

## ***PRAYERS AND FAITH***

***Caritas Christi Urget*** St. Columban School Crest (Grade 1 mastery)

St. Columban School was founded by the Religious Sisters of Charity. Their order adopted the motto, *Caritas Christi Urget Nos*, a spiritual guide for all Catholics expressed by St. Paul, *Caritas Christi Urget Nos* is now the crest of St. Columban School. Translated from Latin, it means, “The love of Christ urges (leads, pushes) us forward”.

**Pledge to the Cross** (Grade K-8, K mastery)

I pledge allegiance to the cross of Christ  
And to the faith for which it stands.  
One church, holy, Catholic and apostolic  
With grace and salvation for all.

**Lord’s Prayer** (Grades K-8, K mastery)

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** (Grades K-8, K mastery)

Hail Mary, full of grace, the Lord is with thee.  
Blessed are 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 (Trinity Prayer)** (Grades K-8, Grade One mastery)

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.

**Act of Contrition** (Grade 2-8, Grade Two mastery)

Oh my God, I am sorry for my sins. In choosing to sin, and failing to do good,  
I have sinned against you and your Church. I firmly intend, with the help of your Son, to  
love as I should.

**The Apostles' Creed** (Grades 3-8, Grade Four mastery)

I (We) believe in God, the Father almighty, creator of heaven and earth.

I (We) 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 arose 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 (We) believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and the life everlasting. Amen.

**Prayer to the Holy Spirit** (Grades 4-8, Grade Five mastery)

Come, Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love. Send forth your spirit and they shall be created. And you shall renew the face of the earth. O God, you instructed the hearts of your faithful by the light of the Holy Spirit. Grant that by that same Spirit, to be truly wise and ever rejoice in His consolation. Through Christ our Lord. Amen.

**The Memorare** (Grades 4-8, Grade Five mastery)

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

**Hail, Holy Queen** (Grades 4-8, Grade Four mastery)

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 vale 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 your womb, Jesus.

**Prayer Before Meals** (Grades K-8, K mastery)

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

**The Angelus** (Grades K-8, Grade 2 mastery)

The angel of the Lord declared to Mary. And she conceived of the Holy Spirit.  
Hail Mary...

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

**Regina Coeli** (said in Paschal Time) (Grades K-8, Grade Three mastery)

O Queen of Heaven rejoice! Alleluia.

For He whom you did merit 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 risen indeed. Alleluia.

*Let us pray*

O God, who gave joy to the world through the resurrection of your Son our Lord Jesus Christ, grant that we may obtain, through his virgin mother, Mary, the joys of everlasting life. Through the same Christ our Lord. Amen.

**Prayer After Meals** (Grades K-8, Grade One mastery)

We give Thee thanks, Almighty God, for all the benefits we have received.  
Through Christ, Our Lord. Amen.

**Mysteries of the Rosary** (Grades 4-8, Grade Four mastery )

**The Joyful Mysteries** (Mondays and Saturdays)

The Annunciation

The Visitation

The Birth of Jesus

The Presentation in the Temple

Mary and Joseph Find Jesus in the Temple

**The Sorrowful Mysteries** (Tuesdays and Fridays)

The Agony in the Garden  
The Scourging of Jesus  
The Crowning with Thorns  
Jesus Carries His Cross  
Jesus Dies on the Cross

**The Glorious Mysteries** (Sundays and Wednesdays)

The Resurrection  
The Ascension  
The Holy Spirit is Sent upon the Apostles  
The Assumption of Mary  
Mary is Crowned Queen of Heaven and Earth

**The Luminous Mysteries** (Thursdays)

The Baptism of the Lord  
The Wedding of Cana  
The Proclamation of the Kingdom  
The Transfiguration  
The Institution of the Eucharist

**Holy Days of Obligation** (Grades 1-8, Grade 5 mastery)

Every Sunday

January 1	Solemnity of Mary
Ascension Thursday	40 days after Easter
August 15	Assumption
November 1	All Saints' Day
December 8	Immaculate Conception
December 25	Christmas

**Ten Commandments** (Grades K-8, Grade 3 mastery)

1. You shall honor no other god but me.
2. You shall not misuse the name of the Lord your God.
3. Remember to keep holy the Sabbath.
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.

**Beatitudes** (Grades 1-8, Grade 4 Mastery)

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 land.

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 clean of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.