

EXAMINATION OF CONSCIENCE with Rule of Saint Benedict

1. If we hope to be saved, we must follow the rule of life; we are bound always to hate sin and to love God.
2. We must hate sin above all other evils, so as to be resolved never to commit a willful sin, for the love or fear of anything whatsoever.

To Recognize always that the evil is one's own doing, and to impute it to oneself.

To Fear the day of judgment. To dread Hell.

When evil thoughts come into one's heart, to dash them at once on the rock of Christ and to manifest them to one's spiritual advisor (confessor).

Daily in one's prayers, with tears and sighs, to confess one's past sins to God. To amend those sins for the future

To prefer nothing to the love of Christ

To bear persecution for justice sake

3. We must love God above all things, and with our whole heart.
4. We must learn to love God by begging of God to teach us to love him: 'O my God, teach me to love you'.

To love the Lord God with all one's heart, all one's soul, and all one's strength.

To desire eternal life with all spiritual longing.

To never despair of God's mercy

5. We must often to think how good God is; often to speak to him in our hearts; and always to seek to please him.

To attribute to God, and not to self, whatever good one sees in oneself

To apply oneself frequently to prayer

To listen gladly to holy reading

To keep constant guard over the actions of one's life

To fulfill God's commandments daily in one's deeds

6. Jesus Christ also commands us to love one another - that is, all persons without exception - for his sake.

To love one's neighbor as oneself

To honor all men

Not to do to another what one would not have done to oneself

Not to forsake charity

To hate no man

To console the sorrowing

To bury the dead

To reverence the old

To love the young

To relieve the poor

To clothe the naked

To visit the sick

To help the afflicted

To do no wrong to anyone

7. We are to love one another by wishing well to one another, and praying for one another; and by never allowing ourselves any thought, word or deed to the injury of anyone.

Not to nurse a grudge
Not to guile in one's heart
Not to render cursing for cursing, but rather blessing
Not to give way to envy
Not to swear falsely
To utter truth from heart and mouth
To keep one's mouth from evil and depraved talk
Not to kill
Not to commit adultery
Not to steal
Not to bear false witness
Not to love contention (conflict)

8. We are also bound to love our enemies; not only by forgiving them from our hearts, but also by wishing them well, and praying for them.

Not to render evil for evil
To pray for one's enemies in the love of Christ
To make peace with one's adversary before sundown

9. Jesus Christ has given us another great rule in these words 'if any man will come after me, let him deny himself, and take up his cross daily, and follow me'. Luke 9:23. We are to deny ourselves by giving up our own will, and by going against our own humors, inclinations, and passions. We are bound to deny ourselves because our natural inclinations are prone to evil from our very childhood; and, if not corrected by self-denial, they will certainly carry us to hell.

To deny oneself, in order to follow Christ
To hate one's own will
Not to yield to anger
Not to make a false show of peace
To bear patiently wrongs done to oneself
Not to love much speaking
Not to speak vain words or such as move to laughter

10. We are to take up our cross daily by submitting daily with patience to the labors and sufferings of this short life, and by bearing them willingly for the love of God.

To chastise the body
Not to seek soft living

11. We are to follow our Blessed Lord by walking in his footsteps and imitating his virtues, which are meekness, humility, and obedience.

Not to be proud
To obey in all things the commands of the abbot (authority), even though he himself should act otherwise.
Not to wish to be called holy before one is holy, but first to be holy, that one may more truly be called so.

12. The enemies which we must fight against all the days of our life are the

the devil, or satan and all his wicked angels, who are ever seeking to draw us into sin and always seeking, by temptation and by work or example, to carry us along with them in the broad road that leads to damnation so that we may be damned with them.

the world, the false maxims of the world and the society of those who love the vanities, riches and pleasures of this world better than God.

the flesh, our own corrupt inclinations and passions, which are the most dangerous of all our enemies.

Not to be jealous

Not to covet

Not a grumbler

To love chastity

Not to fulfill the desires of the flesh

Not a wine bibber (habitual drinker)

Not a glutton

Not slothful

Not somnolent (incline to sleep)

13. To hinder the enemies of our soul from drawing us into sin, we must watch, pray, and fight against all their suggestions and temptations and in the warfare against the devil, the world, and the flesh we must depend not on ourselves but on God only; 'I can do all things in him who strengthened me'. Philip. 4:13

Examination of Conscience for a Good Confession [Adults]

1. I am the Lord your God: You shall not have strange gods before Me: Did I fail to love God, to make God first in my life, to thank Him, trust Him, love Him as He deserves? Did I fail to pray? Have I doubted or denied my faith? Was I careless in saying my prayers? Do I give God time everyday in prayer? Have I been involved in magic, Ouija boards tarot cards, the occult?

2. You shall not take the name of the Lord your God in vain: Did I curse or swear? Did I use God's Name in vain, lightly, carelessly, by blasphemy? have I used foul language or jokes?

3. Remember to keep holy the sabbath: Have I deliberately missed Mass on Sundays or Holy Days of Obligation? Did I leave Mass early without a good reason? Have I been to Communion at least once a year? Did I receive Holy Communion in the state of serious sin? Have I been to confession recently? In any of my previous confessions, did I lie to or deliberately conceal something from the priest? Did I do unnecessary work on Sunday?

4. Honor your father and your mother: Did I honor and obey my parents? Respect my brothers and sisters? Respect others with lawful authority, especially teachers? Have I talked back? Did I fail to help at home or to spend time with my family?

5. You shall not kill: Did I give into feelings of anger or jealousy? Did I keep hatred in my heart? Did I fight, give bad example or cause scandal? have I abused alcohol or drugs? Have I had or in any way permitted or encouraged abortion? Have I thought about suicide?

6. You shall not commit adultery: Did I consent to impure glances? Passionate kisses? Sinful touches? Was I immodest in dress or behavior? Did I look at pornography, impure books, magazines or videos? Am I guilty of masturbation (impurity with self) or contraception (by pills, condoms, other devices, etc.) ? Do I live chastely according to my state in life (married, single, ordained)? Do I avoid laziness, gluttony, idleness, and the occasions of impurity?

