

The Dolours of Mary.

(1) Those who venerate Mary and her sorrows and invoke her name before their death shall obtain true sorrow for their sins.

(2) God will protect and assist them in their last agony.

(3) He will impress on their hearts the memory of His Passion, and reward them for it in heaven.

(4) He will place them in the hands of Mary to do with as she pleases.

We can show devotion to the Mother of Sorrows by wearing the Scapular of the Seven Dolours to which many indulgences are attached, and also by saying daily the Rosary of the Seven Dolours which are laden with rich indulgences.

The Rosary of the Seven Dolours consists of seven Our Fathers and seven Hail Marys and Gloria in honour of each of the seven Dolours. At the end say three Hail Marys in honour of Our Lady's Tears.

Most holy Mother of Sorrows, by that intense martyrdom thou didst

suffer at the foot of the Cross, deign to aid us all, children of sorrows, in our last agony, that by thy prayers we may pass from our bed of death to adorn thy Crown in Paradise. Amen.

Aspirations.

Jesus, Mary, Joseph!

My Lord and my God!

Compassionate Lord Jesus, grant them eternal rest!

Aspiration specially recommended as a most pleasing devotion to the Sacred Heart of Jesus for the conversion of sinners, the light of the faith to pagans, and for the extension of love to the Sacred Heart:—

O Heart of Jesus, wounded by love and by the lance, I adore You, I love You, draw all our hearts to You. Amen.

O Eternal Father, by the most Precious Blood of Jesus, glorify His most Holy Name according to the intentions and desires of His most Holy Heart. Amen.

Lean Hard.

CHILD OF MY LOVE, lean hard
And let me feel the pressure of thy
care.

I know thy burden, child; I shaped it,
Poised it in Mine own Hand; made no
proportion
Between its weight and thine unaided
strength.

For even as I laid it on I said:

"I shall be near, and while she leans
on Me,

This burden shall be Mine, not hers;
So shall I keep My child within the
circling arms

Of My own love!" Here lay it down,
nor fear

To impose it on a Shoulder which up-
holds

The Government of worlds. Yet
closer come—

Thou art not near enough. I would
embrace thy care,

So I might feel My child reposing on
My Heart,

Thou lovest Me? I know it. Doubt
not then,

But loving Me, lean hard.

For the Conversion of Non-Catholics in
Ireland.

O KIND AND GENTLE Jesus, ever present
on our altars in the Sacrament of love
and union, look with an eye of com-
passion on our separated brethren,
whom Thou beholdest wandering as
sheep without a shepherd in the paths
of error and unbelief. Give them the
grace to return to Thee and to Thy
Church, we humbly beseech Thee.
Inspire them with a strong desire to
find out Thy Truth, and a strong
grace to embrace it.

Bring them back, O Lord, to the
haven of truth and the unity of the
Faith, that soon there may be but one
fold and one shepherd.

And thou, O glorious St. Patrick,
our National Apostle, hear now as of
old, the voice of the Irish, and inter-
cede before the Throne of God for the
erring children of Ireland.

O Jesus, Good Shepherd, through
the Blessed Sacrament, draw all men
into the barque of Peter.

Heavenly Silence.

SILENTLY PRACTISE ev'ry good,
Silently love your God,
Silently do the work you should,
While life's path is humbly trod.

Silently strive to do God's will,
Silently grasp His Cross,
Silently pray for courage still,
To cleanse the heart from dross.

Silently faults from others bear,
Silently confess your own,
Silently others' sorrows share,
While glancing at yonder Throne.

Silently pray for light and grace,
Silently deny your will,
Silently take the lowest place,
Let others the high ones fill.

Silently hide within God's heart,
Silently abide His time,
Ah, silence like this will grace impart,
Perfection's ladder to climb.

A most acceptable Aspiration.

As Thou willest, O Lord, and as
Thou pleasest, so do with me. Amen.

A Precious Offering recommended by St.
John Vianney (Cure d'Ars) to obtain
special graces.

