

**CATHOLIC PRAYERBOOK
FOR
AUSTRALIAN DEFENCE FORCE**

Second Edition 2011

**provided by the
Knights of the Southern Cross
for
those who serve as members of
the
Catholic Diocese of the Australian
Defence Force**

Imprimatur

✠ Max L. Davis

Military Ordinary of Australia
Bishop of the Diocese of the Australian Defence Force

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Foreword

The Order of the Knights of the Southern Cross was formed in 1919 with the approval of the Catholic Bishops of Australia. Our Mission Statement is “To instill and maintain Christian values and ethics in Society” and to achieve this we have five Objects:

1. To promote the advancement of Australia.
2. To foster the Christian way of life throughout the Nation.
3. To promote the welfare of its members and their families.
4. To encourage social and intellectual activities among its members.
5. To conduct and support Educational, Charitable, Religious and Social Welfare work.

We believe that through the introduction of this prayer book, designed especially for members of Australia’s Armed Forces, we are acting out our Mission Statement and living up to our Objects. In doing so, we trust that we are also assisting you in living your Catholic faith wherever you may serve.

Australia owes a great debt of gratitude to its Servicemen and Women. Many of our older members well remember the sacrifice required to be made in the service of God and Country. We remember them and their deceased comrades and pay homage to them through this prayer book.

May God bless you and keep you safe.

John Starmans National President
Knights of the Southern Cross (Aust)
4th April 2006

From the Bishop

Dear Sisters and Brothers,

When we become members of the Australian Defence Force, we not only take on a unique role of service for our country, but we also respond to a special vocation – a calling. During the Second Vatican Council the Bishops of the Catholic Church described that calling in these words: “Those who are pledged to the service of their country as members of its armed forces should regard themselves as agents of security and freedom on behalf of their people. As long as they fulfil this role properly, they are making a genuine contribution to the establishment of peace.” (Pastoral Constitution on the Church in the Modern World, paragraph 70).

It is important, therefore, to ensure that we fulfil this role properly. Catholic tradition has always recognised the importance of prayer as a means of keeping ourselves in touch with our faith in Jesus in our daily life. We have a practice of offering our work to God each day. We recognise God’s love for us when we remember to give thanks for the blessings we receive. We also frequently bring our concerns – for ourselves or others – to God for assistance. By paying attention to our prayer-life we can be more confident that, with God’s guidance and help, we can fulfil our role properly.

Often our duties take us away from our homes and familiar surroundings. Sometimes it is quite difficult to find a time and place for prayer. In many areas of service life, we have to be very adaptable and to take action for ourselves to maintain those things which we think are important. This is true for our spiritual life as well. Almost from the very beginning of our history Prayer Books were supplied to the members of the Australian Defence Forces. The reason for having them is to provide us with some assistance to keep in touch with our faith and to help us in those moments when we have an opportunity, or feel the need, to pray – either by ourselves or with others.

Members deployed overseas in recent operations have become familiar with specially prepared Prayer Books that have been supplied to the men and women who serve in the Armed Services of other countries. With great assistance from a dedicated group of Catholic men in Australia, called the Knights of the Southern Cross - many of them former serving members - this new Catholic Prayer Book for the ADF has been provided to meet our special needs. Nothing can take the place of having a Catholic Priest or Deacon chaplain with us – and certainly this Prayer Book does not replace that need. But for those many times and places when there is no Catholic Chaplain available, this Prayer Book will be invaluable in helping us keep in contact with our God, with our faith, with ourselves, with our colleagues, and with our families.

I am very grateful to the Knights of the Southern Cross for their generosity and devotion to the Catholic members of the ADF by supporting us in this very practical way.

May God bless you all in your special vocation. May we be aware that we are constantly supported by the prayers of Mary, Help of Christians, under whose care we place ourselves.

✠ Max L. Davis
Bishop of the Australian Defence Force

31 March 2006

General Prayers

The 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,
(At the words that follow up to and including and became man, all bow.)
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.**

**I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.**

Apostles' Creed

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, God's 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 to the dead.
On the third day he rose again.
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come again 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 the life everlasting. Amen.

Traditional Common Prayers

The Sign of the Cross

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

The Our Father

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; they 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.

The Hail Mary

Hail Mary, full of grace! The Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

The 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.

Act of Contrition

O my God, because you are so good, I am very sorry that I have sinned against you and by the help of your grace I will not sin again.

Grace Before meals

We ask you to bless us Lord, to bless this food which we are about to receive from your goodness and to bless those who prepared it for us, through Christ our Lord. Amen.

Grace after Meals

We give you thanks almighty God for all your benefits, you who reigns for ever and ever. Amen.

The Prayer for Serenity

Lord, grant me the strength to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

Morning Offering

I entrust this day and all that it may bring to you Lord. Help me to see you in everyone I meet and work with today. I can only live this day once. Don't let me waste it because each day is a gift from you. Amen.

Night Prayer

This day is nearly over and most of it is just a jumble in my mind. It's too late for me to put any order on it now, Lord. So, I lay it before you. Redeem what I lost; confirm what I've gained so that I may sleep tonight at peace with you, myself, and all who were a part of this day. Amen.

