

Hail Mary

Hail Mary, full of grace,
the Lord is with you.
Blessed are you among women,
and blessed is the fruit of your womb,
Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.



Praying the Hail Mary with Actions

Hail Mary, (Lift your right hand pointing to the sky.)

Full of grace, (Lift your left hand pointing to the sky.)

The Lord is with you. (Bring your hands down folded near your heart.)

Blessed are you among women, (Take your right hand and sweep it across your body pointing to all the girls in the group around you.)

And blessed is the fruit of your womb Jesus. (Pretend you are rocking a baby in your arms.)

Holy Mary, (Lift your right hand pointing to the sky.)

Mother of God, (Lift your left hand pointing to the sky.)

Pray for us sinners, (Bring your hands down folded near your heart.)

Now (Point down to the ground with both hands.)

And at the hour of our death. (Point to a pretend watch on your wrist.)

Amen. (Bring hands together folded near your heart.)

Memorare

Remember, most loving Virgin Mary,
never was it heard
that anyone who turned to you for help
was left unaided.

Inspired by this confidence,
though burdened by my sins,
I run to your protection
for you are my mother.

Mother of the Word of God,
do not despise my words of pleading
but be merciful and hear my prayer.
Amen.



For My Mother A Child's Prayer

Dear Blessed Mother Mary,
help my mom to be a good mother.
Give her peace and wisdom,
strength and courage,
grace and happiness.
Be nearby when she needs help.
Keep her close to your Son, Jesus.
Help me to always show my mom
how very much I love her.
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 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 forever.



English translation of *Magnificat* by the International Consultation on English Texts

The Angelus

Call: The angel spoke God's message to Mary,

Response: and she conceived of the Holy Spirit.

Hail Mary...

Call: "I am the lowly servant of the Lord:

Response: let it be done to me according to your word."

Hail Mary...

Call: And the Word became flesh

Response: and lived among us.

Hail Mary...

Call: Pray for us, holy Mother of God,

Response: that we may become worthy of the promises of Christ.

Let us pray.

Lord,

fill our hearts with your grace;

once, through the message of an angel

you revealed to us the incarnation of your Son;

now, through his suffering and death

lead us to the glory of his resurrection.

We ask this through Christ our Lord.

Amen.

