



## THIRD ORDER HANDBOOK

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### **SOCIETY OF ST. PIUS X**

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# Dedicated to the Blessed Virgin Mary

*(“Stabat autem juxta crucem Jesu Mater ejus.” St. John XIX:25.)*



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## RULE OF THE THIRD ORDER OF THE SOCIETY OF ST. PIUS X

### ***Purpose of the Establishment of the Third Order***

The Sanctification of the individual and of those for whom members of the Third Order are responsible.

### ***Patron of the Third Order: St. Pius X***

Sanctity today must be attained in a world which opposes it by errors and subtle heresies, introduced into all Catholic milieux under the name of Modernism.

Pope St. Pius X was canonized for courageously denouncing Modernist errors and showing an example of sanctity in the solidity of doctrine, the purity of morality and devotion to the Eucharistic Sacrifice.

This holy Pope is therefore clearly the model for souls who wish to sanctify themselves in our day.

### ***Relationship of the Third Order to the Priestly Society of St. Pius X***

The Third Order has been established by the Society and therefore the chaplains of the Third Order are designated by the District Superior and approved by the Superior General.

Members of the Third Order share in the graces of the Society gained by its priests and merits of its members.

### ***Members of the Third Order***

All Catholics, priests or lay, who accept the spirit and the Rule of the Third Order, are eligible for membership. Children can be enrolled, with permission of their parents; the minimum age being twelve years.

Emblems : The medal of St. Pius X and the Cross, given at the time of commitment in the Third Order.

## ***The Spirit of the Third Order***

The spirit of the Third Order is that which animates the Priestly Society, i.e., the spirit of the Church, its living faith, manifested in all of her Tradition, in her infallible Magisterium, expressed and explained in the Catechism of the Council of Trent, in the Vulgate Bible, in the teachings of the Angelic Doctor, St. Thomas Aquinas, and in the immemorial liturgy.

The spirit of attachment to the Roman Church, to the Popes, and to the Bishops, and a spirit of obedience to the authorities of the Church according to their fidelity to their offices, which is nothing else than to spread the Catholic faith and the Kingdom of Our Lord.

The spirit of vigilance in regard to anything which might corrupt the Faith.

Tender and filial devotion toward the Virgin Mary – according to the spirit of Saint Louis-Marie Grignon de Montfort – to St. Joseph and to St. Pius X.

To rediscover the capital importance of the Holy Sacrifice of the Mass and its mysteries, to find there the meaning and source of Christian life, a life of sacrifice and co-redemption.

## ***Steps in Membership***

1. Enrollment: A request is sent to the priest in charge of the Third Order or to the District Superior. The priest in reply sends an information sheet to be filled out. Then, if the request is granted, he sends a copy of the document for enrollment.
2. Postulancy of one year, in the course of which is tested the fidelity of the postulant in keeping his obligations and his adherence to the spirit of the Third Order.
3. Commitment: The postulant, in a ceremony, makes his commitment in the presence of the designated priest. He then receives the medal and crucifix and his card of membership in the Third Order.

## ***Personal Obligations***

### ***Daily:***

1. Morning and evening prayers, such as Prime and Compline or the prayers from the Retreat Book.
2. Recitation of the Rosary.

3. Attendance at the immemorial Mass, if possible – or a quarter hour of prayer.

***Weekly:***

Attendance at the immemorial Mass and not the *Novus Ordo Missæ*, because of the danger of acquiring a Protestant spirit.

***Every two weeks:***

If possible, the Sacrament of Penance, or at least once a month.

***Every two years :***

A retreat.

***Recommended Reading, Fast and Abstinence, television, etc.***

1. Recommended reading: the acts of St. Pius X, the Catechism of the Council of Trent, the New Testament, the Imitation of Christ, the lives of the saints. Try to spread good reading material.

2. Fasting on: a) Ember Days; b) the vigils of Pentecost, All Saints Day (October 31), and Christmas (December 24); c) Ash Wednesday, and Good Friday. Society priests also keep all Fridays in Lent and the vigil of the Immaculate Conception (December 7) [the day preceding the renewal of their commitment].

3. Abstinence on Ash Wednesday and all Fridays. (Abstinence is also recommended on all the Fast days above).

4. Abstain from watching television, from all indecent reading; mortify one's use of the internet and all electronic media; practice sobriety.

***Obligations of the Married***

1. To observe, in a spirit of submission to Our Lord, the laws of marriage toward the goal of having a large family. To renounce absolutely all positive action toward the goal of not having children.

2. To make of the family home a sanctuary consecrated to the Hearts of Jesus and Mary where evening prayers are recited in the family and, if possible, the Rosary. Liturgical life should be paramount on Sundays and Feast days. Avoid everything that could harm the souls of children: television, unclean magazines, free and unrestricted access to the internet, etc.

3. To choose truly good and traditional schools and to contribute to their establishment.

4. To be prudent in the choice of leisure activities and of vacation spots.

### ***Professional and social duties***

1. To follow the example of the Holy Family and to pursue the duties of justice and charity, whether one be employer or employee.
2. To promote and defend the Social Reign of Our Lord Jesus Christ in society, to combat Liberalism and Modernism, scourges of modern times which are delivering the Church to her enemies.

### ***Organization***

The priest in charge of the Third Order in the District receives enrolments, names his assistants, and calls meetings of his council and general meetings to encourage members to remain active and vigilant in the work of their sanctification and that of others.

He will set up libraries with a librarian charged with lending books to postulants and to members.

He will publish a bulletin keeping tertiaries in touch with one another, sharing addresses, information; hours of meetings, religious ceremonies, days of recollection, pilgrimages, ordinations, religious professions, etc..

At meetings a collection will be taken up for the needs of the Third Order. A treasurer in charge will keep the accounts and will report them at meetings of the Council. The Council of the Third Order will decide how to use the resources at its disposal; internal expenses, help to a seminary, a school, the sick, retreat work, etc..

*+ Marcel Lefebvre*

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**Marcel Lefebvre †**



## FORMULA FOR THE RECEPTION OF POSTULANTS

*(To be recited before the Blessed Sacrament)*

O, Lord Jesus Christ, Who didst command : “Be ye, therefore, perfect as also your Heavenly Father is perfect”, behold me, Thy unworthy servant, kneeling suppliant in Thy Eucharistic Presence, drawn by the desire too know Thee, love Thee and serve Thee more perfectly.

Unworthy though I am, I wish now to consecrate my actions of the coming year and offer them to Thee for my own sanctification, but in particular, to further the sanctification of the entire world by beseeching Thy Divine Majesty to provide for Thy Church, holy and learned priests. For Thou hast also commanded, “Pray ye therefore the Lord of the harvest that He send forth laborers into His harvest.”

It is thus in obedience to these Thy commands, that I, .....  
..... *(say here your first and last names)* hereby pledge with the help of Thy grace, and invoking the intercession of the Most Blessed Virgin Mary, of her most chaste Spouse, Saint Joseph, of Saint Michael the Archangel and the Nine Choirs of Angels, of the Holy Apostles Peter and Paul, and of our holy patron, Saint Pius X, to observe for the period of one year, the rule of life for those aspiring to membership in the Third Order of the Society Saint Pius X.





## PROFESSION OR COMMITMENT

The Ceremony of Commitment (or Profession) takes place at the Offertory. The *Veni Creator* is first sung after the Creed, before *Dominus vobiscum*.

### VENI CREATOR

Come Holy Ghost, Creator come,  
From Thy bright heavenly throne!  
Come take possession of our souls,  
And make them all Thine own!

Veni Creátor Spíritus,  
Mentes tuórum vísita:  
Imple supérna grátia  
Quae tu creásti péctora.

Thou who art called the Paraclete,  
Best Gift of God above,  
The Living Spring, the Living Fire,  
Sweet Unction, and True Love!

Qui díceris Paráclitus,  
Altíssimi donum Dei,  
Fons vivus, ignis, cáritas  
Et spiritalís únctio.

Thou who art seven-fold in Thy  
grace, Finger of God's right Hand,  
His promise, teaching little ones,  
To speak and understand!

Tu septifórmis múnere,  
Dígitus patérnae déxterae,  
Tu rite promíssum Patris  
Sermóne ditans gúttura.

Guide our minds with Thy light,  
With love our hearts inflame,  
And with Thy power from on high,  
Fortify our mortal frame.

Accénde lumen sénsibus,  
Infúnde amórem córdibus,  
Infírma nostri córporis  
Virtúte firmans pérpeti.

Far from us drive our hellish foe,  
True peace unto us bring,  
Through all perils guide us safe,  
Beneath Thy sacred wing.

Hostem repéllas lóngius,  
Pacémque dones prótinus,  
Ductóre sic te prævivo  
Vitémus omne nóxium.

By Thee, the Father may we know,  
And by Thee know the Son as well,  
And Thou, the Spirit of them Both,  
May we believe forevermore.

Per te sciámus da Patrem,  
Noscámus atque Fílium,  
Teque útriusque Spíritum,  
Credámus omni témpore.

All glory to the Father be,  
And to the risen Son;  
The same to Thee, O Paraclete,  
While endless ages run. Amen.

Deo Patri sit glória,  
Et Fílio qui a mórtuis,  
Surréxit, ac Paráclito,  
In sæculórum sæcula. Amen.

✠. Send forth Thy spirit, and they  
shall be created.

✠. Emítte Spíritum tuum et  
creabúntur.



**R.** *Et renovabis faciē terræ.*

Orémus.

Deus qui corda fidélium Sancti Spiritus illustratiōne docuisti, da nobis in eodem Spiritu recta sápere, et de eius semper consolatiōne gaudere. Per Christum, Dóminum nostrum.

**R.** *Amen.*

**R.** *And Thou shalt renew the face of the earth.*

Let us pray.

O God, Who hast taught the hearts of the faithful with the light of the Holy Ghost; grant that, by the gift of the same Spirit, we may be always truly wise, and ever rejoice in His consolation. Through Christ our Lord. **R.** *Amen.*

Then the priest standing on the Gospel side of the altar addresses the future members.

Priest: “ Dear Brother(s) [(and/or) Sister(s)], what do you ask?”

**Postulant:** “ Reverend Father, I ask to be admitted to the Holy Profession in the Third Order of the Society of Saint Pius X to serve God until my death and to obtain in this manner the eternal salvation of my soul.”

**Priest:** “Deo Gratias.”

Here follows the blessing of the crucifixes and medals from the Roman Ritual.

The Crucifixes:

**V.** ADJUTÓRIUM nostrum in nómine Dómini.

**R.** Qui fecit cælum et terram.

**V.** Dóminus vobiscum.

**R.** Et cum spíritu tuo.

Orémus.

ROGÁMUS te, Dómine sancte, Pater omnípotens, ætérne Deus: ut dignéris bene † dícere hoc signum Crucis, ut sit remédium salutáre géneri humáno; sit solíditas fidei, proféctus bonórum óperum, redéptio animárum; sit solámen, et protéctio, ac tutéla contra sæva jácula inimicórum. Per Christum Dóminum nostrum.

**R.** Amen.

Orémus.

BÉNE † DIC, Dómine Jesu Christe, hanc Crucem, per quam eripuisti mundum a potestáte

**V.** Our help is in the name of the Lord.

**R.** Who hath made heaven and earth.

**V.** The Lord be with you.

**R.** And with thy spirit.

Let us pray.

