children want everything, but want to give nothing.

Blessings in Illness by Rev. D. F. Miller, C. Ss. R

## PATIENCE

I waited for the Lord a little space,  
So little! in whose sight as yesterday  
Passes a thousand years: I cried for grace,  
Impatient of delay.  
He waited for me—ah so long! For He  
Sees in one single day a loss or gain  
That bears a fruit through all eternity:  
My soul, did He complain?

Robert Hugh Benson.

## PRAYER FOR THE DYING

O most merciful Jesus, Lover of souls! I pray Thee, by the agony of Thy most Sacred Heart, and by the sorrows of Thy Immaculate Mother, cleanse in Thine own blood the sinners of the whole world who are now in their agony and about to die this day. Amen.

Heart of Jesus, once in agony, pity the dying!

## SOMEBODY ELSE

Somebody Else had a heavier cross  
Than the one I bear today,  
And the path were far too steep for me  
Had not Somebody led the way.

Somebody Else had a sadder heart  
Than the weary one in my breast  
And Somebody's aching, thorn-crowned head  
Had nowhere to lie in rest.

Somebody Else's tired hands  
And Somebody's wounded feet  
Were never too weary to minister  
And Somebody's smile was sweet.

Somebody Else's head was bent,  
Not with the weight of years,  
And the light in Somebody's beautiful eyes  
Was dimmed with many tears.

Somebody Else's love was spent  
And tears were wept in vain.  
Shall I then count my weepings cost  
Or grudge a little pain?

Somebody Else was left alone  
Beneath an olive tree  
And nobody cared for Somebody Else  
More than they do for me.

But away past life's dull gloaming,  
Across the crystal sea  
Somebody Else and I shall love  
For all Eternity.

## LIVE EACH DAY—NO MORE

It is a blessed secret—living by the day. Anyone can carry his burden, however heavy, until nightfall. Anyone can do his work, however hard, for one day. Anyone can live sweetly, patiently, lovingly and purely, until the sun goes down. Anyone can suffer with Christ on the Cross for the space of twenty-four hours. The bed of pain is not worse than the Cross.

Do not weaken yourself by looking forward to the things you cannot see and could not understand if you saw them.

We cannot see beyond. Short horizons make life easier. They give us one of the blessed secrets of a brave, true, holy living.

\* \* \*

## A WORD AND A SMILE

Don't hurry through life with a frown on your  
your face,

And never a moment to spare  
For the word and the smile are always worth  
while

In a world full of trouble and care.

There are others with burdens as heavy as  
yours,

Hearts weary with aching and pain,  
That are longing to hear just a word of good  
cheer,

Will you let them be pleading in vain?

Don't feel that misfortune has singled you out  
And made you her own special prey,

For you may be sure there's no home so secure  
But that trouble will enter some way.



## GRACE AT MEALS

We like to hear "Thank you" for even the smallest favors. How about the good God Who nourishes us daily and sustains our lives?

## PRAYER BEFORE MEALS

Bless us, O Lord, and these Thy gifts which we are about to receive from Thy bounty. Through Christ Our Lord. Amen.

## PRAYER AFTER MEALS

We give Thee thanks, O Almighty God, for all Thy mercies, Who livest and reignest for ever and ever. Amen.

*Indulgence: 300 days*

May the souls of the faithful departed, through the mercy of God, rest in peace!

\* \* \*

## PRAYER TO ST. CAMILLUS

*Patron of the Sick*

Glorious St. Camillus, special protector of poor sick people, who for forty years, with a charity truly heroic, didst devote thyself to lightening their spiritual and corporal miseries; be pleased to help them still more generously, now that thou art happy in Heaven and that they have been confided by the Church to thy powerful protection. Obtain for them from God either that they may be healed of the evils from which they are suffering, or that by patience and Christian resignation they may be sanctified and strengthened in the hour of their death; and obtain also for us the grace to live and die, after thy example, in the practice of divine love. Amen.

Add an Our Father and a Hail Mary.

*Indulgence: 300 days*

## PRAYER IN AFFLICTION

Keep me from bitterness. It is so easy to nurse sharp, bitter thoughts each dull, dark hour! Against self-pity, Man of Sorrows, defend me with Thy deep sweetness and Thy gentle power! And out of all this hurt and heartbreak, help me to harvest a new sympathy for suffering humankind; a wiser pity for those who lift a heavier cross with Thee.

\* \* \*

## IN LIFE AND DEATH

‘ O my God, sovereign Master of life and death, by Whose unchangeable decree it is determined that all men must die in punishment for sin, behold me humbly prostrate before Thy dread Majesty resigned and submissive to this law of Thy justice. I detest with all my heart the sins of my past life, for which I have merited death a thousand times. I accept my death in expiation of them and out of obedience to Thy will. Yes, great God, send me death in the time, the place, the manner that pleases Thee. Meanwhile I will profit by the days and years which Thou art pleased to grant me, that I may detach myself from this world and sunder all the ties that hold me bound to this land of exile, and may prepare my soul to appear with confidence before Thy judgment-seat. I commit myself without reserve into the hands of Thy fatherly providence. May Thy divine will be done now and always. Amen.

\* \* \*

‘ O Blessed Jesus, into Thy hands I commend my soul and body, to live or to die as seemeth good to Thee, and to Thy infinite mercy; for Thou hast redeemed me, O Lord, Thou God of truth.

## THE FOUR LAST THINGS

Life is short and death is sure.  
The hour of death remains obscure.

