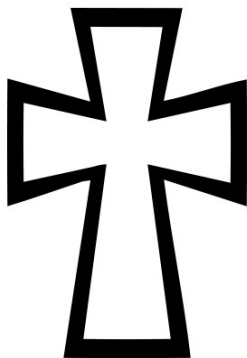


*The Catholic Academy
of Stamford*



Book of Prayers

“Lord. Teach us how to pray as you taught your disciples”

Luke 11:1

Pre – Kindergarten

Sign of the Cross:

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

Our Father

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

Hail Mary

Hail Mary, full of grace, the Lord is with 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.

Grace before meals

Bless us, O Lord, and these thy gifts, which we are about
to receive, from thy bounty, through Christ our Lord. Amen

Grace after meals

We give you thanks, almighty God, for all your benefits,
who lives and reigns world without end. Amen

Kindergarten and Grade One

All of the prayers learned in Pre – Kindergarten and the following:

Morning Offering

God, our Father, I offer you my day. I offer you my prayers, thoughts, words, actions, joys and sufferings, in reparation for sin and in union with the Heart of Jesus, who continues to offer himself in the Eucharist for the salvation of the world. May the Holy Spirit, who guided Jesus, be my guide and my strength today so that I may witness to your love. With Mary, the mother of our Lord and of the Church, I pray for all Apostles of Prayer and the intentions of our Holy Father and all Bishops.

Response to prayers

Sacred Heart of Jesus: *I place my trust in You.*

Saints of God: *Pray for us!*

Prayer to Saint Thomas Aquinas

God, our Father, You made Thomas Aquinas known for his holiness and learning. Help us to grow in wisdom by his teaching and in holiness by imitating his faith. We ask this through Christ, our Lord.

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.

Angel of God

Angel of God, my guardian dear, to whom God's love
commits me here, ever this day be at my side, to light
and guard, to rule and guide. Amen



Grade Two

All of the prayers learned in previous grades and the following:

Act of Contrition

My God, I am sorry for my sins with all my heart.
In choosing to do wrong and failing to do good, I have sinned
against You whom I should love above all things.

I firmly intend, with Your help, to do penance, to sin no more,
and to avoid whatever leads me to sin.

Our Savior, Jesus Christ suffered and died for us. In His name,
my God, have mercy. Amen

Grade Three

All of the prayers learned in previous grades and the following:

The Mysteries of the Rosary

The Joyful Mysteries (Monday and Saturday)

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding in the Temple

The Sorrowful Mysteries (Tuesday and Friday)

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

The Glorious Mysteries (Sunday and Wednesday)

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Crowning of Mary

The Luminous Mysteries (Thursday)

1. The Baptism of our Lord
2. The Wedding Feast at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Holy Eucharist

Apostles' Creed

I believe in God, the Father almighty, creator of heaven and earth.
and in Jesus Christ, his only Son, our Lord, who was conceived by
the Holy Spirit, born of the Virgin Mary, suffered under Pontius
Pilate, was crucified, died and was buried;

He descended into hell; on the third day he rose again
from the dead; he ascended into heaven, and is seated at the
right hand of God the Father almighty; from there he will come to
judge the living and the dead.

I believe in the Holy Spirit, the holy Catholic Church, the
communion of saints, the forgiveness of sins, the resurrection of
the body, and life everlasting. Amen.

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 valley
of tears.

Turn then, most gracious advocate, thine eyes of mercy toward us,
and after this, our exile, show unto us the blessed fruit of thy
womb, Jesus.

O clement, O loving, O sweet Virgin Mary. Pray for us, O Holy
Mother of God, that we may be worthy of the promises of Christ.

Amen.

Fatima Prayer

O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of your mercy. Amen



Grade Four

All of the prayers learned in previous grades and the following:

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided.

Inspired with this confidence, I fly to you O Virgin of virgins, my mother. To you I come, before you I stand, sinful and sorrowful.

O mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer them.

Amen.

Prayer for the Faithful Departed

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them and may the souls of the faithful departed, through the mercy of God, rest in peace. Amen

The Angelus

[The Angel of the Lord declared unto Mary,
And she conceived of the Holy Spirit. Hail Mary, full of grace...

[Behold the handmaid of the Lord,
*Be it done unto me according to your word. Hail Mary, full of
grace...*

[And the Word was made flesh,
And dwelt among us. Hail Mary, full of grace...

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

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

Regina Caeli (During the Easter Season)

[Queen of heaven, rejoice, Alleluia!
For the Lord whom you were worthy to bear, Alleluia!

[Has risen as He said, Alleluia!
Pray for us to God. Alleluia!

[Rejoice and be glad, O Virgin Mary. Alleluia!

Because the Lord is truly risen. Alleluia!

[Let us pray:

O God, you were pleased to give joy to the world through the resurrection of Your Son, our Lord, Jesus Christ. Grant, we beseech you that through the intercession of the Virgin Mary, His mother, we may come to possess the joys of everlasting life, through Christ, our Lord. Amen.



Grade Five

All of the prayers learned in previous grades and the following

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 most chaste spouse.

Blessed be God in His angels and in His Saints.

May the heart of Jesus, in the Most Blessed Sacrament, be praised, adored and loved at every moment, in all tabernacles of the world, even to the end of time. Amen.

Thanksgiving after Mass

Lord, Father all-powerful, and ever-living God, I thank you for the kindness of your mercy. You have fed me with the precious body and blood of Your Son, our Lord Jesus Christ. I pray that this holy communion may bring me forgiveness and salvation and that it may unite me more closely to You, the one true God. Amen.

Nicene Creed

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

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

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.



Grade Six

All of the prayers learned in previous grades and the following:

Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine son became man, died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches, because You have revealed them, who can neither deceive nor be deceived.

Act of Hope

O my God, relying on your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting through the merits of Jesus Christ, my Lord and Redeemer.

Act of Love

O my God, I love you above all things, with my whole heart and soul, because You are all-good and worthy of all love. I love my neighbor as myself for the love of you. I forgive all who have injured me, and ask pardon of all whom I have injured.

Psalm 23

The Lord is my shepherd; I shall not want.
In verdant pastures He gives me repose; beside restful waters He
leads me; He refreshes my soul.

He guides me in right paths for His name's sake. Even though I
walk in the dark valley, I fear no evil for you are at my side with
Your rod and Your staff that give me courage.

You spread the table before me in the sight of my foes; You anoint
my head with oil, my cup overflows.

Only goodness and kindness follow me all the days of my life; and
I shall dwell in the house of the Lord for years to come.



Grade Seven

All of the prayers learned in previous grades and the following:

Prayer to Saint Michael

Saint Michael, the Archangel, defend us in battle; be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O prince of the heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen

Prayer of Saint Francis of Assisi

Lord, make me an instrument of Your peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy.

O, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love.

For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.



Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within Your wounds hide me;

At the hour of my death, call me and bid me come to You that with
Your saints I may praise You forever. Amen.



Grade Eight

All of the prayers learned in previous grades and the following:

Prayer to the Holy Spirit

Breathe in me O Holy Spirit that my thoughts may all be holy.

Act in my, O Holy Spirit that my work too may be holy.

Draw my heart O Holy Spirit that I may love but what is holy.

Strengthen me O Holy Spirit to defend all that is holy.

Guard me O Holy Spirit that I always may be holy

Prayer of Self-Dedication to Jesus Christ

Take, Lord, receive, all my liberty; my memory, understanding,
my entire will. All that I have and cherish you have given me.

I surrender it all to be guided by your will. Your grace and your
love are wealth enough for me. Give me these, Lord Jesus, and I
ask for nothing more.