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The Path of Daily

Prayer

That Leads to Holiness



*The Path to
Apparition Hill, Medjugorje*

The Path of Daily Prayer

is a booklet to help us all to a deeper love of prayer and has been inspired by Our Lady's apparitions at Medjugorje.



She asks us to pray with our hearts, not just words, she also tells us: in prayer we will come to know the greatest joy and the way out of every situation that has no way out.

The 12 apostles who went on the first Cardiff and Welsh Pilgrimage to Medjugorje in 1996



Left to right; (back row)

*Fr. Bill Curran, Spiritual Director (1996-2007); the late Mr. Kevin Mahoney;
Mr. Philip Illsley (Group Leader). Mr. William Jeremy; Mr. Tony Jeremy;
the late Mr. John Rosser.*

Left to right; (front row)

*Mrs Maureen Morgan; Mrs Maria Formosa; the late Mrs Shirley Wiggins;
Mrs Sally Jeremy; the late Miss Juliet Blair.*

Photo taken by Mr. Chris Illsley (not in photo)

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Why do we Need to Pray?

Why is Prayer so important to our salvation?

by Philip Illsley

God wishes the salvation of all, and He wishes to give us all the help necessary. According to Saint Augustine He gives it only to those who ask. It is therefore the common opinion of theologians and of the Holy Fathers **that Prayer** is necessary for the salvation of those who have attained the use of reason; hence, he who does not ask God for the graces necessary for salvation cannot be saved¹. On the other hand, the Lord will not refuse to grant His graces to those who ask for them because He has promised to **hear the prayers of all**, sinners as well as the just, and having promised them He is bound to give it to them if we pray. On the day of judgement there shall be no excuse for those who die in sin. It is useless for them to say that they had not the strength to resist temptation for Jesus Christ shall answer “If you had not the strength, why did you not ask? If you had prayed, I should certainly have helped you, and if you had already fallen into sin, why did you not ask me and I would have pardoned you.” If then we wish to be saved we must all **frequently** and **fervently ask through prayer**, and ask in the name of Jesus Christ, for all the graces necessary for our salvation. God is everywhere, therefore we have access to Him **at all times and in all places**. Avail yourself then of God’s help, approach him with confidence, lay open to him all your wants, put no limit to your demands, **ask with trust but let your prayer come from the bottom of your heart and you will find the way out of every situation**.

¹<http://209.157.64.201/focus/f-religion/2222655/posts>

Why do we Need Indulgences?

by Philip Illsley

St. Alphonsus, tells us that in order to be a saint nothing more is needed than to gain all the indulgences we can.

What is an indulgence?

An indulgence is the remission of the temporal punishment due to sin already forgiven in the Sacrament of Confession. **Our sin produces two bitter fruits in the soul, the guilt which deprives us of the grace and friendship of God and the punishment which is due to it from his justice.**

This punishment is of two kinds, temporal and eternal. The temporal punishment is not always fully forgiven by the Sacrament of Confession, it must therefore be atoned for in this life or in the next **unless cancelled by indulgences.**

When we go to confession the Priest absolves us from our sins, but he does not, and indeed he cannot absolve us from any punishment those sins may have incurred. An indulgence is therefore the remission of the temporal punishment due to the actual sin, already forgiven in the sacrament of confession. There are two sorts of indulgences - plenary and partial. A partial indulgence remits only a part of the temporal punishment due to sin.

Why do we Need Indulgences?

By a plenary indulgence we gain the **remission of the temporal punishment due to sins forgiven**, provided we have the proper disposition and comply with the conditions required. As Catholics, the greatest indulgence we can gain is on Divine Mercy Sunday. This is always celebrated on the first Sunday after Easter. If we go to confession and communion on this day and spend some time at exposition of the Blessed Sacrament, then all our **past sins** and **all punishment** for those sins are completely wiped away. This great indulgence the Church offers, is only available once a year on Divine Mercy Sunday.

The aim of this Prayer Book is to help us all gain as many indulgences as we possibly can in our lifetime, to help us pay off the debts to God's justice and to be spared the terrible pain and suffering of purgatory.

It is very important therefore in our morning prayer to form an intention of gaining all the indulgences we can and annex them to the prayers and other pious actions we perform during the course of the day - this also applies to our evening prayers.

Every Catholic home should always have a supply of Holy Water. Because Holy Water is one of the church's sacramentals, it remits venial sin. Keep your soul beautifully pure in God's sight by making the sign of the cross carefully while saying: "by this Holy Water and by thy precious blood wash away all my sins, O Lord."

Purgatory Explained

Purgatory, is a place created through the merciful goodness of God, where suffering reigns more or less intense, proportioned to **the penalty which souls must expiate**. Nearly all the people in the world go to purgatory, only those souls are preserved from going there, who at the last moment of their life, make an act of perfect love and contrition, which efface not only sin but also the pain due to it. **Also exempt are those who gain enough indulgences during their life and pay off the debt to God's justice** by acts of penance and good works.

