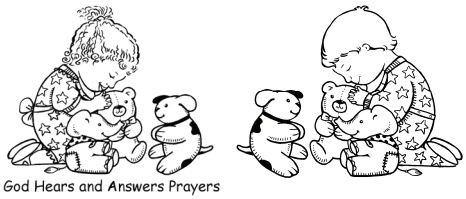
Pray All Ways



WHAT IS PRAYER?

Prayer is being in relationship with God. Prayer is talking freely to God from our heart. Prayer is listening, being quiet and still in God's presence. Prayer is expressing to God your fears & concerns, discussing with Him your problems, needs & questions, sharing with Him your joys & delights. As parents we need to assure our children that God is always listening.

"Pray without ceasing." 1 Thessalonians 5:17

Parents are the best, first and primary role models of pray-ers for their children. Parents teach prayer by praying. Make prayer and the spiritual life a priority. Pray-pray-pray-pray! As you know, there are many forms of prayer: spontaneous and conversational, memorized, learned prayers, praying with Scripture, contemplative — all are awesome ways to communicate with God.

Memorized prayers allow us to pray together as a community. There are many times throughout life when we just can't find the words to express our thoughts and find comfort in the prayers we memorized as children. Below is a list of the prayers that children will learn and memorize at each grade level. Learning is spiral, so that we expect children to learn the prayers, pray the prayers from the earliest grades forward. Parents are expected to partner with us in teaching and praying the prayers with your children. Each month we will focus on the prayers listed below. Prayer Listeners will continue to visit monthly to encourage and recognize "learned" prayers.

Kindergarten	Sign of Cross and Our Father	August
1st Grade	Hail Mary	September
2nd Grade	Act of Contrition	October
3rd Grade	Glory Be and Morning Offering	November
4th Grade	Apostle's Creed	December
5th Grade	Nicene Creed	January
6th Grade	Memorare	February
7th Grade	Rosary	March
8th Grade	Prayer to the Holy Spirit	April

Angelus (see page 4)
Regina Cali (see page 4)

Preach the Gospel at all times, when necessary, use words!

Prayers to Learn

Sign of the Cross

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

Our Father

Our Father, who art in heaven,
hallowed be thy name,
thy kingdom come, thy will be done,
on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.
Amen

Hail Mary

Hail Mary, full of grace, the Lord is with you;
Blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now, and at the hour of our death.
Amen

Act of Contrition

O my God,
I am heartily sorry for having offended you.
And I detest all my sins
because of your just punishment.
But most of all because they offend you my God,
who are all good and deserving of all my love.
I firmly resolve, with the help of your grace,
to sin no more and avoid the near occasion of sin.
Amen

Glory Be

Glory be to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning, is now,
and ever shall be, world without end
Amen

Morning Offering

O Jesus, I offer you all my prayers, works,
and sufferings of this day for all the intentions
of your most Sacred Heart
Amen

Apostle's 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 there he will come
to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen

Memorare

Remember, most loving Virgin Mary,
never was it hear that anyone who turned to you
for help was left unaided.
Inspired by this confidence,
though burdened by my sins,
I run to your protection for you are my mother.
Mother of the Word of God,
do not despise my words of pleading,
but be merciful and hear my prayer.
Amen

Prayer to the Holy Spirit

Come, Holy Spirit and fill the hearts of your faithful,
and kindle in them the fire of your love.
Send forth your Spirit and they shall be created
and you will renew the face of the earth.
Amen

Nicene Creed

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

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God, begotten, not made,
consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit was incarnate
of the Virgin Mary, and became man.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven and
is seated at the right hand of the Father.
He will come again in glory to judge
the living and the dead
and his kingdom will have no end.

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

The Rosary

A rosary is made up of groups of beads arranged in a circle. It begins with a cross followed by one large bead and three small ones. The next large bead (just before the medal) begins the first "decade." Each decade consists of one large bead followed by ten smaller beads.

Begin the rosary with the Sign of the Cross. Recite the Apostles' Creed. Then pray one Our Father, three Hail Marys, and one Glory to the Father.

To pray each decade, say an Our Father on the large bead and a Hail Mary on each of the ten smaller beads. Close each decade by praying the Glory Be. Pray the Hail, Holy Queen as the last prayer of the rosary.
The mysteries of the rosary are special events in the lives of Jesus and Mary. As you pray each decade, think of the appropriate Joyful Mystery, Sorrowful Mystery, Glorious Mystery or Mysteries of Light.

The Five Joyful Mysteries

1. The Annunciation
2. The Visitation
3. The Birth of Jesus
4. The Presentation of Jesus in the Temple
5. The Finding of Jesus in the Temple

The Five Sorrowful Mysteries

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death of Jesus

The Five Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit upon the Apostles
4. The Assumption of Mary into Heaven
5. The Coronation of Mary as Queen of Heaven

The Five Mysteries of Light

1. Jesus' Baptism in the Jordan
2. The Miracle at the Wedding at Cana
3. Jesus Announces the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

Hail, Holy Queen

Hail, holy Queen, mother of mercy,
Hail, our life, our sweetness, and our hope.
To you we cry, the children of Eve;
To you we send up our sighs,
Mourning and weeping in this land of exile.
Turn, then, most gracious advocate,
Your eyes of mercy toward us; lead us home at last
And show us the blessed fruit of your womb, Jesus:
O clement, O loving, O sweet Virgin Mary.

Prayers to Learn *(continued)*

Regina Caeli

V. Queen of Heaven, rejoice, alleluia.
R. For He whom you did merit to bear, alleluia.
V. Has risen, as he said, alleluia.
R. Pray for us to God, alleluia.
V. Rejoice and be glad, O Virgin Mary, alleluia.
R. For the Lord has truly risen, alleluia.
Let us pray. O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

The *Regina Caeli* (Queen of Heaven) is sung or recited in the Liturgy of Hours Night Prayer and in place of the Angelus

The Angelus

The Angel of the Lord declared unto Mary.
And she conceived of the Holy Spirit.

Hail Mary

Behold the handmaid of the Lord
Be it done unto me according to thy word.

Hail Mary

And the Word was made Flesh.
And dwelt among us.

Hail Mary

Pray for us, O Holy Mother of God,
That we may be made worthy of the promises of Christ.

Hail Mary

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.

The Angelus (Latin for *Angel*) is traditionally recited in churches, convents, and monasteries three times daily: 6:00 am, noon, and 6:00 pm (many churches still follow the devotion, and some practice it at home).