

**CONGREGATION OF THE SACRED HEARTS
OF JESUS AND MARY
AND OF PERPETUAL ADORATION
OF THE MOST BLESSED SACRAMENT
OF THE ALTAR**



SECULAR BRANCH

Prayer Book
Sacred Hearts Secular Branch, Inc.



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Good morning, Jesus ...

Thank you, Lord, for the precious gift
You have given me, my life, to live
fully and joyfully one more day.
Give me the grace to see beyond the
world's appearance so I may encounter
Your holy presence in each person I meet.

Close my ears to all gossip,
seal my lips to all judgment and criticism,
so that my words will only bless those
about me and warm the coldest heart.

Let my actions be so just,
my feelings so tender,
my conduct so humble and
true to Your Will that
throughout the day I will become
a reflection of your heavenly mercy and love.

Amen



RICH TRADITION

The Secular Branch of the Congregation of the Sacred Hearts is a group of laity who are committed to the same Charism as the professed brothers and sisters. The Secular Branch member does not make profession or vows but is committed to the same Charism as the professed member. The Secular Branch member continues to pursue his/her vocation in life but pursues a Sacred Hearts spirituality.

The Charism of the Congregation of the Sacred Hearts is the consecration to the Sacred Hearts, which is the foundation of the institute. From this consecration our mission has its origin to contemplate, live and announce to the world God's love, which was made flesh in Jesus. Mary has been associated in a similar way with the mystery of God made man and with his saving work. This is what is expressed in the union of the Heart of Jesus and the Heart of Mary. Our consecration calls us to live the dynamism of saving Love and fills us with real zeal for our mission.

From the beginning lay people were intimately involved with the foundation of the Congregation. The lay people were a support community who prayed and supported the fledging foundation. They called themselves 'zealots' because of the zeal that they had for the love of the Sacred Hearts. Vatican Council II stressed so much the role of the laity in the developing Church. The Congregation had the statutes of the Secular Branch approved by Rome in 1993 and so the Secular Branch was born anew in our time.

The Charism of the Secular Branch runs along parallel lines with the Charism of the professed member. There is one mission in the Church given by the Father to Jesus and that is to promote God's love for us. Throughout the ages different saints, churches, orders, congregations, etc., have chosen to fulfill this mission in the founders and foundresses of their specific group. Thus, the Franciscans stress the poverty of Christ. The Dominicans stress the preaching of Jesus, etc. The Congregation of the Sacred Hearts are driven and missioned by the love in the heart of Jesus. Thus, the mission of the Sacred Hearts Secular **Branch** is to promote the love in the heart of Jesus.

To become a member of the Secular Branch a person must be Catholic, in good standing, and undergo a formation process. Then after that process is concluded and with the approval of the major superior of the nearest Sacred Hearts Community that person is invited to make a formal commitment.

SPIRITUALITY

The Secular Branch member should be well informed of the Charism of the Sacred Hearts Congregation and be missioned by it; accept it as their mission. Study and education in the formation process must be successfully completed. The member should be a practicing Catholic who frequents the sacraments. The member should also be motivated to spend some time in adoration before the Blessed Sacrament on a weekly if not daily basis. The member should pray and use the prayer manual provided.



“A VISION OF SECULAR BRANCH”

- Perspective of a Religious

(by Stan Kolasa, SS.CC.)

- **Will of God**
- **Mission of Jesus - to do God's will**
- **Church**
- **Sisters & Brothers of SS.CC.**
- **Sister's Branch - Brother's Branch**

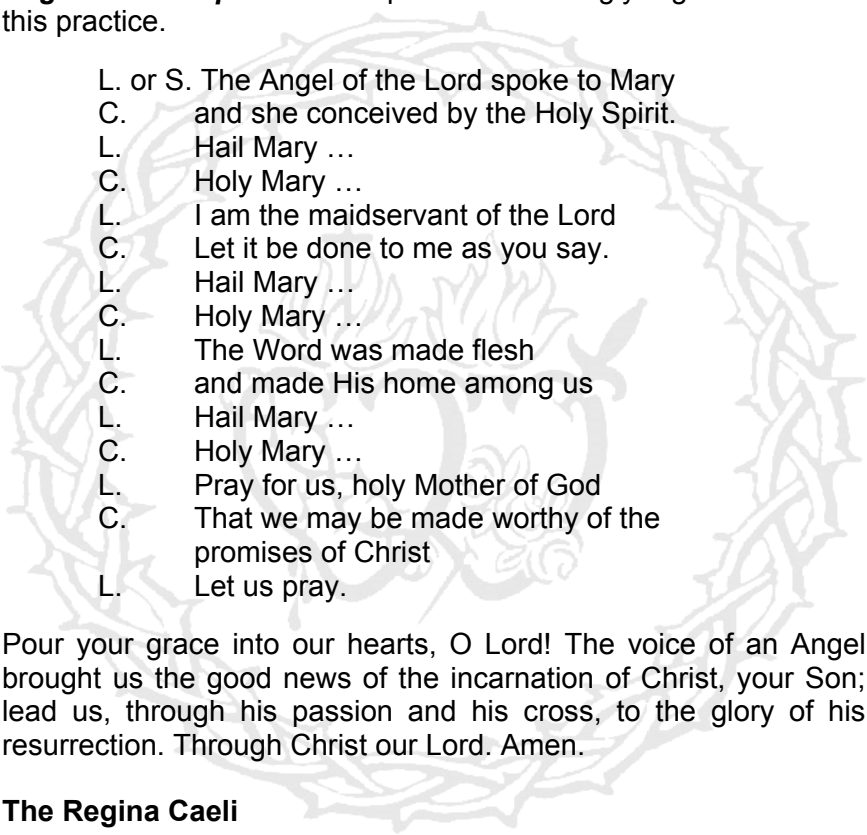
Everyone is equally family with different roles and responsibilities. Members commit themselves to live the mission. A lifelong commitment together that is renewed every three years. Charism belongs to all family members, and we belong to one another. Interdependence and excitement are at the core. We are called to re-enflesh the hearts of Jesus and Mary. Secular Branch members are co-responsible with the Religious. Secular Branch is an extension of the Congregation. We must be in communion with each other. We can all work together in our ministry and mission. Secular Branch Members can do spiritual direction, marriage prep, vocation prep, etc. Why can't we have Sacred Hearts art, Sacred Hearts music, Sacred Hearts prayers, etc.?



PRAYERS FOR THE BEGINNING OF THE DAY

The Angelus

By ancient Church and Community tradition this prayer is repeated to mark three stages of the day's labor: it starts at dawn, it's midday pause, and it ends as evening falls. ***During the Easter season the Regina Caeli replaces it.*** Pope Paul VI strongly urged renewal of this practice.

- 
- L. or S. The Angel of the Lord spoke to Mary
C. and she conceived by the Holy Spirit.
L. Hail Mary ...
C. Holy Mary ...
L. I am the maidservant of the Lord
C. Let it be done to me as you say.
L. Hail Mary ...
C. Holy Mary ...
L. The Word was made flesh
C. and made His home among us
L. Hail Mary ...
C. Holy Mary ...
L. Pray for us, holy Mother of God
C. That we may be made worthy of the
promises of Christ
L. Let us pray.

Pour your grace into our hearts, O Lord! The voice of an Angel brought us the good news of the incarnation of Christ, your Son; lead us, through his passion and his cross, to the glory of his resurrection. Through Christ our Lord. Amen.

The Regina Caeli

- L or S. Queen of Heaven, rejoice, alleluia.
C. The Son whom it was your privilege to bear,
alleluia.
L. Has risen, as He said, alleluia.
C. Pray for us to God, alleluia.
- L. Rejoice and be glad, Virgin Mary, alleluia.
C. For the Lord is truly risen, alleluia.
L. Let us pray.

O God, who by the Resurrection of Your Son, our Lord Jesus Christ, You brought joy to the whole world: grant we beseech You, that through the intercession of his Mother, the Virgin Mary, we too may have a share in the joys of life forever. Through Christ our Lord.
C. Amen

MORNING PRAYER

Morning Offering

Heart of Jesus, through the Immaculate Heart of Mary, we offer you the prayers, activities, joys and sufferings of this day, in reparation for our sins, and in union with all the intentions for which you continually offer yourself on our altars.

The following may also be added:

We intend to gain all the indulgences attached to the prayers and actions of this day, and to apply them to the souls in purgatory, especially those of the Brothers and Sisters of the Congregation of the Sacred Hearts of Jesus and Mary who are most neglected.

A Morning Prayer to the Sacred Heart

Sacred Heart of Jesus, you have called me to share your saving mission. Sinner though I am, I accept this mission and I renew today, my baptismal commitment to you, and my consecration to your Sacred Heart.

I offer myself and all that I do to be united with your Eucharistic Offering to our Eternal Father in heaven.

Deepen my faith and set fire to my heart that I may respond with love to your great love for me and for all that fills your Sacred Heart.
Amen

Morning Act of Thanksgiving and consecration

God, I give you thanks for all the blessings you have showered on me up to this present moment. It is truly a result of your goodness that I see this new day. I will to use it solely to serve you.

I consecrate to you all my thoughts, words, actions and sufferings of this day. Bless them Lord, that they may be inspired by your love and give you glory. Amen.



Sunday, Morning Prayer

O God, come to our aid.

----- O Lord, make haste to help us.

Glory to the Father, and to the Son, and to the Holy Spirit:

----- as it was in the beginning, is now, and will be for ever. Amen.

Antiphon 1: God has loved us with an everlasting love: Therefore, when he was lifted from the earth, in his mercy, he drew us to his heart.

(during the Easter Octave: The Lord is risen, alleluia!)

Canticle: Daniel 3:52-57 Let all creatures praise the Lord
The Creator ... is blessed forever (Romans 1:25)

Blessed are you, O Lord, the God of our fathers,
praiseworthy and exalted above all forever.

And blessed is your holy and glorious name,
praiseworthy and exalted above all for all ages.

Blessed are you in the temple of your holy glory,
praiseworthy and glorious above all forever.

Blessed are you on the throne of your kingdom,
praiseworthy and exalted above all forever.

Blessed are you who look into the depths
from your throne upon the cherubim,
praiseworthy and exalted above all forever.

Blessed are you in the firmament of heaven,
praiseworthy and exalted above all forever.

Glory to the Father, and to the Son, and to the Holy Spirit:

----- as it was in the beginning, is now, and will be for ever. Amen.

Antiphon 1: God has loved us with an everlasting love: Therefore, when He was lifted up from the earth, in his mercy, he drew us to his heart.

