September 8, 2011  
Feast of the Nativity of the  
Blessed Virgin Mary

Dear Parents and Guardians,

The birth of Mary reminds us how carefully God has prepared the way for all of humanity to know and love Christ our Savior. Raised in a faith-filled home, Mary was guided by her parents, Anne and Joachim, to trust in the message of an angel and open herself to become the mother of God. She was further blessed to join with Joseph as they raised Jesus to be an obedient child who “advanced in wisdom and age and favor before God and man.”

Today Mary continues to be a role model for all parents and caretakers of young Catholic children. Her devotion to God and her desire to share the goodness of her faith remind us of the importance of providing our young people with an understanding of their Catholic heritage.

The *Catechism of the Catholic Church* informs us that “prayer is the raising of one’s mind and heart to God.” Parents are the first and primary teachers of our Catholic faith to their children. By teaching our children the prayers of our Catholic faith they will always be able to converse with God and to more deeply participate in communal liturgical
celebrations, especially Holy Eucharist. For these reasons, I am grateful to share with you this special collection of prayers for our young people in the Archdiocese of Seattle. I believe this book offers a wonderful tool for parents and families to share the goodness of the Lord in our daily lives and to participate with the parish and Catholic schools in passing on our faith.

The Catholic School teachers and parish catechists are incorporating these prayers as they teach and form our next generation of Catholics. In the back of this prayer book, you will find a checklist, by grade level, that will be used in your child’s catechetical instruction, K-8. You will also find the precepts and several other key teachings of our faith that provide a helpful formula of Catholic doctrine. Please use these tools to mark your child’s learning each prayer and development in knowledge of the faith.

May God’s grace continue to be with you abundantly today and in the years ahead as you pray that your child develops into the life of holiness all of us are called to, as children of God. I commend this expression of your faith. I further ask that you begin now to read these prayers to your child on a regular basis and to seek God’s guidance and Mary’s wisdom by praying the parental blessings.

Sincerely in Christ,

Most Rev. J. Peter Sartain
Archbishop of Seattle
Prayers for the Catholic Child is a tool for parents to teach the essential prayers of the Catholic faith and a means to keep a record of their children’s progress in learning to pray. This book has been designed for parents to reference easily the prayers that children will be taught at different grade levels during their formal instruction in Catholic schools and parish religious education programs.

Parents are encouraged to keep this prayer book with the family Bible and show their reverence for prayer and Scripture. Parents modeling the use of prayer in their daily life will be the strongest means for children to learn to pray. We encourage parents to take time each day for prayer: grace at meals, morning and evening prayer, bedtime prayer, and blessings of the children. Prayers for the Catholic Child contains examples of Blessings from The Catholic Household Blessings and Prayer. Parents should pray for and bless their children every day.

This prayer book concludes with a brief review of Catholic doctrine essential to formation in the faith. The Precepts of the Faith are what members of the Church are expected to do. The Beatitudes, The 10 Commandments, the Virtues, Gifts and Fruits of the Spirit, the Spiritual and Corporal Works of Mercy, Seven Capital Sins, and the Four Last Things are all guides to living out the faith. Parents need to share this rich heritage with their children in what they say and do.

The Church recognizes the vocation of Marriage and family life as the source of hope and growth for the future. The love of couples for each other and their children build God’s Kingdom in our homes, communities, and across the whole world. May this prayer book guide our family love to its source.
THE SIGN OF THE CROSS
In the name of the Father and of the Son and of the Holy Spirit. Amen.

GRACE BEFORE MEALS
Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen.

GRACE AFTER MEALS
We give thee thanks, for all thy benefits, Almighty God, who lives and reigns for ever. [And may the souls of the faithful departed, through the mercy of God, rest in peace.] Amen.

PRAYER TO ONE’S GUARDIAN ANGEL
Angel of God, my guardian dear, to whom God’s love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.
OUR FATHER
Our Father who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth, as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

HAIL MARY
Hail, Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

GLORY BE
Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be world without end. Amen.

PRAYER AT STATIONS OF THE CROSS
We adore you, O Christ, and we praise you, because by your holy Cross you have redeemed the world.
MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation for sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

AN ACT OF 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 at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.
ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

ACT OF CONTRITION

(Alternate version from the Rite of Penance)

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.
JESUS PRAYER
Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.

