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After the entrance when the
community processes to the choir.

POSTULANT'S OFFERING

Immaculate Mary, my sweet Mother, you have brought me into your enclosed garden of Carmel, and I consecrate myself to you with all my heart today. With loving and filial confidence in your intercession, I place myself under your white mantle. Obtain for me from the Heart of your Divine Son, the grace to follow in your footsteps, to be faithful and generous in the pursuit of holiness according to the spirit of Carmel. Take me into your heart, O Mother, and imprint in me the virtues you practiced in the hidden life of Nazareth. Help me to be ever pleasing to Jesus and prepare my soul for the intimate union with Him to which I have been called through my Carmelite vocation, that my life may be a praise of His glory for the good of Holy Mother Church and the salvation of souls.

Finally, my Mother, I ask for the grace to be a true daughter of my holy parents, St. Teresa of Jesus and St. John of the Cross, that under their guidance and following the Little Way of my sister St. Thérèse, I may attain to the summit of perfection. Amen.

Processions

- Oratory to Choir (Sext, None, and Vespers)
Psalm 50.....18
- Antechoir to Choir (Lauds, Sext, None, and Vespers)
Psalm 50.....18
- Choir to Antechoir (After Terce and the Rosary)
Psalm 66.....12
- Choir to Refectory
Psalm 129.....23

HORARIUM

- Rise (Sunday: 5:00)
Lauds
Mental Prayer
Prime (& end of Grand Silence)
Holy Mass (Sat & Sun: 8:00),
Terce (Sat & Sun before Mass)
Breakfast (after Prayer on Sat & Sun),
Work
Sext and Examen
Dinner
Recreation
Visit to the Most Blessed Sacrament,
Siesta
None and Rosary
Novices' instruction ("puntito")
Spiritual Reading (30 minutes)
Work
Vespers
Mental Prayer
Supper
Recreation
Compline (& Grand Silence)
Break (Choir or cell) *(wed-Fri discipline)*
Matins
Night sentence & blessings
Retire

N.B. Bell is rung 6 minutes before time indicated.

VARIOUS PRAYERS SAID THROUGHOUT THE DAY

UPON RISING

At the sound of the clappers, all sing with the bellringer, kneeling at the entrance of their cells.

"Alabado sea nuestro Señor Jesucristo y la Virgen María su Santísima Madre, a la oración Hermana, alabad al Señor."

(Praised be Our Lord Jesus Christ and the Virgin Mary His most Holy Mother, come to prayer Sisters, come to praise the Lord.)

On feasts of Our Lady, see p. 67

THE ANGELUS

ersecarian ← **V** Angelus Dómini nuntiávit Mariæ.
(The angel of the Lord declared unto Mary.)

espōse ← **R**. Et concépit de Spíritu Sancto.
(And she conceived of the Holy Spirit.)

Ave María

V. Ecce ancilla Dómini.
(Behold the Handmaid of the Lord.)

R. Fiat mihi secúndum verbum tuum.
(Be it done to me according to Your word.)

Ave María

V. Et Verbum caro factum est.

(And the Word was made flesh.)

R. Et habitávit in nobis.

(And dwelt among us.)

Ave María

V. Ora pro nobis, Sancta Dei Génitrix.

(Pray for us, Holy Mother of God.)

R. Ut digni efficiámur promissióibus Christi.

(That we may be made worthy of the promises of Christ.)

OREMUS

Gratiā tuam, quæsumus, Dómine, méntibus nostris infunde: ut, qui Angelo nuntiante, Christi Filii tui Incarnatióne cognovimus, per passiónem eius et crucem, ad resurrectiōnis gloriā perducámur. Per eūdem Christum Dóminum nostrum.

+ Amen.

(Pour forth we beseech You, O Lord, Your grace into our hearts, that we to whom the Incarnation of Christ Your 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.)

Gloria Patri... 3 times

V. Divinum auxilium máneat semper nobiscum.

(May the divine assistance remain always with us.)

R. Amen.

THE REGINA CÆLI

In Paschal time the *Regina Cœli* is said instead of the *Angelus*:

Hebdomidarian

(*Heb.*) *Regina Cœli, lætare, + alleluia.*
(Queen of Heaven, rejoice, alleluia.)

H. *Quia quem meruisti portare, + alleluia.*
(For He whom You merited to bear, alleluia.)

H. *Resurréxit sicut dixit, + alleluia.*
(Has risen as He said, alleluia.)

H. *Ora pro nobis Deum, + alleluia.*
(Pray for us to God, alleluia.)

H. *Gaudete, et lætare, Virgo María, alleluia,*
(Rejoice and be glad Virgin Mary, alleluia.)

R. *Quia surréxit Dóminus vere, alleluia.*
(For the Lord has truly risen, alleluia.)

OREMUS

Deus, qui per resurrectionem Filii tui Dómini nostri Jesu Christi mundum lætificáre dignátus es, præsta quæsumus: ut per eius Genetricem Vírginem Maríam perpétuae capiámus gáudia vitæ. Per eúmdem Christum Dóminum nostrum. *R.* Amen.

(O God, You were pleased to give joy to the world through the resurrection of Your son, our Lord Jesus Christ. Grant, we beseech You, that through the intercession of the Virgin Mary, His Mother, we may come to possess the joys of life everlasting. Through the same Christ our Lord.)

Glória Patri... 3 times

V. *Divinum auxílium máneat semper nobiscum.*
(May the Divine assistance remain always with us.)

LAUDS

Lauds and all the other hours of the Divine Office, except Matins begin with:

(*H.*) *Deus in adiutorium meum intende.*
(O God, come to my assistance.)

R. *Dómine ad adiuvandum me festina.*
(O Lord, make haste to help me.)

All the hours of the Divine Office finish with:

(*H.*) *Fidélium animæ per misericordiam Dei requiéscant in pace.*
(May the souls of the faithful departed through the mercy of God rest in peace.)

R. Amen.

BEFORE MENTAL PRAYER

Priores

P. *Veni, Sancte Spiritus,*
(Come, Holy Spirit)

R. *Reple tuorum corda fidélium, et tui amoris in eis ignem accende.*
(Fill the hearts of Your faithful and enkindle in them the fire of Your love.)

V. *Emitté Spíritum tuum et creabúntur,*
(Send forth Your Spirit and they shall be created.)

R. *Et renovábis fáciem terræ.*
(And You shall renew the face of the earth.)

OREMUS

Deus qui corda fidélium Sancti Spíritus illustratióne docuísti, da nobis in eódem Spíritu recta sápere et de eius semper consolatióne gaudére. Per Christum Dóminum nostrum.

+ Amen.

(O God, You have instructed the hearts of Your faithful by the light of the Holy Spirit. Grant us by the same Spirit to have a right judgement in all things and evermore to rejoice in His consolation. Through Christ Our Lord.)

AFTER MENTAL PRAYER

Pr. Sub tuum præsidium,
(We fly to your protection.)

R. ...confúgimus, Sancta Dei Génitrix. Nostras deprecationes ne despicias in necessitatibus nostris. Sed a periculis cunctis libera nos semper, Virgo gloriosa et benedicta.

(O Holy Mother of God! Despise not our petitions in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin!)

V. Ora pro nobis, Sancta Dei Génitrix.
(Pray for us, Holy Mother of God.)

R. Ut digni efficiámur promissiónibus Christi.
(That we may be made worthy of the promises of Christ.)

OREMUS

(Priorress) Prótege, Dómine, fámulas tuas subsídiis pacis: et beatæ Mariæ semper Vírginis patrociniis confidéntes a cunctis hóstibus redde secúras.

(Protect, O Lord, Your family with the help of Your peace; and as we trust in the patronage of the ever blessed Virgin Mary, keep us safe from all our enemies.)

Ecclésiæ tuæ quæsumus, Dómine, preces placátus admítte: ut destrúcitis adversitábus et erróribus univérsis, secúra tibi sérviat libertáte.

(We pray You, Lord, in Your mercy receive the prayers of Your Church; so that, with the destruction of all error and opposition, she may serve You in security and freedom.)

Deus virtútum, cuius est totum, quod est óptimum, insere pectóribus nostris amórem tui nóminalis, et præsta in nobis religiónis augmémentum: ut quæ sunt bona nútrias, ac pietatis stúdio quæ sunt nutrita custódias.

(O God of power and strength, from whom comes every perfect gift, implant in our hearts the love of Your Name, and increase in us true religion. Foster that which is good in us, and protect with Your watchful love what You have fostered.)

Deus, véniae largítor, et humánæ salútis amátor: quæsumus cleméntiam tuam; ut nostræ Congregatiónis Fratres, Soróres, Propínquos et Benefactóres, qui ex hoc sǽculo transiérunt, beatæ María semper Vírgine intercedénte cum ómnibus Sanctis tuis, ad perpétuæ beatitudinis consórterum pervenire concédas. Per Christum Dóminum nostrum.

(O God, the giver of pardon, and the lover of the salvation of mankind, we beseech Your mercy for the brethren of our Order, our sisters, our relatives and our benefactors who have departed from this world. Grant, through the intercession of Blessed Mary ever Virgin and of all the saints, that they may have the fellowship of everlasting bliss. Through Christ Our Lord.)

Præténde, Dómine, fámulis et famulábus tuis déxteram coeléstis auxílii, ut te toto corde perquírant, et quæ digne póstulant, cónsequi mereántur. Per Christum Dóminum nostrum.

(Lord, from Your heavenly throne stretch out a helping hand to Your servants and handmaids. Then they will seek You with all their heart, and in their rightful entreaties they will gain a hearing. Through Christ our Lord.)

R. Amen.

Pr. Sanctus Deus,
(Holy God.)

(while kissing the floor)

R. Sanctus fortis, sanctus immortális, miseré nobis.

(Holy Mighty One, Holy Immortal One, have mercy on us.)



