

PRAYERS TO ST. JOSEPH

Head of the Holy Family
Protector of the Church
Patron Saint of Canada

Prayer to St. Joseph

O St. Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in thee all my interests and desires. O St. Joseph, do assist me by thy powerful intercession and obtain for me from thy Divine Son all spiritual blessings, through Jesus Christ, Our Lord; so that, having engaged here below thy heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers. O St. Joseph, I never weary contemplating thee and Jesus asleep in thy arms. I dare not approach while He reposes near thy heart. Press Him in my name and kiss His fine head for me and ask Him to return the kiss when I draw my dying breath. St. Joseph, Patron of departing souls, pray for us. Amen..

Prayer to St. Joseph for Our Family

Great Saint Joseph, you were chosen by God to be the Head of the Holy Family. Kindly look down upon us and bestow your fatherly protection upon our home. Model of the most lively faith, obtain for all the members of our family the grace to believe firmly what God has revealed and bear witness to our faith in all that we do. May we ever remain bound together for the salvation of souls, in order to fulfill our role in the great family of the Church and be reunited after this life in the happiness of Heaven. Amen.

Prayer to St. Joseph for Canada

Hail, St. Joseph, Patron of Canada, protector and guardian of our beloved homeland. Keep under your sovereign patronage, in this hour of crisis, the unity, the faith and integrity of your children, the Canadian people, from sea to sea. Amen.

THE CATHOLIC CHURCH TEACHES...



THIS WE BELIEVE

The Ten Commandments *God gave to Moses*

- I I am the Lord thy God. Thou shalt not have strange gods before Me.
- II Thou shalt not take the name of the Lord thy God in vain.
- III Remember thou keep holy the Lord's day.
- IV Honor thy father and mother.
- V Thou shalt not kill.
- VI Thou shalt not commit adultery.
- VII Thou shalt not steal.
- VIII Thou shalt not bear false witness against thy neighbor.
- IX Thou shalt not covet thy neighbor's wife.
- X Thou shalt not covet thy neighbor's goods.

The Two Great Commandments

Jesus gives us the Greatest Commandments

- 1) You shall love the Lord your God with your whole heart, with your whole soul and with all your mind.
- 2) You shall love your neighbor as yourself.

Matthew 22:37-39

Commandments of the Church

- 1) To assist at Mass on all Sundays and holy days of obligation
- 2) To fast and to abstain on the days appointed
- 3) To confess your sins at least once a year
- 4) To receive Holy Communion during the Easter season
- 5) To contribute to the support of the Church
- 6) To observe the laws of the Church concerning marriage.

The Church has the power from God to make laws and to change the laws that it makes. It has no power to change Divine Law

The Seven Sacraments

A Sacrament is an outward sign instituted by Christ to give grace

- † Baptism † Eucharist † Reconciliation
- † Confirmation † Marriage † Holy Orders
- † Anointing of the Sick

Baptize in Case of Emergency

Pour ordinary water on the forehead of the person to be baptized, and say while pouring it: " I baptize you in the name of the Father, and of the Son, and of the Holy Spirit."

NOTE: Any person of either sex, who has reached the age of reason, can and should baptize in case of necessity. The same person must say the words while pouring the water.

In God there are Three Divine Persons:

- 1) God the Father 2) God the Son
- 3) God the Holy Spirit (Ghost)

The Cardinal Virtues

† Prudence † Fortitude † Temperance † Justice

Seven Capital Sins

† Pride † Covetousness † Lust † Anger
† Gluttony † Envy † Sloth

Last Things

† Death † Judgment † Heaven † Hell

Theological Virtues

† Faith † Hope † Charity

Gifts of the Holy Spirit

† Wisdom † Knowledge † Understanding
† Piety † Counsel † Fortitude
† Fear of the Lord

Fruits of the Holy Spirit

† Joy † Charity † Peace † Patience
† Kindness † Goodness † Long-suffering
† Humility † Fidelity † Modesty
† Continenace † Chastity

Spiritual Works of Mercy

† Counsel the doubtful † Instruct the ignorant
† Admonish the sinner † Comfort the sorrowful
† Forgive injuries † Bear wrongs patiently
† Pray for the living and dead

Corporal Works of Mercy

† Feed the hungry † Give drink to the thirsty
† Clothe the naked † Shelter the homeless
† Visit the sick † Visit the imprisoned
† Bury the dead

The Beatitudes

- 1) Blessed are the poor in spirit: for theirs is the kingdom of heaven.
- 2) Blessed are the meek: for they shall possess the land.
- 3) Blessed are they who mourn: for they shall be comforted.
- 4) Blessed are they that hunger and thirst after justice: for they shall have their fill.
- 5) Blessed are the merciful: for they shall obtain mercy.
- 6) Blessed are the clean of heart: for they shall see God.
- 7) Blessed are the peacemakers: for they shall be called the children of God.
- 8) Blessed are they that suffer persecution for justice' sake, for theirs is the kingdom of heaven.

