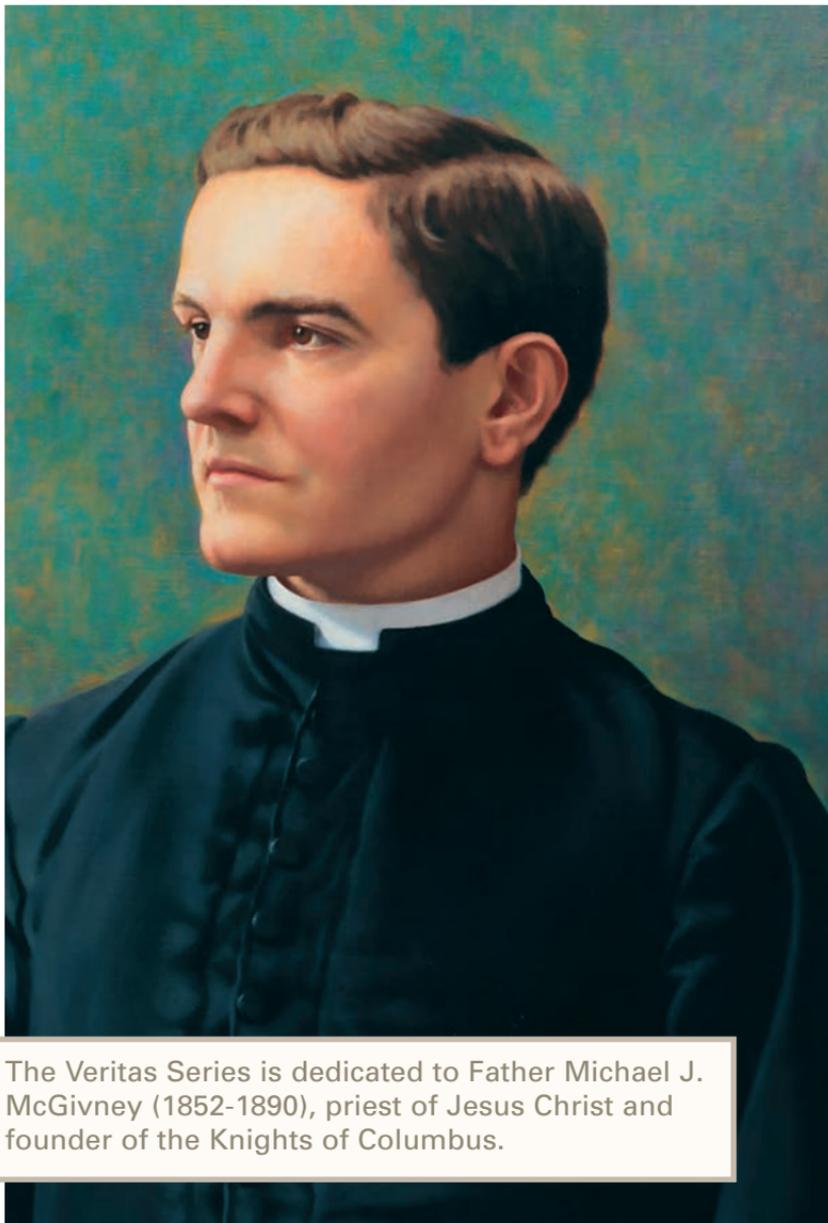




Armed with the Faith
Catholic Information Service Edition



The Veritas Series is dedicated to Father Michael J. McGivney (1852-1890), priest of Jesus Christ and founder of the Knights of Columbus.

The Knights of Columbus presents
The Veritas Series
“Proclaiming the Faith in the Third Millennium”

ARMED WITH THE FAITH

A CATHOLIC HANDBOOK



CATHOLIC INFORMATION SERVICE EDITION

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The Carolingian cross pictured on the cover, sculpted by Tommaso Gismondi, hangs above the sanctuary in the Church of Saint Mary in New Haven, Connecticut, the birthplace of the Knights of Columbus. The 6-foot, 400-pound cross is a signed replica of the cross commissioned by the Knights for the Chapel of Saints Benedict, Cyril and Methodius constructed by the Order beneath Saint Peter's Basilica in Rome. It is modeled after a cross presented by Charlemagne, Holy Roman Emperor, to St. Peter's in the 9th century and stolen from the Vatican in the 16th century.

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*Dedicated to the brave men and women
of the United States Armed Forces
who risk their lives to preserve our freedoms,
and in loving memory of*

His Eminence
JOHN CARDINAL O'CONNOR
Navy Chaplain
Rear Admiral
Archbishop of New York
Knight of Columbus

**“THERE CAN BE NO LOVE
WITHOUT JUSTICE”**

—Cardinal O'Connor's Episcopal Motto

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Please pray for vocations.



Dear Friends,

This new edition and printing of the Military Catholic Handbook assures the tradition of providing a compact prayer book for the men and women in uniform. The total number of booklets in circulation is now over 500,000.

The demand for this spiritual aid is constant. The troops in the field appreciate it and the staff at the Archdiocese for the Military Services, with the able assistance of the Knights of Columbus, is dedicated to putting it in the hands of those who request it. From the very beginning of my ministry with our uniformed men and women, I have received many messages from those who appreciate it. In fact, the demand has motivated the new printing.

Once again, Supreme Knight Carl Anderson and the Knights of Columbus have made this initiative their own. My words of gratitude seem inadequate to express not only my thanks, but especially that of the men and women who benefit directly from this publication.

The Handbook continues to be destined not only to the Catholics who proudly defend our Nation, but also to all people of good will who seek a useful text for reflection and prayer.

In offering you this resource, I invoke the blessing of Almighty God upon you and pray that you find solace. Thank you for your generous service. May the Lord keep you safe from harm's way.

Sincerely yours in Christ,

A handwritten signature in black ink, reading "Timothy P. Broglio". The signature is written in a cursive style and is positioned above the printed name.

Most Rev. Timothy P. Broglio
Archbishop for the Military Services



Fellow Americans:

“For God and Country” has been a watchword of the Knights of Columbus since its founding in 1882. Indeed, the early leaders of the Order decided to add a fourth principle — patriotism — to the original ideals of charity, unity and fraternity. The Knights of Columbus holds in the highest esteem the brave men and women of the Armed Forces and it is our privilege to collaborate with the Archdiocese for the Military Services in providing *Armed with the Faith* to you.

It is my hope that military personnel will find this Catholic Handbook to be a valuable spiritual resource — that it will serve those who serve. During the darkest days, when life and death situations are a daily reality, faith and prayer are the surest sources of hope.

Even in the midst of the battle, may you, in the words of Saint Augustine, “cherish the spirit of a peacemaker,” for it is by your actions that freedom is preserved and extended, justice gained and peace achieved. And may the princes of the heavenly armies encircle you with the protection of the wings of their angelic glory.

On behalf of the more than 1.75 million Knights of Columbus, I thank you for your selfless service to our nation. May God bless you and the United States of America.

Sincerely,

A handwritten signature in black ink that reads "Carl A. Anderson".

Carl A. Anderson
Supreme Knight



LETTER TO THE FATHER OF A DECEASED SOLDIER

This letter was written by Lt. Bernard O'Neill on October 9, 1862, to the father of the late Pvt. Thomas Connors.

Dear Sir,

I have just received your letter of the 6th instant. Your brave and gallant son Thomas was buried among the other brave men of the 69th who fell in the battle. Of course, if you wished to bring his remains to New York, I am not aware of anything to prevent your doing so. But exhuming the body would disturb the remains, the sacred remains of his comrades who fought and fell beside him and whose remains lie beside him in a piece of ground which I believe has been consecrated by our beloved Chaplain, the Revd. Father Willet.

All last winter his comrades in Company C were edified by his regular attendance at Mass every morning, and also by his so often approaching the Most Holy Sacrament. He was also at Confession on the morning of battle. So you must not mourn his fate as I trust he now stands in the presence of God interceding for his old comrades of the Irish Brigade who were not so fortunate as he was, to be called by the Almighty when he had everything prepared for the great and inevitable journey.