O MARY, MOTHER OF SORROW, I be-
seech thee by the inexpressible tor-
tures thou didst endure at the death of
Thy Divine Son Jesus, offer to the
Eternal Father in my stead thy be-
loved Son all covered with Blood and
Wounds for the grace..... [*here
mention request*] and to bewail all the
sins of my life, and to repair before
my death all the loss of grace I have
incurred by my malice and misfortune.
Amen.

For the Conversion of Israel.

GOD OF ALL GOODNESS and Father of
mercies, we beseech Thee by the im-
maculate heart of Mary, and thro' the
intercession of the Patriarchs and
Holy Apostles, to cast a look of com-
passion on the children of Israel, so
that they may be brought to the know-
ledge of our Saviour Jesus Christ, and
that they may partake of the precious

fruits of the Redemption. Father, forgive them for they know not what they do.

Mary.

My OWN SWEET Immaculate Mother!
When death's dreary shadows draw
nigh,
Wilt thou come from thy throne in
the Heavens
And teach me thyself how to die?

O come by St. Joseph attended,
Let me hear the sweet tones of thy
voice,
Saying now that my exile is ended,
The time is at hand to rejoice!

Bring me home to the Heart of my
Master,
To the land overflowing with bliss,
Where my joys shall be deep and un-
dying
To repay all my sorrows in this.

A Little Prayer.

Live, Jesus, live, so live in me,
That all I do, be done by Thee,
All that I do or think or say,
May be for Thee alone to-day,
Each beat of heart and breath of mine
May be, sweet Jesus, always Thine.

Amen.

A Prayer.

JESUS, LOVER OF SOULS, give me a bit
of Your great love for men. I am so
self-centred, so wrapped up in myself
and my own small world that I forget
the hunger that is abroad among men.
Yet, I must reach out a helping hand
to them, and I must have them realise
Your love for them, and the love of all
Your earthly friends for them. Give
me the grace to touch the aching
heart tenderly, and to speak the words
that will be as balm to troubled souls.
Above all give me the grace to make
them know that You will never forget
them, that "Somebody" cares. Amen.

A Prayer for Every Day.

ETERNAL FATHER, I unite myself with every priest who is now saying Mass in any part of the world, or who will say Mass for the next twenty-four hours, offering You the Precious Blood of Jesus Christ for the living and the dead.

ETERNAL FATHER, I unite myself with all the angels who surround every altar in the world where Jesus Christ reposes, praising and blessing and honouring and glorifying Him for His ever adorable presence in the Most Holy Sacrament of the Altar. O all you angels of the Lord, bless the Lord, praise and exalt Him above all for ever.

O My GOD, I love You. I desire to love You a thousand times more for every sand in the seashore, for every drop of water in the ocean, for every atom in the air, for every leaf upon the trees, for every blade of grass that grows. I desire to love You with the love of the Holy Angels, with the

hearts of all the saints, with the Immaculate Heart of the Most Holy Virgin. May every breath I draw, may every step I walk, may every thought, word and action of mine, may every beating of my heart, may every motion of my body be a thousand acts of love towards Jesus Christ in the Most Holy Sacrament of the Altar. O my God, teach me to love You for time and for eternity.

Short Prayers to the Sacred Heart.

HEART OF JESUS, most meek, most humble, most patient, school my heart in patience, meekness and humility.

Heart of Jesus, burning with love for me,

Kindle my heart with love of Thee.

Heart of Jesus, have compassion upon me.

May the Heart of Jesus, in the Most Blessed Sacrament, be praised, adored and loved with grateful affection at every moment, in all the Tabernacles of the world, even to the end of time. Amen.

My loving Jesus, out of the grateful love I bear Thee, and to make reparation for my unfaithfulness to grace, I give Thee my heart and I consecrate myself wholly to Thee; and with Thy help, I purpose never to sin again.

Invocations to the Precious Blood.

PRECIOUS BLOOD OF JESUS, shed in the Circumcision, make me chaste of mind, heart and body.

Precious Blood of Jesus, oozing from every pore in the Agony in the Garden, grant me to love above all things the adorable Will of God.

Precious Blood of Jesus, flowing abundantly in the Scourging at the Pillar, inspire me with a keen sorrow for my sins and a love of suffering.

