

USER AGREEMENT:

“I agree before God that if, after examining the contents of this file, I decide to print, save, or otherwise use the contents, I will send a donation as requested.”

OTHERWISE, DO NOT CONTINUE.

MY WEBSITE is not a not a commercial enterprise. It is dedicated to healing, not monetary profit. It is the work of one man without the financial support of sponsors or advertising. Through this work I have made my knowledge and experience available to all, regardless of their ability to pay for the help they need.

If you make use of this prayer booklet, please consider the effort I put into making it and express your gratitude with a donation. What is the point of praying if your prayer is stained with ingratitude?

*"I don't have any money," you say. Then look honestly at yourself. Try fasting for one day and see if the soda you don't drink, the coffee you don't drink, the snacks you don't eat, and the meat you don't eat will fill your hands with the money to pay *something* for what you have received here.*

Donate by mail with cash, a personal check (USA only), or a bank draft:

Raymond Lloyd Richmond, Ph.D.
55 New Montgomery Street, Suite 420
San Francisco, CA 94105-3429
USA

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www.ChastitySF.com/donations.htm

THE ANGELUS AND REGINA COELI WITH THE LITANY OF HUMILITY

Suggested minimum donation: \$5.00

Instructions:

1. *Read all these instructions carefully before doing anything.*
2. This file will make two booklets.
3. Print page 4 of this file first, and then, on the reverse side of it, print page 3 of this file (with the picture).
4. Print page 5 of this file, and then, on the reverse side of it, print page 6 of this file.
5. Print page 7 of this file, and then, on the reverse side of it, print page 8 of this file.
6. Trim away the dotted lines.
7. Fold each trimmed section in half to crease it down the middle, and then unfold it.
8. Assemble each booklet from three sections:
 - a. Place the section with the [Introduction / Litany of Humility (part 2)] face up on your work surface.
 - b. On top of it, place the section with the [Angelus (part 1, English) / Queen of Heaven] face up.
 - c. On top of it, place the section with the [Angelus (part 1, Latin) / Angelus (part 2, Latin)] face up.
9. For each booklet, align the pages, turn the stack over, with the picture up, and staple the pages together with one staple, in the middle, along the crease.

DIVINE PRAISES

BLESSED be God.
Blessed be His holy name.
Blessed be Jesus Christ, true God and true Man.
Blessed be the name of Jesus.
Blessed be His most Sacred Heart.
Blessed be His most precious Blood.
Blessed be Jesus in the most holy Sacrament of the Altar.
Blessed be the great Mother of God, Mary most holy.
Blessed be her holy and Immaculate Conception.
Blessed be her glorious Assumption.
Blessed be the name of Mary, Virgin and Mother.
Blessed be St. Joseph, her most chaste Spouse.
Blessed be God in His Angels and in His Saints.
Amen.

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Chastity – In San Francisco?
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THE ANGELUS



and the
REGINA CŒLI
with the Litany of Humility

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THE ANGELUS



and the
REGINA CŒLI
with the Litany of Humility

IN the Angelus (*angelus* is the Latin word for “angel”), we are reminded of how the Immaculate Virgin Mary became a model for us in totally surrendering her will to God’s will. With her simple and humble *Fiat* (Latin for “let it be done”), she offered herself to God, through the angel Gabriel, in faithful obedience.

The Angelus is prayed *kneeling*.

The Regina Cœli is prayed in place of the Angelus during the Pascal season—i.e., from Easter Sunday to Pentecost Sunday. Because of its joyful character, the Regina Cœli is prayed *standing*.

The traditional times for praying the Angelus (and the Regina Cœli) are daily (except Sundays) at 6:00 AM, 12 noon, 6:00 PM and 12 midnight.

THAT others may be loved more than I,
Jesus, grant me the grace to desire it.

That others may be esteemed more than I, *

That, in the opinion of the world,
others may increase and I may decrease,

That others may be chosen and I set aside,

That others may be praised and I unnoticed,

That others may be preferred to me in everything,

That others may become holier than I,
provided that I may become as holy as I should,

** Jesus, grant me the grace to desire it.*

—Rafael Cardinal Merry del Val
(1865-1930)

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THE LITANY OF HUMILITY

O JESUS meek and humble of heart,
hear me.

FROM the desire of being esteemed,
deliver me, Jesus.

From the desire of being loved, *
From the desire of being extolled,
From the desire of being honored,
From the desire of being praised,
From the desire of being preferred,
From the desire of being consulted,
From the desire of being approved,

FROM the fear of being humiliated, *
From the fear of being despised,
From the fear of being rebuked,
From the fear of being calumniated,
From the fear of being forgotten,
From the fear of being ridiculed,
From the fear of being wronged,
From the fear of being suspected,

** deliver me, Jesus.*

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** deliver me, Jesus.*

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.

AVE MARIA

AVE María, grátia plena, Dóminus
tecum; benedícta tu in muliéribus, et
benedíctus fructus ventris tui, Iesus.

Sancta María, Mater Dei, ora pro nobis
peccatóribus, nunc et in hora mortis
nostræ. Amen.

HAIL MARY

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THE ANGELUS

THE ANGEL of the Lord declared unto Mary.

R. And she conceived by the Holy Spirit.

Hail, Mary . . .

V. Behold the handmaid of the Lord.

R. Be it done unto me according to Thy word.

Hail, Mary . . .

V. And the Word was made flesh.

R. And dwelt among us.

Hail, Mary . . .

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

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

QUEEN OF HEAVEN

QUEEN of Heaven rejoice, alleluia,
For He whom you merited to bear,
 alleluia,

Has risen as He said, alleluia;

Pray to God for us, alleluia.

V. Rejoice and be glad, O Virgin Mary,
 alleluia.

R. Because the Lord is truly risen,
 alleluia.

Let us pray.—O God, who by the Resurrection of Thy Son, our Lord Jesus Christ, granted joy to the whole world: grant, we beseech Thee, that, through His Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord.

R. Amen.

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THE ANGEL of the Lord declared unto Mary.

R. And she conceived by the Holy Spirit.

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R. Amen.

REGINA CÆLI

REGINA cœli, lætare, allelúia,
Quia quem meruísti portáre, allelúia,
Resurrexit sicut dixit, allelúia;
Ora pro nobis Deum, allelúia.

V. Gaude et lætare, Virgo María,
allelúia.

R. Quia surrexit Dóminus vere,
allelúia.

Orémus.—Deus, qui per resurrectionem
Fílii tui, Dómini nostri Iesu Christi,
mundum lætificáre dignátus es: præsta,
quæsumus, ut per eius Genetrícem
Vírginem Mariám, perpétuæ capiámus
gáudia vitæ. Per eúmdem Christum
Dóminum nostrum.

R. Amen.

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.

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same Christ our Lord.

R. Amen

ANGELUS

ANGELUS Dómini nuntiávit Maríæ.

R. Et concépit de Spíritu Sancto.

Ave María . . .

V. Ecce ancílla Dómini.

R. Fiat mihi secúndum verbum tuum.

Ave María . . .

V. Et Verbum caro factum est.

R. Et habitávit in nobis.

Ave María . . .

V. Ora pro nobis, sancta Dei Génitrix.

R. Ut digni efficiámur promissionibus Christi.

Orémus.—Grátiam tuam, quæsumus, Dómine, méntibus nostris infúnde: ut qui, Angelo nuntiánte, Christi Filii tui Incarnatiónem cognóvimus, per passiónem eius et crucem, ad resurrecciónis glóriam perducámur. Per eúmdem Christum Dóminum nostrum.

R. Amen.

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R. Amen.