

Solemn Eucharistic Celebration
in honor of
SAINT JOSEMARÍA ESCRIVÁ
Founder of Opus Dei



INTRODUCTORY RITES

While the Priest proceeds to the altar, the Entrance Antiphon is recited or an appropriate song is sung.

Entrance Antiphon

Jer 3:15

I will give you shepherds after my own heart,
and they shall feed you on knowledge and sound teaching.

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

R. Amen.

He greets all those present:

V. The Lord be with you.

R. And with your spirit.

In this first greeting a Bishop, instead of The Lord be with you, *says:*
Peace be with you.

Then follows the Penitential Act, to which the Priest invites the faithful, saying:

Brethren (brothers and sisters), let us acknowledge our
sins, and so prepare ourselves to celebrate the sacred
mysteries.

*A brief pause for silence follows. Then all recite together the formula of general
confession:*

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I have failed to do,

and, striking their breast, they say:

through my fault, through my fault,
through my most grievous fault;

Then they continue:

therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

The absolution of the Priest follows:

V. May almighty God have mercy on us, forgive us our
sins, and bring us to everlasting life.

R. Amen.

Kyrie

V. Lord, have mercy.

R. Lord, have mercy.

V. Christ, have mercy.

R. Christ, have mercy.

V. Lord, have mercy.

R. Lord, have mercy.

Gloria

Glory to God in the highest,
and on earth peace to people of good will.

We praise you,

we bless you,

we adore you,

we glorify you,

we give you thanks for your great glory,

Lord God, heavenly King,

O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,

Lord God, Lamb of God, Son of the Father,

you take away the sins of the world,
 have mercy on us;
you take away the sins of the world,
 receive our prayer;
you are seated at the right hand of the Father,
 have mercy on us.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.

Collect

When this hymn is concluded, the Priest, with hands joined, says:

Let us pray.

O God, who raised up your priest Saint Josemaría in the Church to proclaim the universal call to holiness and the apostolate, grant that by his intercession and example we may, through our daily work, be formed in the likeness of Jesus your Son and serve the work of redemption with burning love. We ask this through our Lord Jesus Christ your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

R. Amen.

THE LITURGY OF THE WORD

First Reading

God took the man and settled him in the garden of Eden to cultivate and take care of it.

A reading from the book of Genesis

2:4b-9, 15

At the time when the Lord God made earth and heaven there was as yet no wild bush on the earth nor had any wild plant yet sprung up, for the Lord God had not sent rain on the earth, nor was there any man to till the soil. However, a flood was rising from the earth and watering all the surface of the soil. The Lord God fashioned man of dust from the soil. Then he breathed into his nostrils a breath of life, and thus man became a living being.

The Lord God planted a garden in Eden which is in the east, and there he put the man he had fashioned. The Lord God caused to spring up from the soil every kind of tree, enticing to look at and good to eat, with the tree of life and the tree of the knowledge of good and evil in the middle of the garden. The Lord God took the man and settled him in the garden of Eden to cultivate and take care of it.

V. The Word of the Lord.

R. Thanks be to God.

Responsorial Psalm

Ps 2:7-12

R. Praise the Lord, all you peoples!

I will announce the decree of the Lord:
He said to me: “You are my Son.
It is I who have begotten you this day.”

R. Praise the Lord, all you peoples!

“Ask and I shall bequeath you the nations,
put the ends of the earth in your possession.
With a rod of iron you will break them,
shatter them like a potter’s jar.”

R. Praise the Lord, all you peoples!

Now, O kings, understand,
take warning, rulers of the earth;
serve the Lord with awe and trembling,
pay him your homage.

R. Praise the Lord, all you peoples!

Lest he be angry, and you perish,
for suddenly his anger will blaze.
Blessed are they who put their trust in God.

R. Praise the Lord, all you peoples!

Second Reading

The Spirit himself and our spirit bear united witness that we are children of God.

A reading from the letter of Paul to the Romans 8:14-17

Everyone moved by the Spirit is a son of God. The spirit you received is not the spirit of slaves bringing fear into your lives again; it is the spirit of sons, and it makes us cry out: “Abba, Father!” The Spirit himself and our spirit bear united witness that we are children of God. And if we are children we are heirs as well: heirs of God and coheirs with Christ, sharing his sufferings so as to share his glory.

V. The Word of the Lord.

R. Thanks be to God.

Gospel Acclamation

Mk 1:17

Alleluia, alleluia.