Precious Blood of Jesus, falling in profusion from under the Crown of Thorns, grant me a love of humiliations.

Precious Blood of Jesus, fructifying the Way of Calvary, fill me with courage to walk steadily in the Divine Footsteps.

Precious Blood of Jesus, shed so profusely in the Crucifixion, make me die entirely to self-love.

Precious Blood of Jesus, shed to the very last drop by the opening of the Sacred Heart, give me that generous love that sacrifices all for God.

Our Lady's Dolours.

OUR LADY appeared (it is said) to St. John after her Assumption into Heaven and told him that those who showed devotion to her Dolours by wearing the Scapular of the Seven Dolours and by reciting the Rosary of the Dolours would:

(a) Merit before death true repentance.

(b) Be assisted in their last agony.

(c) Obtain all the graces they desire.

(d) Be richly rewarded in Heaven.

If we cannot say the whole Dolour Rosary every day, to which are attached innumerable indulgences, we should at least say one decade of it, ending up with "Holy Mother, pierce me through," etc.

Alone with God.

LORD, I have shut my door,
Shut out life's busy cares and fret-
ting noise;
Here in this silence they intrude no
more;
Speak Thou, and Heavenly joys
Shall fill my heart with music sweet
and calm,
A holy psalm.

Yes, I have shut my door
On earthly passion, all its yearn-
ing love,
Its tender friendships, all the price-
less store
Of human ties. Above
All these my heart aspires, O Heart
Divine!
Stoop Thou to mine.

Lord, I have shut my door!
Come Thou and visit me. I am
alone!
Come as when doors were shut Thou
cam'st of yore
And visitedst Thine own.

My Lord! I kneel with reverent love
and fear,
For Thou art here!

St. Therese's "Little Way."

To cultivate (1) simplicity, (2) humi-
lity of heart, (3) devotedness to the
duties of one's state, (4) constant
prayer, (5) self-immolation, (6) aban-
donment to God, (7) confidence in the
loving care of Jesus.

This rule of life made a Saint of
the Little Flower in nine and a half
years!

Act of Consecration to the Sacred Heart.

O SACRED HEART OF JESUS! we adore
You with all the powers of our souls,
and we consecrate them to You for-
ever with all our thoughts, words and
actions. Why cannot we, O Divine
Heart, render You as much praise,
love, adoration and glory as Thou
Thyself dost give to the Eternal
Father! Be Thou the repairer of our
faults, the protector of our lives and
our refuge at the hour of our death!

We beg the same grace for all poor sinners, the afflicted, the agonising and the dying, in a word, Our Saviour, for all mankind, that the price of Your Precious Blood may not be lost on us, and also that it may be applied to the suffering souls in Purgatory. This is what we ask of You, O Adorable Heart of Jesus, with all the aspirations of our hearts, our veins, even to the last breath of our lives. Amen.

Chaplet Before Communion.

First Decade :

O MY GOD, Thou art goodness itself, and I am not worthy to receive Thee. My soul thirsts for Thee. Thou art its joy and salvation. O grant that I may be with Thee for all eternity. Come, my Jesus; come, my Love! Come and Thyself prepare my heart.

Second Decade : (Ten times).

Lord, I am not worthy that Thou shouldst enter into my heart; say only the word and I shall be healed.

("Come," etc., as above).

Third Decade :

As the hart pants after the fountain of living waters, so my heart pants for Thee, my God.

("Come," etc., as above).

When Passing a Church.

FOR making some exterior act of reverence when passing a Church or Chapel in which the Blessed Sacrament is reserved, an indulgence of 100 days each time.—Pius X., June 28th, 1908.

Prayer.

O MARY, Virgin, Our Lady of the Most Holy Sacrament, Glory of the Christian People, Joy of the Universal Church, Health of the World, pray for us, awaken in all the faithful devotion towards the Most Holy Eucharist that they may become worthy to receive it daily.

Prayer to Ask Our Lady's Blessing.

