

*The Penitential Rosary is recited: 1. To implore mercy and pardon for our sins, and for all the sins of our brethren. 2. To obtain the grace of conversion, a sincere sacramental confession, and amendment of life.*

# Penitential Rosary

Recite Devoutly, while kneeling:

Let us implore the Holy Ghost to descend upon each human being. May He aid us to understand that it is necessary to love the Cross, to live with Jesus on the Cross, in order to be saved from the eternal pains of Hell.

Now, with a spirit of penance, let us kneel. And, with arms extended in the form of a Cross, let us meditate on each Mystery of the Rosary. Each Mystery will be alternated with the Little Office of the Holy Ghost, thus: Matins-Lauds, Prime, Terce-Sext-None, Vespers and, at the end, Compline.

May it be for the glory of God!

THE SIGN OF THE CROSS

THE ACT OF CONTRITION

THE APOSTLES' CREED

1 OUR FATHER, 3 HAIL MARYS, 1 GLORY BE

PRAYER

O God, open Thou our lips, to praise and bless Thy most holy name, and the name of Thy Blessed Mother; that we may attentively and devoutly recite this Rosary and merit to be heard in the sight of Thy Divine Majesty. Amen.

V. Thou art Perpetual Help benign; come, therefore, I implore Thee.

R. Come, hasten to assist me, O Mother sweet and kind.

Blessed be the Holy and Immaculate Conception of the Blessed Ever-Virgin Mary, Mother of God.

THE FIRST MYSTERY

*While meditating on the First Mystery of the Holy Rosary, extend your arms in the form of a cross, and recite the first decade of the Rosary, devoutly (On each of the 10 small beads, say 1 Our Father, 1 Hail Mary, 1 Glory Be to the Father, and "Hail Mary Most Pure, conceived without original sin.").*

*Lowering your arms, pray:*

V. Thou art Perpetual Help benign; come, therefore, I implore Thee.

R. Come, hasten to assist me, O Mother sweet and kind.

Blessed be the Holy and Immaculate Conception of the Blessed Ever-Virgin Mary, Mother of God.

*Now, recite the Little Office of the Holy Ghost:*

MATINS AND LAUDS

May the grace of the Holy Ghost enlighten our minds and our hearts. Amen.

V. O Lord, open Thou my lips.

R. And my mouth shall declare Thy praise.

V. O God, come to my assistance.

R. O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now and ever shall be, world without end. Amen. Alleluia!

*(From Septuagesima Sunday to Holy Thursday, instead of 'Alleluia,' say: 'Praise be to Thee, O Lord, King of Everlasting glory.')*

#### HYMN

Gabriel, Archangel, came to a world in wait,

And brought with him the fruitful grace of Heaven's Advocate;

The Blessed Virgin to prepare for Her exalted state –

May that creative, fruitful grace the hearts of pilgrims inundate.

Antiphon:

Come, Holy Ghost, fill the hearts of Thy faithful. And enkindle in them the fire of Thy love.

V. Send forth Thy Spirit, and they shall be created.

R. And Thou shalt renew the face of the earth.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

#### LET US PRAY

Continually assist us with the power of the Holy Ghost, we beseech Thee, O Lord; that through Thy mercy, our hearts may be purified and delivered from all evil. Through Jesus Christ, Thy Son, Our Lord, Who liveth and reigneth with Thee, in the unity of the Holy Ghost, God, world without end. Amen.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

V. Let us bless the Lord.

R. Thanks be to God.

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

End of Matins and Lauds

#### THE SECOND MYSTERY

While meditating on the Second Mystery of the Holy Rosary, extend your arms in the form of a cross, and recite the second decade of the Rosary, devoutly (*On each of the 10 small beads, say 1 Our Father, 1 Hail Mary, 1 Glory Be to the Father, and "Hail Mary Most Pure, conceived without original sin."*).

*Lowering your arms, pray:*

V. Thou art Perpetual Help benign; come, therefore, I implore Thee.

R. Come, hasten to assist me, O Mother sweet and kind.

Blessed be the Holy and Immaculate Conception of the Blessed Ever-Virgin Mary, Mother of God.

Now, recite the Little Office of the Holy Ghost:

### PRIME

May the grace of the Holy Ghost enlighten our minds and our hearts. Amen.