Follow me, says the Lord, and I will make you fishers of men.

Alleluia.

Gospel

The Deacon, or the Priest, then proceeds to the ambo, accompanied, if appropriate, by ministers with incense and candles. There he says:

V. The Lord be with you.

R. And with your spirit.

I will place my trust in your words.

† A reading from the holy Gospel according to Luke 5:1-11

Jesus was standing one day by the lake of Gennesaret, with the crowd pressing round him listening to the word of God, when he caught sight of two boats close to the bank. The fishermen had gone out of them and were washing their nets. He got into one of the boats—it was Simon’s—and asked him to put out a little from the shore. Then he sat down and taught the crowds from the boat.

When he had finished speaking he said to Simon, “Put out into deep water and pay out your nets for a catch.” “Master,” Simon replied, “we worked hard all night long and caught nothing, but if you say so, I will pay out the nets.” And when they had done this they netted such a huge number of fish that their nets began to tear, so they signaled to their companions in the other boat to come and help them; when these came, they filled the two boats to sinking point.

When Simon Peter saw this he fell at the knees of Jesus saying, “Leave me Lord; I am a sinful man.” For he and all his companions were completely overcome by the catch they had made; so also were James and John, sons

of Zebedee, who were Simon's partners. But Jesus said to Simon, "Do not be afraid; from now on it is men you will catch." Then, bringing their boats back to land, they left everything and followed him.

V. The Gospel of the Lord.

R. Praise to you, Lord Jesus Christ.

Then follows the Homily.

Credo

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven,

At the words that follow up to and including and became man, *all bow.*
and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic, and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

General Intercessions

The Celebrant:

My brothers and sisters, in this solemn act of thanksgiving to the Most Blessed Trinity, through the intercession of the Blessed Virgin, Mother of God and our Mother, of Saint Joseph her most chaste spouse, of the Holy Angels, and of Saint Josemaría, let us ask God the almighty Father, source of all good things, Jesus Christ his Son and our Redeemer, and the Holy Spirit, to pour forth grace continually into our hearts.

For the Holy Church, sign and instrument of universal salvation: that the Holy Spirit may conserve her in unity and reinforce her in the faith, so that the knowledge of the love of Christ our Redeemer may extend ever more widely throughout the world. We pray to the Lord.

R. Lord, in your mercy, hear our prayer.

For the Holy Father, Pope **N.**, successor of Peter and Pastor of Christ's flock: that he may be always filled with the wisdom, consolation and strength of the Holy Spirit in his unceasing ministry of service to Christians and to all people. We pray to the Lord. **R.**

For **(Cardinal / Archbishop / Bishop) N.**, all bishops and priests of the Church: that, enlightened by the grace of the Spirit of Wisdom, they may be authentic witnesses of the Word of Truth and Life, and strive constantly with untiring effort to spread the Kingdom of God.

We pray to the Lord. **R.**

For the Prelate of Opus Dei, **N.:** that the Holy Spirit may assist him always in his service to the Church, and that the Lord may mercifully accept his fervent prayers.

We pray to the Lord. **R.**

For the Prelature of Opus Dei: that all its faithful, priests and lay people, following with fidelity the spirit of the Founder, Saint Josemaría, may know how to sanctify their ordinary professional work and transform all the events and circumstances of their life into occasions of loving the Lord and of serving the Church, the Roman Pontiff, and all souls with joy and simplicity. We pray to the Lord. **R.**

For all who participate in this Eucharist, for their families, and for all humanity: that they may listen to the voice of Jesus, the Incarnate Word and Redeemer of the world, letting the Spirit of God light up all human realities.

We pray to the Lord. **R.**

For all Catholics: that they may be more aware of their call to holiness and to the spreading of the Gospel in every environment of the world, through the sanctification of professional work and of the Christian's ordinary duties. We pray to the Lord. **R.**

For peace in the world and the unity of the human family: that Christians —especially attentive to the needs of the poor and suffering— may cooperate in solidarity with all people of good will to build a more just society, founded on the Lord's New Commandment. We pray to the Lord. **R.**

The Celebrant:

O God, you chose Saint Josemaría to found Opus Dei, a way of sanctification in professional work and in the fulfillment of the Christian's ordinary duties, hear the prayers that we direct to you with filial trust, and grant us the grace to fulfill always and everywhere your Will. We ask this through Christ our Lord.