Others exempt are those who accept to suffer in this life, in order to be spared from it in the next. Very rare, are the souls who are exempt from the final act of God's justice, and who go directly into heaven. The perfection that God exacts of each one is so great that no one feels worthy to brave His presence and to enter the throng of the elect without first plunging into the solitary and purifying bath of purgatory. Nothing escapes God's eye:- neither thoughts, nor actions, nor desires, nor affections; all are before Him like an open book wherein He reads all the moments of your life.

This is why I invite you if you truly love God to resolve to make every effort during this life, to accomplish all you do with great perfection and great love, **in order to avoid bitter surprises in the next.**

Purgatory Explained

Although the word purgatory is not mentioned in the Bible, there are many references to the idea of purification from sin taking place after death **in a special “state”**, for example:

In St. Paul’s letter to the Corinthians, the first letter of St. Peter, and the letter of St. James, there is also a reference in 2 Maccabees, where we read that Judas Maccabees made atonement for the dead **that they may be loosed from their sins. To pray for the souls in purgatory, is a charity, a duty and a source of great benefit whose reward will be our salvation itself. This double motive, their liberation and our good must impel all of us to carry out this wonderful act of charity.**

If you wish to save your soul, pray continually to the Lord, to give you light and strength not to fall into sin. **Do not omit** to entreat Him every morning and every evening to preserve you from sin. All things whatsoever you ask, when you pray, believe that you shall receive and they shall come to you.

“Ask, seek and persevere; for by asking and seeking, you dispose yourself to receive favours in great abundance.”

How to begin the day in prayer

by Philip Illsley

The first act of the day must be an act of love. Let us make this act of love diffuse into all the glances, all the words, all the movements, in all the steps, in all heartbeats, and in each breath.

Let us then elevate ourselves a little higher in the creation. For the love of each and everyone of us, God the Father, has created the sun, the stars, the sea, the earth, the birds, the flowers, and we take all this love spread in the creation. Let us make it ours and offer to God our loving Father, as so many acts of homage, of love, of thanksgiving, of blessings, and of praise.

Let us now go up there in Paradise, let us make our rounds of all the angels, and all the saints, let us unite ourselves to all the heavenly court, let us then draw near to the Blessed Virgin Mary, our dear Mother, she is ready to grant us all her graces, and with the confidence of little children, let us offer these to God our loving Father, as a most beautiful act.

Let us go to God, our loving Saviour Jesus Christ, and ask him to make us partakers of all his acts, his conception, his birth, his escape into Egypt, the thirty years of his hidden life, the years of his public life, his passion, his death, and his ascension to heaven. He did all this for us. Let us make it ours and offer it to the Sacrosanct Trinity.

Only thus as miserable creatures that we are, can we offer Him an act, the most complete and most holy, because in such a way the creature does not give anything of his own, but returns to God all the glory that is his due from all that He has done.

Begin our Daily Prayer...

Morning and Evening Devotions

These two exercises morning and evening should never be omitted. By the first you open the windows of your soul to the rays of the sun of justice, and by the second you close them to the darkness of hell.

Morning Exercise, Morning Devotions

Make the sign of the cross and in the name of the Father and of the Son and of the Holy Spirit Amen.

Morning Prayers

Remember, O Christian soul, that you have this day, and every day of your life

God to glorify, Jesus to imitate.

The angels and saints to invoke, a soul to save,

A body to mortify, sins to expiate,

Virtues to acquire, Hell to avoid,

Heaven to gain, Eternity to prepare for,

Time to profit of, your neighbour to edify,

Passions to subdue, devils to combat,

The world to despise, death, perhaps, to encounter

And judgement to undergo.

O My God, I adore thee, and give thee thanks for all thy benefits, and especially for having preserved me during the past night. I love thee with my whole heart, and I offer to thee whatever I shall do or suffer in the course of this day, in union with the sufferings of Jesus Christ and of Mary, and **with an intention of gaining all the indulgences I am able.**

I will endeavour, by the assistance of thy holy grace, to avoid all sin, and I beseech thee, for the love of Jesus, to pardon me my past sins, and to grant me perseverance in virtue. I will endeavour, particularly in such things as shall be contrary to my inclinations to unite myself to thy blessed will, saying:

Morning Devotions

“Lord, thy will be done. O Jesus, extend thy hands over me this day. Most holy Mary, protect me. Faithful guardian, my good angel, and you, my holy advocates, saints in heaven, assist me.”

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done on earth as it is in heaven.

~ Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. ~ Amen

The 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.

The Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit, and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended 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. He will come again to judge the living and the dead. ~ I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. ~ Amen.

Glory be to the Father

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

Morning Devotions

The Angelus

Indulgence - 10 years for each recital. Plenary when recited each day for a month or five Hail Marys said instead.

