

Holy Hour for Life



ST. MARY'S RESPECT LIFE MINISTRY

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EXPOSITION AND BENEDICTION OF THE BLESSED SACRAMENT

Kneel: When the presider (priest or deacon) goes to the tabernacle and when he opens it all kneel.

Once the celebrant has reached the front of the altar and kneels, O Saving Victim is sung by the congregation.

O saving Victim, open wide
The gate of heaven to us below.
Our foes press on from every side;
Your aid supply, your strength bestow.
To your great name be endless praise,
Immortal Godhead, One in Three;
O grant us endless length of days
In our true native land with thee. Amen.

O salutaris Hostia
Quae caeli pandis ostium;
Bella premunt hostilia,
Da robur, fer auxillium.
Uni trinoque Domino
Sit sempiterna gloria,
Qui vitam sine termino
Nobis donet in patria. Amen.

ADORATION

During this period there may be appropriate prayers, songs, readings from scripture, and a brief homily to help the congregation focus its attention to the worship of the Lord. It is important to remember that the Eucharist is the "Real Presence" of Jesus Christ. You may kneel or be seated for your private portion of adoration/devotion.

BENEDICTION

After a period of meditation and reflection the celebrant goes to the altar, genuflects, and kneels. All kneel and join in singing the Tantum Ergo.

Down in adoration falling,
This great Sacrament we hail;
Over ancient forms of worship
Newer rites of grace prevail;
Faith will tell us Christ is present,
When our human senses fail.
To the everlasting Father,
And the Son who made us free,
And the Spirit, God proceeding
From them Each eternally,
Be salvation, honor, blessing,
Might and endless majesty. Amen.

Tantum ergo Sacramentum
Veneremur cernui,
Et antiquum documentum
Novo cedat ritui;
Praestet fides supplementum
Sensuum defectui.
Genitori Gentioque
Laus et jubilatio,
Salus, honor, virtus quoque
Sit et benedictio;
Procedenti ab utroque
Compar sit laudatio. Amen.

All remain kneeling when the presider stands and says

Priest/Deacon: You have given them Bread from heaven (P.T. Alleluia)

ALL: Having all sweetness within it (P.T. Alleluia)

Priest/Deacon: Let us pray! O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption. Who live and reign with God the Father in the unity of the Holy Spirit, one God, for ever and ever.

ALL: Amen.

The celebrant will then bless all present with the Eucharist.

After the presider has blessed everyone, he will come back in front of the altar and kneel and lead everyone in the Divine Praises.

Blessed be God.

Blessed be his holy name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most Precious Blood.

Blessed be Jesus in the most holy sacrament of the altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

Amen.

REPOSITION

When the priest or deacon has blessed everyone he then replaces the Blessed Sacrament in the tabernacle and genuflects, all stand and join in singing.

Holy God, we praise thy name;
Lord of all, we bow before thee;
All on earth they scepter claim;
All in heaven above adore thee.
Infinite thy vast domain,
Everlasting is thy reign!

Hark, the loud celestial hymn;
Angel choirs above are raising;
Cherubim and Seraphim,
In unceasing chorus praising,
Fill the heavens with sweet accord:
"Holy, holy, holy, Lord!"

Rosary for Life

Prayer for Closing of an abortion clinic

Father, all life is in Your care.

You have entrusted us to one another, that we may show our brothers and sisters the same love You have for us.

We pray, then, for the least among us, the children in the womb.

Protect them from the violence of abortion.

We pray for those that are scheduled to die at Planned Parenthood abortion clinic in Shrewsbury, NJ. Save them from death.

Give new hope to their parents, that they may turn away from the desperate act of abortion.

Grant conversion to the abortionists and to the staff.

Show us how we are to respond to the bloodshed in our midst and lead us to the day when this place of death will be transformed into a haven of life.

Guard us with Your joy and Your peace, for in You life is victorious.

We pray in the name of Jesus Christ our Lord.

Amen.

Prayer to End Abortion

by Reverend Frank Pavone

Lord God, thank you today for the gift of my life and for the lives of all my brothers and sisters.

I know that nothing destroys more life than abortion, yet, I rejoice that you have conquered death by the Resurrection of Your Son.

I am ready to do my part in ending abortion.

Today I commit myself never to be silent, never to be passive, never to be forgetful of the unborn.