A soul you have, an only one,  
If that be lost all hope is gone.

Waste not time, while time shall last;  
For after death 'tis ever past.

All-seeing God, your Judge will be,  
And heaven or hell your destiny.

All earthly things will speed away,  
Eternity, alone, will stay.

\* \* \*

## PRAYER FOR A HAPPY DEATH

"Oh, my Lord and my Saviour, support me in that hour in the strong arms of Thy Sacraments and by the fresh fragrance of Thy consolations. Let the absolving words be said over me, and the holy oil sign and seal me, and Thine own Body be my food, and Thy Blood my sprinkling; and let my sweet Mother, Mary, breathe on me, and my Angel whisper peace to me, and my glorious Saints—smile on me, that in them all and through them all, I may receive the gift of perseverance, and die, as I desire to live, in Thy faith, in Thy Church, in Thy service and in Thy love. Amen."—Cardinal Newman.

\* \* \*

Good Jesus, lead me that I may follow Thee;  
hold me that I may cling fast to Thee; teach me that  
I may choose Thee alone; keep me that I may be  
Thine forever.

## EXTREME UNCTION

If you are seriously ill, you should desire to receive the Sacrament of Extreme Unction. There is no reason to be afraid. It is Christ, your Changeless Friend, coming to your aid. When there is danger, we need Him. For the day comes in every Catholic's life, when he is to be prepared for death or to be given help to grow better; whichever be God's holy will. Our whole life is but a preparation for death. You know that this sacrament has been instituted by Christ solely for the sick, according to St. James: "Is any man sick among you? Let him bring in the priests of the Church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith shall save the sick man; and the Lord shall raise him up; and if he be in sins, they shall be forgiven him." (V. 14-15). This sacrament will give peace, patience, and resignation, and will restore you to health, if it be the will of God.

\* \* \*

## HOLY VIATICUM

Our Lord, Who Himself went through the worst agony of death, comes to your help even in a more personal way. He becomes One with you. You do not travel alone. When hot or cold applications do not work, when the best medicine has no effect, when the nurse can only try to make you more comfortable, when the doctor shakes his head and your relatives helplessly stand around your bed, then Jesus comes to you in Holy Communion (Viaticum) to help you in that final struggle. He Himself conducts you across that narrow bridge that leads into eternity. He Himself brings you before the throne of God. He acts as your Redeemer. What consolation! What glorious grace to die in and with Christ!

"Lord, behold, he whom Thou lovest is sick."  
(John 11, 3.)

## PRAYER AFTER EXTREME UNCTION

O my dearest Jesus, now my body is anointed with holy oil, and my soul is strengthened against all temptations of the wicked enemy, and consoled in my sufferings. I thank Thee from the bottom of my heart for Thy great goodness and mercy. I will now dismiss all worldly cares and resign myself entirely to Thy mercy. If it be for my salvation, I hope soon to recover; and if not, my sweetest Jesus, to attain eternal rest with Thee, for one day with Thee in heaven is better than a thousand here on earth. Grant that I may never lose the grace of this holy Sacrament. Amen.

## THE APOSTOLIC BLESSING

This blessing may be given but once in the same illness, and only to those persons who seem to be in certain danger of death. Upon those who are rightly disposed, it confers the favor of a plenary indulgence at the moment of death. To obtain this indulgence, the departing soul must be in the state of grace and must devoutly call upon the holy Name of Jesus.

## ACT OF RESIGNATION

*By a special act of Pius X, on the 9th March 1904, a plenary indulgence was attached "in articulo mortis" to the following prayer, even when recited in full health long before death, after confession and communion.*

O Lord, my God, from this moment do I accept from Thy hands, with burning love and sincere contrition, with a calm and willing disposition, whatsoever death Thou shalt choose to send me, with its pains and griefs.

## THE LAST BAGGAGE

What may we take in our cold dead hands  
To the Great White Throne away?  
What may we take to plead for us  
In the light of Judgment Day?  
The crumb of bread to a hungry waif,  
The word of cheer to the poor;  
The heart of hope that we left behind  
When we entered that troubled door;  
The little song we blithely sang  
When the words were needed so;  
The cheerful look and the kindly hand  
We may take when we're called to go.

But never a cent to the Throne of God,  
Though millions we may claim;  
Never a cent to plead for us,  
Save the pennies in His Name!  
The little words in kindness said  
To a heart that was burdened so;  
The flower we left in the withered hand,  
Before we turned to go.  
For we never know in the offing, friend,  
Just how will fall the spray.  
We are only sure that the things we give  
Are the things we may take away.

H. J. Bernard.

\* \* \*

Jesus loves you, and will not permit you to perish whilst you have confidence in Him. O Jesus, form my heart according to Thy Heart, and then my life, whole and entire, will flow on according to Thy good pleasure.

## UNSPOKEN WORDS

The kindly words that rise within the heart,  
And thrill it with their sympathetic tone,  
But die ere spoken, fail to play their part,  
And claim a merit that is not their own.  
The kindly word unspoken is a sin—  
A sin that wraps itself in purest guise,  
And tells the heart that, doubting, looks within,  
That not in speech, but thought, the virtue lies.

Unspoken words, like treasures in a mine,  
Are valueless until we give them birth;  
Like unfound gold their hidden beauties shine,  
Which God has made to bless and gild the earth.  
How sad 'twould be to see a master's hand  
Strike glorious notes upon a voiceless lute!  
But oh! what pain when, at God's own com-  
mand,  
A heart-string thrills with kindness, but is  
mute.