Prayer to Holy Spirit

Come, Holy Spirit fill the hearts of the faithful and enkindle in us the fire of Your love, so that every prayer and work of ours will begin from you and by Your grace be brought to a successful conclusion. Amen.

Common Prayers to Jesus

Prayer before Christ Crucified

My good Jesus, I kneel before you, asking you to engrave upon my heart sentiments of a deep faith, a strong hope and a sincere charity, with true repentance for all my sins and a firm resolve to make amends. As I look upon your five most precious wounds I remember, good Jesus, the words the Prophet David spoke about you: 'they have pierced my hands and my feet, they have numbered all my bones!'

Day by Day

Thank you, Lord Jesus Christ, for all the benefits and blessings which you have given me, for all the pains and insults which you have borne for me. Merciful friend, brother and Redeemer, may I know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen. (Saint Richard of Chichester)

Prayer for Generosity

Dearest Lord, teach me to be generous. Teach me to serve you as you deserve; to give and not count the cost; to fight and not heed the wounds; to toil and not seek for rest; to labour and not to ask for reward, save that of knowing that I am doing your will. Amen. (St. Ignatius Loyola)

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; 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 for ever and ever. Amen.

Other Prayers to Mary

The Hail Holy Queen

Hail, Holy Queen, Mother of mercy, 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 vale of tears. Turn then, most gracious advocate, thine eyes of mercy towards us and after this our exile, show us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet virgin Mary.

The Angelus

V. The Angel of the Lord declared to Mary:

R. And she conceived of the Holy Spirit. (Hail Mary ...)

V. Behold the handmaid of the Lord:

R. Be it done to me according to your word. (Hail Mary ...)

V. And the Word was made Flesh:

R. And dwelt among us. (Hail Mary ...)

V. Pray for us, o holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech you, O Lord, your grace into our hearts, that we, to whom the Incarnation of Christ, your Son, was made known by the message of an angel, may be brought by his passion and cross to the glory of his resurrection, through the same Christ our Lord. Amen

The Regina Coeli

O Queen of heaven, rejoice! Alleluia.

For he whom you did merit to bear, Alleluia,

Has risen as he said. Alleluia.
Pray for us to God. Alleluia.
Rejoice and be glad, O Virgin Mary, Alleluia,
For the Lord has risen indeed. Alleluia.

Let us pray:

God our Father, you give joy to the world by the resurrection of your Son, our Lord Jesus Christ. Through the prayers of his mother, the Virgin Mary, bring us to the happiness of eternal life. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

The Memorare

Remember, O most loving Virgin Mary, that it is a thing unheard of, that anyone ever had recourse to your protection, implored your help, or sought your intercession, and was left forsaken. Filled therefore with confidence in your goodness I fly to you, O Mother, Virgin of virgins. To you I come, before you I stand, a sorrowful sinner. Despise not my poor words, O Mother of the Word of God, but graciously hear and grant my prayer. (St. Bernard)

THE ROSARY

Opening Prayers

1. While the Cross, make the Sign of the Cross and recite the Apostles' Creed:

The Sign of the Cross

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

Apostles' Creed

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, God's 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 to the dead.
On the third day he rose again.
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come again 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 the life everlasting. Amen.

2. On the first bead, recite the Our Father:

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; they 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.

3. On the next three beads say a Hail Mary for an increase in faith, hope and love:

Hail Mary, full of grace! The Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

4. On the next bead say the 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.

5. For each Decade

Each group of ten beads is a time for a reflection on one of the Mysteries of the Rosary. Begin each group of ten beads (decade) with the Our Father, say a Hail Mary on each of the ten beads, and conclude the decade with a Glory be. Repeat this sequence until the five Mysteries for the day are reflected upon. There are five Mysteries in each Rosary for each day of the week.

Concluding Prayers

6. Say the prayer "Hail Holy Queen" followed by the Final Prayer:

Hail, Holy Queen, Mother of mercy, 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 vale of tears. Turn then, most gracious advocate, thine eyes of mercy towards us and after this our exile, show us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet virgin Mary.

Pray for us, holy mother of God
That we may be made worthy of the promises of Christ.

Let us pray:

O God, whose only-begotten Son, by his life, death and resurrection has purchased for us the rewards of everlasting life; grant, we beseech thee, that by meditating on these mysteries of the most holy Rosary, we may imitate what they contain and obtain what they promise. Through the same Christ our Lord.
Amen

THE MYSTERIES OF THE ROSARY

The five **Joyful Mysteries** (prayed on Mondays and Saturdays):

1. The Annunciation of the Angel Gabriel to Mary.
2. The Visitation of Mary to Elizabeth.
3. The Birth of Our Lord.
4. The Presentation in the Temple.
5. The Finding of the Child Jesus in the Temple.

The five **Luminous Mysteries** (prayed on Thursdays):

1. The Baptism of Jesus.
2. The Wedding of Cana.
3. The Proclamation of the Kingdom of God.
4. The Transfiguration
5. The Institution of the Eucharist.

