

Marian Prayers

Memorare

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 do 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 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.

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 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 thy womb, Jesus, O merciful, O
loving, O sweet Virgin Mary! Amen.

The Angelus

The Angel of the Lord declared to Mary:
And she conceived of the Holy Spirit.

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.

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 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.

The Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior,
for he has looked with favor on his humble servant.
From this day all generations will call me blessed,
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear Him
in every generation.

He has shown the strength of his arm,
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the humble.

He has filled the hungry with good things,
and the rich he has sent away empty.

He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children for ever.

Glory to the Father, and to the Son, and to the Holy
Spirit,

as it was in the beginning, is now, and will be for ever.
Amen, Alleluia.

Praying the Rosary

Familiarize yourself and/or your group with the prayers of the rosary.

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the Apostles' Creed.
3. On the first bead, say an Our Father.
4. Say one Hail Mary on each of the next three beads.
5. Say the Glory Be
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the Our Father.
7. While fingering each of the ten beads of the decade, next say ten Hail Marys while meditating on the Mystery. Then say a Glory Be.

(After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.)

After saying the five decades, say the Hail, Holy Queen, followed by this dialogue and prayer:

V. Pray for us, O holy Mother of God.

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

Let us pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

Marian Hymns

Salve Regina:

<https://www.youtube.com/watch?v=1B91RUv2II8>

Ave Maria:

<https://www.youtube.com/watch?v=2H5rusicEnc>

Regina Caeli:

<https://www.youtube.com/watch?v=yzMaoqzwagA>

Immaculate Mary:

https://www.youtube.com/watch?v=oly_cQbyJYg

Suggested Pilgrimage-Related Scripture Readings

Psalm 84 – It traditionally was prayed when people were on pilgrimage to Jerusalem. We at MCP like to start pilgrimages with it

Luke 24:13-35 – The Road to Emmaus passage connects with the pilgrimage experience. We walk with Christ even if we do not realize it, experience his glory at the holy site, then run back to our communities with our hearts on fire.

John 2:1-12 – The Wedding Feast at Cana passage is a tremendous example of the role Mary plays as intercessor with her Son.

Psalm 122 – Traditionally prayed by the pilgrims when they arrived at Jerusalem. We at MCP like to pray it with our pilgrims when we reach the holy site.

