



*St Mary's Catholic Parish*

**THE  
CHURCH  
AT  
HOME**





# Welcome

In this booklet you will find a number of resources meant to help you continue the practice of the faith. Even though separated, we are still united by our love and faith in Jesus Christ and as members of the Body of Christ.

If you have questions or requests, please do not hesitate to contact the Parish Office. Our offices have moved to the Parish Center (789 Dartmouth Street) and our new phone number is 508-992-7505. Our website is [stmarysdartmouth.org](http://stmarysdartmouth.org).



St Mary's Parish Dartmouth  
789 Dartmouth Street  
South Dartmouth, MA 02748  
508-992-7505

[www.stmarysdartmouth.org](http://www.stmarysdartmouth.org)



## Current Schedules

### **Livestream**

Our livestream is running 24/7. If you have access to the internet, go to [www.stmarysdartmouth.org](http://www.stmarysdartmouth.org) and click on "Watch" at the top of the page to find the link to the livestream. The current schedule is:

### **Mass**

Monday-Thursday	8AM
Saturday Vigil	4PM
Sunday	8AM, 10AM, 12N, 5PM

### **Eucharistic Adoration**

Wednesday 6PM to 7PM

## Making a Spiritual Communion

My Jesus, I believe that You are present in the Most Blessed Sacrament.  
I love You above all things,  
and I desire to receive You into my soul.  
Since I cannot now receive you sacramentally,  
come at least spiritually into my heart.  
I embrace You as if you were already there,  
and I unite myself wholly to You.  
Never permit me to be separated from You.

*(Saint Alphonsus Liguori)*

## Unable to Go to Confession

1. In Prayer, express to the Lord your sorrow for your sins and what they are. Let Him know of your love and desire for Him.
2. Pledge that you will go to the Sacrament of Reconciliation as soon as you are able and it is safe to do so.
3. Make an 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.*



# MORNING PRAYER

God, come to my assistance; Lord, make haste to help me.

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

## Psalm 42

Like the deer that yearns for running streams, so my soul is yearning for you, my God.

My soul is thirsting for God, the God of my life; when can I enter and see the face of God?

My tears have become my bread, by night, by day, as I hear it said all day long: 'Where is your God?'

These things will I remember as I pour out my soul; how I would lead the rejoicing crowd into the house of God, amid cries of gladness and thanksgiving, the throng wild with joy.

Why are you cast down, my soul, why groan within me? Hope in God; I will praise him still, my savior and my God.

My soul is cast down within me as I think of you, from the country of Jordan and Mount Hermon, from the Hill of Mizar.

Deep is calling on deep, in the roar of waters: your torrents and all your waves swept over me.

By day the Lord will send his loving kindness; by night I will sing to him, praise the God of my life.

I will say to God, my rock: 'Why have you forgotten me?' Why do I go mourning, oppressed by the foe?

With cries that pierce me to the heart, my enemies revile me, saying to me all the day long: 'where is your God?'

Why are you cast down, my soul, why groan within me? Hope in God; I will praise him still, my savior and my God.

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

## Reading:

*Jeremiah 15:16*

When I found your words, I devoured them; they became my joy and the happiness of my heart, because I bore your name, O Lord, God of hosts.

## Responsory:

Sing for joy, God's chosen ones, give him the praise that is due.

Sing a new song to the Lord; give him the praise that is due.

Glory to the Father, and to the Son and to the Holy Spirit.

Sing for joy God's chosen ones, give him the praise that is due.

## Canticle of Zechariah:

Blessed be the Lord, the God of Israel; he has come to his people and set them free.



He has raised up for us a mighty savior, born of the house of his servant David.

Through his holy prophets he promised of old that he would save us from the hands of all who hate us.

He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins.

In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the

shadow of death, and to guide our feet into the way of peace.

Glory 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.

*In a moment of quiet, offer to the Lord your prayers and intentions. Please pray for our Church, diocese and parish as well. Also, for those struggling physically, emotionally, spiritually and financially due to the pandemic.*

## **Our Father.....**

### **Prayer**

Almighty Father, you have brought us to the light of a new day: keep us safe the whole day through from every sinful inclination. May all our thoughts, words and actions aim at doing what is pleasing in your sight. 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.

## *EVENING PRAYER*

God, come to my assistance; Lord, make haste to help me.

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

### **Psalm 27**

The Lord is my light and my help;  
whom shall I fear?  
The Lord is the stronghold of my life;  
before whom shall I shrink?

When evil-doers draw near  
to devour my flesh,  
it is they, my enemies and foes,  
who stumble and fall.

Though an army encamp against me  
my heart would not fear.  
Though war break out against me  
even then would I trust.

There is one thing I ask of the Lord,  
for this I long,  
to live in the house of the Lord,  
all the days of my life,  
to savor the sweetness of the Lord,  
to behold his temple.

