

SACRA COMMUNIO

IN PRÆPARATIONE:

*We should never approach the holy table unless free from grievous sin,
and without some previous devout preparation.*

Percéptio Córporis tui, Dómine (in Præparatione)

PERCÉPTIO Córporis tui, Dómine Iesu Christe, quod ego indignus sùmere præsúmo, non mihi provéniat in iudícium et condemnatióem ; sed pro tua pietáte prosit mihi ad tutaméntum mentis et córporis et ad medélam percipiéndam : Qui vivis et regnas in sæcula sæculórum. Amen.
(ex Missali Romono)

*Dómine non sum dignus ut intres sub tectum meum,
sed tantum dic verbo et sanábitur ánima mea.*

(ex M.R.)

Oratio Sancti Thomæ Aquinatis ante Missam

OMNIPOTENS sempiternè Deus, ecce accedo ad sacramentum unigeniti Filii tui, Domini nostri, Iesu Christi ; accedo tamquam infirmus ad medicum vitæ, immundus ad fontem misericordiæ, cæcus ad lumen claritatis æternæ, pauper et egenus ad Dominum cæli et terræ.

Rogo ergo immensæ largitatis tuæ abundantiam, quatenus meam curare digneris infirmitatem, lavare fœditatem, illuminare cæcitatem, ditare paupertatem, vestire nuditatem ; ut panem Angelorum, Regem regum et Dominum dominantium, tanta suscipiam reverentia et humilitate, tanta contritione et devotione, tanta puritate et fide, tali proposito et intentione, sicut expedit salutis animæ meæ.

Da mihi, quæso, Domini Corporis et Sanguinis non solum suscipere sacramentum, sed etiam rem et virtutem sacramenti. O mitissime Deus, da mihi Corpus unigeniti Filii tui, Domini nostri, Iesu Christi, quod traxit de Virgine Maria, sic suscipere, ut corpori suo mystico merear incorporari, et inter eius membra connumerari.

O amantissime Pater, concede mihi dilectum Filium tuum, quem nunc velatum in via suscipere propono, revelata tandem facie perpetuo contemplari : Qui tecum vivit et regnat in unitate Spiritus Sancti, Deus, per omnia sæcula sæculorum. Amen.

Laudétur et adorétur in ætérnum sanctíssimum Sacraméntum.

O Mater pietátis et misericórdiæ (in Præparatione)

O MATER pietátis et misericórdiæ, beatíssima Virgo María, ego miser et indignus peccátor ad te confúgio toto corde et afféctu ; et precor pietátem tuam ut, sicut dulcíssimo Filio tuo in Cruce pendénti adstitisti, ita et mihi mísero peccatóri et fidélibus ómnibus sacrosánctum Filii tui Corpus suméntibus cleménter adsistere dignéris, ut tua grátia adiúti, digne ac fructuóse illud sùmere valeámus. Per eúndem Christum Dóminum nostrum. Amen.

Ave verum Corpus natum ex María Virgine.



HOLY COMMUNION

IN PREPARATION:

*The benefit we derive from our Communions is in proportion
to our devotion and the preparation we make for them.*

Let the Receiving of Thy Body, O Lord (in Preparation)

LET the receiving of Thy Body, O Lord Jesus Christ, which I, though unworthy, do presume to receive, turn not to me for judgement and condemnation, but, according to Thy mercy, let it be profitable to me for the receiving of protection and healing, both of soul and body: Who lovest and reignest for ever and ever. Amen.

(Pre-1968: 5 years*)

*Lord, I am not worthy that Thou shouldst enter under my roof;
but only say the word and my soul shall be healed.*

(Pre-1968: 500 days if said thrice*)

Prayer of St. Thomas Aquinas before Mass (in Preparation)

O ALMIGHTY and everlasting God, behold, I come to the Sacrament of Thine only-begotten Son, our Lord, Jesus Christ; I come as one infirm to the physician of life, as one unclean to the fountain of mercy, as one blind to the light of everlasting brightness, as one poor and needy to the Lord of heaven and earth.

Therefore I implore the abundance of Thy measureless bounty that Thou wouldst vouchsafe to heal my infirmity, wash my uncleanness, enlighten my blindness, enrich my poverty and clothe my nakedness, that I may receive the Bread of Angels, the King of kings, the Lord of lords, with such reverence and humility, with such sorrow and devotion, with such purity and faith, with such purpose and intention as may be profitable to my soul's salvation.