R. Amen.

THE LITURGY OF THE EUCHARIST

When all this has been done, the Offertory Chant begins.

The Priest, standing at the altar, takes the paten with the bread and holds it slightly raised above the altar with both hands, saying in a low voice:

Blessed are you, Lord God of all creation,
for through your goodness we have received
the bread we offer you:
fruit of the earth and work of human hands,
it will become for us the bread of life.

R. Blessed be God for ever.

The Deacon, or the Priest, pours wine and a little water into the chalice, saying quietly:

By the mystery of this water and wine
may we come to share in the divinity of Christ
who humbled himself to share in our humanity.

The Priest then takes the chalice and holds it slightly raised above the altar with both hands, saying in a low voice:

Blessed are you, Lord God of all creation,
for through your goodness we have received
the wine we offer you:
fruit of the vine and work of human hands,
it will become our spiritual drink.

R. Blessed be God for ever.

After this, the Priest, bowing profoundly, says quietly:

With humble spirit and contrite heart
may we be accepted by you, O Lord,
and may our sacrifice in your sight this day
be pleasing to you, Lord God.

If appropriate, he also incenses the offerings, the cross, and the altar. A Deacon or other minister then incenses the Priest and the people.

Then the Priest, standing at the side of the altar, washes his hands, saying quietly:

Wash me, O Lord, from my iniquity
and cleanse me from my sin.

Standing at the middle of the altar, facing the people, extending and then joining his hands, he says:

Pray, brethren (brothers and sisters),
that my sacrifice and yours
may be acceptable to God,
the almighty Father.

R. May the Lord accept the sacrifice at your hands
for the praise and glory of his name,
for our good
and the good of all his holy Church.

Prayer over the Offerings

Holy Father, accept these gifts that we offer in memory of Saint Josemaría, so that, through the sacrifice offered by Christ on the altar of the Cross and made present here in this sacrament, you may graciously sanctify all that we do. We ask this through Christ our Lord.

R. Amen.

Preface of Holy Pastors

The presence of holy Pastors in the Church

V. The Lord be with you.

R. And with your spirit.

V. Lift up your hearts.

R. We lift them up to the Lord.

V. Let us give thanks to the Lord our God.

R. It is right and just.

It is truly right and just, our duty and our salvation,
always and everywhere to give you thanks,
Lord, holy Father, almighty and eternal God,
through Christ our Lord.

For, as on the festival of Saint Josemaría,
you bid your Church rejoice,
so, too, you strengthen her by the example of his holy
life, teach her by his words of preaching,
and keep her safe in answer to his prayers.

And so, with the company of Angels and Saints,
we sing the hymn of your praise,
as without end we acclaim:

Sanctus

Holy, Holy, Holy Lord God of hosts.

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

EUCCHARISTIC PRAYER II

The Priest, with hands extended, says:

Celebrant alone

You are indeed Holy, O Lord, the fount of all holiness.

He joins his hands and, holding them extended over the offerings, says:

Celebrant with concelebrants

Make holy, therefore, these gifts, we pray,
by sending down your spirit upon them like the dewfall,

He joins his hands

*and makes the Sign of the Cross once over the bread and the chalice together,
saying:*

so that they may become for us
the Body and † Blood of our Lord, Jesus Christ.

He joins his hands.

*In the formulas that follow, the words of the Lord should be pronounced clearly
and distinctly, as the nature of these words requires.*

At the time he was betrayed
and entered willingly into his Passion,

He takes the bread and, holding it slightly raised above the altar, continues:

he took bread and, giving thanks, broke it,
and gave it to his disciples, saying:

He bows slightly.

**TAKE THIS, ALL OF YOU, AND EAT OF IT,
FOR THIS IS MY BODY,
WHICH WILL BE GIVEN UP FOR YOU.**

*He shows the consecrated host to the people, places it again on the paten, and
genuflects in adoration.*

After this, he continues:

In a similar way, when supper was ended,

He takes the chalice and, holding it slightly raised above the altar, continues:

he took the chalice
and, once more giving thanks,
he gave it to his disciples, saying:

He bows slightly.

**TAKE THIS, ALL OF YOU, AND DRINK FROM IT,
FOR THIS IS THE CHALICE OF MY BLOOD,
THE BLOOD OF THE NEW
AND ETERNAL COVENANT,
WHICH WILL BE Poured OUT FOR YOU
AND FOR MANY
FOR THE FORGIVENESS OF SINS.**

DO THIS IN MEMORY OF ME.