For there he keeps me safe in his tent  
in the day of evil.  
He hides me in the shelter of his tent,  
on a rock he sets me safe.



And now my head shall be raised  
above my foes who surround me,  
and I shall offer within his tent  
a sacrifice of joy.

I will sing and make music for the Lord.

Glory 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.

## **Reading**

*James 1:19-22, 25*

Act on this word. If all you do is listen to it,  
you are deceiving yourselves. There is, on  
the other hand, the man who peers into  
freedom's ideal law and abides by it. He is  
no forgetful listener, but one who carries out  
the law in practice. Blest will this man be in  
whatever he does.

## **Responsory**

Claim me once more as your own, Lord, and  
- have mercy on me.

Do not abandon me with the wicked;  
- have mercy on me.

Glory to the Father, and to the Son, and to  
the Holy Spirit.

- Claim me once more as your own, Lord,  
and have mercy on me.

## **Gospel Canticle**

My + soul proclaims the greatness of the  
Lord,  
my spirit rejoices in God my Savior  
for he has looked with favor on his lowly  
servant.

From this day all generations will call me  
blessed:  
the Almighty has done great things for me,

and holy is his Name.  
He has mercy on those who fear him  
in every generation.

He has shown the strength of his arm,  
he has scattered the proud in their conceit.

He has cast down the mighty from their  
thrones,  
and has lifted up the lowly.

He has filled the hungry with good things,  
and the rich he has sent away empty.

He has come to the help of his servant Israel  
for he has remembered his promise of  
mercy,  
the promise he made to our fathers,  
to Abraham and his children for ever.

Glory 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.

*In a moment of quiet, offer to the Lord your  
prayers and intentions. Please pray for our  
Church, diocese and parish as well. Also,  
for those struggling physically, emotionally,  
spiritually and financially due to the  
pandemic.*

## **Our Father.....**

### **Prayer**

Almighty Father, you have brought us to the  
light of a new day: keep us safe the whole  
day through from every sinful inclination.  
May all our thoughts, words and actions aim  
at doing what is pleasing in your sight. 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.

# NIGHT PRAYER

God, come to my assistance; Lord, make haste to help me.

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

*Take a moment for an examination of conscience.*

Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.

## **Psalm 91**

He who dwells in the shelter of the Most High  
And abides in the shade of the Almighty  
Says to the Lord: 'My refuge,  
My stronghold, my God in whom I trust!'

It is he who will free you from the snare  
of the fowler who seeks to destroy you;  
he will conceal you with his pinions  
and under his wings you will find refuge.

You will not fear the terror of the night  
Nor the arrow that flies by day,  
Nor the plague that prowls in the darkness  
Nor the scourge that lays waste at noon.

A thousand may fall at your side,  
Ten thousand fall at your right,  
You, it will never approach;  
His faithfulness is buckler and shield.

Your eyes have only to look  
To see how the wicked are repaid,  
You who have said: 'Lord, my refuge!'  
And have made the Most High your dwelling.

Upon you no evil shall fall,

No plague approach where you dwell.  
For you has he commanded his angels,  
To keep you in all your ways.

They shall bear you upon their hands  
Lest you strike your foot against a stone.  
On the lion and the viper you will tread  
And trample the young lion and the dragon.

Since he clings to me in love, I will free him;  
Protect him for he knows my name.  
When he calls I shall answer: 'I am with you,'  
I will save him in distress and give him glory.

With length of life I will content him;  
I shall let him see my saving power.

Glory 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.

## **Reading**

*Revelation 22:4-5*

They shall see the Lord face to face and bear his name on their foreheads. The night shall be no more. They will need no light from lamps or the sun, for the Lord God shall give them light, and they shall reign forever.

## **Responsory**

Into your hands, Lord, I commend my spirit.

You have redeemed us, Lord God of truth.  
– *Into your hands, Lord, I commend my spirit.*

Glory be to the Father and to the Son and to the Holy Spirit.  
– *Into your hands, Lord, I commend my spirit.*



## **Canticle of Simeon**

Lord, now you let your servant go in peace;  
Your word has been fulfilled:

My own eyes have seen the salvation  
Which you have prepared in the sight of  
every people;

A light to reveal you to the nations  
And the glory of your people Israel.

Glory 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.

## **Concluding Prayer**

Lord, We have celebrated today the mystery  
of the rising of Christ to new life. May we  
now rest in Your peace, safe from all that  
can harm us,  
And rise refreshed and joyful,  
To praise you throughout another day.

We ask this through Christ our Lord. Amen.

## **Blessing**

May the all-powerful Lord grant us a restful  
night and a peaceful death. Amen.