AFTER LEFCE AND ROSARY (PSALM 66)

Pr. Deus misereatúr nostri, et benedícat nobis,
(May God have pity on us and bless us.)

Illúminet vultum suum super nos, et misereátr nostri.

(and make His face to shine upon us, and have pity on us.)

Ut cognoscámus in terra viam tuam,
in ómnibus géntibus salutáre tuum.
(that Your way may be known upon earth,
Your saving power among all nations.)

Confiteántur tibi pópuli, Deus;
confiteántur tibi pópuli omnes.
(Let the peoples praise You, O God;
let all the peoples praise You!)

Lætentur et exsúltent gentes,
Quóniam iúdicas pópulos in æquitáte
et gentes in terra dírigis.
(Let the nations be glad and sing for joy,
for You judge the peoples with equity
and guide the nations upon earth.)

Confiteántur tibi pópuli, Deus,
confiteántur tibi pópuli omnes.



Terra dedit fructum suum;
(Let the peoples praise You, O God;
let all the peoples praise You!
The earth has yielded its increase;)

Benedícat nos Deus, Deus noster,
benedícat nos Deus,
et métuant eum omnes fines terrae.
(God, our God, has blessed us.
God has blessed us;
let all the ends of the earth fear Him!)

Glória Patri...

Heb. Salvos fac servos tuos et ancíllas tuas,
(Save Your servants and Your handmaidens.)

R. Deus meus, sperántes in te.
(who hope in You, my God.)

H. Dómine, exáudi oratióñem meam.
(O Lord, hear my prayer.)

R. Et clamor meus ad te véniat.
(And let my cry come to You.)

OREMUS

{(Heb) Præténde, Dómine, fámulis et famulábus tuis
déxteram coeléstis auxílii, ut te toto corde perquírant, et
quæ digne póstulant, cósequi mereántur. Per Christum
Dóminum nostrum.

R. Amen.

(Lord, from Your heavenly throne stretch out a helping hand to Your servants
and handmaids. Then they will seek You with all their heart, and in their
rightful entreaties they will gain a hearing. Through Christ our Lord.)



This is how thanksgiving is ended. (said after silence)

THANKSGIVING AFTER MASS PSALM 117 & THE MAGNIFICAT

(Priorress) Laudáte Dóminum omnes gentes,
Laudáte eum ómnes pôpuli.
(Praise the Lord all you nations;
glorify Him, all you peoples!)

R. Quóniam confirmáta est super nos misericórdia eius,
et véritas Dómini manet in aëternum.
(For steadfast is His kindness toward us,
and the fidelity of the Lord endures forever.)

Pr. Glória Patri , et Fílio, et Spíritui Sancto
(Glory be to the Father, and to the Son, and to the Holy Spirit,)

R. Sicut erat in princípio et nunc et semper, et in
sæcula sæculórum. Amen.
(As it was in the beginning, is now and ever shall be, world without
end. Amen.)

Pr. Magnificat ánima mea Dóminum,
(My soul magnifies the Lord.)

R. Et exultávit spíritus meus,
in Deo salutari meo.
(And my spirit rejoices in God my Savior.)

Pr. Quia respéxit humilitátem ancillæ suæ,
ecce enim ex hoc beatam me dicent omnes
generatioñes.
(For He has looked upon the lowliness of His handmaid; for
behold, all generations shall call me blessed.)

R. Quia fecit mihi magna qui potens est,
et sanctum nomen eius.

(For He who is mighty has done great things for me,
and holy is His name.)

Pr. Et misericórdia eius a progénie in progénies,
timéntibus eum.
(And His mercy is from generation to generation on those who fear
Him.)

R. Fecit poténtiam in bráchio suo,
dispérsit supérbos mente cordis sui.
(He has shown might with His arm, He has scattered the proud in
the conceit of their hearts.)

Pr. Depósuit poténtes de sede
et exaltávit húmiles.
(He has put down the mighty from their thrones and
has exalted the lowly.)

R. Esuriéntes implévit bonis
et dívites dimísit inánes.
(He has filled the hungry with good things and the rich He has sent
away empty.)

Pr. Suscépit Israel puérum suum,
recordátus misericórdiæ suæ.
(He has given help to Israel His servant, remembering His mercy.)

R. Sicut locútus est ad patres nostros,
Abraham et sémini eius in sæcula.
(As He spoke to our fathers, to Abraham and to his posterity
forever.)

Pr. Glória Patri ...

R. Sicut erat...

BREAKFAST

After breakfast one Pater Noster is said in silence at one's place with a profound inclination.



MORNING OFFERING FOR THE NOVITiate:

Jesús Niño de Praga, yo abandono mi pasado en tu misericordia infinita, mi presente en tus manos poderosas, y mi porvenir en tu Corazón que es todo amor.

O Señora mía, Madre mía, yo me ofrezco enteramente a Vos y en prueba de mi filial afecto os consagro en este día y para siempre, mis ojos, mis oídos, mi lengua, mi corazón, en una palabra todo mi ser. Y ya que soy toda vuestra, O Madre de bondad, guardadme y defendedme como cosa y posesión vuestra. Amen.

Rogámose Señor, que nos ayuden los méritos de San José, esposo de tu madre Santísima, para que por su intercesión se nos conceda lo que no alcanzamos por nuestros méritos. Tú que vives y reinas por los siglos de los siglos. Amén.

(Jesus, Infant of Prague, I abandon my past into Your infinite mercy, my present into Your powerful hands, and my future into Your Heart which is all loving.

O my Lady, my Mother, I offer myself entirely to You and to prove to You my filial affection I consecrate to You, this day and forever, my eyes, my ears, my tongue, my heart, in a word, all my being. And now that I am all Yours, O Mother of Goodness, guard me and defend me as your own possession. Amen.

We pray to You Lord, that we may be helped by the merits of St. Joseph, Spouse of Your most Holy Mother, that by His intercession we may obtain what we cannot reach by our own merits. You who live and reign forever and ever. Amen.)

BEFORE SEXT, NONE, VESPERS (PSALM 50)
*The Novitiate only while processing to the choir
 (Also for Community Processions into the Choir)*

(Novice Mistress) Miserére mei, Deus, secúndum magnam misericórdiam tuam;
 (Have mercy on me, O God, according to Your steadfast love;)

R. Et secúndum multitúdinem miseratiónum tuárum dele iniquitátem meam.
 (According to Your abundant mercy blot out my transgressions.)

NM. Amplius lava me ab iniquitáte mea et a peccáto meo munda me.
 (Wash me thoroughly from my iniquity, and cleanse me from my sin!)

R. Quóniam iniquitátem meam ego cognósco, et peccátum meum contra me est semper.
 (For I know my transgressions, and my sin is ever before me.)

NM. Tibi, sóli peccávi et malum coram te feci, ut justificérис in sermonibus tuis, et vincas cum judicárис.
 (Against You, You only, have I sinned, and done that which is evil in Your sight, so that You are justified in Your sentence, and blameless in Your judgment.)

R. Ecce enim in iniquitáibus concéptus sum, et in peccátis concépit me mater mea.
 (Behold, I was brought forth in iniquity, and in sin did my mother conceive me.)

NM. Ecce enim veritátem dílexísti, Incérta et occulta sapiéntiæ tuæ manifestásti mihi.

(Behold, You desire truth in the inward being; therefore teach me wisdom in my secret heart.)

R. Aspérges me hyssópo, et mundábor; lavábis me, et super nivem dealbábor.
 (Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.)

NM. Audítui meo dabis gáudium et lètitiam, et exsultábunt ossa humiliáta.
 (Fill me with joy and gladness; let the bones which You have broken rejoice.)

R. Avérte fáciem tuam a peccátis meis et omnes iniquitátes meas dele.
 (Hide Your face from my sins, and blot out all my iniquities.)

NM. Cor mundum crea in me, Deus, et spíritum rectum innova in viscéribus meis.
 (Create in me a clean heart, O God, and put a new and right spirit within me.)

R. Ne proícias me a fácie tua, et spíritum sanctum tuum ne áuferas a me.
 (Cast me not away from Your presence, and take not Your holy Spirit from me.)

NM. Redde mihi laetíiam salutáris tui, et spíritu principáli confírma me.
 (Give me again the joy of Your help; with a spirit of fervour sustain me.)

R. Docébo iníquos vias tuas, et ímpii ad te converténtur.
 (That I may teach transgressors Your ways and sinners may return to You.)

NM. Libera me de sanguinibus, Deus, Deus salútis
meæ, et exsultábit lingua mea iustítiam tuam.
(Deliver me from bloodguiltiness, O God,
God of my salvation,
and my tongue will sing aloud of Your deliverance.)

R. Dómine, lábia mea apéries,
et os meum annuntiábit laudem tuam.
(O Lord, open my lips,
and my mouth shall show forth Your praise.)

NM. Quóniam si voluísses, sacrificium dedíssem
útique, holocáustis non delectáberis.
(For You have no delight in sacrifice;
were I to give a burnt offering,
You would not be pleased.)

R. Sacrificium Deo spíritus contribulátus,
cor contritum et humiliátum, Deus, non
despícies.
(The sacrifice acceptable to God is a broken spirit;
a broken and contrite heart, O God,
You will not despise.)

NM. Benígne fac, Dómine, in bona voluntáte tua
Sion, ut ædificéntur muri Ierúsalem.
(Do good to Zion in Your good pleasure;
rebuild the walls of Jerusalem.)

R. Tunc acceptábis sacrificium iustítiae, oblationes
et holocáusta;
tunc impónent super altáre tuum vítulos.
(then will You delight in right sacrifices,
in burnt offerings and whole burnt offerings;
then bulls will be offered on Your altar.)

NM. Glória Patri... R. Sicut erat...

VISIT TO THE MOST BLESSED SACRAMENT
VISITA AL SANTÍSIMO SACRAMENTO
(AFTER NOON RECREATION)

IN SPANISH: (on Mon., Tues., Wed.)

