

St Thomas of Canterbury, the Parish Church for Brentwood

The Order of Mass with blessing of Palms, and reading of the Passion Gospel

for

Sunday 24th March 2024
Palm Sunday

These prayers are suitable as preparation for Mass

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen

From the Book of Common Prayer

Almighty and ever-living God, I approach the sacrament of Your only-begotten Son Our Lord Jesus Christ, I come sick to the doctor of life, unclean to the fountain of mercy, blind to the radiance of eternal light, and poor and needy to the Lord of heaven and earth. Lord, in your great generosity, heal my sickness, wash away my defilement, enlighten my blindness, enrich my poverty, and clothe my nakedness. May I receive the bread of angels, the King of kings and Lord of lords, with humble reverence, with the purity and faith, the repentance and love, and the determined purpose that will help to bring me to salvation. May I receive the sacrament of the Lord's Body and Blood, and its reality and power.

Kind God, may I receive the Body of Your only-begotten Son, our Lord Jesus Christ, born from the womb of the Virgin Mary, and so be received into His mystical body and numbered among His members. Loving Father, as on my earthly pilgrimage I now receive Your beloved Son under the veil of a sacrament, may I one day see him face to face in glory, who lives and reigns with You for ever. Amen

St Thomas Aquinas

It is our custom to keep a prayerful silence before Mass

Please stand when the bell rings. At 8am our worship begins with the Angelus

The Angel of the Lord brought tidings to Mary,

And she conceived by the Holy Spirit.

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.

Behold the handmaid of the Lord.

Be it unto me according to thy Word.

Hail Mary, etc...

And the Word was made flesh,

And dwelt among us.

Hail Mary, etc...

Pray for us, O holy Mother of God.

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

Let us pray:

We beseech thee, O Lord, pour thy grace into our hearts; that as we have known the Incarnation of thy Son, Jesus Christ, by the message of an angel, so by his & Cross and Passion we may be brought to the glory of his resurrection; through the same Jesus Christ our Lord. **Amen.**

Please ensure you have a palm cross available.

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

The Lord be with you.

And also with you.

Dear brothers and sisters in Christ, during Lent we have been preparing by works of love and self-sacrifice for the celebration of our Lord's death and resurrection. Today we come together to begin this solemn celebration in union with the Church throughout the world. Christ enters his own city to complete his work as our Saviour, to suffer, to die, and to rise again. Let us go with him in faith and love, so that, united with him in his sufferings, we may share his risen life.

The people hold up palms or branches while they are blessed

God our Saviour, whose Son Jesus Christ entered Jerusalem as Messiah to suffer and to die; bless # these branches and let them be for us signs of his victory and grant that we who bear them in his name may ever hail him as our King, and follow him in the way that leads to eternal life; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

The branches are sprinkled and then the Mass continues as normal.

Prayers of Penitence

The priest introduces the prayers of penitence.

Almighty God, our heavenly Father, we have sinned against you and against our neighbour in thought and word and deed, through negligence, through weakness, through our own deliberate fault. We are truly sorry and repent of all our sins. For the sake of your Son Jesus Christ, who died for us, forgive us

all that is past and grant that we may serve you in newness of life to the glory of your name. Amen

Absolution

Almighty God, who forgives all who truly repent, have mercy upon you, X pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in life eternal; through Jesus Christ our Lord. **Amen.**

Lord, have mercy.

Lord, have mercy

Christ, have mercy

Christ, have mercy

Lord, have mercy

Lord, have mercy

Lord, have mercy

Kyrie eleison

Kyrie eleison

Kyrie eleison

Kyrie eleison

The Collect

The Celebrant introduces a period of silent prayer with the words 'Let us pray':

Almighty and everlasting God, who in your tender love towards the human race sent your Son our Saviour Jesus Christ to take upon him our flesh and to suffer death upon the cross: grant that we may follow the example of his patience and humility, and also be made partakers of his resurrection; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen**

THE LITURGY OF THE WORD

Isaiah 50.4-9a

A reading from the book of the prophet Isaiah.

