

*My
Prayer Book*
ABRIDGED POCKET EDITION

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Peter Paul Rubens. *Christ's Charge to Peter*, c.1616,
Wallace Collection, London, UK

The Sacraments

The Catholic Church seeks to remain one with Jesus Christ in a variety of ways. One of these is the sacraments — seven great signs that mark the different stages and events in human life. From birth till death, the follower of Jesus reaches out to him for power and life to love and live as he did. The sacraments are key events for Christ to draw men and women more fully into his saving actions. These ritual acts of human communication and human worship in the Church are events of grace in which the Spirit of God is imparted by the Lord who is ever sending his Spirit into the world. Through the sacraments Jesus is always present to those who believe in him.

They are: **Baptism**
Confirmation
Eucharist
Reconciliation
Anointing of the Sick
Matrimony
Holy Orders

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.

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.

Grace Before Meals

Bless us, O Lord, and these your gifts
which we are about to receive
from your bounty, through Christ
our Lord. 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 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 life everlasting.

Amen.

In Honor of St. Anne

Nothing is known for certain about Anne, the mother of Mary. There is a legend about her that closely parallels the story of the mother of Samuel in the Old Testament. Anne, like the mother of Samuel, was childless and earnestly prayed for a child. Her prayer was answered and she saw her child as a gift from God. She thus invites believers to place their lives in the hands of God alone.

St. Anne, you are the mother of Mary,
the Queen of heaven and earth.
During your lifetime you gave her a
powerful example of love and concern.
I venerate your memory and beg your
assistance.
Be concerned for me and act as my
intercessor.
I ask for health of body and soul, a
joyful acceptance of God's will for me
and in particular *(here mention your request)*.
Give me and those for whom I pray the
strength to carry our cross in the spirit
of Jesus and so live and die in his
love. Amen.