Jesús mio, yo creo que estáis aquí, real y verdaderamente
presente en el Santísimo Sacramento del altar. Os amo,
os adoro y con vivas ánsias deseo recibiros dentro de mi
corazón, pero como no puedo hacerlo en este momento
sacramentalmente, venid os lo ruego espiritualmente a
mi corazón, y como si ya os hubiese recibido, yo me
abrazo y me uno todo a Vos. Ah Señor, no permitáis que
yo jamás me separe de Vos. Amen.

(Prioreess) Alabemos y demos gracias en todo momento,
R. Al Santísimo y Divinísimo Sacramento.

Padre nuestro, que estás en el cielo,
Santificado sea tu nombre,
Venga tu reino,
Hágase tu voluntad en la tierra como en el cielo.
Danos hoy nuestro pan de cada día,
Perdona nuestras ofensas como también nosotros
Perdonamos a los que nos ofenden.
No nos dejes caer en tentación
Y líbranos del mal. Amén.

Dios te salve, María, llena eres de gracia,
El Señor es contigo.
Bendita tú eres entre todas las mujeres,

Y bendito es el fruto de tu vientre, Jesús.
Santa María, Madre de Dios,
Ruega por nosotros pecadores,
Ahora y en la hora de nuestra muerte. Amén.

Gloria al Padre, y al Hijo, y al Espíritu Santo,
Como era en el principio, ahora y siempre,
Por los siglos de los siglos. Amén.

IN ENGLISH: (Thurs. to Sun.)

My Jesus, I believe that Thou art truly present in the Most Blessed Sacrament. I love Thee above all things and I desire to possess Thee within my soul. Since I am unable now to receive Thee sacramentally, come at least spiritually into my heart. I embrace Thee as being already there and unite myself wholly to Thee. Never permit me to be separated from Thee. Amen.

(Prioress) O Sacrament Most Holy, O Sacrament Divine,
Rx All praise and all thanksgiving be every moment
Thine.

(Prioress) O sacrum convívium,
Rx In quo Christus súmitur, recólitur memória
passiónis eius, mens implétur grátia et futúræ
glóriæ nobis pignus datur. (T.P. Alleluia)
(O sacred banquet in which we partake of Christ: His sufferings are remembered, our minds are filled with His grace and we receive a pledge of the glory that is to be ours.)

V Panem de cælo præstítisti eis, (T.P. Alleluia)
(You have given them bread from Heaven,)

R Omne delectamentum in se habéntem. (T.P.)
Alleluia)
(Containing in itself all sweetness.)

OREMUS

Deus, qui nobis sub sacraménto mirábili, passiónis tuæ
memóriam reliquísti, tríbue, quæsumus, ita nos córporis
et sanguinis tui sacra mystéria venerári, ut redemptiónis
tuæ fructum in nobis júgiter sentíamus. Qui vivis et
regnas in sǽcula sǽculórum. Amen.

(O God, You gave us the Eucharist as the memorial of Your suffering and death. May our worship of this sacrament of Your Body and Blood help us to experience the salvation You won for us. You who live and reign forever and ever. Amen.)

PSALM 129 PROCESSING FROM CHOIR TO THE REFECTIONY

(Psalmist) De profundiis clamávi ad te, Dómine;

R Domine exaudi vocem meam.

(Out of the depths I cry to You, O Lord!
Lord, hear my voice!)

Fiant aures tuæ intendéntes
in vocem deprecationis meæ.

(Let Your ears be attentive
to the voice of my supplications!)

Si iniquitátes observáveris, Dómine,
Dómine, quis sustinébit?

(If You, O Lord, should mark iniquities,
Lord, who could stand?)

Quia apud te propitiatio est,
Et propter legem tuam sustinui te, Dómine.

(But there is forgiveness with You,
and according to Your law I wait for You, Lord.)

Sustínuit ánima mea in verbo eius;
sperávit ánima mea in Dómino.
(My soul waits for His word,
my soul hopes in the Lord.)

A custódia matutína usque ad noctem;
Speret Israel in Dómino.
(From the morning watch until night,
Israel hopes in the Lord.)

Quia apud Dóminum misericórdia,
et copiosa apud eum redémptio.
(For with the Lord there is steadfast love,
and with Him is plenteous redemption.)

Et ipse rédimet Israel
ex ómnibus iniquitáribus eius.
(And He will redeem Israel
from all his iniquities.)

Réquiem ætéram dona eis Dómine.
(Eternal rest grant unto them, O Lord.)

Et lux perpétua lúceat eis.
(And let perpetual light shine upon them.)

(Heb) A porta inferi.
(From the gate of hell.)

Rx Erue Dómine ánimas eórum.
(Deliver their souls, O Lord.)

(H) Requiéscant in pace.
(May they rest in peace.)

Rx Amen.

(H) Dómine exáudi oratióne meam.
(O Lord, hear my prayer.)

Rx Et clamor meus ad te véniat.
(And let my cry come to You.)

OREMUS

Fidélium, Deus, ómnium Cónditor et Redémptor,
animábus famulórum famularúmque tuárum
remissiónem cunctórum tribue peccatórum: ut
indulgéntiam, quam semper optavérunt, piis
supplicatióibus consequántur. Qui vivis et regnas in
sæcula sæculórum. Rx Amen.

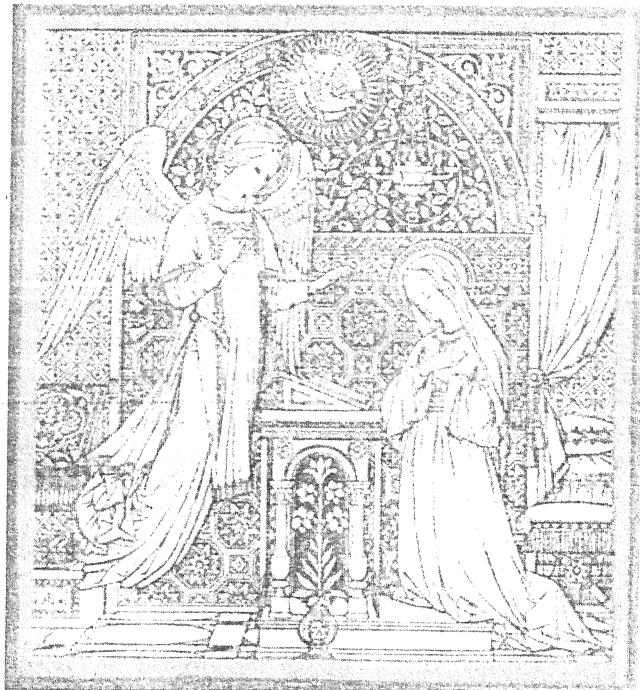
(O God, Creator and Redeemer of all the faithful, grant to the souls of Your
servants and handmaidens the remission of all their sins: that through devout
supplications, they may obtain the pardon which they have desired so much.
Who live and reign forever and ever.)

(H) Requiéscant in pace.
(May they rest in peace.)

Rx Amen.

GRACE BEFORE AND AFTER MEALS

See Grace Book



PRAYERS DURING DISHWASHING

- 1 *Leader* - V Ne recordérис peccáta mea Dómine.
(Remember not my sins, Lord.)
- 2 *everyone else* - R Dum vénérис judicáre sæculum per ignem.
(When You come to judge the living and the dead by fire.)
- 3 V Dírige Dómine Deus meus, in conspéctu
tuo viam meam.
(Lord my God, direct my path in Your sight.)
- 4 R Dum vénérис judicáre sæculum per ignem.
(When You come to judge the living and the dead by fire.)
- 5 V Réquiem ætérnam dona eis, Dómine.
Et lux perpétua lúceat eis.
(Eternal rest give to them, O Lord.
And let perpetual light shine upon them.)
- 6 R Dum vénérис...
- 7 V Kyrie eléison.
(Lord have mercy.)
- 8 R Christe eléison.
(Christ have mercy.)
- 9 V Kyrie eléison. Pater Noster... (everyone says
it in silence)
Et ne nos indúcas in tentácionem.
(And lead us not into temptation.)
- 10 R Sed libera' nos a malo.
(But deliver us from evil.)
- 11 V A porta íferi.
(From the gate of hell.)

R^X Erue, Dómine ánimas eórum.
(Deliver their souls, Lord.)

V Requiéscant in pace.
(May they rest in peace.)

R^X Amen.

V Dómine exáudi oratióne meam.
(Lord hear my prayer.)

R^X Et clamor meus ad te véniat.
(And let my cry come to You.)

OREMUS

5 Deus, qui inter apostólicos sacerdótes fámulos tuos pontificáli (second time sacerdotáli) fecísti dignitáte vigére: præsta quæsumus, ut eórum quoque perpétuo aggregéntur consórtio. Per Christum Dóminum nostrum.

R^X Amen.

(O God, who was pleased to raise Your servants, (bishops or priests) to the dignity of the episcopate (or priesthood): vouchsafe to number them with your bishops and priests for evermore. Through Christ Our Lord.)

2 Absólve, quæsumus, Dómine, ánimas famulárum tuárum, matrum et sorórum nostrárum, ut defúnctæ sǽculo tibi vivant: et quæ per fragilitátem carnis humána conversatióne commisérunt, tu vénia misericordíssimæ pietátis abstérge. Per Christum Dóminum nostrum.

R^X Amen.

(Absolve, we beseech You, Lord, the souls of Your servants, our Mothers and Sisters, that they who are dead to the world, may live unto You: and wipe away by Your most merciful forgiveness whatever sins they may have committed in life through human frailty. Through Christ Our Lord.)

6 Absólve, quæsumus, Dómine, ániam fámulae tuae N., sororis nostræ, ut defúncta sǽculo tibi vivat: et que per fragilitátem carnis humána conversatióne commisit, tu

Maria
Teresa

vénia misericordíssimæ pietátis abstérge. Per Christum Dóminum nostrum. R^X Amen.

