

# Cathedral Trail 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.

From The WYDUSA Pilgrim Prayer Guide. It was developed by the World Youth Day office of the USCCB © 2015 http://www.usccb.org/about/world-youth-day/upload/WYDUSA-Pilgrimage-Prayer-Guide.pdf



#### 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.

From The WYDUSA Pilgrim Prayer Guide. It was developed by the World Youth Day office of the USCCB © 2015 http://www.usccb.org/about/world-youth-day/upload/WYDUSA-Pilgrimage-Prayer-Guide.pdf







#### What is a patron saint?

Patron saints are chosen as special protectors or guardians over areas of life. These areas can include occupations, illnesses, churches, countries, causes -- anything that is important to us. The earliest records show that people and churches were named after apostles and martyrs as early as the fourth century.

Recently, the popes have named patron saints but patrons can be chosen by other individuals or groups as well. Patron saints are often chosen today because an interest, talent, or event in their lives overlaps with the special area. Angels can also be named as patron saints. A patron saint can help us when we follow the example of that saint's life and when we ask for that saint's intercessory prayers to God.

From "Catholic Online" http://www.catholic.org/saints/patron.php

#### The History of Patron Saints

The practice of adopting patron saints goes back to the building of the first public churches in the Roman Empire, most of which were built over the graves of martyrs. The churches were then given the name of the martyr, and the martyr was expected to act as an intercessor for the Christians who worshiped there.

Soon, Christians began to dedicate churches to other holy men and women—saints—who were not martyrs. Today, we still place some relic of a saint inside the altar of each church, and we dedicate that church to a patron. That's what it means to say that your church is St. Mary's or St. Peter's or St. Paul's.

#### **How Patron Saints Are Chosen**

Thus, the patron saints of churches, and more broadly of regions and countries, have generally been chosen because of some connection of that saint to that place—he had preached the Gospel there; he had died there; some or all of his relics had been transferred there. As Christianity spread to areas with few martyrs or canonized saints, it became common to dedicate a church to a saint whose relics were placed in it or who was especially venerated by the founders of the church. Thus, in the United States, immigrants often chose as patrons the saints that had been venerated in their native lands.

By Scott P. Richert http://catholicism.about.com/od/thesaints/p/Patron Saints.htm

For Scouts participating in their "Day of Recollection", it is suggested that at each church, a prayer to it's Patron Saint be prayed, asking for their prayers and guidance as we take up our cross on our own journey with the Lord.

#### **Saint and Devotional Holy Cards**

The following pages contain various Holy cards of the parish's Patron Saints or theological concept along the Piligrimage of Faith. They were collected from various creator's and reseller's websites. If you find them useful and helpful for your prayer life, please contact them and support their business and apostolates.

#### **Catholic Prayer Cards**

http://www.catholicprayercards.org/index.html

#### **Adoremus Books**

http://www.adoremusbooks.com/

#### Heavenly Divine Custom Rosaries & Gifts

http://www.heavenlydivinecustomrosary.com/

#### **Aquinas and More Catholic Goods**

http://www.aquinasandmore.com/

#### **Catholic Shopping**

http://catholicshopping.com/

#### **Catholic Store**

http://www.catholicstore.com/

#### **Catholic Faith store**

http://www.catholicfaithstore.com/

#### **American Screening Company**

http://www.americanscreeningcorp.com/Religious-Gifts--C1308.aspx



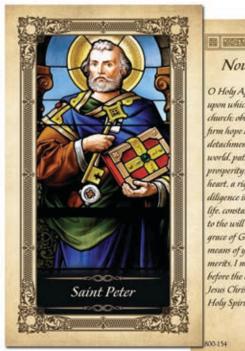




#### St. Peter

New Advent's Catholic Encyclopedia website: http://www.newadvent.org/cathen/11744a.htm

Prayer Card: http://www.americanscreeningcorp.com/Novena-to-St-Peter-Prayer-Card-Each-P25570C1769.aspx



# Novena to Saint Peter

O Holy Apostle, because you are the rock upon which Almighty God has build his church: obtain for me I pray you, lively faith. firm hope and burning love; complete detachment from myself, contempt of the world, patients in adversity, humility and prosperity, recollection in prayer, purity of heart, a right intention in all my works. diligence in fulfilling the duties of my state of life, constancy in my resolutions, resignation to the will of God and perseverance in the grace of God even unto death; that so, by means of your intercession and your glorious merits. I may be made worthy to appear before the chief and eternal shepherd of souls, Jesus Christ, who with the Father and the Holy Spirit lives and reigns for ever.

Amen.

