

# Praying with the Saints



## **Christ Has No Body**

*St. Teresa of Avila (attributed)*

Christ has no body but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which He looks  
Compassion on this world,  
Yours are the feet with which He walks to do good,  
Yours are the hands, with which He blesses all the  
world.

Yours are the hands, yours are the feet,  
Yours are the eyes, you are His body.

Christ has no body now but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
compassion on this world.

Christ has no body now on earth but yours.

*Favourite of:  
Bernadette Burgess, Life Member,  
St. Patrick, Lansdowne  
Susan Conway Williamson, St. Joseph, Kingston*

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## **Complete Trust in God Prayer**

*St. Francis De Sales (1567-1622)*

Do not look forward to the trials and crosses  
of this life with dread and fear.

Rather, look to them with full confidence  
that as they arise, God, to whom you belong,  
will deliver you from them.

He has guided and guarded you thus far in life.  
Do you but hold fast to His dear hand and  
He will lead you safely through all trials.  
Whenever you cannot stand,  
He will carry you lovingly in His arms.

Do not look forward to what may happen tomorrow.  
The same Eternal Father who cares for you today  
will take good care of you tomorrow and every day of  
your life.

Either He will shield you from suffering or  
He will give you the unfailing strength to bear it.

Be at peace then and put aside all useless thoughts, vain  
dreads, and anxious imaginations.

*Favourite of:*

*Bernadette Burgess, Life Member*

*St. Patrick, Lansdowne*

*Colleen Purcell, St. Joseph, Kingston*

*Marilyn Mitchell and Anna Shane, St. Francis De Sales*

*/ Blessed Sacrament, Smiths Falls / Lombardy*

*St. Patrick / St. Mary council, Railton / Odessa*

*Veronica Withers, St. Patrick's, Napanee*

## **Prayer to the Holy Spirit**

*St. Augustine of Hippo (354-430)*

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

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

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

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

Guard me, then, O Holy Spirit, that I always may be holy.

Amen.

*Favourite of:*

*Cynthia Fediuk-Mombourquette,*

*St. Paul the Apostle, Kingston*

*Mary McGrath, St. Joseph, Kingston*

*Annette Meadows, St. Mary's, Carleton Place*

## **Doing God's Will**

*St. Ignatius of Loyola (1491-1556)*

Lord, teach me to be generous,

to serve You as You deserve,

to give and not to count the cost,

to fight and not to heed the wounds,

to toil and not to seek for rest,

to labour and not to look for any reward,

save that of knowing that I do Your holy will.

*Favourite of:*

*Bernadette Burgess, Life Member*

*St. Patrick, Lansdowne*

## **Morning Prayer for God's Protection and Christ's Presence**

*St. Patrick (385-461)*

As I arise today, may the strength of God pilot me, the power of God uphold me, the wisdom of God guide me. May the eye of God look before me, the ear of God hear me, the word of God speak for me. May the hand of God protect me, the way of God lie before me, the shield of God defend me, the host of God save me. May Christ shield me today...

Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit, Christ when I stand, Christ in the heart of everyone who thinks of me, Christ in the mouth of everyone who speaks of me, Christ in every eye that sees me, Christ in every ear that hears me.

Amen.

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



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

## Food for Service

*Pope St. John XXIII (1881 – 1963)*

O Jesus, present in the Sacrament of the altar, teach all the nations to serve You with willing hearts, knowing that to serve God is to reign.

May Your Sacrament, O Jesus, be light to the mind, strength to the will, joy to the heart.

May it be the support of the weak, the comfort of the suffering, the wayfaring bread of salvation for the dying and for all the pledge of future glory.

Amen.

*Favourite of:*

*St. Patrick / St. Mary council, Railton / Odessa*



## **Excerpt from The Stations of the Cross**

*St. Alphonsus Liguori (1696-1787)*

I love You, Jesus, my love; I repent of ever having  
offended You.

Never let me separate myself from You again.

Grant that I may love You always; and then do with me  
as You will.