Matthew 5:3-10

Penitential Days and Times

All Fridays throughout the year and Lent are penitential days and times. Abstinence from meat is to be observed on Fridays however one may choose to substitute another form of penance. Abstinence and fasting are to be observed on Ash Wednesday and Good Friday. One must fast from all food and drink (except water and medicine) for one hour before receiving Holy Communion. One can be exempt from the penitential laws for legitimate reasons of health.

Holy Days of Obligation in Canada

† All Sundays
† Solemnity of Mary, Mother of God (January 1st)
† Christmas (December 25th)

Teachings of the Catholic Church

Catechism means 'teaching'. The **Catechism of the Catholic Church** is an official exposition of the teachings of the Catholic Church which explains how Catholics can live out the Bible today.



ST. JOSEPH'S WORKERS FOR LIFE AND FAMILY

PO Box 7369 Station V
OTTAWA ON K1L 8E4

Phone: 613-742-7012 Fax: 613-742-7543

e-mail: info@sjw.ca

Web Site: www.sjw.ca

Prayer

† it is "a covenant relationship between God and man in Christ"

† it is "the living relationship of the children of God with their Father who is good beyond measure, with His Son Jesus Christ and with the Holy Spirit"

† "Prayer is Christian insofar as it is communion with Christ and extends throughout the Church, which is His Body."

To begin Praying, start with ***The Sign of the Cross*** by saying "*In the name of the Father, and of the Son, and of the Holy Spirit. Amen*"

The Our Father (Lord's Prayer)

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 to the Father

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 Apostle's Creed

I believe in God, the Father Almighty, creator of Heaven and earth. I believe in Jesus Christ, his only Son our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day He rose again. He ascended into Heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. Amen.

Prayer Before Meals

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

Prayer After Meals

We give You thanks for all Your benefits, O Almighty God, who lives and reigns forever, and may the souls of the faithful departed through the mercy of God, rest in peace. Amen.

Act of Faith

O my God, I firmly believe that you are one God in three divine persons, Father, Son and Holy Spirit. I believe that your 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 in revealing them you can neither deceive nor be deceived.

Act of Hope

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

Act of Charity

O my God, I love Thee above all things, with all my heart and soul, because Thou art all-good and worthy of all my love. I love my neighbor as myself for love of Thee. I forgive all who have injured me, and ask pardon of all whom I have injured.

Act of Contrition

O my God, I am heartily sorry for all my sins because I dread the loss of Heaven and I fear the pains of hell, but most of all, because they offend Thee, who art all Good and deserving of all my love. I firmly intend, with the help of Thy Grace, to confess my sins, to do penance, and to avoid what leads me to sin.

Angel of God

Angel of God, my guardian dear, to whom His love entrusts me here, ever this day be at my side to light and guard, to rule and guide. Amen.

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

Hail Holy Queen

Hail, holy Queen, mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile show us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

(*Verse*) Pray for us, O Holy Mother of God.

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

Mysteries of the Rosary

Joyful Mysteries

Monday & Saturday

- 1) The Annunciation
- 2) The Visitations
- 3) The Birth of Christ
- 4) The Presentation
- 5) Finding in the Temple

Sorrowful Mysteries

Tuesday & Friday

- 1) Agony in the Garden
- 2) Scourging at the Pillar
- 3) Crowning with Thorns
- 4) Carrying of the Cross
- 5) The Crucifixion

Luminous Mysteries

Thursday

- 1) Baptism of Jesus
- 2) Christ at the Wedding of Cana
- 3) Proclamation of the Kingdom
- 4) The Transfiguration
- 5) The Institution of the Eucharist

Glorious Mysteries

Sunday & Wednesday

- 1) The Resurrection
- 2) The Ascension
- 3) Descent of the Holy Spirit
- 4) The Assumption
- 5) Crowning of Mary

St. Michael the Archangel

St. Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

Prayer of St. Francis

Lord, make me an instrument of your peace,
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy;
O Divine Master, grant that I may not so much seek
to be consoled as to console;
to be understood as to understand;
to be loved as to love.
For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life.

Prayer Before a Crucifix

Behold, O good and sweetest Jesus, I cast myself upon my knees in Thy sight, and with the most fervent desire of my soul I pray and beseech Thee to impress upon my heart lively sentiments of faith, hope and charity, with true repentance for my sins and a most firm desire of amendment: whilst with deep affection and grief of soul I consider within myself and mentally contemplate Thy five most precious Wounds, having before mine eyes that which David, the prophet, long ago spoke in Thine Own person concerning Thee, my Jesus: "They have pierced My hands and My feet, they have numbered all My bones" [Psalm 21, 17, 18].

A Prayer for Vocations

O Jesus, Good and Gentle Shepherd grant that the men and women from our community, may have the grace and the courage to hear and answer Your call to priesthood and religious life. Give them the wisdom to realize that life is a gift. Let them realize their life is part of YOUR plan. Call forth those You have chosen to spread the gospel message, and help them to freely respond to a life of service in the church. May the parents and families of our parish, support and encourage our young men and women to search for, follow and answer the call of God in their lives. Amen.