#### St. Louis IX, King of France

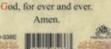
New Advent's Catholic Encyclopedia website: http://www.newadvent.org/cathen/09368a.htm

Prayer Card: http://www.heavenlydivinecustomrosary.com/pc7081pw-saint-louis-king-of-france-pendant-and-holy-prayer-card-gift-set-by-bliss.html



Patron Saint of Builders & Parenthood August 25





Prayer Invoking the

Intercession of Saint Louis,

King of France

O God, who called your servant Louis of France to an earthly

throne that he might advance your

heavenly kingdom, and gave him

zeal for your Church and love for your people: Mercifully grant that

we who commemorate him this

day may be fruitful in good works,

and attain to the glorious crown of

your saints; through Jesus Christ

our Lord, who lives and reigns

with you and the Holy Spirit, one



# X

#### St. Francis Xavier

New Advent's Catholic Encyclopedia website: http://www.newadvent.org/cathen/06233b.htm

Prayer Card: http://www.adoremusbooks.com/stfrancisxavier-novenaprayerholycard800-177-10pack.aspx



#### Novena Prayer In Honor of ST. FRANCIS XAVIER

Defined and full of charity, with thee I reverently adore the Divine Majesty; and since I specially rejoice in the singular gifts of grace bestowed on thee in life, and of glory after death, I give thanks to God, and beg of thee, with all the affection of my heart that by thy powerful intercession thou mayest obtain for me above all things the grace to live a holy life and die a holy death

Moreover, I beg of thee to obtain for me (here insert some special spiritual or temporal favor); but if what I ask does not tend to the glory of God and the greater good of my soul, do thou, I beseech thee, obtain for me what will more certainly attain these ends. Amen.

> Our Father, Hall Many, Glory be, etc. Inclulgence 300 days First Novema: March 4 to March 12 Second Novema: Nov. 25 to Dec. 3

800-17



#### **Holy Cross**

New Advent's Catholic Encyclopedia website: http://www.newadvent.org/cathen/04529a.htm

Prayer Card: http://www.aquinasandmore.com/catholic-gifts/inveneration-of-the-cross-prayer-card/sku/13058



#### In Veneration of the Cross:

We worship You, Lord, we venerate Your cross, we praise Your resurrection, Through the cross You brought joy to the world.

Hail, holy Cross! You give sight to the sightless, health to the sick, and life to those who sleep in death. We exalt the Song of God, our Lord Jesus Christ, who humbled Himself in your embrace, who was lifted high in glory upon your arms.

We venerate you, a tree of life, an ark that saves us from drowning, a ladder that rises into heaven!

Holy God! Holy might One! Holy immortal One, have mercy on us!





## X

#### **Immaculata – Immaculate Conception**

New Advent's Catholic Encyclopedia website: http://www.newadvent.org/cathen/07674d.htm

Prayer Card:

http://www.catholic $prayercards.org/Holy\_cards\_of\_Virgin\_Mary/immaculata-marian-dogma-card.\\$ 



## 3<sup>rd</sup> Marian Dogma Mary's Immaculate (onception

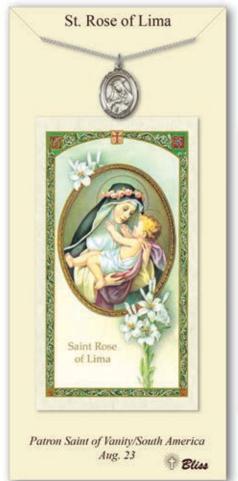
"The most Blessed Virgin Mary, from the first moment of her conception, by a singular grace and privilege from Almighty God and in view of the merits of Jesus Christ, was kept free of every stain of original sin." This was proclaimed as an independent dogma by Pope Pius IX in his Apostolic Constitution "Ineffabilis Deus" (December 8, 1854).

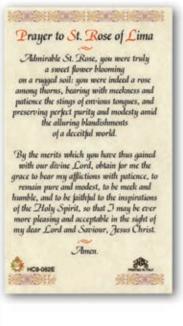
Mary, you are the vessel and tabernacle containing all Mysteries. You know what the patriarchs did not know; you experienced what was not revealed to the Angels; you heard what the prophets did not hear. In short, everything that was hidden from preceding generations was made known to you... Se Gregory the Wanderworker + 270 100016 www.Carbernack.org 1 10000 100016 1000 100016

#### St. Rose of Lima

New Advent's Catholic Encyclopedia website: http://www.newadvent.org/cathen/13192c.htm

Prayer Card: http://catholicshopping.com/products/prayer-card-strose-of-lima









#### St. Francis de Sales

New Advent's Catholic Encyclopedia website: http://www.newadvent.org/cathen/06220a.htm