(Absolve, we beseech You, Lord, the soul of Your servant N., our Sister, that she who is dead to the world, may live unto You: and wipe away by Your most merciful forgiveness whatever sins she may have committed in life through human frailty. Through Christ Our Lord.)

3 Deus, qui nos patrem et matrem honoráre præcepisti: miseré cleménter animábus paréntum nostrórum, eorúmque peccáta dimítte; nosque illos in aetérnæ claritatis gáudio fac vidére. Per Christum Dóminum nostrum. R^X Amen.

(O God, who has commanded us to honor our father and mother: in Your loving kindness have mercy on the souls of our parents and forgive them their sins; and bring us to see them in the joy of eternal brightness. Through Christ Our Lord.)

4 Deus, véniæ largítor, et humánæ salútis amátor: quæsumus cleméntiam tuam; ut nostræ Congregatiónis Fratres, Soróres, Propínquos et Benefactóres, qui ex hoc sǽculo transiérunt, beáta María semper Virgine intercedénte cum ómnibus Sanctis tuis, ad perpétuæ beatitudinis consórtium pervenire concédas. Per Christum Dóminum nostrum. R^X Amen.

(O God, the giver of pardon, and the lover of the salvation of mankind, we beseech Your mercy for the brethren of our Order, our sisters, our relatives and our benefactors who have departed from this world. Grant, through the intercession of Blessed Mary ever Virgin and of all the saints, that they may have the fellowship of everlasting bliss. Through Christ Our Lord.)

7 Fidélium, Deus, ómnium Cónditor et Redémptor, animábus famulórum famularúmque tuárum remissióne cunctórum tribue peccatórum: ut indulgítiā, quām semper optavérunt, piis supplicatiónebus consequántur. Qui vivis et regnas in

sæcula sæculorum. Rx. Amen.

(O God, Creator and Redeemer of all the faithful, grant to the souls of Your servants and handmaidens, the remission of all their sins: that through devout supplications, they may obtain the pardon which they have desired so much. Who live and reign forever and ever.)

V. Requiéscant in pace.

Rx. Amen.

V. Señor Dios...

(Lord God...)

Rx. ... que nos dejaste las señales de tu pasión bendita en la Sábana Santa, en la cual fué envuelto tu cuerpo santísimo cuando por José fuiste bajado de la cruz. Concédenos, O piadosísimo Señor, que por tu muerte y sepultura santa sean llevadas a descansar las almas de tus siervos a la gloria de la Resurrección donde vives y reinas con Dios Padre en la unidad del Espíritu Santo y eres Dios por los siglos de los siglos. Amén.

(... who left us the signs of Your blessed passion in the Holy Shroud, in which Your Holy Body was wrapped when You were taken down from the cross by Joseph. Grant to us, O most holy Lord, that by Your death and holy burial, the souls of Your servants may be brought to rest in the glory of Your resurrection, where You live and reign with God the Father in the unity of the Holy Spirit and are God for ever and ever. Amen.)

V. Réquiem aeternam dona eis, Dómine.

(Eternal rest give to them, O Lord.)

Rx. Et lux perpetua lúceat eis.

(And let perpetual light shine upon them.)

V. Requiéscant in pace.

Rx. Amen.

RECREATION

To begin:

Priress or M. Mistress: Señor Dios mío,...
(My Lord God...)

Rx. ...os pido humildemente, que este acto de recreación que he de pasar en compañía de vuestras siervas y mis hermanas, sea para vuestro agrado y para vuestra mayor gloria. Concedédme la gracia de que este ejercicio me sirva para continuar después las obras de vuestro servicio con más ánimo y con más fervor. Esta misma gracia os pido también a vos, O Virgen María, Madre Nuestra y augusta Reina del Cielo. Amén.

(... I humbly ask You, that this act of recreation which I am about to pass in the company of Your servants and my Sisters, may be to Your pleasure and to Your greater glory. Grant to me the grace that this exercise may help me to afterwards continue the works of Your service with more courage and with more fervor. This same grace I also ask of You, O Virgin Mary, our Mother and august Queen of Heaven. Amen.)

Pr. ¡Alabado sea Jesucristo! (on Mon., Tues., Wed.)

Or: Praised be Jesus Christ! (on Thur., Fri., Sat.)

Or: Laudétur Iesus Christus! (on Sun.)

Rx. ¡Por siempre sea alabado! (on Mon., Tues., Wed.)

Or: Now and forever! (on Thur., Fri., Sat.)

Or: Semper laudétur! (on Sun.)

To end:

Priress or M. Mistress: Pater Noster...

Rx. Qui es in cælis...

Pr. Niñito Jesús, perdido y hallado,

Rx. ... te damos gracias por este monasterio ya encontrado, y te pedimos que lo termines muy hermoso y adecuado.

Pr. Little Lord Jesus, lost and found,

R^c ... we thank You for this monastery which has come around and we ask You to complete it, beautiful, safe and sound.

THE HOLY ROSARY

(We kneel Rosary, except on decades 2,3,4 we sit back)
IN SPANISH: (on Mon., Tues., Wed.)

En el nombre del Padre y del Hijo y del Espíritu Santo.
Amen.

Creo en Dios, Padre todopoderoso, Creador del cielo y de la tierra; y en Jesucristo, Su único Hijo, Señor nuestro, que fue concebido por obra y gracia del Espíritu Santo, nació de Santa María Virgen; padeció bajo el poder de Poncio Pilato, fue crucificado, muerto y sepultado; descendió a los infiernos; al tercer día resucitó de entre los muertos, subió a los cielos, y esta sentado a la derecha de Dios Padre Todopoderoso; desde allí ha de venir a juzgar a los vivos y a los muertos. Creo en el Espíritu Santo, la Santa Iglesia Católica, la comunión de los santos, el perdón de los pecados, la resurrección de la carne y la vida perdurable. Amén.

Padre nuestro, que estás en el cielo,
Santificado sea tu nombre,
Venga tu reino,
Hágase tu voluntad en la tierra como en el cielo.
Danos hoy nuestro pan de cada día,

Perdona nuestras ofensas como también nosotros
Perdonamos a los que nos ofenden.
No nos dejes caer en tentación
Y líbranos del mal. Amén.

Dios te salve, María, llena eres de gracia,
El Señor es contigo.
Bendita tú eres entre todas las mujeres,
Y bendito es el fruto de tu vientre, Jesús.
Santa María, Madre de Dios,
Ruega por nosotros pecadores,
Ahora y en la hora de nuestra muerte. Amén.

Gloria al Padre, y al Hijo, y al Espíritu Santo,
Como era en el principio, ahora y siempre,
Por los siglos de los siglos. Amén.

Between the glorious and joyful mysteries:

V. Por tu limpia Concepción, O soberana Princesa,
(By your pure Conception, O sovereign Princess.)

R^c. Una muy grande pureza te pedimos de corazón.
(A great purity of heart we ask of you.)

V. José por tu intercesión,
(Joseph, through your intercession.)

R^c. El Señor oiga mi oración.
(The Lord hears my prayer)

Between the sorrowful mysteries:

V. Madre llena de dolor, haced que cuando expiremos,
(Mother full of sorrow, grant that when we die.)

R^c. Nuestras almas entreguemos por tus manos al Señor.
(We may surrender our souls through Your hands to the Lord.)

San Miguel Arcángel, defiéndenos en la lucha. Sé nuestro amparo contra las perversidades y asechanzas del demonio. Que Dios manifieste sobre él su poder es nuestra humilde súplica. Y tú, Príncipe de la milicia celestial, con el poder que Dios te ha conferido, arroja al infierno a Satanás y a los demás espíritus malignos que vagan por el mundo para la perdición de las almas.

Dios te salve, Reina y Madre de misericordia. Vida, dulzura y esperanza nuestra, Dios te salve. A ti llamamos los desterrados hijos de Eva. A ti suspiramos gimiendo y llorando en este valle de lágrimas. Ea, pues, Señora, abogada nuestra, vuelve a nosotros esos tus ojos misericordiosos. Y después de este destierro muéstranos a Jesús, fruto bendito de tu vientre. ¡O' clementísima! O piadosa! O dulce Virgen María!

Pr. Ruega por nosotros, Santa Madre de Dios.
(Pray for us, O Holy Mother of God.)

R. Para que seamos dignos de alcanzar las promesas de nuestro Señor Jesucristo.
(That we may be made worthy of the promises of Christ.)

IN LATIN: (On Sun.)

In nomine Patris et Filii et Spíritus Sancti. Amen.

Credo in Deum, Patrem omnipoténtem; Creatórem coeli et terræ. Et in Iesum Christum Filiúm eius únicum, Dóminum nostrum; qui concéptus est de Spíritu Sancto, natus ex María Virgine; passus sub Póntio Piláto,

crucifixus, mórtuus, et sépultus, descéndit ad ínferos; tertia die resurréxit a mórtuis; ascéndit ad cœlos; sedet ad déxteram Dei Patris omnipoténtis; inde ventúrus est judicáre vivos et mórtuos. Credo in Spíritum Sanctum, sanctam Ecclésiam Cathólicam, Sanctórum communiónem, remissióne peccatórum, carnis resurrectiōnem, vitam ætérnam. Amen.

Pater Noster qui es in cælis, sanctificétur nomen tuum. Advéniat regnum tuum; Fiat voluntas tua, sicut in cœlo, et in terra. Panem nostrum quotidiánūm da nobis hodie. Et dimítte nobis débita nostra, sicut et nos dimítimus debitóribus nostris; et ne nos indúcas in tentatiōnem, sed libera nos a malo. Amen.

Ave María, gratia plena, Dóminus tecum. Benedícta tu in muliéribus, et benedictus fructus ventris tui, Jesus. Sancta María, mater Dei, ora pro nobis peccatóribus, nunc, et in hora mortis nostræ. Amen.