Bless me, O daughter of the Eternal Father! And obtain for me the grace

never to offend my God by my thoughts. Bless me, O Mother of the Eternal Son! And pray that I may never offend my God by my words. Bless me, O Spouse of the Eternal Spirit! And by thy intercession obtain for me that I may never offend my God by my actions or omissions. Bless me, O Sanctuary of the Most Holy Trinity! Pray for me that I may love and serve my God with my whole heart and soul, and that I may enjoy Him for ever hereafter. O Mary! receive me as thy child for the sake of Jesus, Who confided me to thy care in His agony on the Cross. Amen.

Sweet Heart of Mary, be my salvation.

Prayer to Our Lady of Lourdes.

O EVER IMMACULATE VIRGIN, Mother of Mercy, Health of the Sick, Refuge of Sinners, Comforter of the afflicted, you know my wants, my troubles, my sufferings; deign to cast upon me a look of mercy. By appearing in the

Grotto of Lourdes, you were pleased to make it a privileged sanctuary, whence you dispense your favours, and already many sufferers have obtained the cure of their infirmities, both spiritual and corporal. I come, therefore, with the most unbounded confidence to implore your maternal intercession. Obtain, O loving Mother, the grant of my requests. Through gratitude for your favours, I will endeavour to imitate your virtues, that I may one day share your glory. Amen.

A Prayer for the Poor Souls.

Jesu! by that shuddering dread which fell on Thee;

Jesu! by that cold dismay which sickened Thee;

Jesu! by that pang of heart which thrilled in Thee;

Jesu! by that mount of sins which crippled Thee;

Jesu! by that sense of guilt which stifled Thee;

Jesu! by that innocence which girdled Thee;

Jesu! by that sanctity which reigned
in Thee;
Jesu! by that Godhead which was one
with Thee;
Jesu! spare these souls who are so
dear to Thee;
Who, in prison, calm and patient,
wait for Thee;
Hasten, Lord, their hour, and bid
them come to Thee!
To that glorious Home, where they
shall ever gaze on Thee.

My Prayer.

My PRAYER is this: to want to do Thy
Will,
E'en to the end that Thou should'st
scourge and kill.
I am too weak to pray, "Thy will be
done,"
Lest Thou shouldst heed my word
and make me shun
The joys of life, and walk in quest of
pain;
And, mayhap, Lord, Thou'dst ask me
to be slain.
I am afraid to ask, lest Thou should'st
give

The thing I ask, when I so want to
live.
A coward, I, my prayer this weakly
one—
For grace to want to pray, "Thy Will
be done!"

Holy Mass.

HOLY MASS is, in the words of the
Catechism, the Sacrifice of the Body
and Blood of Christ, really present on
the altar under the appearances of
bread and wine, and offered to God
for the living and the dead. This
Sacrifice is one and the same with
that of the Cross, inasmuch as Christ,
Who offered Himself on the Cross,
continues to offer Himself on the
altar through the ministry of the
priest. On the Cross Christ died
once for all, redeeming us and ran-
soming us poor sinners, not with
gold or silver, but with His own most
precious Blood; in the Mass, in which
He dies mystically, He commemorates
that same sacrifice and applies to our
souls its priceless merits. Only the

mode of offering is different, for, on the Cross, Christ offered Himself in a bloody manner, and on the altar, in an unbloody manner. This is the incomparable Sacrifice of the Mass, Christ offering Himself to God. Its value, therefore, is supreme, for if all the prayers and worship of men and angels and even Mary's devotion were offered in one act of adoration and praise, they would not even approach in efficacy the infinite worth of one Mass, which alone is worthy of God.

Mother of Good Counsel.

Dear Lady of my love, thine eyes,
thine eyes,
Once, too, were tired with weeping;
let them rest
Where I may be, as on the Child who
lies
In sweet contentment near thy dove-
like breast,
These doubts, these tears, O let me
lose in thee—
Queen, Mother, guardian, friend,
Counsel thou me.

In Grief.

Look up, O heavy heart and aching
head!
The Sacred Host upon Its Altar-
Throne
Exposed for thy sweet comfort, all
thine own,
Visits with rays elect the spirit wed
To pain and sorrow—holds the ban-
quet spread,
And comes Himself to feed thee,
bowed and lone.
List! His dear Heart is freighting
every tone
That hits thine inner sense, where
grief and dread
Have mounted guard and frightened
hope away—
The Eucharistic veils are parting:
look!
That Face the seraphs contemplate
—those eyes
That in His sorrow looked on Peter,
say
A world of eloquence—they are a
Book
Where read: "I love thee! Will
not God suffice?"

