



*You shall love the LORD your GOD with all your heart, with all your soul, with all your mind, and with all your strength.*

*Mk 12:30*

# BLESS MY FAMILY BLESS MY CHURCH

**St. Michael Center for the Blessed Virgin Mary**



P.O. Box 8461, Honolulu, HI 96830-8461  
Phone: USA (808) 943-7088  
GoodNews@SaintMichaelUSA.org  
<https://saintmichaelusa.org/>



St. Michael the Archangel defend us in the day of battle!



**JESUS  
I TRUST  
IN YOU!**

SCAN ME



**JUNE 27<sup>TH</sup>**

## OUR LADY OF PERPETUAL HELP



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### Memorare to Our Lady of Perpetual Help



O Lord Jesus Christ, who gave us your Mother Mary, whose renowned image we venerate, to be a Mother ever ready to help us; grant we beseech You, that we who constantly implore her motherly aid, may merit to enjoy perpetually the fruits of Your redemption, Who lives and reigns forever and ever. Amen.

Remember, O most gracious Virgin Mary that never was it known that anyone who fled to your protection, implored your help or sought your intercession was left unaided. Inspired by this confidence, I fly unto you, O Virgin of virgins, my Mother. To you do I come; before you I stand, sinful and sorrowful. O mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer me. Amen!

### Pray with Our Mother of Perpetual Help

Mother of Perpetual Help, with the greatest confidence we come before your holy picture to be inspired by the example of your life.

We think of you at that moment when, full of faith and trust, you accepted God's call to be the mother of his Son.

Help us, your children, to accept with joy our own calling in life. When you learned that your cousin Elizabeth was in need you immediately went to serve her and offer your help. Help us, like you, to be concerned for others. We think of you, Mother, at the foot of the cross. Your heart must have bled to see your Son in agony.

But your joy was great when he rose from the dead, victorious over the powers of evil. Mother of Sorrows, help us through the trials and disappointments of life. Help us not to lose heart.

May we share with you and your Son the joy of having courageously faced up to all the challenges of life.

Amen.

### Thanksgiving Prayer

O Mother of Perpetual Help, with grateful hearts we join you in thanking God for all the wonderful things he has done for us, especially for giving us Jesus, your Son, as our Redeemer. O God, our Creator, we thank you for the gift of life and all the gifts of nature: our senses and faculties, our talents and abilities.

We thank you for creating us in your image and likeness and for giving us this earth to use and develop, to respect and cherish. Despite our failures, you continue to show your love for us today by increasing the life of your Spirit in us at the Eucharistic table. Finally, we thank you, loving Father, for giving us Mary, the

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Mother of your Son, to be our Mother of Perpetual Help.

We are grateful for all the favours we have received through her intercession.

We pray that those past favours may inspire us to greater confidence in your loving mercy and to seek the aid of our Mother of Perpetual Help. Amen.

### Prayer for any need to Our Lady of Perpetual Help

Most holy Virgin Mary, Mother of God, whom I love to honor under the lovely title of Mother of Perpetual Help, I, [name], although most unworthy to be your servant, yet moved by your wonderful compassion, and by my desire to serve you, now choose you, in presence of my guardian angel and of the whole celestial court, for my queen, advocate, and mother: and I firmly purpose always to love and serve you for the future, and to do whatever I can to induce others to love and serve you also.

I beseech you, O Mother of God, and my most compassionate and loving Mother, by the blood which your Son shed for me, to receive me into the number of your servants, to be your child and servant forever.

Assist me in my thoughts, words, and actions every moment of my life, so that all may be directed to the greater glory of my God; and through your most powerful intercession, may I never more offend my beloved Jesus, but may I glorify Him, and love Him in this life, and love you also, my most tender and dear Mother, so that I may love you and enjoy you in heaven and bless God for all eternity. Amen.

### THE LITANY OF OUR LADY OF PERPETUAL HELP



Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.  
Christ, hear us.  
Christ, graciously hear us.  
God the Father of Heaven,  
Have mercy on us.  
God the Son, Redeemer of the world,  
Have mercy on us.

God the Holy Ghost, Have mercy on us.

Holy Trinity, One God, Have mercy on us.