I commit myself to be active in the Pro-life movement, and never to stop defending life until all my brothers and sisters are protected and our Nation once again becomes a Nation with liberty and justice, not for some but for all, through Christ our Lord.

Amen.

The Joyful Mysteries

The Annunciation

As Mary accepted with faith her unexpected pregnancy and trusted God to work things out, may all women today accept the life within them and trust God to help them work through their problems.

Fruit: Humility

The Visitation

As Mary and Elizabeth ministered to each other and shared their joy, may we serve pregnant mothers who are in need.

Fruit: Love of Neighbor

The Birth of Christ

God came to us at Bethlehem in the form of a baby. May God come to each woman who conceives a child. May the love she learns to have for her baby open her heart for receiving the love of God.

Fruit: Detachment

The Presentation

Mary and Joseph presented the Child Jesus in the temple in accordance with Jewish Law. May we never fail to observe the moral prescriptions of our Church in our lives.

Fruit: Obedience

Finding Jesus in the Temple

Mary and Joseph were distressed to have lost Jesus in the temple. May those who lost, or never found Christ, open their hearts to Him.

Fruit: Piety

The Sorrowful Mysteries

The Agony in the Garden

Even Christ found it difficult to do His Father's will at Gethsemane. May each woman who agonizes whether to choose life or death for her child have the courage to choose LIFE.

Fruit: Trust in God

The Scourging at the Pillar

As Christ was scourged His skin was torn. The pain was agonizing upon His innocent flesh. May the merits of Christ's suffering bring an end to legalized abortion.

Fruit: Purity

The Crowning with Thorns

As Christ was crowned with thorns He suffered great humiliation. May we never be afraid of human opinion, pain or humiliation in our pro-life apostolate. May we always offer it up for the love of Jesus, in reparation for the sins committed against the Immaculate Heart of Mary and for the conversion of the poor souls of sinners.

Fruit: Fortitude

Carrying the Cross

Lord, by the time You carried the cross you were near total exhaustion, yet, You went on giving totally of yourself. Help us to go on with our pro-life efforts no matter how tired or discouraged we may be. May we never rest until we have given of ourselves completely.

Fruit: Perseverance in Trials

The Crucifixion

From the cross You said, "Forgive them, they know not what they do". Although You gave Your life, You bore no malice. As Your heart was pierced it poured forth love. By the merits of Your death help us to work without malice, wishing like You, only the conversion of the sinner.

Fruit: Salvation

The Glorious Mysteries

The Resurrection

On that glorious Easter morning life triumphed over death, love overcame evil. So it will always be. You came that we might have life and have it more abundantly. Thank you Lord. Help us to always remember that we are children of the Resurrection.

Fruit: Faith

The Ascension

Your work done You returned to the Father saying, "You will be my witnesses, even to the ends of the earth". So many who are considering abortion are at the ends of the earth, un-loved, unloving, hurt, scared, poor, near despair. Help us to lead them upward to you.

Fruit: Hope

The Coming of the Holy Spirit

Through the Holy Spirit You live within us. We are Your apostles for life. May the Holy Spirit guide us as we pray for the unborn, their mothers and to soften the hearts of abortionists and their supporters.

Fruit: Wisdom, Love of God

The Assumption of Mary into Heaven

Mary, you were assumed body and soul into Heaven because of your great purity. Pray that we may all live lives of purity and chastity.

Fruit: To Jesus through Mary

The Coronation of Mary as Queen of Heaven

Mary, as Queen of Heaven you are Mother of us all. Beg for us the graces to always have a mother's love for each pregnant mother seeking an abortion, that she may come to know your Son, Jesus.

Fruit: Eternal Happiness

PRAYER FOR LIFE

O, Holy mother of God, our hearts are filled with sorrow at the number of abortions across our land as these are sins committed against our Heavenly Father. We grieve for the unborn infants who will never know what it means to love and to be loved in this life, who will never experience a parent's embrace, or know the happiness of family life. But above all, they will never be able to hand on to their children their hope and faith in a loving God.

We beg you this day to intercede with Jesus Christ, your Divine Son, to touch with His grace the souls of those who participate in these acts of abortion so that they may come to an awareness of the erroneous thoughts in their minds and of the shallowness, hardness, and selfishness in their hearts.