*Favourite of:*

*Maureen Webster, St. Patrick, Lansdowne*

## **Pardon Prayer at Fatima**

*Angel of Peace during the First Apparition of the Angel  
to the three shepherd children of Fatima in spring of  
1916.*

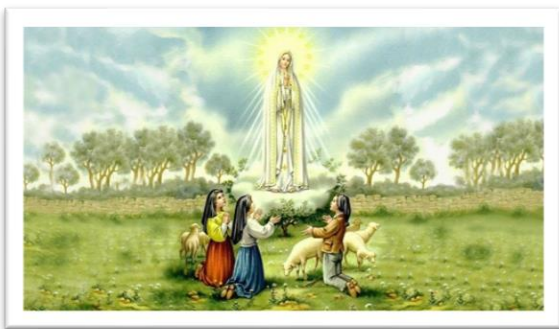
My God, I believe, I adore, I hope and I love You! I beg  
pardon for those who do not believe, who do not adore,  
who do not hope and who do not love You!

*Favourite of:*

*Betty Ann Brown-Davidson, Honourary Life Member,*

*St. Gregory the Great, Picton*

*Annette Norton, St Mark, Prescott*



## **Prayer for Souls in Purgatory**

*St. Gertrude the Great (1256-1302)*

Eternal Father, I offer You the Most Precious Blood of Your Divine Son, Jesus, in union with the Masses said throughout the world today, for all the holy souls in purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen.

*Favourite of:*

*June Gervais, St. Edward the Confessor, Westport  
Elizabeth Genovese, St. Patrick's, Napanee*

*“Our Lord told St. Gertrude the Great that the following prayer would release 1,000 souls from Purgatory each time it is said. The prayer was extended to include living sinners as well.”*

## **Prayer to Saint Joseph**

*Pope Francis*

*(Apostolic Letter Patris Corde – With a Father's Heart)*

Hail, Guardian of the Redeemer, Spouse of the Blessed Virgin Mary. To you God entrusted his only Son; In you Mary placed her trust; with you Christ became man.

Blessed Joseph, to us too, show yourself a father and guide us in the path of life.

Obtain for us grace, mercy and courage, and defend us from every evil. Amen.

*Favourite of:*

*Jo-Anne McReynolds, St. John the Evangelist /  
St. Philomena, Gananoque / Howe Island*

## **Petition to St. Joseph**

*Pope Francis  
(from his Apostolic Letter for the Year of St. Joseph  
Dec. 8, 2020 to Dec. 8, 2021)*

Glorious Patriarch St. Joseph, whose power makes the impossible possible, come to my aid in these times of anguish and difficulty. Take under your protection the serious and troubling situations I commend to you, that they may have a happy outcome. My beloved father, all my trust is in you. Let it not be said that I invoked you in vain, and since you can do everything with Jesus and Mary, show me that your goodness is as great as your power. Amen.

*Favourite of:  
Betty Ann Brown-Davidson, Honourary Life Member,  
St. Gregory the Great, Picton*

## **Consecration to St. Joseph**

*St. Bernadino of Siena (1380-1444)*

O, my beloved St. Joseph, adopt me as thy child, take care of my salvation, watch over me day and night, preserve me from the occasion of sin, obtain for me purity of soul and body! Through the intercession with Jesus grant me a spirit of sacrifice, of humility and self denial, a burning love for Jesus in the Blessed Sacrament, and a sweet tender love for Mary, my Mother. St. Joseph, be with me living, be with me dying and obtain for me a favourable judgment from Jesus, my merciful Saviour. Amen.

*Favourite of:  
Carm Power, Holy Name of Mary, Marysville*



## **Prayer for the Church and the priests**

*St. Faustina Kowalska (1905-1938)*

O my Jesus, I pray to You for the whole Church, give her the light of Your Spirit, give strength to the words of priests, so that the hardened hearts may soften and come back to You, Lord. O Lord, give us holy priests; keep them Yourself in holiness. O Divine and Sovereign Priest, may the power of Your mercy be with them everywhere and keep them safe from the traps and snares which the devil always sends to the souls of priests. By the power of Your mercy, O Lord, break and annihilate all that can darken the sanctity of priests, as You can do everything.

My most beloved Jesus, I pray You for the triumph of the Church, for You to bless the Holy Father and all the clergy; to obtain the grace of conversion for sinners hardened in sin; for a special blessing and light, I pray You, Jesus, for all the priests who will hear my confession during my life.