The five **Sorrowful Mysteries** (prayed on Tuesdays and Fridays):

1. The Prayer and Agony in the Garden.
2. The Scouring at the Pillar.
3. The Crowning with Thorns.
4. The Carrying of the Cross.
5. The Crucifixion and Death of our Lord.

The five **Glorious Mysteries** (prayed on Sundays and

Wednesdays):

1. The Resurrection of Jesus from the Dead.
2. The Ascension of Christ into Heaven.
3. The Descent of the Holy Spirit on the Apostles.
4. The Assumption of Mary into Heaven.
5. The Coronation of the Blessed Virgin Mary in Heaven and the Glory of all Saints.

OTHER PRAYERS

Prayer of Dedication

Lord Jesus, I give you my hands
to do your work.
I give you my feet to go your way.
I give you my eyes to see as you do.
I give you my tongue
to speak your words.
I give you my mind
that you may think in me.
I give you my spirit
That you may pray in me.
Above all I give you my heart
that you may
love in me,
your father, and all of mankind.
I give you my whole self
that you may grow in me,
so that it is you, Lord Jesus,
who lives and works and prays in me.
Amen.

Prayer for the Australian Defence Force

Lord our God, we thank you for the service and sacrifice of all who have made possible the freedom we enjoy and the heritage we have been given. We commend to you all who now serve in the Defence Force of our nation. Shelter them in danger, and in time of peace keep them from all evil. For ourselves, we pray that you will help us to persevere in loyalty and courage and grant us to be worthy of those who have gone before us. Through Christ our Lord. Amen.

Prayer for the Navy

Eternal God, creator of the heavens and ruler of the raging seas, take under your powerful protection and bless all members of the Royal Australian Navy. Preserve us from the dangers of the sea and air, and the violence of the enemy, and so strengthen us that we may faithfully serve our Sovereign and the people of the Commonwealth of Australia. With the help of others who love freedom, may we be able to ensure security for all those who lawfully navigate the seven seas, and by our efforts maintain for people everywhere the possibility of serving you in peace and justice all through their lives. We ask this through Christ our Lord. Amen.

Prayer for the Army

God our Father protect and guide the men and women of the Australian Army in peace and war. Give to those in positions of authority wisdom in their decisions and concern for those under their command. Give to all of us an understanding of our responsibilities and the courage to fulfil them. Father, make us proud of our country. Give us success in preserving the peace we have enjoyed in the past, so that our descendants might enjoy Australia in the future. We ask this through Christ our Lord. Amen.

Prayer for the Air Force

Father in heaven we pray for all those who serve in the Royal Australian Air Force. May they be courageous and skilful in overcoming difficulties and always be aware of your guiding hand and sustaining spirit. We ask this through Christ our Lord. Amen.

A Commander's Prayer

Father God, help me to find in myself the qualities of a good leader to be an inspiration to the people who depend on me. Grant me your vision for the task that confronts us. Help me to be

brave and wise in my planning for conflict, respecting always the life of those who depend upon me and highly valuing the sacrifices that I choose for them to make. Grant me determination and an agile mind in conflict and difficulty, decisiveness and good judgement as I see the task through. Be a balm for my conscience as I do my best for my subordinates, country and you. I make this prayer through Christ our Lord. Amen.

A Soldier's Prayer

Almighty God, whose command is over all, and whose love never fails, let me be aware of your presence, and obedient to your will. Help me to accept my share of responsibility with a strong heart and cheerful mind. Make me considerate of those with whom I work, and faithful to the duties my country has entrusted to me. Let my uniform remind me daily of the traditions of the Army in which I serve. When I am inclined to doubt, strengthen my faith. When I am tempted to sin, help me to resist. When I fail, give me the courage to try again. Guide me with the light of your truth and keep before me the life and example of Jesus. Amen.

Saint Patrick's Breastplate

I bind unto myself today the power of God to hold and lead,
His eye to watch, his might to stay, his ear to hearken to my need.
The wisdom of my God to teach, his hand to guide, his shield to ward.

The word of God to give me speech, his heavenly host to be my guard.

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me,
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in the hearts of all that love me,
Christ in the mouth of friend and stranger. Amen. (St. Patrick)

Prayer before Battle

O God, our refuge and our strength, be with me in this hour of danger. Give me strength to do my duty, not in the spirit of hate or lust of battle, but from a sense of duty and patriotism. Preserve me, if it be your holy will, safe in your keeping. But if you do call me home, I beg you not to let me die unprepared. Receive my soul into the arms of your mercy. I detest all my sins, and I am sorry for ever having offended you, because you are all good and worthy of my love. I accept death as a sacrifice from your hands in atonement for my sins. Into your hands, O Lord, I commend my spirit. Mary, be with me. My guardian angel, be at my side. Jesus, Mary, Joseph! Amen.

Prayer in Time of War

God our Father, maker and lover of peace, to know you is to live, and to serve you is to reign. All our faith is in your saving help; protect us from men of violence and keep us safe from weapons of hate. Grant this through Christ our Lord. Amen.