Please plead with Him not to hold the present deplorable situation against us as a nation, but rather to be patient with us and to give all of us an abundance of wisdom, generosity, and courage to mend our ways and to return the sanity of genuine respect for life and the rights of others at all stages of life.

O Mary, we implore you to ask our Divine Savior to find a special place in His heart for these infants as He did for the Holy Innocents. We come to you, Immaculate Mother, with complete confidence that you will answer our prayer. Amen.

DIVINE MERCY CHAPLET

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

St. Faustina's Prayer for Sinners

O Jesus, eternal Truth, our Life, I call upon You and I beg Your mercy for poor sinners. O sweetest Heart of my Lord, full of pity and unfathomable mercy, I plead with You for poor sinners. O Most Sacred Heart, Fount of Mercy from which gush forth rays of inconceivable graces upon the entire human race, I beg of You light for poor sinners. O Jesus, be mindful of Your own bitter Passion and do not permit the loss of souls redeemed at so dear a price of Your most precious Blood. O Jesus, when I consider the great price of Your Blood, I rejoice at its immensity, for one drop alone would have been enough for the salvation of all sinners. Although sin is an abyss of wickedness and ingratitude, the price paid for us can never be equalled. Therefore, let every soul trust in the Passion of the Lord, and place its hope in His mercy. God will not deny His mercy to anyone. Heaven and earth may change, but God's mercy will never be exhausted. Oh, what immense joy burns in my heart when I contemplate Your incomprehensible goodness, O Jesus! I desire to bring all sinners to Your feet that they may glorify Your mercy throughout endless ages (Diary of Saint Maria Faustina Kowalska, 72).

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 three times) O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!

Our Father

Hail Mary

Apostle's Creed

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

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 the 10 Small Beads of Each Decade - For the sake of His sorrowful Passion, have mercy on us and on the whole world.

Conclude with Holy God (Repeat three times) Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

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.

PRAYER TO ST. MICHAEL THE ARCHANGEL

Saint Michael the Archangel, defend us in 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, thrust into hell Satan and all evil spirits who wander through the world for the ruin of souls. Amen

STATIONS OF THE CROSS FOR THE VICTIMS OF ABORTION

Prayer Before the Way of the Cross

In profound humility I adore You, my Lord and my God. I believe in You, I hope in You, and I love You above all things. I am heartily sorry that I have ever offended You, great and lovable above all beings. I will make this Way of the Cross for Your greater glory and for the salvation of souls.

FIRST STATION: JESUS IS CONDEMNED TO DEATH

We adore you, O Christ, and we bless You;

Because by Your Holy Cross You have redeemed the world.

See our innocent Savior standing before His worldly judge. Pilate knows that Jesus is innocent. He even knows that Jesus stands accused before him only because of the envy of the hypocritical scribes, Pharisees, and other religious leaders of the Jews. But he tries to act as though it were not so! He tries to compromise with the truth.

He seeks peace at the price of injustice. He finds only enduring wretchedness and anguish of the soul.

My innocent Jesus, often, rather than offend men, I have forsaken You. And yet, in spite of this, You have taken upon Yourself the sentence of death that You might be restored to life.

My God and my Savior! As long as I try to please men I am in danger of forsaking You. Give me the grace and the courage to be willing to displease men – even the entire world – rather than to offend You.

Have mercy on us, O Lord.

Have mercy on us.

And have mercy on the thousands of babies who today stand sentenced to crucifixion in the womb, by the verdict of their own mothers.

Have mercy on them.

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

Hymn: Stabat Mater

Who on Christ's dear mother gazing

Pierced by anguish so amazing

Born of woman would not weep.

SECOND STATION: JESUS RECEIVES HIS CROSS

We adore you, O Christ, and we bless You;

Because by Your Holy Cross You have redeemed the world.

When Jesus sees the Holy Cross, willingly, eagerly He embraces it. For those who give it to Him the Cross is an instrument of torture, but for Him it is an instrument of my salvation.

It is by enduring the Cross that He is able at last, once and for all, to atone to His Heavenly Father for the sins of the centuries – for my sins. Therefore, He embraces it eagerly.

O Jesus, by bearing Your Cross You atoned for my sins and gained the graces necessary for my salvation. And it is by bearing my cross after You that I can best make sure that the sacrifices You made for me were not in vain.

Whatever little worry, or trouble, or trial, or responsibility You will send me, I shall bear each generously for love of You, Who bore your Cross so generously for love of me.

