



*St Mary's Catholic Parish*

The  
Church  
at  
Home

**HOLY WEEK AND  
EASTER**

St Mary's  
Dartmouth, MA

# *Welcome*

In this booklet you will find a number of resources meant to help you continue the practice of the faith. Even though separated, we are still united by our love and faith in Jesus Christ and as members of the Body of Christ.

If you have questions or requests, please do not hesitate to contact the Parish Office. Our offices are located at 789 Dartmouth Street, ph # 508-992-7505. Our website is [www.stmarysdartmouth.org](http://www.stmarysdartmouth.org).

St Mary's Parish Dartmouth  
789 Dartmouth Street  
South Dartmouth, MA 02748  
508-992-7505

[www.stmarysdartmouth.org](http://www.stmarysdartmouth.org)

# Current Schedules

## **Livestream**

Our livestream is running 24/7! If you have access to the internet, go to [stmarysdartmouth.org](http://stmarysdartmouth.org) and click on "Watch" at the top of the page to find the link to the Stream. The current schedule is:

## **Mass**

Saturday Vigil: 4:00 pm  
Sunday: 8:00 , 10:00 , 12:00 and 5:00 pm  
Monday-Thursday: 8:00 am

## **Confessions**

**Tuesday 6:00 - 6:45 pm**

## **Eucharistic Adoration**

Tuesday 6PM to 7PM

# Making a Spiritual Communion

My Jesus, I believe that You are present in the Most Blessed Sacrament.  
I love You above all things,  
and I desire to receive You into my soul.  
Since I cannot now receive you sacramentally,  
come at least spiritually into my heart.  
I embrace You as if you were already there,  
and I unite myself wholly to You.  
Never permit me to be separated from You.

*(Saint Alphonsus Liguori)*

# Unable to Go to Confession

1. In Prayer, express to the Lord your sorrow for your sins and what they are. Let Him know of your love and desire for Him.
2. Pledge that you will go to the Sacrament of Reconciliation as soon as you are able and it is safe to do so.
3. Make an Act of Contrition:

*My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You Whom I should love above all things, I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin.*

# MORNING PRAYER

+God, come to my assistance; Lord, make haste to help me.

Glory to the Father, to the Son and to the Holy Spirit, as it was in the beginning is now and will be forever. Amen.

## **Psalm 63: 2-9**

*Antiphon:* The splendor of Christ risen from the dead has shone on the people redeemed by his blood, alleluia.

O God, you are my God, for you I long;  
for you my soul is thirsting.  
My body pines for you  
like a dry, weary land without water.  
So I gaze on you in the sanctuary  
to see your strength and your glory.

For you love is better than life,  
my lips will speak your praise.  
So I will bless you all my life,  
in your name I will lift up my hands.  
My soul shall be filled as with a banquet,  
my mouth shall praise you with joy.

On my bed I remember you.  
On you I muse through the night  
for you have been my help;  
in the shadow of your wings I rejoice.  
My soul clings to you;  
your right hand holds me fast.

## **Reading Acts 10:40-43:**

God raised up Jesus on the third day and granted that he be seen, not by all, but only by such witnesses as had been chosen beforehand by God—by us who ate and drank with him after he rose from the dead. He commissioned us to preach to the people and to bear witness that he is the one set apart by God as judge of the living and the dead. To him all the prophets testify, saying

that everyone who believes in him has forgiveness of sins through his name.

*Antiphon:* The splendor of Christ risen from the dead has shone on the people redeemed by his blood, alleluia.

## **Canticle of Zechariah:**

*Antiphon:* Very early on the morning after the Sabbath, when the sun had just risen, they came to the tomb, alleluia.

Blessed be the Lord, the God of Israel; he has come to his people and set them free.

He has raised up for us a mighty savior, born of the house of his servant David.

Through his holy prophets he promised of old that he would save us from the hands of all who hate us.  
He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins.

In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

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.