I believe Capt. Whitty saw him fall, and as the Captain is now in New York, he will be able to let you know all about Thomas, and I am sure will assist you. ... I, myself, assisted in carrying him from the place where he fell to the grave. I also assisted in burying him. The scapulars, beads, and Agnus Dei which were round his neck were buried with him ...

If there is anything more you wish to know about him, I will give you the information with pleasure, and if you intend exhuming the body, I will describe to you minutely the place where he is buried. But it would be difficult to find him after the lapse of so long a time, to identify him from his comrades. And besides, what better grave could a brave soldier have than on the field where he fell and where he contributed to gain the victory.

I. GENERAL PRAYERS



FAMILIAR PRAYERS

Sign of the Cross

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

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.

Hail Mary

Hail Mary, full of grace! The Lord is with thee; Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory be

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.



CHRISTOLOGICAL PRAYERS

Prayer to Jesus Christ Crucified

My good and dear Jesus,
I kneel before you,
asking you most earnestly
to engrave upon my heart
a deep and lively faith, hope, and charity,
with true repentance for my sins,
and a firm resolve to make amends.
As I reflect upon your five wounds,
and dwell upon them with deep compassion and grief,
I recall, good Jesus, the words the prophet David spoke
long ago concerning yourself:
they have pierced my hands and my feet,
they have counted all my bones! Amen.

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 malignant enemy defend me
In the hour of my death call me
And bid me come to thee
That with thy saints I may praise thee
For ever and ever. Amen.



MARIAN PRAYERS

Salve Regina

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 vale 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. Amen.

Salve, Regina, Mater misericordiae: Vita, dulcedo, et spes nostra, salve. Ad te clamamus, exsules filii Evæ. Ad te suspiramus, gementes et flentes in hac lacrimarum valle. Eia ergo, Advocata nostra, illos tuos misericordes oculos ad nos converte. Et Iesum, benedictum fructum ventris tui, nobis post hoc exsilium ostende. O clemens, O pia, O dulcis Virgo Maria. Amen.

The Memorare

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

Sub Tuum Præsidium

We fly to your protection, O holy Mother of God; despise not our petitions in our necessities, but deliver us from all dangers, O glorious and blessed Virgin. Amen.

The Angelus (*Prayed throughout the year, outside the Easter Season*)

V. The angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.
(*say one Hail Mary*)

V. Behold the handmaid of the Lord.

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

V. And the Word was made flesh.

R. And dwelt among us.
(*say one 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.

Regina Coeli (*Prayed during the Easter Season*)

Queen of Heaven, rejoice, alleluia.

For he whom you did merit to bear, alleluia.

Has risen as he said, alleluia.

Pray for us to God, alleluia.

V. Rejoice and be glad, Virgin Mary, alleluia.

R. For the Lord has truly risen, alleluia.

Let us pray: O God, it was by the Resurrection of your Son, our Lord Jesus Christ, that you brought joy to the world. Grant that through the intercession of the Virgin Mary, his Mother, we may attain the joy of eternal life. Through Christ our Lord. Amen.

The Magnificat (Canticle of Mary)

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior,
for he has looked with favor on his lowly servant.

From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich he has sent away empty.

He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children for ever. Amen.

-Luke 1:46-55

Prayer to Our Lady of Guadalupe

Almighty God, you blessed the Americas when Our Lady of Guadalupe appeared to Juan Diego and bestowed upon him the gift of her image. By the prayers of the Mother of God, keep us faithful in your service, let our words and actions be so inspired as to bring glory to your name and bring us to the happiness of eternal life. Amen.



PROFESSIONS OF FAITH

Nicene Creed

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages,
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,

(bow for the following two lines)

and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified.
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

The Apostles' Creed

I believe in God,
the Father almighty,
Creator of heaven and earth
and in Jesus Christ, his only Son, our Lord,

(bow for the following two lines)

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.



OTHER FAVORITE PRAYERS

Act of Faith

O my God, I firmly believe that you are one God in three divine persons: Father, Son and Holy Spirit. I believe that your divine Son became man and died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches because you have revealed them, who can neither deceive nor be deceived. Amen.

Act of Hope

O my God, relying on your infinite goodness and promises, I hope to obtain pardon for my sins, the help of your grace and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Act of Love

O my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbor as myself for love of you. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.

Act of Contrition

O my God, I am heartily sorry for having offended you and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace, to confess my sins, to do penance, and to amend my life. Amen.

The Confiteor

I confess to almighty God, and to you, my brothers and sisters, that I have sinned through my own fault (*strike your breast*) in my thoughts and in my words, in what I have done, and in what I have failed to do; and I ask blessed Mary, ever virgin, all the angels and saints, and you, my brothers and sisters, to pray for me to the Lord our God. Amen.

Day by Day

Thank you, Lord Jesus Christ, for all the benefits and blessings which you have given me, for all the pains and insults which you have borne for me. Merciful friend, brother and Redeemer, may I know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen.

-Saint Richard of Chichester

Divine Praises

Blessed be God.

Blessed be his Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be his Most Sacred Heart.

Blessed be his Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary Most Holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her Most Chaste Spouse.

Blessed be God, in his angels and in his saints. Amen.

The Benedictus (Canticle of Zechariah)

Blessed be the Lord, the God of Israel;
he has come to his people and set them free.

He has raised up for us a mighty savior,
born of the house of his servant David.

Through his holy prophets he promised of old
that he would save us from our enemies,
from the hands of all who hate us.

He promised to show mercy to our fathers
and to remember his holy covenant.

This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight,
all the days of our life.

You, my child, shall be called the prophet of the Most High;
For you will go before the Lord to prepare his way,
to give his people knowledge of salvation
by the forgiveness of their sins.

In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace. Amen.

-Luke 1:68-79

The Nunc dimittis (Canticle of Simeon)

Lord, now you let your servant go in peace;
your word has been fulfilled:
my own eyes have seen the salvation
which you have prepared in the sight of every people:
a light to reveal you to the nations
and the glory of your people Israel. Amen.
-Luke 2:29-32

Veni, Sancte Spiritus

Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love.

- V.** Send forth your Spirit and they shall be created.
- R.** And you shall renew the face of the earth.

Let us pray: O God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant us in the same Spirit to be truly wise and ever to rejoice in his consolation. Through Christ our Lord. Amen.

**Prayer for the Canonization of Fr. Michael J. McGivney,
Founder of the Knights of Columbus**

God, our Father, protector of the poor and defender of the widow and orphan, you called your priest, Father Michael J. McGivney, to be an apostle of Christian family life and to lead the young to the generous service of their neighbor. Through the example of his life and virtue may we follow your Son, Jesus Christ, more closely, fulfilling his commandment of charity and building up his Body which is the Church. Let the inspiration of your servant prompt us to greater confidence in your love so that we may continue his work of caring for the needy and the outcast. We humbly ask that you glorify your venerable servant Father Michael J. McGivney on earth according to the design of your holy will. Through his intercession, grant the favor I now present (*make your request*). Through Christ our Lord. Amen.

Prayer to Saint Joseph

O glorious Saint Joseph, faithful follower of Jesus Christ, to you do we raise our hearts and hands to implore your powerful intercession in obtaining from the benign heart of Jesus all the helps and graces necessary for our spiritual and temporal welfare, particularly for the grace of a happy death and the special favor we now implore (*make your request*). O Saint Joseph, through the love you bear to Jesus Christ and for the glory of his name, hear our prayers and obtain our petitions. Amen.