Prayer in Time of Sorrow

God of all consolation, in your unending love and mercy for us, you turn the darkness of death into the dawn of new life. Show compassion to your people in sorrow. Be our refuge and our strength to lift us from the darkness of this grief to peace and joy in your presence. Grant this through Christ our Lord. Amen.

Prayer in Time of Need

Heavenly Father, in my present need, help me to believe that you are aware of my anxiety and will do what is best for me. Give me the strength to trust you and put the present and future into your hands. Grant this through Christ our Lord. Amen.

Prayer for the Wounded

Father in heaven, grant our wounded brethren comfort in their suffering. Give them courage when afraid, patience when afflicted, hope when dejected, and when alone assure them of the prayerful support of your holy people. Grant this through Christ our Lord. Amen.

Prayer for a Happy Death

Father, you made us in your own image and your Son accepted death for our salvation. Help us to keep watch in prayer at all times. May we be free from sin when we leave this world and rejoice in peace with you forever. Amen.

Prayer for the Dying

God of power and mercy, you have made death itself the gateway to eternal life. Look with love on our dying brother (sister) and make him (her) one with your Son in his suffering and death that, sealed with the blood of Christ, he (she) may come before you free from sin. Amen.

Prayer for the Dead

O God, our creator and redeemer, by your power Christ conquered death and returned to you in glory. May all your people who have gone before us in faith share his victory and enjoy the vision of your glory forever, where Christ lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Eternal rest grant unto him (her, them), O Lord.
And let perpetual light shine upon him (her, them).

May his (her, their) souls and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

Prayer for a Favour

Lord, You have told us "Ask and you will receive, seek and you will find, knock and the door will be opened to you." Well, I have a favour to ask. I take you at your word. Trusting in your love for me, I ask your help. Lord, hear me. May my hope not be in vain but grant whatever is best for me. Amen.

Prayer for Perseverance

Guide, and strengthen me, Holy Spirit, in trying to accomplish the mission in life you have assigned to me. You haven't exactly made it easy but when I think of the trials of Abraham, Moses and Paul, I stop complaining. I want to honour you, to do some good for many people and then rest with you, for a long time. Amen.

In Time of Danger

Lord, there is danger all around me and I am afraid. I could be wounded or even killed. My thoughts are all over the place, my family, my friends, myself. Lord, give me the concentration to do my duty. I place my trust and hope in you, not only now, but for the future. With Christ on the cross I also pray, Father into your hands I commend my spirit. Amen.

When wrongly accused

Lord Jesus, you above all know what it's like to be wrongly accused. This has happened to me just now. Please help me to act as you did and not to seek revenge. Rather give me the courage to seek justice if my situation is serious and my actions blameless. Amen.

Prayer after being told off

Lord, I've just been "told off" and I really don't feel like turning the other cheek. Help me to realise that I'm still worthwhile in your eyes. If I can remember that I can control my anger and life won't hurt so much. Calm me with your love. Amen.

When Depressed

I seem to have lost my grip on life. I don't know what to do. Nothing lifts my spirit these days and I can't take much more. Lord, where is it all going to end? I feel as if even you've forgotten me. Don't abandon me. You're all I've got right now. Show me what to do, who to talk to. Give me the courage to keep on trying. I can't do it alone, so stay close to me and let your light shine in this darkness. Amen.

When Doubtful

I have often thought, supposing you're not there at all, Lord? Could it be true that you do not exist? I suppose it could. And yet, at the risk of speaking into darkness, I ask you to give me a tiny grain of faith, as small as a mustard seed. Reach out to me whenever I try to find you. Lord, there are times when I do believe. Help in my times of unbelief. Amen.

Prayer for Priests and Deacons

Father, you have appointed your Son Jesus Christ eternal High Priest. Guide those he has chosen to be ministers of word and sacrament and help them do be faithful in fulfilling the ministry they have received. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Prayer for Peacemakers

Convince us again Lord, that your light cannot be put out, but penetrates the darkest place, so that we may go without fear to places where there is no love, joy or hope, where pity and mercy are forgotten, and where men and women have stopped caring for each other. Make us peacemakers. May we never have to use our weapons in anger. Father, make us a blessing to the ill and dying, to the weary, depressed and sorrowful. Help us in our hunger and thirst for your righteousness that we may create a society of justice, love and peace. Prove your love through ours. Amen.

Prayer for the Pope

O almighty and eternal God have mercy on your servant Benedict, our Pope, and direct him according to your clemency into the way of everlasting salvation; that he may desire by our grace things that are agreeable to you and perform them with all his strength. Through Christ our Lord. Amen.

Prayer for My Family

I love them dearly even though I don't always show it or say it enough. Bless each one of us this day. Be with us in sickness and in health. Keep us united in love and forgiveness. When we are apart may your love for us as a family be the bridge between us. Amen.

Almighty Father, watch over my family, encourage them when we are separated during deployments, and give them health of mind and body that they may serve you with perfect love until the day when we, with all who have served you, will rejoice in your presence forever. Amen.

Prayer for Those we Love.