(during the Easter Octave: The Lord is risen, alleluia!)

Antiphon 2: Praise the Lord for his infinite greatness.

(during the Easter Octave: The Lord is risen, alleluia!)

Psalm 150: Praise the Lord

Let mind and heart be in your song: This is to glorify God with your whole self. (Hesychius)

Praise God in his holy place,
Praise him in his mighty heavens.
Praise him for his powerful deeds,
Praise his surpassing greatness.

O praise him with sound of trumpet,
Praise him with lute and harp.
Praise him with timbrel and dance,
Praise him with strings and pipes.

O Praise him with resounding cymbals,
Praise him with clashing of cymbals.
Let everything that lives and that breathes
Give praise to the Lord.

Glory to the Father, and to the Son, and to the Holy Spirit:
---- as it was in the beginning, is now, and will be for ever. Amen.

Psalm-prayer

Lord God, maker of heaven and earth and of all created things, you make your just ones holy and you justify sinners who confess your name.

Hear us as we humbly pray to you: give us eternal joy with your saints.

Antiphon 2: Praise the Lord for his infinite greatness.
(during the Easter Octave: The Lord is risen, alleluia!)

Reading: Ezekiel 36:25-28

I will sprinkle clean water upon you to cleanse you from all your impurities, and from all your idols, I will cleanse you. I will give you a new heart and place a new spirit within you, taking from your bodies your stony hearts and giving you natural hearts.

I will put my spirit within you and make you live by my statutes, careful to observe my decrees. You shall live in the land I gave your fathers; you shall be my people, and I will be your God.

Responsory

We give thanks to you, O God, as we call upon your name.

----- We give thanks to you, O God, as we call upon your name.

We cry aloud how marvelous you are,

----- as we call upon your name.

Glory to the Father, and to the Son, and to the Holy Spirit,

----- We give thanks to you, O God, as we call upon your name.

Statute 1: Nature & Purpose

The commitment of the laity to the Secular Branch of the Congregation of the Sacred Hearts is rooted in baptism, confirmation and sacraments which express belonging to the Catholic Church.

Benedictus

Blessed be the Lord, the God of Israel;
he has come to his people and set them free.

He has raised up for us a mighty savior,
born of the house of his servant David.

Through his holy prophets he promised of old
that he would save us from our enemies,
from the hands of all who hate us.

He promised to show mercy to our fathers
and to remember his holy covenant.

This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight
all the days of our life.

You, my child, shall be called the prophet of the Most High;
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation
by the forgiveness of their sins.

In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death,

and to guide our feet into the way of peace.

Glory to the Father, and to the Son, and to the Holy Spirit:
---- as it was in the beginning, is now, and will be for ever. Amen.

Statute 1: Nature & Purpose

The commitment of the laity to the Secular Branch of the Congregation of the Sacred Hearts is rooted in baptism, confirmation and sacraments which express belonging to the Catholic Church.

Intercessions

Let us give thanks to our Savior who came into this world as God's presence among us. Let us call upon him:

*Christ, King of Glory, be our light and our joy.
(repeat after each intercession)*

Lord Jesus, you are the rising Sun, the first fruits of the future resurrection,
---- grant that we may not sit in the shadow of death but walk in the light of life.

Show us your goodness, present in every creature,
---- that we may contemplate your glory everywhere.

Do not allow us to be overcome by evil today,
---- but grant that we may overcome evil through the power of good.

You were baptized in the Jordan and anointed by the Holy Spirit,
----grant that we may this day give thanks to your Holy Spirit.

The Lord's Prayer (*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!

Concluding Prayer

Lord, we join in your prayer that all may be one. We are called and challenged to live our religious life in a new and radical way.

As you first gifted us with our Charism in our founders to be one Congregation, so now mission us in that self same Charism, to be bonded together in a unity that will become a prophetic sign and gospel witness of your love.

As we now pray, may we ponder with Mary all that you are asking us to do for the future of our religious life in the new millennium. We ask this through Christ our Lord. Amen.

Dismissal

May the Lord bless us,
protect us from all evil and bring us to everlasting life.
----- Amen.

Sunday, Night Prayer

O God, come to our aid.
----- O Lord, make haste to help us.

Glory to the Father, and to the Son, and to the Holy Spirit:
----- as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: To the Sacred Hearts of Jesus and Mary honor and glory.

(during the Easter Octave: The Lord is risen, alleluia!)

Psalm 111: God's marvelous works
We are lost in wonder at all that you have done for us, our Lord and mighty God (Revelation 15:3).

I will thank the Lord with all my heart
in the meeting of the just and their assembly.
Great are the works of the Lord;
to be pondered by all who love them.

Majestic and glorious his work,
his justice stands firm forever.
He makes us remember his wonders.
The Lord is compassion and love.

He gives food to those who fear him;
keeps his covenant ever in mind.
He has shown his might to his people
by giving them the lands of the nations.

His works are justice and truth:
His precepts are all of them sure,
standing firm for ever and ever:
they are made in uprightness and truth.

He has sent deliverance to his people
and established his covenant forever.
Holy is his name, to be feared.

To fear of the Lord is the first stage of wisdom:
all who do so prove themselves wise.
His praise shall last for ever!

Glory to the Father, and to the Son, and to the Holy Spirit:
---- as it was in the beginning, is now, and will be for ever. Amen.

Psalm-prayer

Merciful and gentle Lord, you are the crowning glory of all the saints.
Give us, your children, the gift of obedience which is the beginning
of wisdom, so that we may do what you command and be filled with
your mercy.

Antiphon: To the Sacred Hearts of Jesus and Mary honor and
glory.

(during the Easter Octave: The Lord is risen, alleluia!)

Reading: Hebrews 10:12-14

Jesus offered one sacrifice for sins and took his seat forever at the
right hand of God; now he waits until his enemies are placed
beneath his feet. By one offering he has forever perfected those
who are being sanctified.

Responsory

The Holy Spirit is the Paraclete, alleluia, alleluia
-----The Holy Spirit is the Paraclete, alleluia, alleluia

He will teach you all things,
----- alleluia, alleluia.

Glory to the Father, and to the Son, and to the Holy Spirit:
----- The Holy Spirit is the Paraclete, alleluia, alleluia

Statute 2: Nature & Purpose

As lay persons, they share in the mission of the Congregation according to their own vocation: to live and spread the Gospel and build a more just world, realizing the Kingdom of God in the Church and the world of today.

Magnificat (Lk 1:46-55)

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.

From this day all generations shall call me blessed:
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich he has sent away empty.

He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children for ever. Amen.

Glory to the Father, and to the Son, and to the Holy Spirit:
----- as it was in the beginning, is now, and will be for ever. Amen.

Statute 2: Nature & Purpose

As laypersons, they share in the mission of the Congregation according to their own vocation: to live and spread the Gospel and build a more just world, realizing the Kingdom of God in the Church and the world of today.

The Lord's Prayer (Our Father ...)

Concluding Prayer

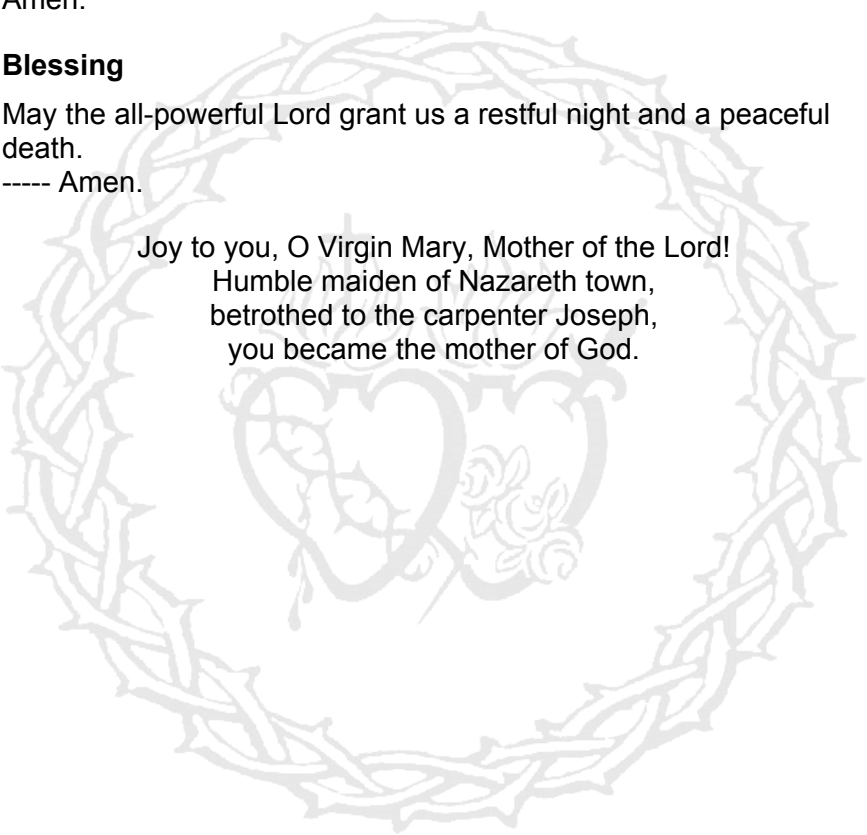
Father,
help us keep in mind that Christ, our Savior, lives with you in glory,
and promised to remain with us until the end of time.

We ask this through our Lord Jesus Christ, your son, who lives and
reigns with you and the Holy Spirit, one God forever and ever.
Amen.

Blessing

May the all-powerful Lord grant us a restful night and a peaceful
death.

----- Amen.



Joy to you, O Virgin Mary, Mother of the Lord!
Humble maiden of Nazareth town,
betrothed to the carpenter Joseph,
you became the mother of God.



Monday, Morning Prayer

O God, come to our aid.

---- O Lord, make haste to help us.

Glory to the Father, and to the Son, and to the Holy Spirit:

---- as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: I am the Good Shepherd. I pasture my sheep. I lay down my life for them.

(during the Easter Octave: The Lord is risen, alleluia!)

Canticle: Sirach 36:1-5, 10-13

Prayer of entreaty for the holy city, Jerusalem.

This is eternal life: to know you, the one true God and Jesus Christ whom you have sent. (John 17:3)

Come to our aid, O God of the universe,
and put all the nations in dread of you!
Raise your hand against the heathen,
that they may realize your power.

As you have used us to show them your holiness,
so now use them to show us your glory.
Thus they will know as you know,
that there is no God but you.

Give new signs and work new wonders;
show forth the splendor of your right hand and arm.

Gather all the tribes of Jacob,
that they may inherit the land as of old.
Show mercy to the people called by your name;
Israel, whom you named your first-born.