Then hide it not, the music of the soul,  
Dear sympathy expressed with kindly voice,  
But let it like a shining river roll  
To deserts dry—to hearts that would rejoice.  
Oh let the symphony of kindly words  
Sound for the poor, the friendless and the  
weak;  
And He will bless you—He who struck these  
chords  
Will strike another when in turn you seek.

\* \* \*

There is nothing that will make your heart more conformable to the Heart of Jesus than sincerity, simplicity and humility. The Heart of Jesus wills that the hearts which are His should be detached from everything and from themselves.

## FOR MOTHERS

### THOUGHTS FOR AN EXPECTANT MOTHER

What was your joy, Mary, when the angel announced that you were to become a mother—the true Mother of God's own Son! You were as happy . . . yes, far happier even than I am; and your pure heart burst forth in the song of praise: "My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior!"

Did you sometimes think of the wonderful Son Whom you would bear? O Mary, think now of my darling and watch over it always. During those months before the first Christmas morn how reverently you guarded that Precious Treasure within your holy body. Now I, too, carry within me a precious treasure, the body and soul of my child. Your Son was the Son of God; and my child will soon become an adopted child of God when the waters of Baptism make its soul sinless and beautiful.

Mary, thank God for me; thank Him for all His goodness to me. Teach me how to care for the child that He has given me. Make me a good mother as you were. And, Mary, let me ask for one thing more. Since your Boy was the best and the most lovable of children, take care of my child so that it may grow to be as much as possible like Jesus, and like yourself, His own dear Mother. This is the grace that I desire most of all. Amen.

\* \* \*

### THANKSGIVING AFTER DELIVERY

O Mary, I am so happy! I, too, am a mother. Thank you, O Mother of Happy Delivery. You were with me in my Bethlehem. Thank you. You are with me now in my Nazareth. Thank you, thank you!



O thou, who very God hast pressed  
And nourished at thy sacred breast,  
Virgin Mother glorified,  
Teach me thy sweet mother's way,  
In my labors day by day  
Be thou ever at my side!

\* \* \*

## LOVELY LADY

Lovely Lady, dressed in blue,  
Teach me how to pray.  
God was just your little Boy—  
Tell me what to say!

Did you lift Him up sometimes  
Gently on your knee?  
Did you sing to Him the way  
Mother did to me?

Did you hold His hand at night?  
Did you ever try  
Telling stories of the world?  
Oh! And did He cry?

Do you think He really cares  
If I tell Him things—  
Little things that happen? And  
Do the angels' wings

Make a noise? And can He hear  
Me if I speak low?  
Does He understand me now?  
Tell me, for you know!

Lovely Lady, dressed in blue,  
Teach me how to pray—  
He was just your little Boy,  
And you know the way!

—Mary Dixon Thayer.

## THE BLESSING OR CHURCHING CEREMONY OF WOMEN AFTER CHILDBIRTH

According to a very laudable custom, you have come to request the blessing of the Church upon yourself and the child that has been committed to your care. While you return thanks to God for the many favors which He has bestowed upon you, at the same time fervently consecrate yourself and your offspring to His holy service.

This blessing is not, as is sometimes thought, the cleansing from a stain. Motherhood is a glory to a woman and not a blemish. On the occasion of this blessing the mother comes to offer thanks for the favor granted her in her maternity and to ask protection and grace in her office of motherhood.

Motherhood is a sacred thing. When a mother has borne a child, she has done a sublime and holy act. The little soul of her child is very precious in the eyes of God. Rightly, then, the Church has ordained that the mother and child should receive its special blessing.

Your pastor can give this special blessing to you. Catholic mothers in their solicitude for the welfare of their children, and in their desire to fulfill properly their holy office of directing them through life should anxiously seek the benefits that such a blessing can bring.

The mother may come alone, or (a more laudable thing) she may bring her child when the blessing is received.

The ceremony begins at the door of the Church or in the Sacristy. Commonly a brief exhortation is there delivered to the mother, who holds a lighted candle. After a few short prayers have here been said, the priest places the end of his stole in the

mother's hand and conducts her into the Church as he recites the following prayer:

Enter thou into the temple of God, adore the Son of the Blessed Virgin Mary, who hath given thee fruitfulness of offspring.

Then as the mother kneels before the altar, giving thanks to God for His benefits bestowed, the priest prays aloud:

Lord have mercy. Christ have mercy. Lord have mercy.

Our Father . . . (silently).

V. And lead us not into temptation,

R. But deliver us from evil.

V. Save Thine handmaid, O Lord.

R. Who hopeth in Thee, O my God.

V. Send her help, O Lord, from the sanctuary,

R. And defend her out of Sion;

V. Let not the enemy prevail against her,

R. Nor the son of iniquity approach to hurt her.

V. O Lord, hear my prayer,

R. And let my cry come unto Thee.

V. The Lord be with thee.

R. And with thy spirit.

## LET US PRAY

Almighty, everlasting God, Who through the delivery of the Blessed Virgin Mary, hast turned the pains of the faithful at childbirth into joy: look favorably upon this Thy handmaid, who joyfully approacheth Thy holy temple to offer thanks: and grant that after this life, through the merits and intercession of the same Blessed Mary, she and her child may deserve to attain eternal joy. Through Christ our Lord. Amen.