7. You shall not steal: Have I stolen what is not mine? What or how much? Did I return it or make up for what I have stolen? Have I cheated on tests or homework? Did I waste time at work? Have I written graffiti (this steals nature's beauty)? Have I taken things that were not mine from a store or another person? Have I destroyed or misused another person's property for fun? Do I return things that I borrow? In good condition?

8. You shall not bear false witness against your neighbor: Have I lied, gossiped? Talked about another behind his back? Do I always tell the truth? Am I sincere? Did I reveal secrets that should have been kept confidential? Am I critical, negative, or uncharitable in my talk?

9. You shall not covet your neighbor's wife: Have I consented to impure thoughts? Have I encouraged them by stares, curiosity, or impure conversations? Did I neglect to control my imagination or desire of other people?

10. You shall not covet your neighbor's goods: is my heart greedy? Am I jealous of what another has? Am I envious of others because I don't have what they have? Am I moody or gloomy? Do I work, study, and keep busy to counter idle thoughts? Am I critical, negative, or uncharitable in my thoughts of others? Is my heart set on earthly possessions or on the treasures of Heaven?

Examination of Conscience [Children]

by Fr. Edward Filardi, Gaithersburg, Maryland

I. I am the Lord your God. You shall not have strange gods before me.

Do I give time every day to God in prayer?

Do I put my trust in superstitions, good luck charms, rather than God alone?

Have I rejected any Church teaching or denied that I was a Catholic?

II. You shall not take the name of the Lord your God in vain.

Have I used the words "God" or "Jesus" in anger or irreverently?

Have I used foul or ugly language? Have I wished evil on another?

III. Remember to keep holy the Lord's day.

Have I missed Mass on Sunday or any holy day of obligation?

Do I arrive at church late or leave early?

Do I try to be reverent and pay attention during Mass?

Do I avoid unnecessary work on Sunday?

Do I make Sunday a day of prayer or rest?

IV. Honor your father and your mother.

Do I respect and obey my parents?

Have I dishonored or mistreated them by word or deed?

Am I willing to help around the house or must I be nagged a hundred times?

Do I try to get along with my brothers and sisters?

Am I a tattletale or bully?

Do I give a good example, especially to younger siblings?

Do I respect others in authority: priests, nuns, police, old people, baby-sitters?

V. You shall not kill.

Do I beat up others or hurt their bodies?

Do I say cruel things, or make fun of others to hurt their feelings?

Do I say mean things about others behind their backs?

Have I stopped speaking to anyone?

Do I encourage others to do bad things?

Do I try to love all people, born and unborn?

VI. You shall not commit adultery.

Do I treat my body and other people's bodies with purity and respect?

Do I look at television shows, movies, or pictures that are bad?

Am I modest in my speech and the clothes I wear?

VII. You shall not steal.

Have I taken things that were not mine from a store or another person?

Have I destroyed or misused another person's property for fun?

Do I return things that I borrow? In good condition?

VIII. You shall not commit false witness against your neighbor.

Am I honest in my school work? Do I tell lies to make myself look good?

Do I tell lies to protect myself from punishment?

Do I tell lies that make another person look bad or get them in trouble?

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

Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me? Do I get mad when I have to share my friends?

Are there kids I will not play with or be mean to because they look different?

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

Am I jealous or envious of the things or abilities that others have?

Am I thankful to God and my parents for what they have given me?

Do I share the things I have with my family, friends and poor people?

DAILY SPIRITUAL EXERCISES (can be read each morning)

1. I should begin the day by making the sign of the cross as soon as I awake in the morning, and by saying some short prayer, such as,
'O my God, I offer my heart and soul to You'.
I should rise in the morning diligently, dress myself modestly, and then kneel (sit) down and say my morning prayers.
2. I should also attend Mass if I have time and opportunity, for to attend Mass is by far the best and most profitable of all devotions.
3. It is useful to make daily meditation, for such was the practice of all the Saints. We ought to meditate especially on the four last things, and the Life and Passion of our Blessed Lord.
4. We ought frequently to read good books, such as the Holy Gospels, the Lives of the Saints, and other spiritual works, which nourish our faith and piety, and arm us against the false maxims of the world. Read the Gospels (the life of our Lord), Office of Readings from the Liturgy of the Hours, Martyrology: Saint of the Day, Books following the Liturgical Year, any Spiritual Reading such as the Imitation of Christ or any text, (look for Nihil Obstat and Imprimatur)
5. As to my eating, drinking, sleeping, and amusements, I should use all these things with moderation, and with a desire to please God.

Fast when possible, especially on Friday in remembrance of our Lord's passion
Fast not only from food but other any of the above, eating, drinking, sleeping, amusements (including TV, music, internet, games, sports, hobbie, etc.)
6. Say the 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."
7. Say the grace after meals?

"We give you thanks, almighty God, for all your benefits, who live and reign, world without end."
May the souls of the faithful departed through the mercy of God, rest in peace. Amen.
8. I should sanctify my ordinary actions and employments of the day by often raising up my heart to God whilst I am about them, and saying some short prayer to him. It is good also to have set times in the day to rest from work. St. Benedict's motto of work and prayer is a good model. Have set time to break from work to pray.
9. When I find myself tempted to sin I should make the sign of the cross on my heart and call on God as earnestly as I can, saying
"Lord, save me, or I perish."
10. If I have fallen into sin I should cast myself in spirit at the feet of Christ, and humbly beg his pardon by a Sincere Act of Contrition.
11. When God sends me any cross, or sickness, or pain, I should say,

'Lord, your will be done. I take this for my sins'.

12. I should do well to say often to myself during the day such prayers as

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.

In all things may the most holy, the most just, and the most lovable Will of God be done, praised, and exalted above all forever.

O Sacrament most holy, O Sacrament divine, all praise and all thanksgiving be every moment thine. Praised be Jesus Christ, praised for evermore.

My Jesus, mercy; Mary, help.

