

Triduum of Renewal

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GENERAL INSTRUCTIONS FOR TRIDUUM OF RENEWAL RETREAT

The Triduum of Renewal Retreat takes place over a weekend in much the same manner as the Spiritual Exercises Retreat. However, all of the retreatants are members of the Regnum Christi movement, or close to being incorporated into Regnum Christi.

The format used in organizing Triduum of Renewal Retreats is similar to that of the Spiritual Exercises except for a small number of differences. Therefore, this section entitled “Triduum of Renewal” will be an addendum to the Spiritual Exercises folder and outline ONLY the differences between the two.

It will be necessary to use the Spiritual Exercises folder in conjunction with this Triduum of Renewal addendum for a Regnum Christi Triduum of Renewal Retreat.

If a Mass of Incorporation is scheduled on the Regnum Christ Triduum of Renewal Retreat, refer to the “Rite of Incorporation” folder.

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ADVERTISEMENT

ADVERTISING GUIDELINES

Utilize the most efficient means of communication within the Women’s Section for the Triduum of Renewal Retreats:

Below is a Sample of a letter of invitation to the Women in the Section.

Your Kingdom Come

Dear Regnum Christi Members,

Our Regnum Christi Triduum of Renewal Weekend Retreat(s) for Women has/have been scheduled:

Friday, _____ through Sunday _____
(Retreat Facility and location)
Retreat begins on Friday _____ at _____.
Retreat ends on Sunday _____ at _____.
Fee for retreat: _____

Please register for the weekend retreat by (date)_____. Mail the registration form (below) with a \$_____ deposit. The balance is due 2 weeks prior to the weekend. (You may certainly make installment payments before that if you wish). Please let your team leader know which retreat you will be attending by _____(date)_____.

If you have any questions regarding the retreats, please call **(Registration Coordinator, and phone #)**
Please mail the registration form to:

Registration Coordinator
Address

Make your check payable to: _____.

NAME_____

ADDRESS_____

CITY_____ **STATE**_____ **ZIP**_____

TELEPHONE_____ **EMAIL:**_____

PARISH_____ **TEAM**_____

AMOUNT OF CHECK ENCLOSED_____

DATE OF RETREAT:_____

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REGISTRATION

The Registration process for the Triduum of Renewal Weekend is the same as for the Spiritual Exercises Retreat with the following exception:

There is no Post Retreat Form generated for a Triduum of Renewal Retreat.

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ASSEMBLY OF BINDERS FOR TRIDUUM OF RENEWAL RETREAT

Each retreatant will receive a personal binder on the Triduum of Renewal Retreat. It is commonly a white binder with a clear plastic sleeve on the outside. There should also be binders available for: Priest(s) conducting the Retreat, Additional Spiritual Directors.

The following is a sample form of a binder that is used in one Regnum Christi section. Please check with your Assistant to the Section Director and/or the priest conducting the Retreat for the preferred format for your Retreat.

Inside the sleeve is placed an 8 ½ x 11 sheet with a picture of the RC Head of Christ* which covers the middle third of the paper. On the space above the picture is printed:

Women's Regnum Christi
Triduum of Renewal
(Picture)
Date
Name of Retreatant

In the pocket of the inside on the binder is a name tag with the picture of the Head of Christ and the retreatant's name printed on it in a plastic insert , and a pen.

Sample Set up of Binder

Front section: Schedule for the Weekend
 Practical Guidelines
 A Guide to Prayer

Tabs are set up for the following sections:

Retreat	A short guide to the Meditations that are given
Program of Life	Guide for Spiritual Direction, Vocation Statement, Program of Life Personal Questionnaires Examination of Conscience A Guide to Confession
Prayers	Invocation of the Holy Spirit Morning Offering, The Angelus (Regina Coeli), Night Prayers Prayers After Communion, Litany of Humility
Notes	Lined note pages (15)

- The Head of Christ can be downloaded from the web page on the internet:
- www.legionofchrist.org by: open up the web page and, right click 1x on Head of Christ

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SAMPLE SCHEDULE FOR 3-DAY RETREAT

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The triduum of renewal is an important moment of our lives. It is when we renew our personal yes to Jesus Christ and deepen our relationship with Him. It is a moment of grace when we re-do our programs for the year and begin again. It is also a special time to contemplate the beauty and responsibilities of our own vocation within Regnum Christi.

Here is the schedule that we use. Besides the directed meditations and conferences, confession and spiritual direction with the retreat master are an important part of the Triduum.

SCHEDULE

FRIDAY

1:00 -	Arrival	
1:30 -	Mass	
2:15 - 3:00	Introductory Conference	The Movement in Our Society Today
3:00 - 3:45	Free Time	
3:45 - 4:45	First Meditation	Baptism
4:45 - 5:30	Free Time	Free Time
5:30 - 6:30	Second Meditation	God's Creation: To Be A Masterpiece Within RC
6:30 - 7:30	Dinner	
7:30 - 8:00	Second Conference	How To Pray
8:00 - 8:45	Free Time	
8:45 - 9:45	Third Meditation	Christ Calls My Name
9:45 -	Night Prayers	

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SATURDAY

7:20	Morning Prayer	
7:25	Mass	
8:00 – 8:45	Breakfast	
8:45 - 9:45	Fourth Meditation	The Temptations in the Desert
9:45 - 10:15	Free Time	
10:15 - 10:45	Rosary	
10:45 – 11:45	Fifth Meditation	Sin of David, a Cofounder of the Kingdom
11:45 - 12:15	Free Time	
12:15 - 1:00	Angelus	
	Lunch	
1:00 - 1:30	Free Time	
1:30 – 2:00	Third Conference	Program of Life
2:00 – 2:30	Personal Questionnaire	
2:30 - 3:00	Way of The Cross	
3:00–4:00	Sixth Meditation	The Mercy of God
4:00 – 4:30	Free Time	
4:30 – 5:00	Fourth Conference	The Demands of a Section
5:00 – 5:30	Free Time	
5:30 - 6:30	Seventh Meditation	Christ Walks on Water
6:30 – 7:30	Dinner	
7:30 – 8:30	Eighth Meditation	Christ Sends His Apostles
8:30 – 9:00	Free Time	
9:00 – 10:00	Holy Hour (9th Meditation)	Christ's Love In The Cross
10:00	Night Prayers	

SUNDAY

7:55	Morning Prayer	
8:00 - 8:45	Breakfast	
8:45 - 9:45	Tenth Meditation	Mary -- True Womanhood
9:45 -10:15	Free Time	
10:15-10:45	Fifth Conference	Giving the Gift
10:45 -11:15	Free Time	
11:15 -12:15	Eleventh Meditation	The Power of the Resurrection
12:15 - 1:00	Angelus	
	Lunch	
1:00 - 1:30	Free Time	
1:30 - 2:30	Twelfth Meditation	The Coming of the Holy Spirit
2:30 - 3:15	Mass	
3:15 – 4:00	Wrap Up	Where Do We Go From Here

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LIST OF SUPPLIES FOR TRIDUUM OF RENEWAL

Use as a check-list of items to bring to and from the retreat

- Altar Supplies (see Sample Inventory List of Altar Supplies for Mass)
- Box of books and tapes for sale, includes:
 - current brochures and flyers of upcoming events, Inventory List, Purchase sheet
 - Binders to be given to retreatants as they arrive.
- Basket (to hold money for donations)
- Bell
- Mints and holy cards
- Medicine box
- Plastic bag holding books and tapes used on weekend
- Kneeler with Confessional Screen
- Food and beverage snacks if necessary.
- **Prayer Box**
- Use a small box with handle to hold pocket folders as a “Prayer Box”. Purchase. at any office supply store. Separate the paperwork into different colored folders that are easily handed to the women who are responsible for that part of the weekend. Use plastic sleeves inside folders to separate paperwork. The box is usually left in a safe common area such as a table in the main conference room or a table in the back of a chapel.

Recommended placement of paperwork in the “Prayer Box”:

1. Weekend folder for Assistant:

All Inventory check lists,
Responsibilities of Assistant on Triduum of Renewal Retreat
Room List, (keep extra copy for yourself and one for retreat facility)
Payment schedule
Responsibility sheet with Detail of Responsibilities Sheet,
Announcement Sheets for beginning and end of Retreat,
Weekend Meal Count sheet, if applicable
Confession & Spiritual Direction Sheets,
All Altar preparation formats and diagrams
Envelope to give to priest at close of retreat containing donations

2. **Commentaries folder:** Contains Liturgical Commentaries for 3 days, for reader’s use
3. **Prayers of the Faithful folder:** Contains Prayers for 3 days, remains at Podium
4. **Altar Copies folder:** Contains Prayers of Faithful & Commentaries for 3 days to be placed on the Altar during set-up for Mass.
5. **Rosary folder:** Contains format for RC Rosary, for use by women leading rosary.
6. **Sacristan folder :** Altar diagrams, Responsibility Sheet , Holy Hour sheet
7. **30 Stations of the Cross books**
8. **Music folder:** For cantor, includes Holy Hour format, Music for each Mass
9. **Holy Hour sheets:** Copies for each retreatant to be used during Holy Hour
10. **Eucharistic Adoration Sign up Sheet.**

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RESPONSIBILITIES OF ASSISTANT ON TRIDUUM OF RENEWAL RETREAT

Part 1 of 2 Set-Up

Sample

Friday Night Set-up

1. Place Rooming List, Responsibility Sheet w/Details and payment information on Registration Table near door of retreat facility.
2. Place the binders the retreatants will be using on a table in the main conference room in alphabetical order. Place Spiritual Direction Sheets and Confession Sheets on table in main conference room. Have one sheet available for each priest who will be hearing Confessions and one sheet available for each Spiritual Director. (See samples)
3. Make any necessary food Preparation arrangements. Be aware of “fasting” before Mass times.
4. Arrival of Retreatants:
Greet individually, check off names and give assigned room numbers. Collect any outstanding balances they may have for retreat. Remind them that Mass will begin at ____ time. Ask each retreatant to chose an area of participation she feels comfortable with on the Responsibility Sheet.**. Go over the details of the responsibility with her then or let her know when you will be able to talk with her and show her what she needs to do. If Mass is at the very beginning of the retreat you will need to enlist women immediately for:
2 to bring up gifts, 1 to do Readings and Responsorial Psalm, 1 to do Prayers of the Faithful, 1 to read Commentaries.. Show them where to find them.
Make contact with Cantor, and give her the Music folder..

***The retreatants may be “assigned” duties off of the Responsibility Sheet, or they may volunteer at the beginning of the retreat, whichever is more appropriate for the Section.*

Arrange a time to go over the details of the Responsibility Sheet with each woman This needs to happen **before silence begins**. If conversation is allowed during the first meal of the weekend, that is the best time.

5. Father’s Arrival: Give him the binder with his name on it.
Go over any necessary details involving the first Mass.
Ask the priest when he would like the books (if applicable) placed out for sale.
6. Set out books that are for sale out at the time the priest has designated.. Set out envelope for money and Book and Tapes Sales Sheet.
Set tape player in dining room on chair and have tapes/books ready for silent meals.

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RESPONSIBILITIES OF ASSISTANT ON TRIDUUM OF RENEWAL RETREAT

Part 2 of 2, Throughout Retreat

Responsibilities Throughout the Weekend:

On a Triduum of Renewal Retreat, the Weekend Assistant is mainly responsible for communication regarding the Retreat Center, both to the priest and to the retreatants.

The retreatants, Regnum Christi members, should take an active role in the duties of the Retreat that are detailed on the Responsibility Sheet. The Weekend Assistant may assist the retreatants in the beginning of the retreat with these details; however, once the Retreat is underway, her main role is to keep the schedule flowing and be available for any Retreat-related needs the priest may have.

Some of the responsibilities of the Assistant may include: (These may be shared by two assistants):

1. Introductory Remarks (See Sample) after Mass. (Remind Father you need to do this)
2. Ring bell before each presentation.
3. If Father is with someone at mealtime, it may be necessary to lead the
Before Meal Blessing : (Our Father... Bless Us O Lord and these Thy gifts, which we are about to receive from Thy bounty, through Christ Our Lord, Amen)
After Meal Thanksgiving (We give You thanks, Almighty God, for all They benefits, You who live and reign forever and ever. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.)
4. Keep the Confession and Spiritual Direction schedule on time.
5. Keep accurate count from each mealtime, if necessary for billing purposes..
6. Every night at bedtime, be sure all are inside and lock all doors.
7. Sit close to the readers and gift bearers during Mass to guide them, if necessary, in their responsibility.
8. Place holy card and mint at table, before Sunday dinner, for each participant.
9. After the closing Mass, and any further communication the priest may have with the entire group, Do CLOSING ANNOUNCEMENTS: Include information pertinent to the retreat facility as well as announcements regarding upcoming events/retreats, etc.
10. Double check with priest that he has removed the Blessed Sacrament from the Tabernacle in the Chapel (if this is necessary), and pack pyx with other altar supplies.
11. If applicable, call the Meal Count Number and any changes in attendance in to the Retreat Apostolate Coordinator or Registration Coordinator after the Retreat, pack up any supplies, books, etc.

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LIST OF RESPONSIBILITIES FOR R.C. TRIDUUM OF RENEWAL

(This is referred to as VOLUNTEER SIGN UP SHEET in the Spiritual Exercises folder)

FRIDAY:

Altar Set up	
Commentaries	
1st Reading and Responsorial Psalm	
Prayers of the Faithful	
Gifts Bearers (2)	
Lead Music	
Lead Prayers After Communion	
Night Prayers	
Readings/Tape at Mealtimes (2)	
Lead Angelus/Regina Coeli	
Rosary	
Ring Bell	

SATURDAY

Wake-Up retreatants:	
Morning Prayers	
Readings/Tape at Mealtimes (2)	
Altar Set up for Mass	
Commentaries	
1st Reading and Responsorial Psalm	
Prayers of the Faithful	
Gift Bearers (2)	
Lead Music	
Lead Prayers after Communion	
Lead Rosary	
Lead Stations of the Cross (2)	
Set up Altar for Holy Hour	
Lead Music for Holy Hour	
Night Prayers	
Lead Angelus/Regina Coeli	
Ring Bell	

SUNDAY

Wake Up Retreatants	
Morning Prayers	
Readings/Tape at Mealtimes (2)	
Altar Set-up	
Lead Angelus/Regina Coeli	
Commentaries	
Gift Bearers (2)	
2 Readings and Responsorial Psalm	
Prayers of the Faithful	
Lead Music	
Lead Prayers after Communion	
Ring Bell	

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LIST OF RESPONSIBILITIES - DETAILS

Lead Music	Gold Music Folder contains instructions, list of songs, Holy Holy Hour Format. Song Books on chairs.
Altar Set Up:	Altar Copy Commentaries/Prayers of Faithful in labeled green Folders. Set out Music books. Folders for Retreatants for Holy Hour on Altar Supplies Table. Diagrams for altar Set up in Red “Mass & Holy Hour” Folder. ASSIST FATHER DURING HOLY HOUR. Humeral veil is on a hanger with the other vestments.
Commentaries	Commentaries for each mass in Red Folder, labeled Reader Do not remove from folder. Keep folder with you during Mass, Instructions for when to approach Altar on each day’s sheet. Folder kept on altar supplies table.
Prayers of Faithful:	Prayers of the Faithful in Blue Labeled folder and kept at Lectern. Details inside. <u>DO NOT REMOVE FROM FOLDER OR LECTERN!</u>
Gift Bearers	Gifts on table in back of Chapel. Bring up when Offertory Hymn begins and priest comes to front of altar.
Readers at Mass	Lectionary (<u>Magnificat</u>) on Podium. Someone will read a Commentary preceding the first reading.
AM & PM Prayers	Prayers will be led in Chapel. Use prayers from the weekend binder in prayer Section as guide, these are the updated prayers.
Prayers After Communion	Use prayers from prayer section in Binder.
Angelus/Regina Coeli	Lead the Angelus before lunch. Use Angelus from the prayer section of the weekend binder.
Mealtime Readers	Tape player is set up in the Dining Room. Priest will instruct what to listen to/read for each meal.
Rosary	R.C. Rosary format is in blue folder w/clear cover on the Altar supplies Table.
Stations of Cross	Blue Stations of the Cross Books are on the table in the conference room.

GENERAL INSTRUCTIONS WHEN APPROACHING THE LECTERN/ALTAR

When approaching the Lectern/Altar, genuflect if the Blessed Sacrament is present in a Tabernacle near the Altar. If not, bow to the Altar. Do the same before returning to your seat.

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INTRODUCTORY REMARKS SAMPLE

I would like to welcome you to the retreat this weekend. There are a few things I need to tell you about.

Snacks are on the kitchen counter and drinks are in the refrigerator. Please help yourself. No food or drinks are allowed anywhere other than the kitchen, dining room, and Conference room. –Not in the bedrooms and living room.

In the kitchen, on the microwave, is a first aid box for you to help yourself to, if needed.

The linens need to be put on the beds. You may want to do this during a break time this evening before the last talk so you don't have to face making the bed when you are so tired. The sheets are in the drawers in your room, or up on a wall or closet shelf. At the end of the weekend, please remove the linens and put them on the table in the laundry room at the bottom of the stairs. Leave the blankets on the bed. If by chance you have forgotten your towels, there are a few extra in the laundry room at the bottom of the stairs.

You will be receiving a “wake-up” knock on your door at 6:45-7:00AM.

There will be sign-up sheets on the rear table for Spiritual Direction and Confession.

Please check the Responsibility Sheet and sign up for one or more of the duties on that sheet. If you have any questions, we will be going over the details at dinner time. During the weekend, the Responsibility Sheet will be kept on the altar supply table.

There will be books and tapes available for purchase on the table starting _____(Check with priest when he would like to have the books put out) Please record your purchases and method of payment on the sheet provided.

There is a small chapel connected to the dining room, which will be open 24 hours, with the Blessed Sacrament in the tabernacle.

Lastly, enjoy your retreat. God will bless you for taking the time away from your busy life to come spend time with Him this weekend.

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EUCCHARISTIC ADORATION SIGN-UP SHEET

Please make sure there are at least –2- women for each time slot. At the end of the hour, one of the women should go knock on the doors of the women signed up for the following time slot.

TIMES	NAMES (AT LEAST –2-)	ROOM NUMBER
10:00 pm – 11:00 PM	1. 2. 3.	
11:00 pm – 12:00 AM	1. 2. 3.	
12:00 AM - 1:00 AM	1. 2. 3.	
1:00 AM - 2:00 AM	1. 2. 3.	
2:00 AM - 3:00 AM	1. 2. 3.	
3:00 AM - 4:00 AM	1. 2. 3.	
4:00 AM - 5:00 AM	1. 2. 3.	
5:00 AM – 6:00 AM	1. 2. 3.	
6:00 AM - 7:00 AM	1. 2. 3.	

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PRAYERS AFTER COMMUNION

PRAYER FOR THE POPE AND THE CHURCH

Christ Jesus, King and Lord of the Church, in Your presence I renew our unconditional loyalty to Your Vicar on earth, the Pope. In him You have chosen to show us the safe and sure path that we must follow in the midst of confusion, uneasiness, and unrest. I firmly believe that through him You govern, teach, and sanctify us; with him as our shepherd, we form the true Church: one, holy, catholic, and apostolic. Grant me the grace to faithfully love live, and spread our Holy Father's teachings. Watch over his life, enlighten his mind, strengthen his spirit, defend him from calumny and evil. Hear our prayer and keep your Church united around him, firm in its belief and action, that it may truly be the instrument of your redemption. Amen

PRAYER FOR OUR DIRECTOR GENERAL

O Good Jesus, Supreme King of our Movement, deign to place in the heart of our Director General all those characteristic virtues of Your sacred heart especially prudence, fortitude, and charity; and fill him with Your light so he will direct and govern it in the most beneficial way for the salvation of souls and the glorification of the Heavenly Father. Amen. **STOP**

ROSARY FORMAT

INTRODUCTION TO THE ROSARY

ROSARY PETITIONS

FOR THE CHURCH

For the charity, unity, and holiness of the Church. For the spread of the Gospel among people. That we who form part of the church will be active, working members and effective apostles among them.

FOR THE POPE

That he will faithfully fulfill his mission as Vicar of Christ. That Bishops, Priests, Religious, and laity will obey his directives. That God will grant him strength of spirit in the face of the tide of criticism, lack of discipline and confusion that reign in many sectors of society.

FOR THE MOVEMENT

That God will grant its directors light and wisdom, and its member's unity and apostolic zeal in the respective performance of their duties. That He will keep them in unity and charity and strong in their efforts to establish the Kingdom of Christ in the world.

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FOR THE TEAM

For God to bless its meetings, work and apostolic commitments. That he keep it united, active and firm in its programs and lifestyle for the universal good of the Church.

FOR ALL THE APOSTOLATES OF REGNUM CHRISTI

We ask Mary to pray with us for the intention of all the Apostolates of Regnum Christi throughout the world. May Mary guide all the Apostolates with her gentle spirit and desire to do the will of our Heavenly Father as we go into the world which we have been called to nurture for Christ.

ROSARY FORMAT

- Sign of the Cross
- “The first Glorious Mystery is the Resurrection from the Dead”
- 1st Rosary Petition from the Regnum Christi prayer book: “For the Church”
- Our Father (you lead, group follows)
- 10 Hail Mary’s (you lead, group follows)
- Glory Be to the Father (you lead, group follows)

- “The second Glorious Mystery is the Ascension of Christ into Heaven”
- 2nd Rosary Petition from the Regnum Christi Prayer Book: “For the Pope”
- Our Father (you say, “Our Father,” and indicate to group to lead, you follow)
- 9 Hail Mary’s (group leads, you follow)
- 10th Hail Mary (group leads. You follow, saying, “Glory, Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.”)
- Glory Be to the Father (group leads, you follow)

- “The third Glorious Mystery is the Descent of the Holy Spirit upon the apostles.”
- 3rd Rosary Petition from the Regnum Christi Prayer book : “For the Movement”
- Our Father (you lead, group follows)
- 10 Hail Mary’s (you lead, group follows)
- Glory Be to the Father (you lead, group follows)

- “The fourth Glorious Mystery is the Assumption of the Blessed Virgin Mary into heaven.
- 4th Rosary Petition from the Regnum Christi Prayer book: “For the Team”
- Our Father (you say, “Our Father,” and indicate to group to lead, you follow)
- 9 Hail Mary’s (group leads, you follow)
- 10th Hail Mary (group leads. You follow, saying, “GLORY, Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.”)
- Glory be to the father (group leads, you follow)

- “The fifth Glorious Mystery is the Coronation of our Blessed Mother.”

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- 5th Rosary Petition: “For all the Apostolates of Regnum Christi”
- Our Father (you lead, group follows)
- 10 Hail Mary’s (you lead, group follows)
- Glory Be to the Father (you lead, group follows)

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Hail, Holy Queen

Hail, holy Queen, mother of mercy, hail, our life, our sweetness, and our hope. To you we cry, the children of Eve; to you we send up our sighs, mourning and weeping in this land of exile. Turn, then, most gracious advocate, your eyes of mercy toward us; lead us home at last and show us the blessed fruit of your womb, Jesus: O clement, O loving, O sweet Virgin Mary.

Marian Litany

Lord, have mercy

Christ, have mercy

Lord, have mercy

Lord, have mercy

Christ, have mercy

Lord, have mercy

God our Father in heaven

God the Son, Redeemer of the world

God, the Holy Spirit

Holy Trinity, one God

Have mercy on us

Holy Mary

Holy Mother of God

Most honored of Virgins

Mother of Christ

Mother of the Church

Mother of divine Grace

Mother most pure

Mother of chaste love

Mother and Virgin

Sinless Mother

Dearest of mothers

Model of motherhood

Mother of good counsel

Mother of our Creator

Mother of our Savior

Mother of Regnum Christi

Virgin most wise

Virgin rightly praised

Virgin rightly renowned

Virgin most powerful

Virgin gentle in mercy

Faithful Virgin

Mirror of Justice

Throne of wisdom

Pray for us

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Marian Litany....Continued

Cause of our joy
Shrine of the Spirit
Glory of Israel
Vessel of selfless devotion
Mystical rose
Tower of David
Tower of ivory
House of gold
Ark of the covenant
Gate of heaven
Morning star
Health of the sick Pray for us
Refuge of sinners
Comforter of the troubled
Help of Christians
Queen of angels
Queen of Patriarchs and Prophets
Queen of Apostles and Martyrs
Queen of confessors and virgins
Queen of all Saints
Queen conceived without sin
Queen assumed into heaven
Queen of the most holy Rosary
Queen of the family
Queen of Peace

Lamb of God, you take away the sins of the world	Have mercy on us
Lamb of God, you take away the sins of the world	Have mercy on us
Lamb of God, you take away the sins of the world	Have mercy on us

Pray for us, holy Mother of God
That we may become worthy of the promises of Christ.

Let us pray:
Eternal God, let your people enjoy constant health in mind and body. Through the intercession of the Virgin Mary free us from the sorrows of this life and lead us to happiness in the life to come. Grant this through Christ our Lord. Amen

V. Christ our King!
R. Your Kingdom come!

V. Virgin most prudent, Mary, Mother of the Church
R. Pray for us.