Lord God, we can hope for others nothing better than the happiness we desire for ourselves. Therefore, I pray you, do not separate me after death from those I tenderly loved on earth. Grant that where I am they may be with me, and that I may enjoy their presence in heaven after being so often deprived of it on earth. Lord God, I ask you to receive your beloved children immediately into your life-giving heart. After this brief life on earth, give them eternal happiness. Amen. (Saint Ambrose of Milan)

Prayer in Time of Isolation

O Lord Jesus Christ, who fasted and prayed for forty days and nights in the solitude of the desert, who suffered bitter agony alone in the Garden, and who died for all men upon the cross, grant unto me and unto all who are in danger, far from home and family and friends, pardon for our sins, the help of your grace, and the comfort of your love. For You, O Christ, are our brother and our friend, our keeper and our redeemer. Amen. (Rev. Mons. John K Ryan)

Act of Faith

My God, I believe in you and all that your Church teaches, because you have said it, and your word is true.

Act of Hope

My God, I hope in you, for grace and for glory, because of your promises, your mercy and your power.

Act of Charity

My God, because you are so good, I love you with all my heart,

and for your sake, I love my neighbour as myself.

The Divine Praises

Blessed be God.

Blessed be his holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most Precious Blood.

Blessed be Jesus in the most holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St Joseph, her spouse most chaste.

Blessed be God in his Angels and in his Saints.

Diocesan Prayer for Vocations

Creator God, life is your gift to me. Through Baptism you invite me to grow into a very real, full and loving person, and to share the gift of my life in service to others. Be with me as I choose each day to show your presence in our world. Give me the courage and generosity to respond to Your love, Your call. I pray especially for those who serve you as Priests, Deacons, Brothers and Sisters. Keep them close to you. Open the minds and hearts of many others, to accept the challenge to build Your Kingdom. Amen.

Mary, Help of Christians, pray for us.

My Vocation Prayer

Dear Father, shine your light upon me so that I may see my true vocation. Give me the grace to hear your word and be an example to others of your love for us. I pray sincerely for all in Priesthood, Consecrated Life, Marriage and Single Life, and for all who are listening to your call, that they may answer you in their vocation. Thank you for sending your son, Jesus, Lord of the Harvest; help me to follow His example. May I freely, courageously and lovingly respond. Amen.

Prayer of the Diocese of the Australian Defence Force for ourselves and our Nation

Almighty God, deepen in our hearts our love of Mary, Help of Christians. Through her prayers and under her protection, may the light of Christ shine over our land. May Australia be granted harmony, justice and peace. Grant wisdom to our leaders and integrity to our citizens. Bless especially the men and women of the Australian Defence Force and their families. We ask this through Christ our Lord. Amen.
Mary, Help of Christians, pray for us.

THE MASS

THE INTRODUCTORY RITE

P. In the name of the Father, and of the Son, and of the Holy Spirit.

R. **Amen.**

P. The grace of our Lord Jesus Christ,
and the love of God,
and the communion of the Holy Spirit
be with you all.

R. **And with your spirit.**

PENITENTIAL ACT

P. Brothers and sisters, let us acknowledge our sins,
and so prepare ourselves to celebrate the sacred
mysteries,

R. **I confess to almighty God,
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done, and in what I have failed to do,
through my fault, through my fault,
through my most grievous fault.
therefore, I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.**

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

R. **Amen.**

KYRIE ELEISON

P. Lord, have mercy.

R. Lord, have mercy...

P. Christ, have mercy.

R. Christ, have mercy.

P. Lord, have mercy.

R. Lord, have mercy.

THE GLORIA

**Glorify God in the highest,
and on earth peace to people of good will.**

We praise you,

we bless you,

we adore you,

we glorify you,

we give you thanks for your great glory,

Lord God, heavenly King,

O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,

Lord God, Lamb of God, Son of the Father,

you take away the sins of the world,

have mercy on us.

you take away the sins of the world,

receive our prayer.

you are seated at the right hand of the Father,

have mercy on us.

For you alone are the Holy One,

you alone are the Lord,

you alone are the Most High,

Jesus Christ,

with the Holy Spirit,

in the glory of God the Father.

Amen.

OPENING PRAYER

P. Let us pray. *(from the Mass of the day...)* For ever and ever.

R. **Amen.**

THE LITURGY OF THE WORD

READINGS

(from the Mass of the day...)

Reader: The word of the Lord.

R. **Thanks be to God.**

ALLELUIA

GOSPEL

P. The Lord be with you.

R. **And with your spirit.**

P. A reading from the holy Gospel according to N.

R. **Glory to you, O Lord.**

(a Gospel reading follows ...)

P. The Gospel of the Lord.

R. **Praise to you, Lord Jesus Christ.**

THE 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,**

(At the words that follow up to and including and became man, all bow.)

**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.**

**I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.**

PRAYERS OF THE FAITHFUL

(from the prayers of the day...)

THE OFFERTORY

P. Blessed are you, Lord God of all creation,
for through your goodness, we have received
the bread we offer you:
fruit of the earth and work of human hands,
it will become for us the bread of life

R. Blessed be God for ever.

P. Blessed are you, Lord God of all creation,
for through your goodness, we have received
the wine we offer you:
fruit of the vine and work of human hands,
it will become our spiritual drink.