The priest then sprinkles the mother with holy water in the form of a cross, and says:

The peace and blessing of God Almighty the Father, and the Son, and the Holy Ghost, descend upon thee, and remain forever. Amen.

## **BLESSING OF AN INFANT**

O Lord Jesus Christ, Son of the living God, begotten before all ages, Who didst wish, however, in time to become an Infant; Who lovest the innocence of childhood and didst take the little ones offered to Thee and tenderly embrace them and bless them, protect this infant with the blessings of Thy sweetness and grant that the forces of evil may not harm its soul. And grant that advancing in age and wisdom and grace, it may ever be pleasing to Thee: Who livest and reignest with God the Father, in the unity of the Holy Ghost, God world without end. Amen.

## **CONSECRATION OF A CHILD TO MARY**

O Holy Mary, Mother of God, and Mother of all the faithful, I place my little child under your mothering protection. To you I completely consecrate it—body and soul. Take it under your care and keep it always. Protect it in its infancy and keep it sound in body and mind. Guard over its youth and keep its heart pure, its thoughts ever holy and directed to God and spiritual things. Protect it always throughout life—in its joys and sorrows, in its successes and failures, in its dealings with others. Always and in all things, be a true Mother to it, Mary, and preserve it. I commend it entirely to you. Remember, O mother, that through this act of consecration it is by a special claim your child as well as mine; guard it and keep it as your property and possession. Amen.

The angels of the little ones ever behold the face of the Father in heaven: May the spirits of evil never have dominion over them!

## THE ROSARY

### Prayer to Our Lady of the Rosary

O Virgin Mary, grant that the recitation of thy Rosary may be for me each day, in the midst of my manifold duties, a bond of unity in my actions, a tribute of filial piety, a sweet refreshment and encouragement to walk joyfully along the path of duty. Grant, above all, Virgin Mary, that the study of thy fifteen mysteries may form in my soul, little by little, a luminous atmosphere, pure, strengthening and fragrant, which may penetrate my understanding, my will, my heart, my memory, my imagination, my whole being. So shall I acquire the habit of praying while I work, without the aid of formal prayers, by interior acts of adoration and supplication, or by aspirations of love. I ask this of thee, O Queen of the Holy Rosary, through St. Dominic, thy son of predilection, the renowned preacher of thy mysteries and the faithful imitator of thy virtues. Amen.

## THE FIFTEEN MYSTERIES OF THE ROSARY

### *The Five Joyful Mysteries*

1. THE ANNUNCIATION—The Angel Gabriel announces to the Virgin Mary that God wishes her to become the Mother of His Son. Mary obeys with humility.
2. THE VISITATION—Mary visits St. Elizabeth, who is to be the mother of St. John the Baptist. She assists Elizabeth for three months.
3. THE BIRTH OF CHRIST—Jesus Christ, the Son of God, is born in a stable. His Mother places Him in a manger. Shepherds and Wise Men visit Him.
4. THE PRESENTATION—Mary and Joseph take the Child Jesus to the Temple at Jerusalem to present Him to His Heavenly Father.
5. THE FINDING OF THE CHILD JESUS IN THE TEMPLE—Having lost Jesus, Mary and Joseph seek Him. After three days they find Him in the Temple.

### *The Five Sorrowful Mysteries*

1. **THE AGONY IN THE GARDEN**—Jesus prays in the Garden of Olives. The thought of His coming sufferings and of our sins causes Him to sweat blood.

2. **THE SCOURGING AT THE PILLAR**—Jesus is stripped, bound to a pillar, and scourged until His body is covered with wounds and blood.

3. **THE CROWNING WITH THORNS**—A crown of thorns is pressed into the head of Jesus. His eyes fill with tears and blood. He is mocked and spat upon.

4. **THE CARRYING OF THE CROSS**—Jesus carries His heavy cross to Calvary. Mary makes the stations of the cross with her suffering Son.

5. **THE CRUCIFIXION**—Nailed to the cross, Jesus, after three hours of agony, dies in the presence of His Mother.

### *The Five Glorious Mysteries*

1. **THE RESURRECTION**—Victorious over death, Jesus rises from the grave glorious and immortal, on Easter Sunday. He reopens the gates of heaven.

2. **THE ASCENSION**—Forty days after His Resurrection, Jesus ascends, in the presence of His Mother and His disciples, into heaven.

3. **THE DESCENT OF THE HOLY GHOST**—Ten days after the Ascension, the Holy Ghost descends in tongues of fire upon Mary, the apostles and disciples.

4. **THE ASSUMPTION OF MARY INTO HEAVEN**—The Apostles go to the tomb of Mary but find that the angels had borne their Queen to heaven.

5. **THE CROWNING OF MARY AS QUEEN OF HEAVEN**—The Mother of God, to the joy of all the angels and saints, is crowned Queen of Heaven by her Son.

### **DAYS ON WHICH THE MYSTERIES ARE RECITED**

Monday.....	The Joyful Mysteries
Tuesday.....	The Sorrowful Mysteries
Wednesday.....	The Glorious Mysteries
Thursday.....	The Joyful Mysteries
Friday.....	The Sorrowful Mysteries
Saturday.....	The Glorious Mysteries
Sunday.....	The Glorious Mysteries
(Sundays in Advent, the Joyful Mysteries; in Lent, the Sorrowful Mysteries)	

## MEDITATION ON THE MYSTERIES

Meditation on the mysteries is the most important part of the Rosary. Put yourself in the place of Jesus or Mary and live the mysteries with them.