We pray Thee, holy Lord, Father almighty, eternal God: that Thou wouldst deign to † bless this symbol of the Cross, that it may be a salutary remedy to humankind; serve to bolster faith, bring forth good works and the redemption of souls; may be a means of consolation and protection, and a protection against cruel weapons of evil. Through Christ, our Lord. **R.** Amen.

Let us pray.

Bless, † O Lord Jesus Christ, this Cross, for through Thine holy Cross Thou didst deliver the world

from the power of the demon who rejoiced in the transgression of the first man eating of the forbidden tree.

*(Here the priest sprinkles the Cross with Holy Water and says.)*

May this symbol of the Cross be sanctified in the name of the Father, † and of the Son, † and of the Holy † Ghost; that those who pray before this Cross may find health of body and soul, through the same Christ our Lord.

**R.** Amen.

Medals

**V.** Our help is in the name of the Lord.

**R.** Who hath made heaven and earth.

**V.** The Lord be with you.

**R.** And with thy spirit.

Let us pray.

Almighty everlasting God, who do not forbid us to carve or paint likenesses of your saints, in order that whenever we look at them with our bodily eyes we may call to mind their holy lives, and resolve to follow in their footsteps; may it please you to bless † and to hallow † this medal, which has been made in memory and honor of blessed Pius, your confessor. And grant that all who in its presence pay devout homage to the glorious confessor may by his merits (and intercession) obtain your grace in this life and everlasting glory in the life to come; through Christ our Lord. **R.** Amen.

dáemonum, et superásti passióne tua suggestórem peccáti, qui gaudébat in prævaricatióne primi hóminis per ligni vétiti sumptiónem.

Sanctificétur hoc signum Crucis in nómine Pa † tris, et Fí † lii, et Spíritus † Sancti; ut orántes, inclinántesque se propter Dóminum ante istam Crucem, invéniant córporis et ánimæ sanitatem. Per eúmdem Christum Dóminum nostrum. **R.** Amen.

**V.** ADJUTÓRIUM nostrum in nómine Dómini.

**R.** Qui fecit cælum et terram.

**V.** Dóminus vobíscum.

**R.** Et cum spírítu tuo.

Orémus.

OMNÍPOTENS sempitérne Deus, qui Sanctórum tuórum imáginés (sive effígies) sculpi aut pingi non réprobas, ut quóties illas óculis córporis intuémur, tóties eórum actus et sanctitátem ad imitándum memóriæ oculis meditémur: hanc, quaésumus, imáginem (seu sculptúram) in honórem et memóriam beati Pii adaptátam(s) bene † dícere, et sancti † ficáre dignéris: et præsta; ut quicúmque coram illa gloriosum Confessorem, suppliciter cólere et honoráre studérit, illíus méritis et obténtu a te grátiam in præsentí, et ætéram glóriam obtíneat in futúrum. Per eúmdem Christum Dóminum nostrum. **R.** Amen.

*Lastly the Priest sprinkles them the with holy water.*

Afterwards, the priest says:

**Priest:** “And now we will all together invoke the most Blessed Virgin Mary so that She will give you the graces necessary to carry out your profession with holy dispositions.”

The Litany of the Blessed Virgin Mary is now recited or chanted.

Kýrie, eléison. (2)

Christe, eléison.

Kýrie, eléison.

Christe, audi nos. (2)

Christe, exáudi nos.

Pater de cælis, Deus, *miserére nobis.*

Fili, Redemptor mundi, Deus, *miserére nobis.*

Spiritus Sancte, Deus, *miserére nobis.*

Sancta Trínitas, unus Deus, *miserére nobis.*

Sancta María, *ora pro nobis.*

Sancta Dei Génatrix,  
Sancta Virgo vírginum,

Mater Christi,

Mater divínæ grátiae,

Mater Ecclésiæ,

Mater puríssima,

Mater castíssima,

Mater invioláta,

Mater intemeráta,

Mater amábilis,

Mater admirábilis,

Mater boni consílii,

Mater Creatóris,

Mater Salvatóris,

Virgo prudentíssima,

Virgo veneránda,

Virgo prædicánda,

Virgo potens,

Virgo clemens,

Virgo fidélis,

Spéculum justítiae,

Sedes sapiéntiae,

Lord, have mercy on us.(2)

Christ, have mercy on us.

Lord, have mercy on us.

Christ, hear us. (2)

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 Ghost, *have mercy on us.*

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

Holy Mary, *pray for us.*

Holy Mother of God,

Holy Virgin of virgins,

Mother of Christ,

Mother of Divine grace,

Mother of the Church,

Mother most pure,

Mother most chaste,

Mother inviolate,

Mother undefiled,

Mother most amiable,

Mother most admirable,

Mother of good counsel,

Mother of our Creator,

Mother of our Saviour,

Virgin most prudent,

Virgin most venerable,

Virgin most renowned,

Virgin most powerful,

Virgin most merciful,

Virgin most faithful,

Mirror of justice,

Seat of wisdom,

Cause of our joy,  
 Spiritual vessel,  
 Vessel of honour,  
 Singular vessel of devotion,  
 Mystical rose,  
 Tower of David,  
 Tower of ivory,  
 House of gold,  
 Ark of the covenant,  
 Gate of heaven,  
 Morning star,  
 Health of the sick,  
 Refuge of sinners,  
 Comforter of the afflicted,  
 Help of Christians,  
 Queen of Angels,  
 Queen of Patriarchs,  
 Queen of Prophets,  
 Queen of Apostles,  
 Queen of Martyrs  
 Queen of Confessors,  
 Queen of Virgins,  
 Queen of all Saints,  
 Queen conceived without original  
 sin,  
 Queen assumed into heaven,  
 Queen of the Most Holy Rosary,  
 Queen of peace,  
 Lamb of God, who takest away the  
 sins of the world, *spare us, O Lord.*  
 Lamb of God, who takest away the  
 sins of the world, *graciously hear*  
*us, O Lord.*  
 Lamb of God, who takest away the  
 sins of the world, *have mercy on*  
*us.*  
**℣.** Pray for us, O Holy Mother of  
 God.  
**℞.** *That we may be made worthy*  
*of the promises of Christ.*

Let us pray.

Causa nostræ lætitiæ,  
 Vas spirituále,  
 Vas honorábile,  
 Vas insigne devotiónis,  
 Rosa mystica,  
 Turris Davidica,  
 Turris ebúrnea,  
 Domus áurea,  
 Föderis arca,  
 Jánua cæli,  
 Stella matutína,  
 Salus infirmórum,  
 Refúgium peccatórum,  
 Consolátrix afflictórum,  
 Auxílium Christianórum,  
 Regína Angelórum,  
 Regína Patriarchárum,  
 Regína Prophetárum,  
 Regína Apostolórum,  
 Regína Mártýrum,  
 Regína Confessórum,  
 Regína Vírginum,  
 Regína Sanctórum ómnium,  
 Regína sine labe origináli concépta,

Regína in cælum assúpta,  
 Regína sacratíssimi Rosárii,  
 Regína pacis,  
 Agnus Dei, qui tollis peccáta mundi,  
*parce nobis, Dómine.*  
 Agnus Dei, qui tollis peccáta mundi,  
*exáudi nos, Dómine.*

Agnus Dei, qui tollis peccáta mundi,  
*miserére nobis.*

**℣.** Ora pro nobis, sancta Dei  
 Génatrix.

**℞.** *Ut digni efficiamur*  
*promissionibus Christi.*

Orémus.

Concéde nos fámulos tuos, quæsumus, Dómine Deus, perpétua mentis et córporis sanítate gaudére: et gloriósæ beátæ Mariæ semper Vírginis intercessióne, a præsénti liberári tristítia, et æténa pérfrui lætítia. Per Christum Dóminum nostrum.

**R.** *Amen.*

Grant us Thy servants, we beseech Thee, O Lord God, to enjoy perpetual health of mind and body, that through the glorious intercession of Blessed Mary ever Virgin, we may be delivered from present sorrow, and enjoy everlasting happiness. Through Christ our Lord.

**R.** *Amen.*

The tabernacle is then opened.

**Priest:** “Now you will pronounce your profession.”

**Postulant:** “I, \_\_\_\_\_, in the presence of God Almighty, and in honor of the Most Blessed Virgin Mary, of the most holy and saintly Pope Pius X, and of all the saints; promise to observe the commandments of God and the statutes of the Third Order of the Society of Saint Pius X, relying on the grace of Jesus Crucified, on the intercession of Mary, my Mother and my Queen, on the merits of St. Pius X and the prayers of all the members of the Society and of the Third Order, may God, by the observance of my profession, deign to grant me the grace of final perseverance, the salvation of my soul and the salvation of the souls that are dear to me. Amen.”

**Priest:** “In the name of the Superior General, we receive you \_\_\_\_\_, as (a) member(s) of the Third Order of the Society of St. Pius X, and we ask of God to give you the graces that you have just now requested in the Name of the Father, † and of the Son, and of the Holy Ghost.”

The tabernacle is now closed.

*Presentation of the medal:*

“Receive this medal that you will wear under the special protection of our most Holy St. Pius X in the Name of the Father, † and of the Son, and of the Holy Ghost. Amen.”

*Presentation of the crucifix:*

“Receive the cross of our Lord. May it impress an indelible sign upon your heart and may it be your protection by which you will be brought to the great victory in the Name of the Father, † and of the Son, and of the Holy Ghost. Amen.”

The professed now return to their seats. After Mass the "MAGNIFICAT" may be sung in thanksgiving. This is also an excellent prayer after Holy Communion.

## MAGNIFICAT

*Canticle of the Blessed Virgin Mary: St. Luke 1:46-55.*

My soul \* doth magnify the Lord;

And my spirit hath rejoiced \* in God  
my Saviour,

Because He has regarded the  
humility of his handmaid: \* for  
behold from henceforth all  
generations shall call me blessed,

Because He that is mighty hath done  
great things to me, \* and holy is His  
name,

And his mercy is from generation  
unto generations \* to those that fear  
Him.

He hath showed might in His arm; \*  
He hath scattered the proud in the  
conceit of their heart.

He hath put down the mighty from  
their seat, \* and hath exalted the  
humble.

He hath filled the hungry with good  
things, \* and the rich He hath sent  
empty away.

He hath received Israel, His servant,  
\* being mindful of His mercy,

As He spoke to our fathers, \* to  
Abraham and to His seed forever.  
Glory be to the Father, and to the  
Son, \* and to the Holy Ghost.

As it was in the beginning, and is  
now, and ever shall be, \* world  
without end. Amen.

MAGNIFICAT \* ánima mea  
Dóminum:

Et exsultávit spíritus meus \* in Deo,  
salutári meo.

Quia respéxit humilitátem ancíllæ  
suæ \* ecce enim ex hoc beátam me  
dicent omnes generatiónes.

Quia fecit mihi magna, qui potens  
est: \* et sanctum nomen ejus.

Et misericórdia ejus a progénie in  
progénies \* tíméntibus eum.

Fecit poténtiam in bráchio suo: \*  
dispérsit supérbos mente cordis sui.

Depósuit poténtes de sede, \* et  
exaltávit húmiles.

Esuriéntes implévit bonis: \* et  
dívites dimísit inánés.