May be said morning, noon and night, to put us in mind that God the Son became man for our salvation.

V. The Angel of the Lord declared unto Mary:

R. And she conceived by the Holy Spirit.

Hail Mary, etc.

V. Behold the handmaid of the Lord:

R. Be it done unto me according to your word.

Hail Mary, etc.

V. And the Word was made Flesh:

R. And dwelt among us.

Hail Mary, etc.

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 you, O Lord, your grace into our hearts, that we, to whom the Incarnation of Christ your Son, was made known by the message of an angel, may be brought by his passion and cross to the glory of his resurrection, through the same Christ our Lord.

R. Amen.

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

R. Amen

Morning Devotions

Litany of the Most Holy Name Of Jesus.

Indulgence - 7 years.

Plenary if recited each day for a month.

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Jesus, hear us.

Jesus, graciously hear us.

God the Father of heaven.

God the Son, Redeemer of the world,

God, the Holy Spirit,

Holy Trinity, One God,

Jesus, Son of the living God,

Jesus, splendour of the Father,

Jesus, brightness of eternal light,

Jesus, King of glory,

Jesus, Sun of justice,

Jesus, Son of the Virgin Mary,

Jesus, most admirable,

Jesus, mighty God,

Jesus, Father of the world to come,

Jesus, Angel of great counsel,

Jesus, most powerful,

Jesus, most patient,

Jesus, most obedient,

Jesus, meek and humble of heart,

Jesus, lover of chastity

Jesus, lover of us,

Jesus, God of peace,

Jesus, author of life,

Jesus, model of virtues.

Have mercy on us

Jesus, zealous lover of souls,

Jesus, our God,

Jesus, our refuge,

Jesus, father of the poor,

Jesus, treasure of the faithful,

Jesus, good shepherd,

Jesus, true light,

Jesus, eternal wisdom,

Jesus, infinite goodness,

Jesus, our way and our life,

Jesus, joy of the Angels,

Jesus, king of the Patriarchs,

Jesus, master of the Apostles,

Jesus, teacher of the Evangelists,

Jesus, strength of the Martyrs,

Jesus, light of the Confessors,

Jesus, purity of the Virgins,

Jesus, crown of all the Saints,

Be merciful unto us : Spare us, O Jesus.

Be merciful unto us : Graciously hear

us, O Jesus

From all evil,

From all sin,

From thy wrath,

From the snares of the devil,

From the spirit of fornication,

From everlasting death,

From the neglect of thy inspirations,
Through the mystery of thy holy

Incarnation,

Through thy nativity,

Through thy infancy,

Through thy agony and passion,

Have mercy on us

Lord Jesus, deliver us

Morning Devotions

Through thy cross and dereliction,
Through thy weariness,
Through thy death and burial,
Through thy resurrection,
Through thy ascension,
Through thy institution of the most Holy Eucharist,
Through thy joys,
Through thy glory,

Lord Jesus, deliver us

Lamb of God, who takest away the sins of the world: *Spare us, O Jesus.*
Lamb of God, who takest away the sins of the world: *Graciously hear us, O Jesus.*
Lamb of God, who takest away the sins of the world: *have mercy upon us, O Jesus.*

Jesus, graciously hear us.

Let us Pray

O LORD JESUS CHRIST, who has said, "Ask, and you shall receive; seek, and you will find; knock, and it shall be open unto you;" grant, we beseech thee, that we who ask the gift of thy most divine love, may with all our heart, words, and works, love thee, and never cease to praise thee.

Give us, O Lord, an abiding fear and love of thy Holy Name; for never does thy providence abandon those whom thou dost firmly establish in thy love : Who livest and reignest world without end. Amen.

Prayer to our Guardian Angel.

Indulgence - three hundred days each recital.

Plenary if recited each day for a month.

O angel of God, whom God hath appointed to be my guardian, enlighten and protect, direct and govern me.

Morning Devotion

Prayer to St. Michael

O Glorious St. Michael, we love you,
O Glorious St. Michael pray for us now
and at the hour of death. ~ Amen.

O Glorious St. Michael guard and defend me
and my family and our home (and..... those we pray for)
Protect us from the wickedness and snares of the devil.
And you my guardian angel, thank you for watching over me,
for keeping me from all harm and every evil.
Guardian Angel, please take my prayers, and my petitions
to the throne of the Almighty God and Father in Heaven
and please bring us back Guardian Angel,
all the graces and the guidance necessary in this earthly life of mine,
that I may be able to gain the eternal salvation of my soul,
that I may gain eternal life, in the company of God the Father
the Almighty, the Creator of Heaven and Earth,
the Almighty God and Father the Supreme Being.
In the company of Jesus Christ, his only Son
our Lord, our God our Saviour, and our King
the beloved, in the company of the Holy Spirit the paraclete,
the living spring, the living fire
sweet unction and true love.
In the company of the most holy Blessed Trinity, God the Father,
God the Son, and God the Holy Spirit, three in one God.
In the company of the most holy and Blessed Virgin Mary of Nazareth,
the Mother of God, the Queen of Peace
the Queen of Heaven, the Immaculate Conception
the Mediatrix of all graces,
and the mother of us all. In the company of Saint Joseph,
her spouse most chaste, the viceroy of heaven, the protector of the universal Church, and
in the company of all the angels and all archangels and all the saints, and the whole
heavenly host in the blessed homeland of Heaven.