Glória Patri et Filio et Spíritui Sancto,
Sicut erat in principio, et nunc et semper, et in sæcula sæculórum. Amen.

QUINQUE MYSTERIA GAUDIOSA

Primum mystérium gaudiósum:	Annuntiatio
Secundum...	Visitatio
Tertium...	Nativitas Dómini Nostri
Quartum...	Presentatio in templo
Quintum...	Inventio púeri Jesu in templo

QUINQUE MYSTERIA DOLOROSA

Primum mystérium dolorósum:	Agonía in horto
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Secundum...	Flagellatio ad columnam
Tertium...	Coronatio spinarum
Quartum...	Via crucis
Quintum...	Crucifixio et mors Domini Nostri

QUINQUE MYSTERIA GLORIOSA

Primum mysterium gloriósum: Resurreccio	
Secundum...	Ascensio Domini Nostri in cælum
Tertium...	Descensus Spiritus Sancti super Apóstolos
Quartum...	Assumptio Beatæ Virginis Mariæ in cælum
Quintum...	Coronatio Mariæ reginæ cæli et terræ

Between all the mysteries:

O Jesu mi, dimitte nobis peccata nostra, consérvá nos e flammis inférni, duc ánimas omnes ad cælum, præcipue illos qui máxime egent misericordiæ tuæ.

Sancte Michæl archángèle, defende nos in prælio, contra nequitiam et insídias diáboli esto præsidiū. Imperet illi Deus, supplices deprecámur, tuque Princeps militiæ cœlestis, Sátanam aliósque spíritus malignos, qui ad perditiónem animárum pervagántur in mundo, divína virtute, in inférnum detrúde.

Salve, Regína, Mater misericordiæ, vita, dulcedo et spes nostra, salve. Ad te clamámus exsúles filii Hævæ. Ad te suspirámus gementes et flentes in hac lacrimárum valle.

Eia ergo, advocáta nostra, illos tuos misericórdes óculos ad nos converte. Et Jesum, benedictum fructum ventris tui, nobis post hoc exsílium ostende. O clemens, O pia, O dulcis Virgo María.

Pr. Ora pro nobis, Sancta Dei Génitrix.
(Pray for us, Holy Mother of God.)

R. Ut digni efficiámur promissióibus Christi.
(That we may be made worthy of the promises of Christ.)

LITANY OF THE BLESSED VIRGIN MARY

(Psalmists) Kýrie, éléison.	R. Kýrie, éléison.
(Lord, have mercy.)	Christe, éléison.
Christe, éléison.	(Christ have mercy.)
(Christ have mercy.)	Kýrie, éléison.
(Lord, have mercy.)	Christe, audi nos.
(Christ, hear us.)	Christe, exaudi nos.
(Christ, graciously hear us.)	Pater de cœlis, Deus,
(God the Father of Heaven.)	Fili, Redémptor mundi, Deus,
(God the Son, Redeemer of the world.)	Spíritus Sancte, Deus,
(God the Holy Spirit.)	Sancta Trinitas, unus Deus,
(Holy Trinity, one God.)	Sancta María,
(Holy Mary,	ora pro nobis.
Sancta Dei Génitrix,	pray for us.)
(Holy Mother of God.)	Sancta Virgo vírginum,
(Holy Virgin of virgins.)	

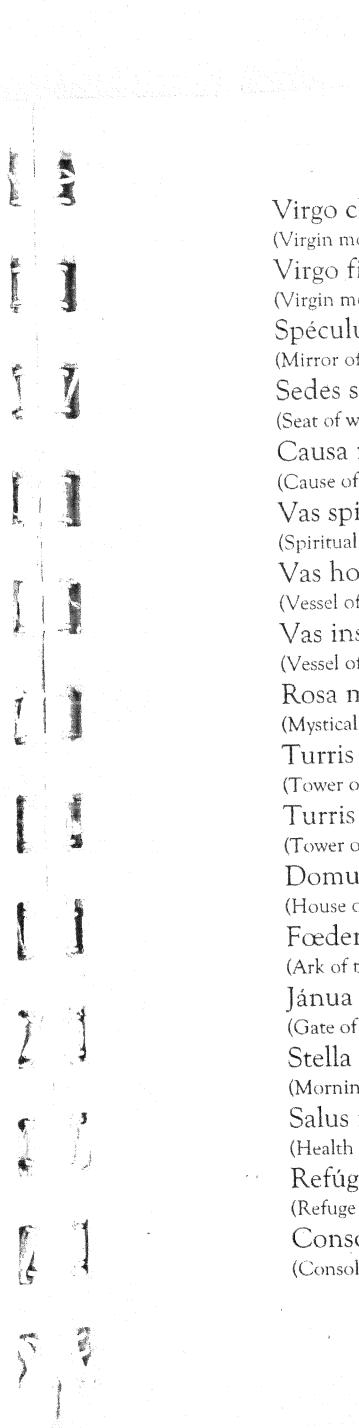
Mater Christi,
 (Mother of Christ.)
 Mater Ecclésiæ,
 (Mother of the Church.)
 Mater divinæ gratiæ,
 (Mother of divine grace.)
 Mater purissima,
 (Mother most pure.)
 Mater castissima,
 (Mother most chaste.)
 Mater inviolata,
 (Mother inviolate.)
 Mater intemerata,
 (Mother undefiled.)
 Mater immaculata,
 (Mother immaculate.)
 Mater amabilis,
 (Mother most amiable.)
 Mater admirabilis,
 (Mother most admirable.)
 Mater boni consilii,
 (Mother of good counsel.)
 Mater Creatóris,
 (Mother of our Creator.)
 Mater Salvatóris,
 (Mother of our Savior.)
 Mater Carmelitárum,
 (Mother of Carmelites.)
 Virgo prudentissima,
 (Virgin most prudent.)
 Virgo veneranda,
 (Virgin most venerable.)
 Virgo prædicanda,
 (Virgin most renowned.)
 Virgo potens,
 (Virgin most powerful.)

ora pro nobis



Virgo clemens,
 (Virgin most clement.)
 Virgo fidélis,
 (Virgin most faithful.)
 Spéculum justitiæ,
 (Mirror of justice.)
 Sedes sapientiæ,
 (Seat of wisdom.)
 Causa nostræ lœtitiæ,
 (Cause of our joy.)
 Vas spirituæ,
 (Spiritual vessel.)
 Vas honorabile,
 (Vessel of honor.)
 Vas insigne dévotionis,
 (Vessel of singular devotion.)
 Rosa mÿstica,
 (Mystical rose.)
 Turris Davídica,
 (Tower of David.)
 Turris ebúrnea,
 (Tower of ivory.)
 Domus áurea,
 (House of gold.)
 Foederis arca,
 (Ark of the covenant.)
 Jánua cœli,
 (Gate of Heaven.)
 Stella matutina,
 (Morning star.)
 Salus infirmorum,
 (Health of the sick.)
 Refugium peccatorum,
 (Refuge of sinners.)
 Consolatrix afflictorum,
 (Consoler of the afflicted.)

ora pro nobis



Auxílium Christianórum,
 (Help of Christians.)
 Regína Angelórum,
 (Queen of Angels.)
 Regína Patriarchárum,
 (Queen of Patriarchs.)
 Regína Prophetárum,
 (Queen of Prophets.)
 Regína Apostolórum,
 (Queen of Apostles.)
 Regína Mártirum,
 (Queen of Martyrs.)
 Regína Confessórum,
 (Queen of Confessors.)
 Regína Vírginum,
 (Queen of Virgins.)
 Regína Sanctórum omnium,
 (Queen of all Saints.)
 Regína sine lábe originálí concépta,
 (Queen conceived without original sin.)
 Regína in cælum assúmpta,
 (Queen assumed into Heaven.)
 Regína sacratíssimi Rosárii,
 (Queen of the most holy Rosary.)
 Regína pacis,
 (Queen of peace.)
 Regína Decor Carméli,
 (Queen, Beauty of Carmel.)

 Agnus Dei, qui tollis peccáta mundi,
 Parce nobis Dómine.
 (Lamb of God, who takes away the sins of the world, spare us, Lord.)

 Agnus Dei, qui tollis peccáta mundi,
 Exáudi nos Dómine.
 (Lamb of God, who takes away the sins of the world
 Graciously hear us, Lord.)



Agnus Dei, qui tollis peccáta mundi,
 Miseré nobis.
 (Lamb of God, who takes away the sins of the world, have mercy on us.)
 Ora pro nobis sancta Dei Génitrix,
 (Pray for us holy Mother of God.)
 Ut digni efficiámur promissiónibus Christi.
 (That we may be made worthy of the promises of Christ.)

Orémus.

Defénde, quæsumus, Dómine, beata Maria semper
 Vírgine intercedénte, istam ab omni adversité familiam:
 et toto corde tibi prostrátam, ab hóstium propítius tuére
 cleménter insídiis. Per Christum Dóminum nostrum.
 Amen.

(We beseech Thee o Lord, by the prayers of blessed Mary ever Virgin, defend this family from all adversity: and as we are prostrate before you with all our hearts, in Thy mercy do Thou graciously protect us from the snares of our enemies. Through Christ our Lord. Amen.)

NOVICES' INSTRUCTION (PUNTITO)

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 to others,
 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 suffering rebukes,
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,

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 become holier than I, provided
that I may become as holy as I should.

LITTLE SAINT THERESE, who by your fidelity to grace,
so rapidly reached the summit of sanctity, obtain for us
that strong, delicate, generous love, which made you run
so joyfully in the way of God's commandments. Grant
that we may understand and practice as you have done,
with such perfection, the precept of fraternal charity, so
that we may love one another as Jesus loved us. Teach us
to seek Him in simplicity of heart, and deign to enlighten
our souls with pure rays of divine truth, so that we may
not be seduced by illusion. Deign above all, O little Saint
Thérèse, to obtain for us the grace of experiencing how

incapable we are of any good whatsoever without help
from on High; and that we may deserve such assistance,
obtain for us humility, which will draw down into our
hearts the merciful love of the good God.