*Favourite of:*

*Rolande Oliver, Life Member Military Ordinariate,  
Holy Family council CFB Kingston*

## **The Surrender Prayer**

*St. Padre Pio (1887-1968)*

O Jesus, I surrender myself to You, take care of everything! (10 times)

*Favourite of:*

*Betty Ann Brown-Davidson, Honourary Life Member,  
St. Gregory the Great, Picton*

## **Prayer to St. Michael**

*Pope Leo XIII*

Saint Michael the Archangel, defend us in this day of battle, Be our protection 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 wander through the world seeking the ruin of souls. Amen

*Favourite of:*

*Wilma Turcotte, St. John the Evangelist /  
St. Philomena, Gananoque / Howe Island  
Helen Purdy, St. Francis De Sales / Blessed Sacrament,  
Smiths Falls / Lombardy*

## **Prayer to the Archangels**

Heavenly King, You have given us archangels to assist us during our pilgrimage on earth.

Saint Michael is our protector; I ask him to come to my aid, fight for all my loved ones, and protect us from danger.

Saint Gabriel is a messenger of the Good News; I ask him to help me clearly hear Your voice and to teach me the truth.

Saint Raphael is the healing angel; I ask him to take my need for healing and that of everyone I know, lift it up to Your throne of grace and deliver us back to the gift of recovery.

Help us, O Lord, to realize more fully the reality of archangels and their desire to serve us. Holy angels, pray for us. Amen.

*Favourite of: Assumption of the Blessed  
Virgin Mary council, Erinsville*

## **Memorare to St. Anne**

Remember, O Good Saint Anne, whose name means grace and mercy, that never was it know that anyone who fled to your protection, implored your help, and sought your intercession, was left unaided.

Inspired with this confidence, I come before you, sinful and sorrowful. Holy mother of the Immaculate Virgin Mary, and loving grandmother of the Saviour, do not reject my appeal, but hear me and answer my prayer. Amen

*Favourite of:  
Marlene Manion, St. Patrick's, Napanee*

## **St. Anne, Bless My Family**

My family is the heart of my life.

It is my little Church.

Saint Anne, guard the members of my family against all physical and spiritual danger.

You lived in the presence of your husband Joachim and your little daughter Mary.

Later, you welcomed your son-in-law, Saint Joseph, and above all your beloved Grandson Jesus, our Saviour.

May your family inspire our families.

May we remain united in a deep mutual love.

If my family is broken by separation or divorce, remain for us the Saint of tenderness and lead us to God.

Saint Anne, you were a spouse, a mother, and a grandmother; bless all the members of my family.

Keep us faithful to the Lord.

May we remain attentive to the needs of other families.

Protect all families. Amen.

*Favourite of:  
St. Patrick / St. Mary council, Railton / Odessa*

## **A Prayer of Grandmothers to St. Anne, Mother of Mary**

St. Anne, show me the best way to serve my children as they raise their growing family.

Help me always to give them words of encouragement, support and respect.

Show me how to be a good Grandmother to their children.

With great love, I pray for each of my Grandchildren and ask you to intercede on behalf of their needs, intentions and aspirations.

Pray that we may enjoy a long life together and after our death to be united again for all eternity in the Kingdom of Heaven.

Amen.

*Favourite of:  
Mary Clancy St. Joseph, Kingston*

## **Suscipe** (the radical prayer)

*St. Ignatius of Loyola (1491-1556)*

Take Lord, receive all my liberty, my memory, my understanding, and my entire will, all that I have and all that I possess; You have given to me.

I surrender it all to You O Lord, to be disposed of according to Your will; give me only Your love and Your grace, with these, I will be rich enough and will desire nothing more.

*Favourite of:  
Betty Ann Brown-Davidson, Honourary Life Member,  
St. Gregory the Great, Picton  
Miriam Wright, St. Paul the Apostle, Kingston*

## **Peace Prayer of Saint Francis**

*Fr. Ester Bouquerel (1855-1923)*

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.  
Amen.