Take pity on your holy city,
Jerusalem, your dwelling place.
Fill Zion with your majesty,
your temple with your glory.

Glory to the Father, and to the Son, and to the Holy Spirit:

---- as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: I am the Good Shepherd. I pasture my sheep. I lay down my life for them.

(during the Easter Octave: The Lord is risen, alleluia!)

Psalm-prayer

To enlighten the world, Father, you sent to us your Word as the sun of truth and justice shining upon mankind. Illumine our eyes that we may discern your glory in the many works of your hand.

Reading: Jeremiah 15:15-16

Remember me, Lord, visit me,
and avenge me on all my persecutors.
Because of your long-suffering banish me not;
know that for you I have borne insult.
When I found your words, I devoured them;
they became my joy and the happiness of my heart,
Because I bore your name,
O Lord, God of hosts.

Responsory

Sing for joy, God's chosen ones, give him the praise that is due.
----- Sing for joy, God's chosen ones, give him the praise that is due.

Sing a new song to the Lord;
----- give him praise that is due.

Glory to the Father, and to the Son, and to the Holy Spirit:
----- Sing for joy, God's chosen ones, give him the praise that is due.

Statute 3: Nature & Purpose

Members of the Secular Branch share in the mission of the Congregation as it is expressed in the First Chapter of the Constitutions, which is common to the two branches of Brothers and Sister:

- A. to contemplate, live and proclaim to the world God's Love incarnate in Jesus. (Const. Art. 2)
- B. to make our own the attitudes, options and tasks that led Jesus to the point of having His Heart transpierced on the Cross. (Const. Art. 3)
- C.

- D. to identify with the attitude of Jesus and with His reparative work; to be in solidarity with the men and women who are victims of injustice, hatred and sin in the world; to collaborate with all those who, led by the Spirit, work to build a world of justice and love, sign of the Kingdom. (Const. Art. 4)
- E. to assume a ministry of intercession through Eucharistic celebration and contemplative adoration. (Const. Art. 5)
- F. to engage in evangelizing action; to make the Kingdom of God present by transformation of the human heart and by endeavoring to be agents of communion in the world; to exercise our apostolic service where we are sent to bring and receive the Good News. (Const. Art. 6)
- G. to live our vocation and mission in Community characterized by simplicity and the family spirit. (Const. Art. 6)
- H. to maintain and strengthen unity, while each branch has its own juridical autonomous personality, legislation, structures of government and formation, community life and temporal patrimony. (Cont. Art. 8)

Benedictus

Blessed be the Lord, the God of Israel;
he has come to his people and set them free.

He has raised up for us a mighty savior,
born of the house of his servant David.

Through his holy prophets he promised of old
that he would save us from our enemies,
from the hands of all who hate us.

He promised to show mercy to our fathers
and to remember his holy covenant.

This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight
all the days of our life.

You, my child, shall be called the prophet of the Most High;
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation

by the forgiveness of their sins.

In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.

Glory to the Father, and to the Son, and to the Holy Spirit:
----- as it was in the beginning, is now, and will be for ever. Amen.

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- F. to live our vocation and mission in Community characterized by simplicity and the family spirit. (Const. Art. 6)
- G. to maintain and strengthen unity, each branch has its own juridical autonomous personality, legislation, structures of government and formation, community life and temporal patrimony. (Cont. Art. 8)

Intercessions

Our Savior has made us a nation of priests to offer acceptable sacrifice to the Father. Let us call upon him in gratitude:

Preserve us in your ministry, Lord
(Repeat after each intercession.)

Christ, eternal priest, you conferred the holy priesthood on your people,
---- grant that we may offer spiritual sacrifices acceptable to the Father.

In your goodness pour out on us the fruits of your Spirit,
---- patience, kindness and gentleness.

May we love you and possess you, for you are love,
---- and may every nation of our lives praise you.

May we seek those things, which are beneficial to our brothers and sisters, without counting the cost,
---- to help them on the way to salvation.

The Lord's Prayer (Our Father ...)

Concluding Prayer

Almighty Father,
you have brought us to the light of a new day:
keep us safe the whole day through
from every sinful inclination.

May all our thoughts, words and actions
aim at doing what is pleasing in your sight.

We ask this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God for ever and ever.

Dismissal

May the Lord bless us,
protect us from all evil and bring us to everlasting life.
---- Amen.

Monday, Night Prayer

O God, come to our aid.
---- O Lord, make haste to help us.

Glory to the Father, and to the Son, and to the Holy Spirit:
----- as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: In you is the fountain of life; we drink from the streams
of your goodness.

(during the Easter Octave: The Lord is risen, alleluia!)

Psalms 86: Poor Man's prayer in trouble
*Blessed be God, who comforts us in all our trials. (2 Corinthians
1:3-4)*

Turn your ear, O Lord, and give answer
for I am poor and needy.
Preserve my life, for I am faithful:
save the servant who trusts in you.

You are my God; have mercy on me, Lord,
for I cry to you all day long.
Give joy to your servant, O Lord,
for to you I lift up my soul.

O, Lord, you are good and forgiving,
full of love to all who call.
Give heed, O Lord, to my prayer
and attend to the sound of my voice.

In the day of distress, I will call
and surely you will reply.
Among the gods there is none like you, O Lord;
nor work to compare with yours.

All the nations shall come to adore you
and glorify your name, O Lord:
for you are great and do marvelous deeds,
you who alone are God.

Show me, Lord, your way
so that I may walk in your truth.
Guide my heart to fear your name.

I will praise you, Lord, my God, with all my heart
and glorify your name for ever;
for your love to me has been great:
you have saved me from the depths of the grave.

The proud have risen against me;

ruthless men seek my life:
to you they pay no heed.

But you, God of mercy and compassion,
slow to anger, O Lord,
abounding in love and truth,
turn and take pity on me.

O give your strength to your servant
and save your handmaid's son.
Show me a sign of your favor
that my foes may see to their shame
that you console me and give me your help.

Glory to the Father, and to the Son, and to the Holy Spirit:
---- as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: In you is the fountain of life; we drink from the streams
of your goodness.

(during the Easter Octave: The Lord is risen, alleluia!)

Reading: 1 Thessalonians 5:9-10

God has destined us for acquiring salvation through our Lord
Jesus Christ. He died for us, that all of us, whether awake or
asleep, together might live with him.

Responsory

Into your hands, Lord, I commend my spirit
---- Into your hands, Lord, I commend my spirit

You have redeemed us, Lord God of truth
---- I commend my spirit.

Glory be to the Father, and to the Son and to the Holy Spirit.
---- Into your hands, Lord, I commend my spirit.

Statute 4: Nature & Purpose

Their mission is undertaken in the milieu that is proper to the laity,
and their options will always be the fruit of personal discernment in
the light of prayers, community accomplishment and the mission of
the Congregation.

Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.

From this day all generations shall call me blessed:
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,
He has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich he has sent away empty.

He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children for ever. (Lk 1:46-55) Amen.

Glory to the Father, and to the Son, and to the Holy Spirit:
---- as it was in the beginning, is now, and will be for ever. Amen.

Statute 4: Nature & Purpose

Their mission is undertaken in the milieu that is proper to the laity,
and their options will always be the fruit of personal discernment in
the light of prayers, community accomplishment and the mission of
the Congregation.

Gospel Cantic: Luke 2:29-32

Christ is the light of the nations and the glory of Israel

Lord, now you let your servant go in peace;
your word has been fulfilled:
my own eyes have seen the salvation
which you have prepared in the sight of every people:
a light to reveal you to the nations
and the glory of your people, Israel.

Concluding Prayer

Lord,
give our bodies restful sleep
and let the work we have done today
bear fruit in eternal life.
We ask this through Christ our Lord.

Blessing

May the all-powerful Lord grant us a restful night and a peaceful death.

---- Amen.

Joy to you, O Virgin Mary, Mother of the Lord!

Humble maiden of Nazareth town,
betrothed to the carpenter Joseph,
you became the mother of God



Tuesday, Morning Prayer

O God, come to our aid.

---- O Lord, make haste to help us.

Glory to the Father, and to the Son, and to the Holy Spirit:

---- as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: Lord rule in the midst of your enemies with your gentle yoke.

(during the Easter Octave: The Lord is risen, alleluia!)

Canticle: Isaiah 38:10-14, 17-20 Anguish of a dying man and joy in his restoration.

I am living, I was dead ... and I hold the keys of death. (Revelation 1:17-18)

Once I said,

“In the noontime of life I must depart!

To the gates of the nether world I shall be consigned for the rest of my years.”

I said, “I shall see the Lord no more in the land of the living.

No longer shall I behold my fellow men among those who dwell in the world.”

My dwelling, like a shepherd’s tent, is struck down and borne away from me; you have folded up my life, like a weaver who severs the last thread.

Day and night you give me over to torment; I cry out until the dawn.

Like a lion he breaks all my bones; day and night you give me over to torment.

Like a swallow I utter shrill cries; I moan like a dove.

My eyes grow weak, gazing heaven-ward:

O Lord, I am in straits; be my surety!

You have preserved my life from the pit of destruction,

when you cast behind your back
all my sins.

For it is not the nether world that gives you thanks,
nor death that praises you;
neither do those who go down into the pit
await your kindness.

The living, the living give you thanks,
as I do today.

Fathers declare to their sons,
O God, your faithfulness.

The Lord is our savior;
we shall sing to stringed instruments
in the house of the Lord
all the days of our life.

Glory to the Father, and to the Son, and to the Holy Spirit:
---- as it was in the beginning is now, and will be for ever Amen.

Antiphon: Lord, rule in the midst of your enemies with your gentle
yoke.

(during the Easter Octave: *The Lord is risen, alleluia!*)

Reading: 1 Thessalonians 5:2-6

You know very well that the day of the Lord is coming like a thief in
the night. Just when people are saying, "Peace and security," ruin
will fall on them with the suddenness of pains overtaking a woman
in labor, and there will be no escape. You are not in the dark,
brothers and sisters, that the day should catch you off guard, like a
thief. No, all of you are children of light and of the day. We belong
neither to darkness nor to night; therefore let us not be asleep like
the rest, but awake and sober!

Responsory

Lord, listen to my cry; all my trust is in your promise.

---- Lord, listen to my cry; all my trust is in your promise.

Dawn finds me watching, crying out for you,

---- all my trust is in your promise.

Glory to the Father, and to the Son and to the Holy Spirit,

---- Lord, listen to my cry; all my trust is in your promise.