He shows the chalice to the people, places it again on the corporal, and genuflects in adoration.

Celebrant alone

The mystery of faith.

R. We proclaim your Death, O Lord,
and profess your Resurrection
until you come again.

Celebrant with concelebrants

Therefore, as we celebrate
the memorial of his Death and Resurrection,
we offer you, Lord,
the Bread of life and the Chalice of salvation,
giving thanks that you have held us worthy
to be in your presence and minister to you.

Humbly we pray
that, partaking of the Body and Blood of Christ,
we may be gathered into one by the Holy Spirit.

Celebrant or one concelebrant

Remember, Lord, your Church,
spread throughout the world,
and bring her to the fullness of charity,
together with **N.** our Pope and **N.** our Bishop
and all the clergy.

Celebrant or one concelebrant

Remember also our brothers and sisters
who have fallen asleep in the hope of the resurrection,
and all who have died in your mercy:
welcome them into the light of your face.
Have mercy on us all, we pray,
that with the Blessed Virgin Mary, Mother of God,
with blessed Joseph, her Spouse,
with the blessed Apostles,
and all the Saints who have pleased throughout the ages,
we may merit to be coheirs to eternal life,
and may praise and glorify you
through your Son, Jesus Christ.

Celebrant alone or with concelebrants

Through him, and with him, and in him,
O God, almighty Father,
in the unity of the Holy Spirit,
all glory and honor is yours,
for ever and ever.

R. Amen.

EUCCHARISTIC PRAYER III

The Priest, with hands extended, says:

Celebrant alone

You are indeed Holy, O Lord,
and all you have created
rightly gives you praise,
for through your Son our Lord Jesus Christ,
by the power and working of the Holy Spirit,
you give life to all things and make them holy,
and you never cease to gather a people to yourself,
so that from the rising of the sun to its setting
a pure sacrifice may be offered to your name.

He joins his hands and, holding them extended over the offerings, says:

Celebrant with concelebrants

Therefore, O Lord, we humbly implore you:
by the same Spirit graciously make holy
these gifts we have brought to you for consecration,

He joins his hands

*and makes the Sign of the Cross once over the bread and the chalice together,
saying:*

that they may become the Body and † Blood
of your Son our Lord Jesus Christ,

He joins his hands.

at whose command we celebrate these mysteries.

*In the formulas that follow, the words of the Lord should be pronounced clearly
and distinctly, as the nature of these words requires.*

For on the night he was betrayed

He takes the bread and, holding it slightly raised above the altar, continues:

he himself took bread,
and, giving you thanks, he said the blessing,

broke the bread and gave it to his disciples, saying:

He bows slightly.

**TAKE THIS, ALL OF YOU, AND EAT OF IT,
FOR THIS IS MY BODY,
WHICH WILL BE GIVEN UP FOR YOU.**

He shows the consecrated host to the people, places it again on the paten, and genuflects in adoration. After this, he continues:

In a similar way, when supper was ended,

He takes the chalice and, holding it slightly raised above the altar, continues:

he took the chalice,
and, giving you thanks, he said the blessing,
and gave the chalice to his disciples, saying:

He bows slightly.

**TAKE THIS, ALL OF YOU, AND DRINK FROM IT,
FOR THIS IS THE CHALICE OF MY BLOOD,
THE BLOOD OF THE NEW
AND ETERNAL COVENANT,
WHICH WILL BE Poured OUT FOR YOU
AND FOR MANY
FOR THE FORGIVENESS OF SINS.**

DO THIS IN MEMORY OF ME.

He shows the chalice to the people, places it again on the corporal, and genuflects in adoration.

Celebrant alone

The mystery of faith.

R. We proclaim your Death, O Lord,
and profess your Resurrection
until you come again.

Celebrant with concelebrants

Therefore, O Lord, as we celebrate the memorial
of the saving Passion of your Son,
his wondrous Resurrection
and Ascension into heaven,
and as we look forward to his second coming,
we offer you in thanksgiving
this holy and living sacrifice.

Look, we pray, upon the oblation of your Church
and, recognizing the sacrificial Victim by whose death
you willed to reconcile us to yourself,
grant that we, who are nourished
by the Body and Blood of your Son
and filled with his Holy Spirit,
may become one body, one spirit in Christ.