Prayer to St. Joseph.

GLORIOUS ST. JOSEPH, model of all who are devoted to labour, obtain for me the grace to work in a spirit of penance for the expiation of many sins—to work conscientiously, putting the call of duty above my inclinations—to work with gratitude and joy, deeming it an honour to employ and develop by means of labour, the gifts received from God—to work with order, peace, moderation and patience, without recoiling before weariness or difficulties—to work, above all, with purity of intention, and with detachment from self, always having death before my eyes and the account which I must render of time lost, talents wasted, good omitted, of vain complacency in success, so fatal to the work of God.

All for Jesus, all for Mary, all after thy example, O Patriarch Joseph! Such shall be my watchword in life and in death. Amen.

The Antiphons of Advent.

THE following great Antiphons prelude the Feast of Christmas:—

December 17.—O Wisdom that comest out of the mouth of the Most High, that reachest from one end to another of the earth and does mightily and sweetly order all things; come to teach us the way of prudence!

December 18.—O Adonai, and Ruler of the house of Israel, Who didst appear unto Moses in the burning bush, and gavest him the law in Sinai; come to redeem us with an outstretched arm!

December 19.—O Root of Jesse, which standest for an ensign of the people, at whom the kings shall shut their mouths, whom the Gentiles shall seek; come to deliver us, make no tarrying!

December 20.—O Key of David, and Sceptre of the house of Israel; that openeth and no man shutteth; and shutteth and no man openeth; come to bring out the prisoner from

the prison, and them that sit in darkness and in the shadow of death.

December 21. — O Dayspring, Brightness of the Everlasting Light, Son of Justice, come to give light to them that sit in darkness and in the shadow of death :

December 22. — O King of the Gentiles, yea, and desire thereof; O Cornerstone, that makest of two one; come to save man, whom Thou hast made of the dust of the earth !

December 23.—O Emmanuel, our King and our Law-giver, Longing of the Gentiles, yea, and salvation thereof; come to save us, O Lord Our God !

A Prayer to God's Mother.

O MOTHER OF GOD! If I place my confidence in thee, I shall be saved; if I am under thy protection, I have nothing to fear; for the fact of being thy client is the possession of a certainty of salvation which God grants only to those He means to have.

A Prayer for Faith.

THOU WHO of old didst love Thy hand to lay
On the dull, vacant eye that craved for light,
Behold, I come to Thee, and, crying, pray :
O Christ, O Son of David, give me sight!
A faith scarce clouded by the mists of earth,
A faith that pierceth heaven I ask of Thee,
Faith to prize all things by their lasting worth :
Thou canst, Thou wilt—O Lord, that I may see !

Prayer for Daily Neglects.

ETERNAL FATHER, I offer Thee the Sacred Heart of Jesus, with all Its love, all Its sufferings, and all Its merits.

First.—To expiate all the sins I have committed this day and during all my life. Gloria Patri.

Second.—To purify the good I have

The Five Wounds.

Let me kiss the Wounds in your
Hands, dear Lord,
With sorrow deep and true,
And may every movement of my hands
be
An act of Love for You!

Let me kiss the Wounds in your Feet,
dear Lord,
With sorrow deep and true,
And may every movement of my feet
be
An Act of Love for You!

Let me kiss the Wound in Your
Heart, dear Lord,
With sorrow deep and true,
And may every movement of my heart
be
An Act of Love for You!

Prayer to the Sacred Heart.

I OFFER up all the merits of the Ador-
able Heart of Jesus since He became
man, every drop of blood that flowed

from His loving Heart for our salva-
tion, and all the merits of every Mass
that has been said since the death of
Christ, and the infinite merits of the
Sacred Heart in every Host which
has been consecrated during all this
time, and the merits of the Heart of
Jesus in every tabernacle through
the whole world; all this I offer for
everyone dear to me, for everyone
who has injured me, or tried to do so,
and also for everyone I have injured
knowingly or unknowingly, for the
souls in Purgatory and all sinners,
that we may all find mercy through
the Sacred Heart of Jesus. Amen.