Thank you Lord and thank you Guardian Angel and to all our Guardian Angels a big thank you and to your Archangels, St. Michael, St. Gabriel, St. Oriel and St. Raphael that they will inform us all with your truth.

St. Michael, the Archangel, defend us in the battle. Be our protection against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, Prince of the most Heavenly Host, by the power of God, cast into Hell Satan, and all the evil spirits who now wander throughout the world seeking the ruination of souls. Amen

Prayer for the Consecration of the Family

Sacred Heart of Jesus, and Immaculate Heart of Mary, I come to you to consecrate myself, and my entire family, to your two hearts. I desire to renew the vows of my baptism, and place each member of my family through an act of faith, hope and love, into loving union with the Holy Family of Jesus, Mary and Joseph. I dedicate myself with each member of my family, to the Guardian Angels God has given each one of us. O holy Guardian Angels, enlighten, guide and protect each one so as to lead us safely home to heaven.

At Fatima, dear Mother of God, you appeared with St. Joseph and the Child Jesus blessing the world. O Holy Family, bestow blessings upon me and my entire family, so that we may live the Christ-life. I desire that each member of my family adore always the Most Blessed Trinity, and love our God, in the most Blessed Sacrament.

Grant peace to each member of my family. Keep each one in the grace of Jesus Christ. Never permit any of my family to stray from the true faith. (For any family member who has strayed, I beseech you to bind up the wounds, lift up the fallen, restore and keep each of our loved ones in grace. Bid them come back to their Father's true home.)
Amen.

End of Morning Exercise

What Our Lady asks of all of us at Medjugorje

Our Lady, Queen of Peace



On 24th June, 1981, six children witnessed a vision of a woman who identified herself as the Blessed Virgin Mary. She came to bring peace and to ask for conversion - a return to God and to living the gospel. Mary comes to us as the Queen of Peace.

From that day, she has continued to appear daily to the seers. Today, only three now see Our Lady daily, and she has confided nine secrets to them. To Mirjana, Ivanka and Jacov she has given ten secrets and no longer appears to them regularly. Our Lady asks us to follow her plan of peace:

Dear children, I invite you for your individual conversion. This time is for you! Without you God's plan can not be realised. Dear children grow day by day closer to God through prayer:

I GIVE TO YOU THE WEAPON AGAINST YOUR GOLIATH,
HERE ARE YOUR LITTLE STONES:

1. Prayer with the heart: Rosary 2. Eucharist
3. Holy Bible 4. Fasting 5. Monthly confession

1 - Pray the whole Rosary daily; the Joyful, Mysteries of Light, Sorrowful and Glorious. This may seem too onerous to some people, but you can build up to this. Vicka started by saying the Peace Rosary regularly.

2 - Attend Holy Mass as regularly as possible. Our Lady has said that Mass is the greatest form of prayer and one must prepare to receive Jesus with a clean heart.

3 - Fasting on Wednesday and Friday on bread and water. If you are unable to do

this then there are a thousand ways to fast. One can give up television, drinking, smoking etc. Our Lady said, "You know what you must give up."

4 - Monthly Confession. Our Lady says, "Whole sections of the Church could be cured if the believers would go to confession once a month."

5 - Read the Bible every day. "Little Children, place the Sacred Scripture in a visible place in your family, and read and live it", says Our Lady.

What Our Lady asks of all of us at Medjugorje

by Philip Illsley

Our Lady asks all of us to spend more time in prayer. To make prayer the most important act in our daily lives. This is her daily message in Medjugorje.

In Medjugorje we are dealing with a centre of prayer, of penance, of fasting, and of reconciliation. Here the fruits are so manifest, so clear, and so impressive. Many prayer groups have been formed as a direct result of a pilgrimage to Medjugorje. This is the outcome of the religious experience people gain in Medjugorje, and which they keep up, and apply to their own lives, and among their families and communities when they return home. On the basis of what I myself have observed in Medjugorje and of which everyone who has been there observes, I truly believe that we are going to experience a radiation of this unique atmosphere of peace which has its origin, its centre in Medjugorje, which will extend itself over the entire world.

Pilgrims are God-seekers. When the pilgrim encounters God, he rediscovers his own heart, sometimes after a long, long, time. So too, it is in Medjugorje.

