

## Holy Redeemer Prayer Cenacle

# The Immaculate Heartbeats

### Prayer Format (October 2024)

#### Leader:

The model of the cenacle is based on Mary and the Apostles in the Upper Room in Jerusalem. This is where the Last Supper was held by Christ the night before his Crucifixion, and where the Holy Spirit descended upon them at Pentecost, thus giving birth to the Church.

#### The Sign of the Cross

Leader: In the name of the Father, the Son, and the Holy Spirit, Amen.

Please join me in our opening prayer to the Holy Spirit.

#### Prayer to the Holy Spirit

**All:** Come Holy Spirit, come by means of the powerful intercession of the Blessed Virgin Mary, thy well-beloved Spouse and enkindle within us the fire of your love. Send forth your spirit, and we shall be created, and you shall renew the face of the earth.

Leader: Let us pray.

**All:** O God by the Light of the Holy Spirit, you instruct the hearts of your faithful, in that same spirit help us to be truly wise, and ever rejoice in his consolation. Amen.

Leader: This evening, we pray for the intentions of our pope for the month of October:

For A Shared Mission

Let us pray that the Church continues to sustain a synodal lifestyle in every way, as a sign of co-responsibility, promoting the participation, communion and mission shared by priests, religious and laity.

As well we pray in thanksgiving for all the priests of our Diocese. Grant them the wisdom, understanding, and strength they need to follow in the footsteps of Jesus. Inspire them with the vision of your Kingdom.

We also pray for: *(state all names/situations on the intentions list)*

## The Holy Rosary

### The Sign of the Cross

**Leader:** In the name of the Father, the Son, and the Holy Spirit, Amen.

### Apostles' Creed

**Leader:** I believe in God, the Father almighty creator of heaven and earth and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. On the third day he rose again from the dead. He ascended into heaven and is seated at the right hand of God, the Father almighty. He will come again in glory to judge the living and the dead.

**All:** I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

### *Our Father*

**Leader:** Our Father, who art in heaven hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven.

**All:** 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 (three times)*

**Leader:** Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, And blessed is the fruit of thy womb, Jesus.

**All:** Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen

### *Glory Be*

**Leader:** Glory be to the Father, and to the Son, and to the Holy Spirit.

**All:** As it was in the beginning, is now, and ever shall be, world without end. Amen.

**Leader: (use sorrowful mysteries for Lent, glorious mysteries for Easter)**

**First Joyful Mystery - The Annunciation**

And when the angel had come to her, he said, "Hail, full of grace, the Lord is with thee. Blessed art thou among women."

Fruit of the Mystery: Humility

*Our Father – pray in your own language.*

**Leader of the First Decade:** Our Father, who art in heaven hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven.

**All:** 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 – pray in your own language. (ten times)*

**Leader of the First Decade:** Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, And blessed is the fruit of thy womb, Jesus.

**All:** Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen

*Glory Be– pray in your own language.*

**Leader of the First Decade:** Glory be to the Father, and to the Son, and to the Holy Spirit.

**All:** As it was in the beginning, is now, and ever shall be, world without end. Amen.

*O My Jesus*

**All:** O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.

**Leader:**

**Second Joyful Mystery - The Visitation**

Elizabeth was filled with the Holy Spirit and cried out in a loud voice: "Blest are you among women and blest is the fruit of your womb."

Fruit of the Mystery: Love of Neighbor

*Our Father – pray in your own language.*

**Leader of the Second Decade:** Our Father, who art in heaven hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven.

**All:** 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 – pray in your own language. (ten times)*

**Leader of the Second Decade:** Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, And blessed is the fruit of thy womb, Jesus.