The Lord GOD has given me the tongue of a teacher, that I may know how to sustain the weary with a word. Morning by morning he wakens — wakens my ear to listen as those who are taught. The Lord GOD has opened my ear, and I was not rebellious, I did not turn backwards. I gave my back to

those who struck me, and my cheeks to those who pulled out the beard; I did not hide may face from insult and spitting. The Lord GOD helps me; therefore I have not been disgraced; therefore I have set my face like flint, and I know that I shall not be be put to shame; he who vindicates me is near. Who will contend with me? Let us stand up together. Who are my adversaries? Let them confront me. It is the Lord GOD who helps me; who will declare me guilty.

This is the word of the Lord.

Thanks be to God.

The psalm is read as below.

Psalm 31.9-16

R My God, my God, why have you forsaken me?

R I have trusted in you. You are my God.

Have mercy on me, O Lord, for I am in trouble; my eye is consumed with sorrow, and also my throat and my belly. For my life is wasted with grief, and my years with sighing; my strength fails me because of affliction, and my bones are consumed. **R**

I have become a reproach to all my enemies and even to my neighbours, a dismay to those of my acquaintance; when they see me in the street they avoid me. $\bf R$

I am forgotten like the dead, out of mind; I am as useless as a broken pot. For I have heard the whispering of the crowd; fear is all around; they put their heads together against me they plot to take away my life $\bf R$

But as for me, I have trusted in you, O Lord. I have said, 'You are my God. My times are in your hand; rescue me from the hand of my enemies, and from those who persecute me. Make your face to shine upon your servant, and in your loving-kindness save me.' **R**

A reading from the letter of Paul to the Philippians.

Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death — even death on a cross. Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

This is the word of the Lord.

Thanks be to God.

The Passion Gospel

Praise to you, O Christ, King of eternal glory.

Christ humbled himself and became obedient unto death, even death on a cross. Therefore God has highly exalted him and given him the name that is above every name.

Praise to you, O Christ, King of eternal glory.

The Passion gospel is not announced with the usual dialogue and no lights or incense are used. We try and stand for the whole reading if we can.

Hear the passion of our Lord Jesus Christ according to Mark.

It was two days before the Passover and the festival of Unleavened Bread. The chief priests and the scribes were looking for a way to arrest Jesus by stealth and kill him; for they said, 'Not during the festival, or there may be a riot among the people.' While he was at Bethany in the house of Simon the leper, as he sat at the table, a woman came with an alabaster jar of very