R. Blessed be God for ever.

P. Pray, brethren, that my sacrifice and yours may be
acceptable to God, the almighty Father.

**R. May the Lord accept the sacrifice at your hands
for the praise and glory of his name,
for our good,
and the good of all his holy Church.**

THE PRAYER OVER THE GIFTS

P. *(from the Mass of the day...)*

R. Amen

THE EUCHARISTIC PRAYER II

V. The Lord be with you.

R. And with your spirit.

V. Lift up your hearts.

R. We lift them up to the Lord.

V. Let us give thanks to the Lord our God.

R. It is right and just.

It is truly right and just, our duty and our salvation,
always and everywhere to give you thanks, Father most holy,
through your beloved Son, Jesus Christ,
your Word through whom you made all things,
whom you sent as our Saviour and Redeemer,
incarnate by the Holy Spirit and born of the Virgin.

Fulfilling your will and gaining for you a holy people,
he stretched out his hands as he endured his Passion,
so as to break the bonds of death and manifest the resurrection.
And so, with the Angels and all the Saints
we declare your glory,
as with one voice we acclaim:

**Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

You are indeed Holy, O Lord,
the fount of all holiness.

Make holy, therefore, these gifts, we pray,
by sending down your Spirit upon them like the dewfall,
so that they may become for us
the Body and + Blood of our Lord Jesus Christ.

At the time he was betrayed
and entered willingly into his Passion,

he took bread and, giving thanks, broke it,
and gave it to his disciples, saying:

**TAKE THIS, ALL OF YOU, AND EAT OF IT,
FOR THIS IS MY BODY,
WHICH WILL BE GIVEN UP FOR YOU.**

In a similar way, when supper was ended,
he took the chalice
and, once more giving thanks,
he gave it to his disciples, saying:

**TAKE THIS, ALL OF YOU, AND DRINK FROM IT,
FOR THIS IS THE CHALICE OF MY BLOOD,
THE BLOOD OF THE NEW AND ETERNAL COVENANT,**

WHICH WILL BE Poured OUT FOR YOU AND FOR MANY
FOR THE FORGIVENESS OF SINS.
DO THIS IN MEMORY OF ME.

The mystery of faith.

**We proclaim your Death, O Lord,
and profess your Resurrection
until you come again.**

Therefore, as we celebrate
the memorial of his Death and Resurrection,
we offer you, Lord,
the Bread of life and the Chalice of salvation,
giving thanks that you have held us worthy
to be in your presence and minister to you.

Humbly we pray
that, partaking of the Body and Blood of Christ,
we may be gathered into one by the Holy Spirit.

Remember, Lord, your Church,
spread throughout the world,
and bring her to the fullness of charity,
together with N. our Pope and N. our Bishop*
and all the clergy.

In Masses for the Dead, the following may be added:
Remember your servant N.,
whom you have called (today)
from this world to yourself.

Grant that he (she) who was united with your Son in a death like
his, may also be one with him in his Resurrection.

Remember also our brothers and sisters
who have fallen asleep in the hope of the resurrection,
and all who have died in your mercy:
welcome them into the light of your face.

Have mercy on us all, we pray,
that with the Blessed Virgin Mary, Mother of God,
with the blessed Apostles,
and all the Saints who have pleased you throughout the ages,
we may merit to be coheirs to eternal life,
and may praise and glorify you
He joins his hands.
through your Son, Jesus Christ.

Through him, and with him, and in him,
O God, almighty Father,
in the unity of the Holy Spirit,
all glory and honour is yours,
for ever and ever.

R. Amen.

THE COMMUNION RITE

THE LORD'S PRAYER

P. At the Saviour's command
and formed by divine teaching,
we dare to say:

**R. 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.**

P. Deliver us, Lord, we pray, from every evil,
graciously grant peace in our days,
that, by the help of your mercy,

we may be always free from sin
and safe from all distress,
as we await the blessed hope
and the coming of our Saviour, Jesus Christ.

**R. For the kingdom,
the power, and the glory are yours,
now and for ever.**

PRAYER FOR PEACE

P. Lord Jesus Christ,
who said to your Apostles:
Peace, I leave you, my peace I give you.
look not on our sins,
but on the faith of your Church,
and graciously grant her peace and unity
in accordance with your will.
Who live and reign for ever and ever.

R. Amen.

P. The peace of the Lord be with you always.
R. And with your spirit.

SIGN OF PEACE

Let us offer each other the sign of peace.

BREAKING OF BREAD

**R. Lamb of God, you take away the sins of the world:
have mercy on us.**

**Lamb of God, you take away the sins of the world:
have mercy on us.**

**Lamb of God, you take away the sins of the world:
grant us peace.**

COMMUNION

P. Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.