### GOD'S KIND CARE

God hath not promised  
Skies always blue,  
Flower-strewn pathways,  
All our lives thro';  
God hath not promised  
Sun without rain,  
Joy without sorrow,  
Peace without pain.  
God hath not promised  
We shall not know  
Toil and temptation,  
Trouble and woe;  
He hath not told us  
We shall not bear  
Many a burden  
Many a care.  
God hath not promised  
Smooth roads and wide,  
Swift, easy travel,  
Needing no guide;  
Never a mountain,  
Rocky and steep,  
Never a river  
Turbid and deep:  
But God hath promised  
Strength for the day,  
Rest for the labor,  
Light for the way,  
Grace for the trials,  
Help from above,  
Unfailing sympathy,  
Undying love.

—Annie Johnson Flint.

## THE STATIONS OF THE CROSS

Even while ill, you can make the Stations of the Cross and gain the plenary indulgence attached to that pious exercise, by saying at least the Our Father, Hail Mary and Glory be to the Father twenty times before a crucifix blessed for that purpose. It will be more profitable if you can make the following meditations:

### 1. JESUS IS CONDEMNED TO DEATH

The very first thought is that the condemnation which fell upon Him should have fallen upon myself. We are children of a guilty race. Not one of us was born in a state of grace. And even after our baptism, there are our own actual sins. God is truth, and the spiritual life begins with the acknowledgment of this truth. I must "condemn self." Pride and self-esteem must be sentenced to death. The Mass itself begins with an act of self-condemnation, *mea culpa . . . mea maxima culpa . . .* no one else's fault—my own. God resists the proud and gives His grace to the humble. The spiritual life is the life of grace. It begins with humility.

*Our Father, Hail Mary, Glory be, etc.*

### 2. JESUS BEARS HIS CROSS

Jesus not only allows the condemnation to fall upon Himself. He reaches out for the Cross. Not mere words, but deeds also are required. The spiritual life is not a matter of high ideals, nor of merely lofty sentiments. It is a question of deliberate will, of steeling oneself to pay the price. Will-training is the most necessary of all. To build up a steady, constant devotedness to duty and the WILL of God is basic. The test of love for our Lord is—how much can I bear for the love of Him? Uncomfortable things are unavoidable in the spiritual life. Daily fidelity in itself will be uncomfortable. But I must



definitely take up the Cross, and put into practice my dedication to a life of virtue. If I condemn self-love to death, let self-love die, however painful the process. Unless I have this will, a spiritual life is not possible. I must ask our Lord for courage and strength.

*Our Father, Hail Mary, Glory be, etc.*

### 3. JESUS FALLS THE FIRST TIME

It is a guarantee, a prediction, and a promise: A guarantee. Perhaps the thought will come, "He is God, but I am not God. He has the immense resources of His omnipotence to draw upon, but I am only a poor, weak, frail little creature." But Jesus refused to draw upon His Divine resources. He suffered His human nature to exhaust its strength, and break under the strain. It was a true Cross for Him. But besides this guarantee, this first fall is a prediction—at times the burden may become too much for me also. I may fail under it, and fall from time to time from my resolutions. I must not be surprised. But neither must I be disheartened. As our Lord continued His journey so after every disloyalty, I can rise, repent, and continue to the end. As often as I need and desire the grace to do so, it is promised me in advance.

*Our Father, Hail Mary, Glory be, etc.*

### 4. JESUS MEETS HIS MOTHER

Devotion to Our Lady is essential in the spiritual life. It is not a "pious extra." We must give her that place in our lives that God gave her in His plan of redemption—a principal place. But if we wish really to experience her help, we must show that we are in earnest. To wear the Scapular, to say Rosaries, to be enrolled in Confraternities, is not enough. Let us begin the spiritual life seriously if we would deserve her interest. She will come when

needed, and meet us on our way once she sees that we are bent on serving our Lord. The surest way to deserve Our Lady's help is to show beforehand that we really are determined to benefit by it. Then she will come to inspire, console, and strengthen us.

*Our Father, Hail Mary, Glory be, etc.*

## 5. THE CYRENEAN HELPS JESUS

When Mary met Jesus, a prayer from her heart went up to our heavenly Father, and the answer to her prayer comforts us in the Fifth Station. God inspired our Lord's very persecutors to constrain Simon of Cyrene to assist in the carrying of the Cross. So help will come to us, from God, from others, from our own interior renewal. And if only we persevere, the touch of our own cross will change us, as the touch of the Cross of Jesus changed Simon from reluctance to joy.

*Our Father, Hail Mary, Glory be, etc.*

## 6. VERONICA WIPES THE FACE OF JESUS

God sees intentions and rewards them magnificently. Veronica presses through the hostile throng, heedless of all human respect, intent only on our Lord. Seeing His distress she offers Him a handkerchief. One asks, "Is that all she could do for Him? Of what help could it be to Him?" But our Lord rewarded the love and sympathy with His image and likeness stamped upon that cloth, to be a memento of Him till Veronica's dying day. We cannot offer our Lord more than trifles. But He makes much more of little things than we do. In fact, there is not little or great before Him. There is only love. Growth in purity of motives is growth in holiness; and the reward is the likeness of Christ stamped upon our souls and winning for us also the

words of our Eternal Father—"This is my beloved child in whom I am well pleased."