Statute 5: Nature & Purpose

The members of the SS.CC. Secular Branch are called to participate in the transformation of the social reality in which they live, drawing from a missionary, prophetic and evangelizing perspective that is in solidarity with the poorest and vigorously committed to our Common Home.

Benedictus

Blessed be the Lord, the God of Israel;
he has come to his people and set them free.

He has raised up for us a mighty savior,
born of the house of his servant David.

Through his holy prophets he promised of old
that he would save us from our enemies,
from the hands of all who hate us.

He promised to show mercy to our fathers
and to remember his holy covenant.

This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight
all the days of our life.

You, my child, shall be called the prophet of the Most High;
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation
by the forgiveness of their sins.

In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.

Glory to the Father, and to the Son, and to the Holy Spirit:
---- as it was in the beginning, is now, and will be for ever. Amen.

Statute 5: Nature & Purpose

The members of the SS.CC. Secular Branch are called to participate in the transformation of the social reality in which they

live, drawing from a missionary, prophetic and evangelizing perspective that is in solidarity with the poorest and vigorously committed to our Common Home.

Intercessions

Let us bless our Savior who enlightens the world by his resurrection. Let us humbly beg him:

Keep us, Lord, on your path.
(repeat after each intercession.)

Lord Jesus, we honor your resurrection in our morning prayer,
---- the hope of your glory enlightens our day.

Accept, Lord our prayers and petitions,
---- as the first fruits of our day.

Grant that we may progress today in your love,
---- and that all things may work together for our good and the good of all.

Make our light shine so brightly before men,
---- that seeing our good works they may give glory to the Father.

The Lord's Prayer (Our Father ...)

Prayer

Lord Jesus Christ,
true light of the world,
you guide all mankind to salvation.
Give us the courage, strength and grace
to build a world of justice and peace,
ready for the coming of that kingdom,
where you live and reign with the Father and the Holy Spirit,
one God, forever and ever.

Dismissal

May the Lord bless us,
protect us from all evil and bring us to everlasting life.
---- Amen.

Tuesday, Night Prayer

O God, come to our aid.

----- O Lord, make haste to help us.

Glory to the Father, and to the Son, and to the Holy Spirit:

----- as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: When my heart grew faint, you raised me up.

Psalm 143:1-11 Prayer in distress

*Only by faith in Jesus Christ is a man made holy in God's sight.
No observance of the law can achieve this (Galatians 2:16)*

Lord, listen to my prayer:

turn your ear to my appeal.

You are faithful, you are just; give answer.

Do not call your servant to judgment
for no one is just in your sight.

The enemy pursues my soul;
he has crushed my life to the ground;
he has made me dwell in darkness
like the dead, long forgotten.

Therefore, my spirit fails;
my heart is numb within me.

I remember the days that are past:

I ponder all your works.

I muse on what your hand has wrought.

and to you I stretch out my hands.

Like a parched land my soul thirsts for you.

Lord, make haste and answer;

for my spirit fails within me.

Do not hide your face

lest I become like those in the grave.

In the morning let me know your love

for I put my trust in you.

Make me know the way I should walk:

to you I lift up my soul.

Rescue me, Lord, from my enemies;

I have fled to you for refuge.

Teach me to do your will.
for you, O Lord are my God.
Let your good spirit guide me
in ways that are level and smooth.

For your name's sake, Lord, save my life;
In your justice save my soul from distress.

Glory to the Father, and to the Son, and to the Holy Spirit:
---- as it was in the beginning is now, and will be for ever Amen.

Antiphon: When my heart grew faint, you raised me up.

Reading: 1 Peter 5:8-9a

Stay sober and alert. Your opponent the devil is prowling like a roaring lion looking for someone to devour. Resist him, solid in your faith.

Responsory

Into your hands, Lord, I commend my spirit.
---- Into your hands, Lord, I commend my spirit.

You have redeemed us, Lord God of truth.
---- I commend my spirit.

Glory be to the Father, the Son and to the Holy Spirit.
---- Into your hands, Lord, I commend my spirit.

Statute 6: Prayer Life

Personal and common prayers are an essential dimension of the life and faith of the members of the Secular Branch.

Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.

From this day all generations shall call me blessed:
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,
He has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich he has sent away empty.

He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children for ever. (Lk 1:46-55) Amen.

Glory to the Father, and to the Son, and to the Holy Spirit:
----- as it was in the beginning, is now, and will be for ever. Amen.

Statute 6: Prayer Life

Personal and common prayers are an essential dimension of the life and faith of the members of the Secular Branch.

Concluding Prayer

Lord,
fill this night with your radiance.
May we sleep in peace and rise with joy
to welcome the light of a new day in your name.
We ask this through Christ our Lord.

Blessing

May the all-powerful Lord grant us a restful night and a peaceful death.
----- Amen.

Joy to you, O Virgin Mary, Mother of the Lord!

Humble maiden of Nazareth town,

betrothed to the carpenter Joseph,

you became the mother of God



Wednesday, Morning Prayer

O God, come to our aid.

----- O Lord, make haste to help us.

Glory to the Father, and to the Son, and to the Holy Spirit:

----- as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: The Lord is loving and merciful; He gives food to those who fear him.

(during the Easter Octave: The Lord is risen, alleluia!)

Canticle: 1Samuel 2:1-10 The humble find joy in God

He has cast down the mighty from their thrones and has lifted up the lowly. He has filled the hungry with good things. (Luke 1:52-53)

My heart exults in the Lord;
my horn is exalted in my God.

I have swallowed up my enemies;
I rejoice in my victory.
There is no Holy One like the Lord;
there is no Rock like our God.

Speak boastfully no longer,
or let arrogance issue from your mouths.
For an all-knowing God is the Lord,
a God who judges deeds.

The bows of the mighty are broken,
while the tottering gird on strength.
The well-fed hire themselves out for bread,
while the hungry batten on spoil.
The barren wife bears seven sons,
while the mother of many languishes.

The Lord puts to death and gives life;
he casts down to the nether world;
he raises up again.
The Lord makes poor and makes rich,
he humbles, he also exalts.

He raises the needy from the dust;
from the ash heap he lifts up the poor,
to seat them with nobles
and make a glorious throne their heritage.

For the pillars of the earth are the Lord's,
and he has set the world upon them.
He will guard the footsteps of his faithful ones,
but the wicked shall perish in the darkness.
For not by strength does man prevail;
the Lord's foes shall be shattered.

The Most High in heaven thunders;
the Lord judges the ends of the earth.
Now may he give strength to his king
and exalt the horn of his anointed!

Glory to the father, and to the son, and to the Holy Spirit:
---- as it was in the beginning, is now, and will be for ever. Amen

Psalm-prayer

Father, you clothe the sky with light and the depths of the ocean with darkness. Among the sons of men you work wonders and rain terror upon the enemy. Look upon your servants. Do not try us by fire but bring us rejoicing to the shelter of your home.

Antiphon: The Lord is loving and merciful; he gives food to those who fear him.

(during the Easter Octave: The Lord is risen, alleluia!)

Reading: Romans 8:35-39

Who will separate us from the love of Christ? Trial, or distress, or persecution, or hunger, or nakedness, or danger, or the sword? As Scripture says: "For your sake we are being slain all the day long; we are looked upon as sheep to be slaughtered." Yet in all this we are more than conquerors because of him who has loved us. For I am certain that neither death nor life, neither angels nor principalities, neither the present nor the future, nor powers, neither height nor depth nor any other creature, will be able to separate us from the love of God that comes to us in Christ Jesus, our Lord.

Responsory

I will bless the Lord all my life long.
---- I will bless the Lord all my life long.

With a song of praise ever on my lips,
---- all my life long.

Glory be to the Father, and to the Son, and to the Holy Spirit.
---- I will bless the Lord all my life long.

Statute 7: Prayer Life

Common prayer life can be expressed in various ways in accordance with SS.CC. spirituality. In particular it is expressed through the Eucharist, which is a source of communion and inspiration for the members and for their common objectives.

Benedictus

Blessed be the Lord, the God of Israel;
he has come to his people and set them free.

He has raised up for us a mighty savior,
born of the house of his servant David.

Through his holy prophets he promised of old
that he would save us from our enemies,
from the hands of all who hate us.

He promised to show mercy to our fathers
and to remember his holy covenant.

This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight
all the days of our life.

You, my child, shall be called the prophet of the Most High;
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation
by the forgiveness of their sins.

In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death,

and to guide our feet into the way of peace.

Glory to the Father, and to the Son, and to the Holy Spirit:

---- as it was in the beginning, is now, and will be for ever. Amen.

Statute 7: Prayer Life

Common prayer life can be expressed in various ways in accordance with SS.CC. spirituality. In particular it is expressed through the Eucharist, which is a source of communion and inspiration for the members and for their common objectives.

Antiphon: The Lord is loving and merciful; he gives food to those who fear him.

(during the Easter Octave: The Lord is risen, alleluia!)

Intercessions

Blessed be God our Savior, who promised to remain with his church all days,
until the end of the world.

Let us give him thanks and call out:

Remain with us, Lord.

(repeat after each intercession)

Remain with us the whole day, Lord;
---- let your grace be a sun that never sets.

We dedicate this day to you as an offering;
---- do not let us offer anything that is evil.

May your gift of light pervade this whole day,
----- that we may be the salt of the earth and the light of the world.

May the love of your Holy Spirit direct our hearts and our lips,
----- and may we always act in accordance with your will.

The Lord's Prayer (Our Father ...)

Concluding Prayer

Lord,
as a new day dawns,
send the radiance of your light

to shine in our hearts.

Make us true to your teaching;

Keep us free from error and sin.

We ask this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, forever and ever. Amen

Dismissal

May the Lord bless us,

protect us from all evil and bring us to everlasting life.

---- Amen.

Wednesday, Night Prayer

O God, come to our aid.

---- O Lord, make haste to help us.

Glory to the Father, and to the Son, and to the Holy Spirit:

---- as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: All the ends of the earth have seen the salvation of
God.

Psalms 31:1-6 Trustful prayer in adversity

Father, into your hands I commend my spirit. (Luke 23:46)

In you, O Lord, I take refuge.

Let me never be put to shame.

In your justice, set me free,

hear me and speedily rescue me.

Be a rock of refuge for me,

a mighty stronghold to save me,

for you are my rock, my stronghold.

For our name's sake, lead me and guide me.

Release me from the snares they have hidden

for you are my refuge, Lord.

Into your hands I commend my spirit.

It is you who will redeem me, Lord.

Glory to the Father, and to the Son, and to the Holy Spirit:

---- as it was in the beginning is now, and will be for ever Amen.