Suscépit Israë́l, púerum suum, \*  
recordátus misericórdiæ suæ.  
Sicut locútus est ad patres nostros, \*  
Abraham et sémini ejus in sæcula.  
Glória Patri, et Fílio, \* et Spíritui  
Sancto.

Sicut erat in princípío, et nunc, et  
semper, \* et in sæcula sæculórum.  
Amen.





# Examination of Conscience for Members and Postulants of the THIRD ORDER

*(Based on the Rule of the Third Order)*

## **GENERAL OBLIGATIONS**

### **1. Purpose of the Third Order :**

Have I sincerely made efforts towards my personal sanctification and that of those in my care? (i.e. children.). Or have I left sanctity to the saints?

### **2. Patron of the Third Order :**

Have I honored our Holy Patron, St. Pius X, especially in the imitation of his strong points : i.e. Anti-modernism, solidity of doctrine, purity of morality and devotion to the Eucharistic Sacrifice. Or have I perhaps at time compromised with modernism, neglected study, mocked virtue or lacked devotion at Holy Mass or to the Mass?

### **3. Relationship of the Third Order to the Priestly Society of St. Pius X.**

Have I respected the priests who serve my area?  
Have I tried to understand their decisions as well as those of their superiors?  
Have I given way to criticism of any of the priests of the Society?

### **4. Members of the Third Order :**

Have I sought to recruit new members?  
Or rather have I at times been ashamed of my membership or postulancy in the Third Order?

### **5. Spirit of the Third Order :**

I. Have I sought to enrich my faith in the sources of Tradition?  
Or have I wasted my time in idle and curious reading? Have I doubted the Roman Catholic Church and the promise of

Christ : “The gates of hell will not prevail”. Have I been vigilant against anything which might corrupt the Faith?

- II. Have I fostered my devotion to Our Blessed Mother and St. Joseph and entrusted myself to them? Or rather has my love for them diminished?
- III. Has the Holy Sacrifice of the Mass held the central and most important place in my life? Even if I could not assist, did I unite myself to the Holy Sacrifice? Am I truly grateful to the inestimable gift of the True Holy Mass given to us directly from Archbishop Lefebvre through the priesthood he has perpetuated? Is my life a life of sacrifice in union with Our Lord?

## **6. Steps in Membership :**

*Postulants.*- Have I been faithful to my new obligations and my promises made on the day of my postulancy? Or rather have I taken them lightly?

*Members :* Do I take membership in the Third Order as a lifetime commitment?

## **PARTICULAR OBLIGATIONS**

### **1. Personal :**

- I. Have I been faithful to my morning and evening prayers? Or have I neglected them without reason?
- II. Have I recited my Rosary devoutly, meditating on the Mysteries?
- III. Do I pray for help to avoid distractions? Do I pray with attention and devotion?
- IV. Have I attended the Traditional Mass when possible? If not, have I daily practiced mental prayer? On Sunday, have I made a special effort to assist at Holy Mass? Do I attend the True Mass when on vacation?
- V. Have I been faithful in receiving the Sacrament of Penance with devotion at least once a month? Or have I made peace with my sins and imperfections?
- VI. Have I thought seriously of making a retreat? Or have I neglected even to examine the possibility, claiming that it is



too far, too costly, etc.?

VII. Have I been faithful to study and spiritual reading, especially the acts of St. Pius X, the Catechism of the Council of Trent, the New Testament, the Imitation of Christ, Lives of the saints? Have I been apostolic, (i.e. tried to spread good reading material, etc.)?

VIII. Have I kept the fasts of the Third Order : Vigils, Ember Days etc.? Abstinence on Fridays? Or have I forgotten these days through negligence?

IX. Have I abstained completely from Television? Or have I made exceptions to the rule?

X. Have I avoided unclean reading?

XI. Did I mortify myself in my use of the internet, electronic devices and media.

XII. Have I practiced sobriety?

## **2. Family :**

I. Have I obeyed the laws of marriage toward the goal of having a large family?

-- Have I sought to practice natural family planning without a grave reason such as is required by Pope Pius XII in his statement on the matter?

-- Have I consulted a priest, followed his instructions as to the morality and time limit of such a practice?

II. Is my home a sanctuary?

-- Do we recite the Family Rosary?

-- Do I leave my children free access to a television set (perhaps when I am not at home)? **Note Well** : *Children are not free from the wounds of original sin. What is more, they are extremely curious, it doesn't take much to tarnish an innocent soul.*

-- Do I leave unclean reading, even catalogues, within reach of my children?

-- Do I allow my children unsupervised and unlimited access to the internet.

-- Have I allowed them to read love stories, trashy novels and other dangerous books?

III. Have I sought a good traditional school (either a correspondence school or a traditional Catholic school) for my children?

-- Have I contributed to the establishment of a Catholic school or sought even to establish one in my area?

IV. Where did I go for my vacation? Was the choice prudent? If not, why not? Have I learned from past mistakes?

### **3. Professional and Social :**

I. Do I imitate St. Joseph in my position as employer or employee? Or am I too self-seeking, concerned only with money?

II. Do I promote the social reign of Jesus Christ? Or rather do I give way to human respect at work and among my friends in the world?

III. Do I lead two lives, one public and one private? (“No man can serve two masters ...”)

### **4. Organization**

I. Have I been respectful to the priest who has charge of the Third Order?

II. Have I attended the meetings in my area?

III. Have I tried to help with a library ?

IV. Have I read the Third Order letters?

V. Have I sought to defray the cost of mailing and other connected expenses of the Third Order?



## MENTAL PRAYER FOR THE DAY

### A) MORNING PRAYER

*Mental Preparation of the Day according to St. Francis de Sales  
to be made immediately upon rising.*

1. **A**dore God. THANK HIM for having preserved you during the past night, ask forgiveness for the sins you may have committed.
2. **F**orm the firm resolution to use this day well for eternity.
3. **C**onsider which work and occasions you will have this day to serve God, which temptations might arise, prepare yourself through a holy resolution to use well all occasions to serve God, to battle your predominant fault and to advance in virtue and piety. Resolve to avoid, to fight and to conquer everything that is not in accordance with your soul's salvation and the honour of God.
4. **I**t is not enough to form these intentions, you must think about the means to make them come true.
5. **F**inally, humble yourself before God.  
Admit that you cannot achieve these goals on your own efforts alone. Sacrifice your heart with all its good intentions to the good Lord, and ask Him to protect and strengthen you in His service. Beseech the Blessed Virgin, your good Angel and all the Saints to help you.





## PRIME

Before the Office of Prime is carried out, it is praiseworthy to recite, the Aperi Domine, the Our Father, Hail Mary, and the Apostles Creed.

**Aperi Domine:**

Open my mouth, O Lord, to bless Thy Holy Name: cleanse also my heart from all vain, evil and distracting thoughts; enlighten my understanding, inflame my will, that I may worthily recite this Office with attention and devotion, and deserve to be heard in the presence of Thy divine Majesty. Through Christ our Lord.

**R.** Amen

O Lord, in union with that divine intention with which Thou didst praise God on earth, I offer to Thee this Hour.

Prime is begun in this manner.

**V.** † O God, come to my assistance.

**R.** O Lord, make haste to help me.

Glory be to the Father, and to the Son, \* and to the Holy Ghost.

As it was in the beginning, is now and ever shall be; \* world without end. Amen. Alleluia. *In Sept./Lent* (Praise be to Thee, O Lord, King of eternal glory!)

## HYMN

Now in the sun's new dawning ray,  
Lowly of heart, our God we pray,  
That He from harm may keep us free,

Aperi Domine, os meum ad benedicendum nomen sanctum tuum: munda quoque cor meum ab ómnibus vanis, pervérsis et aliénis cogitátionibus; intelléctum illúmina, afféctum inflámma, ut digne, atténte ac devóte hoc Offícium recitáre váleam, et exaudíri mérear ante conspéctum divinae Majestátis tuae. Per Christum, Dóminum nostrum. **R.** Amen.

Dómine, in unióne illíus divínae intentiónis, qua ipse in terris laudes Deo persolvisti, hanc tibi Horam persólvo.

A call upon God for help.

**V.** † Deus, in adiutórium meum inténde.

**R.** Dómine ad adiuvándum me festína.

Glória Patri et Fílio \* et Spirítui Sancto.

Sicut erat in princípío et nunc et semper, \* et in saécula saeculorum. Amen. Alleluia. *In Sept./Lent* (Laus tibi Dómine, Rex aeternae gloriae!)

## HYMNUS

Iam lucis orto sídere  
Deum precémur súpplices,  
Ut in diúrnis áctibus  
Nos servet a nocéntibus.

In all the deeds this day shall see. |

Linguam refrénans témpere,  
Ne litis horror ínsonet :  
Visum fovéndo cóntegat,  
Ne vanitátes háuriat.

May fear of Him our tongues restrain,  
Lest strife unguarded speech should  
strain:

His favouring care our guardian be,  
Lest our eyes feed on vanity.

Sint pura cordis íntima,  
Absístat et vecórdia;  
Carnis terat supérbiam  
Potus cibíque párcitas.

May every heart be pure from sin,  
And folly find no place therein:  
Scant need of food, excess denied,  
Wear down in us the body's pride.

Ut, cum dies abscésserit  
Noctémque sors redúxerit,  
Mundi per abstinentiam  
Ipsi canámus glóriam.

That when the light of day is gone,  
And night in course shall follow on,  
We, free from cares the world affords,  
May chant the praise that is Our  
Lord's.

Deo Patri sit glória,  
Eiúsque soli Filio,  
Cum Spíritu Paráclito,  
Nunc et per omne saéculum.  
Amen.

All laud to God the Father be,  
All praise, Eternal Son, to Thee;  
All glory, as is ever meet,  
To God the Holy Paraclete.  
Amen.

(Allelúia,) \* confitémini  
Dómino, quóniam in  
saéculum misericórdia eius,  
(Allelúia, allelúia.)

(Alleluia,) \* praise the Lord, for His  
mercy endureth forever, (Alleluia,  
alleluia.)

The Alleluia is not recited in Septuagesima and Lent.

### PSALM 53 A prayer for help in distress.

Deus, in nómine tuo salvum  
me fac: \* et in virtúte tua  
iúdica me.

O God, save me by Thy Name: \* and  
plead my cause by Thy might.

Deus, exáudi oratiónem  
meam: \* áuribus pércipe  
verba oris mei.

O God, hear my prayer: \* give ear to  
the words of my mouth.

For proud men have risen against me, and the mighty have sought after my soul: \* and they have not set God before their eyes.

For behold God is my helper: \* and the Lord is the protector of my soul.

Turn back the evils upon my enemies: \* and in Thy faithfulness destroy them.

I will freely sacrifice to Thee, \* and will praise, O God, to thy Name: because it is good:

For Thou hast delivered me out of all trouble: \* and my eye hath looked down upon my enemies. Glory be to the Father, and to the Son, \* and to the Holy Ghost.

As it was in the beginning, is now and ever shall be; \* world without end. Amen.

### PSALM 118,(1),

Of the excellence of virtue consisting in the love and observance of the commandments of God.

Blessed are the undefiled in the way: \* who walk in the law of the Lord.

Blessed are they that search His testimonies: \* that seek Him with their whole heart.