V. O God, come to my assistance.

R. O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now and ever shall be, world without end. Amen. Alleluia!

*(From Septuagesima Sunday to Holy Thursday, instead of 'Alleluia,' say: 'Praise be to Thee, O Lord, King of Everlasting glory.')*

### HYMN

Born of a Virgin, Christ Our Lord on Calvary was crucified;

But on the third day He appeared – resurrected, glorified.

And then in awe and admiration, His disciples testified,

They witnessed His ascent on High – Virtue's efforts justified.

Antiphon:

Come, Holy Ghost, fill the hearts of Thy faithful.

And enkindle in them the fire of Thy love.

V. Send forth Thy Spirit, and they shall be created.

R. And Thou shalt renew the face of the earth.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

### LET US PRAY

Continually assist us with the power of the Holy Ghost, we beseech Thee, O Lord; that through Thy mercy, our hearts may be purified and delivered from all evil. Through Jesus Christ, Thy Son, Our Lord, Who liveth and reigneth with Thee, in the unity of the Holy Ghost, God, world without end. Amen.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

V. Let us bless the Lord.

R. Thanks be to God.

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

End of Prime

### THE THIRD MYSTERY

While meditating on the Third Mystery of the Holy Rosary, extend your arms in the form of a cross, and recite the thirtd decade of the Rosary, devoutly (*On each of the 10 small beads, say 1 Our Father, 1 Hail Mary, 1 Glory Be to the Father, and "Hail Mary Most Pure, conceived without original sin."*).

*Lowering your arms, pray:*

V. Thou art Perpetual Help benign; come, therefore, I implore Thee.

R. Come, hasten to assist me, O Mother sweet and kind.

Blessed be the Holy and Immaculate Conception of the Blessed Ever-Virgin Mary, Mother of God.

Now, recite the Little Office of the Holy Ghost:

### TERCE

May the grace of the Holy Ghost enlighten our minds and our hearts. Amen.

V. O God, come to my assistance.

R. O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now and ever shall be, world without end. Amen. Alleluia!

*(From Septuagesima Sunday to Holy Thursday, instead of 'Alleluia,' say: 'Praise be to Thee, O Lord, King of Everlasting glory.')*

### HYMN

From Heaven to Jerusalem God's Paraclete was sent;

To Apostles hidden there in fright His loving comfort went.

From fear to ardent charity transformed by His descent –

To leave them orphans in this world His Love would not consent.

Antiphon:

Come, Holy Ghost, fill the hearts of Thy faithful.

And enkindle in them the fire of Thy love.

V. Send forth Thy Spirit, and they shall be created.

R. And Thou shalt renew the face of the earth.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

## LET US PRAY

Continually assist us with the power of the Holy Ghost, we beseech Thee, O Lord; that through Thy mercy, our hearts may be purified and delivered from all evil. Through Jesus Christ, Thy Son, Our Lord, Who liveth and reigneth with Thee, in the unity of the Holy Ghost, God, world without end. Amen.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

V. Let us bless the Lord.

R. Thanks be to God.

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

End of Terce

## SEXT

May the grace of the Holy Ghost enlighten our minds and our hearts. Amen.

V. O God, come to my assistance.

R. O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now and ever shall be, world without end. Amen. Alleluia!

(From Septuagesima Sunday to Holy Thursday, instead of 'Alleluia,' say: "Praise be to Thee, O Lord, King of Everlasting glory.")

## HYMN

Seven gifts did they receive Who in prayer did persevere

And then diffused on wings of zeal throughout our earthly sphere.

Neither pains nor martyrdoms did these disciples fear

As virtues bloomed from seeds they sowed through preaching far and near.

Antiphon:

Come, Holy Ghost, fill the hearts of Thy faithful.

And enkindle in them the fire of Thy love.

V. Send forth Thy Spirit, and they shall be created.

R. And Thou shalt renew the face of the earth.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

## LET US PRAY

Continually assist us with the power of the Holy Ghost, we beseech Thee, O Lord; that through Thy mercy, our hearts may be purified and delivered from all evil. Through Jesus Christ, Thy Son, Our Lord, Who liveth and reigneth with Thee, in the unity of the Holy Ghost, God, world without end. Amen.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

V. Let us bless the Lord.

R. Thanks be to God.

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

End of Sext

## NONE

May the grace of the Holy Ghost enlighten our minds and our hearts. Amen.

V. O God, come to my assistance.

R. O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now and ever shall be, world without end. Amen. Alleluia!

(From Septuagesima Sunday to Holy Thursday, instead of 'Alleluia,' say: "Praise be to Thee, O Lord, King of Everlasting glory.")