*Our Father, Hail Mary, Glory be, etc.*

## 7. JESUS FALLS THE SECOND TIME

He falls, despite the help poor Veronica tried to give Him. For whatever we do, it is He who must redeem the world. No saint could redeem the world, or even himself. If our work contributes at all to the salvation of souls, it is only insofar as the merits of our Lord's passion enter into our own efforts. If, as we go on in our service of God, any temptation to self-complacency should present itself, we should remember at once that Jesus alone is the Savior of humanity, and that no work of ours was able or could relieve Him of the necessity of His passion and death. So He tells us, "When you shall have done all these things that are commanded you, say: We are unprofitable servants." (Luke XVII, 10.) It is not that our Lord has no need of us. It is not that we can neglect our duties without harm to souls. But any real value in what we do accomplish is from Him, and without Him we could do nothing. We must work on, but realize that it is His work through us rather than our own.

*Our Father, Hail Mary, Glory be, etc.*

## 8. JESUS MEETS THE WOMEN OF JERUSALEM

Natural views give way to supernatural views. The women of Jerusalem saw our Lord, bruised and broken, covered with dust and blood, a pitiable spectacle. And in their health and strength they wept at the sight of a human being reduced to such a state. But Jesus said, "Weep not for Me. Weep for yourselves and your children." It is the great reversal of values. He practically said, "You pity Me—but I pity you far more." They were of the

Jews who were rejecting God. He was doing His Father's Will. The world may pity us. But ever we say, "Weep not over us—but for yourselves and for your children." Natural views, measuring things by standards of earthly well-being and comfort, or apparent success, do not count with those who live by faith. Supernatural faith is ready at any time to say, with immense confidence in God, "Things are going most right just when they seem to be going most wrong." Our faith will be tried and tested in many ways that it may be purified. The just man lives by faith, but it must be sheer faith, a deep confidence in God, and in God alone.

*Our Father, Hail Mary, Glory be, etc.*

## 9. JESUS FALLS THE THIRD TIME

It is the Station of reparation. If I am a Christian, if I am trying to avoid sin and live a life of true virtue, it is for Him. So here I must see His needs rather than my own. Loved by Veronica, He falls to teach us that He must redeem the world. Unloved by the Jews, even though pitied by their womenfolk, He falls for the last time. But if others do not love, we can love twice over. And every Christian should be the living consolation of Christ in this world. A spiritual life which is not drawn more and more to the element of reparation has something wrong with it. All the saints thought far more of our Lord than of themselves. Whatever wounded Him wounded them; and they offered themselves to Him the more as they saw souls abandoning Him.

*Our Father, Hail Mary, Glory be, etc.*

## 10. JESUS IS STRIPPED OF HIS GARMENTS

If we offer ourselves completely to our Lord, He will take us at our word—and the price is perfect detachment from things, persons, and self. Jesus is

stripped of all that He possesses in this world, even the clothing His sense of modesty alone esteemed. All attachments to anything less than God, will be broken; and love of self will be crushed—by both exterior and interior crosses. Self-love will protest. But our Lord must break us to make us. There is not a favored soul whom He has led to the heights who has not had to pay the price.

*Our Father, Hail Mary, Glory be, etc.*

## 11. JESUS IS NAILED TO HIS CROSS

If the nails did not turn to dust rather than pierce His holy hands, it was because He, their Creator, forbade them to do so. We could never have been redeemed otherwise. And unless we go on enduring whatever God chooses to permit, the work of our sanctification will also fail. Fearful of self, we can but ask our Lord to nail us to our own cross, if there be any danger of our leaving Him. If it be necessary we must ask to be so attached to our cross that we cannot escape it. "Don't let me go from You, O Jesus, even should I seem to want to," should be our prayer. "Keep me, in spite of myself." Voluntarily we ask Him to compel us to be His—until the work is accomplished.

*Our Father, Hail Mary, Glory be, etc.*

## 12. JESUS DIES ON THE CROSS

Coming to the scene which sets the seal upon the whole of our Lord's work, we should pray for its success in ourselves, and in others. Zeal for souls cannot but result from a contemplation of the death of Jesus on the Cross. He must have that for which He died. We pray for the prevention of those last mortal sins which take souls to hell. And for ourselves we pray, "O Jesus, You die for the love of me. Grant that I may die to my self-love for the love of Thee."

*Our Father, Hail Mary, Glory be, etc.*

### 13. JESUS IS PLACED IN THE ARMS OF HIS MOTHER

Seeing her sorrows and thinking of her, I realize the reparation due her. And I ask at least the release of a soul from Purgatory in honor of her tears, that she may have the joy of one more child of God in Heaven itself. But for myself I ask that, at every stage of my spiritual life, that after my death-blow aimed at self-love, I may be confided to our Lady's care and protection, that she may take that true Mother's interest in me which I need so badly, and without which there is no ascending to the heights at all.

*Our Father, Hail Mary, Glory be, etc.*

### 14. JESUS IS PLACED IN THE TOMB

Jesus is placed in the tomb until His glorious resurrection. It is the Station of final perseverance. And I ask simply that, given completely to our Lord, I may be buried in the grace of God which takes me out of this world even though I still be in it; I ask that our Lady would roll the stone of her protection over the entrance to that burial with Christ in baptismal grace, so that I may remain there till the veils are torn away, till earth gives place to heaven, and my soul finds itself sharing in that glory of Christ which He alone can give and no one can take away. In, with, and through Christ I wish to live, and die, and live again forever. Henceforth the one moment that will count for me will be that moment in which He takes me to Himself.