Have mercy on us, O Lord.

Have mercy on us.

And have mercy on the little ones who this very day must receive the cross of rejection and pain in the secrecy of their own mother's wombs.

Have mercy on them.

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

Who on Christ's dear mother thinking

Such a cup of sorrow drinking

Would not share her sorrows deep?

THIRD STATION: JESUS FALLS THE FIRST TIME

We adore You, O Christ, and we bless You;

Because by Your Holy Cross You have redeemed the world.

Weakened by the loss of blood and brokenhearted because of my infidelities, Jesus strains to bear the heavy weight of my sins. But they are too much for Him!

With His unaided human strength – and unaided human strength is all He permits Himself to use – He is simply unable to bear up under the oppressive burden. He stumbles and falls. But, impelled by love for me, He strains to rise again and carry on. However much I deserve to be forsaken, He will not forsake me.

My Jesus, if ever I should have the misfortune of falling into sin again, I shall take courage by your example. I promise, with the help of Your grace to rise again and to follow faithfully in Your footsteps – even if they do lead to Calvary.

Have mercy on us, O Lord.

Have mercy on us.

And have mercy on the mothers who, overcome with confusion and anxiety, have caved in to the temptation to try to solve their problems by secretly destroying their own babies – that they may have the grace of conversion and repentance and reverse their decisions.

Have mercy on them.

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

Bruised, derided, cursed, defiled

She beheld her tender child

All with bloody scourges rent.

FOURTH STATION: JESUS MEETS HIS BLESSED MOTHER

We adore You, O Christ, and we bless You;

Because by Your Holy Cross You have redeemed the world.

Imagine Mary, Mother of Sorrows, meeting her beloved Son carrying the Cross. Think of the deep sorrow that filled her heart. She wished to die either for Jesus or together with Him. But her cross was to live! It was by sharing so intimately in the Passion of her Divine Son that she brought me forth into supernatural life and merited to be called my mother.

As a worthy child of so glorious a Mother, I must strive to share in her great and intense sorrow that I might not only console her, but also by suffering with her, learn to hate sin, which caused her such great anguish.

O Mary, my Mother, by the merits of your intense grief, obtain for me the great grace of realizing that God chastises those He loves. Following your graceful example, let me be reconciled to the fact that suffering and sorrow and the Cross must be my lot in this valley of tears.

In your motherly solicitude, strengthen me that I might bear my cross well, as He would have me.

Have mercy on us, O Lord.

Have mercy on us.

And have mercy on all pregnant mothers who are overwhelmed by anxieties over their pregnancy; may they, through the example and prayers of our Blessed Mother, have the grace and courage to accept their babies as a sharing in Christ's difficult Passion, rather than trying to avoid their crosses and mistake abortion as an "easy" way out.

Have mercy on them.

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

O thou mother, font of love

Touch my spirit from above

Make my heart with thine accord.

FIFTH STATION: SIMON OF CYRENE HELPS JESUS CARRY THE CROSS

We adore You, O Christ, and we bless You;

Because by Your Holy Cross You have redeemed the world.

Simon of Cyrene is compelled to help Jesus carry the Cross. How he recoiled at the embarrassment of helping a condemned criminal! How he preferred, as I often prefer, to carry the cross of his own choice instead of the cross that Jesus would have him bear.

Let me be ashamed that, like Simon, I so often carry the cross only on compulsion – that I so reluctantly help Jesus bear the heavy burden of atonement for sins.

My Jesus, whoever does not carry the Cross and follow You is not worthy of You. I will help You carry the Cross; I will be Your companion.

Help me realize, as St. Paul realized, the great privilege I have in being able to make up in my body what is lacking in Your sufferings for the salvation of souls – that I am able, by carrying the Cross with You, to share in Your work of saving souls.

Have mercy on us, O Lord.

Have mercy on us.

And have mercy on all Pro-Life workers trying to help pregnant women avoid the illusory solution to their problems by seeking to abort their babies. May God grant them the grace of prudence, wisdom, and perseverance in their work.

Have mercy on them.

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

For the sins of His own nation

Saw him hang in desolation

Till His spirit forth He sent.

SIXTH STATION: VERONICA WIPES THE FACE OF JESUS

We adore You, O Christ, and we bless You;

Because by Your Holy Cross You have redeemed the world.