Our Lady tells us in Medjugorje that without us, God's plan for the salvation of mankind cannot be realised. Only through prayer are we able to understand our role in God's plan to save mankind. This is why Our Lady is constantly asking us all to "pray pray pray my children". She asks us to pray with the heart, not just with words. Think about what you are saying, and to whom you are addressing in prayer **God!**

The litany Of the Blessed Virgin

Indulgence - 3 years, Plenary when recited each day for a month.

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

God the Father of heaven,
God the Son, Redeemer of the world,
God the Holy Spirit,
Holy Trinity, one God,

}
} Have mercy on us

Holy Mary,
Holy Mother of God,
Holy Virgin of virgins,
Mother of Christ,
Mother of divine grace,
Mother most pure,,
Mother most chaste,
Mother inviolate,
Mother undefiled,
Mother most lovable,
Mother most admirable,
Mother of good counsel,
Mother of our Creator,
Mother of our Saviour,
Virgin most prudent,
Virgin most venerable,
Virgin most renowned,
Virgin most powerful,

}
} Pray for us

The litany Of the Blessed Virgin

Virgin most merciful,
Virgin most faithful,
Mirror of justice,
Seat of wisdom,
Cause of our joy,
Spiritual vessel,
Vessel of honour,
Singular vessel of devotion,
Mystical rose,
Tower of David,
Tower of ivory,
House of gold,
Ark of the covenant,
Gate of heaven,
Morning star,
Health of the sick,
Refuge of sinners,
Comfort of the afflicted
Help of Christians,
Queen of Angels,
Queen of Patriarchs,
Queen of Prophets,

Pray for us

Queen of Apostles,
Queen of Martyrs,
Queen of Confessors,
Queen of Virgins,
Queen of all Saints,
Queen conceived without
original sin,
Queen assumed into heaven,
Queen of the most holy Rosary,
Queen of Peace,
Lamb of God, you take away
sins of the world,
spare us, O Lord.
Lamb of God you take away
sins of the world,
have mercy on us.

Pray for us

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

Let us Pray

Lord God, give to your people the joy of continual health in mind and body. With the prayers of the Virgin Mary to help us, guide us through the sorrows of this life to eternal happiness in the life to come. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

R. Amen.

Evening Exercise

**Repeat the Lord's Prayer, Hail Mary, The Creed,
Glory Be as in the morning exercise.**

.....

Bless, O my God, the repose I am going to take, that, renewing my strength, I may be better enabled to serve thee.

Pour down thy blessing, O Lord, on my parents, relatives, friends, and enemies. Protect the Pope, our bishop, and all the pastors of thy holy Church. Assist the poor and afflicted, and those who are now in their last agony. Jesus I beg You, by the inconceivable power of Your mercy, let all the souls who will die this day, escape the fire of hell, even if they have been the greatest sinners the world has ever known. Look with an eye of pity on the suffering souls in purgatory, particularly N.N.; put an end to their torments, and lead them forth into everlasting joy.

Before the closing of the day,
Creator, we thee humbly pray,
That for thy wanted mercy's sake,
Thou us into protection take.
May nothing in our minds excite
Vain dreams and phantoms of the night;
Keep off our enemies, that so
Our bodies no uncleanness know.
In this, most gracious Father, hear,
Through Christ, thy equal Son, our prayer;
Who, with the Holy Spirit and thee,
Doth live and reign eternally. Amen.

LORD JESUS CHRIST, I accept this sleep in the spirit of love, with which thou didst sanctify it, when thou didst deign to sleep in thy most sacred humanity, to the glory of God the Father, and for the salvation of all mankind; beseeching that, in union with thee, it may tend to the increase in grace and glory of all thine elect in heaven, on earth, and in purgatory. Amen.

Evening Exercise

De Profundis

Indulgence - 3 years, Plenary when recited each day for a month.

Out of the depths I cry to you, O Lord,

Lord, hear my voice!

O let your ears be attentive to voice of my pleading.

If you, O Lord, should mark our guilt,

Lord, who would survive?

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

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

My soul is longing for the Lord more than the watchman for daybreak.

(Let the watchman count on daybreak and Israel on the Lord.)

Because with the Lord there is mercy and fullness of redemption,

Israel indeed he will redeem from all its iniquity.

V. Eternal rest grant to them, O Lord.

R. And let perpetual light shine upon them.

V. May they rest in peace.

R. Amen.

V. O Lord, hear my prayer.

R. And let my cry come to you.

Let us pray.

O God, the Creator and Redeemer of all the faithful, grant to the souls of your servants departed the remission of all their sins, that through our pious supplication they may obtain that pardon which they have always desired who lives and reigns for ever and ever.

R. Amen.

Evening Exercise



Prayers for the souls in purgatory Through the messages of Merciful Love.