*Our Father, Hail Mary, Glory be, etc.*

*Conclude the Stations with the Our Father, Hail Mary, and Glory be to the Father five times in honor of the five wounds of Our Lord and once for the intentions of the Sovereign Pontiff. If unable to say those prayers kiss a crucifix indulgenced for the Stations and say the ejaculation, "My Jesus crucified I love Thee," to gain the plenary indulgence.*

# DEVOTIONS TO THE SACRED HEART OF JESUS

## 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,  
God the Son, Redeemer of the world,  
God the Holy Ghost,  
Holy Trinity, one God,  
Heart of Jesus, Son of the Eternal Father,  
Heart of Jesus, formed by the Holy Ghost in the  
womb of the Virgin Mary.  
Heart of Jesus, substantially united to the Word  
of God,  
Heart of Jesus, of infinite majesty,  
Heart of Jesus, Holy Temple of God,  
Heart of Jesus, Tabernacle of the Most High,  
Heart of Jesus, House of God, and Gate of  
Heaven,  
Heart of Jesus, glowing furnace of charity,  
Heart of Jesus, vessel 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 abides all the fulness of  
the Godhead,  
Heart of Jesus, in whom the Father was well  
pleased,  
Heart of Jesus, of whose fulness we have all re-  
ceived,

*Have mercy on us.*

Heart of Jesus, desire of the eternal hills,  
Heart of Jesus, patient and abounding in mercy,  
Heart of Jesus, rich unto all that call upon Thee,  
Heart of Jesus, source of life and holiness,  
Heart of Jesus, atonement for our iniquities,  
Heart of Jesus, loaded with insults,  
Heart of Jesus, bruised for our sins,  
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,

*Have mercy on us.*

Lamb of God who takest away the sins of the world,

*Spare us,*

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.*

Versicle. Jesus, meek and humble of heart.

Response. 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, world without end. Amen.



## ACT OF CONSECRATION TO THE SACRED HEART

Most sweet Jesus, Redeemer of the human race, look down upon us humbly prostrate before Thine Altar (outside a church or oratory say: in Thy presence). We are Thine, and Thine we wish to be; but to be more surely united to Thee, behold, each one of us this day freely dedicates himself 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 sons who have abandoned Thee; grant that they may quickly return to their Father's house, lest they perish of wretchedness and hunger. Be Thou King of those whom heresy holds in error or discord keeps aloof; call them back to the harbor of truth and the unity of faith, so that soon there may be but one fold and one Shepherd. Be Thou King of all those who even now sit in the shadow of idolatry or Islam, and refuse not Thou to bring them into the light of Thy kingdom. Look, finally with eyes of pity upon the children of that race, which was for so long a time Thy chosen people; and let Thy Blood, which was once invoked upon them in vengeance, now descend upon them also in a cleansing flood of redemption and eternal life. Grant, O Lord, to Thy Church assurance of freedom and immunity from harm; unto all nations give an ordered tranquillity; bring it to pass that from pole to pole the earth may resound with one cry: Praise to the divine Heart that wrought our salvation; to It be honor and glory for ever and ever. Amen.

*An indulgence of 5 years.*

## MINUTE MEDITATIONS OF ST. MARGARET MARY

If you wish to be loved by Jesus, be humble, gentle and simple. Judge and accuse yourself alone; excuse all others.

\* \* \*

It seems to me that there is no shorter road to perfection, no surer means of salvation, than to be consecrated to the Heart of Jesus, to render to It all the homage of love and praise of which we are capable..

\* \* \*

If you are faithful in doing the will of God in this life, your own will shall be accomplished throughout eternity.

The Heart of Jesus is at least worth yours.

Leave all, and you will find all in the Sacred Heart.

How sweet it will be to die after having had a constant devotion to the Sacred Heart of Jesus—of Him Who will be our Judge.

\* \* \*

Take care that your tongue, over which He so often passes into your heart, may not be sullied by any raillery, complaint or finding fault, so as to wound charity.

Assist at Holy Mass with the dispositions of the Blessed Virgin Mary when she stood in the shadow of the cross on Calvary, offering His passion and death to the eternal Father for the conversion of all hardened and unfaithful hearts.

\* \* \*

Our hearts are made for Jesus alone, and so can find no repose, no joy, no consolation but in His Heart. As the appetite is a mark of the health of the body, so an eagerness to approach Jesus in Holy Communion is a mark of the fervor of the heart.

## LITANY OF THE BLESSED VIRGIN MARY

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, have mercy on  
us.

God the Holy Ghost, have mercy on us.

Holy Trinity, one God, have mercy on us.

Holy Mary,

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 Saviour,

Virgin most prudent,

Virgin most venerable,

Virgin most renowned,

Virgin most powerful,

Virgin most merciful,

Virgin most faithful,

Mirror of wisdom,

Seat of wisdom,

Cause of our joy,

Spiritual vessel,

Vessel of honor,

Singular vessel of devotion,

Mystical rose,

*Pray for us.*

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 all Saints,  
Queen conceived without original sin,  
Queen of the most holy Rosary,  
Queen of Peace,

*Pray for us.*

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.*

Versicle. Pray for us, O holy Mother of God.

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

## **LET US PRAY**

Pour forth, we beseech Thee, 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.

