

## Holy Redeemer Prayer Cenacle

# The Immaculate Heartbeats

### Prayer Format – September 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 September:

For The Cry Of The Earth

Let us pray that each of us listens with our hearts to the cry of the Earth and of the victims of environmental disasters and the climate crisis, making a personal commitment to care for the world we inhabit.

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 September is dedicated to Our Lady of Seven Sorrows.

The seven sorrows of Mary are:

- The prophesy of Simeon
- The flight into Egypt
- The loss of Jesus for three days
- The carrying of the cross
- The crucifixion of Jesus
- Jesus taken down from the cross
- Jesus laid in the tomb

Please join me in The Litany to Our Lady of Seven Sorrows

**Leader:**

**All:**

Lord, have mercy on us.

Lord, have mercy on us.

Christ, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Lord, have mercy on us.

Christ, hear us.

Christ, graciously hear us.

God, the Father of heaven,

have mercy on us.

God the Son, Redeemer of the world,

have mercy on us.

God the Holy Ghost,

have mercy on us.

Holy Mary, Mother of God,

pray for us.

Holy Virgin of virgins,

pray for us.

Mother of the Crucified,

pray for us.

Sorrowful Mother,

pray for us.

Mournful Mother,

pray for us.

Sighing Mother,

pray for us.

Afflicted Mother,

pray for us.

Forsaken Mother,

pray for us.

Desolate Mother,

pray for us.

Mother most sad,

pray for us.

Mother set around with anguish,	pray for us.
Mother overwhelmed by grief,	pray for us.
Mother transfixed by a sword,	pray for us.
Mother crucified in thy heart,	pray for us.
Mother bereaved of thy Son,	pray for us.
Sighing Dove,	pray for us.
Mother of Dolors,	pray for us.
Fount of tears,	pray for us.
Sea of bitterness,	pray for us.
Field of tribulation,	pray for us.
Mass of suffering,	pray for us.
Mirror of patience,	pray for us.
Rock of constancy,	pray for us.
Remedy in perplexity,	pray for us.
Joy of the afflicted,	pray for us.
Ark of the desolate,	pray for us.
Refuge of the abandoned,	pray for us.
Shield of the oppressed,	pray for us.
Conqueror of the incredulous,	pray for us.
Solace of the wretched,	pray for us.
Medicine of the sick,	pray for us.
Help of the faint,	pray for us.
Strength of the weak,	pray for us.
Protectress of those who fight,	pray for us.
Haven of the shipwrecked,	pray for us.
Calmer of tempests,	pray for us.
Companion of the sorrowful,	pray for us.

Retreat of those who groan,	pray for us.
Terror of the treacherous,	pray for us.
Standard-bearer of the Martyrs,	pray for us.
Treasure of the Faithful,	pray for us.
Light of Confessors,	pray for us.
Pearl of Virgins,	pray for us.
Comfort of Widows,	pray for us.
Joy of all Saints,	pray for us.
Queen of thy Servants,	pray for us.
Holy Mary, who alone art unexampled,	pray for us.
Pray for us, most Sorrowful Virgin,	that we may be made worthy of the promises of Christ.

**All:**

O God, in whose Passion, according to the prophecy of Simeon, a sword of grief pierced through the most sweet soul of Thy glorious Blessed Virgin Mother Mary: grant that we, who celebrate the memory of her Seven Sorrows, may obtain the happy effect of Thy Passion, Who lives and reigns world without end. 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.