costly ointment of nard, and she broke open the jar and poured the ointment on his head. But some were there who said to one another in anger, 'Why was the ointment wasted in this way? For this ointment could have been sold for more than three hundred denarii, and the money given to the poor.' And they scolded her. But Jesus said, 'Let her alone; why do you trouble her? She has performed a good service for me. For you always have the poor with you, and you can show kindness to them whenever you wish; but you will not always have me. She has done what she could; she has anointed my body beforehand for its burial. Truly I tell you, wherever the good news is proclaimed in the whole world, what she has done will be told in remembrance of her.' Then Judas Iscariot, who was one of the twelve, went to the chief priests in order to betray him to them. When they heard it, they were greatly pleased, and promised to give him money. So he began to look for an opportunity to betray him. On the first day of Unleavened Bread, when the Passover lamb is sacrificed, his disciples said to him, 'Where do you want us to go and make the preparations for you to eat the Passover?' So he sent two of his disciples, saying to them, 'Go into the city, and a man carrying a jar of water will meet you; follow him, and wherever he enters, say to the owner of the house, "The Teacher asks, Where is my guest room where I may eat the Passover with my disciples?" He will show you a large room upstairs, furnished and ready. Make preparations for us there.' So the disciples set out and went to the city, and found everything as he had told them; and they prepared the Passover meal. When it was evening, he came with the twelve. And when they had taken their places and were eating, Jesus said, 'Truly I tell you, one of you will betray me, one who is eating with me.' They began to be distressed and to say to him one after another, 'Surely, not I?' He said to them, 'It is one of the twelve, one who is dipping bread into the bowl with me. For the Son of Man goes as it is written of him, but woe to that one by whom the Son of Man is betrayed! It would have been better for that one not to have been born.' While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them, and said, 'Take; this is my body.' Then he took a cup, and after giving thanks he gave it to them, and all of them drank from it. He said to them, 'This is my blood of the covenant, which is poured out for many. Truly I tell you, I will never again drink of the fruit of the vine until that day when I drink it new in the kingdom of God.' When they had sung the hymn, they went out to the Mount of Olives. And Jesus said to them, 'You will all become deserters; for it is written, "I will strike the shepherd, and the sheep will be scattered." But after I am raised up, I will go before you to Galilee.' Peter said to him, 'Even though all become deserters, I will not.' Jesus said to him, 'Truly I tell you, this day, this very night, before the cock crows twice, you will deny me three times.' But he said vehemently, 'Even though I must die with you, I will not deny you.' And all of them said the same. They went to a place called Gethsemane; and he said to his disciples, 'Sit here while I pray.' He took with him Peter and lames and John, and began to be distressed and agitated. And said to them, 'I am deeply grieved, even to death; remain here, and keep awake.' And going a little farther, he threw himself on the ground and prayed that, if it were possible, the hour might pass from him. He said, 'Abba, Father, for you all things are possible; remove this cup from me; yet, not what I want, but what you want.' He came and found them sleeping; and he said to Peter, 'Simon, are you asleep? Could you not keep awake one hour? Keep awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak.' And again he went away and prayed, saying the same words. And once more he came and found them sleeping, for their eyes were very heavy; and they did not know what to say to him. He came a third time and said to them, 'Are you still sleeping and taking your rest? Enough! The hour has come; the Son of Man is betrayed into the hands of sinners. Get up, let us be going. See, my betrayer is at hand.' Immediately, while he was still speaking, Judas, one of the twelve, arrived; and with him there was a crowd with swords and clubs, from the chief priests, the scribes, and the elders. Now the betrayer had given them a sign, saying, 'The one I will kiss is the man; arrest him and lead him away under guard.' So when he came, he went up to him at once and said, 'Rabbi!' and kissed him. Then they laid hands on him and arrested him. But one of those who stood near drew his sword and struck the slave of the high priest, cutting off his ear. Then lesus said to them, 'Have you come out with swords and clubs to arrest me as though I were a bandit? Day after day I was with you in the temple teaching, and you did not arrest me. But let the scriptures be fulfilled.' All of them deserted him and fled. A certain young man was following Jesus, wearing nothing but a linen cloth. They caught hold of him, but he left the linen cloth and ran off naked. They took Jesus to the high priest; and all the chief priests, the elders, and the scribes were assembled. Peter had followed him at a distance, right into the courtyard of the high priest; and he was sitting with the guards, warming himself at the fire. Now the chief priests and the whole council were looking for testimony against Jesus to put him to death; but they found none. For many gave false testimony against him, and their testimony did not agree. Some stood up and gave false testimony against him, saying, 'We heard him say, "I will destroy this temple that is made with hands, and in three days I will build another, not made with hands." But even on this point their testimony did not agree. Then the high priest stood up before them and asked Jesus, 'Have you no answer? What is it that they testify against you?' But he was silent and did not answer. Again the high priest asked him, 'Are you the Messiah, the Son of the Blessed One?' Jesus said, 'I am; and "you will see the Son of Man seated at the right hand of the Power," and "coming with the clouds of heaven." Then the high priest tore his clothes and said, 'Why do we still need witnesses? You have heard his blasphemy! What is your decision?' All of them condemned him as deserving death. Some began to spit on him, to blindfold him, and to strike him, saying to him, 'Prophesy!' The guards also