For they that work iniquity, \* have not walked in his ways.

Thou hast given Thy decrees \* to be kept most diligently.

O! that my ways may be directed, \* to keep Thy just commands.

Then I shall not be confounded, \* when I shall look into all Thy commandments.

Quóniam aliéni insurrexérunt advérsus me, et fortes quæsiérunt ánimam meam: \* et non proposuérunt Deum ante conspéctum suum.

Ecce enim Deus ádiuvat me: \* et Dóminus suscéptor est animæ meæ.

Avérte mala inimícis meis: \* et in veritáte tua dispérde illos.

Voluntárie sacrificábo tibi, \* et confitébor nómini tuo, Dómine: quóniam bonum est:

Quóniam ex omni tribulatióne eripuísti me: \* et super inimícos meos despéxit óculus meus.

Glória Patri, et Filio, \* et Spiritui Sancto.

Sicut erat in princípío et nunc et semper, \* et in saécula saeculórum. Amen.

Beáti immaculáti in via: \* qui ámbulant in lege Dómini.

Beáti, qui scrutántur testimónia eius: \* in toto corde exquirunt eum.

Non enim qui operántur iniquitátem, \* in viis eius ambulavérunt.

Tu mandásti \* mandáta tua custodíri nimis.

Utinam dirigántur viæ meæ, \* ad custodiéndo iustificatiónes tuas!

Tunc non confúndar, \* cum perspéxero in ómnibus mandátis tuis.

Confitébor tibi in directióne  
cordis: \* in eo quod dídici iudícia  
iustítiæ tuæ.

Iustificatiónes tuas custódiám: \*  
non me derelínquas  
usquequáque.

In quo córrigit adulescéntior  
viam suam? \* in custodiéndó  
sermónes tuos.

In toto corde meo exquisívi te: \*  
ne repéllas me a mandátis tuis.

In corde meo abscondi elóquia  
tua: \* ut non peccem tibi.  
Benedíctus es, Dómine: \* doce me  
iustificatiónes tuas.

In lábiis meis, \* pronuntiávi  
ómnia iudícia oris tui.

In via testimoniórum tuórum  
delectátus sum, \* sicut in  
ómnibus divitiis.

In mandátis tuis exercébor: \* et  
considerábo vias tuas.

In iustificatióne tuis  
meditábor: \* non oblivíscar  
sermónes tuos.

Glória Patri, et Fílio, \* et Spirítui  
Sancto.

Sicut erat in princípío, et nunc, et  
semper, \* et in saécula  
sæculórum. Amen.

### PSALM 118,(2),

Of the excellence of virtue consisting in the love and observance of the commandments of God.

Retribue servo tuo, vivífica me: \*  
et custódiám sermónes tuos.

I will praise Thee with  
uprightness of heart: \* because I  
have learned the ordinances of  
Thy justice.

I will keep Thy laws: \* O! do not  
Thou utterly forsake me.

How shall a young man keep his  
way pure? \* By observing Thy  
words.

With my whole heart have I  
sought after Thee: \* suffer me not  
to stray from Thy  
commandments.

In my heart I cherish Thy words:  
\* That I may not sin against Thee.  
Blessed art Thou, O Lord: \* teach  
me Thy just decrees.

With my lips I have pronounced,  
\* all the judgments of Thy mouth.

I have been delighted in the way  
of Thy testimonies, \* as in all  
riches.

I will meditate on Thy  
commandments: \* and I will  
consider Thy ways.

I will think of Thy justifications: \*  
I will not forget Thy words.

Glory be to the Father, and to the  
Son, \* and to the Holy Ghost.

As it was in the beginning, is now  
and ever shall be; \* world  
without end. Amen.

Give bountifully to Thy servant,  
enliven me: \* and I shall keep Thy  
words.

Open Thou my eyes: \* and I will consider the wondrous things of Thy law.

I am a sojourner on earth: \* hide not Thy commandments from me.

My soul hath desired to long for Thy just decrees, \* at all times.

Thou hast rebuked the proud: \* they are cursed who decline from Thy commandments.

Remove from me reproach and contempt: \* because I have sought after Thy testimonies.

For princes sat, and spoke against me: \* but Thy servant was employed in Thy justifications.

For Thy testimonies are my meditation: \* and Thy just laws my counsel.

My soul is prostrate in the dust: \* quicken Thou me according to Thy word.

I have declared my ways and Thou hast heard me: \* teach me the ordinances of Thy justice.

Instruct me in the ways of Thy just law: \* and I shall be exercised in Thy wondrous works.

My soul hath slumbered through heaviness: \* strengthen Thou me in Thy word.

Remove from me the way of iniquity: \* and out of Thy law have mercy on me.

I have chosen the way of truth: \* Thy judgments I have not forgotten.

Revéla óculos meos: \* et considerábo mirabília de lege tua.

Incola ego sum in terra: \* non abscondas a me mandáta tua.

Concupívit ánima mea desideráre iustificatiónes tuas, \* in omni témpore.

Increpásti supérbos: \* maledícti qui declínant a mandátis tuis.

Aufer a me opprobrium et contéptum: \* quia testimónia tua exquisívi.

Etenim sedérunt príncipes, et advérsus me loquebántur: \* servus autem tuus exercebátur in iustificatióne tuis.

Nam et testimónia tua meditatio mea est: \* et consílium meum iustificatiónes tuæ.

Adhaésit paviménto ánima mea: \* vivifica me secúndum verbum tuum.

Vias meas enuntiávi, et exaudísti me: \* doce me iustificatiónes tuas.

Viam iustificatiónum tuárum ínstrue me: \* et exercébor in mirabílibus tuis.

Dormitávit ánima mea præ taéidio: \* confirma me in verbis tuis.

Viam iniquitátis ámove a me: \* et de lege tua miserére mei.

Viam veritátis elégi: \* iudícia tua non sum oblítus.



Adhaési testimóniis tuis, Dómine:  
\* noli me confúndere.

Viam mandatórum tuórum  
cucúrri, \* cum dilatásti cor  
meum.

Glória Patri, et Fílio, \* et Spirítui  
Sancto.

Sicut erat in princípío, et nunc, et  
semper, \* et in saécula  
saeculórum. Amen.

(Allelúia,) Confitémini Dómino,  
quóniam in saeculum  
misericórdia eius, (Allelúia,  
allelúia.)

The Alleluia is not recited in Septuagesima and in Lent.

Regi saeculórum immortáli et  
invisibili, soli Deo honor et glória  
in saecula saeculórum. Amen.

**R.** Deo grátias.

*Short Response:* Christe, Fili Dei vivi, \*  
miserére nobis.

*Repeat:* Christe, Fili Dei vivi, \*  
miserére nobis.

**V.** *Ordinarily:* Qui sedes ad dexteram  
Patris.

**R.** Miserére nobis.

**V.** Glória Patri, et Fílio, \* et  
Spirítui Sancto.

**R.** Christe, Fili Dei vivi, \* miserére  
nobis.

**V.** Exsúrge, Christe, ádiuva nos.

**R.** Et líbera nos propter nomen  
tuum.

**V.** Dóminus vobíscum.

**R.** Et cum spírítu tuo.  
Orémus.

Dómine Deus omnípotens, qui ad

I cleave to Thy precepts, O Lord: \*  
put me not to shame.

I have run the way of Thy  
commandments, \* when Thou  
didst enlarge my heart.

Glory be to the Father, and to the  
Son, \* and to the Holy Ghost.

As it was in the beginning, is now  
and ever shall be; \* world  
without end. Amen.

(Alleluia,) Praise the Lord, for His  
mercy endureth forever,  
(Alleluia, alleluia.)

To the King of the ages, who is  
immortal, invisible, the one and  
only God, be honour and glory  
forever and ever. Amen.

**R.** Thanks be to God.

*Short Response:* O Christ, the Son of  
the living God, \* have mercy on  
us.

*Repeat:* O Christ, the Son of the  
living God, \* have mercy on us.

**V.** *Ordinarily:* Thou Who sittest at  
the right hand of the Father.

**R.** Have mercy on us.

**V.** Glory be to the Father, and to  
the Son, \* and to the Holy Ghost.

**R.** O Christ, the Son of the living  
God, \* have mercy on us.

**V.** Arise, O Christ, and help us.

**R.** And deliver us for Thy Name's  
sake.

**V.** The Lord be with you.

**R.** And with thy spirit.  
Let us pray.

O Lord God Almighty, Who hast

brought us to the beginning of this day: defend us by Thy power; that we may not fall today into any sin, but that all our thoughts, words and works may be directed to Thy will. Through our Lord Jesus Christ, Thy Son: Who lives and reigns with Thee in the unity of the Holy Ghost; world without end.

**R.** Amen.

**V.** O Lord hear my prayer.

**R.** And let my cry come unto Thee.

**V.** Let us bless the Lord.

**R.** Thanks be to God.

When the Office is recited in choir, the Martyrology is read here. Then follows:

**V.** Precious in the sight of the Lord.

**R.** Is the death of His saints. May Holy Mary and all the saints intercede for us with the Lord, that we may receive help and salvation from Him, Who lives and reigns forever and ever.

**R.** Amen.

**V.** O God, come to my assistance.

**R.** O Lord, make haste to help me.

principium huius diéi nos pervenire fecisti : tua nos hódie salva virtúte; ut in hac die ad nullum declinémus peccátum, sed semper ad tuam iustítiam faciéndam nostra procedant elóquia, dirigántur cogitatiónes et ópera. Per Dóminum nostrum Jesum Christum Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti Deus, per ómnia saécula saeculórum.

**R.** Amen.

**V.** Dómine, exáudi oratiómem meam.

**R.** Et clamor meus ad te véniat.

**V.** Benedicámus Dómino.

**R.** Deo grátias.

**V.** Pretiósá in conspéctu Dómini.

**R.** Mors sanctórum ejus. Sancta María et omnes Sancti intercédant pro nobis ad Dóminum, ut nos mereámur ab eo adiuvári et salvári, qui vivit et regnat in saécula saeculórum.

**R.** Amen.

**V.** Deus, in adiutórium meum inténde.

**R.** Dómine, ad adiuvándum me festína.

The above versicle and response are recited three times, and then is added:

Glória Patri, et Fílio, \* et Spirítui Sancto. Sicut erat in princípío, et nunc, et semper, \* et in saécula saeculórum.

Amen.

Kýrie, eléison.  
Christe, eléison.  
Kýrie, eléison.

Pater noster (The rest is said silently as far as:)

**Ÿ.** Et ne nos indúcas in tentatiónem.

**Ṛ.** Sed libera nos a malo.

**Ÿ.** Réspice in servos tuos, Dómine, et in ópera tua, et dírige filios eórum.

**Ṛ.** Et sit splendor Dómini Dei nostri super nos, et ópera mánuum nostrárum dírige super nos, et opus mánuum nostrárum dírige.

**Ÿ.** Glória Patri, et Fílio, \* et Spirítui Sancto.

**Ṛ.** Sicut erat in princípío, et nunc, et semper, \* et in saécula saeculórum. Amen.

Orémus.