O Sacred Heart of Jesus, I implore,
That I may love Thee daily more and
more.

Christ's Coming.

(Padraig Pearse's Prayer).

I HAVE made my heart clean to-night
As a woman might clean her house
Ere her lover came to visit her:
O Lover, pass not by.

I have opened the door of my heart
Like a man that would make a feast
For his son's coming home from afar:
Beautiful Thy coming, O Son!

The Passion.—My Crucifix.

O NAIL-PIERCED HANDS!

So gentle, ready still to heal and
bless,
And now outstretched to draw us,
as with bands,
Of love and kindness.

O Thorn-Crowned Head!

Bent low beneath the weight of
sin and grief,
No rest was Thine on that last
shameful bed,
No solace, no relief.

O pale, sad Face!

Stained with the tears of Thy
long agony,
Covered with dust and blood, with
dire disgrace,
How may I comfort Thee?

O Wounded Side!

Whence drop by drop the precious
life-blood flowed,
Dear Lord, Thy broken Heart the
price supplied,
To pay the debt we owed.

O Sacred Feet!

Wearied with journeying through
the toilsome years,
Fain would I cleanse You from the
dust and sweat,
Like Magdalen, with tears.

So as I kneel

And trembling kiss these bleeding
Wounds of Thine,
Sweet Lord, I pray, do Thou to me
reveal,
Thy perfect love divine.

That I may give

Myself to Thee, to be no more
mine own,
That by Thy grace the life I hence-
forth live,
May be Thy life alone.

drink vinegar and gall by the monstrous ingratitude of Thy chosen people. In satisfaction for all these ignominies, I offer Thee, my loving Jesus, the homage which is rendered to Thy Divine and Sorrowful Face, imprinted upon the Veil of St. Veronica in Sanctuaries of Reparation where Thou art pleased that this precious souvenir of Thy Bitter Passion be honoured with a special veneration for the honour and glory of Thy Holy Name. Amen.

To Our Lady, Queen of Martyrs.

O most holy and afflicted Virgin, Queen of Martyrs! Thou who didst stand motionless at the foot of the Cross beneath thy expiring Son! Through the sword of grief which pierced thee then, through the unceasing suffering of thy life of sorrow and the bliss which now amply repays thee for thy past trials and afflictions, look down with a mother's tenderness and pity upon me who kneels before thee, who venerates thy Sacred Dolours

and places my request with filial confidence in the Sanctuary of thy wounded Heart. Present, I beseech thee, to Jesus Christ, in union with the Infinite merits of His Passion and Death, thy sufferings at the foot of the Cross, and through the efficacy of both obtain the grant of my petition. To whom shall I recur in my wants and miseries if not to thee, O Mother of Mercy, who, having drunk so deeply of the chalice of thy Divine Son canst compassionate the woes of those who are doomed to sigh in this land of exile. Offer to my Divine Saviour one drop of the blood which flowed from His Sacred Veins, one of the tears which trickled from His Divine Eyes, one of the pangs which rent His adorable Heart! O Refuge of Sinners and Hope of all Mankind, reject not my humble petition, but in thy mercy hear and answer me. Amen.

Three Offerings to Obtain a Happy Death.

(1) We offer to the Most Holy Trinity the merits of Jesus Christ in

thanksgiving for the most Precious Blood which He shed in the garden for us;

And thro' those merits we beseech His Divine Majesty for pardon for our sins. *Pater, Ave, Gloria.*

(2) We offer to the Most Holy Trinity the merits of Jesus Christ in thanksgiving for His most precious death endured on the Cross for us; and thro' those merits we beseech His Divine Majesty for the remission of the pains due to our sins. *Pater, Ave, Gloria.*

(3) We offer to the Most Holy Trinity the merits of Jesus Christ in thanksgiving for His wondrous charity in descending from heaven to earth to take human-flesh and to suffer and die for us on the Cross, and by those merits we beseech His Divine Majesty to bring our souls to the glory of heaven after our death.