*Antiphon:* Very early on the morning after the Sabbath, when the sun had just risen, they came to the tomb, alleluia.

*In a moment of quiet, offer to the Lord your prayers and intentions. Please pray for our Church, diocese and parish as well. Also, for those struggling physically, emotionally, spiritually and financially due to the pandemic.*

**Our Father.....**

## *EVENING PRAYER*

+God, come to my assistance; Lord, make haste to help me.

Glory to the Father, to the Son and to the Holy Spirit, as it was in the beginning is now and will be forever. Amen.

**Psalm 110:1-5, 7**

The Lord's revelation to my Master:  
'Sit on my right: your foes I will put beneath your feet.'

The Lord will wield from Zion  
your scepter of power:  
rule in the midst of all your foes.

A prince from the day of your birth  
on the holy mountains;  
from the womb before the dawn I begot you.

The Lord has sworn an oath he will not change.  
'You are a priest for ever,  
a priest like Melchizedek of old.'

The Master standing at your right hand  
will shatter kings in the day of his great wrath.

### **Prayer**

God our Father,  
by raising Christ your Son  
you conquered the power of death  
and opened for us the way to eternal life.  
Let our celebration today  
raise us up and renew our lives  
by the Spirit that is within us.  
Grant this through our Lord Jesus Christ,  
your Son, who lives and reigns with you and  
the Holy Spirit, God, for ever and ever.

He shall drink from the streams by the wayside and therefore he shall lift up his head.

**Reading Hebrews 10:12-14**

Jesus offered one sacrifice for sins and took his seat forever at the right hand of God; now he waits until his enemies are placed beneath his feet. By one offering he has forever perfected those who are being sanctified.

### **Gospel Cantic**

*Antiphone:* On the evening of the first day of the week, the disciples were gathered together behind locked doors; suddenly Jesus stood among them and said: Peace be with you, alleluia.

My + soul proclaims the greatness of the Lord, †  
my spirit rejoices in God my Savior \*  
for he has looked with favor on his lowly 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 lowly.

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.

In a moment of quiet, offer to the Lord your  
prayers and intentions. Please pray for our  
Church, diocese and parish as well. Also, for  
those struggling physically, emotionally,  
spiritually and financially due to the pandemic.

### **Our Father.....**

#### **Prayer**

God our Father,  
by raising Christ your Son  
you conquered the power of death  
and opened for us the way to eternal life.  
Let our celebration today  
raise us up and renew our lives  
by the Spirit that is within us.  
Grant this through our Lord Jesus Christ, your  
Son, who lives and reigns with you and the Holy  
Spirit, God, for ever and ever.

## *DEVOTIONS - The Rosary*

The Rosary is a Scripture-based prayer. It begins with the Apostles' Creed, which summarizes the great mysteries of the Catholic faith. The Our Father, which introduces each mystery, is from the Gospels. The first part of the Hail Mary is the angel's words announcing Christ's birth and Elizabeth's greeting to Mary. St. Pius V officially added the second part of the Hail Mary. The Mysteries of the Rosary center on the events of Christ's life. There are four sets of Mysteries: Joyful, Sorrowful, Glorious and--added by Saint John Paul II in 2002--the Luminous.

The repetition in the Rosary is meant to lead one into restful and contemplative prayer related to each Mystery. The gentle repetition of the words helps us to enter into the silence of our hearts, where Christ's spirit dwells. The Rosary can be said privately or with a group.

*(from usccb.org)*

**Five Joyful Mysteries** are traditionally prayed on Mondays, Saturdays, and, during the season of Advent, on Sundays:

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation in the Temple
5. The Finding in the Temple

**The Five Sorrowful Mysteries** are traditionally prayed on Tuesdays, Fridays and, during the season of Lent, on Sundays:

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death

**The Five Glorious Mysteries** are traditionally prayed on Wednesdays and outside the seasons of Advent and Lent, on Sundays:

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of Mary

**The Five Luminous Mysteries** are traditionally prayed on Thursdays:

1. The Baptism of Christ in the Jordan
2. The Wedding Feast at Cana
3. Jesus' Proclamation of the Coming of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

## 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.)*

8. 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.



