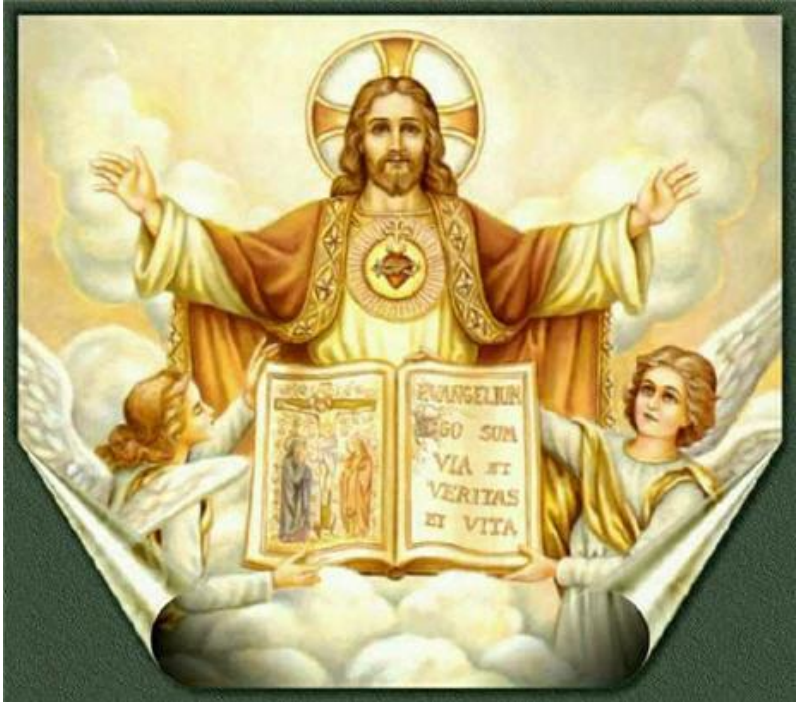


*St. Helena Parish  
Devotional Prayer Book*



*“I am the Way and the Truth and  
the Life.”*

*O Sacrament most Holy,  
O Sacrament Divine,  
All praise and all thanksgiving  
Be every moment Thine.*

## **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 Your wounds, hide me; Separated from You, let me never be; From the evil one, protect me; At the hour of my death, call me; And close to You, bid me; That with Your saints, I may be, praising You forever and ever. Amen.

**Monday**  
**A Prayer to St. Peregrine**  
**Patron Saint of Cancer Patients**

O St. Peregrine, for many years you bore in your own flesh a cancerous disease that destroys the fiber of our being, and who had recourse to the Source of all Grace



when the power of man could do no more. You were favored with the Vision of Jesus coming down from His Cross to heal your affliction. Ask God to cure the sick whom we entrust to you, especially parishioners, family members (Recall the names of the sick.).

Aided in this way by your powerful intercession, we shall sing to God, now and for all eternity, a song of gratitude for His great goodness and mercy. Amen.

*“Jesus went around all of Galilee teaching in their synagogues, proclaiming the Gospel of the Kingdom, and curing every disease and illness among the people. And great crowds from Galilee, the Decapolis, Jerusalem, and Judea, and from beyond the Jordan followed Him.”*

*Mt 4:23-25*

**Tuesday**  
**Litany for Priests**  
**and**

**St. Theresa Prayer for Vocations**

Jesus, Meek and Humble of Heart,  
give all priests Thy spirit of humility;

Jesus, Poor and Worn out for souls,  
give all priests Thy spirit of zeal;

Jesus, Full of Patience and Mercy for sinners,  
give all priests Thy spirit of compassion;

Jesus, Victim for the sins of the world,  
give all priests Thy spirit of sacrifice;

Jesus, Lover of the little and the poor,  
give all priests Thy spirit of charity.

Mary, Mother of Priests, pray for us; and obtain for us  
numerous and holy priests and religious. Amen.