Antiphon: All the ends of the earth have seen the salvation of God.

Reading: Ephesians 4:26-27

If you are angry, let it be without sin. The sun must not go down on your wrath; do not give the devil a chance to work on you.

Responsory

Into your hands, Lord, I commend my spirit.

----- Into your hands, Lord, I commend my spirit.

You have redeemed us, Lord God of truth.

----- I commend my spirit

Glory be to the Father, and to the Son and to the Holy Spirit.

----- Into your hands, Lord, I commend my spirit.

Prayer

Protect us Lord as we stay awake; watch over us as we sleep, that awake we may keep watch with Christ, and asleep rest in His peace.

Statute 8: Prayer Life

In the spirit of our Charism, they will give special attention to reparative adoration and to the deepening of their personal relationship with God.

Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.

From this day all generations shall call me blessed:
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,

He has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich he has sent away empty.

He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children for ever. (Lk 1:46-55) Amen.

Glory to the Father, and to the Son, and to the Holy Spirit:
---- as it was in the beginning, is now, and will be for ever. Amen.

Statute 8: Prayer Life

In the spirit of our Charism, they will give special attention to reparative adoration and to the deepening of their personal relationship with God.

Concluding Prayer

Lord Jesus Christ,
you have given your followers
an example of gentleness and humility,
a task that is easy, a burden that is light.

Accept the prayers and works of this day,
and give us the rest that will strengthen us
to render more faithful service to you
who live and reign for ever and ever.

Blessing

May the all-powerful Lord grant us a restful night and a peaceful death.

---- Amen.

Joy to you, O Virgin Mary, Mother of the Lord!
Humble maiden of Nazareth town,
betrothed to the carpenter Joseph,
you became the mother of God.



Thursday, Morning Prayer

O God, come to our aid.

---- O Lord, make haste to help us.

Glory to the Father, and to the Son, and to the Holy Spirit:

---- as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: This is the Lamb of God who takes away the sins of the world.

(during the Easter Octave: The Lord is risen, alleluia!)

Canticle: Isaiah 12:1-6 Joy of God's ransomed people

If anyone thirsts, let him come to me and drink. (John 7:37)

I give you thanks, O Lord;
though you have been angry with me,
your anger has abated, and you have consoled me.

God indeed is my savior;
I am confident and unafraid.

My strength and my courage is the Lord,
and he has been my savior.

With joy you will draw water
at the fountain of salvation, and say on that day:
Give thanks to the Lord, acclaim his name;
among the nations make known his deeds,
proclaim how exalted is his name.

Sing praise to the Lord for his glorious achievement;
let this be known throughout all the earth.
Shout with exultation, O city of Zion,
for great in your midst is the Holy One of Israel!

Glory to the Father, and to the Son, and to the Holy Spirit:

---- as it was in the beginning is now, and will be for ever Amen.

Antiphon: This is the Lamb of God who takes away the sins of the world.

(during the Easter Octave: The Lord is risen, alleluia!)

Reading: Romans 14:12-13, 17-19

Every one of us will have to give an account of himself before God. Therefore we must no longer pass judgment on one another. Instead you should resolve to put no stumbling block or hindrance in your brother's way. The kingdom of God is not a matter of eating or drinking, but of justice, peace and the joy that is given by the Holy Spirit. Whoever serves Christ in this way pleases God and wins the esteem of men. Let us, then, make it our aim to work for peace and to strengthen one another.

Responsory

In the early hours of the morning, I think of you, O Lord.

---- In the early hours of the morning, I think of you, O Lord.

Always you are there to help me.

---- I think of you, O Lord.

Glory be to the Father, and to the Son and to the Holy Spirit.

---- In the early hours of the morning, I think of you, O Lord.

Statute 9: Communal Life

The SS.CC. lay communities meet on a regular basis to share some form of community life whatever its structure, but it needs a certain constancy to give it stability.

Benedictus

Blessed be the Lord, the God of Israel;
he has come to his people and set them free.

He has raised up for us a mighty savior,
born of the house of his servant David.

Through his holy prophets he promised of old
that he would save us from our enemies,
from the hands of all who hate us.

He promised to show mercy to our fathers
and to remember his holy covenant.

This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,

holy and righteous in his sight
all the days of our life.

You, my child, shall be called the prophet of the Most High;
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation
by the forgiveness of their sins.

In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.

Glory to the Father, and to the Son, and to the Holy Spirit:
---- as it was in the beginning, is now, and will be for ever. Amen.

Statute 9: Communal Life

The SS.CC. lay communities meet on a regular basis to share
some form of community life whatever its structure, but it needs a
certain constancy to give it stability.

Intercessions

Blessed be God, our Father, who protects his children
and never spurns their prayers. Let us humbly implore him:

Enlighten us, Lord.

(Repeat after each intercession)

We thank you, Lord, for enlightening us through your Son,
---- fill us with his light throughout the day.

Let your wisdom lead us today, Lord,
---- that we may walk in the newness of life.

May we bear hardships with courage for your name's sake,
---- and be generous in serving you.

Direct our thoughts, feelings and actions this day,
---- help us to follow your providential guidance.

The Lord's Prayer (Our Father ...)

Prayer

Lord,
true light and source of all light,

listen to our morning prayer.

Turn our thoughts to what is holy
and may we ever live in the light of your love.

We ask this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever.

Dismissal

May the Lord bless us,
protect us from all evil and bring us to everlasting life.

----- Amen.

Thursday, Night Prayer

O God, come to our aid.

----- O Lord, make haste to help us.

Glory to the Father, and to the Son, and to the Holy Spirit:

----- as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: Jesus stood and cried out, "if anyone thirsts, let him
come to me."

Psalm 16 God is my portion, my inheritance

*The Father raised up Jesus from the dead and broke the bonds of
death.*

(Acts 2:24)

Preserve me, God, I take refuge in you.

I say to the Lord: "You are my God.

My happiness lies in you alone."

He has put into my heart a marvelous love
for the faithful ones who dwell in his land.

Those who choose other gods increase their sorrows.

Never will I offer their offerings of blood.

Never will I take their name upon my lips.

O Lord, it is you who are my portion and cup;

It is you yourself who are my prize.

The lot marked out for me is my delight:

welcome indeed the heritage that falls to me!

I will bless the Lord who gives me counsel,

who even at night directs my heart.
I keep the Lord ever in my sight:
since he is at my right hand, I shall stand firm.

And so my heart rejoices, my soul is glad;
even my body shall rest in safety.
For you will not leave my soul among the dead,
nor let your beloved know decay.

You will show me the path of life,
the fullness of joy in your presence,
at your right hand happiness for ever.

Glory to the Father, and to the Son, and to the Holy Spirit:
----- as it was in the beginning is now, and will be for ever. Amen.

Antiphon: Jesus stood and cried out, "if anyone thirsts, let him come to me."

Reading: 1 Thessalonians 5:23

May the God of peace make you perfect in holiness. May he preserve you whole and entire, spirit, soul, and body, irreproachable at the coming of our Lord Jesus Christ.

Responsory

Into your hands, Lord, I commend my spirit.
----- Into your hands, Lord, I commend my spirit.

You have redeemed us, Lord, God of truth.
----- I commend my spirit.

Glory to the Father, and to the Son and to the Holy Spirit.
----- Into your hands, Lord, I commend my spirit.

Statute 10: Communal Life

Communion can be expressed in various ways, e.g. through weekend meetings and exchanges; some days per month together with an existing SS.CC. religious community or through regular meetings with other lay members.

Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.

From this day all generations shall call me blessed:
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,
He has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich he has sent away empty.

He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children for ever. (Lk 1:46-55) Amen.

Glory to the Father, and to the Son, and to the Holy Spirit:
---- as it was in the beginning, is now, and will be for ever. Amen.

Statute 10: Communal Life

Communion can be expressed in various ways, e.g. through weekend meetings and exchanges; some days per month together with an existing SS.CC. religious community or through regular meetings with other lay members.

Gospel Canticle (Luke 2:29-32)

Christ is the light of the nations and the glory of Israel

Lord, now you let your servant go in peace;
your word has been fulfilled:

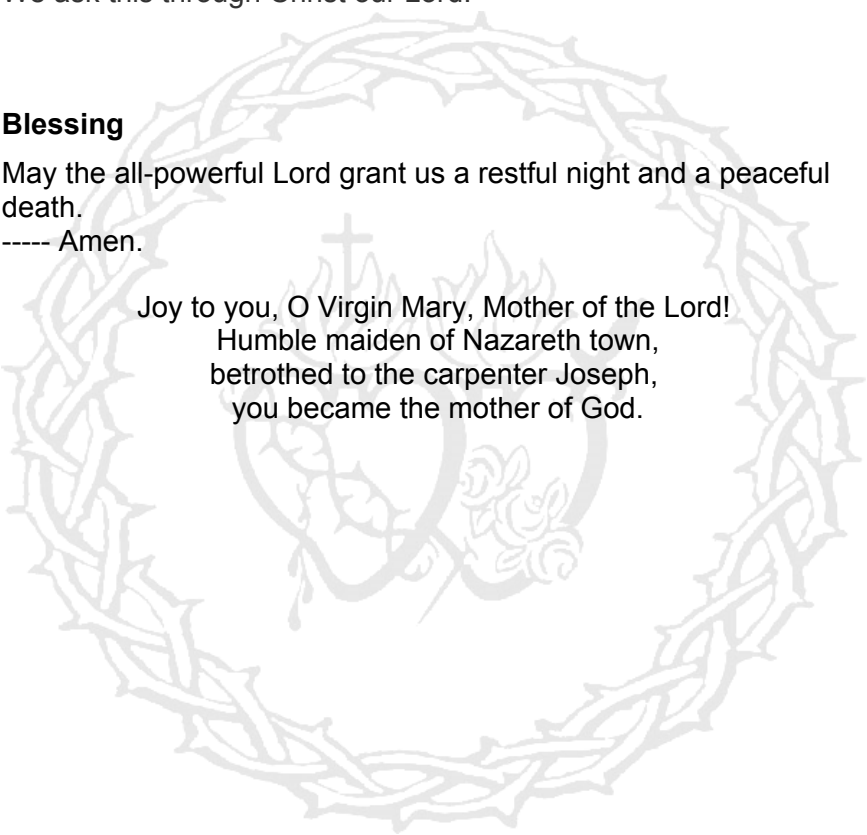
my own eyes have seen the salvation
which you have prepared in the sight of every people:
a light to reveal you to the nations
and the glory of your people Israel.

Prayer

Lord God,
send peaceful sleep
to refresh our tired bodies.
May your help always renew us
and keep us strong in your service.
We ask this through Christ our Lord.

