

### The Angelus

The Angel of the Lord declared to Mary:  
and she conceived of the Holy Spirit.

Hail Mary... Holy Mary...

Behold the handmaid of the Lord:

be it done to me according to your word.

Hail Mary... Holy Mary...

And the Word was made flesh:

and dwelt among us

Hail Mary... Holy Mary...

Pray for us, O holy Mother of God that we  
may be made worthy of the promises of  
Christ.

Let us pray:

Pour forth, we beseech you, O Lord,  
your grace into our hearts,

that we to whom the incarnation of Christ,  
your Son,

was made known by the message of an angel,  
may be brought by his passion and cross  
to the glory of his resurrection,

through Christ our Lord.  
Amen.



# My Prayer

## Booklet

(Y4)



### Prayer to the Guardian Angel

Angel sent by God to guide me,  
be my light and walk beside me;  
be my guardian and protect me;  
on the paths of life direct me.



### Prayer of St. Richard of Chichester

Day by day, O dear Lord, three things I pray:  
to see you more clearly,  
love you more dearly,  
follow you more nearly,  
day by day, by day, by day. Amen.

### The Memorare

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



### Nunc Dimittis

Now, Lord, you have kept your word:  
let your servant go in peace.  
With my own eyes I 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.  
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 Rosary: The Sorrowful Mysteries

(The Agony in the Garden, The Scourging at the Pillar,  
The Crowning with Thorns, The Carrying of the Cross,  
The Crucifixion)

### 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.