*Favourite of:*  
*Fr. Dale Wright, Spiritual Advisor,*  
*Kingston Diocesan Council*  
*Helen Purdy, St. Francis De Sales / Blessed Sacrament,*  
*Smiths Falls / Lombardy*  
*Diane Shafer and Roberta Millar,*  
*St. Paul the Apostle, Kingston*  
*Susan Conway Williamson, St. Joseph, Kingston*  
*St. Patrick / St. Mary council, Railton / Odessa*

## Unfailing Prayer to St. Anthony

“Blessed be God in His Angels and in His Saints”

Holy St. Anthony, gentlest of Saints, your love for God and Charity for His creatures, made you worthy, when on earth, to possess miraculous powers. Miracles waited on your word, which you were ever ready to speak for those in trouble or anxiety.

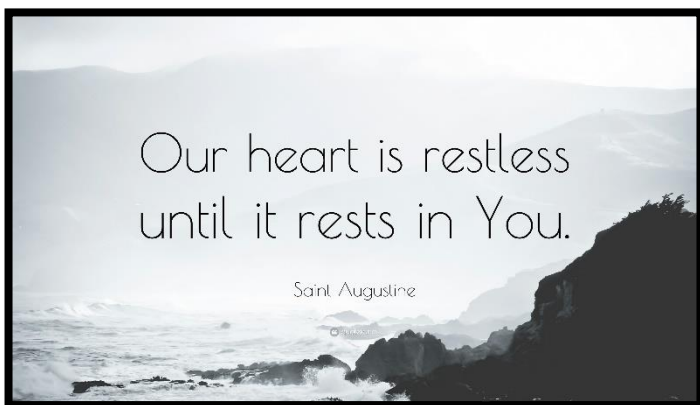
Encouraged by this thought, I implore of you to obtain for me (request).

The answer to my prayer may require a miracle, even so you are the Saint of Miracles.

O gentle and loving St. Anthony, whose heart was ever full of human sympathy, whisper my petition into the ears of the Sweet Infant Jesus, who loved to be folded in your arms, and the gratitude of my heart will ever be yours. Amen.

*Favourite of:*

*Rosita MacDonald, St. Mark the Evangelist, Prescott  
Mary Lou Immerseel, St. Patrick's, Napanee*



## **Prayer for a Happy Death**

*St. John Henry Newman (1801-1890)*

Oh, my Lord and Saviour, support me in that hour in the strong arms of Your Sacraments, and by the fresh fragrance of Your consolations.

Let the absolving words be said over me, and the holy oil sign and seal me, and Your own Body be my food, and Your Blood my sprinkling; and let my sweet Mother, Mary, breathe on me, and my Angel whisper peace to me, and my glorious Saints smile upon me; that in them all, and through them all, I may receive the gift of perseverance, and die, as I desire to live, in Your faith, in Your Church, in Your service, and in Your love. Amen.

*Favourite of:  
Assumption of the Blessed Virgin Mary council,  
Erinsville*

## **Prayer for a Peaceful Death**

*St. John Henry Newman (1801-1890)*

O Lord, support us all the day long, until the shadows lengthen, and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done.

Then in your mercy, grant us a safe lodging and a holy rest, and peace at the last. Amen.

*Favourite of:  
Rita Powers, St. Patrick's, Napanee  
Assumption of the Blessed Virgin Mary council,  
Erinsville*

## **Prayer from St. John Henry Cardinal Newman**

*St. John Henry Newman (1801-1890)*

My God, You know infinitely better than I how little I love You.

I would not love You at all except for Your grace.

It is Your grace that has opened the eyes of my mind and enabled them to see Your glory.

It is Your grace that has touched my heart and brought upon it the influence of what is so wonderfully beautiful and fair.

How can I help loving You, O my Lord, except by some dreadful perversion, which hinders me from looking at You?

O my God, whatever is nearer to me than You, things of this earth, and things more naturally pleasing to me, will be sure to interrupt the sight of You, unless Your grace interferes.

Keep my eyes, my ears, my heart from any such miserable tyranny.

Break my bonds – raise my heart. Keep my whole being fixed on You.

Let me never lose sight of You; and, while I gaze on You, let my love of You grow more and more every day.