**R. Lord I am not worthy
that you should enter under my roof,
but only say the word
and my soul shall be healed.**

P. The Body of Christ.

R. Amen.

PRAYER AFTER COMMUNION

P. Let us pray. (*from the Mass of the day.*)

R. Amen.

THE CONCLUDING RITE

P. The Lord be with you.

R. And with your spirit.

P. May almighty God bless you, the Father, and the Son,
and the Holy Spirit.

R. Amen.

P. Go in the peace, glorifying the Lord by your life.

R. Thanks be to God.

SACRAMENT OF RECONCILIATION (CONFESSION)

Prayer before Confession

Almighty and merciful God, you have brought me here in the name of your Son to receive your mercy and grace in my time of need. Open my eyes to see the evil I have done. Touch my heart and convert me to yourself. Where sin has separated me from you, may your love unite me to you again. Where sin has brought weakness, may your power heal and strengthen; where sin has brought death, may your Spirit raise to new life. Give me a new heart to love you, so that my life may reflect the image of your Son. May the world see the glory of Christ revealed in your Church and come to know that he is the one whom you have sent, Jesus Christ, your Son, our Lord. Amen.

The Examination of Conscience

The following "examination of conscience" is to help us to compare our lives with the example and commandments of Christ.

"You shall love the Lord your God with all your heart, and with all your soul, and with your mind, and with all your strength."

When making important decisions about my way of life, have I put God first? Am I so caught up with getting on in this world that I give no thought to the things of God? Have I risked losing my faith through pride or cowardice? Have I really trusted God, especially in times of difficulty? Have I prayed morning and evening and in times of temptation? Do I really love God's name? Have I been guilty of foul language, of contempt for God's name or sacred things? Swearing? Is Sunday (or a holy day) a day on which I try to give time and attention to the things of God and of my religion - particularly by taking a full and prayerful part in the Mass and receiving Communion with devotion? Is my heart set on money, on my own amusement at any cost?

"You shall love your neighbour as yourself."

Do I use other people for my own ends and advantage? In my family life, do I really try to fulfil my responsibilities, as father or mother, husband or wife, son or daughter? Do I make my home a happy and loving place by being tolerant and forgiving? Have I tried to ensure a Christian upbringing for my children? Do I scandalize them in what I say or do in their presence? Do I make it harder for them to grow up responsibly? Do I put temptation in their path-particularly by irresponsibly letting them go their own way? Have I been faithful to my husband (wife)? Do I spend the proper amount of my wages or any other monies I have on the family, or do I spend it on other things? Do I gamble it away or spend it on luxuries for my own personal amusement to the harm of the home? Do I take a fair share of responsibility for older members of my family now grown old or infirm? Do I spend time and money on the less fortunate? Have I forgotten to help victims of oppression or poverty? Do I despise others, particularly those of other race or religions? Do I do my fair share in working for the good of my parish and contributing in some measure to the good of the whole Church? Do I selfishly stand aloof, and neglect all appeals for help? Do I avoid getting involved with the people of my own area, at home or at work? Do I do nothing about obvious injustice suffered by others?

Have I paid my taxes? In my work am I just, hard-working, honest? Do I cheat or break agreements or contracts? Do I break the laws enacted by legitimate authority? Do I drive dangerously? Have I driven when under the influence of drink? Do I refuse to pay my bills?

Have I been truthful and fair? Have I deliberately deceived others? Judged them rashly? Injured their reputation by lies about them? Have I revealed secrets? Have I been guilty of physical violence? Caused physical damage? Maliciously ill-treated others? Do I hate people? Do I insult others, quarrel with them, lose my temper with them? Have I been responsible for advising or procuring an abortion? Have I stolen anything? Have I forgiven every injury?

And now let us remember what it means to be a true disciple of our Lord.

"If any man would come after me, let him deny himself and take up his cross and follow me."

Do I deny myself? Do I eat or drink more than is reasonable? Am I envious, proud or arrogant? Am I lazy? Do I accept suffering and disappointment as a share in the Passion of Christ? Have I fasted and abstained when this has been asked of me by the Church? Have I been chaste and pure? Or have I toyed with temptations to impurity-by deliberately looking for what is impure? Have I dishonoured my body by fornication, impurity, foul conversation, lustful thoughts, unchaste actions? Have I given in to sensuality, particularly in my reading or my entertainments? Is my married life according to God's will and law? Have I used methods of birth control contrary to the Church's teaching on the place of sex in marriage?

The Order of the Sacrament of Reconciliation

(What to do/say when you go to the priest)

You make the sign of the cross, saying:

P. In the name of the Father, and of the Son, and of the Holy Spirit.

R. Amen.

The priest will then briefly invite you to have confidence and trust in God

R. Amen.

(LITURGY OF THE WORD)

CONFESSION OF SINS

1. *You confess your sins.*
2. *The priest gives you appropriate advice, encourages to express your sorrow and assigns the penance.*

Act of Contrition

O my God, because you are so good, I am very sorry that I have sinned against you and by the help of your grace I will not sin again.

3. Priest prays the Prayer of Absolution – listen carefully and at the end:

R. Amen.

P. Give thanks to the Lord, for he is good.

R. His mercy endures for ever.

P. The Lord has freed you from your sins. Go in peace.

AFTER CONFESSION

After leaving the place of confession you have the opportunity to reflect on what has taken place and to thank God for his mercy and forgiveness in the quiet of the church or other place you choose. You are once again part of the mystery of salvation. Here is a prayer of thanksgiving:

Father, in your love you have brought me from evil to good and from misery to happiness. Through your blessings give me the courage of perseverance. Amen.