## HYMN

O Holy Ghost, Fount of Life, Gift Divine, God's charity,

Comforter of those who mourn: These names reflect Thy dignity.

Delight of all the heavenly hosts, unction, fire, benignity!

In Heaven may Thy majesty be praised for all eternity.

Antiphon:

Come, Holy Ghost, fill the hearts of Thy faithful.

And enkindle in them the fire of Thy love.

V. Send forth Thy Spirit, and they shall be created.

R. And Thou shalt renew the face of the earth.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

## LET US PRAY

Continually assist us with the power of the Holy Ghost, we beseech Thee, O Lord; that through Thy mercy, our hearts may be purified and delivered from all evil. Through Jesus Christ, Thy Son, Our Lord, Who liveth and reigneth with Thee, in the unity of the Holy Ghost, God, world without end. Amen.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

V. Let us bless the Lord.

R. Thanks be to God.

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

End of None

## THE FOURTH MYSTERY

While meditating on the Fourth Mystery of the Holy Rosary, extend your arms in the form of a cross, and recite the fourth decade of the Rosary, devoutly (*On each of the 10 small beads, say 1 Our Father, 1 Hail Mary, 1 Glory Be to the Father, and "Hail Mary Most Pure, conceived without original sin."*).

*Lowering your arms, pray:*

V. Thou art Perpetual Help benign; come, therefore, I implore Thee.

R. Come, hasten to assist me, O Mother sweet and kind.

Blessed be the Holy and Immaculate Conception of the Blessed Ever-Virgin Mary, Mother of God.

Now, recite the Little Office of the Holy Ghost:

## VESPERS

May the grace of the Holy Ghost enlighten our minds and our hearts. Amen.

V. O God, come to my assistance.

R. O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now and ever shall be, world without end. Amen. Alleluia!

(From Septuagesima Sunday to Holy Thursday, instead of 'Alleluia,' say: 'Praise be to Thee, O Lord, King of Everlasting glory.')

## HYMN

Eternal Father's mighty Arm, for grace our invocation;

And Lucifer and his brigade are hurled to their damnation.

Wisdom, Unction, Heavenly Light, accept the veneration

Of those of us who turn to Thee in hope and expectation.

Antiphon:

Come, Holy Ghost, fill the hearts of Thy faithful.

And enkindle in them the fire of Thy love.

V. Send forth Thy Spirit, and they shall be created.

R. And Thou shalt renew the face of the earth.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

#### LET US PRAY

Continually assist us with the power of the Holy Ghost, we beseech Thee, O Lord; that through Thy mercy, our hearts may be purified and delivered from all evil. Through Jesus Christ, Thy Son, Our Lord, Who liveth and reigneth with Thee, in the unity of the Holy Ghost, God, world without end. Amen.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

V. Let us bless the Lord.

R. Thanks be to God.

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

End of Vespers

#### THE FIFTH MYSTERY

While meditating on the Fifth Mystery of the Holy Rosary, extend your arms in the form of a cross, and recite the fifth decade of the Rosary, devoutly (*On each of the 10 small beads, say 1 Our Father, 1 Hail Mary, 1 Glory Be to the Father, and "Hail Mary Most Pure, conceived without original sin."*).

*Lowering your arms, pray:*

V. Thou art Perpetual Help benign; come, therefore, I implore Thee.

R. Come, hasten to assist me, O Mother sweet and kind.

Blessed be the Holy and Immaculate Conception of the Blessed Ever-Virgin Mary, Mother of God.

Now, continue the Holy Rosary as usual, by reciting:

#### THE HAIL HOLY QUEEN

#### LET US PRAY

O God, Whose Only-begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating on these Mysteries of the most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise. Through Jesus Christ, Thy Son, Our Lord. Amen.

