

DEVOTIONAL PRAYERS

THE ANGELUS

In the time of St. Alphonsus, the seventeenth century, the Angelus prayer was in common use in the Church and naturally flowed into the Redemptorist tradition. The Angelus prayer celebrates the great fact of the Incarnation, God becoming man, which is one of the cornerstones of Alphonsian spirituality.

In 1843 a zealous young Redemptorist priest, Louis Florent Gillet, was sent on his first mission to Grosse Pointe, Michigan. There he instructed Mother Theresa Maxis, Therese Renault and Charlotte Schaaf, who would become the first three IHM Sisters, on the history of the Angelus and how to pray the prayer. Under the direction of Father Gillet, the Angelus became one of the first prayers said in common by these early sisters in the new community formed by Father Gillet.



(The Angelus is prayer three times a day: in the morning, at noon and in the evening.)

The angel of the Lord declared unto Mary;
and she conceived of the Holy Spirit.

**Hail Mary, full of grace the Lord is with you.
Blessed are you among women and blessed is fruit of your womb, Jesus.
Holy Mary, Mother of God, prayer for us sinners
and at the hour of our death. Amen.**

Behold the handmaid of the Lord;
be it done unto me according to your word.

Hail Mary...(as above)

And the Word was made flesh;
and dwelled among us.

Hail Mary...(as above)

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 You, O Lord, Your grace into our hearts, that we to whom the incarnation of Christ, Your 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 Christ Our Lord. Amen.



NOVENA FOR THE FEAST OF THE IMMACULATE CONCEPTION

The solemnity of the Immaculate Conception is the patronal feast of both the Redemptorist and the IHM Congregations. Preparation for the feast begins On November 30th.

Hail Mary, is prayed three times with the following aspiration:

“O Mary, conceived without sin, pray for us who have recourse to you.”

Then followed by one of the concluding prayers from the Solemnity:

- (1) Father, You prepared the Virgin Mary to be the worthy Mother of Your Son. You let her share beforehand in the salvation Christ would bring by His death, and kept her sinless from the first moment of her conception. Help us by her prayers to live in Your presence without sin. We ask this through our Lord Jesus Christ, Your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.**

- (2) Father, the image of the Virgin is found in the Church. Mary had a faith that Your spirit prepared and a love that never knew sin, for You kept her sinless from the first moment of her conception. Trace in our actions the lines of her love, in our hearts her readiness of faith. Prepare once again a world for Your Son who lives and reigns with You and the Holy Spirit, one God, forever and ever. Amen.**



DRAWING OF THE COURTS OF THE KING

The gentle simplicity of this traditional practice reflects the Alphonsian ideal of bringing lofty truths of salvation, such as the Incarnation, to poor and simple folk, in an appealing manner.

- The small cards with the individual Courts of the King can be found in the Charism Guide section of the IHM website.
- The cards are displayed, face down, for example, on a small tray.
- A simple prayer service is prepared incorporating the choosing of the Courts of the King by each of the participants.
- At a given point in the prayer service, the participants are invited to come forward and choose a card.
- The following intercessions may be used as part of the prayer service after the Courts have been chosen.

INTERCESSIONS

Father, may our hearts, like the stable, be open to receive You in each way that You choose to come into our hearts;

- *Jesus, touch us with the grace of devotion to Your service, and especially to Your poor.*

Father, may we, like the crib, offer our being as a place for Your Son Jesus to dwell;

- *Jesus, dwell in our hearts and make our lives filled with tender love for You and for all those You send into our lives.*

Father, may we, like the angels, bring the good news of Your coming to all those we meet this day;

- *Jesus, give us singleness of vision and gentleness of spirit to proclaim Your good news to all people.*

Father, You called Wise Men who studied the heavens from the east into the presence of Your Son;

- *Jesus, strengthen our efforts to be present to You in our prayer.*

Father, when the shepherds heard the song of the angels they went to seek Jesus;

- *Jesus, give us a listening heart, always ready to hear the prompting of the Spirit and always willing to respond with love.*

Father, You chose Joseph to enter into the mystery of the birth of Your Son;

- *Jesus, deepen our trust in Your Word, and teach us to depend on Your providence in all the circumstances of our lives.*

Father, the star revealed Your love to those who sought You;

- *Jesus, grant us the vision to see and draw forth the goodness You have placed in others.*

Father, You chose Bethlehem as the place where Your Son would come to dwell among us;

- *Jesus, like those who were led to Bethlehem. the House of Bread, lead us to a deeper love of Your presence in the Eucharist.*

Father, Mary laid Jesus on the straw as His first resting place;

- *Jesus, let our charity be the straw that strengthens us and provides support for others.*

Father, the warmth of the animal's breath sheltered Your Son during the first hours of His life as man;

- *Jesus, give us understanding in our relationships with one another so that we may know how to respond to all who need us.*

Father, you chose Mary for the mother of Your Son and You willed that her motherhood be virginal, entirely dependent on You, rather than on others;

- *Jesus, give us the gift of faith so that we may learn to rely on the power of Your Spirit in our lives rather than on our own efforts.*

WE FLY TO YOUR PATRONAGE (Sub Tuum)

This prayer is one of the most ancient in the Church, dating back to the third century. Early IHM practice included the prayer several times in the day.

We fly to your patronage, O holy Mother of God. Despise not our petitions in our necessities; but deliver us from all dangers, O ever glorious and blessed Virgin.

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

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

O blessed Mother of God, Mary, ever a Virgin, temple of the Lord, sanctuary of the Holy Spirit, you alone, without a rival have pleased Our Lord Jesus Christ.

Intercede for the people, intercede for the people and plead for all women consecrated to God. Amen.

THE MEMORARE

The earliest prayer manuals of the Sisters, Servants of the Immaculate Heart of Mary, indicate that this prayer was prayed from the time of the foundation of the Congregation.

Remember, O most gracious Virgin Mary, that never was it ever 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 me. Amen.

HAIL, THOU STAR OF OCEAN

It is the practice in the IHM Congregation for this prayer to be prayed in common at times when Sisters are traveling to and from our South American missions.

**Hail, thou star of ocean, portal of the sky.
Ever Virgin Mother of the Lord most high.
O, by Gabriel's Ave uttered long ago
Eva's name reversing, 'stablish peace below.**

**Break the captives fetters, light on blindness pour,
all our ills expelling, every bliss implore.
Show thyself a Mother, offer Him our sighs
who for us incarnate did not thee despise.**

**Virgin of all Virgins to thy shelter take us,
gentlest of the gentle, chaste and gentle make us.
Still as on we journey, help our weak endeavor
til with thee and Jesus we rejoice forever.**

**To the highest heaven, to the Almighty Three
Father, Son and Spirit, one same glory be! Amen.**

STATIONS OF THE CROSS

Stational celebrations reach back to the early days of the Church in Rome, the term indicating the different churches where pilgrims gathered and the Pope came to celebrate Mass at certain times of the year. By the fourth century the Church in Jerusalem also developed the tradition of gathering at the holy places where Jesus spent the weeks before He died. The type of devotion known as the *Stations of the Cross*, also called the *Way of the Cross*, was a practice made popular by the Franciscans in the Middle Ages. St. Alphonsus wrote a series of devotional prayers for the *Way of the Cross*. Since the booklet containing the *Stations of the Cross composed by St. Alphonsus* is readily available in Catholic book stores, the specific prayers are not included here.

