

**PRAYER OF ST RICHARD OF CHICHESTER**

O most merciful Redeemer,  
Friend and Brother,  
may I know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day.  
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

**ANIMA CHRISTI**

Soul of Christ, sanctify me  
Body of Christ, save me  
Blood of Christ, Inebriate me  
Water from Christ's side, wash me  
Passion of Christ, strengthen me  
O good Jesus, hear me  
Within Thy wounds hide me  
Suffer me not to be separated from Thee  
From the malicious enemy defend me  
In the hour of my death call me  
And bid me come unto Thee  
That I may praise Thee with Thy saints  
and with Thy angels forever and ever, Amen.

**ACT OF CONTRITION**

O my God,  
I am very sorry that I have sinned against you,  
and with the help of your grace  
I will not sin again.

**HAIL, HOLY QUEEN**

Hail, Holy Queen, Mother of Mercy,  
Hail 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, our exile, show unto us the  
blessed fruit of thy womb, Jesus.  
O clement, O loving, O sweet Virgin Mary.

**HEAR, O ISRAEL**

Hear, O Israel: the Lord our God is one Lord; and you shall love the Lord  
your God with all your heart, and with all your soul, and with all your  
might. And these words which I command to you today shall be upon  
your heart; and you shall teach them diligently to your children, and  
shall talk of them when you sit in your house, and when you walk by the  
way, and when you lie down, and when you rise.  
*(Deuteronomy 6:4-7)*