The Te Deum Laudamus

We praise you, O God: we acclaim you as the Lord. Everlasting Father, all the world bows down before you. All the angels sing your praise, the hosts of heaven and all the angel powers, all the cherubim and seraphim call out to you in unending song: Holy, Holy, Holy, is the Lord God of angel hosts! The heavens and the earth are filled with your majesty and glory. The glorious band of Apostles, the noble company of prophets, the white-robed army who shed their blood for Christ, all sing your praises. And to the ends of the earth your holy Church proclaims her faith in you. Father, whose majesty is boundless, your true and only Son, who is to be adored, the Holy Spirit sent to be our advocate. You, O Christ, are the King of Glory, Son of the Eternal Father. When you took our nature to save mankind, you did not shrink from birth in the Virgin's womb. You overcame the power of death opening the Father's kingdom to all who believe in you. Enthroned at God's right hand in the glory of the Father, you will come in judgment according to your promise. You redeemed your people by your Precious Blood. Come, we implore you, to our aid. Grant us with the saints a place of glory everlasting. Lord, save your people and bless your inheritance. Rule them and uphold them for ever and ever. Day by day we praise you: we acclaim you now and to all eternity. In your goodness, Lord, keep us free from sin. Have mercy on us, Lord, have mercy. May your mercy always be with us, Lord, for we have hoped in you. In you, Lord, we put our trust: we shall not be put to shame. Amen.



PSALMS IN TIMES OF SPECIAL NEED

Psalm 23

The Lord is my shepherd;
there is nothing I shall want.
Fresh and green are the pastures
where he gives me repose.
Near restful waters he leads me,
to revive my drooping spirit.

He guides me along the right path;
he is true to his name.
If I should walk in the valley of darkness
no evil would I fear.

You are there with your crook and your staff;
with these you give me comfort.

You have prepared a banquet for me
in the sight of my foes.
My head you have anointed with oil;
my cup is overflowing.

Surely goodness and kindness shall follow me
all the days of my life.
In the Lord's own house shall I dwell
for ever and ever.

Psalm 27

The Lord is my light and my help;
whom shall I fear?

The Lord is the stronghold of my life;
before whom shall I shrink?

When evil-doers draw near
to devour my flesh,
it is they, my enemies and foes,
who stumble and fall.

Though an army encamp against me
my heart would not fear.
Though war break out against me
even then would I trust.

There is one thing I ask of the Lord,
for this I long,
to live in the house of the Lord,
all the days of my life,
to savor the sweetness of the Lord,
to behold his temple.

Psalm 31

In you, O Lord, I take refuge.
Let me never be put to shame.
In your justice, set me free,
hear me and speedily rescue me.

Be a rock of refuge for me,
a mighty stronghold to save me,
for you are my rock, my stronghold.
For your name's sake, lead me and guide me.

Release me from the snares they have hidden
for you are my refuge, Lord.
Into your hands I commend my spirit.
It is you who will redeem me, Lord.

Psalm 45

My heart overflows with noble words.
To the king I must speak the song I have made;
my tongue as nimble as the pen of a scribe.

You are the fairest of the children of men
and graciousness is poured upon your lips:
because God has blessed you for evermore.

O mighty one, gird your sword upon your thigh;
in splendor and state, ride on in triumph
for the cause of truth and goodness and right.

Take aim with your bow in your dread right hand.
Your arrows are sharp: peoples fall beneath you.
The foes of the king fall down and lose heart.

Your throne, O God, shall endure for ever.
A scepter of justice is the scepter of your kingdom.
Your love is for justice; your hatred for evil.

Psalm 51

Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.

My offenses truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.

That you may be justified when you give sentence
and be without reproach when you judge.
O see, in guilt I was born,
a sinner was I conceived.

Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness,
that the bones you have crushed may revive.
From my sins turn away your face
and blot out all my guilt.

A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.

Give me again the joy of your help;
with a spirit of fervor sustain me,
that I may teach transgressors your ways
and sinners may return to you.

Continued

O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.

For in sacrifice you take no delight,
burnt offering from me you would refuse,
my sacrifice, a contrite spirit.
A humbled, contrite heart you will not spurn.

In your goodness, show favor to Zion:
rebuild the walls of Jerusalem.
Then you will be placed with lawful sacrifice,
holocausts offered on your altar.

Please pray for vocations.

II. PRAYERS FOR MILITARY PERSONNEL



DAILY PRAYERS

Morning Offering

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

Prayer for Guidance

O Holy Spirit of God, take me as your disciple; guide me, illuminate me, sanctify me. Bind my hands that they may do no evil; cover my eyes that they may see it no more; sanctify my heart that evil may not dwell within me. Be my God; be my guide. Wherever you lead me, I will go: whatever you forbid me, I will renounce; and whatever you command me, in your strength, I will do. Lead me, then, unto the fullness of your truth. Amen.

Prayer to One's Guardian Angel

Angel of God, my guardian dear, to whom God's love commits me here.
Ever this day be at my side, to light and guard, to rule and guide. Amen.

Prayer to the Holy Angels

O leaders of the heavenly armies, although we are always unworthy, we beseech you that with your prayers you may encircle us with the protection of the wings of your angelic glory. Watch over us as we bow low and earnestly cry out to you: Deliver us from trouble, O princes of the heavenly armies. Amen.

Prayer before Any Action

Direct, we beseech you O God, all our actions by your holy inspiration and carry them on with your gracious assistance; that every prayer and work of ours may begin always with you and by you be happily ended through Christ our Lord. Amen.

Grace before Meals

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

Thanksgiving after Meals

We give thee thanks, almighty God, for these and all thy benefits, who live and reign for ever and ever. Amen.

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

Nighttime Prayer

Watch, dear Lord, with those who wake or watch or weep tonight, and give your angels charge over those who sleep. Tend your sick ones, O Lord Jesus Christ, rest your weary ones, bless your dying ones, soothe your suffering ones, shield your joyous ones, and all for your love's sake. Amen.

-Saint Augustine

Suscipe

Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. You have given all to me; to you, O Lord, now I return it; all is yours, dispose of me wholly according to your will. Give me only your love and your grace, for this is enough for me. Amen.

-Saint Ignatius Loyola

Prayer for Generosity

Dearest Lord, teach me to be generous.
Teach me to serve you as you deserve;
to give and not to count the cost;
to fight and not to heed the wounds;
to toil and not to seek for rest;
to labor and not to ask for reward,
save that of knowing that I am doing your will. Amen.

-Saint Ignatius Loyola

Prayer for Those We Love

Lord God, we can hope for others nothing better
than the happiness we desire for ourselves.
Therefore, I pray you, do not separate me after death
from those I tenderly loved on earth.
Grant that where I am they may be with me,
and that I may enjoy their presence in heaven
after being so often deprived of it on earth.
Lord God, I ask you to receive your beloved children
immediately into your life-giving heart.
After this brief life on earth,
give them eternal happiness. Amen.

-Saint Ambrose of Milan

Prayer for One's Family

Almighty Father, watch over my family, encourage them when we are separated
during deployments, and give them health of mind and body that they may serve
you with perfect love until the day when we, with all who have served you, will
rejoice in your presence for ever. Amen.

Prayer in Time of Isolation

O Lord Jesus Christ, who fasted and prayed for forty days and nights in the solitude of the desert, who suffered bitter agony alone in the Garden, and who died for all men upon the Cross, grant unto me and unto all who are in danger, far from home and family and friends, pardon for our sins, the help of your grace, and the comfort of your love. For you, O Christ, are our brother and our friend, our keeper and our redeemer. Amen.

-Rev. Msgr. John K. Ryan

Prayer for Civil Authorities

“We pray Thee, O almighty and eternal God! Who through Jesus Christ hast revealed Thy glory to all nations, to preserve the works of Thy Mercy, that Thy Church, being spread through the whole world, may continue with unchanging faith in the confession of Thy name....

We pray Thee, O God of might, wisdom, and justice! through Whom authority is rightly administered, laws are enacted, and judgment decreed, assist with Thy holy spirit of counsel and fortitude the President of the United States, that his administration may be conducted in righteousness, and be eminently useful to Thy people over whom he presides; by encouraging due respect for virtue and religion; by a faithful execution of the laws in justice and mercy; and by restraining vice and immorality. Let the light of Thy divine wisdom direct the deliberations of Congress, and shine forth in all the proceedings and laws framed for our rule and government, so that they may tend to the preservation of peace, the promotion of national happiness, the increase of industry, sobriety, and useful knowledge; and may perpetuate to us the blessing of equal liberty.... Amen.”