To you, our heavenly Patroness, we abandon ourselves
unreservedly. Teach us to sacrifice ourselves, not only for
the sake of our own souls, but for Holy Church and the
multitude of souls that we desire to save by our love and
hidden sacrifices. Amen.

Regina Decor Carmeli,

Dedisti nobis
signum protectionis
tuæ.

(Queen, Beauty of Carmel.)

Sancte Pater Joseph,

Ora pro nobis.

BEFORE VESPERS

PSALM 50

The Novitiate only while processing to the Choir.
(same as on page 18)

PRECES VESPERTINAS

Said after Vespers

IN SPANISH: (on Mon., Tues., Wed.)

(Priress) Santa Madre de Dios,

Rx ...gloria del Monte Carmelo, reviste de tus virtudes a la familia que tú has escogido, y defiéndela de todo peligro.

V Os conduje a la tierra del Carmelo.

Rx Para que comieseis sus mejores frutos.

Pr. Señor Dios nuestro, que has honrado a la Orden del Carmen con la advocación especial de la bienaventurada y siempre Virgen María, Madre de tu Hijo; concede a cuantos celebramos su recuerdo que, guiados por su ejemplo y protección, lleguemos hasta la cima del monte de la perfección que es Cristo. Que vive y reina por los siglos de los siglos.

Pr. En el fiel desempeño,

(In the faithful fulfillment)

Rx del oficio de carpintero, San José brilla como admirable ejemplo de trabajo.

(...of his trade as a carpenter, St. Joseph shines as an admirable example of work.)

V Lo nombró administrador de su casa.

(He named him master of His house.)

Rx Y Señor de todas sus posesiones.

(And Lord of all His possessions.)

Pr. Dios todopoderoso, Creador del universo, que has impuesto la ley del trabajo a todos los hombres;



concédenos que, siguiendo el ejemplo de San José, y bajo su protección, realicemos las obras que nos encomiendas y consigamos los premios que nos prometes. Por Jesucristo, nuestro Señor.

Pr. Habló Dios,

Rx ... antiguamente a nuestros padres por los profetas. Ahora, en esta etapa final, nos ha hablado por el Hijo, al que ha nombrado heredero de todo.

V Tú eres un hombre de Dios.

(You are a man of God.)

Rx Y la palabra del Señor en tu boca es verdad.

(And the word of the Lord in your mouth is truth.)

Pr. Señor, Dios de nuestros padres en la fe, que concediste al profeta Elías vivir siempre en tu presencia, inflamado por el celo de tu gloria; concédenos buscar siempre tu rostro y ser en el mundo testigos de tu amor. Por Jesucristo, nuestro Señor.

Pr. Santa Madre Teresa,

Rx ... mira desde el cielo a esta tu familia y cuida de ella con amor; corona la obra que un día emprendiste en la tierra.

V En la Iglesia le da la palabra.

(In the Church He gives her the word.)

Rx La llena de espíritu de sabiduría e inteligencia.

(He fills her with the spirit of wisdom and knowledge.)

Pr. Señor Dios nuestro, que por medio de tu Espíritu Santo has suscitado a Santa Teresa de Jesús, Nuestra Madre, para enseñar a tu Iglesia el camino de la perfección; concédenos alimentarnos siempre con su

celestial doctrina, para que crezca en nosotros el deseo de la verdadera santidad. Por Jesucristo, nuestro Señor.

Pr. Padre,

(Father.)

R[✓] ... éste es mi deseo: que los que me confiaste estén conmigo, donde yo estoy; y que el amor que me tenías esté en ellos, como también yo estoy en ellos.

(... this is my wish: that those You have given Me may be with Me, where I am; and that the love You had for Me may be in them, as I am in them.)

V[✓] Sed imitadores míos.

(Be imitators of me.)

R[✓] Como yo lo soy de Cristo.

(As I am of Christ.)

Pr. Señor Dios nuestro, que hiciste de San Juan de la Cruz, Nuestro Padre, un modelo de abnegación evangélica y un perfecto amador de Cristo Crucificado; concédenos que, siguiendo su ejemplo y su doctrina, lleguemos hasta la contemplación eterna de tu gloria. Por Jesucristo, nuestro Señor.

AL ANGEL CUSTODIO DEL MONASTERIO

Pr. O Protector de los que pelean, Caudillo de la pobreza y Custodio de los frágiles en esta familia Religiosa, eleva tus súplicas al Señor, defiéndenos diariamente, y de este monasterio ten un cuidado constante.

El Señor mandará sus Angeles alrededor de los que le temen.

R[✓] Y los librará.

Pr. O Señor, te suplicamos que tus Siervas sean constantemente protegidas por tu misericordia, y que por tu Santo Angel sea defendido este monasterio y dale tal defensa, cual corresponde a custodia tan celestial. Por Cristo Nuestro Señor.

IN ENGLISH: (on Thurs., Fri.,)

(Prioress) Holy Mother of God, glory of Mt. Carmel,

R[✓] ...clothe the family you have chosen, and protect it from all danger.

V[✓] I have brought you to the land of Carmel,

R[✓] That you might eat of its choicest fruit.

Pr. Lord God, you willed that the Order of Carmel should be named in honour of the Blessed Virgin Mary, Mother of your Son. Through her prayers as we honour her today bring us to everlasting joy in her company. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Pr. Joseph, Son of David,

R[✓] ...fear not to take to you Mary your wife; for that which is conceived in Her is of the Holy Spirit. She shall bring forth a Son, and you shall call His name Jesus.

V[✓] Pray for us, Holy Father St. Joseph,

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

Pr. Father, you entrusted our Savior to the care of St. Joseph. By the help of his prayers may Your Church continue to serve its Lord, Jesus Christ, who lives and reigns with You and the Holy Spirit, God, for ever and ever.

Pr. Holy Prophet of God Elijah,

R. ...leader and Father of Carmelites, intercede for us and for the salvation of all.

V. Pray for us, Holy Father St. Elijah,

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

Pr. Almighty, ever living God, Your prophet Elijah, our Father, lived always in Your presence and was zealous for the honor due to Your Name. May we Your servants, always seek Your face and bear witness to Your love. We ask this through Christ our Lord.

Pr. Holy Mother St. Teresa,

R. ...look down from Heaven upon us, consider the vineyard which you have planted, visit it by your presence, and perfect the work which your right hand has begun.

V. Pray for us, Holy Mother St. Teresa.

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

Pr. Father, by Your Spirit You raised up our Mother St. Teresa of Jesus to show Your Church the way of perfection. May her inspired teaching awaken in us a longing for true holiness. Grant this through Christ our Lord.

Pr. My sons,

R. ...take courage, and behave manfully in the law, for by it you shall be glorious.

V. Pray for us, Holy Father St. John.

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

Pr. Lord, You endowed our Father St. John of the Cross with a spirit of self-denial and a love of the cross. By following his example may we come to the eternal vision of Your glory. We ask this through Christ our Lord.

TO THE GUARDIAN ANGEL OF THIS MONASTERY

Pr. O Protector of those who combat, Defender of the poor and Custodian of the fragile in this religious family, raise up to the Lord your supplications. Defend us daily, and keep this monastery under your constant care.

The Lord will send His angels among those who revere Him.

R. And He will rescue them.

Pr. O Lord, we beg You to protect Your handmaids by Your constant mercy, and that this monastery be defended by Your holy angel, give it such custody as corresponds to so heavenly a guardian. Through Christ our Lord.

BEFORE & AFTER MENTAL PRAYER

See pages 9 - 11

PSALM 129 PROCESSING TO THE REFECTORY

Page 23

& GRACE BEFORE & AFTER MEALS

See Grace Book

PRAYERS FOR OUR BENEFACTORS

AFTER EVENING MEAL

Pater Noster, Ave Maria

Heb. Benedicámos Dómino.

(Let us bless the Lord.)

R. Deo grátias.

(Thanks be to God.)

GRACE AT SUPPER DURING LENT

(At the first sign from the Prioress)

Reader. Jube, Domne, benedicere.

(Grant, Sir, the blessing.)

Heb.

(with hands joined) Divínūm auxíliū
máneat semper nobíscum.

(May the divine assistance remain always with us.)

(At the second sign from the Prioress)

Reader. Benedicte.

(Your blessing.)

Heb.

(While making a sign of the cross in blessing.)

Largitor ómnium bonórum benedictat

(After Supper)

Heb.

R.

collatióinem servárum suárum.

(May the Provider of all good things bless the collation
of His Servants.)

Sit Nomen Dómini benedictum.

(Blessed be the Name of the Lord.)

Ex hoc nunc et usque in sǽculum.

(Both now and forever.)

PRAYERS DURING DISHWASHING

& FOR RECREATION

See Pages 27-30

PRAYERS BEFORE COMPLINE

IN SPANISH: (on Mon., Tues., Wed.)

Eterno Padre, os ofrezco el Sagrado Corazón de Jesús con
todo su amor, con todos sus sufrimientos, con todos sus
méritos:

Para expiar los pecados que he cometido en este día y
durante toda mi vida.

Gloria Patri... R. Sicut...

Para purificar todo lo bueno que he hecho mal en
este día y durante toda mi vida.

Gloria Patri... R. Sicut...

Para suplir todo el bien que debería haber hecho hoy
y durante toda mi vida.

Gloria Patri... R. Sicut...

IN ENGLISH: (Thurs. to Sun.)

Eternal Father, I offer Thee the Sacred Heart of Jesus,
with all Its love, all Its sufferings and all Its merits:

To expiate all the sins I have committed this day, and
during all my life.