Dirígere et sanctificáre, régere et gubernáre dignáre, Dómine Deus, Rex caeli et terræ, hódie corda et córpora nostra, sensus, sermónes et actus nostros in lege tua et in opéribus mandatórum tuórum : ut hic et in aetérnum, te auxiliánte, salvi et líberi esse mereámur, Salvátor mundi : Qui vivis et regnas in saécula saeculórum.

**Ṛ.** Amen.

Glory be to the Father, and to the Son, \* and to the Holy Ghost. As it was in the beginning, and is now and ever shall be; \* world without end.

Amen.

Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.

Our Father (The rest is said silently as far as:)

**Ÿ.** And lead us not into temptation.

**Ṛ.** But deliver us from evil.

**Ÿ.** Look down upon Thy servants, O Lord, and the works of Thy hands, and direct their children.

**Ṛ.** And let the brightness of the Lord our God be upon us, and direct the works of our hands over us; direct the work of our hands.

**Ÿ.** Glory be to the Father, and to the Son, \* and to the Holy Ghost.

**Ṛ.** As it was in the beginning, and is now and ever shall be; \* world without end. Amen.

Let us pray.

O Lord God, King of heaven and earth, vouchsafe this day to direct and sanctify, to rule and govern our hearts and bodies, our thoughts, words, and deeds, in Thy law, and in the works of Thy commandments, that now and forever we may, by Thy help, attain salvation and freedom. O Saviour of the world, Who livest and reignest world without end.

**Ṛ.** Amen.

Then the Short Lesson is recited according to the different seasons. First, the lector requests a blessing.

Pray, O Lord, a blessing.

Blessing: May the Almighty Lord order our days and actions in His peace.

**R.** Amen.

### SHORT LESSON

May the Lord direct our hearts and bodies in the love of God and the patience of Christ. But Thou, O Lord, have mercy on us.

**R.** Thanks be to God.

**V.** Our help is in the Name of the Lord.

**R.** Who made heaven and earth.

**V.** Bless us.

**R.** O God.

*Blessing:* May the Lord bless us, † and defend us from all evil, and bring us to eternal life; and may the souls of the faithful departed through the mercy of God, rest in peace.

Ube, Dómine, benedícere.

Blessing: Dies et actus nostros in sua pace dispónat Dóminus omnípotens.

**R.** Amen.

### LECTIO BREVIS

Dóminus autem dírigat corda et córpora nostra in caritáte Dei, et patiéntia Christi. Tu autem Dómine, miserére nobis.

**R.** Deo grátias.

**V.** Adiutórium nostrum in nómine Dómini.

**R.** Qui fecit cælum et terram.

**V.** Benedícite.

**R.** Deus.

*Blessing:* Dóminus nos benedícat, † et ab omni malo deféndat, et ad vitam perdúcat ætérnam. Et fidélium ánimæ per misericórdiam Dei requiéscent in pace.





## MEDITATION OR MENTAL PRAYER

"Without mental prayer," says St. Alphonsus de Liguori, "it is difficult for the soul to continue long in the grace of God." "In all thy works," says the Holy Ghost, "remember thy last end, and thou shalt never sin" (Eccl., vii:40). He who frequently meditates on his last end, upon death, judgement, hell, and heaven, will not fall into sin; but these truths are not to be discerned by the eyes, but only by the mind; if they be not dwelt upon, they vanish from the mind; and the pleasures of sense presenting themselves, easily gain admittance into the hearts of those who do not keep in mind the eternal truths; and hence it is that so many abandon themselves to vice and are lost. All Christians know and believe that they must die, and must be judged after death; but because they do not think of these things, they live at a distance from God. Without mental prayer we can have no light, but must walk in the dark; and walking in the dark, we cannot perceive dangers, we cannot take precautions, we do not ask God for His assistance, and thus, we risk to be lost. Without prayer there is neither light nor strength for us to walk forward in the way of God: because without prayer we ask not God to give us His help; and hence not praying, we must certainly fall. Hence, St. Robert Bellarmine says, that it is morally impossible for a Christian who does not meditate upon eternal truths to continue in the grace of God. On the contrary, he who meditates every day, will not easily fall into sin; and if by some misfortune he should fall, he will, by a continuance in prayer, soon arise and return again to God. A servant of God once said : "*Mental prayer and mortal sin can not exist together.*" Resolve therefore, to make every day, either in the morning or in the evening, but better in the morning, half an hour's meditation. "*Above all,*" continues the Saint, "*I beseech you never to relinquish this kind of prayer, but to make it at least once a day, although you should be in great dryness of spirit, and should find it very irksome. If you continue to be faithful to it, you will assuredly be saved.*" Together with prayer it is of great use to be diligent in spiritual reading, out of some book that treats of the Holy lives of the Saints or of the Christian virtues; and this for half an hour, or at least for a quarter of an hour every day. Now many, by reading some devout book, have changed their lives, and become Saints!



## METHOD OF MEDITATION ACCORDING TO ST. IGNATIUS

### *1. Preparation.*

Read over the subject of the meditation carefully. This can be done the previous evening. Place yourself in the presence of God; stand (if convenient) and reflect upon the truth that God sees into your inmost soul; kneel and make an act of faith and an act of adoration with all the intensity of your inmost being.

As to the *remote* preparation : Having read the subject of the meditation overnight, reflect what fruit you may gather from it, considering the actual need of your soul. When in bed, dwell on no thought which may distract you from the subject of the meditation.

When you awake in the morning, after some appropriate ejaculatory prayers, and after offering to God your heart and your actions, banish every other thought; reflect before Whom you are about to appear, and try to excite in yourself some affection, analogous to the fruit which you desire to gather from the meditation.

The acts of faith and adoration need not occupy much time. The objective is to prepare you by devout recollection to communicate with God. They form the immediate preparation, together with the *preludes*.

*1st Prelude.* - This is an exercise of the imagination which you can omit if you do not find it helpful. Picture some scene connected with the mystery which forms the subject of your meditation, i.e., form your *composition of place*.

*2nd Prelude.* - Ask for the grace in keeping with the mystery on which you intend to meditate. Thus, if you have chosen the Passion of Our Lord, pray for a deep hatred for sin or for perfect contrition.

### *2. The Meditation Proper.*

Having called to mind very vividly, by acts of faith and adoration, that you are in the presence of God; having made your preparatory prayer; having formed your *composition of place*, if desirable, by means of the

imagination, and having finished your preludes, you proceed to the meditation proper, namely, to the second part.

Here we consider the subject carefully and devoutly. If you have for a subject some maxim of Our Lord, think when, where, and why He uttered it. See what lesson you can learn from it and how far your conduct is at variance with the precept. Take a practical resolution to amend a fault into which you often fall. Determine some *definite* act of virtue in question. A vague purpose of amendment is useless.

In this part of the meditation, avoid spending all the time in reflections, since they are a means, not an end. Their great object is to stir up your will to do some good action and to serve as a solid foundation for your resolutions. The most important part of the meditation is the exercise of the affections, and all the preceding steps should lead up to this essential point.

As Father Chaignon, S.J., says in his *Sacerdotal Meditations*; "*Prayer is a gift of the Spirit of God; it is a science of which the Holy Ghost is the first, or rather the only, veritable Master. Let us earnestly pray to Him to grant us this gift, which shall be for us the channel of the most precious graces. Let us learn of Him this science, which is so important a part of the science of the Saints.*"

*Lord, teach us to pray* (Luke 1,2). He teaches it, says St. Bernard, in acting upon our *memory*, our *intellect*, and our *will* (St. Bernard, Serm. de Pent.). One could not have more clearly designed the exercises of the *three faculties*, in which the method of St. Ignatius precisely consists.

A. The *Memory* : Propose to yourself the whole subject of the meditation; place before yourself the whole of the truth or mystery under consideration, as if you were relating or describing it to another person very clearly and briefly. An act of faith will help you.

B. The *Intellect* or *Understanding* : It first considers the truth and then makes the application.

1. Consider what you have to believe, or do, with respect to the truth which you have proposed to yourself; what lesson for the amendment of your life you will find in this truth, or in this mystery. Search for it, and as soon as you have arrested it, you will pass on to the consideration of some motives, which may move your heart and engage you to put it in practice.

2. Examine also very carefully how much you esteem a truth so important for your salvation as that which engages your attention; whether you are in the habit of regulating your conduct by what it inculcates, or whether you are negligent with regard to it. Admit your negligence; acknowledge your faults. What is the cause of your errors? What means will you employ to avoid them?

C. The *Will* :

1. Pious affections are aroused. These affections differ as the subject varies, or in accordance with the dispositions of the soul and the motions of the Holy Ghost - *confusion, shame and contrition; distrust of ourselves; confidence in God; thanksgiving; offering of ourselves; sacrifice of whatever obstructs or retards perfection; resignation; abandonment to the will of God.*

2. The will makes strong resolutions, with regard to a certain virtue, for instance, humility, or, with regard to certain occasions and certain means, tending to greater perfection.

3. You will make some colloquies, especially toward the end of the meditation.

### *III. Colloquy.*

This is a direct prayer; so make acts of faith, hope, charity, etc., as they are suggested by the subject of your meditation. This part of the meditation should occupy, perhaps, one-fifth of the whole time allotted to the exercise.

The colloquy may also be called a familiar and respectful address to God, in which we praise Him, thank Him, beg His pardon, ask Him for some grace, sometimes as His child, sometimes as His servant or His spouse. In the colloquies we may also address ourselves to Jesus Christ, the Blessed Virgin, or to the Saints.

### *Resolutions and Spiritual Bouquet after Meditation.*

Finish with the *offering of resolutions*. You can use a set form, or your own words. Then as a reminder of your meditation, choose a "*spiritual bouquet*", that is, some thought which bears on the subject and which you can recall when tempted to break your resolution.

Finally, recite some *vocal prayer*, such as the *Our Father*, the *Hail Mary*, or the *Anima Christi*. This is a brief exposition of the Ignatian method.

Remember that there are times of spiritual desolation, when mental prayer or meditation is very difficult. This is not a reason for neglecting or curtailing your meditation. Try to fix your attention and say some vocal prayers to obtain the grace you desire; humble yourself before God; do not be discouraged. God asks of your efforts; the success does not depend entirely on you.

When you find sufficient food for reflection and affections in one point, do not be in a hurry to pass on to the next. Do not adhere slavishly to the thoughts suggested in the colloquies; those that come to you naturally are far more helpful. Speak to God with respectful familiarity.



In choosing your resolution, base it on some well grounded motive; endeavor to foresee when and how you can put it into practice.



### SUBJECTS FOR DAILY MEDITATION

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

#### God to Glorify.

**Jesus to imitate.  
The Angels and Saints to invoke.**

**A soul to save.  
A body to mortify.  
Sins to expiate.  
Virtues to acquire.  
Hell to avoid.  
Heaven to gain.**

**Eternity to prepare for.**

**Time to profit by.  
Neighbours to edify.  
The world to despise.  
Devils to combat.  
Passions to subdue.  
Death to suffer.  
Judgement to undergo.**

*Among the truths which faith teaches us, there are several which all ought to know and to believe explicitly, viz., the existence of one God; the Mystery of the Holy Trinity; the Mystery of the Redemption of mankind by the Incarnation and Death of Jesus Christ, and the future state of reward and punishment.*

*There are things which every Catholic is also bound to know, by the express command either of God or of the Catholic Church. These things are: 1. The three most ordinary Catholic prayers, viz., The Our Father, the Hail Mary, the Apostles Creed; and also, at least in substance: 2. The Commandments of God; 3. The Precepts of the Church; 4. The Doctrine of the Sacraments, and especially of these three, which are necessary to every one, viz., Baptism, Penance, and the Holy Eucharist; 5. The Duties and Obligations of one's state of life. It is a mortal sin for a Catholic to be ignorant of these things, if it be through his own wilfulness or neglect. Thus, there is a need to study them and meditate upon them.*



## Another Form of MORNING PRAYER

*Let us place ourselves in the presence of God and humbly adore Him:*

Most holy and adorable Trinity, one God in three Persons, I believe that Thou art here present. I adore Thee with the deepest humility; I bless Thee and render to Thee with my whole heart, the homage which is due to Thy sovereign majesty.