**All:** Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen

*Glory Be– pray in your own language.*

**Leader of the Second Decade:** Glory be to the Father, and to the Son, and to the Holy Spirit.

**All:** As it was in the beginning, is now, and ever shall be, world without end. Amen.

*O My Jesus*

**All:** O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.

**Leader:**

**Third Joyful Mystery - The Birth of Jesus**

She gave birth to her first-born Son and wrapped Him in swaddling clothes and laid Him in a manger, because there was no room for them in the place where travelers lodged.

Fruit of the Mystery: Poverty

*Our Father – pray in your own language.*

**Leader of the Third Decade:** Our Father, who art in heaven hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven.

**All:** 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 – pray in your own language. (ten times)*

**Leader of the Third Decade:** Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, And blessed is the fruit of thy womb, Jesus.

**All:** Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen

*Glory Be– pray in your own language.*

**Leader of the Third Decade:** Glory be to the Father, and to the Son, and to the Holy Spirit.

**All:** As it was in the beginning, is now, and ever shall be, world without end. Amen.

*O My Jesus*

**All:** O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.

**Leader:**

**Fourth Joyful Mystery - The Presentation**

When the day came to purify them according to the law of Moses, the couple brought Him up to Jerusalem so that He could be presented to the Lord, for it is written in the law of the Lord, “Every first-born male shall be consecrated to the Lord.”

Fruit of the Mystery: Obedience

*Our Father – pray in your own language.*

**Leader of the Fourth Decade:** Our Father, who art in heaven hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven.

**All:** 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 – pray in your own language. (ten times)*

**Leader of the Fourth Decade:** Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, And blessed is the fruit of thy womb, Jesus.

**All:** Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen

*Glory Be– pray in your own language.*

**Leader of the Fourth Decade:** Glory be to the Father, and to the Son, and to the Holy Spirit.

**All:** As it was in the beginning, is now, and ever shall be, world without end. Amen.

*O My Jesus*

**All:** O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.

**Leader:**

**Fifth Joyful Mystery - Finding the Child Jesus in the Temple**

On the third day they came upon Him in the temple sitting in the midst of the teachers, listening to them and asking them questions.

Fruit of the Mystery: Joy in Finding Jesus

*Our Father – pray in your own language.*

**Leader of the Fifth Decade:** Our Father, who art in heaven hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven.

**All:** 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 – pray in your own language. (ten times)*

**Leader of the Fifth Decade:** Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, And blessed is the fruit of thy womb, Jesus.

**All:** Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen

*Glory Be– pray in your own language.*

**Leader of the Fifth Decade:** Glory be to the Father, and to the Son, and to the Holy Spirit.

**All:** As it was in the beginning, is now, and ever shall be, world without end. Amen.

*O My Jesus*

**All:** O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.

*Hail, Holy Queen*

**All:** 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 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!

**Leader:** Pray for us, O holy Mother of God,

**All:** that we may be made worthy of the promises of Christ.

**Leader:** Sacred Heart of Jesus

**All:** Have mercy on us.

**Leader:** Immaculate Heart of Mary

**All:** Pray for us.

**Leader:** St. Joseph

**All:** Pray for us.

**Leader:** Prayer to St. Michael

**All:**

St. Michael the Archangel, defend us in battle.  
Be our defense against the wickedness and snares of the Devil.  
May God rebuke him, we humbly pray, and do thou,  
O Prince of the heavenly hosts, by the power of God,  
thrust into hell Satan, and all the evil spirits,  
who prowl about the world seeking the ruin of souls. Amen.

**The Sign of the Cross**

**Leader:** In the name of the Father, the Son, and the Holy Spirit, Amen.

**Silent or Spontaneous Prayer**

**Leader:** We will now take some time to listen to the voice of the Holy Spirit within us and to allow for spontaneous prayer.



## Devotion

Leader: The month of October is dedicated to Our Lady of the Rosary.

Leader:

Lord have mercy.

Christ have mercy.

Lord have mercy.

Christ hear us.