Our Lord tells us that to pray for the souls in purgatory is a duty itself, whose reward will be our salvation itself - this double motive their liberation, and your good must impel you to accomplish this act of charity so agreeable to my heart, O Jesus, You suffered and died that all mankind might be saved and brought to eternal happiness. Hear our pleas for further mercy on the souls of:-

My dear parents and grandparents,
My brothers and sisters and other near relatives
My godparents and sponsors of confirmation,
My spiritual and temporal benefactors,
My friends and neighbours,
All for whom love or duty bids me pray,
Those who have offended me,
Those who have suffered disadvantage or harm through me,
Those who are especially beloved by You,
Those whose release is near at hand,
Those who desire most to be united to You,
Those who endure the greatest sufferings,
Those whose release is most remote,
Those who are least remembered,
Those who are most deserving on account of their services to the Church.
The rich, who now are the most destitute,,
The mighty, who now are powerless,
Those once spiritually blind, who now see their folly, and idleness,
The poor, who did not seek treasures of heaven,
The tepid, who devoted little time to prayer,
The indolent, who neglected to perform good works,
Those of little faith, who neglected the frequent reception of the Sacraments,
The habitual sinners, who owe their salvation to a miracle of grace,
Parents who failed to watch over their children.

My Jesus Mercy!

Prayers for the souls in purgatory

Superiors who were not solicitous for the salvation of those entrusted to them,
 Those who strove for worldly riches and pleasures,
 The worldly-minded, who failed to use their wealth and talents in the service of God,
 Those who witnessed the death of others, but would not think of their own,
 Those who did not provide for the life hereafter,
 Those whose sentence is severe because of the great things entrusted to them,
 The popes, kings and rulers,
 The bishops and their counsellors,
 My teachers and spiritual advisers,
 The deceased priests and religious of the Catholic Church
 The defenders of the holy faith,
 Those who fought for their country,
 Those who were buried in the sea,
 Those who died of apoplexy,
 Those who died of heart attacks,
 Those who suffered and died of cancer,
 Those who died suddenly in accidents,
 Those who died without the last rites of the church,
 Those who shall die within the next twenty four hours,
 My own poor soul when I shall have to appear before your judgement seat.

Prayer

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them; for evermore with your saints, because You are gracious.

P. The Lord be with you.

S. And with your spirit.

may the prayer of your suppliant people, we beseech you, O Lord, benefit the souls of your departed servants and handmaids: that you may both deliver them from all sins, and make them to be partakers of your redemption, Amen.

Eternal rest grant unto them, O Lord, And let perpetual light shine on them, Amen.

May their souls and souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

End of Evening Exercise

The Miraculous Medal



The Miraculous Medal owes its origin to the Marian Apparitions in the Chapel of the Rue du Bac, Paris, in 1830.

On Saturday, 27th November, 1830, the Immaculate Virgin appeared to St. Catherine Laboure Daughter of Charity, and entrusted to her the mission of having a medal struck. She gave her the model:

“Have a medal struck according to this model, those who wear it with faith will receive great graces especially if they wear it around the neck” the Virgin told her:

The medal was immediately distributed far and wide. Numerous graces of conversion, protection and healing were obtained.

Say every day the invocation inscribed on the medal:

O MARY CONCEIVED WITHOUT SIN, PRAY FOR US WHO HAVE RECOURSE TO THEE, Mary likes to be greeted in this way

Miraculous Medal - Novena

The Novena Prayer

O Immaculate Virgin Mary,
Mother of Our Lord Jesus Christ,
with confidence we come to implore
your unfailing help.
Bearer of life, Mother of our Saviour,
give birth in our hearts to Jesus your Son
who forgives our sins and brings healing to our lives.

Mother of the Church on earth
hear the cry of the lowly and the poor,
who hunger for Jesus, the Bread of Life
and in your loving wisdom make our prayers your own.
(Pause to mention your petitions)

Virgin gentle in mercy, Queen of the Universe,
cover us with the veil of your protection
and deliver us from the darkness of evil.
Teach us by prayer and self control,
the meaning of truth and the beauty of love,
that with minds that are healed and hearts that are pure
we may come in the end to where
you are Queen of Angels and of Saints. Amen.

Brown Scapular Devotion



Whosoever dies clothed in the scapular shall not suffer eternal fires.

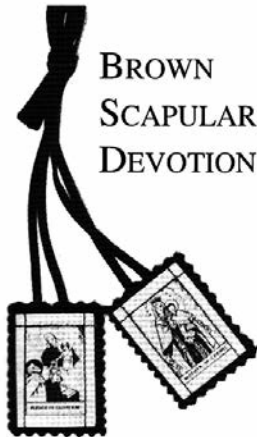
Morning Offering of Reparation

O Jesus, through the Immaculate Heart of Mary, (here you kiss your brown scapular) and in union with the Holy Sacrifice of the Mass being offered throughout the world, I offer you all my prayers, works, joys and sufferings of this day in reparation for the offences committed against the Immaculate Heart of Mary, for my sins and the sins of the whole world.