13. I should finish the day by kneeling (sitting) down and saying my night prayers, and observe due modesty in going to bed; occupy myself with the thoughts of death; and endeavor to compose myself to rest at the foot of the Cross, and give my last thoughts to my crucified Savior.

PRAYERS

1. The Sign of the Cross

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

2. 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.

3. 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.

4. 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. Lead us not into temptation but deliver us from evil. Amen.

5. Angel of God

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.

6. St Michael the Archangel

St Michael the Archangel defend us in the day of battle; be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly host, by the power of God, cast into hell, Satan and all the other evil spirits, who prowl through the world, seeking the ruin of souls. Amen.

7. The Angelus

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

Hail, Mary.

V. Behold the handmaid of the Lord.

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

Hail Mary.

V. And the Word was made flesh.

R. And dwelt among us.

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.

Glory be to the Father...

8. The Regina Caeli (during the Easter Season instead of the Angelus)

Queen of heaven, rejoice, alleluia.

The Son whom you merited to bear, alleluia,
has risen as he said, alleluia.

Rejoice and be glad, O Virgin Mary, alleluia!

For the Lord has truly risen, alleluia.

Let us pray;

O God, who through the resurrection of your Son, our Lord Jesus Christ, did vouchsafe to give joy to the world; grant, we beseech you, that through his Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

9. Hail Holy Queen

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears

Turn then, most gracious advocate, your eyes of mercy toward us, and after this exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

10. The Magnificat

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 forever. Glory to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.

11. Under Your Protection

We fly to thy protection, O holy Mother of God. Despise not our petitions in our necessities, but deliver us always from all dangers O glorious and blessed Virgin.

12. The Benedictus

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. Glory to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.

13. Te Deum

You are God: we praise you; You are God: we acclaim you; You are the eternal Father: All creation worships you. To you all angels, all the powers of heaven, Cherubim and Seraphim, sing in endless praise: Holy, holy, holy, Lord, God of power and might, Heaven and earth are full of your glory. The glorious company of apostles praise you. The noble fellowship of prophets praise you. The white-robed army of martyrs praise you. Throughout the world the holy Church acclaim you: Father, of majesty unbounded, Your true and only Son, worthy of all worship, And the Holy Spirit, advocate and guide. You, Christ, are the king of glory, The eternal Son of the Father. When you became man to set us free You did not spurn the Virgin's womb. You overcame the sting of death, And opened the kingdom of heaven to all believers. You are seated at God's right hand in glory. We believe that you will come, and be our judge. Come then, Lord, and help your people, Bought with the price of your own blood, And bring us with your saints To glory everlasting. Save your people, Lord, and bless your inheritance. Govern and uphold them now and always. Day by day we bless you. We praise your name forever. Keep us today, Lord, from all sin. Have mercy on us, Lord, have mercy. Lord, show us your love and mercy; For we put our trust in you. In you, Lord, is our hope: And we shall never hope in vain.

14. Apostles Creed

I believe in God the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord: 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 thence He shall 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.

15. 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 are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

16. Act of Hope

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.

17. Act of Love

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

18. Act of Adoration

O Great God, the sovereign Lord of heaven and earth, I prostrate myself before Thee. With all the Angels and Saints I adore Thee, I acknowledge Thee to be my Creator and sovereign Lord, my first beginning and last end. I render to Thee the homage of my being and life. I submit myself to Thy Holy Will, and I devote myself to Thy divine service this day and for ever.

19. Morning Offering

In the name of our Lord Jesus Christ I will begin this day. I thank you, Lord for having preserved me during the night. I will do my best to make all I do today pleasing to you and in accordance with your will. My dear mother Mary, watch over me this day. My Guardian Angel, take care of me. St. Joseph and all you saints of God, pray for me. O Jesus, through the Immaculate Heart of Mary I offer you my prayers, works, joys, sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, for the intention of all our Associates, the intentions of our Bishops, and in particular for those recommended by our Holy Father this month.

20. Prayer to the Infant Jesus

O Infant Jesus, I have recourse to You and ask You through the intercession of Your Holy Mother to help me in my need, (mention it here) for I firmly believe that Your Divinity can help me. I hope, in complete trust, to obtain Your holy grace. I love You with all my heart and with all the strength of my soul. I am truly sorry for all my sins, and beg You, O good Jesus, to give me strength to conquer them. I shall never offend You and I am ready to suffer rather than to cause You pain. From now on I want to serve with complete faithfulness and for love of You, O Divine Child, I will love my neighbor as well as myself. Omnipotent Child, Lord Jesus, again I implore You, help me in this need of mine (mention petition). Grant me the grace of possessing You eternally, with Mary and Joseph and of adoring You with the holy angels in Your heavenly court.

21. A Prayer for Priests

O Jesus, Eternal Priest, keep all Thy priests within the shelter of Thy Sacred Heart, where none may harm them. Keep unstained their anointed hands which daily touch Thy Sacred Body. Keep unsullied their lips purpled with Thy Precious Blood. Keep pure and unearthly their hearts, sealed with the sublime marks of Thy glorious priesthood. Let Thy holy love surround them and shield them from the world's contagion. Bless their labors with abundant fruit, and may the souls to whom they have ministered be here below their joy and consolation and in Heaven their beautiful and everlasting crown. Amen. O Mary, Queen of the clergy pray for us; obtain for us a number of holy priests.

22. Prayer to Know One's Vocation

O my God, Thou who art the God of wisdom and of counsel, Thou who readest in my heart the sincere will to please Thee alone, and to govern myself with regard to my choice of a state on life, entirely in conformity with Thy most holy desire; grant me, by the intercession of the most blessed Virgin, my Mother, and of my holy patrons, especially of St. Joseph and St. Aloysius, the grace to know what state I ought to choose, and when to embrace it, so that in it I may be able to pursue and increase Thy glory, work out my salvation, and merit that heavenly reward which Thou hast promised to those who do Thy holy Will. Amen.