Veronica, out of devotion and compassion for Jesus, approaches Him and wipes His bloodstained countenance with a cloth. Brave woman! Long ago she had learned the vanity of human praise and emptiness of human contempt. Scorning the jeering multitude, she befriends the friendless Jesus and offers Him her comfort and sympathy. Jesus imprints on her veil the image of His Holy Face.

A little service brings a great reward. God will not be outdone in generosity.

O Jesus, grant me the courage to befriend You in the company of the scornful. Let me learn from those who ridiculed and condemned You the insignificance of human contempt. Give me the courage to stand alone, if need be, in witness to what is true and in defense of what is right. Let me fear only Your adverse judgment.

Behold, I offer you my heart; seal it as Your very own. Imprint upon it the image of Your countenance, and may that image never be effaced from my heart.

Have mercy on us, O Lord.

Have mercy on us.

And have mercy on the many women who, dreading the loss of reputation pregnancy brings, are tempted to avoid the embarrassment by aborting their babies. May they valiantly resist the temptation and refuse to mar the image of God they bear in their wombs.

Have mercy on them.

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

Make me feel as Thou hast felt

Make my soul to glow and melt

With the love of Christ my Lord.

SEVENTH STATION JESUS FALLS THE SECOND TIME

We adore You, O Christ, and we bless You;

Because by Your Holy Cross You have redeemed the world.

Again, weakened by suffering and overcome by fatigue, Jesus falls. Though utterly exhausted, He will not give up. He will not surrender to death until atonement is made and my salvation is accomplished.

O Jesus, help me bear with perseverance and ever greater generosity the cross of fidelity to Your commandments and of docility to Your inspirations.

But if I should ever again have the misfortune of sinning, let me, encouraged by the example of Your zeal to atone, have the honesty to acknowledge my guilt, the humility to confess my failure, the courage to atone for my sin, and the strength to rise again.

Have mercy on us, O Lord.

Have mercy on us.

And have mercy on all those guilty of a second abortion, that they might not only come to an acute realization of the awfulness of their sin but also to a firm conviction of the infinite mercy of God and of His love for the repentant sinner.

Have mercy on them.

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

Holy Mother, pierce me through

In my heart each wound renew

Of my Savior crucified.

Let me share with Thee His pain

Who for all my sins was slain

Who for me in torments died.

EIGHTH STATION: JESUS MEETS THE WOMEN OF JERUSALEM

We adore You, O Christ, and we bless You;

Because by Your Holy Cross You have redeemed the world.

The pious women of Jerusalem weep for our suffering Savior. He turns to them and says, "Weep not for Me, but weep for yourselves and for your children." Compassion is good and we should have compassion for our Lord, but He wishes us to understand that it is better to be sorry for our sins.

He also wants us to realize that we, too, might be asked to bear such sufferings as His. We must be prepared.

O Jesus, grant me, like the women of Jerusalem, a compassionate heart, a heart ever sensitive to the sufferings of others and ever eager to help them in their trials. Grant me especially a heart sensitive to the malice of sin. But also, dear Lord, help me to realize that I, like You, may be required to bear my cross down the gauntlet of ridicule and scorn. Please strengthen me for any trials You have in store for me.

Have mercy on us, O Lord.

Have mercy on us.

And have mercy on all the lonely mothers who, having been deceived into aborting their babies are now abandoned to bear alone the burden of a tortured conscience. May they realize that in spite of their sin they are still objects of God's overwhelming and merciful love. With tears of repentance may they quickly return to their Father's loving embrace.

Have mercy on them.

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

Let me mingle tears with thee

Mourning Him who mourned for me

All the days that I may live.

NINTH STATION: JESUS FALLS THE THIRD TIME

We adore You, O Christ, and we bless You;

Because by Your Holy Cross You have redeemed the world.

As Jesus approaches Calvary, He falls again, the third time. How very real the suffering, the heartache, the fatigue of my beloved Savior was; therefore, how great and how genuine His love for me in bearing the cross.

From this third fall I must realize especially that, regardless of how many times I fall, I must acknowledge my failure, repent my fault, and rise again.

O Jesus, grant me the grace of immunity from despair. Imprint indelibly on my soul the realization of Your great love for me and of Your infinite patience and forgiveness. Instill in me a firm determination never to allow unrepented sins to keep me from You.