St. Theresa, Little Flower, you are "love in the heart of the Church." You dedicated your life as a Carmelite Nun for good priests to serve God's people. From your privileged place in God's Heart, I ask you to stir up responsive hearts in our youth to follow Jesus as good and holy priests and religious. Bless our Church with loyal servants of the Gospel.

Renew our Church in love by igniting the love of the youth Jesus calls. We need your help, intercession, and intervention today, Beloved Patron of Priests. Amen.



*Jesus said to Simon Peter, "Do not be afraid; from now on you will be catching men." When they brought their boats to the shore, they left everything and they followed Him.*

*Mt 4: 19-20*

## Wednesday

### Prayer for the Family and Parish

O God of Goodness and Mercy, to Thy Fatherly Guidance we commend our family and parish. We commit all to Thy love and keeping.

O Mary, Mother of Grace and of Mercy, reconcile us with Thy Son, commit us to His keeping, comfort us in the love of your Immaculate Heart.

Saint Joseph, Foster-Father of our Savior, Guardian of His Holy Mother, Head of the Holy Family, be our model of faith.

Saint Michael, defend us against all evil.

Saint Gabriel, make us to understand the Holy Will of God.

Saint Raphael, preserve us from all sickness and from every danger.

Our Holy Guardian Angels, keep our feet safely on the path of salvation both day and night.

Our Holy Patrons, pray for us before the Throne of God. Amen.



## Thursday

### Prayer to the Most Precious Blood

O Jesus, in union with Your Most Precious Blood poured out on Your Cross and offered in every Mass, I offer You today my prayers, works, joys, sorrows and sufferings for the praise of Your Holy Name and the desires of Your Sacred Heart; for the conversion of sinners, the union of all Christians and our final union with You in heaven. Amen.