Grant unto me, I pray, the grace of receiving not only the Sacrament of our Lord's Body and Blood, but also the grace and power of the Sacrament. O most gracious God, grant me so to receive the Body of Thine only-begotten Son, our Lord Jesus Christ, which He took from the Virgin Mary, as to merit to be incorporated into His mystical Body, and to be numbered amongst His members.

O most loving Father, give me grace to behold forever Thy beloved Son with His Face at last unveiled, Whom I now purpose to receive under the sacramental veil here below: Who livest and reignest with Thee in the unity of the Holy Ghost, God for all ages of ages.

(Pre-1968: 3 years)

Praise and adoration ever more be given to the most holy Sacrament.

O Mother of Tender Mercy (in Preparation)

O MOTHER of tender mercy, most Blessed Virgin Mary, I am a wretched and unworthy sinner, yet I fly to thee with all my heart and all my affection; I implore thy loving-kindness, that even as thou didst stand beside thy dear Son as He hung upon the Cross, so thou wilt mercifully deign to stand beside me, a miserable sinner, and beside all thy faithful people as we receive the most sacred Body of thy Son, to the end that we may be enabled to receive It worthily and fruitfully. Through the same Christ our Lord. Amen.

(Pre-1968: 3 years* if recited before Communion)

Hail true Body born of Mary the Virgin.

(Pre-1968: 500 days*)

Felicem virum, beatum Ioseph (in Præparatione)

O FELÍCEM virum, beátum Ioseph, cui datum est Deum, quem multi reges voluérunt videre et non vidérunt, audire et non audiérunt, non solum videre et audire, sed portáre, deosculári, vestire et custodíre!

Ÿ. Ora pro nobis, beáte Ioseph.

℞. Ut digni efficiámur promissionibus Christi.

Orémus.

DEUS præsta, quæsumus, ut, sicut beátus Ioseph *dignátus mánibus contrectáre merúerit, et in brachiis eius gestáre*, Unigénitum tuum Fílium, natum ex María Virgine ; ita nos fácias per cum cordis mundítia et óperis innocéntia, *sacratíssimum Corpus et Sánguinem Fílii tui nunc in præsentí dignus accíperere mereámur*, et in futúro sæculo præmium habére mereámur ætérnum. Per eúndem Christum Dóminum nostrum. Amen. Δ

(ex M.R.; amended for lay use)

Sancte Ioseph, Fílii Dei nutrície, ora pro nobis.

Formula Intensionis Ante Missam (in Præparatione)

GAUDIUM cum pace, emendationem vitæ, spatium veræ pænitentiae, gratiam et consolationem Sancti Spiritus, perseverantiam in bonis operibus, tribuat nobis omnipotens et misericors Dominus. Amen.

QUEMÁDMODUM desíderat cervus ad fontes aquárum,
ita desíderat ánima mea ad te, Deus.

(Psalmus XLI, 2)

VENI Dómine, et noli tardáre.

(ex Breviario Romono)

Communio Spiritualis a S. Alphonso Ligorio

MI Jesu, credo te adesse in sanctissimo Sacramento. Super omnia te amo, et cupio te in animam recipere. Cum non nunc possum recipere tu sacramentaliter, veni saltem spiritualiter in cor meum. Amplector te quasi iam ibi esses, et me totum tibi coniungo ; ne permittas me unquam a te separari. Amen. Δ

AD COMMUNIONEM:

*When the communion bell rings, go quietly up to the railing with hands devoutly folded, and kneel.
As the priest turns around to pronounce the words of absolution, renew your act of contrition,
and bless yourself. As he approaches to give you the Blessed Sacrament, moderately
raise your head, open your mouth, resting the end of your tongue on the lower lip.*

CORPUS Dómini nostri Iesu Christi
custódiat ánimam meam in vitam ætérnam. Amen.

(ex M.R.)

Happy and Blessed art Thou, O Joseph (in Preparation)

HAPPY and blessed art thou, O Joseph, to whom it was given not only to see and to hear that God Whom many kings desired to see and saw not, to hear and heard not; but also to bear Him in thine arms, to embrace Him, to clothe Him, and to guard and defend Him.

Ÿ. Pray for us, O blessed Joseph.

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

Let us pray.

O GOD, vouchsafe we beseech Thee, that as blessed Joseph was found worthy to handle with his hands, and bear within his arms, Thine only-begotten Son, born of the Virgin Mary, so may we be made fit, by cleanness of heart and innocence of works, worthily to receive the most sacred Body and Blood of Thy Son, now in this present, and deserve to attain an everlasting reward in the world to come. Through the same Christ our Lord. Amen.