took him over and beat him. While Peter was below in the courtyard, one of the servant-girls of the high priest came by. When she saw Peter warming himself, she stared at him and said, 'You also were with Jesus, the man from Nazareth.' But he denied it, saying, 'I do not know or understand what you are talking about.' And he went out into the forecourt. Then the cock crowed. And the servant-girl, on seeing him, began again to say to the bystanders, 'This man is one of them.' But again he denied it. Then after a little while the bystanders again said to Peter, 'Certainly you are one of them; for you are a Galilean.' But he began to curse, and he swore an oath, 'I do not know this man you are talking about.' At that moment the cock crowed for the second time. Then Peter remembered that Jesus had said to him, 'Before the cock crows twice, you will deny me three times.' And he broke down and wept. As soon as it was morning, the chief priests held a consultation with the elders and scribes and the whole council. They bound Jesus, led him away, and handed him over to Pilate. Pilate asked him, 'Are you the King of the Jews?' He answered him, 'You say so.' Then the chief priests accused him of many things. Pilate asked him again, 'Have you no answer? See how many charges they bring against you.' But Jesus made no further reply, so that Pilate was amazed. Now at the festival he used to release a prisoner for them, anyone for whom they asked. Now a man called Barabbas was in prison with the rebels who had committed murder during the insurrection. So the crowd came and began to ask Pilate to do for them according to his custom. Then he answered them, 'Do you want me to release for you the King of the Jews?' For he realized that it was out of jealousy that the chief priests had handed him over. But the chief priests stirred up the crowd to have him release Barabbas for them instead. Pilate spoke to them again, 'Then what do you wish me to do with the man you call the King of the Jews?' They shouted back, 'Crucify him!' Pilate asked them, 'Why, what evil has he done?' But they shouted all the more, 'Crucify him!' So Pilate, wishing to satisfy the crowd, released Barabbas for them;

and after flogging lesus, he handed him over to be crucified. Then the soldiers led him into the courtyard of the palace (that is, the governor's headquarters); and they called together the whole cohort. And they clothed him in a purple cloak; and after twisting some thorns into a crown, they put it on him. And they began saluting him, 'Hail, King of the Jews!' They struck his head with a reed, spat upon him, and knelt down in homage to him. After mocking him, they stripped him of the purple cloak and put his own clothes on him. Then they led him out to crucify him. They compelled a passer-by, who was coming in from the country, to carry his cross; it was Simon of Cyrene, the father of Alexander and Rufus. Then they brought Jesus to the place called Golgotha (which means the place of a skull). And they offered him wine mixed with myrrh; but he did not take it. And they crucified him, and divided his clothes among them, casting lots to decide what each should take. It was nine o'clock in the morning when they crucified him. The inscription of the charge against him read, 'The King of the Jews.' And with him they crucified two bandits, one on his right and one on his left. Those who passed by derided him, shaking their heads and saying, 'Aha! You who would destroy the temple and build it in three days, save yourself, and come down from the cross!' In the same way the chief priests, along with the scribes, were also mocking him among themselves and saying, 'He saved others; he cannot save himself. Let the Messiah, the King of Israel, come down from the cross now, so that we may see and believe.' Those who were crucified with him also taunted him. When it was noon, darkness came over the whole land until three in the afternoon. At three o'clock Jesus cried out with a loud voice, 'Eloi, Eloi, Iema sabachthani?' which means, 'My God, my God, why have you forsaken me?' When some of the bystanders heard it, they said, 'Listen, he is calling for Elijah.' And someone ran, filled a sponge with sour wine, put it on a stick, and gave it to him to drink, saying, 'Wait, let us see whether Elijah will come to take him down.' Then Jesus gave a loud cry and breathed his last.

We pause and kneel for a moment.