STATIONS OF THE CROSS

1. **Jesus is condemned to death.**

Consider how Jesus, after having been scourged and crowned with thorns, was unjustly condemned by Pilate to die on the Cross.

2. **Jesus receives the Cross.**

Consider how Jesus, in making this journey with the Cross on his shoulders, thought of us, and offered for us to his Father the death he was about to undergo.

3. **Jesus falls the first time under his Cross.**

Consider the first fall of Jesus under his Cross. His flesh was torn by the scourges, his head was crowned with thorns; he had lost a great quantity of blood. So weakened he could scarcely walk, he yet had to carry this great load upon his shoulders. The soldiers struck him rudely, and he fell several times.

4. **Jesus is met by his Blessed Mother.**

Consider this meeting of the Son and the Mother, which took place on this journey. Their looks became like so many arrows to wound those hearts which loved each other so tenderly.

5. **The Cross is laid upon Simon of Cyrene.**

Consider how his cruel tormentors, seeing that Jesus was on the point of expiring, and fearing he would die on the way, whereas they wished him to die the shameful death of the Cross, constrained Simon of Cyrene to carry the Cross behind our Lord.

6. **Veronica wipes the face of Jesus.**

Consider how the holy woman named Veronica, seeing Jesus so ill-used, and bathed in sweat and blood, wiped his face with a towel, on which was left the impression of his holy countenance.

7. **Jesus falls the second time.**

Consider the second fall of Jesus under the Cross; a fall which renews the pain of all the wounds in his head and members.

8. The women of Jerusalem mourn for our Lord.

Consider how these women wept with compassion at seeing Jesus in such a pitiable state, streaming with blood, as he walked along. 'Daughters of Jerusalem,' said he, 'weep not for me, but for yourselves and for your children'.

9. Jesus falls for the third time.

Consider the third fall of Jesus Christ. His weakness was extreme, and the cruelty of his executioners excessive, who tried to hasten his steps when he could scarcely move.

10. Jesus is stripped of his garments.

Consider the violence with which Jesus was stripped by the executioners. His inner garments adhered to his torn flesh, and they dragged them off so roughly that the skin came with them. Take pity on your Saviour thus cruelly treated.

11. Jesus is nailed to the Cross.

Consider how Jesus, having been placed upon the Cross, extended his hands, and offered to his Eternal Father the sacrifice of his life for our salvation. Those barbarians fastened him with nails, and then, securing the Cross, allowed him to die with anguish on this infamous gibbet.

12. Jesus dies on the Cross.

Consider how Jesus, being consumed with anguish after three hours' agony on the Cross, abandoned himself to the weight of his body, bowed his head and died.

13. Jesus is taken down from the Cross.

Consider how, after our Lord had expired, two of his disciples, Joseph and Nicodemus, took him down from the Cross and placed him in the arms of his afflicted Mother, who received him with unutterable tenderness, and pressed him to her bosom.

14. Jesus is placed in the sepulchre.

Consider how the disciples, accompanied by his holy Mother, carried the body of Jesus to bury it. They closed the tomb, and all came sorrowfully away.

BASIC CATHOLIC BELIEFS

THE BEATITUDES

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they shall be comforted,

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirsty for righteousness, for they shall be satisfied.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the pure in heart, for they shall see God.

Blessed are the peacemakers, for they shall be called sons of God.

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven (Mt 5: 3-12).

THE TWO COMMANDMENTS OF CHRIST

You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.

You shall love your neighbour as yourself.

THE FOUR CARDINAL VIRTUES

Prudence.

Justice.

Fortitude.

Temperance.

THE CHIEF COMMANDMENTS OF THE CHURCH

To attend Mass on Sundays and holy days of obligation.

To confess your sins at least once a year.

To humbly receive Holy Communion at least during the Easter season.

To keep holy the holy days of obligations.

To observe the prescribed days of fasting and abstinence.

THE SEVEN GIFTS OF THE HOLY SPIRIT

Wisdom.

Understanding.

Counsel.

Fortitude.

Knowledge.

Piety.

The Fear of the Lord.

THE SEVEN SACRAMENTS

Baptism.

Confirmation.

The Holy Eucharist.

Penance.

Anointing of the Sick.

Holy Order.

Matrimony.

THE THREE THEOLOGICAL VIRTUES

Faith, Hope and Charity.

THE CORPORAL WORKS OF MERCY

To feed the hungry.

To give drink to the thirsty.

To clothe the naked.

To visit the imprisoned.

To shelter the homeless.

To visit the sick.

To bury the dead.

THE SPIRITUAL WORKS OF MERCY

To admonish the sinner.

To instruct the ignorant.

To counsel the doubtful.

To comfort the sorrowful.

To bear wrongs patiently.

To forgive all injuries.

To pray for the living and the dead.

THE TEN COMMANDMENTS OF GOD

I am the Lord your God:

1. You shall not have strange Gods before Me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honour your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbour.
9. You shall not covet your neighbour's wife.
10. You shall not covet your neighbour's goods.

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