Celebrant or one concelebrant

May he make of us
an eternal offering to you,
so that we may obtain an inheritance with your elect,
especially with the most Blessed Virgin Mary,
Mother of God,
with blessed Joseph, her Spouse,
with your blessed Apostles and glorious Martyrs
with Saint Josemaría
and with all the Saints,
on whose constant intercession in your presence
we rely for unfailing help.

Celebrant or one concelebrant

May this Sacrifice of our reconciliation,
we pray, O Lord,
advance the peace and salvation of all the world.
Be pleased to confirm in faith and charity
your pilgrim Church on earth,
with your servant **N.** our Pope and **N.** our Bishop,
the Order of Bishops, all the clergy,
and the entire people you have gained for your own.

Listen graciously to the prayers of this family,
whom you have summoned before you:
in your compassion, O merciful Father,
gather to yourself all your children
scattered throughout the world.

Celebrant or one concelebrant

To our departed brothers and sisters
and to all who were pleasing to you
at their passing from this life,
give kind admittance to your kingdom.
There we hope to enjoy for ever the fullness of your glory
through Christ our Lord,
through whom you bestow on the world all that is good.

Celebrant alone or with concelebrants

Through him, and with him, and in him,
O God, almighty Father,
in the unity of the Holy Spirit,
all glory and honor is yours,
for ever and ever.

R. Amen.

THE COMMUNION RITE

After the chalice and the paten have been set down, the Priest, with hands joined, says:

At the Savior's command
and formed by divine teaching,
we dare to say:

He extends his hands and, together with the people, continues:

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

With hands extended, the Priest alone continues, saying:

Deliver us, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Savior, Jesus Christ.

R. For the kingdom,
the power and the glory are yours
now and for ever.

Then the Priest, with hands extended, says aloud:

Lord Jesus Christ, you said to your Apostles: Peace I leave you, my peace I give you, look not on our sins, but on the faith of your Church, and graciously grant her peace and unity in accordance with your will. Who live and reign for ever and ever.

R. Amen.

The Priest, turned towards the people, extending and then joining his hands, adds:

The peace of the Lord be with you always.

R. And with your spirit.

Then, if appropriate, the Deacon, or the Priest, adds:

Let us offer each other the sign of peace.

And all offer one another a sign, in keeping with local customs, that expresses peace, communion, and charity.

Then he takes the host, breaks it over the paten, and places a small piece in the chalice, saying quietly:

May this mingling of the Body and Blood of our Lord Jesus Christ bring eternal life to us who receive it.

Meanwhile the following is sung or said:

Lamb of God, you take away the sins of the world,
have mercy on us.

Lamb of God, you take away the sins of the world,
have mercy on us.

Lamb of God, you take away the sins of the world,
grant us peace.

Then the Priest, with hands joined, says quietly:

Lord Jesus Christ, Son of the living God, who, by the will of the Father and the work of the Holy Spirit, through your Death gave life to the world, free me by this, your most holy Body and Blood, from all my sins and from every evil; keep me always faithful to your commandments, and never let me be parted from you.

The Priest genuflects, takes the host and, holding it slightly raised above the paten or above the chalice, while facing the people, says aloud:

Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.

R. Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

The Priest, facing the altar, says quietly:

May the Body of Christ keep me safe for eternal life.
And he reverently consumes the Body of Christ.

Then he takes the chalice and says quietly:

May the Blood of Christ keep me safe for eternal life.
And he reverently consumes the Blood of Christ.

Communion Antiphon

Mt 20:28

The Son of Man did not come to be served but to serve,
and to give his life as a ransom for many.

Prayer after Communion

Standing at the altar or at the chair and facing the people, with hands joined, the Priest says:

Let us pray.

O Lord our God, may the mysteries we have received in this celebration of Saint Josemaría, strengthen in us the spirit of adoption as your children, so that, in faithful adherence to your will, we may advance joyfully along the path of holiness. We ask this through Christ our Lord.