And the curtain of the temple was torn in two, from top to bottom. Now when the centurion, who stood facing him, saw that in this way he breathed his last, he said, 'Truly this man was God's Son!' There were also women looking on from a distance; among them were Mary Magdalene, and Mary the mother of lames the younger and of Joses, and Salome. These used to follow him and provided for him when he was in Galilee; and there were many other women who had come up with him to Jerusalem. When evening had come, and since it was the day of Preparation, that is, the day before the sabbath, Joseph of Arimathea, a respected member of the council, who was also himself waiting expectantly for the kingdom of God, went boldly to Pilate and asked for the body of Jesus. Then Pilate wondered if he were already dead; and summoning the centurion, he asked him whether he had been dead for some time. When he learned from the centurion that he was dead, he granted the body to Joseph. Then Joseph bought a linen cloth, and taking down the body, wrapped it in the linen cloth, and laid it in a tomb that had been hewn out of the rock. He then rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Joses saw where the body was laid.

The Creed

Let us declare our faith in God.

We believe in God the Father, from whom every family in heaven and on earth is named.

We believe in God the Son, who lives in our hearts through faith, and fills us with his love.

We believe in God the Holy Spirit, who strengthens us with power from on high.

We believe in one God; Father, Son and Holy Spirit. Amen

Prayers of Intercession – Universal Prayers

In peace and in trust let us pray to the Lord

For forgiveness for the many times we have denied Jesus, let us pray to the Lord. **Lord, have mercy.**

For grace to seek out those habits of sin which mean spiritual death, and by prayer and self-discipline to overcome them, let us pray to the Lord. **Lord, have mercy.**

For Christian people, that through the suffering of disunity there may grow a rich union in Christ, let us pray to the Lord. **Lord, have mercy.**

For those who make laws, interpret them, and administer them, that our common life may be ordered in justice and mercy, let us pray to the Lord. **Lord, have mercy.**

For those who still make Jerusalem a battleground, let us pray to the Lord. **Lord, have mercy.**

For those who have the courage and honesty to work openly for justice and peace, let us pray to the Lord. **Lord, have mercy.**

For those in the darkness and agony of isolation, that they may find support and encouragement, let us pray to the Lord.

Lord, have mercy.

For those who, weighed down with hardship, failure, or sorrow, feel that God is far from them, let us pray to the Lord. **Lord, have mercy.**

For those who are tempted to give up the way of the cross, let us pray to the Lord. **Lord, have mercy.**

That we, with those who have died in faith, may find mercy in the day of Christ, let us pray to the Lord. **Lord, have mercy.**

Holy God, holy and strong, holy and immortal, have mercy upon us.

THE LITURGY OF THE EUCHARIST

The Peace

The Celebrant introduces the Peace:

Once we were far off, but now in union with Christ Jesus we have been brought near through the shedding of Christ's blood, for he is our peace.

The Peace of the Lord be always with you.

And also with you.

Let us offer one another the sign of peace.

The Offertory



A collection is taken at this celebration. If you don't have cash or are not part of our planned giving scheme and would like to support the ministry costs of St Thomas', please scan the QR code to be taken to the online donations page where you can easily donate to support the work of St Thomas' and complete the details allowing the reclamation of Gift Aid on your donation.

The Preparation of the Altar

Blessed are you, Lord God of all creation: through your goodness we have this bread to offer, which earth has given and human hands have made. It will become for us the bread of life.

Blessed be God for ever.

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

Blessed be God for ever.

Pray, my brothers and sisters, that this my sacrifice and yours may be acceptable to God the almighty Father.

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 Church.

Through the Passion of your Only Begotten Son, O Lord, may our reconciliation with you be near at hand, so that, though we do not merit it by our own deeds, yet by this sacrifice made once for all, we may feel already the effects of your mercy. Through Christ our Lord. **Amen**

The Preface

The Lord be with you and also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give him thanks and praise.