Blessing

May the all-powerful Lord grant us a restful night and a peaceful death.
----- Amen.



Joy to you, O Virgin Mary, Mother of the Lord!
Humble maiden of Nazareth town,
betrothed to the carpenter Joseph,
you became the mother of God.



Friday, Morning Prayer

O God, come to our aid.

----- O Lord, make haste to help us.

Glory to the Father, and to the Son, and to the Holy Spirit:

----- as it was in the beginning is now, and will be for ever Amen.

Antiphon: We will call him the peacemaker and his throne will stand forever.

(during the Easter Octave: The Lord is risen, alleluia!)

Canticle: Habakkuk 3:2-4, 13a, 15-19 God comes to judge.

Lift up your heads, for your redemption is at hand. (Luke 21:28)

O Lord, I have heard your renown,
and feared, O Lord, your work.
In the course of the years revive it,
in the course of the years make it known;
in your wrath remember compassion!

God comes from Teman,
the Holy One from Mount Paran.
Covered are the heaven with his glory,
and with his praise the earth is filled.

His splendor spreads like the light;
rays shine forth from beside him,
where his power is concealed.
You come forth to save your people,
to save your anointed one.

You tread the sea with your steeds
amid the churning of the deep water.
I hear, and my body trembles;
at the sound my lips quiver.

Decay invades my bones,
my legs tremble beneath me.
I await the day of distress
that will come upon the people who attack us.

For though the fig tree blossom not

nor fruit be on the vines,
though the yield of the olive fail
and the terraces produce no nourishment,

Though the flocks disappear from the fold
and there be no herd in the stalls,
yet will I rejoice in the Lord
and exult in my saving God.

God, my Lord, is my strength;
he makes my feet swift as those of hinds
and enables me to go upon the heights.

Glory to the Father, and to the Son, and to the Holy Spirit:
----- as it was in the beginning is now, and will be for ever Amen.

Antiphon: We will call Him the peacemaker and his throne will stand forever.

(during the Easter Octave: The Lord is risen, alleluia!)

Reading: Ephesians 2:13-16

Now in Christ Jesus you who once were far off have been brought near through the blood of Christ. It is he who is our peace, and who made the two of us one by breaking down the barrier of hostility that kept us apart. In his own flesh he abolished the law with its commands and precepts, to create in himself one new man from us who had been two and to make peace, reconciling both of us to God in one body through his cross, which put that enmity to death.

Responsory

The Lord, the Most High, has done good things for me.

In need I shall cry out to him.

----- The Lord, the Most High, has done good things for me.

In need I shall cry out to him.

May he send his strength to rescue me.

----- In need I shall cry out to him

Glory be to the Father, and to the Son and to the Holy Spirit.

----- The Lord, the Most High, has done good things for me.

Statute 11: Communal Life

The diversity of history, culture or tradition of an SS.CC. lay community is a richness for living and sharing the charism with other SS.CC. lay communities, expressing various aspects of the same charism and encouraging creativity and international solidarity.

Benedictus

Blessed be the Lord, the God of Israel;
he has come to his people and set them free.

He has raised up for us a mighty savior,
born of the house of his servant David.

Through his holy prophets he promised of old
that he would save us from our enemies,
from the hands of all who hate us.

He promised to show mercy to our fathers
and to remember his holy covenant.

This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight
all the days of our life.

You, my child, shall be called the prophet of the Most High;
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation
by the forgiveness of their sins.

In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.

Glory to the Father, and to the Son, and to the Holy Spirit:
---- as it was in the beginning, is now, and will be for ever. Amen.

Statute 11: Communal Life

The diversity of history, culture or tradition of an SS.CC. lay community is a richness for living and sharing the charism with

other SS.CC. lay communities, expressing various aspects of the same charism and encouraging creativity and international solidarity.

Intercessions

Let us adore Christ who offered himself to the Father through the Holy Spirit to cleanse us from the works of death.

Let us adore him and call upon him with sincere hearts:

In your will is our peace, Lord.

(Repeat after each intercession.)

From your generosity we have received the beginning of this day,
---- grant us also the beginning of new life.

You created all things, and now you provide for their growth,
---- may we always perceive your handiwork in creation.

With your own blood, you ratified the new and eternal covenant.
---- may we remain faithful to that covenant by following your precepts.

On the cross, blood and water flowed from your side.
---- may this saving stream wash away our sins and gladden the City of God.

The Lord's Prayer (Our Father ...)

Prayer

All-powerful Father,
as now we bring you our songs of praise,
so may we sing your goodness
in the company of your saints forever.

We ask this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God forever and ever.

Dismissal

May the Lord bless us,
protect us from all evil and bring us to everlasting life.
---- Amen.

Friday, Night Prayer

O God, come to our aid.

----- O Lord, make haste to help us.

Glory to the Father, and to the Son, and to the Holy Spirit:

----- as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: Come to me all you who labor and are burdened, and I will give you rest.

Psalms 88 Prayer of a sick person

This is the hour when darkness reigns. (Luke 22:53)

Lord my God, I call for help by day;

I cry at night before you.

Let my prayer come into your presence.

O turn your ear to my cry.

For my soul is filled with evils;

my life is on the brink of the grave.

I am reckoned as one in the tomb:

I have reached the end of my strength,

like one alone among the dead;

like the slain lying in their graves;

like those you remember no more,

cut off, as they are, from your hand.

You have laid me in the depth of the tomb,

in places that are dark, in the depths.

Your anger weighs down upon me:

I am drowned beneath your waves.

You have taken away my friends

and made me hateful in their sight.

Imprisoned, I cannot escape;

my eyes are sunken with grief.

I call to you, Lord, all the day long;

to you I stretch out my hands.

Will you work your wonders for the dead?

Will the shades stand and praise you?

Will your love be told in the grave

or our faithfulness among the dead?

Will your wonders be known in the dark
or your justice in the land of oblivion?

As for me, Lord, I call to you for help:
In the morning my prayer comes before you.
Lord, why do you reject me?
Why do you hide your face?

Wretched, close to death from my youth,
I have borne your trials; I am numb.
Your fury has swept down upon me;
your terrors have utterly destroyed me.

They surround me all the day like a flood,
they assail me all together.
Friend and neighbor you have taken away:
my one companion is darkness.

Glory to the Father, and to the Son, and to the Holy Spirit:
---- as it was in the beginning is now, and will be for ever. Amen.

Antiphon: Come to me all you who labor and are burdened, and I
will give you rest.

Reading: Jeremiah 14:9a

You are in our midst, O Lord,
your name we bear:
do not forsake us, O Lord, our God!

Responsory

Into your hands, Lord, I commend my spirit.
---- Into your hands, Lord, I commend my spirit.

You have redeemed us, Lord God of truth.
---- I commend my spirit.

Glory to the Father, and to the Son and to the Holy Spirit.
---- Into your hands, Lord, I commend my spirit.

Statute 12: Apostolic Life

The apostolate of a member of the SS.CC. Secular Branch has to
be lived as part of his/her project of life; not only as a marginal or
temporary activity; his/her profession or daily work has to be lived

in a vocation of committed service for the cause of the Kingdom. It should also be a liberating apostolate, with its concern for the whole person in all his/her dimensions.

Magnificat (Lk 1:46-55)

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.

From this day all generations shall call me blessed:
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,
He has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich he has sent away empty.

He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children for ever. Amen.

Glory to the Father, and to the Son, and to the Holy Spirit:
---- as it was in the beginning, is now, and will be for ever. Amen.

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Gospel Cantic: Luke 2:29-32

Christ is the light of the nations and the glory of Israel.

Lord, now you let your servant go in peace;
your word has been fulfilled:
my own eyes have seen the salvation
which you have prepared in the sight of every people:
a light to reveal you to the nation
and the glory of your people Israel.

Prayer

All-powerful God,
keep us united with your Son
in his death and burial
so that we may rise to new life with him,
who lives and reigns forever and ever. Amen.

Blessing

May the all-powerful Lord grant us a restful night and a peaceful
death.

----- Amen.

Joy to you, O Virgin Mary, Mother of the Lord!
Humble maiden of Nazareth town,
betrothed to the carpenter Joseph,
you became the mother of God.



Saturday, Morning Prayer

O God, come to our aid.

----- O Lord, make haste to help us.

Glory to the Father, and to the Son, and to the Holy Spirit:

----- as it was in the beginning is now, and will be for ever Amen.

Antiphon: Learn from Me for I am gentle and humble of heart.

(during the Easter Octave: *The Lord is risen, alleluia!*)

Canticle: Deuteronomy 32:1-12 God's kindness to His people

How often I have longed to gather your children as a hen gathers her brood under her wing. (Matthew 23:37)

Give ear, O heavens, while I speak;
let the earth hearken to the words of my mouth!
May my instruction soak in like the rain,
and my discourse permeate like the dew,
like a downpour upon the grass,
like a shower upon the crops:

For I will sing the Lord's renown.
Oh, proclaim the greatness of our God!
The Rock--- how faultless are his deeds,
how right all his ways!
A faithful God, without deceit,
how just and upright he is!

Yet basely has he been treated by his degenerate children,
a perverse and crooked race!
Is the Lord to be thus repaid by you,
O stupid and foolish people?
Is he not your Father who created you?
Has He not made you and established you?

Think back on the days of old,
reflect on the years of age upon age.
Ask your father and he will inform you,
ask your elders and they will tell you:

When the Most High assigned the Nations their heritage,
when he parceled out the descendants of Adam,

he set up the boundaries of the peoples
after the number of the sons of God;
While the Lord's own portion was Jacob,
his hereditary share was Israel.

He found them in a wilderness,
a wasteland of howling desert.
He shielded them and cared for them,
guarding them as the apple of his eye.

As an eagle incites its nestlings forth
by hovering over its brood,
so he spreads his wings to receive them
and bore them up on his pinions.
The lord alone was their leader,
no strange God was with him.

Glory to the Father, and to the Son, and to the Holy Spirit:
---- as it was in the beginning is now, and will be for ever Amen.

Antiphon: Learn from Me for I am gentle and humble of heart.
(*during the Easter Octave: The Lord is risen, alleluia!*)

Reading: Romans 12:13-21

Look on the needs of the saints as your own; be generous in offering hospitality. Bless your persecutors; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep, Have the same attitude toward all. Put away ambitious thoughts and associate with those who are lowly. Do not be wise in your own estimation. Never repay injury with injury. See that your conduct is honorable in the eyes of all. If possible, live peaceably with everyone. Beloved, do not avenge yourselves; leave that God's wrath, for it is written: "Vengeance is mine; I will repay," says the Lord." But "if your enemy is hungry, feed him; doing this you will heap burning coals upon his head." Do not be conquered by evil but conquer evil with good.