In 1917 our Lady requested five things at Fatima;

1. Consecration to her Immaculate Heart.
2. Reception of Holy Communion on the first Saturdays of five consecutive months.
3. The offering of daily sacrifices for the conversion of sinners.
4. Five decades of the Rosary each day.
5. The wearing of the Scapular of Mount Carmel as the sign of our consecration to Mary.

Our Lady said “she wants everyone to wear it”. Lucia said further: “The Rosary and the Scapular are inseperable” and that the reason for wearing the Scapular is because it is our “Sign of Consecration to the Immaculate Heart of Mary”.



5 First Saturdays Devotion



Intention of making reparation to the Immaculate Heart of Mary. On the first Saturday of 5 consecutive months, go to confession, receive Holy Communion, recite 5 decades of the Rosary and keep Our Lady company for 15 minutes, while meditating on the 20 mysteries of the Rosary with the intention of making reparation for our sins and for poor sinners.

Act of consecration to the Immaculate Heart of Mary

O Virgin of Fatima, Mother of mercy, Queen of heaven and earth, refuge of sinners, we consecrate ourselves to your Immaculate Heart.

To you we consecrate our hearts, our souls, our families and all that we have.

And in order that this consecration may be truly effective and lasting, we renew today the promises of our Baptism and Confirmation; and we undertake to live as good Christians-faithful to God, the Church and the Holy Father. We desire to pray the Rosary, partake in the Holy Eucharist, attach special importance to the first Saturday of the month, and work for the conversion of sinners.

5 First Saturdays Devotion

Furthermore we promise, O most holy Virgin, that we will zealously spread devotion to you, so that through our consecration to your Immaculate Heart and through your own intercession, the coming of the Kingdom of Christ in the world may be hastened. Amen.

After the Rosary Say:-

“My God, I believe, I adore, I hope and I love you. I ask pardon for those who do not believe, do not adore, do not hope and do not love you.

O Jesus, it is for love of you, for the conversion of sinners and in reparation for the sins committed against the Immaculate Heart of Mary.

Most Holy Trinity, Father Son and Holy Spirit, I adore you profoundly and I offer you the most precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifference with which He himself is offended. Through the infinite merits of His most Sacred Heart and the Immaculate Heart of Mary, I beg of you the conversion of poor sinners”.

St. Alban's and St. Peter's Divine Mercy Group, Cardiff

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The St Alban's & St Peter's Divine Mercy Group
c/o Mr Philip Illsley, 18 Meadow Hill, St Davids Manor,
Church Village, East Glam CF38 1RX.

Telephonenumber 01443 203305 or email philip.illsley@googlemail.com

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Prayer to St. Joseph

Saint Joseph, father and guardian of virgins, into whose faithful keeping were entrusted Innocency itself, Christ Jesus, and Mary, the Virgin of virgins, I pray and beseech thee through Jesus and Mary, those pledges so dear to thee, to keep me from all uncleanness, and to grant that my mind may be untainted, my heart pure and my body chaste; help me always to serve Jesus and Mary in perfect chastity. Amen.

Indulgence - 3 years; plenary, under usual conditions, for month's recitation.

Devotion to Jesus Agonising on the Mount of Olives



My soul is sorrowful even unto death.
Stay here and watch. (St. Mark XIV-34)

O Jesus, through the abundance of Thy love, and in order to overcome our hardheartedness, Thou pourest out torrents of Thy graces over those who reflect on Thy most sacred sorrow in the Garden of Gethsemane, and who spread devotion to it. I pray Thee, move my soul and my heart to think often, at least once a day, of Thy most bitter Agony in the Garden of Gethsemane, in order to communicate with Thee and to be united with Thee as closely as possible.

O blessed Jesus, Thou, who carried the immense burden of our sins that night, and atoned for them fully; grant me the most perfect gift of complete repentant love over my numerous sins, for which Thou didst sweat blood.

O blessed Jesus, for the sake of Thy most bitter struggle in the Garden of Gethsemane, grant me final victory over all temptations, especially over those to which I am most subjected.

O suffering Jesus, for the sake of Thy inscrutable and indescribable agonies, during that night of betrayal, and of Thy bitterest anguish of mind, enlighten me, so that I may recognise and fulfill Thy will; grant that I may ponder continually on Thy heart-wrenching struggle and how Thou didst emerge victoriously, in order to fulfill, not Thy will, but the will of Thy Father.

Be Thou blessed, O Jesus, for all Thy sighs on that holy night; and for the tears which Thou didst shed for us.

Be Thou blessed, O Jesus, for Thy sweat of blood and the terrible agony, which Thou didst suffer lovingly in coldest abandonment and inscrutable loneliness.

Be Thou blessed, O sweetest Jesus, filled with immeasurable bitterness, for the prayer which flowed in trembling agony from Thy Heart, so truly human and divine.

Eternal Father, I offer Thee all the past, present and future Masses together with the blood of Christ shed in agony in the Garden of Sorrow at Gethsemane.