-Archbishop John Carroll



WARTIME PRAYERS

A Warrior's Breastplate

I bind unto myself today the power of God to hold and lead,
his eye to watch, his might to stay,
his ear to hearken to my need;
the wisdom of my God to teach,
his hand to guide, his shield to ward;
the word of God to give me speech, his heavenly host to be my guard.

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me,
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in the hearts of all that love me,
Christ in the mouth of friend and stranger. Amen.

-Saint Patrick

Prayer to Saint Michael the Archangel

Saint Michael, the archangel, defend us in battle,
be our protection against the malice and snares of the devil.
We humbly beseech God to command him,
and do thou, O prince of the heavenly host,
by the divine power thrust into hell Satan
and the other evil spirits who roam through the world
seeking the ruin of souls. Amen.

Prayer before Battle

O God, our refuge and our strength, be with me in this hour of danger. Give me strength to do my duty, not in the spirit of hate or lust of battle, but from a sense of duty and patriotism. Preserve me, if it be your holy will, safe in your keeping. But if you do call me home, I beg you not to let me die unprepared. Receive my soul into the arms of your mercy. I detest all my sins and I am sorry for ever having offended you, because you are all good and worthy of my love. I accept death as a sacrifice from your hands in atonement for my sins.

Into your hands, O Lord, I commend my spirit.

Mary, be with me.

My guardian angel, be at my side.

Jesus, Mary, Joseph! Amen.

Prayer in Time of War

God our Father,
maker and lover of peace,
to know you is to live,
and to serve you is to reign.
All our faith is in your saving help;
protect us from violence
and keep us safe from weapons of hate.
Grant this through Christ our Lord. Amen.

Prayer to Saint Jude

Father, you revealed yourself to us through the preaching of your Apostle Jude and gave him to your Church as our patron in difficult cases. Through the intercession of Saint Jude hear our prayers (*make your request*), ease our burdens if it is in accordance with your holy will, and strengthen us with your gifts as we face the difficulties of the future with courage. Amen.

Prayer in Time of Need

Heavenly Father, in my present need, help me to believe that you are aware of my anxiety and will do what is best for me. Give me the strength to trust you and put the present and future in your hands. Grant this through Christ our Lord. Amen.

Prayer in Time of Sorrow

God of all consolation, in your unending love and mercy for us, you turn the darkness of death into the dawn of new life. Show compassion to your people in sorrow. Be our refuge and our strength to lift us from the darkness of this grief to peace and joy in your presence. Grant this through Christ our Lord. Amen.

Prayer for the Wounded

Father in heaven, grant our wounded brethren comfort in their suffering. Give them courage when afraid, patience when afflicted, hope when dejected, and when alone assure them of the prayerful support of your holy people. Grant this through Christ our Lord. Amen.

Prayer for a Happy Death

Father, you made us in your own image
and your Son accepted death for our salvation.
Help us to keep watch in prayer at all times.
May we be free from sin when we leave this world
and rejoice in peace with you for ever. Amen.

Prayer for the Dying

God of power and mercy,
you have made death itself
the gateway to eternal life.

Look with love on our dying brother (*sister*),
and make him (*her*) one with your Son in his suffering
and death so that, sealed with the blood of Christ,
he (*she*) may come before you free from sin. Amen.

Prayer for the Dead

O God, our creator and redeemer,
by your power Christ conquered death
and returned to you in glory.

May all your people who have gone before us in faith
share his victory and enjoy the vision of your glory for ever,
where Christ lives and reigns with you and the Holy Spirit,
O God, for ever and ever. Amen.

V.

R/. Eternal rest grant unto them, O Lord.

R/. And let perpetual light shine upon them.

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



PRAYERS FOR PEACE

*“If you want peace, work for justice.
If you want justice, defend life.
If you want life, embrace the truth:
the truth revealed by God.”*

-Pope John Paul II

Prayer of Saint Francis of Assisi

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love.

Where there is injury, pardon.

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light.

Where there is sadness, joy.

O Divine Master,

grant that I may not so much seek

to be consoled as to console;

to be understood as to understand;

to be loved as to love.

For it is in giving that we receive;

it is in pardoning that we are pardoned;

and it is in dying that we are born to eternal life. Amen.

Prayer for Peace

O God, from whom proceed all holy desires, all right counsels and just works, grant unto us your servants that peace which the world cannot give, that our hearts may be devoted to your service, and that being delivered from the fear of our enemies, we may pass our time in peace under your protection. Through Christ our Lord. Amen.

Prayer of Solace

May Christ support us all the day long,
till the shadows lengthen,
and the evening comes,
and the busy world is hushed,
and the fever of life is over
and our work is done.

Then in his mercy
may he give us a safe lodging,
and holy rest and peace at the last. Amen.

-attributed to John Henry Cardinal Newman

Prayer for Justice and Peace

Almighty and eternal God, may your grace enkindle in all of us a love for the many unfortunate people whom poverty and misery reduce to a condition of life unworthy of human beings. Arouse in the hearts of those who call you Father a hunger and thirst for justice and peace, and for fraternal charity in deeds and in truth. Grant, O Lord, peace in our days, peace to our souls, peace to our families, peace to our country, and peace among nations. Amen.

-Pope Pius XII

Prayer to the Mother of God

With you, O Mother of the Redeemer,
may the hymn of the humble and the poor rise to almighty God:
may he, the merciful one, bring peace to earth,
reconcile brothers at enmity, confound Cain, make Abel rise again;
may he bring all of creation to the design he had at the beginning
in the love of the Son, in the grace of the Holy Spirit. Amen.

-Pope John Paul II

Prayer from Assisi

Father most holy,
in your Son, Jesus Christ,
you have given all creatures redemption and forgiveness:
look upon us, whom you have consecrated
in the name of your only begotten Son.
In a world often restless and violent,
may we be messengers of glad tidings to the poor,
heralds of mercy and reconciliation,
makers of peace.

Today let us not harden our hearts
as our fathers did in the desert,
but receiving the fire of your Holy Spirit,
may we welcome the Word of life
with the docility of Mary, the Mother of the Lord,
of Francis Assisi, and of countless other witnesses of faith.

May your word
penetrate us like a sharp sword;
may it help us to know the paths of mutual forgiveness
more than “seven times seven”;
may it teach us to build communities of faith
open to even greater communion;
may it teach us to be peacemakers
so that the civilization of love
will bear witness to the kingdom that is and that will come.
Through Christ our Lord. Amen.

-Pope John Paul II

Prayer from Ground Zero

God of peace, bring your peace to our violent world:
peace in the hearts of all men and women
and peace among the nations of the earth.
Turn to your way of love
those whose hearts and minds
are consumed with hatred.

God of understanding,
overwhelmed by the magnitude of this tragedy,
we seek your light and guidance
as we confront such terrible events.
Grant that those whose lives were spared
may live so that the lives lost ...
may not have been lost in vain.
Comfort and console us,
strengthen us in hope,
and give us the wisdom and courage
to work tirelessly for a world
where true peace and love reign
among nations and in the hearts of all.

-Pope Benedict XVI



PRAYERS FOR THE MILITARY SERVICES



Prayer for the Army

Lord God of hosts, stretch forth, we pray, your almighty arm to strengthen and protect the soldiers of our country. Support them in the day of battle, and in the time of test and training keep them safe from all evil. Endow them with courage and loyalty; and grant that in all things they may serve without reproach; through Jesus Christ our Lord. Amen.



Prayer for the Marine Corps

Eternal Father, we commend to your protection and care the members of the Marine Corps. Guide and direct them in the defense of our country and in the maintenance of justice among the nations. Sustain them in the hour of danger. Grant that wherever they serve they may be loyal to their high traditions, and that at all times they may put their trust in you; through Jesus Christ our Lord. Amen.