Responsory

It is my joy, O God, to praise you with song.
----It is my joy, O God, to praise you with song.

To sing as I ponder your goodness,
----to praise you with song.

Glory to the Father, and to the Son and to the Holy Spirit.

----- It is my joy, O God, to praise you with song.

Statute 13: Apostolic Life

Members of the SS.CC. Secular Branch share in the apostolic dimension of the Congregation by actively participating in the ministry of the Congregation as members of an SS.CC. lay community or in a personal commitment.

It can be a common project, a participation in the pastoral or social ministry of the Congregation or in other works according to the mission of the Congregation.

Benedictus

Blessed be the Lord, the God of Israel;
he has come to his people and set them free.

He has raised up for us a mighty savior,
born of the house of his servant David.

Through his holy prophets he promised of old
that he would save us from our enemies,
from the hands of all who hate us.

He promised to show mercy to our fathers
and to remember his holy covenant.

This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight
all the days of our life.

You, my child, shall be called the prophet of the Most High;
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation
by the forgiveness of their sins.

In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.

Glory to the Father, and to the Son, and to the Holy Spirit:

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Intercessions

Let us celebrate the kindness and wisdom of Christ.

He offers his love and understanding to all men, especially to the suffering. Let us earnestly pray to him:

Perfect us in love, Lord.

(Repeat after each intercession)

This morning we recall your resurrection,
---- and we long for the benefits of your redemption.

Grant that we bear witness to you today, Lord,
---- and offer an acceptable gift to the Father through you.

Enable us to see your image in all men,
---- and serve you in them.

Lord Jesus, you are the true vine and we are the branches,
---- allow us to remain in you, to bear much fruit, and to give glory to the Father.

The Lord's Prayer (Our Father ...)

Prayer

Lord,
we praise you
with our lips,
and with our lives and hearts.
Our very existence is a gift from you;
to you we offer all that we have and are.

We ask this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, forever and ever. Amen

Dismissal

May the Lord bless us,
protect us from all evil and bring us to everlasting life.
----- Amen

Saturday, Night Prayer

O God, come to our aid.
----- O Lord, make haste to help us.

Glory to the Father, and to the Son, and to the Holy Spirit:
----- as it was in the beginning, is now, and will be for ever. Amen.

Antiphon: In you, my God, my body will rest in hope.

Psalm 130: A cry from the depths

He himself will save his people from their sins. (Matthew 1:21)

Out of the depths I cry to you, O Lord,
Lord, hear my voice!

O Let your ears be attentive
to the voice of my pleading.

If you, O Lord, should mark our guilt,
Lord, who would survive?

But with you is found forgiveness:
for this we revere you.

My soul is waiting for the Lord,
I count on his word.

My soul is longing for the Lord
more than watchmen for daybreak.
Let the watchman count on daybreak
and Israel on the Lord.

Because with the Lord there is mercy
and fullness of redemption,
Israel indeed he will redeem
from all its iniquity.

Glory to the Father, and to the Son, and to the Holy Spirit:
----- as it was in the beginning is now, and will be for ever Amen.

Antiphon: In you, my God, my body will rest in hope.

Reading: 2 Peter 1:19-21

We possess the prophetic message as something altogether reliable. Keep your attention closely fixed on it, as you would on a lamp shining in a dark place until the first streaks of dawn appear and the morning star rises in your hearts. First you must understand this: there is no prophecy contained in Scripture which is a personal interpretation. Prophecy has never been put forward by man's willing it. It is rather that men impelled by the Holy Spirit have spoken under God's influence.

Responsory

From the rising of the sun to its setting,
may the name of the Lord be praised.

----- From the rising of the sun to its setting,
may the name of the Lord be praised.

His splendor reaches far beyond the heavens;
----- may the name of the Lord be praised.

Glory to the Father, and the Son and the Holy Spirit.

----- From the rising of the sun to its setting,
may the name of the Lord be praised.

Statute 14: Apostolic Life

Apostolic service, both on the personal and community level, must be lived as "a being sent in mission" in the name of the Congregation. (Const. of the Sisters, art. 57.) Ministerial activity is the fruit of community discernment and community decisions. (Const. of the Brothers, art. 41.2).

Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.

From this day all generations shall call me blessed:
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,
He has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich he has sent away empty.

He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children for ever. (Lk 1:46-55) Amen.

Glory to the Father, and to the Son, and to the Holy Spirit:
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Prayer

Father, keep before us the wisdom and love you have revealed in your Son. Help us to be like him in word and deed, for he lives and reigns with you and the Holy Spirit, one God, forever and ever.

Blessing

May the all-powerful Lord grant us a restful night and a peaceful death.

----- Amen.

Joy to you, O Virgin Mary, Mother of the Lord!
Humble maiden of Nazareth town,
betrothed to the carpenter Joseph,
you became the mother of God.



PRAYERS OF REPARATION

Prayers of Reparation to the Sacred Heart of Jesus

Adorable Heart of Jesus, glowing with love for us and inflamed with zeal for our salvation. O Heart that understands the misery to which our sins have brought us, infinitely rich in mercy to heal the wounds of our souls, behold me humbly kneeling before you to express the sorrow that fills my heart for the coldness and indifference with which I have so long returned the numberless benefits which you have bestowed upon me.

With a deep sense of the outrages that have been heaped upon you by my sins and the sins of others, I wish to make reparation to your most Sacred Majesty. It was our sins that filled your Heart with bitterness; it was the weight of our guilt that pressed down your face to the earth in the Garden of Olives and caused you to die in agony on the Cross. But now, repentant and sorrowful, I implore your forgiveness.

Adorable Heart of Jesus, Source of true consolation and ever merciful to the penitent sinner, impart to our hearts the spirit of penance that we may be sincerely sorry for our sins. Pardon them, O Lord, in your mercy, and let all who have sinned against you in the Sacrament of your love be converted and return to you. Deliver us from our sins. And in order to repair the sins of ingratitude by which we have grieved your most tender and loving Heart, may we love and honor you in the most adorable Sacrament of the Altar, where you are present to hear and grant our petitions and to be the food and life of our souls.

Merciful Jesus, be our Mediator with your heavenly Father, whom we have so grievously offended. Help us to amend our ways. As your Sacred Heart is our refuge and our hope when we have sinned, so let it be the strength and support of our repentance

-OR-

O sweet Jesus, whose overflowing charity for men is requited by so much forgetfulness, negligence and contempt, behold us prostrate before Thy altar eager to repair by a special act of homage the cruel indifferences and injuries, to which Thy loving Heart is everywhere subject.

Mindful alas! that we ourselves have had a share in such great indignities, which we now deplore from the depths of our hearts, we humbly ask Thy pardon and declare our readiness to atone by voluntary expiation not only for our own personal offenses, but also for the sins of those, who, straying far from the path of salvation, refuse in their obstinate infidelity to follow Thee, their Shepherd and Leader, or, renouncing the vows of their baptism, have cast off the sweet yoke of Thy Law.

We are now resolved to expiate each and every deplorable outrage committed against Thee; we are determined to make amends for the manifold offenses against Christian modesty in unbecoming dress and behavior, for all the foul seductions laid to ensnare the feet of the innocent, for the frequent violations of Sundays and holidays, and the shocking blasphemies uttered against Thee and Thy Saints.

We wish also to make amends for the insults to which Thy Vicar on earth and Thy priests are subjected, for the profanation, by conscious neglect or terrible acts of sacrilege, of the very Sacrament of Thy Divine Love; and lastly for the public crimes of nations who resist the rights and teaching authority of the Church which Thou hast founded.

Would, O divine Jesus, we were able to wash away such abominations with our blood. We now offer, in reparation for these violations of Thy divine honor, the satisfaction Thou didst once make to Thy eternal Father on the cross and which Thou dost continue to renew daily on our altars; we offer it in union with the acts of atonement of Thy Virgin Mother and all the Saints and of the pious faithful on earth; and we sincerely promise to make recompense, as far as we can with the help of Thy grace, for all neglect of Thy great love and for the sins we and others have committed in the past. Henceforth we will live a life of unwavering faith, of purity of conduct, of perfect observance of the precepts of the gospel and especially that of charity. We promise to the best of our power to prevent others from offending Thee and to bring as many as possible to follow Thee.

O loving Jesus, through the intercession of the Blessed Virgin Mary, our model in reparation, deign to receive the voluntary offering we make of this act of expiation; and by the crowning gift

of perseverance keep us faithful unto death in our duty and the allegiance we owe to Thee, so that we may one day come to that happy home, where Thou with the Father and the Holy Ghost livest and reignest God, world without end. Amen.

Fatima Prayers of Reparation

- O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those in the most need of Thy mercy.
- My God, I believe, I adore, I trust and I love Thee! I beg pardon for all those that do not believe, do not adore, do not trust and do not love Thee.
- O Most Holy Trinity, Father, Son and Holy Spirit, I adore Thee profoundly. I offer Thee the most precious Body, Blood, Soul and Divinity of Jesus Christ present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifferences by which He is offended. By the infinite merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary I beg the conversion of poor sinners.
- Most Holy Trinity, I adore Thee! My God, my God, I love Thee in the Most Blessed Sacrament.
- O Jesus, it is for the love of Thee, in reparation for the offenses committed against the Immaculate Heart of Mary, and for the conversion of poor sinners.



OUR CATHOLIC FAITH

The Lord's Prayer (Our Father ...)

St. Edmund: "It is better to say one Our Father fervently and devoutly than a thousand times with no devotion and full of distraction."

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

Hail Mary

Hail Mary, full of grace; the Lord is with thee. Blessed art thou 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

Glory Be

Glory be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen

The Great Commandment

"You shall love the Lord your God with your whole heart, and with your whole soul and with all your mind. This is the greatest and the first commandment. And the second is like it: you shall love your neighbor as yourself." (*Matthew 22:37-40*)

Grace Before Meals

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

Grace After Meals

We give Thee thanks, almighty God for all Thy blessings, which we have received from Thy bounty, through Christ our Lord. Amen

An Act of Faith

O my God, I firmly believe that Thou art are one God in three
Divine Persons: Father, Son and Holy Spirit:
I believe that Thy Divine Son became man,
And died for our sins,
And that he will come to judge the living and the dead.
I believe these and all the truths,
Which the Holy Catholic Church teaches,
Because thou has revealed them.
Who canst neither deceive nor be deceived.