## **Antiphon in honor of the Blessed Virgin Mary**

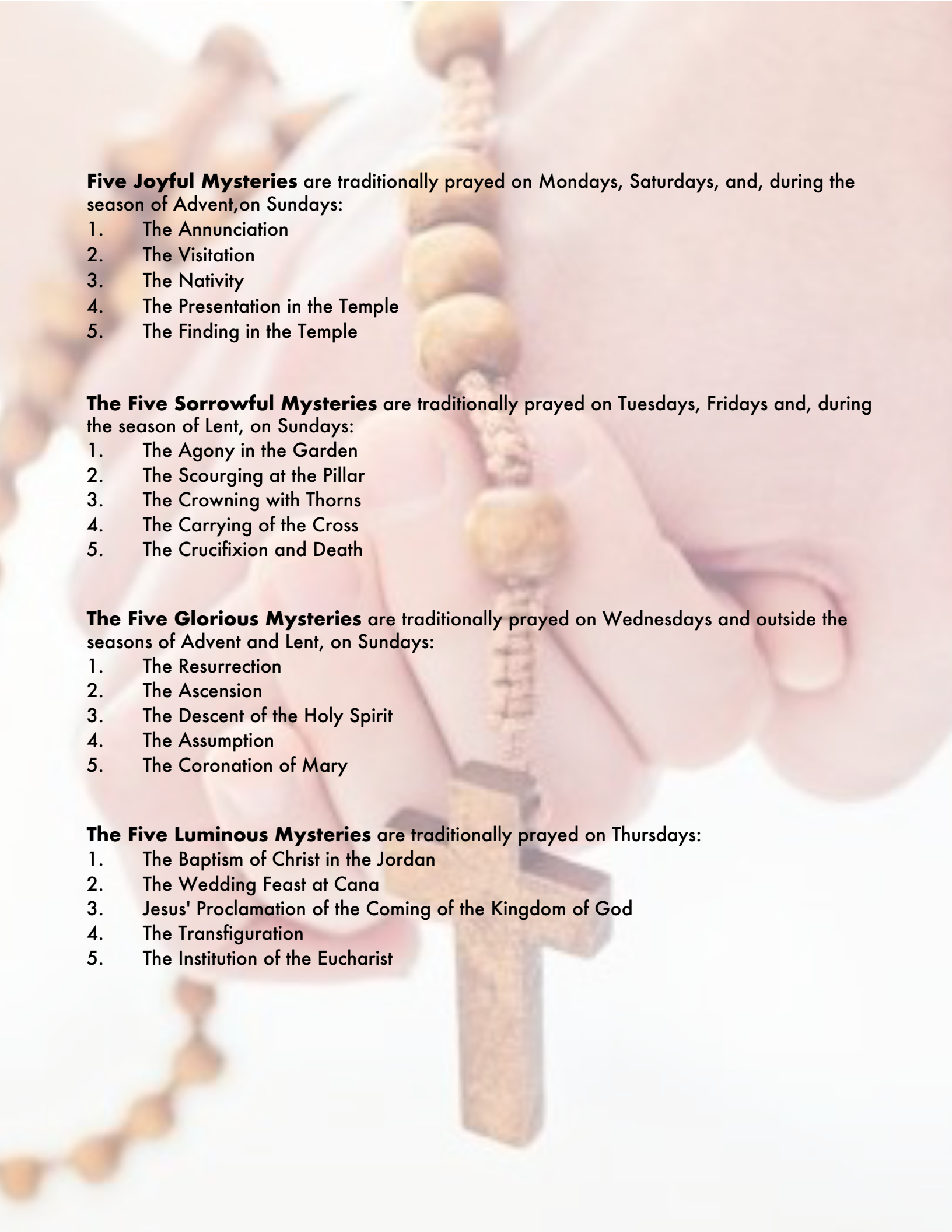
Hail, holy Queen, mother of mercy,  
Our life, our sweetness and our hope.  
To you do we cry,  
Poor banished children of Eve.  
To you do we send up our sighs  
Mourning and weeping in this vale of tears.  
Turn then, most gracious advocate,  
Your eyes of mercy toward us,  
And after this exile  
Show us the blessed fruit of your womb,  
Jesus.  
O clement, O loving,  
O sweet Virgin Mary.

# *DEVOTIONS - The Rosary*

*(from usccb.org)*

The Rosary is a Scripture-based prayer. It begins with the Apostles' Creed, which summarizes the great mysteries of the Catholic faith. The Our Father, which introduces each mystery, is from the Gospels. The first part of the Hail Mary is the angel's words announcing Christ's birth and Elizabeth's greeting to Mary. St. Pius V officially added the second part of the Hail Mary. The Mysteries of the Rosary center on the events of Christ's life. There are four sets of Mysteries: Joyful, Sorrowful, Glorious and – – added by Saint John Paul II in 2002 – – the Luminous.

The repetition in the Rosary is meant to lead one into restful and contemplative prayer related to each Mystery. The gentle repetition of the words helps us to enter into the silence of our hearts, where Christ's spirit dwells. The Rosary can be said privately or with a group.