GLORIA
Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

THE APOSTLES’ 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.
MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence I fly unto thee, O Virgin of virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

THE NICENE CREED

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.
PRAYER FOR PEACE (St. Francis of Assisi)

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; and where there is sadness, joy. 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.
JOYFUL MYSTERIES
1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation in the Temple
5. The Finding of the child Jesus after three days in the Temple

PRAYER FOR THE FAITHFUL DEPARTED
[PRAYER FOR THE SOULS IN PURGATORY]
Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

QUEEN OF HEAVEN (Regina Caeli)
Queen of heaven, rejoice, alleluia. The Son whom you merited to bear, alleluia, has risen as he said, alleluia. Pray for us to God, alleluia. Rejoice and be glad, O Virgin Mary, alleluia! For the Lord has truly risen, alleluia.

Let us pray:
O God, who through the resurrection of your Son, our Lord Jesus Christ, did vouchsafe to give joy to the world; grant, we beseech you, that through his Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.
**LUMINOUS MYSTERIES**

1. The Baptism of Jesus
2. The Wedding Feast at Cana
3. The Proclamation of the Kingdom and the call to Conversion
4. The Transfiguration
5. The Institution of the Eucharist

**VOCATION PRAYER**

**PRAYER FOR GUIDANCE (ST. TERESA OF AVILA)**

Lord, grant that I may always allow myself to be guided by you, always follow your plans, and perfectly accomplish your holy will.

Grant that in all things, great and small, today and all the days of my life, I may do whatever you require of me.

Help me respond to the slightest prompting of your grace so that I may be your trustworthy instrument for your honor.

May your will be done in time and in eternity by me, in me, and through me. Amen.

**ANIMA CHRISTI**

Soul of Christ, be my sanctification. Body of Christ, be my salvation. Blood of Christ, fill all my veins. Water of Christ’s side, wash out my stains. Passion of Christ, my comfort be. O good Jesu, listen to me. In Thy wounds I fain would hide, n’er to be parted from Thy side, guard me, should the foe assail me. Call me when my life shall fail me. Bid me come to Thee above, with Thy saints to sing Thy love, world without end. Amen.
SORROWFUL MYSTERIES

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowing with Thorns
4. The Carrying of the Cross
5. The Crucifixion

HAIL, HOLY QUEEN

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy towards us, and after this exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

ANGELUS

V. The Angel of the Lord declared unto Mary.
R. And she conceived of the Holy Spirit. Hail Mary...
V. Behold the handmaid of the Lord.
R. Be it done unto me according to thy word. Hail Mary...
V. And the Word was made flesh.
R. And dwelt among us. Hail Mary...
V. Pray for us, O holy Mother of God.
R. That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech thee, O Lord, thy grace into our hearts; that we, to whom the Incarnation of Christ, thy 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 THE HOLY SPIRIT

V. Come, Holy Spirit, fill the hearts of your faithful.
R. And kindle in them the fire of your love.
V. Send forth your Spirit and they shall be created.
R. And you shall renew the face of the earth.

Let us pray:
O God, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit, help us to know what is truly right and always to rejoice in your consolation. We ask this through Christ, our Lord. Amen.
GLORIOUS MYSTERIES

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit at Pentecost
4. The Assumption of Mary
5. The Coronation of Mary as Queen of Heaven and Earth

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 Saint Joseph, her most chaste spouse.
Blessed be God in his angels and in his saints.
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.
DAILY BLESSING OF A CHILD*
[One of the following short blessings may be said by the parent at various times, such as when a child is going to play or to school, but especially when the child is going to bed each night. The parent makes the sign of the cross on the child’s forehead or heart and says one of the following blessings.]

May God bless you.
May God keep you safe.
God be with you.
God be in your heart.
May God bless and protect you.

FOR A CHILD AT HOME*
Good Lord,/ you have tenderly loved us,/ and given us this home and good friends.

May we make a true home for this child/ where he/she will learn trust in us and in you./ (May his/her brothers and sisters rejoice in their own growing up/ as they help to care for this child.)

We ask this through Christ our Lord. R. Amen.