God, the Father of heaven,

God the Son, Redeemer of the world,

God the Holy Spirit,

Holy Trinity, one God,

Holy Mary,

Holy Mother of God,

Holy Virgin of virgins,

Mother of Christ,

Mother of the Church,

Mother of Mercy,

Mother of divine grace,

Mother of Hope,

Mother most pure,

Mother most chaste,

Mother inviolate,

Mother undefiled,

Mother most amiable,

Mother most admirable,

Mother of good counsel,

All:

Lord have mercy.

Christ have mercy.

Lord have mercy.

Christ graciously hear us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

Mother of our Creator,	pray for us.
Mother of our Saviour,	pray for us.
Virgin most prudent,	pray for us.
Virgin most venerable,	pray for us.
Virgin most renowned,	pray for us.
Virgin most powerful,	pray for us.
Virgin most merciful,	pray for us.
Virgin most faithful,	pray for us.
Mirror of justice,	pray for us.
Seat of wisdom,	pray for us.
Cause of our joy,	pray for us.
Spiritual vessel,	pray for us.
Vessel of honour,	pray for us.
Singular vessel of devotion,	pray for us.
Mystical rose,	pray for us.
Tower of David,	pray for us.
Tower of ivory,	pray for us.
House of gold,	pray for us.
Ark of the covenant,	pray for us.
Gate of heaven,	pray for us.
Morning star,	pray for us.
Health of the sick,	pray for us.
Refuge of sinners,	pray for us.
Solace of Migrants,	pray for us.
Comfort of the afflicted,	pray for us.
Help of Christians,	pray for us.
Queen of Angels,	pray for us.

Queen of Patriarchs,	pray for us.
Queen of Prophets,	pray for us.
Queen of Apostles,	pray for us.
Queen of Martyrs,	pray for us.
Queen of Confessors,	pray for us.
Queen of Virgins,	pray for us.
Queen of all Saints,	pray for us.
Queen conceived without original sin,	pray for us.
Queen assumed into heaven,	pray for us.
Queen of the most holy Rosary,	pray for us.
Queen of families,	pray for us.
Queen of peace.	pray for us.

Lamb of God, who takes away the sins of the world,  
spare us, O Lord.

Lamb of God, who takes away the sins of the world,  
graciously hear us, O Lord.

Lamb of God, who takes away the sins of the world,  
have mercy on us.

Pray for us, O holy Mother of God,  
that we may be made worthy of the  
promises of Christ.

Let us pray.

Grant, we beseech thee, O Lord God, that we, your servants, may enjoy perpetual health of mind and body; and by the glorious intercession of the Blessed Mary, ever Virgin, may be delivered from present sorrow, and obtain eternal joy.

Through Christ our Lord.

Amen.

## **Closing Prayer**

**Leader:** Please join me in our closing prayer to the Holy Spirit.

**All:**

Come, Holy Spirit!

Fill our hearts with gratitude and love for the precious Gift of the most Holy Eucharist You have given us to be our spiritual Food and Drink for our Journey of Faith.

Enkindle within us the fire of your love and inspire within us the desire to be like Jesus, Who won our Salvation and Who redeemed us from sin and death.

Help us, O Spirit of Mercy, to be poured out in charity, so that we can love as Jesus loves, in all that we think, say and do.

May You, O Spirit of Truth, give us the courage to be joyful witnesses to Jesus in our lives, and to always speak the Truth in Love.

Make our lives and homes places where Saints are formed, and where holy Vocations to the Priesthood, Consecrated Life, and Sacramental Marriage are fostered.

Help us, O spirit of Compassion, to see all those who suffer and are in need as You see them — as sisters and brothers in Christ.

May Mary, the Mother of the Church, intercede for us, and lead us always to the Heart of her Divine Son.

Come, Holy Spirit, come into our lives, our parish, and our Diocese, and lead us always to live our lives according to Your holy Will, now and forever. Amen

## **The Sign of the Cross**

**Leader:**

In the name of the Father, the Son, and the Holy Spirit, Amen.