*Act of Faith.* – O my God! I firmly believe that Thou art one God in three divine Persons, the Father, the Son and the Holy Ghost; I believe that Thy 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 Thou hast revealed them, Who canst neither deceive nor be deceived.

*Act of Hope.* – O my God! relying on Thine infinite goodness and promises, I hope to obtain pardon of my sins, the help of Thy grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

*Act of Love (Charity).* – O my God! I love Thee above all things, with my whole heart and soul, because Thou art all good and worthy of all love. I love my neighbor as myself for love of Thee. I forgive all who have injured me and ask pardon of all whom I have injured.

*Let us thank God for His many graces  
and offer ourselves up to Him:*

O my God! I most humbly thank Thee for all the favors Thou hast bestowed upon me to the present moment. It is again thanks to Thy bounty that I should live to see this day; and I desire to employ it solely in Thy service. I consecrate to Thee all my thoughts, words, actions and sufferings of this day: bless them, O Lord, that there may be none that is not animated by Thy love or that would not tend to Thy greater glory.

*Let us make a firm resolution to avoid evil and to do good:*

Adorable Jesus: divine model of that perfection to which we should all aspire! I will endeavor this day to follow Thine example; to be, like Thee, mild, humble, obedient, chaste, zealous, patient, charitable and resigned; and I will be particularly attentive not to relapse this day into my accustomed failings, but to struggle against them with Thy gracious assistance.

*Let us beg of God the graces which are necessary to us:*

O my God! Thou knowest my weakness, and that I am unable to do anything good without the help of Thy grace. Deny me not Thy grace, O God; proportion it to my necessities. Give me strength to avoid everything which Thou forbiddest, to practice the good which Thou hast commanded, and enable me patiently to bear all the trials which it may please Thee to send me.

### **Pater Noster, Ave María, Credo, Confiteor.**

*Let us invoke the Blessed Virgin Mary, Saint Joseph,  
our Guardian Angel and our Patron Saint:*

O Holy Virgin! Mother of God, my Mother and Patroness, I place myself under Thy protection; I throw myself with confidence into the arms of Thy compassion. Be to me, O Mother of mercy, my refuge in distress, my consolation in suffering, my advocate with thine adorable Son, now and at the hour of my death.

Most Holy patriarch Saint Joseph, by that loving solicitude wherewith Thou didst care for Jesus and Mary in this world, deign to watch over my life here below until my last breath.

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

Great Saint, whose name it is my honor to bear, protect me and pray for me, so that I may serve God like Thee on earth, and with Thee praise Him for all eternity in heaven.



## B) EVENING PRAYERS

### Mental Preparation for the Night

Another day of your existence has passed away, and so much nearer have you drawn towards eternity! If this were your last, what sentence would await you beyond the grave! If this night your soul should be required of you, would you be prepared to obey the summons? These reflections will show you of what great importance it is to perform your evening exercise with fervour. Before you retire to rest, *“prostrate yourself before God,”* says St. Francis of Sales, *“and recollect yourself in Jesus Christ crucified, which you may do by a single consideration, or interior turning of the soul towards Him. Revive within you the fervour of your morning’s meditation, by lively aspirations, acts of humility, and loving efforts to unite yourself with this divine Saviour of your soul; or else, by repeating the points which affected you most in your morning’s meditation, or adopting some fresh subject to excite yourself to devotion, as may best suit you.”*

As to the examination of conscience, which should always be made before retiring to rest, every one knows how to make it.

**Firstly:** Give thanks to God for having preserved you through the day that is past.

**Secondly:** Examine how you have spent all the hours of the day; and in order to do this the more easily, reflect where and with whom, and in what employments, you have been engaged.

**Thirdly:** If you discover that you have done any good, render thanks to God for it; if, on the other hand, if you find that you have done evil, either in thought, word, or deed, ask pardon of His Divine Majesty, resolving to avoid sin in the future.

**Fourthly:** Commend to divine Providence your body and soul, the Church, your relatives, and friends. Beseech the Blessed Virgin, your good Angel, and all the Saints, to watch over you and protect you; and thus, with the blessing of God, go to take that repose which He has appointed for you.

This exercise, like that of the morning, should never be omitted. By the first, you open the windows of your soul to the rays of the sun of justice; and by the second, you close them to the darkness of hell.

## COMPLINE

## The Evening Prayer of the Church

Compline is the evening prayer of priests and religious recommended for Third Order members.

**Ÿ.** Júbe dómíne, (domne)  
benedícere.

Blessing: Noctem quiétam et finem  
perféctum concédát nobis  
Dóminus omnípotens. **R.** Amen.

Short Lesson: 1 Pet. 5,8-9 Frátrés: Sóbrii  
estóte, et vigiláte: quia  
adversárius véster diábolus,  
tamquam léo rúgiens, circuit,  
quaérens quem devoret: cú  
resístite fórtes in fíde. Tu autem  
Dómine miserére nobis.

**R.** Déo grátias.

**Ÿ.** Adjutórium nóstrum in  
nómine Dómini.

**R.** Qui fécit caelum et térram.

Then is said: the *Our Father*, the whole of which is said silently; or instead an *Examination of Conscience* may be made at this time. After which, the *Confiteor* is said at once.

Confíteor Deo omnipoténti, beátæ  
Maríæ semper Vírgini, beáto  
Michaéli Archángelo, beáto Ioánni  
Baptístæ, sánc̄tis Apóstolis Pétro et  
Páulo, et ómnibus Sanctis quia  
peccávi nimis cogitatióne, vérbo et  
ópere : méa cúlpa, méa cúlpa, mea  
máxima culpa. Ideo precor beátam  
Maríam semper Vírginem, beátum  
Michaélem Archángelum, beátum  
Ioánnem Baptístam, sanctos  
Apóstolos Pétrum et Páulum, et  
ómn̄es Sánctos, oráre pro me ad  
Dóminum Déum nóstrum.

Misereátur nostri omnípotens  
Deus, et, dimíssis peccátiis nostris,  
perdúcat nos ad vitam ætérnam.

**Ÿ.** Pray, O Lord, (Father) a  
blessing.

Blessing: May the Almighty Lord  
grant us a quiet night and a  
perfect end. **R.** Amen.

Short Lesson: 1 Pet. 5,8-9 Brethren: Be  
sober, be watchful! For your  
adversary the devil, as a roaring  
lion, goes about seeking whom he  
may devour. Resist him, steadfast  
in the faith. But Thou, O Lord,  
have mercy on us.

**R.** Thanks be to God.

**Ÿ.** Our help is in the Name of the  
Lord.

**R.** Who made heaven and earth.

I confess to almighty God, to  
blessed Mary ever Virgin, to  
blessed Michael the Archangel, to  
blessed John the Baptist, to the  
holy Apostles Peter and Paul, and  
to all the Saints, that I have sinned  
exceedingly in thought, word and  
deed: through my fault, through  
my fault, through my most  
grievous fault. Therefore I beseech  
blessed Mary ever Virgin, blessed  
Michael the Archangel, blessed  
John the Baptist, the holy Apostles  
Peter and Paul, and all the Saints,  
to pray to the Lord, our God for me.

May Almighty God have mercy on  
us, forgive us our sins, and bring us  
to everlasting life.

**R.** Amen.

May the Almighty and merciful Lord grant us pardon, † absolution and remission of our sins. **R.** Amen.

Make the sign of the Cross here just on your breast over your heart.

**V.** Convert us, † O God, our salvation.

**R.** And let Thy anger cease from us.

**V.** O God come to my assistance.

**R.** O Lord, make haste to help me.

**V.** Glory be to the Father, and to the Son, and to the Holy Ghost.

**R.** As it was in the beginning, is now and ever shall be; world without end. Amen. Alleluia.

*In Sept./Lent* (Praise be to Thee, O Lord, King of eternal glory!)

Have mercy on me, \* O Lord, and hear my prayer.

PSALM 4 The prophet teaches us to flee to God in times of tribulations, with confidence in Him.

When I called upon Him, the God of my justice heard me: \* when I was in distress, Thou hast enlarged me. Have mercy on me, \* and hear my prayer.

O ye sons of men, how long will you be dull of heart? \* why do you love vanity and seek after lying?

Know ye also that the Lord hath made His holy one wonderful: \* the Lord will hear me when I shall cry unto Him.

Tremble, and sin not: † Ponder within your hearts, \* upon your beds and be silent.

**R.** Amen.

Indulgéntiam, † absolutiónem et remissionem peccatórum nostrórum tríbuat nobis omnipotens et miséricors Dóminus. **R.** Amen.

**V.** Convérte nos, † Déus salutáris nóster.

**R.** Et avérte iram tuam a nóbis

**V.** Deus in adjuatórium meum inténde.

**R.** Dómine ad adjuvándum me festína.

**V.** Glória Pátri, et Fílio, et Spirítui Sáncto.

**R.** Sicut érat in princípío, et nunc, et sémpet, et in saécula saeculórum. Amen. Alleluia.

*In Sept./Lent* (Laus tibi Dómine, Rex aetérnae gloriae!)

Miserére \* mihi, Dómine, et exáudi oratiómem meam.

Cum invocarem exaudivit me Déus justítiæ **méæ**: \* in tríbulatióne dilatásti **mihi**.

Miserére **méi**, \* et exáudi oratiómem **méam**.

Fílii hóminum, úsquequo grávi **córde**? \* ut quid dilígitis vanitátem et quaéritis **mendácium**?

Et scitóte quóniam mirificávit Dóminus sánctum **súum**: \* Dóminus exáudiet me cum clamávero **ad éum**.

Irascímíni, et nolíte peccáre: † quæ dicitis in córdibus **véstris**, \* in cubílibus **véstris**

Sacrificáte sacrificium justítiæ, †  
et speráte in **Dómino**. \* Múlti  
dicunt: Quis osténdit *nóbis bóna*?

Signátum est super nos lúmen  
vultus túi **Dómine**: \* dedísti  
lætítiam in *córde méo*.

A fructu fruménti, víni et ólei **súi**,  
\* multiplicáti sunt.

In páce in idípsum \* dórmiam et  
*requiéscam*.

Quóniam tu Dómine singulariter  
**in spe** \* constituísti me.

Glória Pátri, et **Fílio**, \* et Spirítui  
**Sáncto**.

Sicut érat in princípío, et nunc, et  
**sémper**, \* et in saécula  
*saeculórum*. Amen.

| *compungímini*.

Offer sacrifices of righteousness, †  
and hope in the Lord. \* Many say:  
Who showeth us good things?