# First Thursday Devotional Prayer

## Litany of the Most Precious Blood of Jesus

Lord, have mercy. *R. Lord, have mercy.*

Christ, have mercy. *R. Christ, have mercy.*

Lord, have mercy. *R. Lord, have mercy.*

Christ, hear us. *R. Christ, graciously hear us.*

God the Father of Heaven. *R. have mercy on us.*

God the Son, Redeemer of the World, *have mercy on us.*

God the Holy Spirit, *have mercy on us.*

Holy Trinity, One God, *have mercy on us.*

Blood of Christ, Only-Begotten Son of the Eternal Father, *save us.*

Blood of Christ, Incarnate Word of God, *save us.*

Blood of Christ, of the New and Eternal Testament, *save us.*

Blood of Christ, falling upon the earth in the Agony, *save us.*

Blood of Christ, shed profusely in the Scourging, *save us.*

Blood of Christ, flowing forth in the Crowning with Thorns, *save us.*

Blood of Christ, poured out on the Cross, *save us.*

Blood of Christ, Price of our Salvation, *save us.*

Blood of Christ, without which there is no Forgiveness, *save us.*

Blood of Christ, Eucharistic Drink and Refreshment of Souls, *save us.*

Blood of Christ, Stream of Mercy, *save us.*

Blood of Christ, Victor over demons, *save us.*

Blood of Christ, courage of Martyrs, *save us.*

Blood of Christ, strength of Confessors, *save us.*

Blood of Christ, bringing forth Virgins, *save us.*

Blood of Christ, Help of those in peril, *save us.*

Blood of Christ, Relief of the burdened, *save us.*

Blood of Christ, Solace in sorrow, *save us.*

Blood of Christ, Hope of the penitent, *save us.*

Blood of Christ, Consolation of the dying, *save us.*

Blood of Christ, Peace and Tenderness of Hearts, *save us.*

Blood of Christ, Pledge of Eternal Life, *save us.*

Blood of Christ, Freeing Souls from purgatory, *save us.*

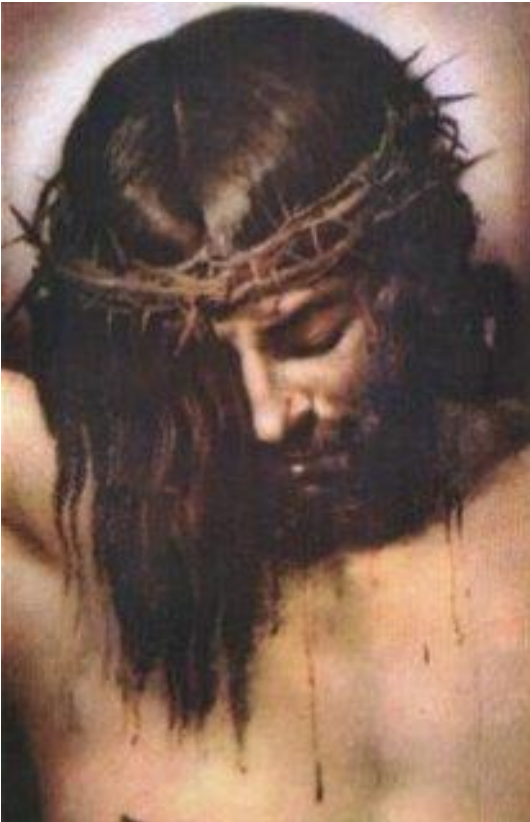
Blood of Christ, Most Worthy of all Glory and Honor, *save us.*



*Let us pray:*

*Almighty and Eternal God, You have appointed Your Only Begotten Son the Redeemer of the world, and You willed to be appeased by His Blood. Grant we beg of You, that we may worthily adore this price of our salvation, and through its power be safeguarded from the evils of the present life, so that we may rejoice in its fruits forever in Heaven. Through the same Christ our Lord.*

*R. Amen.*



“O Blood and Water which gushed forth from the Heart of Jesus as a fountain of mercy for us, I trust in You.”

# First Friday Devotional Prayer

## Litany of the Sacred Heart of Jesus

Lord, have mercy. *R. Lord, have mercy.*

Christ, have mercy. *R. Christ, have mercy.*

Lord, have mercy. *R. Lord, have mercy.*

God the Father of Heaven, *R. have mercy on us.*

God the Son, Redeemer of the World, *have mercy on us.*

God the Holy Spirit, *have mercy on us.*

Holy Trinity, One God, *have mercy on us.*

Heart of Jesus, Son of the Eternal Father,  
*have mercy on us.*

Heart of Jesus, formed in the womb of the Virgin  
Mother by the Holy Spirit, *have mercy on us.*

Heart of Jesus, united substantially with the Word  
of God, *have mercy on us.*

Heart of Jesus, glowing Furnace of Charity,  
*have mercy on us.*

Heart of Jesus, Most Worthy of all praise,  
*have mercy on us.*

Heart of Jesus, King and Center of all Hearts,  
*have mercy on us.*

Heart of Jesus, in Whom dwelleth all the Fullness of the Divinity,  
*have mercy on us.*

Heart of Jesus, in Whom the Father is Well Pleased,  
*have mercy on us.*

Heart of Jesus, of Whose Fullness we have all received,  
*have mercy on us.*

Heart of Jesus, Patient and Rich in Mercy, *have mercy on us.*

Heart of Jesus, Fount of Life and Holiness, *have mercy on us.*

Heart of Jesus, Crushed for our Iniquities, *have mercy on us.*

Heart of Jesus, made Obedient unto Death, *have mercy on us.*

Heart of Jesus, Pierced with a Lance, *have mercy on us.*

Heart of Jesus, Source of all Consolation, *have mercy on us.*



Heart of Jesus, our Life and Resurrection, *have mercy on us.*  
Heart of Jesus, our Peace and Reconciliation, *have mercy on us.*  
Heart of Jesus, Victim for our sins, *have mercy on us.*  
Heart of Jesus, Salvation of those who hope in Thee,  
*have mercy on us.*  
Heart of Jesus, Hope of those who die in Thee, *have mercy on us.*  
Heart of Jesus, Delight of all Saints, *have mercy on us.*

