



let us pray



please place CROSS facing OUTWARDS in YOUR WINDOW

The Memorare

Remember, O most loving Virgin Mary,
that never was it known,
that anyone who fled to thy protection,
implored thy help,
or sought thy intercession,
was left unaided.

Inspired by this confidence
I fly unto thee, O Virgin of Virgins, my Mother.

To thee do I come,
before thee I stand,
sinful and sorrowful.

O Mother of the Word incarnate,
Despise not my petition,
but in thy clemency hear and answer me. Amen.

An Act of 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 Patrick's Breastplate Prayer

Christ with me,

Christ before me,

Christ behind me,

Christ in me,

Christ beneath me,

Christ above me,

Christ on my right,

Christ on my left,

Christ when I lie down,

Christ when I sit down,

Christ when I arise,

Christ in the heart of everyone who thinks of me,

Christ in the mouth of everyone who speaks of me,

Christ in every eye that sees me,

Christ in every ear that hears me. Amen.

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