# DEVOTIONS - Divine Mercy

(from usccb.org)

## **Optional Opening Prayers:**

You expired, Jesus, but the source of life gushed forth for souls,  
and the ocean of mercy opened up for the whole world.

O Fount of Life, unfathomable Divine Mercy,  
envelop the whole world and empty Yourself out upon us.

(Repeat 3 times) O Blood and Water, which gushed forth from the Heart of Jesus as a  
fountain of Mercy for us, I trust in You!

Our Father, Hail Mary and the Apostle's Creed

For each of the five decades (On each "Our Father" bead of the rosary, pray)

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved  
Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

(On each of the 10 "Hail Mary" beads, pray)

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

Concluding prayer (Repeat 3 times)

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole  
world.

## **Optional Closing Prayer**

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look  
kindly upon us and increase Your mercy in us, that in difficult moments we might not despair  
nor become despondent, but with great confidence submit ourselves to Your holy will, which  
is Love and Mercy itself.

# PRAYERS

## Act of Faith

O my God, I firmly believe  
that you are one God in three divine  
Persons,  
Father, Son, and Holy Spirit.  
I believe that your divine Son became man  
and died for our sins and that he will come  
to judge the living and the dead.  
I believe these and all the truths  
which the Holy Catholic Church teaches  
because you have revealed them  
who are eternal truth and wisdom,  
who can neither deceive nor be deceived.  
In this faith I intend to live and die.  
Amen.

## Act of Hope

O Lord God,  
I hope by your grace for the pardon  
of all my sins  
and after life here to gain eternal happiness  
because you have promised it  
who are infinitely powerful, faithful, kind,  
and merciful.  
In this hope I intend to live and die.  
Amen.

## Act of Love

O Lord God, I love you above all things  
and I love my neighbor for your sake  
because you are the highest, infinite and  
perfect  
good, worthy of all my love.  
In this love I intend to live and die.  
Amen.

## Act of Contrition

My God, I am sorry for my sins with all my  
heart.  
In choosing to do wrong and failing to do  
good,  
I have sinned against You Whom I should  
love above all things,  
I firmly intend, with Your help, to do  
penance, to sin no more, and to avoid  
whatever leads me to sin.  
Our Savior Jesus Christ, suffered and died  
for us. In His name, my God, have mercy.  
Amen.

## Apostles Creed

I believe in God, the Father almighty,  
creator of heaven and earth.  
I 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 rose 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 believe in the Holy Spirit,  
the holy catholic Church,  
the communion of the saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.

## Angelus

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

Hail Mary...

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

## **Prayer to Our Lady of Guadalupe**

**Holy Virgin of Guadalupe, Queen of the Angels and Mother of the Americas.**

**We fly to you today as your beloved children.**

**We ask you to intercede for us with your Son, as you did at the wedding in Cana.**

**Pray for us, loving Mother,  
and gain for our nation and world,  
and for all our families and loved ones,  
the protection of your holy angels,  
that we may be spared the worst of this illness.**

**For those already afflicted,  
we ask you to obtain the grace of healing and deliverance.  
Hear the cries of those who are vulnerable and fearful,  
wipe away their tears and help them to trust.**

**In this time of trial and testing,  
teach all of us in the Church to love one another and to be  
patient and kind.**

**Help us to bring the peace of Jesus to our land and to our hearts.  
We come to you with confidence,  
knowing that you truly are our compassionate mother,  
health of the sick and cause of our joy.**

**Shelter us under the mantle of your protection,  
keep us in the embrace of your arms,  
help us always to know the love of your Son, Jesus. Amen.**

Remember,  
You are always in  
our thoughts and  
prayers

- Your family of faith at St Mary's Dartmouth