Lord, have mercy. *R. Lord, have mercy.*  
Christ, have mercy. *R. Christ, have mercy.*  
Lord, have mercy. *R. Lord, have mercy.*

*Let us pray:*

*Almighty and Everlasting God, look upon the Heart of Thy well-beloved Son and upon the acts of praise and satisfaction which He renders unto Thee in the name of sinners; and do Thou, in Thy great goodness, grant pardon to them who seek Thy mercy, in the name of Thy Son, Jesus Christ, who lives and reigns with Thee, world without end. Amen*



*“Come to Me, all you who labor and are burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am meek and humble of heart; and you will find rest for yourselves. For My yoke is easy, and My burden light.” Mt 11:28-30*

## Friday

### Prayer to the Sacred Heart

I fly to Thee Sacred Heart of my Savior, for You are my Refuge, my only Hope. You are the Remedy for all my miseries, the Supplement for all my deficiencies, the Expiation for all my sins, and the Hope of all my prayers. You are the only One Who is never weary of me and Who can bear with my faults because You love me with an infinite love. Therefore, my God, I offer You all my prayers, works, joys and sufferings in union with the Sacred Heart of Jesus, for the intentions for which He pleads and offers Himself in the Holy Sacrifice of the Mass, and for the needs of our Holy Mother the Church, for the Conversion of Sinners, and for Relief of the Poor Souls in Purgatory. O Most Sacred Heart, do with me, for me, in me whatever You will for I give myself entirely to You, knowing You will never reject me. Amen.



## Saturday

### **Novena to St. Theresa of the Child Jesus “The Little Flower”**

O my God, I offer You all my actions of this day for the intentions and for the glory of the Sacred Heart of Jesus.

O my God, I ask of You for myself and for those whom I hold dear, the grace to fulfill perfectly Your Holy Will, to accept for love of You the joys and sorrows of this passing life, so that we may one day be united together in Heaven for all eternity. Amen.

O St. Theresa of the Child Jesus, who during your short life on earth became a mirror of angelic purity, of love strong as death, and of wholehearted abandonment to God. Make my troubles your own, speak on my behalf to Our Lady Immaculate, “who smiled on you at the dawn of life”.

Beg her powerful intercession for the grace I yearn for so ardently (name your requests) and that she join with it a blessing that strengthens me during life, defends me at the hour of death, and leads me to a happy eternity. Amen.

St. Theresa, the Little Flower, please pick me a rose from the heavenly garden and send it to me with a message of love, ask God to grant me the favor I ask of you and tell Him I love Him each day more and more. Amen.

## Memorare

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

Inspired by this confidence, I fly unto you, O Virgin of Virgins, my Mother; to you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me. Amen.



# The Chaplet of Divine Mercy

Use Rosary for the Chaplet.