The light of Thy countenance, O  
Lord, is signed upon us: \* Thou  
hast given gladness in my heart.

By the fruit of their corn, their  
wine and oil, \* they are multiplied.

In peace I will both \* sleep and  
rest;

For Thou, O Lord, singularly in  
hope \* hast settled me.

*Glory be to the Father, and to the \*  
Son, and to the Holy Ghost.*

As it was in the beginning, is now  
and ever shall be; \* world without  
end. Amen.

PSALM 90 The just are secure under the protection of the Lord.

Qui hábitat in adjutório **Altíssimi**,  
\* in protectióne Déi cæli  
*commorábitur*.

Dicet Dómino: Suscéptor meus es  
tu, et refúgium **méum** : \* Déus  
méus, *sperábo in éum*.

Quóniam ipse liberávit me de  
láqueo **venántium**, \* et a *vérbó*  
**áspero**.

Scápolis suis obumbrábit **tíbi**: \*  
sub pennis *éius sperábis*.

Scuto circúmdabit te **véritas éius**:  
\* non timébis a timóre **noctúrno**,

A sagítta volánte in die, † a  
negótió perambulánte in

He that dwelleth in the aid of the  
most High, \* shall abide under the  
protection of the God of Jacob.

He shall say to the Lord: Thou art  
my protector, and my refuge: \*  
my God, in whom I trust.

For He hath delivered me from  
the snares of the hunters, \* and  
from the sharp word.

He will overshadow thee with His  
et shoulders: \* and under His  
wings thou shalt trust.

His truth shall compass thee with  
a shield: \* thou shall not be afraid  
of the terror of the night.

Of the arrow that flieth in the  
day, † of the business that

**ténébris** : \* ab incúrsu, et  
dæmónio **meridiáno**.

A thousand fall at thy side, † and  
ten thousand at thy right hand: \*  
te autem non **appropinquábit**.

But thou shalt consider with thy  
eyes: \* and shalt see the reward  
of the wicked.

For the Lord is thy refuge, \* thou  
hast made the Most High thy  
defence.

No evil shall come unto thee, \*  
nor shall the scourge come near  
thy dwelling.

For He hath given His angels  
charge over thee: \* to keep thee  
in all thy ways.

In their hands they shall bear  
thee up, \* lest thou dash thy foot  
against a stone.

Thou shalt walk upon the asp and  
the basilisk: \* thou shalt trample  
under foot the lion and the dragon.

Because he hath hoped in Me, I  
will deliver him: \* I will protect  
him, because he hath known My  
Name.

He shall cry to Me and I will hear  
him: † I am with him in trouble: \*  
I will deliver him, and I will  
glorify him.

I will fill him with length of days:  
\* and I will show him My  
salvation.

Glory be to the Father, and to the  
Son, \* and to the Holy Ghost.

As it was in the beginning, is now  
and ever shall be; \* world  
without end. Amen.

walketh about in the dark: \* of  
invasion, or of the noonday devil.

Cadent a látere tuo mille, † et  
decem míllia a dextris **tuis**: \* ad  
but it shall not come nigh thee.

Verúmtamen óculis tuis  
considerábis: \* et retributiónem  
peccatórum **vidébis**.

Quóniam tu es, Domine, spes  
**méa**: \* Altíssimum posuísti  
refúgium **túum**.

Non accédet ad te **málum**: \* et  
flagéllum non appropinquábit  
tabernáculo **túo**.

Quóniam Angelis suis mandávit  
**de** te: \* ut custódiant te in  
ómnibus **víis tuis**.

In mánibus portábunt te: \* ne  
forte offéndas ad lápidem **pédem**  
**túum**.

Super áspidem, et basilíscum  
ambulábis: \* et conculcábis  
leónem et **dracónem**.

Quóniam in me sperávit, liberábo  
**éum**: \* prótegam eum, quóniam  
cognóvit **nómen méum**.

Clamábit ad me, et ego exáudiam  
eum: † cum ipso sum in  
tribulatióne: \* erípiam eum et  
glorificábo eum.

Longitúdine diérum replébo  
**éum**: \* et osténdam illi salutáre  
**méum**.

Glória Patri, et **Fílio**, \* et **Spíritui**  
**Sáncto**.

Sicut erat in princípío, et nunc, et  
**sémper**, \* et in **sáecula**  
**sáeculórum**. Amen.



Behold, bless ye the Lord, \* all ye  
servants of the Lord:

Qui statis in domo **Dómini**, \* in  
Lord, \* in the courts of the house  
of our God.

In nóctibus extóllite manus  
vestras in **sancta**, \* et benedicite  
**Dóminum**.

Benedícat te **Dóminus** ex **Sion**, \*  
qui fecit *cælum et terram*.

Glória Patri, et **Fílio**, \* et **Spiritui**  
**Sancto**.

Sicut erat in principio, et nunc, et  
**semper**, \* et in *sæcula*  
*sæculórum*. Amen.

Miserére \* mihi, **Dómine**, et  
exáudi oratiónem meam.

HYMNUS

Te lucis ante términum,  
Rerum creátor, póscimus,  
Ut pro tua cleméntia,  
Sis præsul et custódia.

Procul recédant sómnia  
Et nóctium phantásmata;  
Hostémque nostrum cómprime,  
Ne polluéantur córpora.

Præsta, Pater piíssime,  
Patrique compar Unice,  
Cum **Spiritu** Paráclito  
Regnans per omne *saéculum*.  
Amen.

Tu autem in nobis es, **Dómine**, et  
nomen sanctum tuum invocátum  
est super nos: ne derelínquas

Ecce nunc benedicite **Dóminum**,  
\* *ómnes servi Dómini*.

Who stand in the house of the  
*átriis domus Dei nostri*.

In the nights lift up your hands to  
the holy places, \* and bless ye the  
Lord.

May the Lord, out of Sion, \* bless  
thee, He that made heaven and  
earth.

Glory be to the Father, and to the  
Son, \* and to the Holy Ghost.

As it was in the beginning, is now  
and ever shall be; \* world  
without end. Amen.

Have mercy on me, \* O Lord, and  
hear my prayer.

HYMN

Before the ending of the day,  
Creator of the world, we pray  
That, with Thy wonted favor,  
Thou wouldest be our guard and  
keeper now.

From all ill dreams defend our  
eyes,  
From nightly fears and fantasies;  
Trend under foot our ghostly foe,  
That no pollution we may know.

O Father, that we ask be done,  
Through Jesus Christ, thine only  
Son,  
Who, with the Holy Ghost and  
Thee,  
Doth live and reign eternally.  
Amen.

Little Chapter Jer. 14, 9: Thou art  
in our midst, O Lord, Thy Holy  
Name we bear; do not forsake us,

nos, Dómine Deus noster.

**R.** Deo grátias.

Short Response: Into Thy hands,  
O Lord, \* I commend my spirit.

Repeat: Into Thy hands, O Lord, \*  
I commend my spirit.

**V.** For Thou hast redeemed us, O  
Lord, God of truth.

**R.** I commend my spirit.

**V.** Glory be to the Father, and to  
the Son, \* and to the Holy Ghost.

**R.** Into Thy hands, O Lord, \* I  
commend my spirit.

**V.** Keep us, O Lord, as the apple  
of Thy eye.

**R.** Protect us under the shadow  
of Thy wings.

*Ant.* Save us, O Lord, while we are  
awake, and guard us when we  
sleep; that we may watch with  
Christ and rest in peace.

Canticle of Simeon Luke 2,29-32

† Now Thou dost dismiss Thy  
servant, O Lord, \* according to  
Thy word, in peace.

Because my eyes have seen \* Thy  
salvation,

Which Thou hast prepared \*  
before the face of all peoples,  
A light to the revelation of the  
Gentiles, \* and the glory of Thy  
people Israel.

Glory be to the Father, and to the  
Son, \* and to the Holy Ghost.

As it was in the beginning, is now  
and ever shall be; \* world  
without end. Amen.

O Lord our God.

**R.** Thanks be to God.

Short Response: In manus tuas,  
Dómine, \* comméndo spíritum  
meum.

Repeat: In manus tuas, Dómine, \*  
comméndo spíritum meum.

**V.** Redemísti nos, Dómine, Deus  
veritátis.

**R.** Comméndo spíritum meum.

**V.** Glória Patri, et Filio, \* et  
Spíritui Sancto.

**R.** In manus tuas, Dómine, \*  
comméndo spíritum meum.

**V.** Custódi nos, Dómine, ut  
pupíllam óculi.

**R.** Sub umbra alárum tuárum  
prótege nos.

*Ant.* Salva nos, \* Dómine,  
vigilántes, custódi nos  
dormiéntes; ut vigilémus cum  
Christo, et requiescámus in pace.

Make the sign of the Cross at the beginning.

† Nunc dimíttis servum tuum,  
Dómine, \* secúndum verbum  
tuum in pace,

Quia vidérunt óculi mei \* salutáre  
tuum,

Quód parásti \* ante fáciem  
ómnium populórum:

Lúmen ad revelatiónem géntium  
\* et glóriam plebis tuæ Israël.

Glória Patri, et Filio, et Spíritui  
Sáncto.

Sicut erat in princípío et nunc et  
semper et in saécula saeculórum.  
Amen.

*Ant.* Salva nos, Dómine, vigilántes, custódi nos dormiéntes; ut vigilémus cum Christ and rest in peace.

*Ÿ.* Dómine, exáudi oratióne meam.

*Ŕ.* Et clamor meus ad te véniat.

Orémus. Vísita, quaésumus, Dómine, habitatióne istam, et omnes insidias inimíci ab ea longe repélle : Angeli tui sancti hábitent in ea, qui nos in pace custódiant; et benedictio tua sit super nos semper. Per Dóminum nostrum Jesum Christum Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti Deus, per ómnia saécula saeculórum.

*Ŕ.* Amen.

*Ÿ.* Dómine, exáudi oratióne meam.

*Ŕ.* Et clamor meus ad te véniat.

*Ÿ.* Benedicámus Dómino.

*Ŕ.* Deo grátias.

Blessing: Benedícat et custódiat nos omnípotens et miséricors Dóminus, Pater, et Fílius, † et Spíritus Sanctus.

*Ŕ.* Amen.

*Ant.* Save us, O Lord, while we are awake, and guard us when we sleep; that we may watch with Christo, et requiescámus in pace.

*Ÿ.* O Lord, hear my prayer.

*Ŕ.* And let my cry come unto Thee.

Let us Pray. Visit this house, we beseech Thee, O Lord, and drive far from it all snares of the enemy: let Thy holy angels dwell herein, who may keep us in peace; and let Thy blessing be always upon us. Through Jesus Christ, Our Lord, Who lives and reigns with Thee in the unity of the Holy Ghost; world without end.

*Ŕ.* Amen.

*Ÿ.* O Lord, hear my prayer.

*Ŕ.* And let my cry come unto Thee.

*Ÿ.* Let us bless the Lord.

*Ŕ.* Thanks be to God.

May the Almighty and merciful Lord, the Father, the Son, † and the Holy Ghost, bless and preserve us.

*Ŕ.* Amen.

