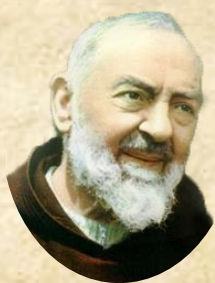


CATHOLIC DIOCESE OF
ARLINGTON



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*Powerful Prayers
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The Holy Rosary



OUR MOTHER,

Mary

Our Lady of Guadalupe,
I am your child, you are my mother.
Thank you, Mary, for taking me
and my intention into your heart.
Thank you for taking my prayer
into your loving hands and uniting my
poor prayer into your purest prayers.
Because I know that when you take my prayer
and unite it to your prayers,
I will be confident that my prayer
will be heard.

~ Father Stefan Starzynski

The use of "prayer beads" and repeated recitation of prayers started in the earliest days of the Church, and by the Middle Ages, these beads were used to count Our Fathers and Hail Marys. Eventually, 150 Hail Marys were linked with verses of psalms or other phrases evoking the lives of Jesus and Mary. Tradition has it that in the 13th century, St. Dominic organized these beads around the Mysteries that we have today, and it became known as the Rosary, which means "crown or garden of roses."

Whenever we say a Rosary, we offer our Heavenly Mother Mary a bouquet or crown of spiritual roses, and Mary leads us to her Son Jesus. The Rosary is also the spiritual sword of Mary, who has crushed evil many times throughout the centuries. Even now, Mary asks us to say the Rosary daily in reparation for all our sins and to help defeat the evil that has invaded our Church and world.

"The rosary is the book of the blind, where souls see and there enact the greatest drama of love the world has ever known; it is the book of the simple, which initiates them into mysteries and knowledge more satisfying than the education of other men; it is the book of the aged, whose eyes close upon the shadow of this world, and open on the substance of the next. The power of the rosary is beyond description." - Venerable Fulton Sheen

Sunday-----Glorious Mysteries

Monday-----Joyful Mysteries

Tuesday-----Sorrowful Mysteries

Wednesday--Glorious Mysteries

Thursday-----Luminous Mysteries

Friday----- Sorrowful Mysteries

Saturday----Joyful Mysteries

Prayers of the Rosary

The Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

On the Crucifix – Apostles Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come 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.

On all big beads – 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.

On all small beads - 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.

Space before next big bead – 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.

Fatima Prayer after “Glory Be”

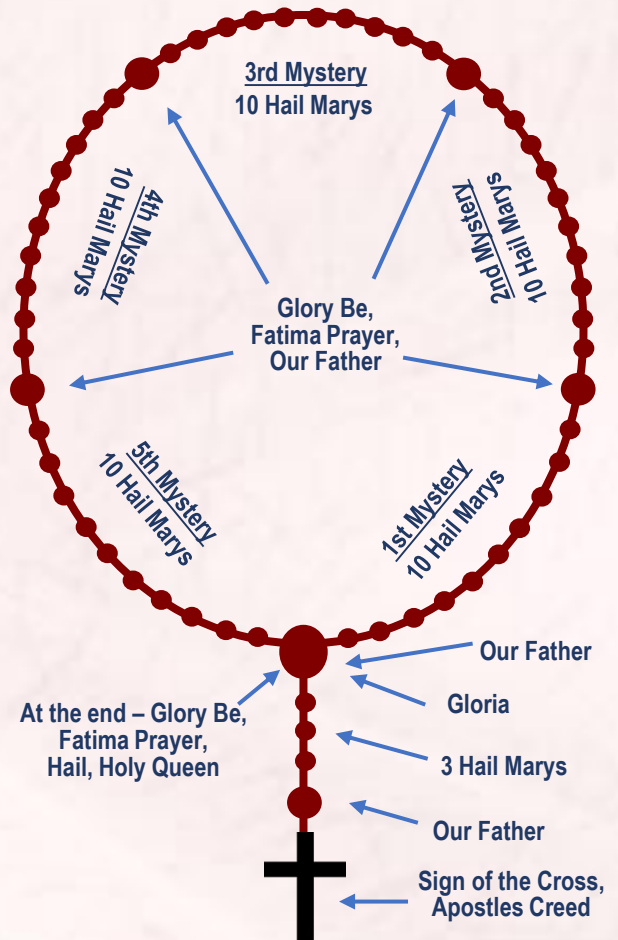
O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially those in most need of Thy mercy. Amen.

Closing Prayer on medal – 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 unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

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

O God, whose only-begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal salvation; grant we beseech Thee, that by meditating upon these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.



The JOYFUL Mysteries

1. Annunciation: Lk 1:26, 28

"The angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin ... Mary. And coming to her, he said, 'Hail, favored one! The Lord is with you.'"



2. Visitation: Lk 1:41, 42

"... Elizabeth, filled with the Holy Spirit, cried out in a loud voice and said, 'Most blessed are you among women, and blessed is the fruit of your womb.'"



3. Birth of Jesus: Lk 2:7

"While they were there ... she gave birth to her firstborn son [and] wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn."



4. Presentation in the Temple: Lk 2:22

"When the days were completed for their purification according to the law of Moses, they took him up to Jerusalem to present him to the Lord..."



5. Finding Jesus in the Temple: Lk 2:46

"After three days they found him in the temple, sitting in the midst of the teachers, listening to them and asking them questions, and all who heard him were astounded at his understanding and his answers."



The LUMINOUS Mysteries

1. Baptism of Jesus: Mk 1:10-11

“On coming up out of the water he saw the heavens being torn open and the Spirit, like a dove, descending upon him. And a voice came from the heavens, You are my beloved Son; with you I am well pleased.”



2. Wedding at Cana: Jn 2:5-10

“His mother said to the servers, ‘Do whatever he tells you.’ ... Jesus told them, ‘Fill the jars with water. ... Draw some out now and take it to the headwaiter.’ ... The headwaiter called the bridegroom and said to him, ‘Everyone serves good wine first, ... but you have kept the good wine until now.’”



3. Proclamation of the Kingdom: Mt 4:12, 17

“When [Jesus] heard that John had been arrested, he withdrew to Galilee. ... From that time on, Jesus began to preach and say, ‘Repent, for the kingdom of heaven is at hand.’”



4. Transfiguration: Mt 17:2

“And [Jesus] was transfigured before them; his face shone like the sun and his clothes became white as light. And behold, Moses and Elijah appeared to them, conversing with him.”



5. Institution of the Eucharist: Mt 26:26-28

“While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, ‘Take and eat; this is my body.’ Then he took a cup, gave thanks, and gave it to them, saying, ‘Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins.’”

The SORROWFUL Mysteries

1. Agony in the Garden: Lk 22:44-45

"[Jesus] was in such agony and he prayed so fervently that his sweat became like drops of blood falling on the ground. ... When he rose from prayer and returned to his disciples, he found them sleeping from grief."



2. Scourging at the Pillar: Mk 15:15

"So Pilate, wishing to satisfy the crowd, released Barabbas to them and, after he had Jesus scourged, handed him over to be crucified."

3. Crowning of Thorns: Mt 27:29-30

"Weaving a crown out of thorns, they placed it on his head, and a reed in his right hand. And kneeling before him, they mocked him, saying, 'Hail, King of the Jews!' They spat upon him and took the reed and kept striking him on the head."



4. Carrying of the Cross: Jn 19:17

"Then [Pilate] handed him over to them to be crucified. So they took Jesus, and carrying the cross himself, he went out to what is called the Place of the Skull, in Hebrew, Golgotha."

5. The Crucifixion: Lk 23:33,46

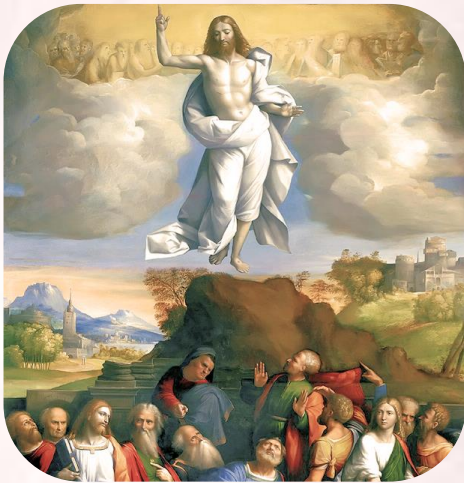
"When they came to the place called the Skull, they crucified him and the criminals there, one on his right, the other on his left. ... Jesus cried out in a loud voice, 'Father, into your hands I commend my spirit'; and when he had said this he breathed his last."



The GLORIOUS Mysteries

1. The Resurrection of Jesus: Mt 28:5-6

“Then the angel said to the women in reply, ‘Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said. Come and see the place where he lay.’”



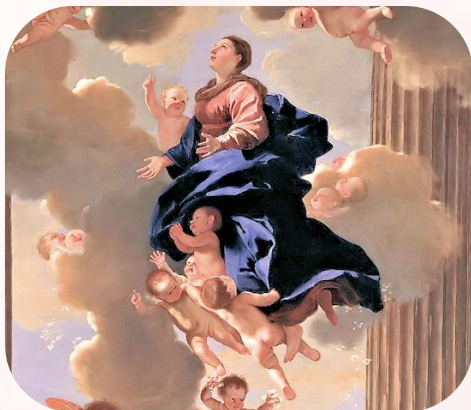
2. The Ascension of Jesus: Mk 16:19

“So then the Lord Jesus, after he spoke to them, was taken up into heaven and took his seat at the right hand of God. But they went forth and preached everywhere, while the Lord worked with them and confirmed the word through accompanying signs.”



3. Descent of the Holy Spirit: Acts 2:3-4

“Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim.”



4. Assumption of Mary: Rev 12:1

“A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars.”



5. Coronation of Mary: Judith 15:9-10

“You are the glory of Jerusalem! You are the great pride of Israel! You are the great boast of our nation! ... You have done good things for Israel, and God is pleased with them. May the Almighty Lord bless you forever!”

Seven Joys & Sorrows of St. Joseph

usually said every Wednesday and/or on 7 consecutive Sundays

*For more information and meditations about this devotion, visit our website at
www.padrepioministry.org*

1st Sorrow & Joy: THE INCARNATION (Mt 1:19-20)

Doubt of St. Joseph & Encouraging Message of the Angel

Pray 1 each: **Our Father, Hail Mary, Glory Be**



2nd Sorrow & Joy: BIRTH OF JESUS (Lk 2:7, 10-11)

The Poverty of Jesus' Birth & Glorious Birth of the Savior

Pray 1 each: **Our Father, Hail Mary, Glory Be**

3rd Sorrow & Joy: CIRCUMCISION OF JESUS (Lk 2:21-24)

The Blood of the Circumcision & the Holy Name of Jesus

Pray 1 each: **Our Father, Hail Mary, Glory Be**



4th Sorrow & Joy: PROPHECY OF SIMEON & ANNA (Lk 2:24-38)

The Prophecy of Simeon & Glories of the Redemption

Pray 1 each: **Our Father, Hail Mary, Glory Be**

5th Sorrow & Joy: FLIGHT INTO EGYPT (Mt 2:14, Is. 19:1)

The Flight into Egypt & Overthrow of the Idols in Egypt

Pray 1 each: **Our Father, Hail Mary, Glory Be**



6th Sorrow & Joy: RETURN FROM EGYPT (Mt 2:22, Lk 2:39-51)

Return from Egypt & Life with Jesus & Mary in Nazareth

Pray 1 each: **Our Father, Hail Mary, Glory Be**

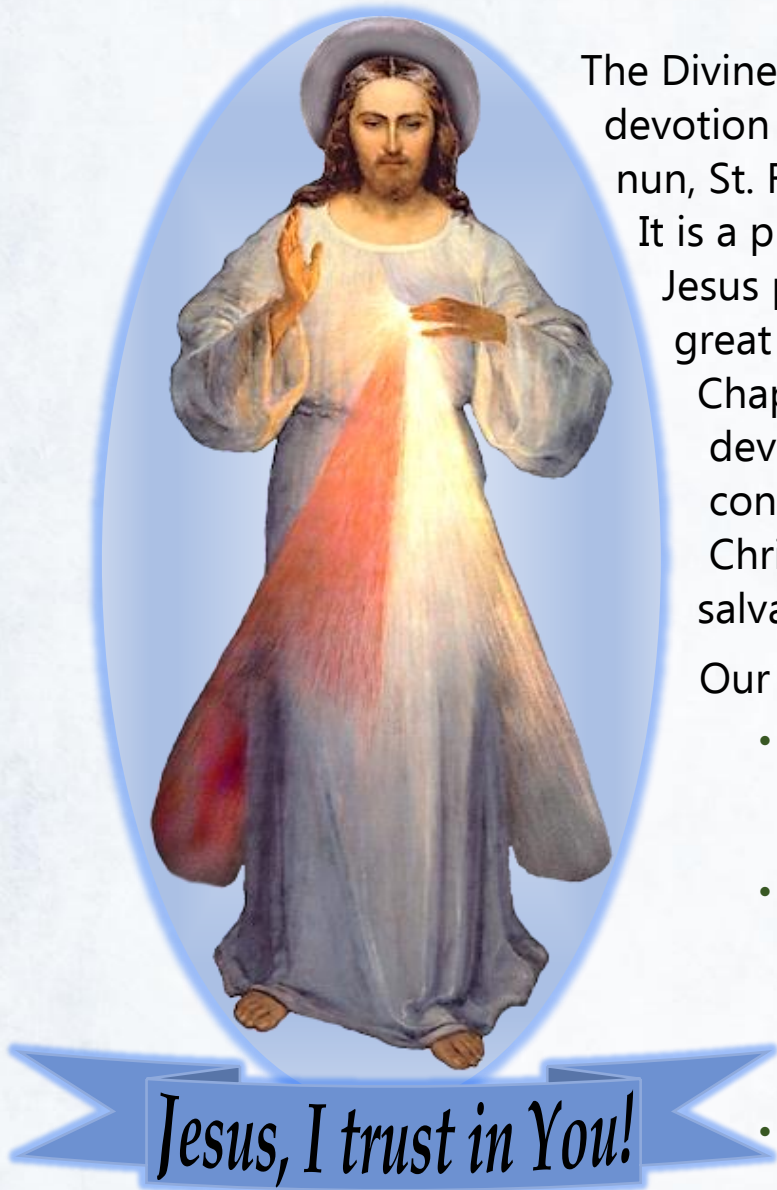
7th Sorrow & Joy: LOSS OF JESUS AT THE TEMPLE (Lk 2:45-46)