Prayer for the Navy

Eternal Lord God, you alone spread out the heavens and rule the raging sea. Take into your most gracious protection our country's Navy and all who serve therein. Preserve them from the dangers of the sea and from the violence of the enemy, that they may be a safeguard unto the United States of America, and a security for such as sail upon the seas in peaceful and lawful missions. In serving you, O Lord, may our sailors serve their country; through Jesus Christ our Lord. Amen.



Prayer for the Air Force

Lord God of hosts, you stretch out the heavens like a curtain. Watch over and protect, we pray, the airmen of our country as they fly upon their appointed tasks. Give them courage as they face the foe, and skill in the performance of their duty. Sustain them with your everlasting arms. May your hand lead them, and your right hand hold them up, that they may return to the earth with a grateful sense of your mercy; through Jesus Christ our Lord. Amen.



Prayer for the Coast Guard

Lord our God, who stilled the raging of the seas by your word of power; watch over, we pray you, the men and women of the Coast Guard as they sail upon their missions of vigilant aid. Grant them courage and skill and a safe return. Fill them with a grateful sense of your mercy toward them; through Jesus Christ our Lord. Amen.



PRAYERS FOR THE CHURCH

Prayer for the Pope

Lord, source of eternal life and truth, give to your shepherd, our Holy Father, a spirit of courage and right judgment, a spirit of knowledge and love. By governing with fidelity those entrusted to his care, may he, as successor of the Apostle Peter and Vicar of Christ, build your Church into a sacrament of unity, love and peace for all the world. Grant this through Christ our Lord. Amen.

Prayer for the Archbishop for the Military Services

God our Father, you have chosen our Archbishop to be a shepherd of your flock in the tradition of the Apostles. Grant him your grace to be a faithful teacher, a wise administrator, and a faithful priest. By governing with fidelity and love the members of our Church who are in the service of our country, their families, and all entrusted to his care, may he build up your holy Church as a sign of salvation for the world. Grant this through Christ our Lord. Amen.

Prayer for Military Chaplains

Heavenly Father, bless and protect military chaplains and fill them with the joy and courage of their vocation as personal ministers of Christ in preaching your word and nourishing us with the Sacraments. Grant this through Christ our Lord. Amen.

Prayer for the Faithful

Heavenly Father, look upon our community of faith which is the Church of your Son, Jesus Christ. Help us to witness to his love by loving all our fellow creatures without exception. Under the leadership of the Holy Father and the bishops keep us faithful to Christ's mission of calling all men and women to your service so that there may be "one fold and one shepherd." Grant this through Christ our Lord. Amen.

Please pray for vocations.

III. PRAISEWORTHY DEVOTIONS



THE ROSARY

Opening Prayers

1. While holding the crucifix, make the Sign of the Cross and recite the Apostles' Creed.
2. On the first large bead, recite the Our Father.
3. Recite the Hail Mary on the following three small beads for an increase of faith, hope and love, respectively.
4. Recite the Glory be.

For Each Decade

5. Reflect upon the current Mystery and recite the Our Father on the next large bead.
6. On each of the ten small beads which follow, recite a Hail Mary.
7. Recite the Glory be on the space before the next large bead.

Concluding Prayers

8. Recite the Salve Regina
9. Recite the Final Supplication

ROSARY PRAYERS

Sign of the Cross

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

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 to the dead.

On the third day he rose again.

He ascended into heaven,
and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

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.

Hail Mary

Hail Mary, full of grace! The Lord is with thee; Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory be

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.

Salve Regina

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 vale 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. Amen.

Final Supplication

V. Pray for us, O holy Mother of God.

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

Let us pray: O God, whose only begotten Son, by his life, death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech thee, that meditating on 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.

MYSTERIES OF THE ROSARY

Joyful Mysteries (*prayed on Mondays and Saturdays*)

1. The Annunciation of the Lord
2. The Visitation of Mary
3. The Nativity of the Lord
4. The Presentation of the Lord in the Temple
5. The Finding of the Lord in the Temple

Luminous Mysteries (*prayed on Thursdays*)

1. The Baptism of the Lord in the Jordan
2. The Manifestation of the Lord at the Wedding of Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration of the Lord
5. The Institution of the Eucharist

Sorrowful Mysteries (*prayed on Tuesdays and Fridays*)

1. The Agony of the Lord in the Garden
2. The Scourging of the Lord at the Pillar
3. The Crowning of the Lord with Thorns
4. The Lord's Carrying of the Cross
5. The Crucifixion of the Lord

Glorious Mysteries (*prayed on Sundays and Wednesdays*)

1. The Resurrection of the Lord
2. The Ascension of the Lord
3. The Descent of the Holy Spirit on the Apostles
4. The Assumption of Mary into Heaven
5. The Coronation of Mary as Queen of the Angels and the Saints



CHAPLET OF DIVINE MERCY

Opening Prayers

1. Using rosary beads, make the Sign of the Cross on the first large bead.
2. On the first small bead, recite the Our Father
3. On the second small bead, recite the Hail Mary
4. On the third small bead, recite the Apostles' Creed

For Each Decade

5. On the large beads, recite:

*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.*

6. On the ten small beads, recite:

*For the sake of his sorrowful Passion,
have mercy on us and on the whole world.*

Concluding Prayer

7. After five decades, recite three times:

*Holy God, Holy Mighty One, Holy Immortal One,
have mercy on us and on the whole world.*



STATIONS OF THE CROSS

*We adore you, O Christ, and we bless you.
Because by your holy cross you have redeemed the world!*

Opening Prayer

My Lord Jesus Christ, you have made this journey to die for me with love unutterable, and I have so many times unworthily abandoned you, but now I love you with my whole heart, and because I love you, I repent sincerely for having ever offended you. Pardon me, my God, and permit me to accompany you on this journey. You go to die for love of me; I wish also, my beloved Redeemer, to die for love of you. My Jesus, I will always live and die united to you. Amen.

Stations of the Cross

1. Jesus Is Condemned to Death

O Jesus, help me to appreciate your sanctifying grace more and more.

2. Jesus Bears His Cross

O Jesus, you chose to die for me. Help me to love you always with all my heart.

3. Jesus Falls the First Time

O Jesus, make me strong to conquer my wicked passions, and to rise quickly from sin.

4. Jesus Meets His Mother

O Jesus, grant me a tender love for your Mother, who offered you for love of me.

5. Jesus Is Helped by Simon

O Jesus, like Simon, lead me ever closer to you through my daily crosses and trials.

6. Veronica Wipes the Face of Jesus

O Jesus, imprint your image on my heart that I may be faithful to you all my life.

7. Jesus Falls a Second Time
*O Jesus, I repent of having offended you.
Grant me forgiveness of all my sins.*
8. Jesus Speaks to the Weeping Women
*O Jesus, grant me tears of compassion for your sufferings
and of sorrow for my sins.*
9. Jesus Falls a Third Time
*O Jesus, let me never yield to despair.
Let me come to you in hardship and spiritual distress.*
10. Jesus Is Stripped of His Garments
*O Jesus, let me sacrifice all my attachments rather than imperil
the divine life of my soul.*
11. Jesus Is Nailed to the Cross
*O Jesus, strengthen my faith and increase my love for you.
Help me to accept my crosses.*
12. Jesus Dies on the Cross
*O Jesus, I thank you for making me a child of God.
Help me to forgive others.*
13. Jesus Is Taken Down from the Cross
*O Jesus, through the intercession of your holy Mother,
let me be pleasing to you.*
14. Jesus Is Laid in the Tomb
*O Jesus, strengthen my will to live for you on earth
and bring me to eternal bliss in heaven.*

Closing Prayer

Jesus, you became an example of humility, obedience and patience, and preceded me on the way of life bearing your Cross. Grant that, inflamed with your love, I may cheerfully take upon myself the sweet yoke of your Gospel together with the mortification of the Cross and follow you as a true disciple so that I may be united with you in heaven. Amen.

Please pray for vocations.

IV. SACRAMENT OF PENANCE

There will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance.