23. Come, Creator Spirit

Come, Holy Spirit, Creator come, From your bright heavenly throne! Come, take possession of our souls, And make them all your own. You who are called the Paraclete, Best gift of God above, The living spring, the living fire, Sweet unction, and true love! You who are sevenfold in your grace, Finger of God's right hand, His promise, teaching little ones To speak and understand! O guide our minds with your blessed light, With love our hearts inflame, And with your strength which never decays Confirm our mortal frame. Far from us drive our hellish foe True peace unto us bring, And through all perils guide us safe Beneath your sacred wing. Through you may we the Father know, Through you the eternal Son And you the Spirit of them both Thrice-blessed three in one. All glory to the Father be, And to the risen Son; The same to you, O Paraclete, While endless ages run. Amen.

24. Come, Holy Spirit

Come, Holy Spirit, come! And from your celestial home Shed a ray of light divine! Come, Father of the poor! Come, source of all our store! Come, within our bosoms shine. You, of comforters the best; You, the soul's most welcome guest; Sweet refreshment here below; In our labor, rest most sweet; Grateful coolness in the heat; Solace in the midst of woe. O most blessed Light divine, Shine within these hearts of yours, And our inmost being fill! Where you are not, we have naught, Nothing good in deed or thought, Nothing free from taint of ill. Heal our wounds, our strength renew; On our dryness pour your dew; Wash the stains of guilt away: Bend the stubborn heart and will; Melt the frozen, warm the chill; Guide the steps that go astray. On the faithful, who adore And confess you, evermore In your sevenfold gift descend: Give them virtue's sure reward; Give them your salvation, Lord; Give them joys that never end.

25. Prayer for the Seven Gifts of the Holy Spirit

O Almighty and eternal God, Thou has vouchsafed to adopt me for Thy child in the holy sacrament of Baptism; Thou hast granted me the remission of my sins at the tribunal of penance; Thou hast made me to sit at Thy holy table and hast fed me with the Bread of Angels; perfect in me, I beseech Thee, all these benefits. Grant unto me the spirit of Wisdom, that I may despise the perishable things of this world, and love the things that are eternal; the spirit of Understanding, to enlighten me and to give the knowledge of religion; the spirit of Counsel, that I may diligently seek the surest ways of pleasing God and obtaining heaven; the spirit of Fortitude, that I may overcome with courage all the obstacles that oppose my salvation; the spirit of Knowledge that I may be enlightened in the ways of God; the spirit of Piety, that I may find the service of God both sweet and amiable; the spirit of Fear, that I may dread in any way to displease Him. Seal me, in Thy mercy, with the seal of a disciple of Jesus Christ, unto everlasting life; and grant that, carrying the Cross upon my forehead, I may carry it also in my heart, and confessing Thee boldly before me, may merit to be one day reckoned in the number of Thy elect. Amen

Know – Understanding (religion), Knowledge (Discernment)

Love – Wisdom (pursue good, avoid evil); Counsel (surest way to please God); Fear of Lord (dread of displeasing God)

Serve – Fortitude (courage to face obstacles/fear); Piety (find the service of God sweet)

26. Prayer for the Twelve Fruits of the Holy Spirit

O Holy Spirit, Eternal Love of the Father and the Son, vouchsafe to grant unto me, I beseech Thee, the fruit of Charity, that I may be united to Thee by divine love; the fruit of Joy, that I may be filled with a holy consolation; the fruit of Peace, that I may enjoy inward tranquility of soul; the fruit of Patience, that I may endure humbly everything that may be opposed to my own desires; the fruit of Benignity, that I may willingly relieve the necessities of my neighbor; the fruit of Goodness, that I may be benevolent toward all; the fruit of Longanimity, that I may not be discouraged by delay, but may persevere in prayer; the fruit of Mildness, that I may subdue every rising of evil temper, stifle every murmur, and repress the susceptibilities of my nature in all my dealing with my neighbor; the fruit of Fidelity, that I may rely, with assured confidence, on the word of God; the fruit of Modesty, that I may order my exterior regularly; the fruits of Continency and Chastity, that I may keep my body in such holiness as becometh Thy temple, so that, having, by Thy assistance, preserved my heart pure on earth, I may merit, in Jesus Christ, according to the words of the Gospel, to see God eternally in the glory of His Kingdom. Amen

27. Send your Angel to Daily Mass if you can go.

O Holy Angel at my side, go to the church for me, Knell in my place at Holy Mass, where I desire to be. At offertory, in my stead, take all I am and own, and place it as a sacrifice, upon the altar throne. At Holy Consecration's bell, adore with seraph's love my Jesus hidden in the Host, come down from Heaven above. Then pray for those I dearly love, and those who cause me grief, that Jesus Blood may cleanse all hearts, and suffering souls relieve. And when the priest Communion takes, oh, bring my Lord to me, that His sweet Heart may rest on min, and I His temple be. Pray that his Sacrifice Divine, may mankind's sins efface; Then bring me Jesus blessing home, the pledge of every grace. In the Name of the Father and of the Son and of the Holy Ghost.

28. Spiritual Communion

My Jesus, I believe that Thou art really present in the Most Blessed Sacrament. I love Thee above all things and I desire to possess Thee within my soul. Since I cannot now receive Thee sacramentally come at least spiritually into my heart. (Pause) As though Thou wert already there. I embrace Thee, and unite myself wholly to Thee; permit not that I should every be separated from Thee. May the Body of Our Lord Jesus Christ keep my soul unto Everlasting Life. Amen.

29. Syro-Maronite Farewell to the Altar

Remain in peace, O Altar of God. May the offering that I have taken from you be for the remission of my debts and the pardon of my sins and may it obtain for me that I may stand before the tribunal of Christ without condemnation and without confusion. I do not know if I will have the opportunity to return and offer another sacrifice upon you. Protect me, O Lord, and preserve your holy Church as the way to truth and salvation. Amen.

30. The Anima Christi

Soul of Christ, be my sanctification. Body of Christ, be my salvation. Blood of Christ, fill all my veins. Water of Christ's side, wash out my stains. Passion of Christ, my comfort be. O good Jesus, listen to me. In Thy wounds I fain would hide, Never to be parted from Thy side, Guard me, should the foe assail me. Call me when my life shall fail me. Bid me come to Thee above, With Thy saints to sing Thy love, World without end. Amen.