#### FINAL ANTIPHONS TO THE BLESSED VIRGIN MARY

*The Blessed Virgin is saluted at the end of Compline with antiphons which are sung or recited at four different times of the year. From Saturday before the 1<sup>st</sup> Sunday of Advent until February 1<sup>st</sup> recite:*

Alma Redemptóris Mater, quae pέρvia caeli porta manes, Et stella maris, succúrre cadénti súrgere qui curat pópulo: Tu quae genuísti, natúra miránte, tuum sanctum Genitórem: Virgo

Mother of Christ! Hear thou thy people's cry, Star of the deep, and portal of the sky! Sinking we strive, and call to thee for aid, Mother of Him Who of thee from nothing was made: Oh, by that

prius ac postérius, Gabriélis ab ore sumens illud Ave, peccatórum miserére.

*Until Compline of December 24<sup>th</sup> recite the following verse, etc.:*

**Ÿ.** Pray for us, O holy Mother of God.

**℞.** *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.

joy which Gabriel brought to thee, Thou Virgin first and last, let us thy mercy see.

**Ÿ.** Ora pro nobis, sancta Dei Genitrix.

**℞.** *Ut digni efficiámur promissionibus Christi.*

Oremus.

Grátiam tuam quæsumus, Dómine, méntibus nostris infúnde, ut qui, Angelo nuntiánte, Christi Fílii tui incarnationem cognóvimus, per Passiónem ejus et Crucem, ad Resurrectiόνis glóriam perducámur. Per eúmdem Christum Dómi-num nostrum. **℞.** Amen.

*Until Compline of February 1<sup>st</sup> inclusive recite the following:*

**Ÿ.** After childbirth thou didst remain a pure virgin.

**℞.** Intercede for us, O Mother of God.

Let us pray. O God, Who through the fruitful virginity of Blessed Mary, Thou didst secure for mankind the reward of eternal salvation; grant, we beseech Thee, that we may experience her intercession for us, through whom we have been made worthy to receive the author of life, Our Lord Jesus Christ, Thy Son. **℞.** Amen.

**Ÿ.** Post partum Virgo invioláta permansisti.

**℞.** Sancta Dei Génatrix ora pro nobis.

Oremus.

Deus, qui salútis ætérnæ, beátæ Mariæ virginitáte fecúnda, humáno géneri præmia præstitisti: tríbue, quæsumus; ut ipsam pro nobis intercédere sentiámus, per quam merúimus auctórem vitæ suscipere, Dóminum nóstrum Iesum Christum Fílium tuum. **℞.** Amen.

*From Compline of February 2<sup>nd</sup> until Wednesday in Holy Week, recite:*

Hail, O Queen of heaven enthroned! Hail, by angels Mistress owned! Root of Jesse, Gate of morn, Whence the world's true Light was born;

Ave Regína caelórum,  
Ave Dómina Angelórum.  
Salve radix, salve porta,  
Ex qua mundo lux est orta:  
Glorious Virgin, joy to Thee,

Gaude Virgo gloriósa,  
Super omnes speciósa:  
Vale, o valde decóra,  
Et pro nobis Christum exóra.

**Ÿ.** Dignáre me laudáre, te Virgo  
sacrata.

**ᚱ.** Da mihi virtútem contra  
hostes tuos.

Oremus. Concéde, miséricors  
Deus, fragilitáti nostræ  
præsídium; ut, qui sanctæ Dei  
Genetrícis memóriam ágimus;  
intercessiónis eius auxilió, a  
nostris iniquitátibus  
resurgámus. Per eúndem  
Christum Dóminum nóstrum. **ᚱ.**  
Amen.

Loveliest whom in heaven they  
see; Fairest Thou where all are  
fair, Plead with Christ our sins  
to spare.

**Ÿ.** Vouchsafe that I may praise  
you, O Holy Virgin.

**ᚱ.** Give me strength against Thy  
enemies.

Let us Pray. O most merciful  
God, grant succour to our frailty,  
that as we celebrate the  
memory of the Holy Mother of  
God, so by the help of Her  
intercession we may rise again  
from our transgressions.  
Through the same Jesus Christ,  
Thy Son Our Lord. **ᚱ.** Amen.

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*From Easter Sunday until Compline the Saturday before Trinity Sunday recite the Regina Coeli.*

**Ÿ.** Regína Cæli, lætáre, allelúia.

**ᚱ.** Quia quem meruísti portáre,  
allelúia.

**Ÿ.** Resurréxit sicut dixit, allelúia.

**ᚱ.** Ora pro nobis Deum, allelúia.

**Ÿ.** Gaude et lætáre, Virgo María,  
allelúia.

**ᚱ.** Quia surrêxit Dóminus vere,  
allelúia.

Oremus.

Deus, qui per resurrectionem  
Fílii tui Dómini nostri Jesu  
Christi, mundum lætificáre  
dignátus es, præsta quaé-  
sumus, ut per ejus Genetrícem  
Vírginem Mariám, perpétuæ  
capiámus gáudia vitæ. Per  
eúndem Christum Dóminum  
nostrum. Amen.

**Ÿ.** Queen of Heaven, rejoice,  
alleluia. **ᚱ.** For He whom Thou  
didst merit to bear, alleluia.

**Ÿ.** Hath risen as He said, alleluia.

**ᚱ.** Pray for us to God, alleluia.

**Ÿ.** Rejoice and be glad, O Virgin  
Mary, alleluia.

**ᚱ.** For the Lord hath risen  
indeed, alleluia.

Let us pray.

O God, who by the Resurrection  
of Thy Son, our Lord Jesus  
Christ, didst vouchsafe to fill the  
world with joy; grant we  
beseech Thee, that through His  
Virgin Mother Mary, we may lay  
hold of the joys of everlasting  
life. Through the same Christ,  
Our Lord. Amen.

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*From Compline of the Saturday before Trinity Sunday until that of the Saturday before the first Sunday of Advent exclusive, recite the Salve Regina with its verse and the following prayer:*

Hail Holy Queen, Mother of Mercy!

Hail, 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 valley of tears. Turn, then, most gracious Advocate, Thine eyes of mercy towards us. And after this, our exile, show unto us the Blessed Fruit of Thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

**Ÿ.** Pray for us, O Holy Mother of God.

**℞.** That we may be made worthy of the promises of Christ.

Let us Pray.

Almighty, everlasting God, who, by the co-operation of the Holy Ghost, did so make ready the body and soul of the glorious Virgin Mother Mary, that She deserved to become a suitable dwelling for Thy Son, grant that we, who rejoice in Her memory may, by Her loving intercession, be delivered from the evils that hang over us, and from everlasting death. Through the same Christ our Lord. **℞.** Amen.

After this Compline is concluded with and the sign of the Cross is made:

**Ÿ.** May the Divine assistance † remain always with us. **℞.** Amen.

Sálve, Regína, Máter misericórdiæ: Víta, dulcédo et spes nóstra, sálve.

Ad te clamámus éxsules filii Hérvæ.

Ad te suspirámus geméntes et fléntes in hac lacrimárum vátte.

Eia ergo, Advocáta nóstra, illos túos misericórdes óculos ad nos convérte. Et Iésu(m), benedíctum frúctum véntris túi, nóbis post hoc exsílíum osténde.

O clémens: O pí(a): O dúlcis Virgo María.

**Ÿ.** Ora pro nobis, sancta Dei Génitrix.

**℞.** Ut digni efficiámur promissionibus Christi.

Oremus.

Omnípotens sempitérne Deus, qui gloriósæ Virginis Matris Mariæ corpus et ánimam, ut dignum Filii tui habitáculum éffici mererétur, Spírítu Sancto cooperánte, præparásti : da, ut, cuius commemoratióne lætámur, eius pia intercessióne, ab instántibus malis et a morte perpétua liberémur. Per eúndem Christum Dóminum nostrum. **℞.** Amen.

**Ÿ.** Divínium auxiliúm † máneat semper nobíscum. **℞.** Amen.



## Another Form of EVENING PRAYER

### **Let us place ourselves in the presence of God and humbly adore Him :**

I adore Thee, O my God, with that spirit of submission which the presence of Thy sovereign greatness inspires. I believe in Thee, because Thou art truth itself. I hope in Thee, because Thou art faithful to Thy promises. I love Thee with my whole heart because Thou art infinitely worthy of being loved, and for Thy sake I love my neighbor as myself.

### **Let us give thanks to God for all the benefits which we have received from Him:**

Enable me, O my God, to return Thee thanks for all Thy inestimable blessings and favours. Thou hast thought of me and loved me from all eternity; Thou hast formed me out of nothing, Thou hast given Thy life to redeem me, and still Thou continuest each day to shower me with countless graces. What return, O my God, can I make for such benefits? O all ye angels and saints, unite with me in praising the God of mercy, Who is so bountiful to so unworthy a creature.

### **Let us ask God that we might know our sins:**

O Holy Ghost! eternal fount of life, drive away the darkness that hides from us the blackness and ugliness of sin. Grant me, O my God, to conceive such horror for sin so as to hate it, were it possible, even as Thou hatest it, and to dread nothing so much as to commit it in the future.

### **Examination of conscience:**

PARTICULAR: against my particular sin...

GENERAL: recollection during the day, sins of thought, word, deed, action or omission...

### **Let us ask of God pardon for our sins:**

O Lord! at the sight of my faults I am overcome with confusion and with sorrow. In Thy presence I detest them, with true sorrow for having offended Thee, my God, Who art so good, so lovable, so worthy of love. Is this, O my God, what Thou wouldst have expected

of me, who ought to have been grateful to Thee for having loved me to the point of shedding Thy Blood for me? Yes, Lord, too far have I pushed my ingratitude. I very humbly ask of Thee pardon, and I beseech Thee, by that same mercy which Thou hast so often shown me, that Thou wouldst grant me the grace of performing sincere penance, from this moment on to the hour of my death.

**Let us be firmly resolved to sin no more :**

My God! would that I had never offended Thee! But since I have had the misfortune of displeasing Thee, I am resolved to prove my repentance, with better conduct than I have maintained. Henceforth, I renounce sin and the occasion of sin, especially that into which I am more prone to fall. And shouldst Thou grant me Thy Grace, such as I ask and hope for, I will fulfill my duties faithfully, and nothing shall keep me from serving Thee.

**Let us commend ourselves to God,  
to the Blessed Virgin Mary and to the Saints:**

Bless, O Lord, the repose I am about to take, that my bodily strength being renewed, I may awake refreshed, the better to serve Thee. O Blessed Virgin Mary, Mother of my God and after Him my surest hope, Saint Joseph, my Guardian Angel, good Patron Saint, watch over and pray for me, not only during this night, but for the rest of my life, and particularly at the hour of my death.

**Let us pray for the living and for the faithful departed:**

Pour down, O Lord, Thy blessings upon my relatives, my benefactors, my friends and my enemies. Protect those whom Thou hast given me as superiors, both spiritual and temporal. Succour the poor, the imprisoned, the afflicted, those who travel, the sick and those in their last agony. Convert those who are in heresy, and enlighten the infidels.

O God of goodness and of mercy, have compassion as well on the souls of the faithful in purgatory, especially those for whom I am obliged to pray; grant them rest and eternal light.

**Prayer to all the Saints**

Blessed souls of the just, who have entered the happiness of glory, obtain for me two things of our God and Father: that I may never offend Him mortally, and that He may keep me from all that is displeasing to Him. Amen.