Most Holy Trinity, grant that the knowledge, and thereby the love, of the agony of Jesus on the Mount of Olives will spread throughout the whole world.

Grant, O Jesus, that all who look lovingly at Thee on the Cross, will also remember Thy immense Suffering on the Mount of Olives, that they will follow thy example, learn to pray devoutly and fight victoriously, so that, one day they may be able to glorify Thee eternally in Heaven. Amen.

Promises to Devotees of the Agony of Jesus on the Mount of Olives

1. To all those who remember My agony, with love and devotion, at least once a day: forgiveness of all sins and the certainty of salvation for their souls in the hour of their death.

2. Total and everlasting repentance to those who will have a Mass celebrated in honour of My Agonising Suffering in the Garden of Gethsemane.

3. Success in the spiritual matters to all those, who impress on others, love and devotion to My Agonies on the Mount of Olives.

4. Finally, and in order to prove to you that I want to break open a dam of My Heart so as to let flow a flood of My Graces, I promise those who spread this devotion to My Agony in the Garden of Gethsemane, the following 3 graces:

a) total and final victory over the worst temptation to which they are subjected;

b) direct power to save poor souls from purgatory;

c) great enlightenment and strength to fulfill My Will.

All of these, My precious gifts, I will definitely give to those who carry out what I have said, and who, therefore, remember and venerate with love and sympathy, My great, incomprehensible Agony on the Mount of Olives.

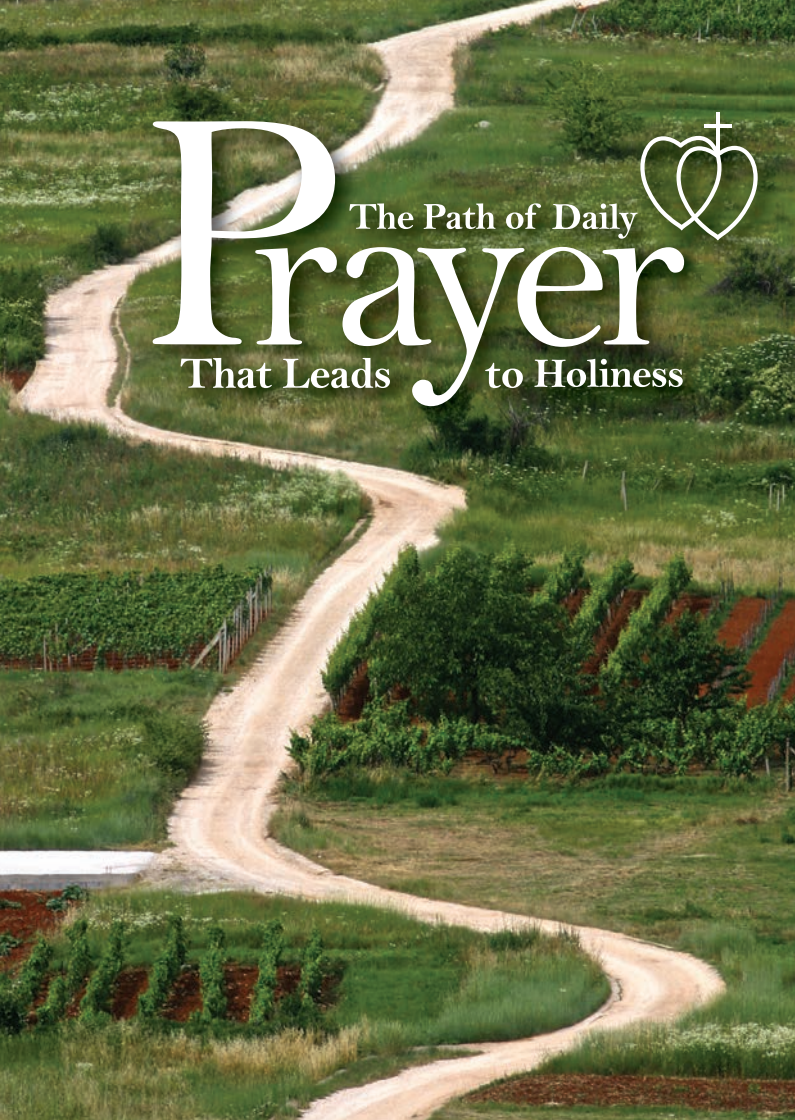
Our Lady's Daily Prayer, Morning, Midday and Evening

In the Morning , at midday, and in the evening, that is, three times a day, climb up on the knees of your celestial Mother and, embraced by her arms, say to Her: "My Mother , I love you, love me too, and give me a sip of the Will of God for my soul. Give me your blessing also so that I might do all my actions under your maternal gaze".

Amen Fiat.



Our Lady, queen of peace pray for us. Mother of divine love fill our hearts with love for your Jesus.



P The Path of Daily
Prayer
That Leads to Holiness