Prayer Card:

http://www.catholicprayercards.org/catalog/item/4235164/4476244.htm



St. Francis de Sales 1567-1622 Doctor of the Church Memorial - 24 January

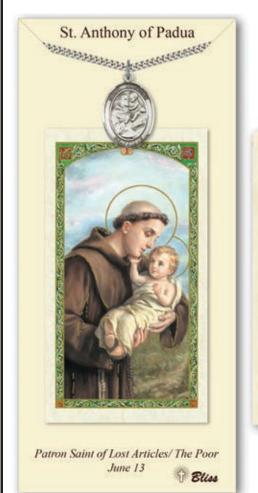
The everlasting God has, in His wisdom, foreseen from eternity the cross that He now presents to you as a gift from His inmost heart. This cross He now sends you He has considered with His all-knowing eyes, understood with His loving mind, tested with His wise justice, warmed with His loving arms, and weighed with His own hands, to see that it be not one inch too large and not one ounce too heavy for you. He has blessed it with His holy name, anointed it with His grace, perfumed it with His consolation, taken one last glance at you and your courage, and then sent it to you from Heaven, a special greeting from God to you, an alms of the all-merciful love of God. - St. Francis de Sales

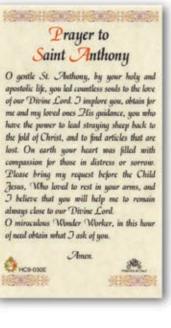
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#### St Anthony of Padua

New Advent's Catholic Encyclopedia website: http://www.newadvent.org/cathen/01556a.htm

Prayer Card: http://www.heavenlydivinecustomrosary.com/pc7004pw-bliss-st-anthony-of-padua-prayer-card-pendant-gift-set.html







#### **Holy Name**

New Advent's Catholic Encyclopedia website: http://www.newadvent.org/cathen/07421a.htm

#### Prayer Card:

http://www.catholicfaithstore.com/Store/Products/SKU/d59c/Holy-Nam e-Pledge-Laminated-Prayer-Cards-25-Pack.html#.Vv3qdK4j36I



#### Holy Name Pledge

In the Name of the Father and of the Son, and of the Holy Ghost. Amen. Blessed Be God Blessed be His Holy Name. Blessed be Jesus Christ true God and

true man. Blessed be the Name of Jesus. I believe O Jesus That Thou art the Christ, The Son of the living God. I proclaim my love For the Vicar of Christ on earth.

I believe all the sacred truths Which the Holy Catholic Church Believes and teaches. promise to give a good example By the regular practice of my faith. In honor of His Divine Name pledge myself against perjury. Blasphemy, profanity and obscene

Speech. To the flag of my country

And to the God given principles of
Freedom, justice and happiness For which it stands.

I pledge my support To all lawful authority Both Civil and Religious, I dedicate my life To the Honor of the Sacred Name of

And beg that He will keep me faithful To these pledges until death.



#### St. George

New Advent's Catholic Encyclopedia website: http://www.newadvent.org/cathen/06453a.htm

Prayer Card:

http://www.adoremusbooks.com/stgeorgeprayerholycard800-189.aspx



## ST. GEORGE Patron Saint of England

FEAST DAY APRIL 23 DIED A MARTYR IN 303

O God, the merits and prayers of Your Blessed Martyr George are a source of happiness for us.

Grant us as a gift of grace the blessings we seek through him.

Almighty God, we humbly ask (make request here) through the intercession of St. George that we may live a life pleasing to You, and receive the favors we ask, it they are for our good. Amen.

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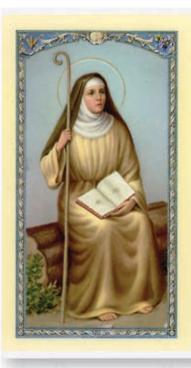


#### St. Monica

New Advent's Catholic Encyclopedia website: http://www.newadvent.org/cathen/10482a.htm

#### Prayer Card:

http://www.catholicfaithstore.com/Store/Products/SKU/d540/St-Monica-Prayer-Biography-Laminated-Prayer-Cards-25-Pack.html#.Vv3 tEa4j36I



# ST. MONICA Widow FEAST: AUGUST 27

One of the most famous mothers of all time, she persisted in prayer and example until she brought her son Augustine back not only to the faith and to penitence, but to an illustrious life in the Church. She did not live to see her son's success, but died shortly after his conversion.

#### Prayer

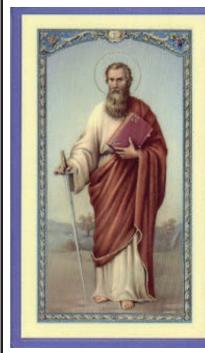
In Your mercy, Lord, You received the tears of St. Monica as she wept for her son. At the intercession of both mother and son, give us grace to weep for sin and to obtain Your forgiveness.