31. Consecration to Jesus through Mary - Totus Tuus (Totally Yours)

I belong to you entirely, all that I possess is yours, I take you into everything that is mine, give me your heart Mary.

32. Consecration to Jesus through Mary (short)

O Immaculate Heart of Mary, Queen of heaven and earth, and tender Mother of men, in accordance with your ardent wish revealed at Fatima, I consecrate to you myself, my country, and all my fellow neighbors. Reign over our hearts, dearest Mother, so that we may be truly followers of Christ and His teachings, in prosperity and adversity, in joy and sorrow, in health and sickness, in life and death. I want to atone for all my sins and those of all mankind. I desire God's blessing on my country and the whole world, peace between all nations, with love and justice practiced by all. Amen.

33. Consecration to Jesus through Mary (St. Maximilian Kolbe)

O Immaculata, Queen of Heaven and earth, refuge of sinners and our Mother most loveable, to whom God deigned to confide the whole world of mercy, I, an unworthy sinner, prostrate myself at thy feet, humbly begging thee if thou wouldst deign to take me wholly and entirely as thy property and possession and to use me, together with all the powers of my body and soul, my life, my death, my eternity, as please thee. Use the whole of me, if thou so willest, without any reservations, to fulfill that which is said of thee, "She has crushed all the heresies in the world" and "Thou alone hast destroyed all heresies in the world", so that in thy immaculate and loving hands I may become a useful instrument in engrafting and increasing thy glory in so many straying and indifferent souls, and in this way to bring about the greatest extension, the blissful Kingship of the Most Sacred Heart of Jesus. For wherever thou enterest, thou obtainest graces of conversion and sanctification. Through thy immaculate hands all graces from the Sweetest Heart of Jesus flow upon us. Grant me the grace to praise thee, Lady most holy. Grant me strength against my enemies.

34. Miraculous Medal Prayer

"O Mary, conceived without sin, pray for us who have recourse to thee."

35. Prayer of Blessed Chaminade

May the Father, Son and Holy Spirit be glorified in all the places through the Immaculate Virgin Mary! Three Hail Marys. Through thy Holy Virginité and thy Immaculate Conception, O most pure Virgin, purify my body and sanctify my soul.

36. For Purity

Jesus, Mary and Joseph, I entrust and consecrate myself entirely to you - mind, heart and body. Guard and defend me always from every sin. May my mind be uplifted to heavenly things, may my heart love God more and more, may I avoid every evil occasion. Hold me close to you, so that I may keep watch of my internal and external senses. Preserve me from all impurity, and help me to serve you with undefiled mind, pure heart and chaste body, so that in heaven I may join the blessed company of the saints.

37. O Jesus Living in Mary

O Jesus living in Mary! Come and live in Thy servants, in the spirit of Thy holiness, in the fullness of Thy might, in the truth of Thy virtues, in the perfection of Thy ways, in the communion of Thy mysteries. Subdue every hostile power, in the spirit for the glory of the Father. Amen.

38. Fatima Prayer

"O my Jesus: Forgive us our sins. Save us from the fire of Hell. Lead all souls to heaven, especially those in most need of your mercy".

39. The Memorare (Express Novena 9 Memorares in a row)

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

40. The Rosary

The Joyful Mysteries

(recited Monday and Saturday)

The Annunciation

The Visitation

The Nativity

The Presentation

The Finding in the Temple

The Mysteries of Light

(recited Thursday)

The Baptism of Jesus

The Wedding Feast of Cana

The Proclamation of the Kingdom, with the call to Conversion

The Transfiguration

The Institution of the Eucharist

The Sorrowful Mysteries

(recited Tuesday and Friday)

The Agony in the Garden

The Scourging at the Pillar

The Crowning with Thorns

The Carrying of the Cross

The Crucifixion

The Glorious Mysteries

(recited Wednesday and Sunday)

The Resurrection

The Ascension

The Descent of the Holy Spirit

The Assumption

The Coronation of Mary Queen of Heaven and Earth

Prayer concluding the Rosary

Hail, Holy Queen, etc. as above

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.

41. Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

42. Act of Reparation to the Sacred Heart

Most loving Jesus, how great is the love which you have poured out upon the world. How casual and careless in our response! Kneeling before you, we wish to atone for the indifference and the slights which pierce you to the heart

Praise to the heart of Jesus, our Savior and our God

We ask forgiveness for our own shameful neglect. We wish to make amends for those who are obstinate in their unbelief, for those who turn away from the light and wander like sheep without a shepherd; and for those who have broken their baptismal promises and reject the gentle yoke of your law.

Praise to the heart of Jesus, our Savior and our God

We wish to make amends for the sins of our society: for lust and degradation, for the corruption of the young, for indifference and blasphemy, for attacks against your Church, for irreverence and even sacrilege against your love in the Blessed Sacrament, and for the public defiance of your law.

Praise to the heart of Jesus, our Savior and our God

These are the sins for which you died, but now we share in your atonement by offering on the altar in union with you the living sacrifice you made on the cross, joining to it the sufferings of your Virgin Mother, and those of all the saints of the whole Church.

Praise to the heart of Jesus, our Savior and our God

We promise faithfully that by your grace we shall make reparation for our own sins and for those of others by a strong faith, by holy living and by obedience to the law of the Gospel, whose greatest commandment is that of charity.

Praise to the heart of Jesus, our Savior and our God

We also promise to do our best to discourage others from insulting you and bring those we can to follow you.

Praise to the heart of Jesus, our Savior and our God

Jesus, Lord, receive this loving act of homage together with the prayer of our Lady, who stood by the cross, our model in reparation. Keep us faithful, even to the point of death, give us the gift of perseverance and lead us all to our promised land in heaven, where you, with the Father and the Holy Spirit, live and reign for ever and every. Amen.