Glory be... Rx. As it was...

To purify the good I have done in my poor way this
day, and during all my life.

Glory be... Rx. As it was...

To make up for the good I ought to have done, and
that I have neglected this day and during all my life.

Glory be... Rx. As it was...

(with arms extended)

Pr. Sacratísimo Corazón de Jesús,
(Most Sacred Heart of Jesus,)

Rx En Vos confío.
(I trust in You.)

Pr. En el Cielo y en la tierra, sea siempre alabado

Rx El Corazón amoroso de Jesús Sacramentado.

(In Heaven and on earth,
may the loving Heart of Jesus in the Blessed Sacrament be praised.)

THE CONFITEOR

Confiteor * Deo omnipoténti, beatæ Mariæ semper
Vírgini, beáto Michaéli Archángelo, beáto Joánni
Baptistæ, beáto Ioseph, sanctis Apóstolis Petro et
Paulo, beáto Elíæ, beatæ Terésiae, et omnibus sanctis,
quia peccávi nimis cogitatióne, verbo, et ópere: mea
culpa, mea culpa, mea máxima culpa. Ideo precor
beatam Mariám semper Virginem, beárum
Michaélem Archángelum, beárum Joánnem

Baptistam, beatum Ioseph, sanctos Apóstolos Petrum
et Paulum, beatum Eliam, beatam Teresiam, et
omnes sanctos, orare pro me ad Dóminum Deum
nostrum.

Misereátrum nostri omnípotens Deus et dimissis
peccatis nostris perducat nos ad vitam æternam.
Amen.

Indulgéntiam, + absoluciónem et remisiónem
peccatorum nostrorum tribuat nobis omnípotens
et misericors Dóminus. Rx. Amen.

(I confess * to Almighty God, to blessed Mary ever Virgin, to blessed
Michael the Archangel, to blessed John the Baptist, to blessed Joseph, to
the holy Apostles Peter and Paul, to blessed Elias, to blessed Teresa and
to all the saints that I have sinned exceedingly in thought, word, and
deed; through my fault, through my fault, through my grievous fault.
Therefore I ask blessed Mary ever Virgin, blessed Michael the Archangel,
blessed John the Baptist, blessed Joseph, the holy Apostles Peter and
Paul, blessed Elias, blessed Teresa and all the saints to pray for me to the
Lord our God....May Almighty God have mercy on us, forgive us our sins
and lead us to everlasting life....May the Almighty and merciful Lord
grant us pardon, + absolution and remission of our sins.)

AFTER COMPLINE

THE ASPERGES

Heb.

Aspérges me,
(You will sprinkle me.)

Rx

Dómine, hyssópo et mundábor, lavábis
me et super nivem dealbábor.
(O Lord, with hyssop, and I will be cleansed;
You will wash me, and I will become whiter than snow.)

1st Ps. Miseré mei, Deus,
(Have mercy on me, O God.)

1st choir Secúndum magnam misericórdiam
tuam,
(According to Your great mercy.)

(The Psalm is continued alternately by the Choir, until the Hebdomadary returns to the middle; the Gloria Patri is then said.)

1st Ps. Aspérges me,
(You will sprinkle me.)

R.
Heb. Dómine, hyssópo et mundábor, lavábis
me et super nivem dealbábor.
(O Lord, with hyssop, and I will be cleansed; You
will wash me, and I will become whiter than snow.)
Osténde nobis, Dómine, misericórdiam
tuam.
(Show us, O Lord, Your mercy.)

R.
Heb. Et salutáre tuum da nobis.
(And grant us Your salvation.)

R.
Heb. Dómine, exáudi oratióñem meam.
(O Lord, hear my prayer.)

R.
OREMUS
Exáudi nos, Dómine sancte, Pater omnípotens, æterne
Deus: et míttete dignérís sanctum Angelum tuum de
cælis, qui custódiat, fóveat, prótegat, vísitet atque
défendat omnes habitantes in hoc habitáculo. Per

54 ✓

Christum Dóminum nostrum.

(Hear us, O holy Lord, almighty Father, everlasting God, and deign to send
Your holy Angel from Heaven, to guard, cherish, protect, visit and defend all
the inhabitants of this home. Through Christ our Lord.)

(Heb.)

Fidélium ánimæ, per misericórdiam Dei,
requiéscant in pace.
(May the souls of the faithful departed, through the
mercy of God, rest in peace.)

R. Amen.

CLAPPERS (NIGHT SENTENCE)

The bellringer (tañedora) sounds the clappers and intones a sentence, usually in connection with the feast of the day or the season of the year, which is to be meditated upon during Grand Silence. The Sisters then pray in silence the prayer of the Holy Shroud (see page 30), for the repose of the faithful departed.

La Oración del Santo Sudario por:

Dom.	Nuestros Prelados difuntos.
Lun.	Las Benditas Animas.
Mar.	Todos los Difuntos de nuestra Santa Orden.
Mier.	Nuestras Madres, y Hermanas difuntas.
Juev.	Nuestros Confesores difuntos.
Vier.	Nuestros Parientes difuntos.
Sab.	Nuestros Bienhechores difuntos.

55 ✓

The Prayer of the Holy Shroud for:

- | | |
|-------|---------------------------------------|
| Sun. | Our deceased Prelates. |
| Mon. | All the Holy Souls. |
| Tues. | All the deceased of our Holy Order. |
| Wed. | Our deceased Mothers and Sisters. |
| Thur. | Our deceased Confessors. |
| Fri. | Our deceased Parents and Relatives. |
| Sat. | Our deceased Benefactors and Friends. |

DISCIPLINE

(On Wed. and Fri.)

Psalm 50, the Miserere, followed by the responses:

Christus * factus est pro nobis obédiens usque ad mortem.

(Christ became obedient unto death)

Holy Thursday: mortem autem crucis,
(even to death on a cross,)

Holy Friday: Propter quod et Deus exaltávit illum, et dedit illi nomen, quod est super omne nomen.
(Therefore God has highly exalted Him and bestowed on Him the name which is above every name.)

Sung on Wed.

Jesucristo, aplaca tu ira, tu justicia y tu rigor.
(Jesus Christ appease Your anger, Your justice and Your rigor.)

Dulce Jesús de mi vida, misericordia Señor.
(Sweet Jesus of my soul, have mercy Lord.)

Y por tu Preciosa Sangre alcancemos contrición.
(And by Your Precious Blood may we attain contrition.)

Y por tu Preciosa Sangre alcancemos el perdón.
(And by Your Precious Blood may we attain pardon.)

Y por tu Preciosa Sangre alcancemos salvación.
(And by Your Precious Blood may we attain salvation.)

Madre llena de dolor, haced que cuando expiremos,
(Mother full of sorrow, grant that when we expire,
Nuestras almas entreguemos, por tus manos al Señor.
(We may surrender our souls, through Your hands to the Lord.)

Said on Fridays
Prayer to St. Michael

Pr. Exsúrge, Christe, ádiuva nos,
(Arise, O Christ, and help us.)

R. Et libera nos propter nomen tuum.
(And deliver us because of Your Name.)

Pr. Dignáre me laudáre te, Virgo Sacráta,
(Make me worthy to praise you, O Sacred Virgin.)

R. Da mihi virtútem contra hostes tuos.
(Grant me strength against Your enemies.)

VARIOUS PRAYERS SAID THROUGHOUT THE YEAR

THE POSADAS → ~~Christ~~ *Advent*

At the Ave Marias:

O Peregrina agraciada,
O bellísma María,
Yo te ofrezco el alma mía,
Para que tengáis posada. That you may have a
(O gracious Virgin,
O most beautiful Mary,
I offer you my soul,
dwellingplace.)

At the Paters:

Humildes Peregrinos,
Jesús, María y José,
Mi alma os doy,
Mi alma os doy,
Y con ello mi corazón
también.
(Humble Pilgrims,
Jesus, Mary and Joseph,
I give you my soul,
I give you my soul,
And with it I give you my heart
as well.)

STATIONS OF THE CROSS

Response between stations:

Pr. Adoramos te Cristo y te bendecimos.
(We adore You, O Christ and we bless You.)
Rx. Que por tu santa Cruz, pasión y muerte,
Redemiste al mundo.
(Because by Your Holy Cross, passion and death You have
redeemed the world.)

NOVENA TO THE HOLY SPIRIT

Veni, Creador Spíritus,
Mentes tuorum visita,
Imple superna grátia,
Quæ tu creasti pectora.

Qui diceris Paráclitus,
Altissimi donum Dei,
Fons vivus, ignis, caritas,
Et spíritalis unctio.

Tu septifórmis múnere,
Dígitus paternæ déxteræ,
Tu rite prómissum Patris,
Sermóne ditans gúttura.

Accénde lumen sénsibus,
Infunde amorem córdibus,
Infirma nostri córporis,
Virtute firmans pérfici.

Hostem repellas lóngius,
Pacémque dones prótinus,
Ductore sic te prævio,
Vitémus omne nójum.

Per te sciámus da Patrem,
Noscámus atque Fílium,
Téque utriusque Spíritum,
Credámus omne témpe.

Deo Patri sit glória,
Et Fílio, quia mórtuis
Surréxit, ac Paráclito,
In sæculórum sæcula. Amen.

NOVENA TO THE SACRED HEART OF JESUS

Profundas adoraciones del Corazón de Jesús.

(Profound adorations of the Heart of Jesus.)

Amor ardiente del Corazón de Jesús. Me uno a Vos.

(Ardent love of the Heart of Jesus.)

Celo fervoroso del Corazón de Jesús.

(Fervent zeal of the Heart of Jesus.)

Reparaciones del Corazón de Jesús.

(Reparations of the Heart of Jesus.)

Acciones de gracias del Corazón de Jesús.

(Acts of thanksgiving of the Heart of Jesus.)