## NOVENA PRAYERS

### EFFICACIOUS PRAYER TO THE HOLY CHILD JESUS

*(A revelation said to have been made by the Blessed Mother to the Ven. Servant of God, Father Cyril a Matre Dei.)*

O Child Jesus, I have recourse to Thee by Thy Holy Mother; I implore Thee to assist me in this necessity, for I firmly believe that Thy Divinity can assist me. I confidently hope to obtain Thy holy grace. I love Thee with my whole heart and my whole soul. I am heartily sorry for my sins, and entreat Thee, O good Jesus, to give me strength to overcome them. I am firmly resolved never to offend Thee again and to suffer everything rather than displease Thee. Henceforth, I wish to serve Thee faithfully. For Love of Thee, O divine Child, I will love my neighbor as myself. O Jesus, omnipotent Child, I entreat Thee again to come to my assistance in this necessity

*(Mention it)*

Grant me the grace of possessing Thee eternally with Mary and Joseph, and of adoring Thee with Thy Holy Angels and Saints. Amen.

### PRAYER TO THE INFANT OF PRAGUE

O Divine Child of Prague, and still the great omnipotent God, I implore through Thy Most Holy Mother's most powerful intercession and through the boundless mercy of Thy omnipotence as God, for a favorable answer to the intention I so earnestly ask for in this Novena. O Divine Child of Prague, hear my prayer and grant my petition.

*(Say Three Times)  
(Our Father and Hail Mary—Once)*

## MIRACULOUS MEDAL

O Immaculate Virgin Mary, Mother of Our Lord Jesus and our Mother, penetrated with the most lively confidence, in thy all-powerful and never failing intercession, manifested so often through the Miraculous Medal, we, thy loving and trustful children, implore thee to obtain for us the graces and favors we ask during this Novena, if they be beneficial to our immortal souls, and the souls for whom we pray: (Here mention your petitions). Thou knowest, O Mary, how often our souls have been the sanctuaries of thy Son Who hates iniquity. Obtain for us then a deep hatred of sin and that purity of heart which will attach us to God alone, so that our every thought, word and deed, may tend to His greater glory. Obtain for us also a spirit of prayer and self-denial that we may recover by penance what we have lost by sin, and at length attain to that blessed abode wherein thou art the Queen of angels and of men. Amen.

## TO ST. JOSEPH

O glorious St. Joseph—faithful follower of Jesus Christ, to thee do we raise our hearts and hands, to implore thy powerful intercession in obtaining from the benign Heart of Jesus all the helps and graces necessary for our spiritual and temporal welfare, particularly the grace of a happy death, and the favor we now implore . . . .

Say the following seven times: — O Glorious St. Joseph! through the love thou bearest to Jesus Christ and for the glory of His Name. Hear our prayers and obtain our petitions.

Jesus, Mary and Joseph.

7 years indulgence.

## ONLY A LITTLE WHILE

Only a little while, He saith,  
Only a little while;

A few more days, or a few more years,  
A few more cares and smiles and tears;  
At the longest 'twill seem but a fleeting breath,  
Only a little while.

Only a little while, He saith,  
Only a little while;

Dark clouds may enshroud us; rugged and steep  
Be the path we tread; we may wearily weep;  
But courage, my soul, for the Leader saith,  
Only a little while.

Only a little while, He saith,  
Only a little while.

A little while here with the pain and the cross,  
A little while here to be purged from our dross;  
And then, oh! the glory beyond that, He saith,  
Beyond this little while.

Oh! the crowns and the palms and the victori-  
ous song,

Oh! the joys, the glad raptures of glorified  
throng,

The unknown, the unspeakable glories that  
await

After this little while.

Rev. H. M. Calmer, S.J.

## CONTENTS

	Page
Why Squander Illness?.....	5
My Daily Prayer.....	9
In Time of Sickness— Prayer for Courage and Happy Death.....	10
Learning Christ—Daily Plea of the Suffering.....	11
Daily Prayers—In the Morning.....	12
Act of Contrition—Morning Offering— My Sick-Bed .....	13
Night Prayer—Aspirations—Memorare .....	14
Closing Prayer—A Moment's Thought.....	15
Confession—Examination of Conscience.....	16
After Confession—My Offering.....	17
Holy Communion—Prayers Before Holy Communion .....	18
Prayer for Fidelity.....	19
Prayers After Communion—Prayer of St. Ignatius .....	20
Prayer After Communion—Spiritual Communion	21
Your Hospital Staff.....	22
Nurse's Consecration to Mary.....	24
On the Good Patient.....	25
St. Teresa's Book Mark— Smile, In Sickness.....	26



On the Bad Patient.....	27
Patience—Prayer for the Dying.....	28
Somebody Else .....	29
Live Each Day—A Word and a Smile.....	30
Grace Before and After Meals—Prayer to St. Camillus .....	31
Prayer in Affliction—In Life and Death.....	32
Four Last Things.....	33
Extreme Unction .....	34
Prayer After Extreme Unction— Blessing and Resignation.....	35
The Last Baggage.....	36
Unspoken Words .....	37
For Mothers .....	38-42
The Rosary .....	43-45
Stations of the Cross.....	46-52
Litany of Sacred Heart and Litany of Blessed Virgin .....	53-58
Novena Prayers .....	59

## MY MEMENTO

Your Hospital \_\_\_\_\_

Date: In \_\_\_\_\_

Out \_\_\_\_\_

Room No. \_\_\_\_\_

Name \_\_\_\_\_

Case \_\_\_\_\_

Doctor(s) \_\_\_\_\_

\_\_\_\_\_

Sister(s) \_\_\_\_\_

\_\_\_\_\_

Nurses \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Memories \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Chaplain \_\_\_\_\_