Losing Jesus & Finding Him in the Temple

Pray 1 each: **Our Father, Hail Mary, Glory Be**



Divine Mercy Chaplet



The Divine Mercy Chaplet is a powerful devotion given by our Lord to a Polish nun, St. Faustina Kowalska, in the 1930's. It is a prayer of unlimited power, and Jesus promised that He would grant great graces to those who prayed the Chaplet in union with His Will. This devotion asks for the grace of conversion and offers the sacrifice of Christ's own Passion for the salvation of sinful mankind.

Our Lord told St. Faustina:

- Encourage souls to say the Chaplet which I have given you. (Diary, 1541)
- When they say this Chaplet in the presence of the dying, I will stand between My Father and the dying person, not as the just Judge but as the Merciful Savior. (Diary, 1541)
- Whoever will recite it will receive great mercy at the hour of death. (Diary, 687)
- Priests will recommend it to sinners as their last hope of salvation. Even if there were a sinner most hardened, if he were to recite this Chaplet only once, he would receive grace from My infinite mercy. (Diary, 687)
- I desire to grant unimaginable graces to those souls who trust in My mercy. (Diary, 687)
- Through the Chaplet you will obtain everything, if what you ask for is compatible with My will. (Diary, 1731)



Divine Mercy Chaplet Prayers

The Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

1 - On the Crucifix:

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world.

O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself upon us.

2 - On the first Big Bead:

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!
(Repeat 3 times)

3 - First Small Bead: 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.

4 - Second Small Bead: 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.

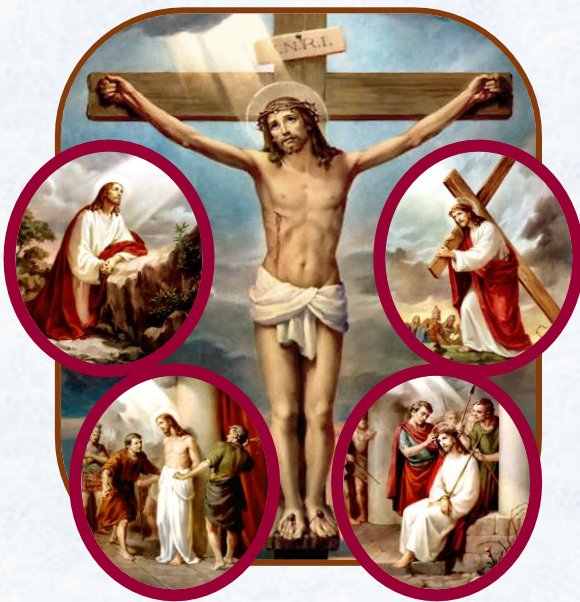
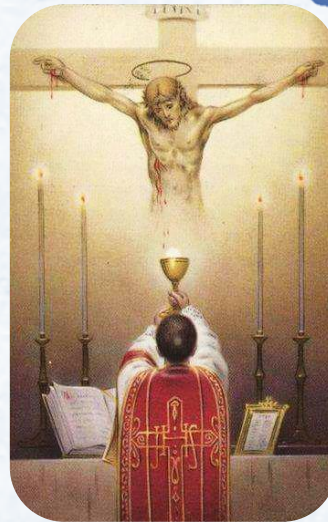
5 - Third Small Bead: Apostles Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come 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.



On the Large Beads:

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord, Jesus Christ,
in atonement for our sins and those of the whole world.



On the 10 Small Beads:

For the sake of His sorrowful Passion,
have mercy on us and on the whole world. *(Repeat 10 times per decade)*

Concluding Prayer:

Holy God, Holy Mighty One, Holy Immortal One, **have mercy on us and on the whole world.**
(Repeat 3 times)



Optional Closing Prayer:

Eternal God, in whom mercy is endless and the treasury of compassion, inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy Will, which is Love and Mercy itself.

Rosary of the 7 Sorrows of Mary

Sign of the Cross: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

On the Crucifix: My God, I offer You this Rosary in honor of the seven principal Sorrows of Mary, for Your greatest glory, for my conversion and that of all people through Your beloved Son, Jesus Christ, our salvation and our unique way to come to You, in union with the Holy Spirit for ever and ever. Amen!

Act of Contrition: O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, Who is all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin. Amen.

1) THE PROPHECY OF SIMEON (Lk 2:22-35)

Simeon, inspired by the Holy Spirit, met the Holy Family at the Temple, and he told Mary of the great suffering her son would undergo, and that a sword would pierce her heart as well.

Pray 1 Our Father... and 7 Hail Mary...



2) THE FLIGHT INTO EGYPT (Mt 2:13-15)

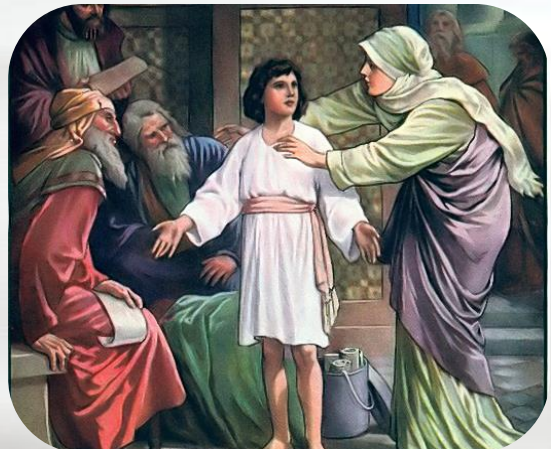
Mary and Joseph had to suddenly flee by night to protect the child Jesus, taking very little with them. They had to travel a difficult road to a foreign land, where they lived among pagans and strangers.

Pray 1 Our Father... and 7 Hail Mary...

3) THE LOSS OF JESUS IN THE TEMPLE (Lk 2:41-52)

How awful was the grief of Mary when, on the trip back from Jerusalem, she realized the Child Jesus had been missing for three days. With sorrow in their hearts, Mary and Joseph returned to Jerusalem to look for the Child Jesus..

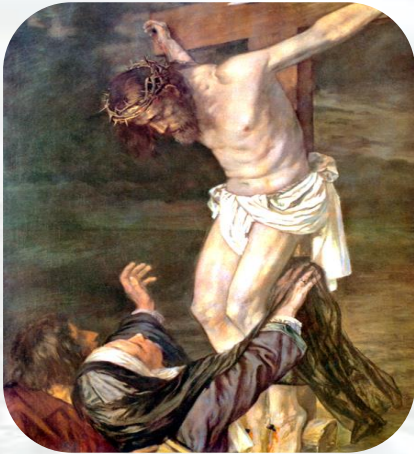
Pray 1 Our Father... and 7 Hail Mary...



4) MARY MEETS JESUS ON THE WAY TO CALVARY

Mary met Jesus as He carried a heavy cross on His scourged back and a crown of thorns adorning His head! Blood ran down His face and covered His body! Consider the tremendous grief of Mother Mary as their eyes met.

Pray 1 Our Father... and 7 Hail Mary...



5) MARY STANDS AT THE FOOT OF THE CROSS (Jn 19:25-27)

Mary watched her beloved Son being cruelly nailed to the cross, and she stood at the foot of the cross watching her Son die. Her heart broke when He cried out in abandonment, and then gave her into the care of His beloved apostle.

Pray 1 Our Father... and 7 Hail Mary...

6) MARY RECEIVES JESUS' DEAD BODY IN HER ARMS (Jn 19:38-40)

Ponder the bitter sorrow of Mary when the body of her dear Son was lowered from the cross and placed in her arms. His Heart was pierced with a lance and Her Heart was spiritually pierced with a sword.

Pray 1 Our Father... and 7 Hail Mary...



7) THE BODY OF JESUS IS PLACED IN THE TOMB (Jn 19:41-42)

No parent ever wants to bury their child. Imagine the grief of Mother Mary as she accompanied her Son's body to the grave and gazed for the last time on the lifeless body of her Son as the tomb was sealed shut.

Pray 1 Our Father... and 7 Hail Mary...

Concluding Prayer: Queen of Martyrs, your heart suffered so much. I beg you, by the merits of the tears you shed in these terrible and sorrowful mysteries, to obtain for me and all the sinners of the world, the grace of complete sincerity and repentance. Amen.

To wipe away Mary's tears, say the following prayer three times:
Sorrowful and Immaculate Heart of Mary, pray for us! (say 3 times)

Emergency Novena

The word "novena" means "nine," and this prayer dates back to the Ascension, when the apostles returned to Jerusalem and *"devoted themselves to prayer, together with the women and Mary the mother of Jesus, and with his brethren"* (Acts 1:14). They spent nine days in prayer before God sent the Holy Spirit to them on the tenth day at Pentecost.

In praying a novena, we should recognize that it is God who is in control of the situation. While we earnestly and persistently present our needs to Him, we acknowledge that ultimately, God knows what is best for us. Novenas are not magic spells or ways to manipulate God, but rather, like the desperate widow who kept asking the judge for an answer (Lk 18:1-7), we are putting our trust in a loving Father who does all things for our greater good. Certain novenas can be powerful and sometimes lead to miraculous results, but there are no "guarantees."

There may be times when we encounter an emergency and we don't have nine days to wait for an answer. That's when we can say an Emergency novena, popularized by St. Teresa of Calcutta. Mother Teresa would often have many intentions that needed a quick answer, and so she would say her "Flying Novena" (sometimes called the Express Novena). She would pray nine consecutive Memorare prayers to Our Lady, and then add a tenth Memorare prayer in thanksgiving. These prayers (or other novena prayers like the Sacred Heart Novena) can be said either once every hour for nine consecutive hours during a day, or nine times in a row, followed by a prayer of thanksgiving.



Mary's 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 by 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.

St. Joseph's Memorare

Remember, O most chaste spouse of the Virgin Mary, that never was it known that anyone who implored your help and sought your intercession was left unassisted.

Full of confidence in your power, I fly unto you and beg your protection.

Despise not, O Guardian of the Redeemer, my humble supplication, but in your bounty, hear and answer me. Amen.

The Surrender Novena

Servant of God Fr. Dolindo Ruotolo (1882-1970) was a Franciscan priest who was born and lived in Naples, Italy. Ordained at the young age of 23, Fr. Dolindo dedicated every moment of his long life to prayer and penance at the service of thousands of faithful who asked for his spiritual direction and turned to him for help and comfort. He offered himself as a victim soul for mankind, and was richly blessed by God, to include prophecies, miracles and conversations with Jesus. In fact, his contemporary Franciscan, St. Padre Pio of



Pietrelcina, once said to a group of pilgrims from Naples: *"Why do you come here, if you have Don Dolindo in Naples? Go to him, he's a saint!"* St. Pio also once told Fr. Dolindo that the *"whole of paradise is in your soul."* Fr. Dolindo is perhaps best known today for the Surrender Novena based on words that Jesus gave him, and the Rosary of Abandonment.

Prayers of the Novena

Day 1: Jesus to the soul: Why do you confuse yourselves by worrying? Leave the care of your affairs to Me and everything will be peaceful. I say to you in truth that every act of true, blind, complete surrender to Me produces the effect that you desire and resolves all difficult situations.