We listen to God's work among us during the preface after which we all say the Sanctus:

Holy, holy, holy Lord, God of power and might, 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.

We kneel after the Sanctus and Benedictus. After the consecration the following acclimation is said:

Jesus Christ is Lord:

Lord, by your cross and resurrection

you have set us free.
You are the Saviour of the world.

The Eucharistic Prayer ends with the doxology to which all respond: **Amen**

COMMUNION RITE

As our Saviour taught and commanded us, we are bold to say:

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. For thine is the kingdom, the power and the glory, for ever and ever. Amen.

We break this bread to share in the body of Christ.

Though we are many, we are one body, because we all share in one bread.

All say/sing the Agnus Dei:

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.

The Celebrant invites the people to communion:

Behold the Lamb of God who takes away the sin of the world. Blessed are those who are called to his supper.

Lord, I am not worthy to receive you, but only say the word, and I shall be healed.

Please follow the direction of the celebrant and sidespersons to come forward and receive communion. Those who are confirmed are welcome to make their communion at our celebration today. Otherwise please come forward for a blessing with you hands crossed across your chest. We have returned to receiving communion in both kinds. The response after receiving a blessing is **Amen**

The Body of Christ – **Amen**The Blood of Christ – **Amen**

Post Communion

The priest says the post communion prayer:

Lord Jesus Christ, you humbled yourself in taking the form of a servant, and in obedience died on the cross for our salvation: give us the mind to follow you and to proclaim you as Lord and King, to the glory of God the Father. **Amen.**

Almighty God, we thank you for feeding us with the body and blood of your Son Jesus Christ. Through him we offer you our souls and bodies to be a living sacrifice. Send us out in the power of your Spirit to live and work to your praise and glory. Amen.

Banns and Notices

We sit as Banns are read, and any notices given.

Blessing and dismissal

We stand for the final blessing and dismissal.

The Lord be with you.

And also with you.

Bow your heads and pray for God's blessing.

The priest gives the blessing

May the Father, who so loved the world that he gave his only Son, bring you by faith to his eternal life. **Amen.**

May Christ, who accepted the cup of sacrifice in obedience to the Father's will, keep you steadfast as you walk with him the way of his cross. **Amen.**

May the Spirit, who strengthens us to suffer with Christ that we may share his glory, set your minds on life and peace. **Amen.**

And the blessing of God almighty, Φ the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

The Mass is ended, go in the peace of Christ.

Thanks be to God.

Private Devotions during Communion or after Mass

We do not presume to come to this thy table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy table. But thou art the same Lord, whose property is always to have mercy: grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that our sinful bodies may be made clean by his body, and our souls washed through his most precious blood, and that we may evermore dwell in him, and he in us. Amen.

From the Book of Common Prayer

ALMIGHTY God, Father of all mercies, we thine unworthy servants do give thee most humble and hearty thanks for all thy goodness and loving-kindness to us and to all men; [*particularly to those who desire now to offer up their praises and thanksgivings for thy late mercies vouchsafed unto them.] We bless thee for our creation, preservation, and all the blessings of this life; but above all for thine inestimable love in the redemption of the world by our Lord Jesus Christ, for the means of grace, and for the hope of

glory. And we beseech thee, give us that due sense of all thy mercies, that our hearts may be unfeignedly thankful, and that we shew forth thy praise, not only with our lips, but in our lives; by giving up ourselves to thy service, and by walking before thee in holiness and righteousness all our days; through Jesus Christ our Lord, to whom with thee and the Holy Ghost be all honour and glory, world without end. Amen.

*This to be said when any that have been prayed for desire to return praise.

From the Book of Common Prayer

Soul of Christ, sanctify me body of Christ, save me blood of Christ, inebriate me water from Christ's side, 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 malicious enemy defend me.

In the hour of my death call me and bid me come unto thee that I may praise thee with thy saints and with thy angels forever and ever. Amen

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, O 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.

The Salve Regina

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