-Luke 15:7



GUIDE FOR MAKING A GOOD CONFESSION

Pray to the Holy Spirit for self-knowledge and trust in the mercy of God. Examine your conscience, be truly sorry for your sins and resolve to change your life.

The penitent begins: "Bless me, Father, for I have sinned. It has been (*estimate elapsed time*) since my last confession."

Confess your sins openly and candidly. Tell the priest of all mortal sins and the number of times each was committed, and then you may confess your venial sins.

The confessor will assign your penance, which you should complete as soon as possible, and he will direct you to pray an Act of Contrition. The priest gives you absolution after which you depart with your sins forgiven.



EXAMINATION OF CONSCIENCE

1. I am the LORD your God: you shall not have strange Gods before me.

- Do I seek to love God with all my heart and with all my soul and with all my strength?
- Do I put anything or anyone above God?
- Do I pray daily?
- Have I had any involvement with the occult, witchcraft, wicca, ouija boards, séances, tarot cards, new age crystals, fortune telling, or the like?
- Have I put faith in horoscopes?
- Have I received Holy Communion in the state of mortal sin?
- Have I abused the Sacrament of Penance by lying to the priest or deliberately not confessing a mortal sin?
- Have I denied a truth of the faith out of concern for the respect or opinion of others?

2. You shall not take the name of the LORD your God in vain.

- Have I used God's holy name irreverently?
- Have I blasphemed God, the Church, Mary, the saints, or sacred places or things?

3. Remember to keep holy the LORD's Day.

- Have I attended Mass on Sundays and Holy Days of Obligation?
- Do I try to keep Sunday as a day of prayer, rest, and relaxation, avoiding unnecessary work?
- Have I deliberately come late to, or left Mass early without a good reason?

4. Honor your father and your mother.

- Do I honor and respect my parents?
- Have I deliberately hurt my parents?
- Do I treat my children with love and respect?
- Do I support and care for the well-being of my family members?
- Have I neglected my family duties?
- Do I honor and obey my lawful superiors?

5. You shall not kill.

- Have I unjustly harmed anyone?
- Have I had an abortion or encouraged an abortion?
- Have I attempted suicide or seriously considered it?
- Have I abused drugs or alcohol?
- Have I led anyone to sin through bad example or through direct encouragement?

6. You shall not commit adultery.

- For the married:
 - Am I faithful to my spouse in thought and action?
 - Have I used artificial contraception, or been sterilized?
 - Have I followed the Church's rules on marriage?
- For the unmarried:
 - Have I engaged in sexual activity with anyone of either sex?
- For all:
 - Have I deliberately viewed pornographic magazines, videos or Internet Web sites?
 - Have I masturbated?
 - Have I used impure language or told impure jokes?
 - Do I dress modestly?

7. You shall not steal.

- Have I stolen or accepted stolen goods?
- Have I deliberately destroyed the property of others?
- Have I cheated anyone of what I owe?
- Do I gamble excessively?
- Do I share what I have with the poor and the Church according to my means?
- Have I pirated materials: videos, music, or software?

8. You shall not bear false witness against your neighbor.

- Have I lied?
- Have I sworn falsely?
- Have I plagiarized or been academically dishonest?
- Have I gossiped?
- Have I revealed secrets or confidential information without good reason?
- Have I ruined the good name of others by spreading lies or maliciously revealing their faults and sins?

9. You shall not covet your neighbor's wife.

- Have I deliberately and consciously permitted sexual thoughts about anyone besides my spouse?
- Do I guard my imagination and senses?
- Have I watched shows, plays, pictures or movies that contain impure scenes with the deliberate intention of being aroused by them?
- Am I responsible about what I read?

10. You shall not covet your neighbor's goods.

- Am I envious of the possessions, abilities, talents, beauty, or success of others?
- Do I love my neighbor?
- Is there anyone whom I do not love or refuse to love?
- Have I wished harm or misfortune on anyone?
- Do I forgive from my heart those who have hurt me?
- Do I harbor hatred or grudges?
- Do I pray for my enemies?
- Have I ridiculed or humiliated others?
- Do I seek to help others in need?
- Do I love myself as God loves me?
- Do I care for my physical, emotional, and spiritual health?
- Do I forgive myself for my sins after bringing them to God in the Sacrament of Penance?



PRAYERS FOR CONFESSION

Prayer to Our Lady before Confession

Mary, Mother of Jesus and my Mother, your Son died on a cross for me. Help me to confess my sins humbly and with trust in the mercy of God, that I may receive his pardon and peace. Amen.

Sign of the Cross

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

Introduction

✠ Bless me, Father, for I have sinned. It has been (*estimate elapsed time*) since my last confession.

Act of Contrition

O my God, I am heartily sorry for having offended you and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace, to confess my sins, to do penance, and to amend my life. Amen.

Please pray for vocations.

V. CATECHETICAL INSTRUCTION



ON JUST WAR

From Saint Augustine, Father of Just War Theory

“Those warriors are indeed great and worthy of singular honour, not only for their consummate bravery, but also (which is a higher praise) for their eminent fidelity, by whose labours and dangers, along with the blessing of divine protection and aid, enemies previously unsubdued are conquered, and peace obtained for the State...”

-Letter to Darius

“Think, then, of this first of all, when you are arming for the battle, that even your bodily strength is a gift of God; for, considering this, you will not employ the gift of God against God. For, when faith is pledged, it is to be kept even with the enemy against whom the war is waged, how much more with the friend for whom the battle is fought! Peace should be the object of your desire; war should be waged only as a necessity, and waged only that God may by it deliver men from the necessity and preserve them in peace. For peace is not sought in order to the kindling of war, but war is waged in order that peace may be obtained. Therefore, even in waging war, cherish the spirit of a peacemaker, that, by conquering those whom you attack, you may lead them back to the advantages of peace; for our Lord says: ‘Blessed are the peacemakers; for they shall be called the children of God.’ If, however, peace among men be so sweet as procuring temporal safety, how much sweeter is that peace with God which procures for men the eternal felicity of the angels! Let necessity, therefore, and not your will, slay the enemy who fights against you. As violence is used towards him who rebels and resists, so mercy is due to the vanquished or the captive, especially in the case in which future troubling of the peace is not to be feared.”

-Letter to Boniface

From the *Catechism of the Catholic Church*

2307 The fifth commandment forbids the intentional destruction of human life. Because of the evils and injustices that accompany all war, the Church insistently urges everyone to prayer and to action so that the divine Goodness may free us from the ancient bondage of war.

2308 All citizens and all governments are obliged to work for the avoidance of war. However, “as long as the danger of war persists and there is no international authority with the necessary competence and power, governments cannot be denied the right of lawful self-defense, once all peace efforts have failed.”
(*Gaudium et Spes* 79 § 4)

2309 The strict conditions for *legitimate defense by military force* require rigorous consideration. The gravity of such a decision makes it subject to rigorous conditions of moral legitimacy. At one and the same time:

- the damage inflicted by the aggressor on the nation or community of nations must be lasting, grave, and certain;
- all other means of putting an end to it must have been shown to be impractical or ineffective;
- there must be serious prospects of success;
- the use of arms must not produce evils and disorders graver than the evil to be eliminated. The power of modern means of destruction weighs very heavily in evaluating this condition.

These are the traditional elements enumerated in what is called the “just war” doctrine.

The evaluation of these conditions for moral legitimacy belongs to the prudential judgment of those who have responsibility for the common good.

2310 Public authorities, in this case, have the right and duty to impose on citizens the *obligations necessary for national defense*.

Those who are sworn to serve their country in the armed forces are servants of the security and freedom of nations. If they carry out their duty honorably, they truly contribute to the common good of the nation and the maintenance of peace.

2311 Public authorities should make equitable provision for those who for reasons of conscience refuse to bear arms; these are nonetheless obliged to serve the human community in some other way.