Praise to the heart of Jesus, our Savior and our God

43. Prayer for a Happy Death

O God, Who hast doomed all men to die, but hast concealed from all the hour of their death, grant that I may pass my days in the practice of holiness and justice, and that I may deserve to quit this world in peace of a good conscience, and in the embraces of Thy love. Through Christ our Lord. Amen

44. Prayer for Protection During the Night

Angel of God, to whose holy care I am committed by the divine mercy, enlighten, defend, and protect me this night from all sin and danger. Amen. Visit, we beseech Thee, O Lord, this habitation, and drive from it all the snares of the enemy. Let Thy holy Angels dwell herein to preserve us in peace; and may Thy blessing be upon us for ever, through Christ our Lord. Amen. God the Father, bless us; Jesus Christ, defend and keep us; the virtue of the Holy Ghost enlighten and sanctify us this night and forever; and may the souls of the faithful departed rest in peace. Amen. Bless, O Lord, the repose I am going to take in order to renew my strength, that I may be better able to serve Thee. O all ye Saints and Angels! But chiefly thou, O Mother of God! Intercede for me this night and during the rest of my life, but particularly at the hour of my death. May the divine assistance remain always with us. Amen.

45. Eternal Rest

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen.

46. Byzantine Prayer for the Deceased

God of the spirits and of all flesh, who have trampled death and annihilated the devil and given life to your world, may you yourself, O Lord, grant to the soul of your deceased servant N. rest in a place of light, a verdant place, a place of freshness, from where suffering, pain and cries are far removed. Do You, O good and compassionate God forgive every fault committed by him in word, work or thought because there is no man who lives and does not sin. You alone are without sin and your justice is justice throughout the ages and your word is truth. Since you, O Christ our God, are the resurrection, the life and the repose of your deceased servant N., we give you glory together with your un-begotten Father and your most holy, good and life-creating Spirit, now and always and forever and ever.

47. Way of the Cross (find a good prayer book with the stations and meditations)

48. Prayer before the Crucifix

"O good and gentle Jesus, before Thy face I humbly kneel and with the greatest fervor of spirit I beg and beseech of Thee to implant firmly into my heart lively sentiments of faith, hope and charity; contrition for my sins and a firm purpose of amendment. Meanwhile, I meditate on Thy five most precious wounds, having ever before my eyes the words of David, the Prophet, concerning Thee, my Jesus: "They have pierced my hands and my feet. They have numbered all my bones."

49. Three O'clock Prayer

O Divine Jesus, we transport ourselves in spirit to Mount Calvary to ask pardon for our sins which are the cause of Thy death. We thank Thee for having thought of us in that solemn moment, and for having made us children of Thy own Mother. Holy Virgin, show thyself our Mother by taking us under thy special protection. St. John, be our patron and model, and obtain for us the grace of imitating thy filial piety to Mary, our Mother. Amen

50. Hourly Events of the Passion for Meditation

Holy Thursday

7pm – Jesus washes the feet of His Apostles

8pm – Last Supper and institution of the Holy Eucharist

9pm – Jesus preaches his last discourse of love and makes His prayer for the union of his disciples

10pm – Prayer in Gethsemani. The agony.

11pm – Jesus is arrested and brought to Jerusalem.

Good Friday

12am – Jesus is brought before Annas and Caiphas. First trial before the Sanhedrin

1am – Denial of St. Peter. Jesus is imprisoned until the morning

5am – Jesus, struck and insulted in prison. Admirable patience.

6am – Jesus before the false witnesses, affirms His Divinity. He is condemned as a blasphemer, worthy of death

7am – Jesus in the Pretorium. He declares to Pontius Pilate that He is a King.

8am – Jesus in the palace of Herod. He is treated like a fool and despised.

9am – To Jesus, Barabbas is preferred. The scourging.

10am – Jesus is crowned with thorns and condemned to death.

11am – Jesus carries His cross to Calvary.

12pm – Jesus is stripped of his garments and nailed to the cross which is raised and set in place.

1pm – Jesus forgives his enemies and opens the gates of paradise to the good thief.

2pm – Jesus leaves us His Mother to be our Mother.

3pm – Jesus dies upon the cross.

4pm – The Heart of Jesus is opened by a spear.

5pm – Jesus is put in the arms of His Mother, and is buried

6pm – Desolation and solitude of the Mother of God.

51. Chaplet of Divine Mercy (prayed on the Rosary)

Sign of the Cross, 1 Our Father, 1 Hail Mary and The Apostles Creed.

On the Our Father Beads say the following:

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 Hail Mary Beads say the following:

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

Conclude with (*three times*):

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

52. Common Litanies

Litany of the Holy Name, the Sacred Heart; the Precious Blood; the Blessed Virgin Mary; St. Joseph, the Saints, Humility. (These various Litanies may be found online)

40 for 40

Below are seven commitments that you can live out which will help you to live life to the full and begin to enter into the depth and richness of what Christ and His Church has to offer. If all seven things are followed the commitment takes a minimum of 40 minutes. It is recommended that you build a habit by committing to 40 minutes for 40 days and see what happens to your spiritual formation your interior life.

1. Read the daily readings and make an act of spiritual communion (15 minutes). Please go to Daily Mass if it is possible!
2. Read about the Saint of the Day (3 minutes).
3. Pray the Liturgy of the Hours, begin with Night Prayer, including a good examination of conscience (15 minutes)
4. Pray the Rosary, begin with a decade a day, going through each of the 20 mysteries, twice in 40 days (5 minutes)
5. Make a Morning Offering, giving God your prayers, works, joys and sufferings of the day (2 minutes)

Number 6 and 7 do not take a time commitment but rather is the attitude in which you should pray the first five!

6. Remember your end, ultimately heaven and prepare now for your vocation. Consecrate yourself to Mary each day by saying the short Totus Tuus prayer or something similar (I belong to you entirely, and all that I possess is yours, I take you into everything that is mine, give me your heart Mary). Mary is the model of perseverance, prayer and purity. You can remember MP3 (Mary, Perseverance, Prayer, Purity).

7. LOOK for the activity of the Holy Spirit daily and be not afraid to RESPOND!

***Remember, Christian soul,
that thou hast this day,
and every day of thy life:***

*God to glorify,
Jesus to imitate,
The Angels and Saint to invoke,
A soul to save,
A body to mortify,
Sin to expiate,
Virtues to acquire,
Hell to avoid,
Heaven to gain,
Eternity to prepare for,
Time to profit by,
Neighbors to edify,
The world to despise,
Devils to combat,
Passions to subdue,
Death perhaps to suffer,
And judgment to undergo.*

American Saints

St. Isaac Jogues, S.J.

Jesuit priest, missionary and one of the North American martyrs

St. Isaac Jogues was born in 1607 and ordained a Jesuit priest in 1636. During the year following his ordination, Isaac saw the fulfillment of his dearest wish: to be a missionary to the Indians in New France. His first several years of missionary work among the Indians were quiet enough, but in 1641, he and a group of fellow missionaries traveled to Iroquois country. There, the missionaries were whipped, bitten, and tormented in the most barbarous ways imaginable. St. Isaac Jogues became a living martyr, watching his friends die around him and being constantly threatened by death himself. After a year of this torment, in which Isaac was able to evangelize and baptize a few of the Iroquois, a chance for escape presented itself. He boarded a Dutch ship and went back to France. This only lasted a few months, however, as his heart still longed to bring the Word of God to the Iroquois. This return mission was to be his last. Isaac foresaw this when he wrote to a fellow Jesuit, saying "My heart tells me that, if I am the one to be sent on this mission, I shall go but I shall not return. But I would be happy if our Lord wished to complete the sacrifice where he began it." He was killed with a tomahawk in 1646, and canonized a saint in 1930 by Pope Pius XI. He is the patron saint of the Americas and Canada.

St. Frances Xavier Cabrini, M.S.C.

Missionary and founder of the Missionary Sisters of the Sacred Heart of Jesus

Francis Xavier Cabrini was born into a family of thirteen children. Due to health reasons, her first request to join a religious community was refused, but she was finally able to take her vows in 1877. Soon after being named prioress of the Missionary Sisters of the Sacred Heart, she was urged by Pope Leo XIII to become a missionary in the United States. However, the house that had been promised to her for an orphanage was unavailable when she reached New York City, and the archbishop advised her to return to Italy. Frances departed from the archbishop's residence all the more determined to stay and establish that orphanage. And she did. In 35 years, Frances Xavier Cabrini founded 6 institutions for the poor, the abandoned, the uneducated and the sick, and organized schools and adult education classes for formation in the Catholic Faith. She died of malaria in her own Columbus Hospital in Chicago in 1917. She was the first United States Citizen to be canonized, and she is known as the patron saint of immigrants.

St. John Neumann, C.Ss.R.

Missionary and 4th bishop of Philadelphia. Founded the first diocesan Catholic school system in U.S.

St. John Neumann learned pretty quickly what it meant to follow God's will with your whole heart and soul. He was certain that he was called to be a priest, but when the time came for ordination, the bishop fell ill and the ordination was cancelled. It was never rescheduled, because there was an over-abundance of priests in Europe. Knowing he was meant to be a priest, John traveled all the way from Bohemia to New York City to be ordained. He was one of only 36 priests, serving 200,000 Catholics: his 'parish' stretched from Lake Ontario throughout Pennsylvania. He became the founder of the first diocesan Catholic School system, going from only two schools to one hundred schools in his diocese. To learn more:

St. Elizabeth Ann Seton, S.C.

Founder of the Sisters of Charity of St. Joseph. Considered founder of the Catholic School system in the US.

St. Elizabeth Ann Seton was the charming "belle of the ball" as a young woman in New York City, linked to all the first families. At the age of 19, she fell in love and married the wealthy, handsome William Magee Seton. The two had a very happy marriage, raising five children. Ten years after they were married, William's business and health both failed, and Elizabeth was left a poor widow with five children to raise alone. Her love for the Eucharist led her to convert to Catholicism and founded the first order of religious women in America, the Sisters of Charity of St. Joseph, a religious community based on the Rule of St. Vincent De Paul. She was able to still raise her children, as well as live the life of a sister and found several schools. She became the cofounder of the first free Catholic School in America.

St. Rose Philippine Duchesne, R.S.C.J.

Missionary to Native Americans

St. Rose Philippine Duchesne was a passionate young woman with a heart for missionary work. She joined the Visitation nuns at the age of 19, but a few years later, convents were shut down during the French Revolution, and Rose was forced to return to life as a lay woman for many years. Ten years later, she was finally able to rejoin a convent, this time as a member of the Society of the Sacred Heart. In 1818, she was sent to the Louisiana Territory as a missionary, facing illness, hardship and hunger to bring Catholicism to the Native Americans. She opened the first free school for girls west of the Mississippi river, as well as the first Catholic school for Native Americans. She was known among the Pottowami Indians as the "Woman Who Prays Always."

St. Katharine Drexel, S.B.S.

School builder and founder of the Sisters of the Blessed Sacrament for Indians and Colored People

When she asked Pope Leo XIII to send more missionaries to Wyoming, he asked her, "Why don't you become a missionary?" As a young, wealthy, educated girl from Philadelphia, this was hardly the expected lifestyle for young Katharine Drexel. But raised in a devout family with a deep sympathy for the poor, Katharine gave up everything to become a missionary to the Indians and African Americans. She founded schools in thirteen states for African Americans, forty mission centers and twenty-three rural schools. She also established fifty missions for Indians in sixteen different states. She died at the age of ninety-six and was canonized in the year 2000.

St. Mother Théodore Guérin, S.P.