O Jesus, I surrender myself to You, take care of everything! (say 10 times)

Day 2: Jesus to the soul: Surrender to Me does not mean to fret, to be upset, or to lose hope, nor does it mean offering to Me a worried prayer asking Me to follow you and change your worry into prayer. It is against this surrender, deeply against it, to worry, to be nervous and to desire to think about the consequences of anything. It is like the confusion that children feel when they ask their mother to see to their needs, and then try to take care of those needs for themselves so that their childlike efforts get in their mother's way. Surrender means to placidly close the eyes of the soul, to turn away from thoughts of tribulation and to put yourself in My care, so that only I act, saying, "You take care of it."

O Jesus, I surrender myself to You, take care of everything! (say 10 times)

Day 3: Jesus to the soul: How many things I do when the soul, in so much spiritual and material need, turns to Me, looks at Me and says to Me; "You take care of it," then close its eyes and rests. In pain you pray for Me to act, but that I act in the way you want. You do not turn to Me; instead, you want Me to adapt to your ideas. You are not sick people who ask the doctor to cure you, but rather sick people who tell the doctor how to.

So do not act this way, but pray as I taught you in the Our Father: Hallowed be Thy Name, that is, be glorified in my need. Thy kingdom come, that is, let all that is in us and in the world be in accord with Your kingdom. Thy will be done on Earth as it is in Heaven, that is, in our need, decide as You see fit for our temporal and eternal life. If you say to Me truly: Thy will be done, which is the same as saying: You take care of it, I will intervene with all My omnipotence, and I will resolve the most difficult situations.

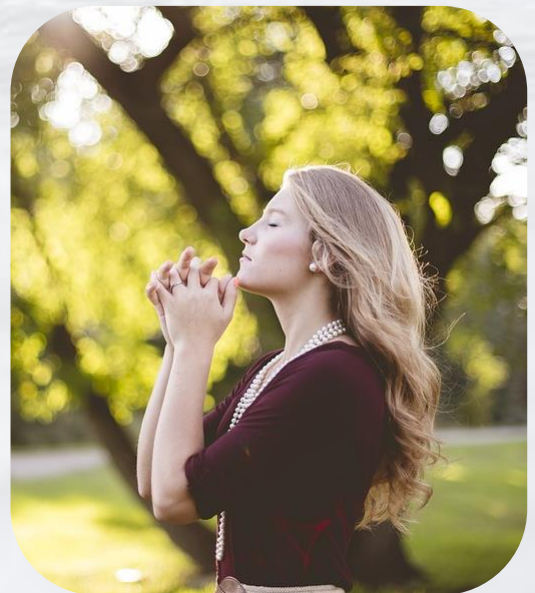
O Jesus, I surrender myself to You, take care of everything! (say 10 times)

Day 4: Jesus to the soul: Do you see evil growing instead of weakening? Do not worry; close your eyes and say to Me with faith: "Thy will be done, You take care of it." I say to you that I will take care of it, and that I will intervene as does a doctor; and I will accomplish miracles when they are needed. Do you see that the sick person is getting worse? Do not be upset, but close your eyes and say, "You take care of it." I say to you that I will take care of it, and that there is no medicine more powerful than My loving intervention. By My love, I promise this to you.

O Jesus, I surrender myself to You, take care of everything! (say 10 times)

Day 5: Jesus to the soul: And when I must lead you on a path different from the one you see, I will prepare you; I will carry you in My arms; I will let you find yourself, like children who have fallen asleep in their mothers' arms, on the other bank of the river. What troubles you and hurts you immensely are your reason, your thoughts and worry, and your desire at all costs to deal with what afflicts you.

O Jesus, I surrender myself to You, take care of everything! (say 10 times)



Day 6: Jesus to the soul: You are sleepless; you want to judge everything, direct everything and see to everything and you surrender to human strength, or worse - to men themselves, trusting in their intervention; this is what hinders My words and My views. Oh, how much I wish from you this surrender, to help you; and how I suffer when I see you so agitated! Satan tries to do exactly this: to agitate you and to remove you from My protection and to throw you into the jaws of human initiative. So, trust only in Me, rest in Me, surrender to Me in everything.

O Jesus, I surrender myself to You, take care of everything! (say 10 times)

Day 7: Jesus to the soul: I perform miracles in proportion to your full surrender to Me and to your not thinking of yourselves. I sow treasure troves of graces when you are in the deepest poverty. No person of reason, no thinker, has ever performed miracles, not even among the saints. He does divine works whosoever surrenders to God. So don't think about it anymore, because your mind is acute and for you it is very hard to see evil and to trust in Me and to not think of yourself. Do this for all your needs; do this all of you and you will see great continual silent miracles. I will take care of things; I promise this to you.

O Jesus, I surrender myself to You, take care of everything! (say 10 times)

Day 8: Jesus to the soul: Close your eyes and let yourself be carried away on the flowing current of My grace; close your eyes and do not think of the present, turning your thoughts away from the future just as you would from temptation. Repose in Me, believing in My goodness, and I promise you by My love that if you say, "You take care of it," I will take care of it all; I will console you, liberate you and guide you.

O Jesus, I surrender myself to You, take care of everything! (say 10 times)

Day 9: Jesus to the soul: Pray always in readiness to surrender, and you will receive from it great peace and great rewards, even when I confer on you the grace of immolation, of repentance and of love. Then what does suffering matter? It seems impossible to you? Close your eyes and say with all your soul, "Jesus, you take care of it." Do not be afraid, I will take care of things and you will bless My name by humbling yourself. A thousand prayers cannot equal one single act of surrender, remember this well. There is no novena more effective than this.

O Jesus, I surrender myself to You, take care of everything! (say 10 times)

Sacred Heart Novena

Jesus gave St. Margaret Mary Alacoque this powerful Novena to His Sacred Heart, and it was St. Padre Pio's favorite novena. In fact, St. Padre Pio recited this novena every day for all those who requested his prayers.

The novena can be prayed any time of year or, perpetually throughout the year, as Padre Pio did, or even as a nine-hour emergency novena. However, it is traditionally prayed for nine days prior to the Solemnity of the Most Sacred Heart in June.

Pray all prayers each day of the novena

O my Jesus, You have said: "Truly I say to you, ask and it will be given you, seek and you will find, knock and it will be opened to you". Behold I knock, I seek and ask for the grace of *(name your request)*

Pray 1 Our Father, 1 Hail Mary, 1 Glory Be, then say Sacred Heart of Jesus, I place all my trust in You.

O my Jesus, You have said: "Truly I say to you, if you ask anything of My Father in My Name, He will give it to you." Behold in Your Name I ask the Father for the grace of *(name your request)*.

Pray 1 Our Father, 1 Hail Mary, 1 Glory Be, then say Sacred Heart of Jesus, I place all my trust in You.

O my Jesus, You have said: "Truly I say to you, heaven and earth will pass away but My words will not pass away." Encouraged by Your infallible words, I now ask for the grace of *(name your request)*

Pray 1 Our Father, 1 Hail Mary, 1 Glory Be, then say Sacred Heart of Jesus, I place all my trust in You.

O Sacred Heart of Jesus, to whom one thing alone is impossible, namely, not to have compassion on the afflicted, have pity on us miserable sinners and grant us the grace which we ask of You through the Sorrowful and Immaculate Heart of Mary, Your and our tender Mother. St. Joseph, foster father of Jesus, pray for us.

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 unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.



Prayers for Souls in Purgatory



Prayers for the faithful departed pleases God, who makes use of our prayers to help purify these suffering souls that He loves. While the souls in purgatory can do nothing for themselves, their purification pays for whatever restitution remains for their sins against God. Our prayers and sufferings on earth, offered up for these souls, can help alleviate their sufferings and help them reach heaven more quickly. Even though they can no longer pray for *themselves*, these souls can and do pray for **us** out of gratitude!

It is an act of charity that we can do for those we have known and loved, for our ancestors who gave us life, for those who assisted us, for those whose memory is lost, and for those who have no one else to pray for them. Many of the Fathers of the Church, such as St. Augustine and St. John Chrysostom, considered prayers for souls in purgatory to be essential, and the Church states: *"All who die in God's grace and friendship, but still imperfectly purified, are indeed assured of their eternal salvation; but after death they undergo purification, so as to achieve the holiness necessary to enter the joy of heaven"* (CCC 1030).

The Prayer of St. Gertrude

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the holy souls in Purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family.
Amen.

My Jesus, by the sorrows You suffered in Your agony in the Garden, in Your scourging and crowning with thorns, on the way to Calvary, in Your crucifixion and death, have mercy on the souls in Purgatory, and especially on those that are most forsaken; deliver them from the terrible torments they endure; call them and admit them to Your most sweet embrace in Paradise. Amen.

Litany of the Saints

This is to be believed to be the most ancient of the Church's litanies, dating back to the 3rd century. There are different forms of the *Litany of the Saints* used for different rites in the Church. The form listed on this page is said during Last Rites.

Lord, have mercy, *Lord, have mercy*
Christ, have mercy, *Christ, have mercy*
Lord, have mercy, *Lord, have mercy*

Holy Mary, Mother of God, *pray for him/her*
Holy angels of God, *pray for him/her*
Abraham, our father in faith,
pray for him/her
David, leader of God's people,
pray for him/her
All holy patriarchs and prophets,
pray for him/her

St. John the Baptist, *pray for him/her*
St. Joseph, *pray for him/her*
St. Peter and St. Paul, *pray for him/her*
St. Andrew, *pray for him/her*
St. John, *pray for him/her*
St. Mary Magdalen, *pray for him/her*
St. Stephen, *pray for him/her*
St. Ignatius, *pray for him/her*
St. Lawrence, *pray for him/her*
St. Perpetua and St. Felicity, *pray for him/her*
St. Agnes, *pray for him/her*
St. Gregory, *pray for him/her*
St. Augustine, *pray for him/her*
St. Athanasius, *pray for him/her*
St. Basil, *pray for him/her*
St. Martin, *pray for him/her*
St. Benedict, *pray for him/her*
St. Francis and St. Dominic, *pray for him/her*
St. Francis Xavier, *pray for him/her*
St. John Vianney, *pray for him/her*
St. Catherine, *pray for him/her*
St. Teresa, *pray for him/her*

Other saints may be included here
All holy men and women, *pray for him/her*

Lord, be merciful, *Lord, save your people*
From all evil, *Lord, save your people*
From every sin, *Lord, save your people*
From Satan's power, *Lord, save your people*
At the moment of death, *Lord, save your people*
From everlasting death, *Lord, save your people*
On the day of judgment,
Lord, save your people
By Your coming as man, *Lord, save your people*
By Your suffering and cross,
Lord, save your people
By Your death and rising to new life,
Lord, save your people
By Your return in glory to the Father,
Lord, save your people
By Your gift of the Holy Spirit,
Lord, save your people
By Your coming again in glory,
Lord, save your people

Be merciful to us sinners,
Lord, hear our prayer
Bring (*name*) to eternal life, first promised to
him/her in baptism,
Lord, hear our prayer
Raise (*name*) on the last day, for he/she has
eaten the bread of life,
Lord, hear our prayer
Let (*name*) share in Your glory, for he/she has
shared in Your suffering and death,
Lord, hear our prayer
Jesus, Son of the living God,
Lord, hear our prayer

Christ, hear us, *Christ, hear us*
Lord Jesus, hear our prayer,
Lord Jesus, hear our prayer

Other forms of this Litany also include various appeals to our Lord, as shown below. Whatever form we use, and whether it is prayed alone or in a group setting, we (the Church militant) call upon the Saints in Heaven to help us here on earth and the souls in Purgatory. As it states in one of the Eucharistic prayers said at Mass to God: "*May their merits and prayers gain us Your constant help and protection.*"

Be merciful, *spare us, O Lord*

Be merciful, *graciously hear us, O Lord*

From all evil, *deliver us, O Lord*

From all sin, *deliver us, O Lord*

From Your wrath, *deliver us, O Lord*

From sudden and unprovided death, *deliver us, O Lord*

From the snares of the devil, *deliver us, O Lord*

From anger, hatred, and all ill will, *deliver us, O Lord*

From all lewdness and fornication, *deliver us, O Lord*

From lightning and tempest, *deliver us, O Lord*

From the scourge of earthquakes, *deliver us, O Lord*

From the plague, famine, and war, *deliver us, O Lord*

From everlasting death, *deliver us, O Lord*

We sinners, *we beg you to hear us*

That You spare us, *we beg you to hear us*

That You pardon us, *we beg you to hear us*

That You bring us to true penance, *we beg you to hear us*

That You govern and preserve Your holy Church,

we beg you to hear us

That You preserve our Holy Father and all ranks in the Church in holy religion, *we beg you to hear us*

That You humble the enemies of the holy Church, *we beg you to hear us*

That You give peace and true harmony to all Christian rulers, *we beg you to hear us*

That You give peace and unity to the whole Christian world, *we beg you to hear us*

That You restore to the unity of the Church all who have strayed from the truth, and

lead all unbelievers to the light of the Gospel, *we beg you to hear us*

That You confirm and preserve us in Your holy service, *we beg you to hear us*

The You lift up our minds to heavenly desires, *we beg you to hear us*

That You grant everlasting blessings to all our benefactors, *we beg you to hear us*

That You deliver our souls and the souls of our family, relatives, and those who assist us, from everlasting damnation, *we beg you to hear us*

That You give and preserve the fruits of the earth, *we beg you to hear us*

That You grant eternal rest to all the faithful departed, *we beg you to hear us*

That You graciously hear us, Son of God. *we beg you to hear us*



Lamb of God, who takes away the sins of the world, *spare us, O Lord*
Lamb of God, who takes away the sins of the world, *spare us, O Lord*
Lamb of God, who takes away the sins of the world, *have mercy on us*

Christ, hear us, *Christ, graciously hear us*
Lord, have mercy. *Christ have mercy.* Lord have mercy

Let us pray— O God, Whose nature is always to have mercy and to spare Your children, receive our humble petition: that we, and all Your servants who are bound by the chain of sin, may by the compassion of Your goodness be mercifully absolved.