**Five Joyful Mysteries** are traditionally prayed on Mondays, Saturdays, and, during the season of Advent, on Sundays:

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

**The Five Sorrowful Mysteries** are traditionally prayed on Tuesdays, Fridays and, during the season of Lent, on Sundays:

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 and Death

**The Five Glorious Mysteries** are traditionally prayed on Wednesdays and outside the seasons of Advent and Lent, on Sundays:

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

**The Five Luminous Mysteries** are traditionally prayed on Thursdays:

1. The Baptism of Christ in the Jordan
2. The Wedding Feast at Cana
3. Jesus' Proclamation of the Coming of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist



## Praying the Rosary



Familiarize yourself and/or your group with the prayers of the rosary.

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the Apostles' Creed.
3. On the first bead, say an Our Father.
4. Say one Hail Mary on each of the next three beads.
5. Say the Glory Be
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the Our Father.
7. While fingering each of the ten beads of the decade, next say ten Hail Marys while meditating on the Mystery. Then say a Glory Be.

*(After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.)*

8. After saying the five decades, say the Hail, Holy Queen, followed by this dialogue and prayer:

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

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

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 while 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 the same Christ our Lord. Amen.



# DEVOTIONS - Divine Mercy

(from usccb.org)

## **Optional Opening Prayers:**

You expired, Jesus, but the source of life gushed forth for souls,  
and the ocean of mercy opened up for the whole world.

O Fount of Life, unfathomable Divine Mercy,  
envelop the whole world and empty Yourself out upon us.

(Repeat 3 times) O Blood and Water, which gushed forth from the Heart of Jesus as a  
fountain of Mercy for us, I trust in You!

Our Father, Hail Mary and the Apostle's Creed

For each of the five decades (On each "Our Father" bead of the rosary, pray)

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved  
Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

(On each of the 10 "Hail Mary" beads, pray)

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

Concluding prayer (Repeat 3 times)

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole  
world.

## **Optional Closing Prayer**

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look  
kindly upon us and increase Your mercy in us, that in difficult moments we might not despair  
nor become despondent, but with great confidence submit ourselves to Your holy will, which  
is Love and Mercy itself.



# PRAYERS

## 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  
and 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 are eternal truth and wisdom,  
who can neither deceive nor be deceived.  
In this faith I intend to live and die.  
Amen.

## Act of Hope

O Lord God,  
I hope by your grace for the pardon  
of all my sins  
and after life here to gain eternal happiness  
because you have promised it  
who are infinitely powerful, faithful, kind,  
and merciful.  
In this hope I intend to live and die.  
Amen.

## Act of Love

O Lord God, I love you above all things  
and I love my neighbor for your sake  
because you are the highest, infinite and  
perfect  
good, worthy of all my love.  
In this love I intend to live and die.  
Amen.

## 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.

## Apostles Creed

I believe in God, the Father almighty,  
creator of heaven and earth.  
I believe in Jesus Christ, his only Son, our  
Lord.  
He was conceived by the power of the Holy  
Spirit and born of the virgin Mary.  
He suffered under Pontius Pilate,  
was crucified, died, and was buried.  
He descended to the dead.  
On the third day he rose again.  
He ascended into heaven,  
and is seated at the right hand of the Father.  
He will come again to judge the living and  
the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of the saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.

## Angelus

The Angel of the Lord declared unto Mary.  
And she conceived of the Holy Spirit.

Hail Mary...

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

Hail Mary...

And the Word was made Flesh.  
And dwelt among us.

Hail Mary...

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 the same Christ  
Our Lord. Amen.







## **Prayer to Our Lady of Guadalupe**

**Holy Virgin of Guadalupe, Queen of the Angels and Mother of the Americas.**

**We fly to you today as your beloved children.**

**We ask you to intercede for us with your Son, as you did at the wedding in Cana.**

**Pray for us, loving Mother,  
and gain for our nation and world,  
and for all our families and loved ones,  
the protection of your holy angels,  
that we may be spared the worst of this illness.**

**For those already afflicted,  
we ask you to obtain the grace of healing and deliverance.  
Hear the cries of those who are vulnerable and fearful,  
wipe away their tears and help them to trust.**

**In this time of trial and testing,  
teach all of us in the Church to love one another and to be  
patient and kind.**

**Help us to bring the peace of Jesus to our land and to our hearts.  
We come to you with confidence,  
knowing that you truly are our compassionate mother,  
health of the sick and cause of our joy.**

**Shelter us under the mantle of your protection,  
keep us in the embrace of your arms,  
help us always to know the love of your Son, Jesus. Amen.**



# REMEMBER, YOU ARE ALWAYS IN OUR THOUGHTS AND PRAYERS

- Your family of faith at St Mary's Dartmouth