Holy Mary, pray for us.

Holy Mother of God, pray for us.

Holy Virgin of virgins, pray for us.

Mother of Christ, pray for us.

Queen conceived without the stain of Original Sin, pray for us.

Queen of the most Holy Rosary, pray for us.

Our Lady of Perpetual Help, pray for us.

O Mother of Perpetual Help, whose very name inspires confidence, Come to my aid, O loving Mother. That I may love God with all my heart,





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Come to my aid, O loving Mother. That I may in all things conform my will to that of thy Divine Son, Come to my aid, O loving Mother. That I may always shun sin, the only real evil, Come to my aid, O loving Mother. That I may always remember my last end, Come to my aid, O loving Mother.



That I may often and devoutly receive the Sacraments, Come to my aid, O loving Mother. That I may avoid every proximate occasion of sin, Come to my aid, O loving Mother.

That I may never neglect prayer, Come to my aid, O loving Mother. That I may ever remember to invoke thee, particularly in time of temptation, Come to my aid, O

loving Mother. That I may always be victorious in the hour of temptation, Come to my aid, O loving Mother.

That I may generously pardon my enemies, Come to my aid, O loving Mother. That I may arise quickly, should I have the misfortune of falling into mortal sin, Come to my aid, O loving Mother.

That I may courageously resist the seductions of evil companions, Come to my aid, O loving Mother. That I may be strong against my own inconstancy, Come to my aid, O loving Mother. That I may not delay my conversion from day to day, Come to my aid, O loving Mother.

That I may labor zealously to eradicate my evil habits, Come to my aid, O loving Mother. That I may ever love to serve thee, Come to my aid, O loving Mother. That I may lead others to love and serve thee, Come to my aid, O loving Mother.

That I may live and die in the friendship of God, Come to my aid, O loving Mother. In all necessities of body and soul, Come to my aid, O loving Mother.

In sickness and pain, Come to my aid, O loving Mother.

In poverty and distress, Come to my aid, O loving Mother.

In persecution and abandonment, Come to my aid, O loving Mother. In grief and dereliction of mind, Come to my aid, O

loving Mother. In time of war, famine and contagion, Come to my aid, O loving Mother. In every danger of sin, Come to my

aid, O loving Mother. When assailed by the evil spirits, Come to my aid, O loving Mother. When tempted by the allurements of a deceitful world, Come to my aid, O loving Mother.

When struggling against the inclinations of my corrupt nature, Come to my aid, O loving Mother.

When tempted against the holy virtue of purity, Come to my aid, O loving Mother. When death is nigh, Come to my aid, O

loving Mother. When the loss of my senses shall warn me that my earthly career is at an end, Come to my aid, O loving Mother.

When the thought of my approaching dissolution shall fill me with fear and terror, Come to my aid, O loving Mother.

When at the decisive hour of death, the evil spirit will endeavor to plunge my soul into despair, Come to my aid, O loving Mother. When the priest of God shall give me his last absolution and his last blessing, Come to my aid, O loving Mother.



When my friends and relations, surrounding my bed, moved with compassion, shall invoke thy clemency on my behalf, Come to my aid, O loving Mother. When the world will vanish from my sight, and my heart will cease to beat, Come to my aid, O loving Mother. When I shall yield my soul into the hands of its Creator, Come to my aid, O

loving Mother. When my soul will appear before its Sovereign Judge, Come to my aid, O loving Mother. When the irrevocable sentence will be pronounced, Come to my aid, O loving Mother. When I will be suffering in Purgatory, and sighing for the vision of God, Come to my aid, O loving Mother. Lamb of God, Who takest away the sins of the world, Spare us, O Lord. Lamb of God, Who takest away the sins of the world, Graciously hear us, O Lord. Lamb of God, Who takest away the sins of the world, Have mercy on us.

**Let Us Pray.**

O Almighty and merciful God, Who, in order to succor the human race, hast willed the Blessed Virgin Mary to become the Mother of Thy only-begotten Son, grant, we beseech Thee, that by her intercession we may avoid the contagion of sin and serve Thee with a pure heart, through the same Christ Our Lord. Amen.

**Icons Explained: Our Lady of Perpetual Help**

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