2312 The Church and human reason both assert the permanent validity of the *moral law during armed conflict*. “The mere fact that war has regrettably broken out does not mean that everything becomes licit between the warring parties.” (*Gaudium et Spes* 79 § 4)

2313 Non-combatants, wounded soldiers, and prisoners must be respected and treated humanely.

Actions deliberately contrary to the law of nations and to its universal principles are crimes, as are the orders that command such actions. Blind obedience does not suffice to excuse those who carry them out. Thus the extermination of a people, nation, or ethnic minority must be condemned as a mortal sin. One is morally bound to resist orders that command genocide.

2314 “Every act of war directed to the indiscriminate destruction of whole cities or vast areas with their inhabitants is a crime against God and man, which merits firm and unequivocal condemnation.” (*Gaudium et Spes* 80 § 3) A danger of modern warfare is that it provides the opportunity to those who possess modern scientific weapons — especially atomic, biological, or chemical weapons — to commit such crimes.



ON THE SACRAMENT OF MARRIAGE

From the *Catechism of the Catholic Church*

1601 The matrimonial covenant, by which a man and a woman establish between themselves a partnership of the whole of life, is by its nature ordered toward the good of the spouses and the procreation and education of offspring; this covenant between baptized persons has been raised by Christ the Lord to the dignity of a sacrament.

What does the Church require?

Roman Catholics are expected to be married according to Church norms. Generally, this means being married in a Catholic church by a priest or deacon. In exceptional circumstances, permission can be given for a Catholic to be married in a religious ceremony in the denomination of their non-Catholic partner.

Marriage between baptized persons is a sacrament and, like all the sacraments instituted by Christ Jesus, marriage gives us God's grace and help as we strive to live according to his plan.

What if I was married outside the Church?

If you were married in another denomination or in a civil ceremony without permission, that marriage is not considered valid by the Catholic Church. In the armed forces this situation sometimes arises because of pending deployments, permanent changes of station and the desire to be considered married for military assignments. Some couples believe that coordinating a Catholic wedding would take too long, be too difficult or be too expensive. Others are unaware of the Church's expectations regarding marriage.

In such cases, the Church desires that you and your spouse exchange your vows in a ceremony of the Catholic Church. This ceremony can be private or with guests.

What if I am separated or divorced?

If you and your spouse are separated, the Church urges reconciliation if possible. Sadly, divorce has become commonplace in our society. The Church strives to be sensitive to all the parties suffering from pain or stress on account of a divorce.

What is an annulment?

An annulment is a determination that a particular marriage was not valid at the time of the wedding ceremony. This judgment is made by a Church tribunal (court) and is not equivalent to a civil divorce. An annulment may be sought after a civil divorce and remarriage in order to clarify one's status in the Church. Having a marriage annulled does not mean that either party entered the marriage in bad faith. Neither does it affect the legitimacy of any children.

Persons who have been granted an annulment are free to marry in a Church ceremony.

*For more information please speak with your
Catholic chaplain and visit www.milarch.org*



ON VOCATIONS TO THE PRIESTHOOD AND RELIGIOUS LIFE

The harvest is plentiful, but the laborers are few; therefore ask the Lord of the harvest to send out laborers into his harvest.

-Luke 10:2

The whole Church prays – and each Catholic has a duty to pray – for vocations to the priesthood and religious life. We in the armed forces should pray especially for more chaplains to minister to military personnel and their families.

As we pray for vocations, we should be sure to pray for and encourage specific individuals, such as family members and friends, who may be considering vocations. Maintaining an atmosphere that supports and esteems religious vocations in our families is vital to encouraging members of God's holy people to reflect on this specific call to service in his name.

You should also consider that God may be calling you to the priesthood or religious life. Military personnel and their families already manifest a desire to serve others and understand that sacrifices are necessary to bring about the greater good. Many in the military serve for a time and then move on to other pursuits. Please prayerfully reflect on the possibility that after your military service, God is inviting you to continue to serve his people as a diocesan priest or in a religious community as a priest, brother or sister.

Prayer for Vocations to the Military Archdiocese

Heavenly Father, in your plan for our salvation you provide shepherds for your holy people. Raise up, from the seeds you have sown in the field of your Church, worthy priests for your altars and ardent, but gentle, servants of the Gospel. Give your Church more priests and encourage priests to serve the members of your flock who are in the service of our country. Grant this through Christ our Lord. Amen.

VI. RELIGIOUS REFERENCE

Ten Commandments

1. I am the LORD your God: you shall not have strange gods before me.
2. You shall not take the name of the LORD your God in vain.
3. Remember to keep holy the LORD's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

Precepts of the Church

1. You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help provide for the needs of the Church.

Holy Days of Obligation in Archdiocese for the Military Services, USA

January 1	Mary, the Mother of God
August 15	Assumption of Blessed Virgin Mary
November 1	All Saints
December 8	Immaculate Conception
December 25	Christmas

The Seven Sacraments

- Baptism
- Confirmation
- Eucharist
- Penance
- Anointing of the Sick
- Holy Orders
- Matrimony

The Seven Gifts of the Holy Spirit (Isaiah 11:1-3)

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

The Four Cardinal Virtues

- Prudence
- Justice
- Fortitude
- Temperance

The Seven Deadly Sins

- Pride
- Covetousness
- Envy
- Anger
- Gluttony
- Lust
- Sloth

Corporal Works of Mercy

- To feed the hungry.
- To give drink to the thirsty.
- To clothe the naked.
- To visit the imprisoned.
- To shelter the homeless.
- To visit the sick.
- To bury the dead.

Spiritual Works of Mercy

- To admonish the sinner.
- To instruct the ignorant.
- To counsel the doubtful.
- To comfort the sorrowful.
- To bear wrongs patiently.
- To forgive all injuries.
- To pray for the living and the dead.

The Beatitudes (Matthew 5:1-12; Luke 6:20-23)

- Blessed are the poor in spirit: the reign of God is theirs.
- Blessed are the sorrowing: they shall be consoled.
- Blessed are the lowly: they shall inherit the land.
- Blessed are they who hunger and thirst for holiness: they shall have their fill.
- Blessed are they who show mercy: mercy shall be theirs.
- Blessed are the single-hearted: they shall see God.
- Blessed are the peacemakers: they shall be called the sons of God.
- Blessed are those persecuted for holiness' sake: the reign of God is theirs.

Please pray for vocations.

VII. HYMNS

The National Anthem

Francis Scott Key

O say can you see by the dawn's early light,
What so proudly we hailed at the twilight's last gleaming,
Whose broad stripes and bright stars, through the perilous fight,
O'er the ramparts we watched were so gallantly streaming?
And the rockets' red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there;
O say does that Star-Spangled Banner yet wave
O'er the land of the free and the home of the brave?

On the shore, dimly seen through the mists of the deep,
Where the foe's haughty host in dead silence reposes,
What is that which the breeze, o'er the towering steep
As it fitfully blows half conceals, half discloses?
Now it catches the gleam of the morning's first beam,
In full glory reflected now shines on the stream;
'Tis the Star-Spangled Banner; O long may it wave
O'er the land of the free and the home of the brave!

O thus be it ever when free men shall stand
Between their loved homes and the war's desolation!
Blest with victory and peace, may the heaven-rescued land
Praise the power that hath made and preserved us a nation!
Then conquer we must, when our cause it is just,
And this be our motto, "in God is our trust;"
And the Star-Spangled Banner in triumph shall wave
O'er the land of the free and the home of the brave!

America the Beautiful

Katherine Lee Bates

O beautiful for spacious skies, for amber waves of grain,
For purple mountain majesties above the fruited plain!
America! America! God shed his grace on thee,
And crown thy good with brotherhood
From sea to shining sea.

O beautiful for pilgrim feet, whose stern, impassioned stress
A thoroughfare for freedom beat across the wilderness!
America! America! God mend thine every flaw,
Confirm thy soul in self-control,
Thy liberty in law.

O beautiful for heroes proved in liberating strife,
Who more than self their country loved, and mercy more than life!
America! America! May God thy gold refine,
Till all success be nobleness
And every gain divine.

O beautiful for patriot dream that sees, beyond the years
Thine alabaster cities gleam, undimmed by human tears!
America! America! God shed his grace on thee,
And crown thy good with brotherhood
From sea to shining sea.

