

**Act of Contrition**

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

**The Angelus**

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.  
Hail, Mary, ...

V. Behold the handmaid of the Lord.  
R. Be it done unto me according to thy word.  
Hail, Mary, ...

V. And the Word was made flesh.  
R. And dwelt among us.  
Hail, Mary, ...

V. Pray for us, O holy Mother of God.  
R. That we may be made worthy of the promises of Christ.

Let us pray;  
Pour forth, we beseech thee, O Lord, thy grace into our hearts; that we, to whom the Incarnation of Christ, thy Son, was made known by the message of an angel, may by his Passion and Cross be brought to the glory of his Resurrection. Through the same Christ, our Lord.  
Amen.

Glory be to the Father...

**Actus contritionis**

Deus meus, ex toto corde pœnitet me ômnium meôrum peccatôrum, éaque detéstor, quia peccândo, non solum pœnas a te iuste statútas proméritus sum, sed præsértim quia offéndi te, summum bonum, ac dignum qui super ômnia diligáris. Ídeo fírmiter propóno, adiuvánte grátia tua, de cétero me non peccatúrur peccandíque occasiónes próximas fugitúrur. Amen.

**Angelus Domini**

Ángelus Dómini nuntiávit Maríæ.  
Et concépit de Spírítu Sancto.  
Ave, Maríá...

Ecce ancílla Dómini.  
Fiat mihi secúndum verbum tuum.  
Ave, Maríá...

Et Verbum caro factum est.  
Et habitávit in nobis.  
Ave, Maríá...

Ora pro nobis, sancta Dei génetríx.  
Ut digni efficiámur promissiônibus Christi.

Orémus.

Grátiam tuam, quæsumus,  
Dómine, méntibus nostris infúnde;  
ut qui, Ángelo nuntiánte,  
Christi Fílii tui incarnatiónem  
cognóvimus, per passióem eius et  
crucem, ad resurrectiônis glóriam  
perducámur. Per eúndem Christum  
Dóminum nostrum. Amen.

Glória Patri...

**Prayer Guide**

aint John Paul II explained, *"Pilgrimages, a sign of the condition of the disciples of Christ in this world, have always held an important place in the life of Christians. In the course of history, Christians have always walked to celebrate their faith in places that indicate a memory of the Lord or in sites representing important moments in the history of the Church. They have come to shrines honoring the Mother of God and to those that keep the example of the saints alive. Their pilgrimage was a process of conversion, a yearning for intimacy with God and a trusting plea for their material needs. For the Church, pilgrimages, in all their multiple aspects, have always been a gift of grace"* (Pilgrimage in the Great Jubilee, 2).

Included here are some prayers that can be used while you are journeying to the various sites, when you arrive to a site, and on your return trip. Keep in mind that they can be prayed in the silence of your heart, with a fellow pilgrim, or in a larger group.

It is recommended to begin your journey to any of the U.S. pilgrimage sites by celebrating the Mass, or if that is not an option, by reciting the Liturgy of the Hours or another liturgical rite.

## Pilgrim's Prayer of St. James, Patron of Pilgrim Travelers

St. James the Apostle is known as the patron of pilgrim travelers because, during medieval times, his sanctuary in Santiago de Compostela in northwestern Spain was one of the most traveled pilgrim routes in Christendom (known through the centuries as the Camino de Compostela). Whether on a journey to a distant shrine or to a local place of veneration and importance, it is good to pray with St. James for his protection during the journey and for our own conversion of heart before, during, and after the encounter. St. James was also one of the three disciples chosen by Christ to journey with him up Mount Tabor for the Transfiguration; with this in mind, we pray with St. James that we, too, might have a transformative experience on pilgrimage.

This ancient prayer (origin unknown) comes at the end of pilgrim Masses said along the Camino de Santiago:

O God, who brought your servant Abraham  
out of the land of the Chaldeans,  
protecting him in his wandering across the desert,  
we ask that you watch over us, your servants,  
as we walk in the love of your name to (insert your destination here).

Be for us our companion on the walk,  
Our guide at the crossroads,  
Our breath in our weariness,  
Our protection in danger,  
Our home (albergue) on the Camino,  
Our shade in the heat,  
Our light in the darkness,  
Our consolation in our discouragements,  
And our strength in our intentions.

So that with your guidance we may arrive safe and sound  
at the end of the road and enriched with grace and virtue  
we return safely to our homes filled with joy.

In the name of Jesus Christ our Lord, Amen.

Apostle Santiago, pray for us.  
Santa Maria, pray for us.

**For Scouts participating in their “Day of Recollection”, it is recommended that they pray at each church, three Hail Marys, one Our Father and one Glory Be.**

### The Sign of the Cross

In the name of the Father and of  
the Son and of the Holy Spirit.  
Amen.

### Signum Crucis

In nómine Patris et Fílii et  
Spíritus Sancti. Amen.

### Hail Mary

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

### Ave Maria

Ave Maria, gratia plena, Dominus  
tecum.  
Benedicta tu in mulieribus, et  
benedictus fructus ventris tui,  
Jesus.  
Sancta Maria, Mater Dei, ora pro  
nobis peccatoribus, nunc et in  
hora mortis nostrae. Amen.

### Our Father (Lord's Prayer)

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. Amen

### Pater noster

Pater noster, qui es in cælis,  
sanctificetur nomen tuum;  
adveniat regnum tuum;  
fiat voluntas tua,  
sicut in caelo et in terra.  
Panem nostrum cotidianum da  
nobis hodie,  
et dimitte nobis debita nostra,  
sicut et nos dimittimus debitori-  
bus nostris;  
et ne nos inducas in tentationem  
Sed libera nos a malo. Amen

### Glory be to the Father

Glory be to the Father  
and to the Son  
and to the Holy Spirit,  
as it was in the beginning  
is now, and ever shall be  
world without end. Amen.

### Gloria Patri

Glória Patri  
et Fílio  
et Spíritui Sancto.  
Sicut erat in princípío,  
et nunc et semper  
et in sæ´cula sæculórum. Amen.