R. Amen.

THE CONCLUDING RITES

V. The Lord be with you.

R. And with your spirit.

V. May almighty God bless you,
the Father, and the Son, † and the Holy Spirit.

R. Amen.

V. Go forth, the Mass is ended.

R. Thanks be to God.

In a Pontifical Mass, the celebrant receives the miter and, extending his hands, says:

V. The Lord be with you.

R. And with your spirit.

V. Blessed be the name of the Lord.

R. Now and for ever.

V. Our help is in the name of the Lord.

R. Who made heaven and earth.

V. May almighty God bless you,
the Father, † and the Son, † and the Holy † Spirit.

R. Amen.

The Deacon:

V. Go forth, the Mass is ended.

R. Thanks be to God.

Prayers Before the Mass

PRAYER OF ST. AMBROSE

Lord, Jesus Christ, I approach your banquet table in fear and trembling, for I am a sinner, and dare not rely on my own worth but only on your goodness and mercy. I am defiled by many sins in body and soul, and by my unguarded thoughts and words. Gracious God of majesty and awe, I seek your protection, I look for your healing. Poor troubled sinner that I am, I appeal to you, the fountain of all mercy. I cannot bear your judgment, but I trust in your salvation. Lord, I show my wounds to you and uncover my shame before you. I know my sins are many and great, and they fill me with fear, but I hope in your mercies, for they cannot be numbered. Lord Jesus Christ, eternal king, God and man, crucified for mankind, look upon me with mercy and hear my prayer, for I trust in you. Have mercy on me, full of sorrow and sin, for the depth of your compassion never ends. Praise to you, saving sacrifice, offered on the wood of the cross for me and for all mankind. Praise to the noble and precious blood, flowing from the wounds of my crucified Lord Jesus Christ and washing away the sins of the whole world. Remember, Lord, your creature, whom you have redeemed with your blood. I repent my sins, and I long to put right what I have done. Merciful Father, take away all my offenses and sins; purify me in body and soul, and make me worthy to taste the holy of holies. May your body and blood, which I intend to receive, although I am unworthy, be for me the remission of my sins, the washing away of my guilt, the end of my evil thoughts, and the rebirth of my better instincts. May it incite me to do the works pleasing to you and profitable to my health in body and soul, and be a firm defense against the wiles of my enemies. Amen.

PRAYER OF ST. THOMAS AQUINAS

Almighty and ever-living God, I approach the sacrament of your only-begotten Son, our Lord Jesus Christ, I come sick to the doctor of life, unclean to the fountain of mercy, blind to the radiance of eternal light, and poor and needy to the Lord of heaven and earth. Lord, in your great generosity, heal my sickness, wash away my defilement, enlighten my blindness, enrich my poverty, and clothe my nakedness. May I receive the bread of angels, the King of kings and Lord of lords, with humble reverence, with the purity and faith, the repentance and love,

and the determined purpose that will help to bring me to salvation. May I receive the sacrament of the Lord's body and blood, and its reality and power. Kind God, may I receive the body of your only-begotten Son, our Lord Jesus Christ, born from the womb of the Virgin Mary, and so be received into his mystical body and numbered among his members. Loving Father, as on my earthly pilgrimage I now receive your beloved Son under the veil of a sacrament, may I one day see him face to face in glory, who lives and reigns with you for ever. Amen.

Prayers After the Mass

PRAYER OF ST. BONAVENTURE

Pierce, O most sweet Lord Jesus, my inmost soul with the most joyous and healthful wound of your love, with true, serene, and most holy apostolic charity, that my soul may ever languish and melt with love and longing for you, that it may yearn for you and faint for your courts, and long to be dissolved and to be with you. Grant that my soul may hunger after you, the bread of angels, the refreshment of holy souls, our daily and supersubstantial bread, having all sweetness and savor and every delight of taste; let my heart ever hunger after and feed upon you, upon whom the angels desire to look, and may my inmost soul be filled with the sweetness of your savor; may it ever thirst after you, the fountain of life, the fountain of wisdom and knowledge, the fountain of eternal light, the torrent of pleasure, the richness of the house of God; may it ever compass you, seek you, find you, run to you, attain you, meditate upon you, speak of you, and do all things to the praise and glory of your name, with humility and discretion, with love and delight, with ease and affection, and with perseverance unto the end; may you alone be ever my hope, my entire assurance, my riches, my delight, my pleasure, my joy, my rest and tranquility, my peace, my sweetness, my fragrance, my sweet savor, my food, my refreshment, my refuge, my help, my wisdom, my portion, my possession and my treasure, in whom may my mind and my heart be fixed and firm and rooted immovably henceforth and for ever. Amen.