Missionary and founder of the Sisters of Providence of Saint Mary-of-the-Woods

Théodore Guérin was born October 2nd, 1784 in Etables, France. At the age of ten, she received her First Holy Communion and announced to the parish priest that she would one day be a nun. At the age of 25, she fulfilled this statement, entering the order of the Sisters of Providence of Ruillé-sur-Loir, whose mission it was to educate children and to care for the poor, sick and dying. While serving at the convent, Théodore was asked to lead a small band of missionary sisters to Indiana in the United States of America. When the sisters arrived, there was only a log cabin with a porch that served as a chapel. Though her health was suffering, Théodore fell to this new task with a will. By the time she died in 1856, Mother Théodore had opened schools in Illinois and throughout Indiana. The sisters were well-established and respected. Through illness, poverty and all manner of unwelcoming circumstances, she trusted in God's providence and lived as a model of belief in his mercy. She was canonized in 2006, and is known as the patron saint of Indianapolis.

St. Damien de Veuster of Molokai, SS.CC.

Missionary to the lepers of Molokai, Hawaii

St. Damien of Molokai was born in Belgium in 1840 to a poor farmer and his wife. At the age of 13, he quit school to help his parents on the farm; when he was nineteen, he entered the Congregation of the Sacred Hearts of Jesus and Mary. Damien's older brother, Pamphile, was also a priest in this congregation, and had offered his service to the care of the lepers on the Island of Molokai. When he fell ill and couldn't go to the mission, Damien volunteered to take his place. The saint offered to stay in the leper colony permanently - he built schools, churches, hospitals and coffins. He was later joined in his work by the Franciscan Sisters of Syracuse, led by St. Marianne Cope. St. Damien contracted the disease himself, but continued to serve the mission until his death in 1889 .

St. Marianne Cope, O.S.F.

Missionary to the lepers of Molokai, Hawaii

St. Marianne Cope was a born leader. Growing up as one of the older children of a large family, she went to work in a factory right after finishing the eighth grade. She joined the Sisters of the Third Order of Saint Francis a few years later, and began a whirlwind of leadership roles: twice as the novice mistress of her congregation, and three times as the superior of St. Joseph's Hospital in Syracuse. This leadership, coupled with her sympathy for mankind in general, led her to volunteer to go to Hawaii to take care of the lepers. She was finally stationed in Molokai, where she brought education and happiness to the leper colony: even providing bright scarves and pretty dresses for the women. To read more about this determined and yet charming woman, check out the websites below!

St. Kateri Tekakwitha

Native American and consecrated virgin

Nicknames are generally silly, entertaining names given to people by affectionate relatives or friends. It's rare to hear an enviable one. But "Lily of the Mohawks?" Now, that's an elegant nickname. This is the nickname of St. Kateri Tekakwitha. Orphaned at the age of four, she was raised by her uncle, the chief of the Mohawk village. When priests came to the village, Kateri was drawn by their teachings, and converted at the age of 19, heedless of the anger of her relatives. Because she refused to work on Sundays, she was denied meals that day. Finally, a missionary encouraged her to run away to Montreal, Canada, to practice her faith freely. She followed his advice, and lived a life of extreme prayer and penance, taking a vow of virginity. She was beatified in 1980 and canonized on October 21, 2012.

Blessed Francis Xavier Seelos, C.Ss.R.

Missionary preacher

As a child, Blessed Francis Xavier Seelos, C.Ss.R. used to claim that he didn't simply want to imitate his patron saint: he wanted to be another St. Francis Xavier. He entered the seminary in Augsburg after completing a degree in Philosophy. While there, he heard about the missionary activity of the Congregation of the Most Holy Redeemer, and traveled to North America, specifically to become a Redemptorist priest. For nine years, he worked as the assistant of St. John Neumann in the parish of St. Philomena in Pittsburgh. He dedicated himself to the mission of preaching, and, before long, he had attained a reputation as an excellent preacher and an insightful, attentive spiritual director. He was also known for a happy availability for anyone who might need him at any time. He became pastor of the church of St. Mary of the Assumption in New Orleans, and died there of yellow fever while nursing the sick during an epidemic.

Blessed Junípero Serra, O.F.M.

Founder of the Spanish missions in California

As a young man in Spain, Blessed Junípero Serra joined the Franciscan order and began a short career as a professor, famous for his preaching. When he was thirty-five, he suddenly began to yearn for the life of a missionary in the New World. He left everything behind and boarded a ship bound for Vera Cruz, Mexico. On his way to Mexico City, an insect bite infected his leg so badly that walking pained him for the rest of his life. Among his many great accomplishments as a missionary are listed two particularly: It was he whose insistence and dedication brought about the "Regulation" protecting the Native Americans and the missions. He is also known for founding the great mission of San Juan Capistrano, in California. He founded 21 missions and taught the Native Americans many trades, from farming to crafting.

Venerable Pierre Toussaint

Haitian-born ex-slave, hairdresser and benefactor in New York

Born a slave in Haiti, Venerable Pierre Toussaint died a free and wealthy man. When he was in his early twenties, his master brought him to the United States with several other slaves, to avoid civil disturbance in Haiti. He was apprenticed to a hair dresser in New York City, becoming a favorite stylist for the ladies of the city. When his master died, he worked very hard to take care of his master's wife - in 1807, just before her death, he was freed. He married a fellow slave and together they turned their home into a refuge for orphans and the sick, and attended daily Mass at St. Peter's Church on Barclay Street: the same parish that St. Elizabeth Ann Seton attended.

Venerable Fulton Sheen

Archbishop and TV Personality

A college education, a TV show and a passionate devotion to the call of the priesthood all combined in one very witty man - proof that sainthood is not only challenging and holy, but fun. Peter "Fulton" John Sheen was born in El Paso, Illinois in 1895. As a young man, he turned down a sizable scholarship to pursue his true desire, the holy priesthood of the Catholic Church. At his ordination, he made a promise that he would spend one hour a day in Eucharist Adoration - a promise he kept faithfully for the rest of his life. In 1951, the newly-appointed Bishop Sheen began a TV series entitled "Life is Worth Living." In 1952, he won an Emmy award for "Most Outstanding Television Personality." He was named an Archbishop in 1969, and ten years later, on October 3rd of 1979, just months before his death, Archbishop Sheen was embraced by Pope John Paul II and told, "You have written and spoken well of the Lord Jesus. You are a loyal son of the Church!"