Graciously hear, we beseech You, O Lord, the prayer of Your suppliants, and forgive the sins of those that confess to You: that, in Your bounty, You may grant us pardon and peace.

In Your clemency, O Lord, show Your unspeakable mercy to us: that You may both loose us from all our sins, and deliver us from the punishments which we deserve for them.

O God, Who are offended by sin, and appeased by penance, mercifully regard the prayers of Your people making supplication to You, and turn away the scourges of Your anger, which we deserve for our sins.

O God, from Whom flow all holy desires, right counsels, and just works, give unto Your servants that peace which the world cannot give; that both our hearts, given over to Your commands, and our times with the fear of our foes removed, may by Your protection be peaceful.

Inflame, O Lord, our hearts with the fire of the Holy Spirit: that we may serve You with a chaste body and please You with a clean heart.

O God, the Creator and Redeemer of all the faithful, grant to the souls of Your departed servants the remission of all their sins: that through our pious supplications, they may obtain that pardon which they have always desired.

Almighty, everlasting God, Who has dominion over the living and the dead and are merciful to all: we humbly beseech You, that they for whom we intend to pour forth our prayers, whether still living in this present world or departed from this world, may obtain the remission of all their sins through the intercession of all Your Saints and the clemency of Your goodness. We ask this through our Lord Jesus Christ, who lives and reigns with You and the Holy Spirit, one God, world without end. Amen.



How Can Suffering Be Good?

Suffering, whether it is physical, mental, emotional, or moral, has been part of the human experience ever since Adam and Eve committed the first sin. Throughout the Old Testament, and even up to today, humans have cried out to God, asking Him that if He is so good, then why does He allow all this suffering to happen? God finally answers that question by giving us His Son, Jesus, who was without sin – the spotless Lamb. Christ was well-acquainted with human suffering: He was often around the suffering and the sick, and He became a target of hostility and betrayal. Jesus also spoke of his suffering to His Apostles many times, and rebuked Peter when he tried to prevent Him from facing His destiny: the Cross. Jesus faced this suffering with full knowledge, in full obedience to His Father. Christ addressed not just our temporal suffering but our eternal suffering as well. By dying on the Cross, he paid the price for our sins, and by rising from the dead, Christ conquered death and gave us eternal life and resurrection.

Although Christ's redemptive work does not abolish temporal suffering for us, it does shine a redemptive light on it. Throughout the New Testament, we are told that if we want to participate in Christ's glory, we must first take up our crosses and bear them with love, as Jesus did. Just as Christ suffered for all of us, we too are called to suffer for others as well, so that we might all share in the redemption that was gained through suffering.

It is true that suffering IS a trial, but through our weakness, the glory and power of God is made manifest: *"Three times I begged the Lord about this, that it might leave me, but he said to me, 'My grace is sufficient for you, for power is made perfect in weakness.' I will rather boast most gladly of my weaknesses, in order that the power of Christ may dwell with me. Therefore, I am content with weaknesses, insults, hardships, persecutions, and constraints, for the sake of Christ; for when I am weak, then I am strong"* (2 Cor 12:8-10).

Additionally, suffering can be a source of joy because, with its redemptive feature, it is no longer an experience of uselessness or burden but rather provides an opportunity for grace. Our own sufferings can lead to compassion and respect for others who are suffering, which in turn leads to solidarity and communion among those who suffer. By uniting our sufferings to the sufferings of Jesus on the Cross, we participate in His redemptive suffering for us and all of humanity. It also imparts a grace which draws a person close to Christ, resulting in a deep conversion by which the person is changed to the core.

For more information on Redemptive Suffering, visit

<https://www.redemptivesuffering.org/index.html>

There is nothing more tragic in all the world than wasted pain. Think of how much suffering there is in hospitals and among the poor and the bereaved. Think also of how much of that suffering goes to waste! How many of those lonesome, suffering, abandoned, crucified souls are saying with Our Lord at the moment of consecration, "This is my body. Take it."

Venerable Fulton J. Sheen

Prayers During Time of Suffering

Prayer to accept suffering

Jesus, You suffered and died for us. You understand suffering. Teach me to understand my suffering as You do; to bear it in union with You; to offer it with You to atone for my sins and to bring Your grace to souls in need. Calm my fears; increase my trust. May I gladly accept Your holy Will and become more like You in trial. If it be Your Will, restore me to health so that I may work for Your honor and glory and the salvation of all. Amen.

Prayer to Offer Up Your Suffering

Behold me, my beloved Jesus, weighed down under the burden of my trials and sufferings, I cast myself at Your feet, that You may renew my strength and my courage, while I rest here in Your Presence. Permit me to lay down my cross in Your Sacred Heart, for only Your infinite goodness can sustain me; only Your love can help me bear my cross; only Your powerful hand can lighten its weight. O Divine King, Jesus, whose heart is so compassionate to the afflicted, I wish to live in You; suffer and die in You. During my life be to me my model and my support; At the hour of my death, be my hope and my refuge. Amen.

Prayer for a Sick Child

St. Gerard, who, like the Savior, loved children so tenderly and by your prayers freed many from disease and even death, listen to us who are pleading for our sick child. We thank God for the great gift of our son/daughter and ask Him to restore our child to health if such be His holy will. This favor we beg of you through your love for all children and mothers. Amen.



Prayer for the Sick and Elderly

All praise and glory are yours, Lord our God. For you have called us to serve you and one another in love. Bless our sick today so that they may bear their illness in union with Jesus' sufferings and restore them quickly to health. Bless those who have grown old in your service and give them courage and strength in their faith. Lead us all to eternal glory. 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.



Prayer in Time of Sickness or Trial

O good Jesus, I accept willingly this sickness [or trial] which it has pleased You to lay upon me. I confide all my pains to Your Sacred Heart, and beg You to unite them with Your bitter sufferings, and thus perfect them by making them Your own.

Since I cannot render You the praise due to You because of the multitude of my sorrows and afflictions, I ask You to praise God the Father for all I suffer, with the same tribute of praise You offered Him when Your agony on the Cross was at its height.

As You thanked Him with all the powers of Your soul for all the sufferings and injustice which He willed You should endure, so, I pray You, give Him thanks for my trials also. Offer my sufferings, physical and spiritual, to Him together with Your most holy pains, to His eternal honor and glory. Amen.



Powerful Healing Prayer

by St. Padre Pio of Pietrelcina

Heavenly Father, I thank you for loving me. I thank you for sending your Son, Our Lord Jesus Christ, to the world to save and to set me free. I trust in your power and grace that sustain and restore me. Loving Father, touch me now with your healing hands, for I believe that your will is for me to be well in mind, body, soul and spirit.



Cover me with the most precious blood of your Son, our Lord Jesus Christ from the top of my head to the soles of my feet. Cast anything that should not be in me. Root out any unhealthy and abnormal cells. Open any blocked arteries or veins and rebuild and replenish any damaged areas. Remove all inflammation and cleanse any infection by the power of Jesus' precious blood. Let the fire of your healing love pass through my entire body to heal and make new any diseased areas so that my body will function the way you created it to function. Touch also my mind and my emotion, even the deepest recesses of my heart.

Saturate my entire being with your presence, love, joy, and peace and draw me ever closer to you every moment of my life. And Father, fill me with your Holy Spirit and empower me to do your works so that my life will bring glory and honor to your holy name. I ask this in the name of the Lord Jesus Christ. Amen.

Other Powerful Prayers

THE ANIMA CHRISTI

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within Thy wounds, hide me.

Suffer me not to be separated from Thee.

From the malicious enemy, defend me.

In the hour of my death, call me

And bid me come unto Thee

That I may praise Thee with Thy saints
and with Thy angels forever and ever.

Amen.

Prayer to Our Lady of Victory by Venerable Fr. Baker

O Victorious Lady, Thou who has ever such powerful influence with Thy Divine Son in conquering the hardest of hearts, intercede for those for whom we pray, that their hearts, being softened by the ways of Divine Grace, may return to the unity of the true Faith, through Christ, our Lord. Amen.



The Angelus (usually said in morning, noon, evening)

V- The Angel of the Lord declared unto Mary,

R- And she conceived by the Holy Spirit. *(Hail Mary....)*

V- Behold the handmaid of the Lord,

R- Be it done unto me according to thy word. *(Hail Mary....)*

V- And the Word was made Flesh

R- And dwelt among us. *(Hail Mary....)*

V- Pray for us, O Holy Mother of God

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

LET US PRAY: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that, we to whom the Incarnation of Christ, Thy Son, was made known by the message of an Angel, may by His Passion and Cross, be brought to the glory of His Resurrection through the same Christ our Lord. Amen.

In 1843, Our Lord appeared to Sister Marie of St. Peter, a holy Carmelite Nun in Tours, France and asked her to spread the devotion to His Most Holy Face and Holy Name, as He was greatly sorrowed by blasphemy and by the profanation of Sunday by our work and failure to go to Mass. In 1885, Pope Leo XIII established this devotion as an archconfraternity; and contrary to custom, immediately established it for the entire world.

Golden Arrow Prayer

May the most holy, most sacred, most adorable, most mysterious and unutterable Name of God be always praised, blessed, loved, adored and glorified in heaven, on earth and under the earth, by all the creatures of God, and by the Sacred Heart of Our Lord Jesus Christ in the most Holy Sacrament of the altar.

Eternal Father, we offer You the Holy Face of Jesus, covered with blood, sweat, dust and spittle, in reparation for the crimes of communists, blasphemers, and for the profaners of the Holy Name and of the Holy Day. Amen.



Saint Michael Prayer

Saint Michael, the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God cast into hell Satan and all the evil spirits who prowl throughout the world seeking the ruin of souls. Amen.

Prayer To The Holy Spirit by Cardinal Mercier

O Holy Spirit, soul of my soul, I adore You.
Enlighten me, guide me, strengthen and comfort me.
Tell me what I ought to do and command me to do it.
I promise to submit to everything that You ask of me
and to accept all that You allow to happen to me.
Just show me what Your Will is. Amen.

I am going to reveal to you a secret of sanctity and happiness. For five minutes every day, quiet your imagination, close your eyes to everything visible and your ears to all external sounds, and withdraw into the sanctuary of your baptized soul which is the temple of the Holy Spirit. There, speak to the Holy Spirit and say [this prayer]. If you do this, your life will be happy and serene. Even in the midst of troubles, you will experience great consolation for grace will be given to strengthen and help you to cope with every difficulty. ~ Cardinal Mercier

ENCOURAGING QUOTES

Psalm 23:1-6 ~ “The LORD is my shepherd; there is nothing I lack. In green pastures he makes me lie down; to still waters he leads me; he restores my soul. He guides me along right paths for the sake of his name. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff comfort me. You set a table before me in front of my enemies; You anoint my head with oil; my cup overflows. Indeed, goodness and mercy will pursue me all the days of my life; I will dwell in the house of the LORD for endless days.”

Joshua 1:9 ~ “I command you: be strong and steadfast! Do not fear nor be dismayed, for the LORD, your God, is with you wherever you go.”

2 Corinthians 4:16-18 ~ “Therefore, we are not discouraged; rather, although our outer self is wasting away, our inner self is being renewed day by day. For this momentary light affliction is producing for us an eternal weight of glory beyond all comparison, as we look not to what is seen but to what is unseen; for what is seen is transitory, but what is unseen is eternal.”

2 Corinthians 12:9-10 ~ “But he said to me, ‘My grace is sufficient for you, for power is made perfect in weakness.’ I will rather boast most gladly of my weaknesses, in order that the power of Christ may dwell with me. Therefore, I am content with weaknesses, insults, hardships, persecutions, and constraints, for the sake of Christ; for when I am weak, then I am strong.”

Romans 5:3-5 ~ “Not only that, but we even boast of our afflictions, knowing that affliction produces endurance, and endurance, proven character, and proven character, hope, and hope does not disappoint, because the love of God has been poured out into our hearts through the holy Spirit that has been given to us.”

Romans 8:18 ~ “I consider that the sufferings of this present time are as nothing compared with the glory to be revealed for us.”