PRAYER OF ST. THOMAS AQUINAS

Lord, Father all-powerful and ever-living God, I thank you, for even though I am a sinner, your unprofitable servant, not because of my worth but in the kindness of your mercy, you have fed me with the precious body and blood of your Son, our Lord Jesus Christ. I pray that this Holy Communion may not bring me condemnation and punishment but forgiveness and salvation. May it be a helmet of faith and a shield of goodwill. May it purify me from evil ways and put an end to my evil passions. May it bring me charity and patience, humility and obedience, and growth in the power to do good. May it be my strong defense against all my enemies, visible and invisible, and the perfect calming of all my evil impulses, bodily and spiritual. May it unite me more closely to you, the one true God, and lead me safely through death to everlasting happiness with you. And I pray that you will lead me, a sinner, to the banquet where you, with your Son and Holy Spirit, are true and perfect light, total fulfillment, everlasting joy, gladness without end, and perfect happiness to your saints. Grant this through Christ our Lord. Amen.

THE UNIVERSAL PRAYER

(attributed to Pope Clement XI)

Lord, I believe in you: increase my faith. I trust in you: strengthen my trust. I love you: let me love you more and more. I am sorry for my sins: deepen my sorrow. I worship you as my first beginning, I long for you as my last end, I praise you as my constant helper, and call on you as my loving protector. Guide me by your wisdom, correct me with your justice, comfort me with your mercy, protect me with your power. I offer you, Lord, my thoughts: to be fixed on you; my words: to have you for their theme; my actions: to reflect my love for you; my sufferings: to be endured for your greater glory. I want to do what you ask of me: in the way you ask, because you ask it. Lord, enlighten my understanding, strengthen my will, purify my heart, and make me holy. Help me to repent of my past sins and to resist temptation in the future. Help me to rise above my human weakness and to grow stronger as a Christian. Let me love you, my Lord and my God, and see myself as I really am: a pilgrim in this world, a Christian called to respect and love all whose lives I touch, those in authority over me or those under my authority, my friends and my enemies. Help me to conquer anger with gentleness, greed by generosity, apathy by fervor.

Help me to forget myself and reach out toward others. Make me prudent in planning, courageous in taking risks. Make me patient in suffering, unassuming in prosperity. Keep me, Lord, attentive in prayer, temperate in food and drink, diligent in my work, firm in my good intentions. Let my conscience be clear, my conduct without fault, my speech blameless, my life well-ordered. Put me on guard against my human weaknesses. Let me cherish your love for me, keep your law, and come at last to your salvation. Teach me to realize that this world is passing, that my true future is the happiness of heaven, that life on earth is short, and the life to come eternal. Help me to prepare for death with a proper fear of judgment, but a greater trust in your goodness. Lead me safely through death to the endless joy of heaven. Grant this through Christ our Lord. Amen.

PRAYER OF SELF-DEDICATION TO JESUS CHRIST

Lord Jesus Christ, take all my freedom, my memory, my understanding, and my will. All that I have and cherish you have given me. I surrender it all to be guided by your will. Your grace and your love are wealth enough for me. Give me these, Lord Jesus, and I ask for nothing more. Amen.

PRAYER TO JESUS CHRIST CRUCIFIED

My good and dear Jesus, I kneel before you, asking you most earnestly to engrave upon my heart a deep and lively faith, hope, and charity, with true repentance for my sins, and a firm resolve to make amends. As I reflect upon your five wounds, and dwell upon them with deep compassion and grief, I recall, good Jesus, the words the prophet David spoke long ago concerning yourself: They have pierced my hands and my feet; they have counted all my bones!

PRAYER TO THE BLESSED TRINITY (For Priests)

May the tribute of my humble ministry be pleasing to thee, Holy Trinity. Grant that the sacrifice which I, unworthy as I am, have offered in the presence of thy majesty, may be acceptable to thee. Through thy mercy may it bring forgiveness to me and to all for whom I have offered it: through Christ our Lord. Amen.

ANIMA CHRISTI

Soul of Christ, sanctify me. Body of Christ, heal me. Blood of Christ, drench me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. Good Jesus, hear me. In your wounds shelter me. From turning away, keep me. From the evil one, protect me. At the hour of my death call me. Into your presence lead me, to praise you with all your saints for ever and ever. Amen.

PRAYER TO THE VIRGIN MARY

Mary, holy virgin mother, I have received your Son, Jesus Christ. With love you became his mother, gave birth to him, nursed him, and helped him grow to manhood. With love I return him to you, to hold once more, to love with all your heart, and to offer to the Holy Trinity as our supreme act of worship for your honor and for the good of all your pilgrim brothers and sisters. Mother, ask God to forgive my sins and to help me serve him more faithfully. Keep me true to Christ until death, and let me come to praise him with you for ever and ever. Amen.

PRAYER TO ST. JOSEPH

St. Joseph, father and guardian of virgins, to whose faithful keeping Christ Jesus, innocence itself, and Mary, the virgin of virgins, were entrusted, I pray and beseech you by that twofold and most precious charge, by Jesus and Mary, to save me from all uncleanness, to keep my mind untainted, my heart pure, and my body chaste; and to help me always to serve Jesus and Mary in perfect chastity. Amen.

PRAYER TO ST. MICHAEL

Saint 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 you, O prince of the heavenly host, by the power of God thrust into hell Satan and all the evil spirits who prowl about the world for the ruin of souls. Amen.

St. Josemaría Escrivá (1902-1975)

St. Josemaría Escrivá was born in Barbastro, Spain, on January 9, 1902. He was ordained to the priesthood in Zaragoza, Spain on March 28, 1925. On October 2, 1928, by divine inspiration, he founded Opus Dei—a Personal Prelature of the Catholic Church that fosters among Christians the search for holiness in the world, especially in the ordinary circumstances of life and the sanctification of work. On June 26, 1975, he died suddenly in Rome after a final affectionate glance at a picture of Our Lady in the room where he worked. Pope St. John Paul II canonized St. Josemaria in Rome on October 6, 2002. His liturgical feast is celebrated on June 26.

He taught that work, family life, and other ordinary activities are occasions for spiritual union with Jesus Christ. And that everyone can be a saint:

***Your duty is to sanctify yourself. Yes, even you.
Who thinks that this task is only for priests and
religious?***

***To everyone, without exception, our Lord said:
‘Be ye perfect, as my heavenly Father is perfect’.***

St. Josemaría, The Way no. 291

Ordinary life. “It is in the midst of the most material things of the earth that we must sanctify ourselves, serving God and all mankind,” said St. Josemaría. Thus family, marriage, work — all of our activities— are opportunities for dealing with and imitating Jesus Christ, trying to practice charity, patience, humility, diligence, integrity, cheerfulness and all the other human and Christian virtues.

Sanctifying work. Sanctifying work means to work with the spirit of Jesus Christ, to work competently and ethically, with the aim of loving God and serving others, and thus to sanctify the world from within, making the Gospel present in all

activities whether they be outstanding or humble and hidden. In the eyes of God what matters is the love that is put into work, not its human success.

Unity of life. St. Josemaría explained that Christians working in the world should not live “a kind of double life. On the one hand, an interior life, a life of union with God; and on the other, a separate and distinct professional, social and family life.” On the contrary: “There is just one life, made of flesh and spirit. And it is this life which has to become, in both soul and body, holy and filled with God.”

God is not removing you from your environment.

He is not taking you away from the world,

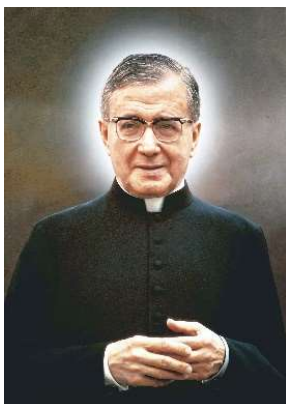
or from your condition in life, or from your noble human ambitions, or from your professional work...

But he wants you to be a saint – right there!

St. Josemaría, The Forge no. 362



Anno Domini 2024



Saint Josemaría Escrivá
Founder of Opus Dei

Prayer

O God, through the Blessed Virgin Mary, you granted countless graces to your priest Saint Josemaría, choosing him as a most faithful instrument to found Opus Dei, a way of sanctification in daily work and in the fulfillment of the ordinary duties of a Christian. Grant that I may also learn to turn all the circumstances and events of my life into opportunities to love you and to serve the Church, the Pope and all souls, with joy and simplicity, lighting up the paths of the earth with faith and love. Through the intercession of Saint Josemaría, grant me the favor I request... (here make your request). Amen.

Our Father, Hail Mary, Glory be to the Father.

Those who obtain favors through the intercession of St. Josemaría Escrivá are requested to notify the Prelature of Opus Dei, Office for the Causes of Saints, 20 Sampaguita St. cor. Balete Drive, 1112 New Manila, Quezon City. Email: ocs.ph@opusdei.org. For more information on St. Josemaría Escrivá, please visit: www.stjosemaria.org.