#### St. Paul

New Advent's Catholic Encyclopedia website: http://www.newadvent.org/cathen/11567b.htm

Prayer Card: http://www.catholicstore.com/browseproducts/St-Paul-Novena-Holy-Card.HTML



#### Novena to St. Paul

For nine days, say the following prayers:
Our Father, Heil Mary, Glory Be.
Antiphon: O St. Paul, the Apostle, preacher of truth and Doctor of the Gentiles, intercede for us to God, who chose you.

- V. You are a vessel of election, O Saint Paul, the Apostle.
- R. Preacher of truth to the whole world.
- Prayer: O God, you have instructed many nations through the preaching of the blessed apostle Paul. Let the power of his intercession with you help us who venerate his memory this day.

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#### St. Mary

New Advent's Catholic Encyclopedia website: http://www.newadvent.org/cathen/15464b.htm

Prayer Card:

http://www.adoremusbooks.com/anofferingtomaryholycard800-069.aspx



EXISISTO PARATUS

#### AN OFFERING TO MARY

Here are my prayers, Mary You do the rest Where they are needed You will know best. Don't bother saving A merit or two Use them all, Mary, I give them to you. It's the only way, Mary, That I can see. For repaying my thanks For the grace you gave me. I give them to you Without any strings, Pass them to Jesus As your offerings, So take my prayers, Mary, Add all that I do. With my heart in the Center, I give them to you. O Mary Conceived Without Sin Pray for us Who have

Recourse to Thee.

BE PREPARED

800-069



#### St. Francis of Assisi

New Advent's Catholic Encyclopedia website: http://www.newadvent.org/cathen/06221a.htm

Prayer Card:

http://www.catholicprayercards.org/Holy cards of Male Saints/saint-fr ancis-of-assisi-prayer-card.html



St. Francis of Assisi 1181-1226 Founder of the Franciscans Memorial - 4 October

"Let the whole of mankind tremble, the whole world shake and the heavens exult when our Lord Jesus Christ, the Son of the living God, is present on the altar in the hands of a priest! O admirable heights and sublime lowliness! O sublime humility! O humble sublimity! That the Lord of the universe, God and the Son of God, so humbles Himself that for our salvation He hides Himself under the little hides Himself under the little form of bread! Look, brothers, at the humility of God and pour out your hearts before Him! Humble yourselves as well, that you may be exalted by Him. Therefore, hold back nothing of yourselves for yourselves so that He who gives Himself totally to you may receive you totally."

"Preach the gospel always. If necessary, use words."

"Nothing should upset a servant of God except sin."

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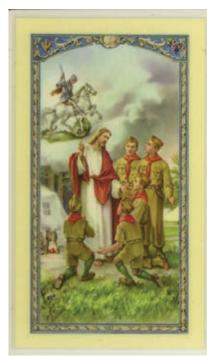


#### St. George

New Advent's Catholic Encyclopedia website: http://www.newadvent.org/cathen/06453a.htm

Prayer Card:

http://www.adoremusbooks.com/theboyscoutoathholycard800-123-10pack.aspx



## THE SCOUT OATH OR PROMISE

ON MY HONOR I WILL DO MY BEST:

To do my duty to God and my country, and to obey The Scout Law; To help other people at all times; To keep myself physically strong, mentally awake, and morally straight.

#### The Scout Law

- 1. A scout is trustworthy.
- 2. A scout is loyal.
- 3. A scout is helpful.
- 4. A scout is friendly.
- 5. A scout is courteous.
- 6. A scout is kind.
- 7. A scout is obedient.
- 8. A scout is cheerful.
- 9. A scout is thrifty.
- 10. A scout is brave.
- 11. A scout is clean.
- 12. A scout is reverent.

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#### St. Mary

New Advent's Catholic Encyclopedia website: http://www.newadvent.org/cathen/15464b.htm

Girl Scout Prayer Card:

http://www.catholicfaithstore.com/Store/Products/SKU/d5cc/The-Girl-Scout-Promise-Laminated-Prayer-Cards-25-Pack.html#.VwSEMK4u\_gU



#### THE GIRL SCOUT PROMISE

ON MY HONOR, I WILL TRY:

To do my duty to God and my country. To help other people at all times. To obey the Girl Scout Laws.

#### The Girl Scout Laws

- A Girl Scout's honor is to be trusted.
- 2. A Girl Scout is loyal.
- A Girl Scout's duty is to be useful and to help others.
- A Girl Scout is a friend to all and a sister to every other Girl Scout.
- 5. A Girl Scout is courteous.
- 6. A Girl Scout is a friend to animals.
- 7. A Girl Scout obeys orders.
- 8. A Girl Scout is cheerful.
- 9. A Girl Scout is thrifty.
- A Girl Scout is clean in thought, word, and deed.