Confianza cierta del Corazón de Jesús.

(Sure confidence of the Heart of Jesus.)

Oraciones inflamadas del Corazón de Jesús.

(Burning prayers of the Heart of Jesus.)

Silencio elocuente del Corazón de Jesús.

(Eloquent silence of the Heart of Jesus.)

Humildad del Corazón de Jesús.

(Humility of the Heart of Jesus.)

Obediencia del Corazón de Jesús.

(Obedience of the Heart of Jesus.)

Paz y mansedumbre del Corazón de Jesús.

(Peace and meekness of the Heart of Jesus.)

Bondad inefable del Corazón de Jesús.

(Ineffable goodness of the Heart of Jesus.)

Caridad universal del Corazón de Jesús.

(Universal charity of the Heart of Jesus.)

Profundo recogimiento del Corazón de Jesús.

(Profound recollection of the Heart of Jesus.)

Tierna solicitud del Corazón de Jesús por la conversión de los pecadores.

(Tender solicitude of the Heart of Jesus for the conversion of sinners.)

Unión íntima del Corazón de Jesús con su Padre Celestial.

(Intimate union of the Heart of Jesus with His Heavenly Father.)

Intenciones, deseos y voluntades del Corazón de Jesús.

(Intentions, desires and will of the Heart of Jesus.)

Pr. Amado sea en todas partes el Sagrado Corazón de Jesús.

(May the Sacred Heart of Jesus be loved in all places.)

R. ¡Jesús mío misericordia!

(My Jesus mercy!)

Amor del Corazón de Jesús,

(Love of the Heart of Jesus,

Caridad del Corazón de Jesús,

(Charity of the Heart of Jesus ,

Fortaleza del Corazón de Jesús,

(Strength of the Heart of Jesus,

Misericordia del Corazón de Jesús,

(Mercy of the Heart of Jesus,

Paciencia del Corazón de Jesús,

(Patience of the Heart of Jesus,

Reino del Corazón de Jesús,

(Kingdom of the Heart of Jesus,

Abrasad mi corazón,
Inflame my heart,)

Derramaos en mi corazón
Flow into my heart,)

Sostened mi corazón,
Sustain my heart,)

Perdonad mi corazón,
Forgive my heart,)

No os canséis de mi corazón,
Tire not of my heart,)

Estableceos en mi corazón,
Be established in my heart,)

Ciencia del Corazón de Jesús,

(Science of the Heart of Jesus,
Voluntad del Corazón de Jesús,

(Will of the Heart of Jesus,

Celo del Corazón de Jesús,

(Zeal of the Heart of Jesus,

Virgen inmaculada, rogad por nosotros al Corazón de
Jesús.

(Immaculate Virgin, pray for us to the Sacred Heart of Jesus.)

Trinidad adorable, os damos gracias por todos los favores
de que habéis colmado a vuestra sierva Santa Margarita
María de Alacoque, y os pedimos por su intercesión las
gracias que esperamos alcanzar en esta novena.

(Adorable Trinity, we give You thanks for all of the favours which You have
bestowed upon Your servant St. Margaret Mary Alacoque, and we ask, through
her intercession for the graces we wish to attain in this novena.)

Enseñad a mi
corazón,
Teach my heart,)
Disponed de mi
corazón,
Make use of my
heart,)
Devorad mi
corazón.
Consume my heart,

FOR OUR HOLY FATHER AS HE TRAVELS

Mira, Señor, benignamente a nuestro Santo Padre N. y
concédele la abundancia de Tu gracia para regir a la
Santa Iglesia.

(Lord, look kindly upon our Holy Father N. and grant him the abundance of
Your grace to govern our Holy Church.)

Salvador del mundo
(Savior of the world,

Santa María

(Holy Mary)

San Miguel Arcángel
(St. Michael the Archangel)

San José

(St. Joseph)

San Pedro y San Pablo
(St. Peter & St. Paul)

Santa Teresa de Jesús
(St. Teresa of Jesus)

San Juan de la Cruz
(St. John of the Cross)

Santa Teresa del Niño Jesús
(St. Teresa of the Child Jesus)

San Pío X y todos los

Pontífices Santos
(St. Pius X and all the saintly pontiffs)

Santos Ángeles
(Holy Angels)

O Dios, pastor y guía de todos los fieles, mira con
bondad a tu siervo N., a quien has elegido Pastor de Tu
Iglesia; concédele que su palabra y su ejemplo sean
provechosos al pueblo que él preside, para que llegue a la
vida eterna junto con el rebaño que le ha sido confiado.
Por Nuestro Señor Jesucristo.

ayúdale.
help him.)
ayúdale.

ayúdale.

ayudadle.

ayúdale.

ayúdale.

ayúdale.

ayudadle.

ayudadle.

(O God, Shepherd and Guide of all the faithful, look with kindness upon Your servant N. whom You have chosen as the Shepherd of Your Church; grant that his word and example may be beneficial to the people over which he presides, that he may reach eternal life together with the flock which was entrusted to him.)

*before a Sister goes on a retreat
for a ceremony, she kneels, wearing
↓ a crown of thorns...*

MORTIFICATION IN THE REFECTORY

Madre Nuestra,
Benedicite to do this mortification in honor of

and in thanksgiving for all the graces that I have received since entering Carmel; in reparation for all my faults against our Holy Rule, Holy Constitutions and customs, in particular..... and for all the disedification I have given to my companions in the Holy Novitiate.

I ask pardon of God, of Your Reverences and of all my Sisters and I ask for a charitable correction and a penance. (*kiss the floor*)

CARMELITE SAYINGS

Dios se lo pague
Bendito sea Dios en sus dones

May God reward you
Blessed be

God in His gifts.

Your Reverence

Your Charity

Our Mother

Mother Subprioress

My Mother Mistress

My fault (striking one's
breast)

(When asking a favor)

What should I do?

What do I do now?

What would Y.R. like
me to do this morn-
ing? /this afternoon?

Your blessing for...,
to..

To brush my teeth,
To go to the "humble
office"

For everything,
To take a bath and
change,

To wash our clothes,
" tunic,
" veil,
" personal clothes,

Vuestra Reverencia
Vuestra Caridad
Madre Nuestra
Madre Supriora
Mi Madre Maestra
Mea culpa

In your charity
¿Qué debo hacer?
¿Qué hago?
¿Qué quiere Vuestra
Reverencia que haga
esta mañana? /esta tarde?
Benedicite para...

Lavar la boca,
Ir a la oficina,

Todo,
Bañarme y cambiarme,

Lavar nuestra ropa,
nuestra túnica o camisa,
nuestro velo,
nuestra ropa interior,

" nuestras calzas,
" nuestro talle,
" nuestra salla,
Poner la máquina,

Lavar los pretilles,
Dar una vueltita,

Arreglar la tarima,
Ponerme el mandil,
Pegar el velo,

Visitar el Santísimo,

Hablar a Nuestra Madre,

Rezar en el oratorio,
Hacer la oración,

Para sacudir,
Limpiar nuestra celda,
Limpiar la oficina,

Limpiar la lavandería,
Hacer lectura espiritual,
Prender la luz,
Apagar la luz,
Tender la ropa,

Recoger la ropa,

Recoger la basura,

socks,
vest,
underskirt,
To put the washing
machine on,
To wash the counters,
To check for more
dirty dishes,
To make the bed/cot,
To put on our apron,
To sew our veil onto
our toque,
To make a visit to the
Blessed Sacrament,
To speak to Rev.
Mother,
To pray in the oratory,
To make up mental
prayer,
To dust,
To clean our cell,
To clean the "humble
office"
To clean the laundry,
To do spiritual reading,
To turn on the light,
To turn off the light,
To hang out the
clothes,
To take down the
clothes,
To gather the garbage,

Coser escapularios,
Lavar la loza,
Desmantecer,
Enguagar,
Alzar,

To sew scapulars,
To wash the dishes,
To "degrease" ...
To rinse...
To put away...

Madre hermosa del Carmelo, en su postrera agonía,
Ampáralo(la) Madre Mía,
Y llévalo(la) al Cielo, por tu nombre de María..
(Beautiful Mother of Carmel, in his (her) last agony,
protect him (her), O my Mother
And bring him (her) to Heaven, by Your name of Mary.)

De tus purísimos ojos, penden todas las felicidades,
Mira nos, O Madre mía y no nos desempares.
(From Your most pure eyes, come all joys,
Look upon us, O my Mother and do not abandon us.)

Sung after clappers on feasts of Our Lady:
Alabemos a María, que es Madre de Dios,
Ensálcemos a María, que es Madre de Dios
Glorifiquemos a María, que es Madre de Dios,

Alabémosla, ensalcémosla, glorifiquémosla,
Eternamente, Amen.

Novices ask permission 4x per day.

EXPLANATION OF BENEDICITES

General Novitiate Maxim:

Novice needs benedicite for everything.

1. Before Breakfast

- A. "Benedicite para todo" - includes going to H.O., brushing teeth after breakfast, drinking water, breathing

- B. Work benedicites (e.g. kitchen, cleaning, etc.)
Benedicite to shower, change, & wash clothes
...to do personal laundry (is included with tunic wash if done at the same time)

2. Before Siesta (i.e. after recreation)

- "Benedicite para todo" - includes going to H.O.; drinking water, taking siesta, brushing teeth if not done after lunch, breathing

3. After None & Rosary

- A. "Benedicite para todo" - includes going to H.O., brushing teeth after breakfast, drinking water, breathing

- B. Benedicites - particulars
for spiritual reading; for any work or cleaning

4. Before bed (i.e. after recreation)

- A. "Benedicite para todo" - Includes going to H.O., drinking water, , brushing teeth (if not done after supper), breathing, going to bed, personal hygiene before bed and/or in AM, brushing teeth when the novice gets up (always before Mass), making one's tarima at the morning break, quick morning dust mop of cell (every other day)