Battle Hymn of the Republic

Julia Ward Howe

Mine eyes have seen the glory of the coming of the Lord;
He is trampling out the vintage where the grapes of wrath are stored;
He hath loosed the fateful lightning of his terrible swift sword;
His truth is marching on.

Refrain:

Glory! Glory! Hallelujah!
Glory! Glory! Hallelujah!
Glory! Glory! Hallelujah!
His truth is marching on.

I have seen him in the watchfires of a hundred circling camps;
They have builded him an altar in the evening dews and damps;
I can read his righteous sentence by the dim and flaring lamps;
His day is marching on. *Refrain.*

He has sounded forth the trumpet that shall never call retreat;
He is sifting out the hearts of men before his judgment seat;
O be swift, my soul, to answer him; be jubilant, my feet!
Our God is marching on. *Refrain.*

In the beauty of the lilies Christ was born across the sea,
With a glory in his bosom that transfigures you and me;
As he died to make men holy, let us die to make men free!
While God is marching on. *Refrain.*

Eternal Father, Strong to Save

William Whiting, et al.

Eternal Father, strong to save,
Whose arm hath bound the restless wave,
Who bidd'st the mighty ocean deep
Its own appointed limits keep:
O hear us when we cry to thee
For those in peril on the sea.

O Christ, whose voice the waters heard
And hushed their raging at thy word,
Who walkedst on the foaming deep,
And calm amid the storm didst sleep;
O hear us when we cry to thee
For those in peril on the sea.

Most Holy Spirit, who didst brood
Upon the chaos dark and rude,
And bid its angry tumult cease,
And give, for wild confusion, peace:
O hear us when we cry to thee
For those in peril on the sea.

O Trinity of love and power,
Our brethren shield in danger's hour;
From rock and tempest, fire and foe,
Protect them wheresoe'er they go;
Thus evermore shall rise to thee
Glad hymns of praise from land and sea.

Continued

Eternal Father, grant, we pray,
To all Marines, both night and day,
The courage, honor, strength, and skill
Their land to serve, thy law fulfill;
Be thou the shield forevermore
From every peril to the Corps.

Lord, guard and guide those who fly
Through the great spaces in the sky.
Be with them always in the air,
In darkening storms or sunlight fair.
O hear us when we lift our prayer
For those in peril in the air!

Eternal Father, Lord of Hosts,
Watch o'er those who guard our coasts.
Protect them from the raging seas
And give them light and life and peace.
Grant them from thy great throne above
The shield and shelter of thy love.

Lord, guard and guide those who fly
And those who on the ocean ply,
Be with our troops upon the land,
And all who for their country stand
Be with these guardians day and night
And may their trust be in thy might.

O God, Our Help in Ages Past

Isaac Watts

O God, our help in ages past,
Our hope for years to come,
Our shelter from the stormy blast,
And our eternal home.

Under the shadow of your throne
Your saints have dwelt secure;
Sufficient is your arm alone,
And our defense is sure.

Before the hills in order stood,
Or earth received her frame,
From everlasting you are God,
To endless years the same.

A thousand ages in your sight
Are like an evening gone,
Short as the watch that ends that night
Before the rising sun.

Time, like an ever-rolling stream,
Bears all its sons away;
They fly forgotten, as a dream
Dies at the opening day.

O God, our help in ages past,
Our hope for years to come,
Remain our guard while life shall last,
And our eternal home.

Onward, Christian Soldiers

Sabine Baring-Gould

Onward Christian soldiers, marching as to war
With the cross of Jesus going on before:
Christ the royal master leads against the foe;
Forward into battle, see, his banners go.
Onward Christian soldiers, marching as to war
With the cross of Jesus going on before.

Like a mighty army moves the church of God;
Brothers, we are treading where the saints have trod;
We are not divided, all one body we,
One in hope and doctrine, one in charity.
Onward Christian soldiers, marching as to war
With the cross of Jesus going on before.

Crowns and thrones may perish, kingdoms rise and wane,
But the church of Jesus constant will remain;
Gates of hell can never 'gainst that church prevail;
We have Christ's own promise, and that cannot fail.
Onward Christian soldiers, marching as to war
With the cross of Jesus going on before.

Onward, then, ye people, join our happy throng,
Blend with ours your voices in the triumph song;
Glory, laud, and honor unto Christ the King;
This through countless ages men and angels sing.
Onward Christian soldiers, marching as to war
With the cross of Jesus going on before.

Holy God, We Praise Thy Name

Anonymous

Holy God, we praise thy name!
Lord of all, we bow before thee;
All on earth thy scepter claim,
All in heaven above adore thee;
Infinite thy vast domain,
Everlasting is thy reign.

Hear the glad celestial hymn
Angel choirs above are raising;
Cherubim and seraphim,
In unceasing chorus praising,
Fill the heavens with sweet accord:
Holy, holy, holy Lord.

Lo! the Apostles' holy train
Joins thy sacred name to hallow:
Prophets swell the glad refrain,
And the white-robed martyrs follow,
And from morning to set of sun
Through the church the song goes on.

Holy Father, holy Son,
Holy Spirit three we name thee
Though in essence only one,
Undivided God we claim thee,
And, adoring, bend the knee
While we own the mystery.

Please pray for vocations.



PATRON SAINTS OF THE MILITARY SERVICES

Our Lady of Loreto

Patroness of Aviators and Astronauts

Saint Martin of Tours, Bishop

Patron of Soldiers, Infantry and Cavalry

Saint George, Martyr

Patron of Soldiers and Cavalry

Saint Joan of Arc, Martyr

Patroness of Soldiers

Saint Barbara, Martyr

Patroness of Artillery and Engineers

Saint Michael the Archangel

Patron of Marines, Paratroopers and Police

Saint Elizabeth Ann Seton, Widow and Religious

Patroness of the United States Sea Services

Saint Brendan the Navigator

Patron of Sailors

Saint John of Capistrano, Priest

Patron of Military Chaplains



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“Faith is a gift of God which enables us to know and love Him. Faith is a way of knowing, just as reason is. But living in faith is not possible unless there is action on our part. Through the help of the Holy Spirit, we are able to make a decision to respond to divine Revelation, and to follow through in living out our response.”

United States Catholic Catechism for Adults, 38.

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Since its founding, the Knights of Columbus has been involved in evangelization. In 1948, the Knights started the Catholic Information Service (CIS) to provide low-cost Catholic publications for the general public as well as for parishes, schools, retreat houses, military installations, correctional facilities, legislatures, the medical community, and for individuals who request them. For over 60 years, CIS has printed and distributed millions of booklets, and thousands of people have enrolled in its catechetical courses.

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In the case of coming generations, the lay faithful must offer the very valuable contribution, more necessary than ever, of a systematic work in catechesis. The Synod Fathers have gratefully taken note of the work of catechists, acknowledging that they "have a task that carries great importance in animating ecclesial communities." It goes without saying that Christian parents are the primary and irreplaceable catechists of their children...; however, we all ought to be aware of the "rights" that each baptized person has to being instructed, educated and supported in the faith and the Christian life.

Pope John Paul II, *Christifideles Laici* 34
Apostolic Exhortation on the Vocation and Mission
of the Lay Faithful in the Church and the World

About the Knights of Columbus

The Knights of Columbus, a fraternal benefit society founded in 1882 in New Haven, Connecticut, by the Venerable Servant of God Father Michael J. McGivney, is the world's largest lay Catholic organization, with more than 1.7 million members in the Americas, Europe, and Asia. The Knights support each other and their community, contributing millions of volunteer hours to charitable causes each year. The Knights were the first to financially support the families of law enforcement and fire department personnel killed in the terrorist attacks of September 11, 2001 and to work closely with Catholic bishops to protect innocent human life and traditional marriage. To find out more about the Knights of Columbus, visit www.kofc.org.

Whether you have a specific question or desire a broader, deeper knowledge of the Catholic faith, CIS can help. Contact us at:



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Proclaiming the Faith
In the Third Millennium