* from Catholic Household Blessings and Prayers
FOR TIMES OF NEW BEGINNINGS
When a child is ready to begin school or for some other new undertaking, the parents may bless the child by placing a hand on the child’s head and saying:

May the Lord bless you and keep you.  R. Amen. May His face shine upon you and be gracious to you.  R. Amen. May He look upon you with kindness and give you His peace.  R. Amen.

The English translation of the Solemn Blessing for Ordinary Time from The Roman Missal © 1979, International Committee on English in the Liturgy, Inc. All rights reserved.

CELEBRATION OF LIFE
Loving God,/ you created all the people of the world,/ and you know each of us by name./ We thank you for N./ who celebrates his/her birthday/anniversary of baptism.

Bless him/her with your love and friendship/ that he/she may grow in wisdom, knowledge, and grace./ May he/she love his/her family always/ and be ever faithful to his/her friends./ Grant this through Christ our Lord.  R. Amen.

[Those present may place their hands on the head or shoulders of the one being blessed.]
May God, in whose presence our ancestors walked, bless you.  R. Amen.
May God, who has been your shepherd from birth until now, keep you.  R. Amen.
May God, who saves you from all harm, give you peace.  R. Amen.

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THE FIVE PRECEPTS OF THE CHURCH

1. You shall attend Mass on Sundays and on holy days of obligation and remain free from work or activity that could impede the sanctification of such days.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter Season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

THE TWO COMMANDMENTS OF LOVE

1. You shall love the Lord your God with all your heart, with all your soul, and with all your mind.
2. You shall love your neighbor as yourself.

THE GOLDEN RULE

Do to others as you would have them do to you.

THE THREE THEOLOGICAL VIRTUES

1. Faith
2. Hope
3. Charity
Catholic Doctrine

THE FOUR CARDINAL VIRTUES
1. Prudence
2. Justice
3. Fortitude
4. Temperance

THE FOUR LAST THINGS
1. Death
2. Judgement
3. Hell
4. Heaven

THE SEVEN GIFTS OF THE HOLY SPIRIT
1. Wisdom
2. Understanding
3. Counsel
4. Fortitude
5. Knowledge
6. Piety
7. Fear of the Lord
THE TWELVE FRUITS OF THE HOLY SPIRIT
1. Charity
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Generosity
8. Gentleness
9. Faithfulness
10. Modesty
11. Self Control
12. Chastity

THE SEVEN CORPORAL WORKS OF MERCY
1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

THE SEVEN SPIRITUAL WORKS OF MERCY
1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the afflicted.
5. Forgive offenses.
7. Pray for the living and the dead.
THE SEVEN CAPITAL SINS
1. Pride
2. Covetousness
3. Lust
4. Anger
5. Gluttony
6. Envy
7. Sloth

THE BEATITUDES (Matthew 5:3-12)
Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Blessed are they who mourn, for they will be comforted.
Blessed are the meek, for they will inherit the earth.
Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
Blessed are the merciful, for they will be shown mercy.
Blessed are the pure of heart, for they will see God.
Blessed are the peacemakers, for they will be called children of God.
Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.
Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward will be great in heaven.
THE TEN COMMANDMENTS
1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord’s Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor’s wife.
10. You shall not covet your neighbor’s goods.
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<tr>
<td>First Grade</td>
<td>Our Father&lt;br&gt;Hail Mary&lt;br&gt;Glory Be&lt;br&gt;Prayers at Stations of the Cross</td>
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<td>Second Grade</td>
<td>Morning Offering&lt;br&gt;An Act of Spiritual Communion&lt;br&gt;Act of Contrition&lt;br&gt;Act of Contrition (Alternate Version)</td>
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<td>Third Grade</td>
<td>Jesus Prayer&lt;br&gt;Gloria&lt;br&gt;The Apostles’ Creed&lt;br&gt;Memorare</td>
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Date mastered:
Fourth Grade
The Nicene Creed
Prayer for Peace

Fifth Grade
Joyful Mysteries
Prayer for Souls of the Faithfully Departed
Queen of Heaven (Regina Caeli)

Sixth Grade
Luminous Mysteries
Vocation Prayer
Anima Christi

Seventh Grade
Sorrowful Mysteries
Hail, Holy Queen
Angelus
Prayer to the Holy Spirit

Eighth Grade
Glorious Mysteries
Divine Praises
Act of Faith
Act of Hope
Act of Love

Date mastered: