

For Holy Mother Church

In Her Hour of Need

In union with the request of the Holy Father, Fr. Van Vliet asks each of us to:

- ◆ Say daily the Leonine prayers that follow the Low Mass (see other side for the prayers), and;
- ◆ Join to these prayers a fast every Friday (one full meal with two lesser meals that do not add up to a full meal), and abstain from meat that day.



Leonine Prayers after Low Mass

Hail Mary prayer repeated 3 times

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 toward us, and after this our exile, show unto us the blessed Fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

Pray for us, O holy Mother of God.

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

Let us pray.

O God, our refuge and our strength, look down with mercy on Thy people who cry to Thee; and by the intercession of the glorious and immaculate Virgin Mary, Mother of God, of Saint Joseph her spouse, of the blessed Apostles Peter and Paul, and of all the saints, in Thy mercy and goodness hear our prayers for the conversion of sinners, and for the liberty and exaltation of our holy Mother the Church. Through the same Christ Our Lord. Amen.

Saint Michael the Archangel, defend us in the day of battle; be our safeguard 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 wicked spirits who wander through the world seeking the ruin of souls. Amen.

Most Sacred Heart of Jesus, have mercy on us.
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Immaculate Heart of Mary, pray for us.