1 John 4:4 ~ “You belong to God, children, and you have conquered them, for the one who is in you is greater than the one who is in the world.”



Pope St. John Paul II ~ “When God permits us to suffer because of illness, loneliness or other reasons associated with old age, he always gives us the grace and strength to unite ourselves with greater love to the sacrifice of his Son and to share ever more fully in his plan of salvation.”

St. Josemaria Escriva ~ “Those who pray and suffer, leaving action for others, will not shine here on earth; but what a radiant crown they will wear in the kingdom of life! Blessed be the ‘apostolate of suffering!’”

St. Faustina ~ “Suffering is a great grace; through suffering the soul becomes like the Savior; in suffering, love becomes crystallized; the greater the suffering, the purer the love.”

St. Padre Pio ~ “By suffering we are able to give something to God. The gift of pain, of suffering is a big thing and cannot be accomplished in Paradise.”

St. Teresa of Avila ~ “One must not think that a person who is suffering is not praying. He is offering up his sufferings to God, and many a time he is praying much more truly than one who goes away by himself and meditates his head off, and, if he has squeezed out a few tears, thinks that is prayer.”

St. John Vianney ~ “We must have great confidence in God in times of illness or grief, because it is precisely then that God waits to see whether or no we shall put our trust in Him.”

St. Thérèse of the Child Jesus ~ “God gives me courage in proportion to my sufferings. I feel at this moment I couldn’t suffer any more, but I’m not afraid, since if they increase, He will increase my courage at the same time.”

St. Francis of Assisi ~ “Have patience, for the sickness of the body is given to us by God for the salvation of our souls, for sickness is of great merit when it is endured in peace.”

Bl. Francis Xavier Seelos ~ “It is only through suffering that we become holy. And to become holy is our only purpose in life, our only preparation for heaven.”

St. John Henry Newman ~ “Therefore, I will trust Him, whatever I am, I can never be thrown away. If I am in sickness, my sickness may serve Him, in perplexity, my perplexity may serve Him. If I am in sorrow, my sorrow may serve Him. He does nothing in vain. He knows what He is about. He may take away my friends. He may throw me among strangers. He may make me feel desolate, make my spirits sink, hide my future from me. Still, He knows what He is about.”

Bl. Carlo Acutis ~ “Do not be afraid because with the Incarnation of Jesus, death becomes life, and there’s no need to escape: in eternal life, something extraordinary awaits us.”

Our Lord to Blessed Alexandrina Maria da Costa ~ “You will very rarely receive consolation... I want that while your heart is filled with suffering, on your lips there is a smile.”

St. Padre Pio ~ “When you are exposed to any trial, be it physical or moral, bodily or spiritual, the best remedy is to think of Jesus who is our life and not to think of the trial without joining it to the thought of Jesus.”

St. Margaret Mary Alacoque ~ “I think He intends to try you like gold in the crucible, so as to number you amongst His most faithful servants. Therefore you must lovingly embrace all occasions of suffering, considering them as precious tokens of His love. To suffer in silence and without complaint is what He asks of you.”

St. Paul of the Cross ~ “Do you know why God subjects you to so many miseries? That He may bestow on you the riches of heaven.”

Pope St. John Paul II ~ “There is no evil to be faced that Christ does not face with us. There is no enemy that Christ has not already conquered. There is no cross to bear that Christ has not already borne for us, and does not now bear with us. ... Jesus Christ has taken the lead on the way of the cross. He has suffered first. He does not drive us toward suffering but shares it with us, wanting us to have life and to have it in abundance.”

St. Rose Philippine Duchesne ~ “Never forget that the road to Heaven is the Way of the Cross. Jesus has called us to follow Him, bearing the Cross as He did.”

St. Francis de Sales ~ “All the science of the saints is included in these two things: To do, and to suffer. And whoever had done these two things best, has made himself most saintly.”

St. Elizabeth of the Trinity ~ “Believe that [Jesus] loves you. He wants to help you Himself in the struggles which you must undergo. Believe in His Love, His exceeding Love.”

St. Gertrude the Great ~ “Bodily and spiritual affliction are the surest sign of Divine predilection. Gratitude for suffering is a precious jewel for our heavenly crown... Man should always firmly believe that God sends just that trial which is most beneficial for him.”

SAINTS FOR THE SUFFERING

The title of Venerable, Blessed or Saint recognizes that a person lived a holy life, is in heaven, and their life can be an inspiration to us. However, there are many more saintly souls not known to us on earth who may not be officially recognized as a Saint but are still in Heaven with God.

This practice of honoring saints came from a long-standing tradition in the Jewish faith of honoring prophets and holy people with shrines. Whenever we pray to a saint, we are asking that person to intercede directly on our behalf to God, knowing that all answered prayers and miracles come from the power of God, not the saints themselves. Indeed, it is not much different than asking our friends and

families on earth to pray for us, except with Saints, they can offer our request while face-to-face with God. Likewise, having pictures or statues of saints is also similar to having pictures in our house or wallet of loved ones who have passed away. It reminds us of the holiness to which all of us are called.

Though there are many patron saints for various situations and illnesses, there are several holy men and women who hold a special place in the Arlington Hospital Ministry. To see more details about the following saints, and their relationship to the Hospital Ministry, go to:

<https://padrepioministry.org/about-us/patron-saints/>

BLESSED VIRGIN MARY



As the Queen of all saints, Mary is known by many names, but Our Lady of Victory is our Ministry's favorite title. Pope Pius V established the feast of Our Lady of Victory to remember the victory won over the Ottoman Turks by a much smaller Christian fleet in the battle of Lepanto on October 7, 1571. That victory was won with the help of the Holy Mother of God whose aid was invoked through the praying of the rosary. Later, Pope Gregory XIII changed the title to the Feast of The Most Holy Rosary, celebrated each year on October 7th.

Mary and her Rosary is the Sword that can win victory for us over all our enemies, whether they are physical, spiritual or emotional/mental. God wants to heal you, spiritually and perhaps even physically, and Mary is our most powerful intercessor to Jesus, her son.

SAINT JOSEPH



Most of what we know about St. Joseph, the husband of Mary and the foster father of Jesus, comes from Scripture and Tradition. Second to the Virgin Mary, St. Joseph is considered the most powerful saint in Heaven, and is the patron saint of the Universal Church, as well as of fathers, of workers, of the sick, and of a happy death. Many saints, including St. Teresa of Avila and St. Thomas Aquinas, had a strong devotion to St. Joseph.

SAINT PADRE PIO

Saint Padre Pio is one of the greatest intercessors in the Catholic Church today. He was a Capuchin Catholic priest from Italy (1887-1968) who became known for bearing the stigmata (wounds of Christ), and performing many miracles and healings. His life work was devoted to the suffering and to his hospital, the Home for the Relief of Suffering. St. Pio loved to pray the rosary and encouraged others to pray it. He was also a Catholic mystic who sought union with God, and he taught that through prayer and contemplation, the soul could be brought into union with God.



VENERABLE NELSON BAKER



Fr. Nelson Baker lived from 1842 to 1936, spending his entire adult years as a priest at Limestone Hill, which in 1909 became the current city of Lackawana, New York. While there, Fr. Baker founded numerous institutions that included a basilica to Our Lady of Victory (OLV), homes for infants and unwed mothers, orphanages for boys, a hospital, a nurses' home and an elementary and high school. He gave away millions of meals and clothed over 500,000 people; provided for medical care and supplies for over 200,000; trained over 300,000 men, women and children for various jobs; took care of over 600 unmarried mothers in distress and more than 6,000 destitute and/or abandoned babies. After the Great Depression in 1930, Fr. Baker personally taught and received into the Church hundreds of black Americans who had migrated north to his city.

Today, Lackawana – nicknamed the “City of Charity” – still have homes for infants and children in need of care, and the hospital has been converted into an institution that cares for the aging. OLV Charities, OLV Human Services, and OLV National Shrine & Basilica continue the mission of Ven. Nelson Baker.

SAINT DAMIEN OF MOLOKAI

Born in rural Belgium on January 3, 1840, Jozef De Veuster was the youngest of 7 children in a pious family. In 1863, he took his brother's place on a mission to Hawaii, and was ordained a priest there in 1864. Much of his ministry was helping the sick, and in 1873, he volunteered to live on the island of Molokai to help the lepers who were relocated there by caring for them physically and spiritually, building hospitals, houses, a church and school. In 1884, he contracted leprosy himself, and died on the island in 1889. He was canonized on October 11, 2009.



SAINT MARIANNE COPE



Barbara Koob (Cope) was born on January 23, 1838 in Heppenheim, Germany., and emigrated with her family to the United States a year later. In 1862, she entered the Sisters of St. Francis of Syracuse, NY and took the name "Sr. Marianne." She was a founding leader of St. Joseph's Hospital in the city, one of the first 50 general hospitals in the country, and served as the administrator of that hospital before being asked to manage a hospital in Hawaii.

In 1883, St. Marianne Cope arrived in Hawaii with six other nuns and worked with people who had leprosy. In 1888, she moved to Molokai to assist St. Damien in his final months, and take care of the patients and children living there. She lived there until her death of natural causes in 1918. Pope Benedict XVI canonized both St. Damien (on October 11, 2009) and St. Marianne Cope (on October 21, 2012) three years later.

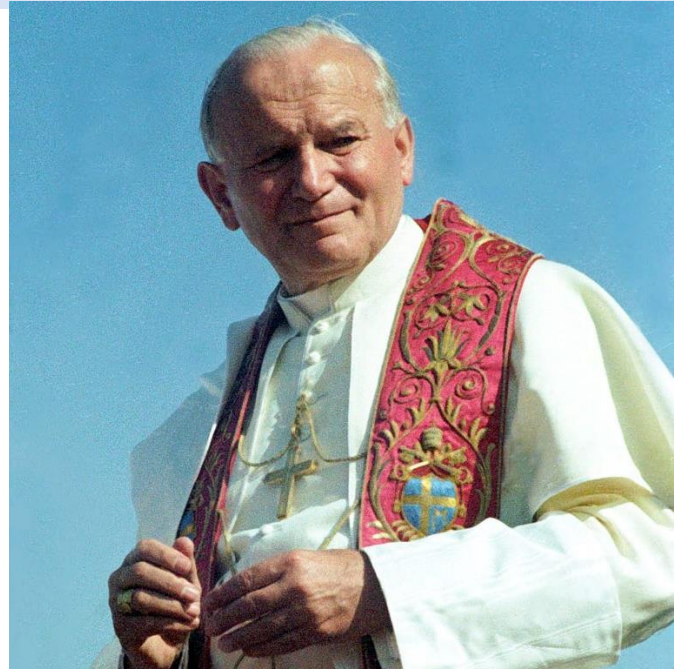
SAINT TERESA OF CALCUTTA

Agnes Bojaxhiu was born on August 26, 1910 in Skopje, Albania, and left her home in September 1928 to join the Sisters of Loreto, where she took the name Sister Mary Teresa. In 1929, she departed for Calcutta, India, and upon taking her final vows in 1937, became Mother Teresa. In 1946, she received the call from Jesus to found the Missionaries of Charity and work with the poor and the suffering. After almost 50 years of tirelessly spreading her mission to love and serve the poor and suffering throughout the world, she died on September 5, 1997, and was canonized on September 4, 2014.

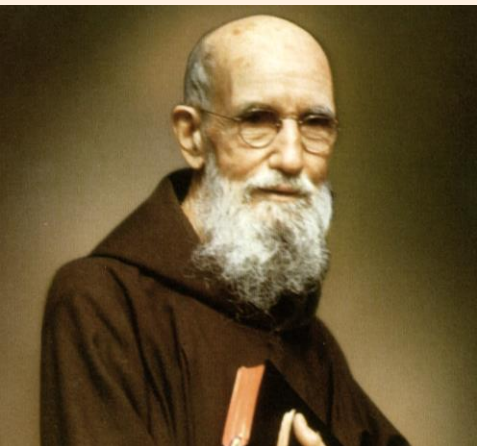


POPE SAINT JOHN PAUL II

Pope John Paul II (Karol Wojtyla) was born on May 18, 1920 in Wadowice, Poland. He entered the seminary in 1942 during the Nazi's occupation of Poland, and was ordained a priest in 1946 when communists ruled the country. In 1978, he was elected as Pope and took the name of John Paul II. He led the Church as Pope for 26 years, and was a prolific writer, teacher and traveler. During his Papacy, the Soviet Union dissolved and the revised Catechism of the Catholic Church was published. He died on April 2, 2005 and was canonized a saint on April 27, 2014.



BLESSED SOLANUS CASEY



Bernard "Barney" Francis Casey was born on Nov. 25, 1870 on a farm near Oak Grove, Wisconsin to Irish immigrant parents. When he joined the Capuchin order in Detroit, Michigan, he was given the name of Brother Francis Solanus (named after St. Francis Solano) but that was shortened to "Solanus." Because the Capuchins in Detroit spoke German, Blessed Solanus struggled with his studies and barely passed them. Therefore, in July 1904, he was ordained a "simplex priest," which meant that he could not hear confessions or preach doctrinal sermons. However, he never showed any resentment and accepted his position with humility and surrender to God's Will.

During his final illness, he remarked: *"I'm offering my suffering that all might be one. If only I could see the conversion of the whole world."* He died in Detroit at the age of 86 on July 31, 1957 and is buried at St. Bonaventure Monastery.

Father Solanus spent his life in the service of people. At the monastery door, he met thousands of people from every age and walk of life. He would often say: *"I have two loves: the sick and the poor."* He also told people to *"Thank God ahead of time,"* and hundreds of visitors reported miracles after visiting the holy priest. He is sometimes called the American Padre Pio, not just because he came from the same Capuchin order as Padre Pio, but also because of his simplicity and humble ways, his love for the sick and suffering, and the healings and miracles attributed to him even while he was alive.

SAINT PHILOMENA

St. Philomena, whose name means “Daughter of Light,” was believed to be a Greek princess in the 3rd century who became a virgin martyr and died when she was 13 or 14 years old. St. Philomena was scourged, drowned with an anchor attached to her, and shot with arrows. Each time she was attacked, angels took to her side and healed her through prayer. Ultimately, the Emperor Diocletian had Philomena decapitated.

Devotion for Philomena spread once her bones were exhumed in May 1802. After her relics were enshrined in Mugnano del Cardinale, Italy on August 10, 1805, cancers were cured, wounds were healed, and miracles occurred, all attributed to St. Philomena. The miracles attributed to her intercession were so numerous that in 1837, Pope Gregory XVI canonized her based solely on these miracles and her death as a martyr. She became known as “The Wonder Worker” and her feast day is August 11.

Other saints, such as St. John Vianney, St. Padre Pio, St. Damien of Molokai and St. Frances Cabrini, venerated Philomena and attributed miracles in their lives to the young martyr.



SAINT JUDE THADDEUS



St. Jude Thaddeus was one of the 12 apostles and was the brother of St. James the Lesser. He was also related to Jesus because his mother (Mary) was a cousin of the Virgin Mary, and his father (Cleophas) was a brother of St. Joseph. In order to differentiate him from Judas Iscariot, the Bible often refers to him as St. Jude (not the Iscariot) or simply Thaddeus. After Pentecost, he preached the Gospel to the Jews in Galilee, Samaria, and Judea for a few years, then went to Mesopotamia (current-day Iraq) to become a leader of the Church there. He traveled with St. Simon throughout Mesopotamia, Libya, Turkey, and Persia, and is believed to have helped create the Armenian Church. He was martyred in Persia or Syria around 65 A.D., and his body was brought to Rome and placed in a crypt that is now under St. Peter’s Basilica.

Throughout the centuries, pilgrims went to St. Jude’s grave to pray for their desperate situations, and countless people attributed miracles to his intercession, leading him to be called the patron saint of hopeless causes. Jesus confirmed this title in a vision to St. Bridget of Sweden when He said: *“In accordance with his surname, Thaddeus, the amiable or loving, he will show himself most willing to give help.”* Additionally, in the Letter of St. Jude (the shortest one in the New Testament), he urges Christians to persevere, especially in the most difficult or severe circumstance: *“But you, beloved, build yourselves up on your most holy faith; pray in the Holy Spirit; keep yourselves in the love of God; wait for the mercy of our Lord Jesus Christ unto eternal life”* (Jude:1:20-21).

OTHER PATRON SAINTS FOR ILLNESSES

Below is a sample of saints who are patrons for various health issues. For a fuller list of other patron saints, go to <https://ourcatholicfaith.org/patronsaints.html>

SAINT	AILMENT
St. Agatha	Breast Cancer, other Breast Diseases
St. Agnes	Rape
St. Agrippina of Mineo	Infections
St. Albert	Medical technologists, Scientists
St. Alphonsus Ligouri	Arthritis, Final Perseverance
St. Andrew Avellino	High Blood Pressure, Strokes, Sudden Death, Final Perseverance
St. Anne (mother of Mary)	Mothers, Women in labor
St. Anthony of Padua	Amputees, Expectant Mothers
St. Anthony of the Desert	Skin Diseases
St. Appollonia	Dentists, Toothaches, Dental Problems
St. Barbara	Sudden death
St. Benedict	Poisoning, Kidney Diseases
St. Bernardine of Siena	Lung and Respiratory Problems
St. Bernadino	Impulsive and Uncontrolled Gambling
St. Blaise	Throat Ailments
St. Bonaventura	Bowel disorders
St. Camillus	Nurses, the Sick
St. Charles Borromeo	Colic, Stomach Trouble, Ulcers, Obesity
St. Christina	Insanity, Psychiatrists
St. Denis	Headaches
St. Dymphna	Insanity, Mental Illness, Nerves, Rape, Stress, Anxiety
St. Erasmus (St. Elmo)	Cramps, Abdominal Pain
St. Francis De Sales	Deafness
St. Genesius	Epilepsy
St. Gemma Galgani	Back Pain
St. Gerard	Pregnant women, Infertility, Miscarriage, Childbirth
St. Giles	The Disabled, Lepers

SAINT	AILMENT
St. Gregory the Great	Desperate Causes, Plagues, Gout
St. James the Greater	Arthritis
St. John of God	Heart Diseases, Heart Attacks
St. John the Apostle	Burns
St. Josemaria Escriva	Diabetes
St. Joseph	Holy and Happy Death
St. Lawrence	Blindness
St. Louis IX	Child Death
St. Lucy	Eye Troubles, Blindness
St. Luke the Evangelist	Surgery
St. Lidwina of Schiedam	Chronic Illness and Suffering
St. Luke	Doctors, Physicians, Surgeons
St. Margaret Mary	Polio
St. Margaret of Antioch	Women in Childbirth
St. Martin	Alcoholics
St. Matthias	Addictions, especially alcohol
St. Maximilian Kolbe	Drug Addiction
St. Michael the Archangel	Radiologists
St. Monica	Alcoholism
St. Padre Pio	Stress Relief, Pain, Long-term Suffering
St. Pantaleon	Physicians
St. Patrick	Snake bites, Toothaches
St. Peregrine	Cancer, Skin diseases
St. Peter the Martyr	Midwives
St. Raphael the Archangel	Pharmacists, Chemists, Eye diseases
St. Raymond Nonnatus	Obstetricians
St. Rita	Healing of wounds, Tumors, Desperate Causes
St. Roch	Plague, Pestilence
St. Scholastica	Convulsions in Children
St. Stanislaus Kostka	Broken Bones
St. Theresa of Avila	Headaches
St. Therese of Lisieux	Tuberculosis
St. Vitus	Epilepsy, Seizures

CONTINUING THE WORK OF ST. PADRE PIO



*"Endure tribulations, illness, and pain, for the love of
God and for the conversion of poor sinners."*

Saint Padre Pio

Saint Pio of Pietrelcina (Padre Pio) is known for many gifts, including his gift of healing. He had a special place in his heart for those who suffer in the hospital, and in 1947, he proposed the creation of a hospital called "La Casa Sollievo della Sofferenza" (The Home for the Relief of Suffering). In fact, he considered his hospital to be his work, and he said that God would bless those who bless his work. On the day of the hospital's opening on May 5, 1956, Padre Pio stated, *"A seed has been sown on the earth that will warm with the rays of His love. A new army made of sacrifices and love will rise in God's glory and comfort the souls and bodies of the sick."*

Venerable Fulton J. Sheen said that the greatest tragedy is wasted suffering, especially in a hospital. The sick have much to offer, and in many ways they are the Church's most powerful army. Please know that your suffering is precious and needed for the Church. It is critical that you not only pray for the Pope but for all the needs of the Church and world. Your prayers, united to your suffering, are precious treasures and gems in the sight of God. When you offer up your suffering and give from the treasures of your pain, rest assured that God will abundantly bless you for your selflessness.

Pope Francis said that the Church should look to Padre Pio as a powerful intercessor, and Fr. Stefan Starzynski took that seriously while he was the Catholic Chaplain at Inova Fairfax Hospital from 2015-2023. From day one, Fr. Stefan began handing out prayer books to patients that he visited in the hospital, eventually developing this into an entire Prayer Folder full of prayers and

information. On May 23, 2018, Padre Pio appeared to Fr. Stefan in a dream, where Padre Pio's face appeared on the cover of the Prayer Folder. This dream convinced Fr. Stefan that Padre Pio was blessing our Ministry's work of handing out Prayer Folders to patients in the hospital, and it led us to refer to the Arlington Diocesan Hospital Ministry as the **Padre Pio Ministry to the Suffering** and name our website as www.padrepioministry.org,

On a personal level, Padre Pio wants to take you under his wings and into his heart and prayers. In a letter to a spiritual daughter, Padre Pio stated: *"I have made a pact with the Lord: when my soul has been purified in the flames of purgatory and deemed worthy to be admitted to the presence of God, I will take my place at the gate to paradise, but I shall not enter until I have seen the last of my spiritual children enter."*

The first group of Spiritual Children began at San Giovanni Rotondo, Italy in 1917, where Padre Pio met with them at least twice a week and encouraged them to live a virtuous life, fighting weaknesses and temptations. He insisted on obedience, frequent reception of the Sacraments, a daily Rosary for the Church and to fight evil, and the need for meditation and mortification. As this group grew and spread, Padre Pio remarked: *"Many, many, many more will come, but my arms will reach out to embrace the whole world."*

Even now in Heaven, Padre Pio welcomes those who ask to be one of his spiritual children, with the same conditions that he gave on earth: *"I accept you willingly as my Spiritual Children, on the condition that you always be good and not give bad example before God and man, that you be examples of a good Christian life."* Essentially, we must approach Padre Pio with a true and sincere conversion of heart, ready to deepen our faith regardless of our situation in life. He also said that, *"Once I take on a soul, I also take on the entire family as my spiritual children."*



PRAYER TO BE A SPIRITUAL CHILD OF ST. PADRE PIO

O Saint Padre Pio, holy bearer of the Wounds of Christ, accept us this day as your spiritual sons and daughters and keep us always on the narrow path by your intercession. And to thou, O our Spiritual Father, stay there at the Gates of Heaven until all of your spiritual children have entered through, even and including us. Through Christ our Lord, Amen.

Dear Padre Pio, I recall your promise to the Lord, "Lord, I will stand at the gates of heaven until I see all my spiritual children have entered." Encouraged by your gracious promise, I ask you to accept me as a spiritual child and to intercede for my prayer requests ... (here state your petitions)

Glory be to the Father, and to the Son, and to the Holy Spirit, now and forever. Amen.

SACRAMENTS IN THE HOSPITAL



It used to be true that anytime you needed a priest to come to the hospital to administer the sacraments, you could call the local parish and a priest would show up. However, in March 2020, all of that changed with the outbreak of Covid-19. Suddenly, there were new restrictive rules that promoted isolation and led to a great deal of fear. Thankfully over time, these rules have been relaxed or even lifted in many areas, allowing us to return to some form of normalcy. However, for most hospitals and other health-care facilities, these restrictions are only slightly eased and it may never return to “normal.”

Currently, many hospitals (including Inova Fairfax) will not allow a priest (including the on-duty chaplain) to enter your room **unless YOU or a FAMILY MEMBER specifically request his visit**. Even if a friend or pastor requested the local priest, the hospital will not let him enter a room to visit unless the patient or family member specifically called for the priest.

Therefore, if you would like to receive Communion, Anointing of the Sick or any other sacrament, then **you or a family member must first call the Chaplaincy office**, or ask a nurse to call on your behalf, to request a priest to visit you. Most chaplaincy offices have a list of local Catholic priests whom they can call on your behalf. **For Inova Fairfax Hospital in Virginia, you can reach the chaplain's office at 703-776-3767 (or ext. 6-3767 on the hospital phone).**

IF YOU KNOW in advance that you are going to a hospital or health-care facility, such as for surgery or chemotherapy, it would be best if you **contact or visit your parish priest BEFORE going to the facility** to receive Anointing of the Sick or other sacraments ahead of time.

If you are not able to get to your own parish, you can find a list of all the health-care facilities in the Diocese of Arlington, and the parishes that serve these facilities, at the following link: <https://padrepioministry.org/table-of-parishes/>

If you are not within the Diocese of Arlington, you can find a parish near your location at these websites:

<https://www.catholicdirectory.com/>

<https://www.parishesonline.com>

HOLY EUCHARIST

If you would like to receive Holy Communion, you or a family member **MUST** contact the hospital's Chaplaincy office first and request it so that a priest or Extraordinary Minister of the Eucharist can come to your room. When you call the Chaplaincy office, **state how often you would like to receive Communion** (e.g. once a day, only on Sunday, every other day).

If for some reason, you are not able to physically receive Holy Communion, then say a Spiritual Communion (below) as often as you like. To make this even more powerful, you could participate in Mass online as well.

Mass online via browser

- <https://www.youtube.com/c/marysshine/videos> - Sunday Mass in the Crypt Church of the Basilica of the National Shrine of the Immaculate Conception.
- <https://mass-online.org/daily-holy-mass-live-online/> - Sunday and daily masses from churches around the world
- <https://www.watchthemass.com> – from the CatholicTV Network

Mass apps for Android or Apple phones / tablets

(search for these terms in app store)

- “**Mass Online**” – developed by Marek Rzewuski
- “**CatholicTV**” – includes other Catholic programming

St. Alphonsus de Liguori Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

St. John Vianney once said: *“When we feel the love of God growing cold, let us instantly make a Spiritual Communion. When we cannot go to the church, let us turn towards the tabernacle; no wall can shut us out from the good God.”*

Likewise, Jesus told St. Catherine of Siena: *“In this golden chalice I put your sacramental communions. In this silver chalice I put your spiritual communions. Both chalices are quite pleasing to me.”*



ANOINTING OF THE SICK

This sacrament, one of the two healing sacraments of the Church, can only be administered by a Catholic priest. It may be received by any Catholic over the age of reason (usually 7 years old) who is seriously ill, infirm from old age, or facing a serious operation. A young child under the age of reason may receive a special Blessing instead of Anointing. This sacrament is **not just reserved for those who are dying**, but rather for anyone facing a serious illness. You are allowed to receive this Sacrament more than once (i.e., for a worsening illness or a new illness or different procedure).



If you are not able to receive Anointing of the Sick in a timely manner, then call upon the Mercy of God through other powerful prayers - such as the Holy Rosary, the Divine Mercy chaplet, and other prayers - which can be found in our *"Powerful Prayers for the Suffering"* booklet or on our website: www.padrepiminiistry.org

CONFESSION or RECONCILIATION

If you would like to receive this sacrament, you or a family member (or a nurse on your behalf) must contact the chaplaincy office to request a priest. In case a priest is not able to enter your room in time, then say an Act of Contrition with true repentance in your heart and a trustful surrender to the Love and Mercy of God.



ACT OF CONTRITION

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, Who is all-good and deserving of all my love. And I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin.

BAPTISM and/or CONFIRMATION

In an emergency (i.e. danger of death), patients may receive the sacrament of Baptism if they desire it. If a priest is not readily available, any properly catechized Catholic could perform the baptism, using water and the correct words. Any baptized Catholic (regardless of age) in danger of death may also receive First Communion if possible, and Confirmation if they have not already been confirmed. However, if a child is under the age of 14 and there is a good chance of survival, then they should wait to receive Confirmation at their parish.

Any emergency Baptisms, Confirmations, or First Holy Communions done at Inova Fairfax Hospital are officially recorded with St. Ambrose parish in Annandale, VA.



OTHER VALUABLE LINKS

- <https://padrepioministry.org> – includes links to video & audio Rosary, Chaplets and other prayers, as well as other helpful information
- <https://www.catholic.org/bible> – includes Catholic Bible & other prayers/information
- “**EWTN**” – listed as *EWTN Religious Catalogue* – **Apple or Android app** but it includes much more, such as live streaming TV and radio, on-demand video & audio (including Masses), searchable and audio Bible, prayers & devotionals, and much more.



- “**My Catholic Life**” – from My Catholic Life! – **Apple or Android app**

POWERFUL and EXTENSIVE app that contains so many great Catholic resources, like daily Mass Readings & reflections (written, audio or video), various written prayers (including the Rosary, chaplets, novenas, and other special prayers), several versions of the Catholic Bible (including Spanish), information about saints and Catholic Teachings and more....

HOW TO MAKE A GOOD CONFESSION



What is Reconciliation?

When we sin, we hurt ourselves by wounding our relationships with God and our neighbors. In the Sacrament of Reconciliation (also known as Confession or Penance), God offers us forgiveness of our sins, and we accept and receive God's forgiveness by sincerely expressing our sorrow, by acknowledging and making reparation for our sins, and by resolving to do better in the future. The Sacrament of Reconciliation has four parts:

- **Contrition:** A sincere sorrow for having offended God, and the most important act of the person confessing. There can be no forgiveness of sin if we do not have sorrow and a firm resolve not to repeat our sin.
- **Confession:** Naming our sins aloud to the priest who represents Christ and the Church.
- **Penance:** The priest gives us prayers, or sometimes good deeds, for our healing and the healing of those we have hurt by our sins.
- **Absolution:** The words that the priest speaks by which "God, the Father of mercies" reconciles us to Himself through His death and resurrection.

How To Go To Confession

1. The priest gives a blessing or greeting.
2. You make the Sign of the Cross and say: "*Bless me, Father, for I have sinned. My last confession was...* (give approximate number of weeks, months, or years).
3. Confess all your sins (especially serious mortal sins) to the priest. If you are unsure or uneasy, tell him and ask for help.
4. End by saying: "*I am sorry for these and all my sins.*"
5. The priest may offer advice to help you become a better Christian, and then he gives you a penance to say or do.
6. You finish with an Act of Contrition, expressing your sorrow for your sins.
My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.
7. The priest, acting in the person of Christ, then absolves you from your sins.

FREQUENTLY ASKED QUESTIONS

What is the Sacrament of Reconciliation?

This Sacrament is one of the seven outward signs of grace instituted by Christ and given to the Church, and provides an opportunity for a person to receive God's forgiveness, pardon for their sins, and reconciliation with God and His Church. Confession is when we tell our sins to the priest. Penance is the action that the priest gives us to do or say to express our gratitude for God's forgiveness. Finally, we experience reconciliation when the priest absolves us of our sins, which repairs our relationship with God and the Church. Because reconciliation is the fruit of the sacrament, this is the name the Church prefers for the sacrament.

What if I am embarrassed?

Feeling embarrassment is normal and is a sign that you know that you have done something wrong. The priest is there to listen to you with the heart of Jesus. Jesus came to love and forgive and never seeks to embarrass us. Priests have heard many sins confessed to them and are prepared to offer spiritual counsel and absolution. The priest will listen to you with understanding, not embarrassment or judgment.

Why should I confess my sins to a priest, instead of asking God for forgiveness on my own?

Asking for forgiveness is an important first step in repairing our relationship with God and others. However, sin damages not only your relationship with God but also your relationship with others and the Church. The priest hearing your confession acts as Christ present to you, offering God's mercy and forgiveness. In this way, the priest carries on the healing ministry that Jesus entrusted to his apostles when he shared with them his power to forgive sins (John 20:23). The priest cannot and will not tell anyone about anything you said during your confession. In fact, the Church requires that the priest keep secret anything you confess to him.

How can I prepare to participate in the Sacrament of Reconciliation?

Examine your conscience. Think about both the times that you have intentionally done something wrong and the times that you chose not to do something for the good of another person. The Ten Commandments (Exodus 20:1-17) and the Beatitudes (Matthew 5:3-12) are helpful tools for examining your conscience.

EXAMINATION OF CONSCIENCE

1. I am the Lord your God; you shall not have other gods before me.

Putting God First: Has God been the source, center and hope of my life? Have I put myself, anyone or anything before God? Have I made an idol of any person, idea, occupation or thing? Have I failed to trust in God, His love and mercy? Have I failed to pray to God and to worship Him faithfully? Have I doubted the Christian faith? Have I murmured or complained against God in adversities? Have I sinned against God by believing in New Age, Scientology, Astrology, Horoscopes, Fortune-telling, Superstition or engaging in the Occult? Did I endanger my Catholic Faith or cause scandal by associating with anti-Catholic groups & associations (e.g., the Freemasons)?



2. You shall not take the Name of the Lord your God in vain.

Respect for God: Do I have a deep and sincere respect for God and His Holy Name? Have I shown disrespect to God, either in word or deed? Have I dishonored God's Name in any way? Have I sworn a false oath? Have I broken any solemn promise or vow that was done before God? Have I cursed or used foul language?

3. Remember to keep holy the Sabbath day.

Respect for the Lord's Day: Have I worshiped God faithfully on all Sundays and major holy days of obligation? Have I helped others to do the same, or have I discouraged them? Have I spent the Lord's Day in holy and edifying ways? Have I made time for family and friends?

4. Honor your father and mother.

Respect Parents & Authority: Have I loved and respected my parents as I should? Have I neglected them, or failed to help them? Have I disobeyed them, deceived them or caused them pain by my words and deeds? Have I treated my family members with patience and love? Have I respected my teachers, superiors, employers (those who are in authority) as I should? Have I disobeyed or deceived them by my words or deeds? Have I treated fairly all those who have worked for me?



5. You shall not kill.

Respect for Human Life: Have I caused the harm, injury or death of anyone, including assisted suicide? Have I had an abortion or helped someone in procuring an abortion? Have I wished my own or anyone's harm or death? Have I caused others to sin? Have I abused my health or the health of others by evil and intemperate living (i.e. drugs, alcohol, etc.)? Have I given way to anger or hatred, or sought revenge? Have I failed to forgive anyone or harbored evil thoughts against them? Have I been cruel to anyone?

6&9. You shall not commit adultery. You shall not covet your neighbor's wife.

Respect for Marriage: Have I committed any sin of lust, alone or with others (masturbation, fornication, adultery)? Have I caused others to commit impure acts? Have I sinned by giving way to impure thoughts, words or conversations? Have I read immoral books or magazines, or watched immoral movies or shows. Have I delighted in obscenity of any kind? Have I associated with bad company or frequented places of ill-repute? Do I maintain modesty and decency in dress? Have I practiced birth control/contraception?

7 & 10. You shall not steal. You shall not covet anything that belongs to your neighbor.

Respect for Private Property: Have I taken or kept anything that was not mine? Have I cheated anyone? Have I caused others to steal or cheat? Have I damaged or destroyed anything that belonged to another? Have I defrauded anyone of their rightful wages? Have I paid my debts? Do I give alms according to my capacity? Have I looked with envy, jealousy or hatred toward the possessions, talents or achievements of others? Have I desired the downfall or loss of others out of evil intent that I might benefit?

8. You shall not bear false witness.

Respect for Truth: Have I given false testimony against anyone? Have I spoken evil, told lies, or spread rumors about anyone? Have I unjustly accused someone? Have I disclosed to anyone the sins and faults of another? Have I betrayed the confidence of another? Have I made careless statements or done anything else to harm the good name and reputation of another person? Have I engaged in idle gossip, (discussing that which is doubtful as if it were true), hearsay and backbiting?



CATHOLIC ADVANCE MEDICAL DIRECTIVES

Catholic Dioceses of Arlington and Richmond

MEDICAL DILEMMAS AND MORAL DECISION-MAKING

Questions about serious illness: A guide for individuals and families based on Sacred Scripture, Christian principles, and Catholic teaching.

The Gospels clearly describe how Jesus showed special love and compassion for the sick and dying throughout his public ministry. So too, the Church today reaches out to those who are suffering and to their families. In this spirit, the Catholic Bishops of Virginia have issued this document to help individuals and families navigate the tough decisions that must be made when confronted with serious illness. While the Church cannot give a ready-made answer for each situation, it does provide guidance and direction. By drawing on Sacred Scripture, the Traditions handed down to us from the Apostles and the Doctrines of the Catholic Church, the Bishops are able to address many of the concerns that challenge us in this age of technology and modern medical science.

In making decisions about what constitutes appropriate medical treatment, we must always be alert to the differences between what the State permits and what the Church teaches. We also should not hesitate to discuss our concerns with our medical providers and pastoral counselor or priest. **Please be aware that federal privacy law forbids health care facilities from notifying clergy that you or your loved one has been hospitalized;¹ therefore, it will be necessary for you to call for a chaplain or contact your parish to request a visit from a priest.**



Remember that we are never alone when facing illness. The Church accompanies us through its various ministries and with the Sacraments which bring the loving and redeeming embrace of Jesus. This includes not only the Sacraments of Reconciliation and the Eucharist, but also the Sacrament of the Anointing of the Sick. Sacramental Anointing provides special graces to those seriously ill or dying as the Bible teaches, *"Is anyone among you sick? Then summon the presbyters² of the church, and they should pray over you and anoint you with oil in the name of the Lord."*³ It is the hope and prayer of the Bishops of Virginia and their offices that this document and the resources of the Catholic Church will help you and your loved ones at a most difficult time to make decisions that are faith-filled, loving and wise.

QUESTIONS and ANSWERS

Am I required to have an Advance Medical Directive?

No. You are neither legally nor morally required to have an Advance Medical Directive. Federal law requires all hospitals and health care facilities to provide you with written information about your legal right to refuse or accept medical treatment as well as the right to formulate an Advance Medical Directive and/or designate a Health Care Agent, but you are not required to sign it.⁴

What does the Church teach about Advance Medical Directives?