Make me firm in my resolve ever to be honest in admitting my guilt; make me ready to endure any embarrassment, to tolerate any consequences, rather than fail to confess and atone for my sins.

Have mercy on us, O Lord.

Have mercy on us.

And have mercy on those who have been involved with multiple abortions: the mothers who have had several abortions, those who work for and assist the abortionists, and the abortionists themselves. With a keen realization of the awfulness of their sin, may they sincerely repent and strive to atone for their sin by helping others avoid the trap they fell into.

Have mercy on them.

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

By the Cross with Thee to stay

There with Thee to weep and pray

This I ask of Thee to give.

TENTH STATION: JESUS IS STRIPPED OF HIS GARMENTS

We adore You, O Christ, and we bless You

Because by Your Holy Cross You have redeemed the world.

Behold our Blessed Savior as He is stripped of His garments. Even in His Sacred Passion He teaches me detachment from things of this world. He divests Himself of the last vestiges of the things of this world, His own garments.

He reminds me that in my final agony I must relinquish all – nothing on earth can serve as my support. Riches, honors, and reputation are of no avail. Even friends must pass me by, helpless to come to my aid. I must, therefore, seek above all, the kingdom of God and His friendship. With these I am rich and secure; with anything else – with everything else – I am poor and wretched.

O Jesus, let me, like You, be detached from the things of this world. Help me to realize that things of this earth can never bring me final happiness, nor ever support me in my critical trials.

Grant me the grace to see that attachment to things that cannot bring happiness is not wisdom – that dependence on things that cannot save is folly. Grant me the grace of being poor in spirit; that I might have one consuming ambition: to amass merit in Heaven; and that I might have one consuming passion: to always do Your Holy Will.

Have mercy on us, O Lord.

Have mercy on us.

And have mercy on those who are this hour being prepared for an abortion. With a keen awareness of the sin they are about to commit, may they, even at this last moment, have the grace and courage to reverse this decision, and spare their children.

Have mercy on them.

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

Virgin of all virgins blest

Listen to my fond request

Let me share thy grief with Thee.

ELEVENTH STATION: JESUS IS NAILED TO THE CROSS

We adore You, O Christ, and we bless You;

Because by Your Holy Cross You have redeemed the world.

Contemplate our Divine Savior as He suffers the pain of being nailed to the cross. By His anguish He atones for our sins of sensuality. Hear the dull thud of the hammer. Feel the piercing pain as each blow strikes. How intolerable is the aching agony that follows as each hand and each foot is fastened to the cross.

Reflect on the fact that this is my Savior; and that He endures all this for my sins of self-indulgence. By His anguish He atones for my repeated folly of seeking happiness where it cannot be found. – in forbidden pleasures of sense.

O Jesus, my Savior, by the merits You gained for me by Your Sacred Passion, grant me an abiding realization that genuine happiness does not consist in pleasures of sense.

Make me vigilant in guarding against the approaches of sin, whether its attraction springs from the lure of passion or a deceit of Satan. Make me prompt and generous in my determination to resist all temptations.

Have mercy on us, O Lord.

Have mercy on us.

And have mercy on the little ones who, this day, are being nailed to the cross of pain in their mothers' wombs. Some way, in God's Divine Providence, may their pain, united with that of Christ, effect not only their own redemption, but also gain the grace of repentance for those who inflict this pain upon them.

Have mercy on them.

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

Let me to my latest breath

In my body bear the death

Of that dying son of thine.

TWELTH STATION: JESUS DIES ON THE CROSS

We adore You, O Christ, and we bless You;

Because by Your Holy Cross You have redeemed the world.

Contemplate our divine Savior as He hangs for three agonizing hours upon the Cross. This is He in whom the Father is well pleased. And yet how abandoned, how forsaken is He. He is paying the price of sin -- rejection by God.

His whole body is racked with pain. His sacred features are distorted with anguish. He is overwhelmed with weakness. His Sacred Heart is utterly broken with grief. With His own unaided human powers, He forces Himself to bear the agony of approaching death – and this without consolation, with nothing but loneliness as His companion.

Finally, obedient unto death, when His Heavenly Father would have Him do so, He dismisses His weary Soul. He dies that I may have life.

O most Sacred Heart of Jesus, wounded that I might be healed, even today You still make of Yourself a victim of Love upon our altars. What do You desire and what do you seek but victims that You may continue in them Your sacrifice?