*Favourite of:*

*Agathe Soucie, St. Mark the Evangelist, Prescott*





### **Novena to St. Thérèse: ‘The Little Flower’**

Most gracious Little Rose Queen, remember your promises of never letting any request made to you go unanswered, of sending down a shower of roses, and of coming down to earth to do good. Full of confidence in your power with the Sacred Heart, I implore your intercession in my behalf and beg of you to obtain the request I so ardently desire: (mention it).

Holy “Little Thérèse,” remember your promise “to do good upon earth” and shower down your “roses” on those who invoke you. Obtain for us from God the graces we hope for from His infinite goodness. Amen.

*Favourite of:  
Julia Murphy, Holy Name of Mary, Marysville*

*In memory of my mom and dad, Bernice and Bernard  
Murphy, who were both very devoted to St. Thérèse.*

## Prayer to St. Jude

St. Jude, please bless our family, in the name of the Father and of the Son and of the Holy Spirit.

May we grow in holiness with God, who formed us from the same mold.

We are bound by unbreakable ties.

Teach our hearts true love for each other and a deep respect for our bond.

Let us share our burdens as we share our joys and be generous in accepting each others love.

Pray for these families, St. Jude.

May the angels guard us from harm and guide us closer to You.

Give us Your gift of hope, healing and perfect charity, to love each other with purity of spirit.

And may the gentle patience, quiet strength and infinite wisdom of the Holy Family be with us and remain with us forever.

Amen.

*Favourite of:  
Peggy White, St. Paul the Apostle, Kingston*



**Prayer to St. Peregrine,  
Patron of Cancer Patients**

*From Devotions to St. Peregrine, compiled by the  
Daughters of St. Paul*

God, in St. Peregrine You gave us an outstanding example of faith and patience.

We humbly ask You, that by imitating him, and that by the help of his prayers, we will believe more fully in Your healing help, bear the suffering of this life without wavering, and come with joy to the peace of heaven.

We ask this through Christ our Lord, Amen.

*Favourite of:  
Kay Stewart, St. Joseph, Kingston*

**Prayer to St. Peregrine,  
Patron of Cancer Patients**

O great St. Peregrine, you who have been called “the Mighty, the Wonder-Worker” because of the numerous miracles you have obtained from God for those who pray to you. For so many years you bore in your own flesh this cancerous disease, that destroys the very fibre of your being and you turned to the source of all grace when the power of man could do no more.

You were favoured with the vision of Jesus, coming down from His cross to heal your affliction.

I pray you now to ask God and Our Lady to cure these sick persons we entrust to you. (*Name those you pray for.*) Aided in this way by your powerful intercession we shall sing to God now and for all eternity, a song of gratitude for His great goodness and mercy. Amen.

*Favourite of: Assumption of the  
Blessed Virgin Mary council, Erinsville*

## St. Paul's Prayer for the Ephesians

*Ephesians 3:14-21*

For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of His glory He may grant you to be strengthened with might through His Spirit in the inner man, and that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may have power to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled with all the fulness of God.

Now to Him who by the power at work within us is able to do far more abundantly than all that we ask or think, to Him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen.

*Favourite of:  
Mary Tudin, St. Joseph, Kingston*



*Favourite of:  
Lyne Tuepah, St. Mary's, Carleton Place*

## **Do It Anyway**

*St. Mother Teresa (1910 – 1997)*

People are often unreasonable, illogical, and self-centered

– Forgive them anyway.

If you are kind, people may accuse you of selfish or ulterior motives

– Be kind anyway.

If you are successful, you will win some false friends and some true enemies

– Succeed anyway.

If you are honest and frank, people may cheat you

– Be honest and frank anyway.

What you spend years building, someone can destroy overnight

– Build anyway.

The good you do today, people will often forget tomorrow

– Be good anyway.

Give the world the best you have, and it may never be enough

– Give the world the best you've got anyway.

You see, in the final analysis, it is between you and God

– It was never between you and them anyway.

*Favourite of:  
Annette Meadows, St. Mary's, Carleton Place*

*(Reportedly inscribed on the wall of Mother Teresa's children's home in Calcutta, and attributed to her. However, an article in the New York Times has since reported (March 8, 2002) that the original version of this poem was written by Kent M. Keith)*