The Church advocates that all medical decisions for ourselves or for others reflect the principles of our Christian faith and the moral teachings of the Catholic Church. In general, the Bishops favor and recommend designating a Health Care Agent rather than solely relying on a Living Will, as a person acting as an Agent for his or her loved one is able to respond to questions where an inflexible legal document cannot.⁵ No matter how well crafted, a Living Will can never predict all the possible problems that may occur at some later time or anticipate all future treatment options. When drawing up a Living Will, you should focus on your general wishes rather than on specific procedures.⁶

How can I ensure that my wishes will be followed if I become unable to make decisions for myself?

You can safeguard your values by appointing a responsible and trustworthy person to make decisions for you, if needed.⁷ This is best done in writing, usually through a legal document called a “Durable Health Care Power of Attorney” or by naming a Health Care Agent in an Advance Medical Directive. This can protect your wishes and prevent legal conflicts that can arise by failing to outline these wishes to your family or physician.⁸ Additionally, you can state in your Advance Medical Directive, both in your Living Will and when designating your Health Care Agent, that all decisions made on your behalf remain consistent with and do not contradict the moral teachings of the Catholic Church.

What happens if I do not have an Advance Medical Directive?

If you become incapacitated and have not appointed a Health Care Agent or completed an Advance Medical Directive, under Virginia law, decision-making authority then falls to your next of kin or legal guardian(s).⁹

Can I morally make decisions for my loved one if he or she is unable to do so?

Yes. If a person is not competent or capable to make his or her own decisions, someone who shares the person’s moral convictions, such as a family member or guardian, can make decisions on the person’s behalf.^{10, 11} Of course, moral limits apply – for example, the proxy decision-maker may not deliberately cause the person’s death or refuse morally ordinary means of care even if he or she believes the person would have made such a decision.^{12, 13, 14}

Must we “do everything possible”?

Our tradition does not demand heroic or extraordinary measures in fulfilling the obligation to sustain life.¹⁵ You may even legitimately refuse procedures that effectively prolong life, if you believe these procedures would offer no reasonable hope of benefit or may be excessively burdensome.¹⁶ Our Bishops advise, however, that interventions which favor the preservation of life be utilized if it is not immediately clear that a particular intervention is disproportionately burdensome.¹⁷

If a doctor says a particular procedure/treatment is necessary to keep someone alive, are we obligated to proceed?

While every person is obligated to use ordinary means to preserve life, no one should be obligated to submit to procedures or treatments that they have judged not to offer a reasonable hope of benefit, or that impose excessive risks and burdens on the patient.¹⁸ Declining or discontinuing medical procedures that are burdensome, dangerous, extraordinary or disproportionate to the expected outcome can be legitimate. In refusing “over-zealous” treatment, one does not wish to cause death, rather one’s inability to prevent it is merely accepted.¹⁹

Must “artificial” means of respiration be used if a person can no longer breathe on his or her own?

If means including life support are disproportionately burdensome or useless, or later become so, they may be considered morally *extraordinary* and therefore not obligatory.²⁰

Am I ever permitted to disconnect or “unplug” the respirator? Is this killing?

Mechanical ventilation or any life-prolonging procedure that can keep you alive when your body cannot do that work alone may be withdrawn if it does not provide any reasonable hope of benefit and if it only prolongs the dying process.²¹ Mechanical ventilation may not be discontinued to cause or hasten death, but may be stopped if it no

longer provides any reasonable hope of benefit (such as alleviating a person's suffering or treating the underlying disease).²² When life-prolonging procedures are withdrawn, the person dies as a natural consequence of the underlying illness. A person is not killed when nature is allowed to take its course.²³

Is declining, withholding or withdrawing medical treatment suicide or euthanasia?

You are not committing suicide by declining unnecessary treatment; and you are not sanctioning euthanasia (mercy-killing) by declining to subject another to extraordinary or disproportionate treatment. A decision to take your life or to allow another (including a physician) to kill a suffering patient is very different from a decision to refuse extraordinary or disproportionately burdensome treatment.²⁴ Whereas suicide and euthanasia involve the intent to cause death, declining interventions that are excessively burdensome or are disproportionate to the expected outcome should be considered as an acceptance of the human condition.²⁵

Am I committing suicide or killing a person by authorizing a Do Not Resuscitate (DNR) order?

No. The Church teaches that a person has the moral right to refuse, withdraw or restrict medical treatments or procedures that are likely to cause harm or side-effects out of proportion to the benefits they may bring.²⁶ A proxy decision-maker acting on behalf of the patient may instruct the physician on what treatments, including cardiopulmonary resuscitation (CPR), may or may not be administered. The withholding of CPR does not kill a person; rather he or she dies as a consequence of the underlying illness.²⁷



If we place a DNR order, does that mean our loved-one will not be cared for?

The withholding or withdrawing of medical treatment must not be an occasion for neglecting the patient. Basic personal care, such as bed rest, personal cleanliness, safety and appropriate pain medication must always be administered. No proxy, medical professional or authority should ever deny this care. The Church also considers the provision of nutrition and hydration to be forms of care owed to every person unless or until the provision of nutrition and hydration is either excessively burdensome or useless.²⁸

Is it permissible to help someone commit suicide if they ask you to do so? What about a physician?

Nothing and no one can ever permit the killing of an innocent human being, whether an embryo, infant, adult, elderly person, or even one dying or suffering from an incurable disease.^{29, 30} We have no moral right to ask for this act of killing for ourselves or for those entrusted to our care. Moreover, no authority or professional can morally recommend and/or permit such an act. This includes "physician assisted suicide," by which a physician provides to a patient the means and necessary knowledge to allow the patient to commit suicide. This and all forms of suicide violate the Divine law and are an offense against the dignity of the human person.^{31, 32}

If our loved one is suffering, how much pain medicine can be used?

We cannot be indifferent to human suffering. Medicines capable of alleviating or suppressing pain may be given to a dying person, even if such medicines may indirectly shorten the person's life, so long as the intent is to relieve pain and not to hasten death.^{33, 34} At these times, we are also comforted by our Christian faith which holds that by His passion and death on the cross, Christ has given a new meaning to suffering – it can draw us closer to Him when we unite our suffering to His redemptive Passion.³⁵ This does not lessen physical pain and fear, but gives confidence and grace for bearing suffering rather than being overwhelmed by it.^{36, 37, 38}

If a person cannot feed him/herself, are we required to provide artificial nutrition and/or hydration?

The administration of food and water even by artificial means is, in principle, an *ordinary* or *proportionate* means of preserving life. It is morally obligatory unless or until the burdens of providing such means clearly outweigh their benefits.^{39, 40} We have a general obligation to provide nutrition and hydration to persons who can still benefit from them, unless in an individual case, it is judged that these measures have become *useless* or *disproportionate* and therefore may be withheld or withdrawn (for example, when the person is drawing close to inevitable death and can no longer absorb the nutrition and hydration or the method of providing such means becomes excessively burdensome for the person).^{41, 42}

Can a feeding-tube be removed if our loved-one is alive?

Yes. But in any case when considering to withdraw or withhold medically assisted nutrition or hydration, there must be clear evidence that the means being used to supply the artificial nutrition and hydration are in fact useless, ineffective or disproportionately burdensome.⁴³ Artificial means of nutrition and hydration must not be withdrawn to cause death, but may be withdrawn if they offer no reasonable hope of benefit or pose excessive risks or burdens.⁴⁴

In the case of a patient in a persistent vegetative state (PVS), the Catholic Church teaches that medically assisted nutrition and hydration are, in principle, ordinary and proportionate care and are therefore obligatory to the extent to which and for as long as they are helpful in sustaining the patient's life and in alleviating the patient's suffering.^{45, 46} However, these same measures may be withheld or later withdrawn if they become disproportionately burdensome, as in the case where the patient is drawing close to death from an underlying progressive and fatal condition and can no longer absorb the liquids or nourishment.⁴⁷

Is someone who is comatose or in a persistent vegetative state (PVS) alive? Is someone who is pronounced "brain dead" actually dead? Can someone truly be dead if the heart is still beating?

A person who is comatose is alive. A person in a PVS is also alive. However, a person who is brain dead is truly *dead*. Death is determined by the absence of brain activity, and not necessarily heart-lung activity.⁴⁸ Therefore, a diagnosis of brain death can be established even if the heart is beating and the lungs are ventilated.^{49, 50}

Does the Church accept the definition of brain death?

Yes. The determination of death by using neurological criteria is legitimate according to the Catholic Church.⁵¹ The pronouncement of brain death by a physician does not cause death but only establishes that death has already occurred.⁵²

What does the Church teach about death in general?

The Christian understanding of death has always been that it is the separation of the soul from the physical body.^{53, 54} The Church looks to the medical profession to determine when physical death occurs, whether by means of neurological criteria or by verifying the cessation of cardiopulmonary function.⁵⁵

May I receive organs for transplant from a person pronounced brain dead? May I make arrangements for my organs to be donated if I am ever pronounced brain dead?

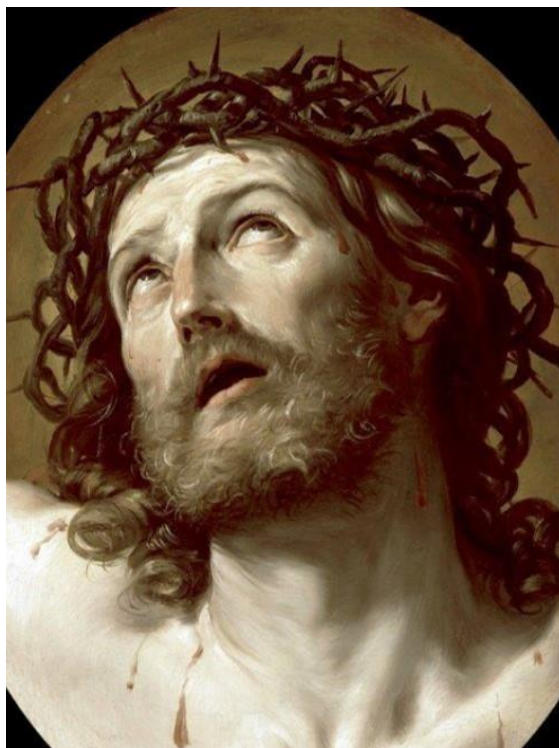
Yes, the Church teaches that a person may receive organs from a donor who is declared brain dead.⁵⁶ A person may also make provisions for the donation of his or her organs in the event of death whether determined by cardiopulmonary or neurological criteria.^{57, 58} However, because donated organs and tissues can be used to create human embryos, it would be morally prudent for a person to clearly specify that his or her donated organs and tissues not be used in any way to create human embryos.

Resources from which this document is drawn that may be helpful include the following

- Congregation for the Doctrine of the Faith, *Responses to Certain Questions of the United States Conference of Catholic Bishops Concerning Artificial Nutrition and Hydration* together with a commentary prepared by the Congregation (Rome, 2007).
- Congregation for the Doctrine of the Faith, *Declaration on Euthanasia* (Rome, 1980).
- United States Conference of Catholic Bishops, *Ethical and Religious Directives for Catholic Health Care Services*, fifth edition (Washington, D.C., 2009).
- National Conference of Catholic Bishops, Committee for Pro-Life Activities, *Nutrition and Hydration: Moral and Pastoral Reflections* (Washington, D.C., 1992, third printing, 1998).
- *The Catechism of the Catholic Church*, second edition. (United States Conference of Catholic Bishops, Washington, D.C., 1994, 1997).
- *A Catholic Guide to End-of-Life Decisions: An Explanation of Church Teaching on Advance Directives, Euthanasia and Physician-Assisted Suicide*, published by the National Catholic Bioethics Center.

To see the endnotes for this document, or for more information about the Catholic Advance Medical Directives, go to:

<https://www.arlingtondiocese.org/amd/>



An Offering of Suffering for the Diocese of Arlington

In union with Jesus' sacrifice on the cross, I offer my suffering, my life, my joys, and my pains for vocations to the priesthood and religious life in the Catholic Diocese of Arlington.

I am confident that this offering of my suffering and my discomfort has great value in the sight of God and will obtain from Jesus, through the power of the Holy Spirit and in union with Mary at the foot of the cross, a showering of graces and divine favors for all my intentions.

I ask this through Jesus Christ, Our Lord. Amen.



Prayer for Charisms of Holy Spirit

O Holy Spirit, enkindle in our hearts the fire of Your love.

Release upon our Church the diverse gifts of Your Spirit. Grant that they may be received by open hearts, prepared and willing to cultivate these charisms, given to all believers, each unique, each important in service to the Body of Christ.

Embolden us with Your courage as we go forth, in the spirit of the first apostolic community, to spread the Good News to all peoples in all nations.

Bless our efforts in community with the peace, love, and the joy of Your Spirit, unity in diversity, as we build up Your Church for the sole purpose of Your greater glory, in the name of Jesus Christ, our Lord. Amen.

What our spirit, that is, our soul, is in relation to our other members, so the Holy Spirit is to the members of Christ, that is, the Body of Christ which is the Church. ~ St. Augustine

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