*Now, recite the Litany of the Blessed Virgin Mary, with arms extended in the form of a cross.*

#### THE LITANY OF THE BLESSED VIRGIN MARY

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.  
Christ, hear us.  
Christ, graciously hear us.  
God the Father of Heaven, have mercy on us.  
God the Son, Redeemer of the world, have mercy on us.  
God the Holy Ghost, have mercy on us.  
Holy Trinity, one God, have mercy on us.  
Holy Mary, pray for us.  
Holy Mother of God, pray for us.  
Holy Virgin of virgins, pray for us.  
Mother of Christ, pray for us.  
Mother of divine grace, pray for us.  
Mother most pure, pray for us.  
Mother most chaste, pray for us.  
Mother inviolate, pray for us.  
Mother undefiled, pray for us.  
Mother most amiable, pray for us.  
Mother most admirable, pray for us.  
Mother of Good Counsel, pray for us.  
Mother of our Creator, pray for us.  
Mother of our Savior, pray for us.  
Virgin most prudent, pray for us.  
Virgin most venerable, pray for us.  
Virgin most renowned, pray for us.  
Virgin most powerful, pray for us.  
Virgin most merciful, pray for us.  
Virgin most faithful, pray for us.  
Mirror of justice, pray for us.

*(Lower the arms.)*

Lamb of God Who takest away the sins of the world, spare us, O Lord.

Lamb of God Who takest away the sins of the world, graciously hear us, O Lord.

Lamb of God Who takest away the sins of the world, have mercy on us.

V. Pray for us, O holy Mother of God!

Seat of wisdom, pray for us.  
Cause of our joy, pray for us.  
Spiritual vessel, pray for us.  
Vessel of honor, pray for us.  
Singular vessel of devotion, pray for us.  
Mystical Rose, pray for us.  
Tower of David, pray for us.  
Tower of ivory, pray for us.  
House of gold, pray for us.  
Ark of the Covenant, pray for us.  
Gate of Heaven, pray for us.  
Morning Star, pray for us.  
Health of the sick, pray for us.  
Refuge of sinners, pray for us.  
Comforter of the afflicted, pray for us.  
Help of Christians, pray for us.  
Queen of Angels, pray for us.  
Queen of Patriarchs, pray for us.  
Queen of Prophets, pray for us.  
Queen of Apostles, pray for us.  
Queen of Martyrs, pray for us.  
Queen of Confessors, pray for us.  
Queen of Virgins, pray for us.  
Queen of all Saints, pray for us.  
Queen conceived without original sin, pray for us.  
Queen assumed into Heaven, pray for us.  
Queen of the most Holy Rosary, pray for us.  
Queen of peace, pray for us.

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

#### LET US PRAY

Grant, we beseech Thee, O Lord God, unto us, Thy servants, that we may rejoice in continual health of soul and body, and by the glorious intercession of Blessed Mary ever Virgin, may we be delivered from present sorrow and enter into the joy of Thine eternal gladness. Through Christ Our Lord. Amen.

Now, recite the Little Office of the Holy Ghost:

#### COMPLINE

May the grace of the Holy Ghost enlighten our minds and our hearts. Amen.

V. Incline unto us, O God, our Savior!

R. And turn Thy anger away from us.

V. O God, come to my assistance.

R. O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now and ever shall be, world without end. Amen. Alleluia!

(From Septuagesima Sunday to Holy Thursday, instead of 'Alleluia,' say: 'Praise be to Thee, O Lord, King of Everlasting glory.')

#### HYMN

Love of the Father and the Son, come always, come and aid us;

Come quickly now and guide our steps and let Thy light pervade us;

So when the Judge of all mankind on Justice' scales has weighed us,

May He have, forevermore, to Thy right side conveyed us.

Antiphon:

Come, Holy Ghost, fill the hearts of Thy faithful.

And enkindle in them the fire of Thy love.

V. Send forth Thy Spirit, and they shall be created.

R. And Thou shalt renew the face of the earth.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

#### LET US PRAY

Continually assist us with the power of the Holy Ghost, we beseech Thee, O Lord; that through Thy mercy, our hearts may be purified and delivered from all evil. Through Jesus Christ, Thy Son, Our Lord, Who liveth and reigneth with Thee, in the unity of the Holy Ghost, God, world without end. Amen.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

V. Let us bless the Lord.

R. Thanks be to God.

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

End of Compline

#### THE FINAL PRAYER

O Holy Ghost! As we terminate these canonical hours recited in Thine honor, we beseech Thee to visit us with Thy heavenly inspirations and to grant us the grace of dwelling in Heaven for all eternity. Amen.

#### PRAYER TO THE HOLY GHOST

O Holy Ghost, Soul of my soul! I adore Thee! Enlighten, guide, strengthen and console me. Tell me what I ought to do. Command me to do it. I promise to submit to whatever Thou desirest of me and to accept whatever Thou permittest to befall me. Only show me what is Thy will. Amen.

End of the Penitential Rosary