Act of Hope

O my God, relying on your infinite goodness and promises, I hope
to obtain pardon of my sins, the help of your grace and life
everlasting, through the merits of Jesus Christ, my Lord and
Redeemer.

Act of Love

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. I love my neighbor as myself for the love of you.
I forgive all who have injured me, and I ask pardon of all which I
have injured.

Act of Adoration

Lord, Jesus Christ, present in the Blessed Sacrament, I come
before you now. I worship you and thank you for your abundant
love, which you show me by your constant presence in this form.
Your love knows no bounds in reaching out to me from this special
presence of you in this Blessed Sacrament.
I adore and worship you. I worship you like Mary worshiped you;
like the Magi; like the shepherds;

I know that I cannot compete with such worship but because you
have redeemed me and I embrace that salvation I come in
worship of you, my Blessed Sacrament.

I offer my love to your most Sacred Heart in gratitude for this most
precious gift, in reparation for my strayed way of life and also I
wish to unite my prayer and worship with others who at this time
are adoring and worshiping you.

My Jesus, I love you with all my heart. I wish to unite my love which first came from you. "God has first loved us" (*John 4:10*) with your love in your Sacred Heart. I repent of past sins and apathy. I seek to be inflamed with your love. For this purpose, I consecrate myself to you. Lord St. Paul urges us to make up what was missing.

Before I can do that, I hope through my consecration to your Sacred Heart that you will empower me with the necessary graces to allow, permit what you have achieved through your cross and resurrection to become a reality in my life. I know through these graces that I can live a powerful life in you. I would hope to realize what St. Paul said, "yet I live, no longer I, but Christ lives in me; insofar as I now live in the flesh, I live by faith in the Son of God who has loved me and given himself up for me." (*Galatians 2:20*)

Seven Sacraments Instituted by Jesus Christ

1. Baptism
2. Confirmation
3. Holy Eucharist
4. Confession
5. Anointing of the Sick
6. Holy Orders
7. Matrimony

Precepts of the Catholic Church

(See CCC (*Catechism of the Catholic Church*) #2041-43)

1. To attend Mass on Sundays and Holy Days of Obligation
2. To confess at least once a year
3. Humbly receive Jesus in Holy Communion at least during the Easter season
4. Keep holy the Holy Days of Obligation
5. Observe the prescribed days of fasting and abstinence
6. Provide for the material needs of the Church, each according to his abilities

The Seven Gifts of the Holy Spirit

- Wisdom
- Understanding
- Counsel
- Fortitude

- Knowledge
- Piety
- Fear of the Lord

The Twelve Fruits of the Holy Spirits

1. Charity
2. Joy
3. Peace
4. Patience
5. Benignity
6. Goodness
7. Long Suffering
8. Mildness
9. Faith
10. Modesty
11. Continenace
12. Chastity

The Three Theological Virtues

- **Faith** (See CCC # 1814-16): We believe in God and all that he has said and revealed to us and that the Holy Church proposes for our belief, because he is Truth itself.
- **Hope** (See CCC #1817-21): We desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the help of the grace of the Holy Spirit.
- **Charity** (See CCC #1822-29): We love God above all things for his own sake and our neighbor as ourselves for the love of God.

The Four Cardinal Virtues

- **Prudence** (See CCC #1806): Disposes practical reasons to discern our true good in every circumstance to choose the right means of achieving it. It is prudence that immediately guides the judgment of conscience.
- **Justice** (See CC #1807): Justice towards men disposes one to respect the rights of each and to establish in human relationships the harmony that promotes equity with regard to persons and to the common good.

- **Fortitude** (See CCC #1808): Ensures firmness in difficulties and constancy in the pursuit of the good. Strengthens the resolve to resist temptations and to overcome obstacles in the moral life. Fortitude enables one to conquer fear, even fear of death, and to face trials and persecutions.
- **Temperance** (See CCC #1809): Moderates the attraction of pleasures and provides balance in the use of created goods. It ensures the will's mastery over instincts and keeps desire within the limits of what is honorable.

The Seven Capital (Deadly) Vices

1. **Pride:** An exaggerated opinion of one's own worth.
2. **Avarice:** An immoderate desire for earthly goods.
3. **Lust:** A desire for impure pleasures.
4. **Anger:** An inordinate feeling or expression of displeasure.
5. **Gluttony:** Intemperate use of food or drink.
6. **Envy:** Jealousy over the good fortune of our neighbor.
7. **Sloth:** Laziness or carelessness in doing right in practicing virtue because of the necessary effort attached to it.

The Seven Last Words

1. "Father, forgive them; for they know not what they do." (*Lk 23:24*)
2. "I thirst" (*John 19:28*)
3. "My God, my God, why have you forsaken Me?" (*Matthew 27:46*)
4. "Woman behold thy son. Son behold thy mother." (*John 19:26-27*)
5. "This day you will be with me in paradise." (*Luke 23:43*)
6. "It is consummated." (*John 19:30*)
7. "Father into your hands I commit my Spirit." (*Luke 23:46*)

Spiritual Works of Mercy

1. Counsel the doubtful
2. Instruct the ignorant.
3. Admonish the sinner.
4. Comfort the sorrowful
5. Forgive injuries.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

Corporal Works of Mercy

(Mother Teresa: "The fruit of silence is prayer. The fruit of prayer is faith. The fruit of faith is Love. The fruit of Love is service. The fruit of service is peace.")

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

The Nine Choirs of Angels

1. Cherubim
2. Seraphim
3. Thrones
4. Dominions
5. Principalities
6. Powers
7. Virtues
8. Archangels
9. Angels

The Beatitudes

(Matthew 5:3-10)

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are the meek, for they shall possess the earth.

Blessed are they who mourn, for they shall be comforted.

Blessed are they who hunger and thirst for justice, for they shall be filled.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the clean of heart, for they shall see God.

Blessed are the peacemakers, for they shall be called children of God.

Blessed are they who suffer persecution for justice' sake, for theirs is the kingdom of heaven.

Blessed are you when men reproach you, and persecute you, and speaking falsely, say all manner of evil against you, for My sake.

Quotes about Priests

Our Lady of Fatima said, “Priests must be pure, very pure. They should not busy themselves with anything except what concerns the Church and souls. The disobedience of priests to their superiors and to the Holy Father is very displeasing to our Lord.”

St. John Vianney said, “When men want to destroy religion, they begin by attacking the priest because where the priest is no more, there is no more sacrifice; and where there is no more sacrifice, there is no more religion. Oh, how great is the priest. The priest will only be understood in heaven. Where he understood on earth, people would die, not of fear, but of love. If the priests are saints, what good they are able to do! But whatever they are, never speak against them.”

Prayer for Priests

O Lord, today I pray that you protect every priest under your heavens. Keep them pure and let them reflect the light of your son. Console your lonely priests. Enlighten those priests who have lost their way.

Heal your priests who suffer from wounds of the mind, body and spirit. O Lord, give your Divine Light to all your beloved priests who are sad and who suffer from depression.

Bring your love and peace to the hearts of all priests. O Lord God, please do not allow my prayer to go unheard, for your priests are your voice on earth. They are your representatives.

Be merciful and loving toward all your priests, especially those who have abandoned you. Through your love and mercy help them to be pure and holy. Lord, so many of your priests have helped and guided me.

I thank you for these priests. Lord, this is my prayer for your priest. Help them and bless them. Let not one of them escape your love and mercy. Bring them all to your eternal glory. Amen



FORMAT FOR CONFESSION

“Receive the Holy Spirit. Whose sins you shall forgive, they are forgiven them: and whose sins you shall retain, they are retained.”
(John 20:23)

1. Bless me Father for I have sinned. It has been ___(weeks, months, years) since my last confession. I accuse myself of: ... for these and all the sins of my past life, I am heartily sorrowful.
2. Priest will give advice and a penance.
3. **Act of Contrition:** *O, my God I am heartily sorry for having offended Thee. I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because I have offended Thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace to confess my sins, do penance, and amend my life. Amen*
4. Priest gives absolution and says, “Go in peace.”

I SURRENDER

Take my life Lord Jesus, take my life,
I give you all that I am today.
Call me deeper, Lord, call me deeper,
I want to walk with you all the way.

I surrender, Lord, I surrender,
I surrender my life to you.
Call me deeper Lord, call me deeper,
I want to walk with you all the way.
Yes, my Lord,
I want to walk with you all the way.

GENTLE JESUS

Gentle Jesus, hear my prayer,
keep me in your gentle care.
Be my guide in all I do,
help me live my life for you.



OUR PROTECTORS

Article 18 of Our rule refers to special feasts of the Congregation. These saints were formerly referred to as Our Protectors and for all practical purposes they can still be celebrated, even outside their feast days, as Protectors. They are:

- May 10 - **St. Damien de Veuster**
- May 11 - **St Pacomius Abbott** Protector of Our Congregation Friday following the second Sunday after Pentecost which is the Feast of the Sacred Heart of Jesus.
- Saturday following the Feast of the Sacred Heart of Jesus is the Feast of the Immaculate Heart of Mary.
- June 16 - **St. John Francis Regis**, patron saint of the Secular Branch
- July 9 - **Our Lady Queen of Peace**, patroness of the missions
- July 11 - **St. Benedict Abbot**, Secondary Patron of Our Congregation and Father of Our Rule
- August 8 - **St. Dominic**, Protector
- August 20 - **St. Bernard**, Protector
- August 28 - **St. Augustine**, Protector
- September 29 - **St. Michael the Archangel**, Patron of our missionaries.
- October 1 - **St. Therese of the Child Jesus**, Protector
- October 16 - **St. Margaret Mary Alogue**, Protector
- October 20 - **St. Caprasius**



SECULAR BRANCH PRAYER

Most Sacred Heart of Jesus
you so inspired our founders that our
Congregation of the Sacred Hearts
Emerged as a ministry of love
and mercy to the world.

That Congregation from the beginning
envisioned a group of lay people living
and proclaiming the same Charism

We have inherited that Charism and
the challenge to bring your Sacred
Heart to the world.

We have consecrated in that love and
are planning our programs
for the future.

As you have graciously blessed our
past so now bless our future and so
inspire us with your
Holy Spirit to develop our plan always
in Honor and Glory of
the Sacred Hearts. Amen



**CONGREGATION OF THE SACRED
HEARTS OF JESUS AND MARY**

SS.CC. WEST SECULAR BRANCH

By Fr. M. Barry, SS.CC.
USA Province Religious Mentor

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By: Fr. M. Barry, SS.CC.
L.Papa, SS.CC.Sb Corona Community Leader

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