

Anima Christi

Soul of Christ, sanctify me;
Body of Christ, save me;
Blood of Christ, inebriate me;
Water from the side of Christ, wash me.

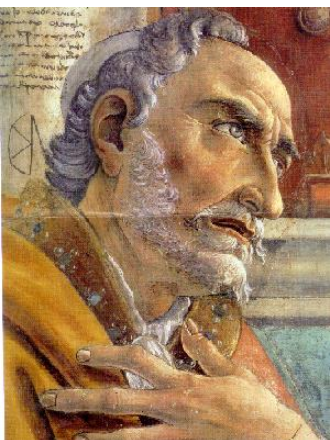
Passion of Christ, strengthen me;
O good Jesus, hear me
Within thy wounds hide me;
Suffer me not to be separated from Thee.

From the malignant enemy, defend me;
In the hour of my death, call me
And bid me come to Thee,
That, with Thy Saints,
I may praise Thee forever and ever.
Amen.

Prayer to St. Michael

St. Michael, the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O prince of the heavenly hosts, by the power of God, thrust into hell Satan and the other evil spirits who prowl about the world seeking the ruin of souls.
Amen.

Prayer to the Holy Spirit (St Augustine of Hippo)



Breathe in me, O Holy Spirit, that my thoughts may all be holy.
Move in me, O Holy Spirit, that my work, too, may be holy.
Attract my heart, O Holy Spirit, that I love but what is holy.
Strengthen me, O Holy Spirit, to defend all that is holy.
Protect me, O Holy Spirit, that I always may be holy.
Amen.

The Angelus

V. *The angel of the Lord declared unto Mary*
R. And she conceived of the Holy Spirit.
Hail Mary full of Grace.....

V. *Behold the handmaid of the Lord.*
R. Be it done to me according to thy word.
Hail Mary full of Grace.....

V. *And the word was made flesh.*
R. And dwelt among us.
Hail Mary full of Grace.....

V. *Pray for us, O holy Mother of God.*
R. That we may be made worthy of the promises of Christ.



Let us pray. Pour forth, we beseech thee, O Lord, thy grace into our hearts, that we, to whom the Incarnation of Christ thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ our Lord. Amen.

The Angelus

The angel of the Lord declared unto Mary,
and she conceived of the Holy Spirit.

Behold, the handmaid of the Lord,
be it done unto me according to Your word.

And the Word was made flesh,
and dwelt among us.

Pray for us, O holy Mother of God,
that we may be made worthy of the promises of Christ.
Amen.