*The first 3 beads:*

The Our Father,  
Hail Mary and  
the Apostles' Creed

*On the large beads before  
each decade:*

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



*On the 10 small beads of each decade:*

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

*Concluding Doxology - after 5 decades on last 3 beads:*

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

## *Concluding Prayer*

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

# Litany of the Blessed Virgin Mary

Lord, have mercy. *R. Lord, have mercy.*

Christ, have mercy. *R. Christ, have mercy.*

Lord, have mercy. *R. Lord, have mercy.*

Christ, hear us. *R. Christ, graciously hear us.*

God, the Father of Heaven, *have mercy on us.*

God the Son, Redeemer of the World, *have mercy on us.*

God the Holy Spirit, *have mercy on us.*

Holy Trinity, One God, *have mercy on us.*

Holy Mary, *pray for us.*

Holy Mother of God, *pray for us.*

Holy Virgin of Virgins, *pray for us.*

Mother of Christ, *pray for us.*

Mother of Divine Grace, *pray for us.*

Mother Most Pure, *pray for us.*

Mother Most Chaste, *pray for us.*

Mother Inviolable, *pray for us.*

Mother Undeified, *pray for us.*

Mother Most Amiable, *pray for us.*

Mother Most Admirable, *pray for us.*

Mother of Good Counsel,  
*pray for us.*

Mother of our Creator, *pray for us.*

Mother of our Savior, *pray for us.*

Virgin Most Prudent, *pray for us.*

Virgin Most Venerable, *pray for us.*

Virgin Most Renowned, *pray for us.*

Virgin Most Powerful, *pray for us.*

Virgin Most Merciful, *pray for us.*

Virgin Most Faithful, *pray for us.*

Mirror of Justice, *pray for us.*

Seat of Wisdom, *pray for us.*

Cause of our Joy, *pray for us.*

Spiritual Vessel, *pray for us.*

Vessel of Honor, *pray for us.*

Singular Vessel of Devotion, *pray for us.*





Mystical Rose, *pray for us.*  
 Tower of David, *pray for us.*  
 Tower of Ivory, *pray for us.*  
 House of Gold, *pray for us.*  
 Ark of the Covenant, *pray for us.*  
 Gate of Heaven, *pray for us.*  
 Morning Star, *pray for us.*  
 Health of the Sick, *pray for us.*  
 Refuge of Sinners, *pray for us.*  
 Comforter of the Afflicted, Help of  
 Christians, *pray for us.*  
 Queen of Angels, *pray for us.*  
 Queen of Patriarchs, *pray for us.*  
 Queen of Prophets, *pray for us.*  
 Queen of Apostles, *pray for us.*  
 Queen of Martyrs, *pray for us.*  
 Queen of Confessors, *pray for us.*  
 Queen of Virgins, *pray for us.*  
 Queen of all Saints, *pray for us.*  
 Queen Conceived Without  
 Original Sin, *pray for us.*  
 Queen Assumed into Heaven, *pray for us.*  
 Queen of the Most Holy Rosary, *pray for us.*  
 Queen of Peace, *pray for us.*



Lamb of God, Who takes away the sins of the world, *spare us, O Lord!*  
 Lamb of God, Who takes away the sins of the world, *graciously hear us, O  
 Lord!*  
 Lamb of God, Who takes away the sins of the world, *have mercy on 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: Grant, we beg You, O Lord God, that we Your servants,  
 may enjoy lasting health of mind and body, and by the glorious  
 intercession of the Blessed Mary, ever Virgin, be delivered from  
 present sorrow and enter into the joy of eternal happiness. Through  
 Christ our Lord. R. Amen.*

## Prayer to the Holy Angels

Bless the Lord, all you His Angels, you who are mighty in strength and do His Will. Intercede for me at the Throne of God, and by your unceasing watchfulness protect me in every danger of soul and body. Obtain for me the grace of final perseverance, so that after this life I may be admitted to your glorious company and may sing with you the praises of God for all eternity. O all you holy Angels and Archangels, Thrones and Dominations, Principalities and Powers and Virtues of Heaven, Cherubim and Seraphim and especially you, my dear Guardian Angel, intercede for me and obtain for me the special favor I now ask (your intentions). Amen.



## Consecration to the Holy Spirit

Most Holy Spirit! Receive the consecration that I make of my entire being. From this moment on, come into every area of my life and into each of my actions.

You are my Light, my Guide, my Strength and the Sole Desire of my heart. I abandon myself without reserve to Your Divine Action, and I desire to be ever docile to Your Inspirations. Oh Holy Spirit!



Transform me with and through Mary, into another Christ Jesus, for the Glory of the Father and the Salvation of the World. Amen.



*“Be still, and know that I am God.”*

*Ps. 46*

*“I will not leave you orphans;  
I will come to you.” Jn 14:18*

*“Whoever loves Me will keep My Word, and  
My Father will love him, and We will come to  
him and make Our Dwelling with him.”*

*Jn 14:23*

**Please leave in the pew.**