Through the Immaculate Heart of Mary and in union with the Holy Sacrifice of the Mass throughout the world, accept my sacrifices in atonement for sin and for the salvation of souls.

Have mercy on us, O Lord.

Have mercy on us.

And have mercy on all those mothers, fathers, grandparents, abortionists, and staff who have participated in or committed abortions. May they all have the honesty and the integrity to admit the awfulness of their sin, the grace to repent, and the determination to atone by helping others avoid the fatal folly they have been guilty of.

Have mercy on them.

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

Let his stripes and scourging smite me

At his holy cross requite me

Let his blood refresh me there.

THIRTEENTH STATION: JESUS IS TAKEN DOWN FROM THE CROSS

We adore You, O Christ, and we bless You;

Because by Your Holy Cross You have redeemed the world.

Only after He is dead does our Divine Savior condescend to come down from the cross. He wished to give me an example and to teach me a lesson. Although desolation still envelops the land, although failure seems to fill the air, His life had been a tremendous success. Things are not what they seem. With God, failures are often successes, and successes, failures. The folly of fidelity to God is the highest wisdom.

His Passion is over; mine is yet to be endured. He wants me to realize that although God may at times appear to abandon me, He does not. Although my cross may at times seem unbearable, it is not. Although all may at times seem to be lost, the victory is really already won. He won it. My only possible failure is to fail to persevere in bearing my cross as He would have me bear it.

O Holy Mary, Mother of God and my Mother, teach me to follow your example of fidelity and fortitude. As you mothered me, giving me life, as you have so solicitously cared for me throughout all the days of my life, do now in your motherly solicitude continue to care for me. Teach me to bear my cross generously as a child of yours should; please comfort and strengthen me in the hours of my greatest trials, especially at the hour of my death.

Have mercy on us, O Lord.

Have mercy on us.

And have mercy on all those who, guilty of the sin of abortion, are tempted to despair of ever being forgiven. May they realize that the atonement of the crucified Son of God is so great that only their refusal to confess their sin and repent of their faults can render them unqualified for their Savior's loving embrace.

Have mercy on them.

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

When the flames of hell would end me

At the judgement day, defend me

Gentle virgin, with thy prayer

FOURTEETH STATION: JESUS IS LAID IN THE SEPULCHER

We adore You, O Christ, and we bless You;

Because by Your Holy Cross You have redeemed the world.

Contemplate our Divine Savior as He is laid in the tomb. How proper it was that He should have so suffered and thus should have entered into His glory.

And how proper it is, if I am to reign with Him, that I too should follow His bloody footsteps -- that my entire life should be a life of atonement for sin and pleas for grace -- that I should make up in my body for the sufferings that are wanting for the salvation of souls!

I renew my baptismal promises, renouncing Satan and all his works. I promise to live a good Christian life and to do all in my power to procure the triumph of the rights of God and Your Church.

Divine Heart of Jesus, I offer You my poor actions so that all hearts may acknowledge Your Sacred Royalty and, thus the reign of Your peace may be established throughout the universe.

Have mercy on us, O Lord.

Have mercy on us.

And have mercy on all those supporting the abortion industry -- the abortionists, politicians, lawyers, journalists, clergy, and ordinary citizens -- that they might have the grace to realize the awfulness of the sin they promote, repent their faults, and do what they can to stop abortion in our country and in the whole world.

Have mercy on them.

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

While my body here decays

May my soul thy goodness praise

Safe in paradise with thee.

CLOSING PRAYER

Look down with favor, O Lord, we beseech You, on this, Your assembly, for which Our Lord Jesus Christ did not hesitate to be delivered into the hands of wicked men and suffer the torment of the cross; Who lives and reigns, world without end. Amen.

Who we are

The St. Mary Respect Life Ministry has been a part of the parish of St. Mary, Mother of God Church for years. Our mission is to raise awareness and promote respect for all life, especially for the lives of those who are most vulnerable - the unborn, elderly and disabled. We do this in accordance with our Catholic faith, through prayer, witness, and action.

Here is a list of some of our activities:

- Annual bus trip to March for Life in Washington, DC
- Spiritual Adoption
- Baby Bottle Donation campaign
- Holy Hour for Life
- 40 Days for Life Prayer Vigil and Witness
- Youth Chastity Program
- Support of Crisis Pregnancy Organizations

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