



A Beautiful Act of Contrition

Forgive me my sins, O Lord, forgive me my sins; the sins of my youth, the sins of my age, the sins of my soul, the sins of my body; my idle sins, my serious voluntary sins; the sins I know, the sins I do not know; the sins I have concealed for so long, and which are now hidden from my memory.

I am truly sorry for every sin, mortal and venial, for all the sins of my childhood up to the present hour.

I know my sins have wounded Thy Tender Heart, O My Saviour, let me be freed from the bonds of evil through the most bitter Passion of My Redeemer.

Amen.

O My Jesus, forget and forgive what I have been.

Amen.

*Favourite of:
Nancy Hayes, St. Paul the Apostle, Kingston*

The Caregivers Prayer

Dear Father in Heaven please lend me a hand.
A hand on my shoulder to give me strength,
A loving hand to help me when the load is too heavy,
A gentle hand to guide me when the sadness is too
great,
A gentle hand.
When I feel I am all alone,
When I feel that no one understands that I too need
care,
When I look in the mirror and don't see the person I
was,
A healing hand.
When I feel guilty for being the one who is well,
When I know I can't make this suffering end,
When taking time for myself feels like a betrayal,
An understanding hand.
Help me to realize that I am important,
Help me to understand that my needs are important,
Help me to make laughter an important part of my daily
life,
A caregiver's hand.
When my loved one is hurting, help me to ease the pain
with a smile,
When my loved one is sad, help me to show tenderness,
When the nights are long and lonely, help me pray,
A Praying hand.
I place all my worries and sadness in Your hands,
I ask that You wrap Your arms of love around me,
Give me the Grace to walk this sorrowful path.

*Author: Barb Fitzgerald, St. Francis De Sales /
Blessed Sacrament, Smiths Falls / Lombardy*

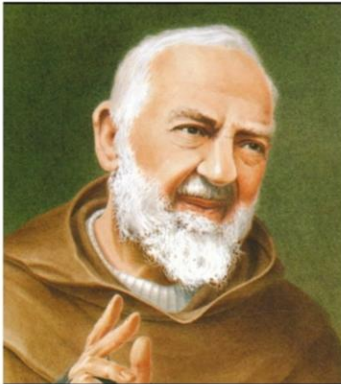
Dear Lord

From a sudden and unprovided death
Deliver me, my family, friends and loved ones Dear
Lord.

From an everlasting death
Deliver me, me family, friends and loved ones Dear
Lord.

Dear Lord keep my family, friends, and loved ones
Accident free and safe from all harm this day and
everyday,
As you always do, and thank you for that Dear Lord.
Amen.

Favourite of:
Margaret Ann Way, St. Patrick's, Napanee



**Do not fear adversity;
because by it, your soul is
placed at the foot of the
cross which takes you to
the doors of Heaven.
There you will find Him
Who triumphed over
death, Who will
introduce you to the
eternal happiness.**

St. Padre Pio (1887 – 1968)

Favourite of:
Karen Bruder, Sacred Heart of Jesus, Bedford

A 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.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever, Amen.

Second - To purify the good I have done poorly this day and during all my life.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever, Amen.

Third - To supply for the good I ought to have done, and that I have neglected this day and all my life.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever, Amen.

*Favourite of:
Joan Toupin, St. Mark the Evangelist, Prescott*

A Poor Clare sister who had just died, appeared to her Abbess who was praying for her, and said to her: "I went straight to heaven, for, by means of this prayer, recited every evening, I paid all my debts."

Prayer for the Restoration of Health

O Sacred Heart of Jesus, I come to ask You for the gift of restored health that I may serve You more faithfully and love You more sincerely.

I want to be well if it is Your will and redounds to Your glory.

If on the other hand, it is Your will that my sickness continues, I want to bear it with patience.

If in Your divine wisdom I am to be restored to health and strength, I will strive to show my gratitude by a constant and faithful service rendered to You, my loving Saviour and Redeemer, and my God.

Amen.

*Favourite of:
Pauline Scott, St. Joseph, Kingston*

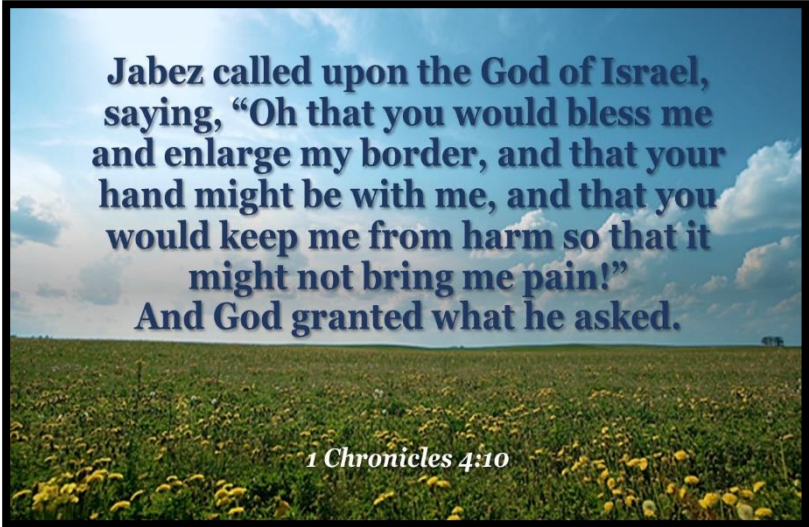
Prayer for Family Healing

Most Holy Trinity, Father, Son, and Holy Spirit, our family needs You to heal us from our suffering and to reunite our hearts in love. The harshness of words can cause sorrow and pain. The responsibilities of daily life can cause anxiety and distress. The crosses that each member of our family carries are heavy. We need Your presence to be our strength, our patience, our courage and our understanding towards one another.

Lord God, when we have wronged one another, let us come forward with humble hearts and when we have been wronged, let us forgive unconditionally.

We ask this through Christ our Lord. Amen.

*Favourite of:
Veronica Wemp, St. Anthony of Padua, Centreville*



**Jabez called upon the God of Israel,
saying, “Oh that you would bless me
and enlarge my border, and that your
hand might be with me, and that you
would keep me from harm so that it
might not bring me pain!”
And God granted what he asked.**

1 Chronicles 4:10

*Favourite of:
Angela Town, St. Peter in Chains, Trenton*

These words were later adapted by Bruce Wilkinson as ‘The Prayer of Jabez.’ My mom introduced me to Bruce Wilkinson and The Prayer of Jabez. This prayer is a comfort to me and is one I say multiple times a day. I credit this prayer for the courage to join the Diocesan council.