Holy Joseph, Foster-father of the Son of God, pray for us.

(Pre-1968: 300 days* for any devout invocation of St. Joseph's holy name in assistance)

Forming One's Intention Before Mass (in Preparation)

JOY with peace, amendment of life, space for true repentance, the grace and comfort of the Holy Ghost, perseverance in good works, may the almighty and merciful Lord grant us. Amen.

AS the hart panteth after the water-springs,
so panteth my soul after Thee, O God.

(Pre-1968: 500 days*; Psalm 41:2)

COME, O Lord, and tarry not.

(Pre-1968: 500 days*)

Spiritual Communion by St. Alphonsus Liguori

MY Jesus, I believe that Thou art present in the most Blessed Sacrament. I love Thee above all things and I desire to receive Thee into my soul. Since I cannot now receive Thee sacramentally, come at least spiritually into my heart. I embrace Thee as if Thou wert already there, and unite myself wholly to Thee; permit not that I should ever be separated from Thee. Amen.

(1968: Partial | Pre-1968: 3 years*)

AT COMMUNION:

*While receiving communion reflect on the words which the priest then utters:
"May the Body of our Lord Jesus Christ preserve your soul unto life everlasting. Amen."
After this, return to your place, having your eyes cast down and hands again reverently folded.
Remove all distractions and curiosities from the mind and disposition.*

THE Body of Our Lord Jesus Christ
preserve my soul unto everlasting life. Amen.

(Pre-1968: 500 days*)

GRATIS POST COMMUNIO:

When you have returned to your seat, try to reflect on the Sacred Mysteries you have just received, and give free expression to your devotion in your own words.

Anima Christi

ANIMA Christi, sanctifica me.
Corpus Christi, salva me.
Sanguis Christi, inébria me.
Aqua láteris Christi, lava me.
Pássio Christi, confórta me.
O bone Iesu, exáudi me.
Intra tua vúlnera abscónde me.
Ne permittas me separári a te.
Ab hoste maligno defénde me.
In hora mortis meæ voca me.
Et iube me veníre ad te,
Ut cum Sanctis tuis laudem te
in sæcula sæculórum.
Amen.

Oratio Sancti Thomæ Aquinatis post Missam (in Gratiarum Actione)

GRÁTIAS tibi ago, Dómine, sancte Pater, omnipotens, ætérne Deus, qui me peccatórem, indignum fámulum tuum, nullis meis méritis, sed sola dignatióne misericórdiæ tuæ satiáre dignátus es pretiósó Corpore et Sáanguine Filii tui, Dómini nostri Iesu Christi. Et precor, ut hæc sancta commúnio non sit mihi reátus ad pœnam, sed intercéssio salutáris ad véniam. Sit mihi armatúra fidei et scutum bonæ voluntátis. Sit vitiórum meórum evacuátio, concupiscéntiæ et libidinis exterminátio, caritátis et patiéntiæ, humilitátis et obœdiéntiæ omniúmque virtútum augmentátio : contra insídias inimicórum ómnium, tam visibílium quam invisibílium firma defénsio ; mótuum meórum, tam carnálium quam spirituálium, perfécta quietátio, in te uno ac vero Deo firma adhæsió, atque finis mei felix consummátio.

Et precor te, ut ad illud ineffábile convívium me peccatórem perducere dignéris, ubi tu cum Filio tuo et Spíritu Sancto, Sanctis tuis es lux vera, satiétas plena, gáudium sempitérnum, iucúnditas consummáta et felicitas perfécta. Amen.

Laudétur et adorétur in ætérnum sanctíssimum Sacraméntum.

Oratio ad Jesum (in Gratiarum Actione)

DÓMINE Iesu Christe, Fili Dei vivi, qui ex voluntáte Patris cooperánte Spíritu Sancto, per mortem tuam mundum vivificásti : libera me per sacrosáncrum Corpus tuum, quòd ego indignus sumere præsumpsi, ab ómnibus iniquitátibus meis et univérsis malis, et fac me tuis semper inhærére mandatis et a te numquam separári permittas. Amen.

THANKSGIVING AFTER COMMUNION:

The following prayers will be found very useful as aids to your sentiments of worship, thanksgiving, petition, etc.

Soul of Christ

SOUL of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Thy wounds, hide me.
Suffer me not to be separated from Thee.
From the malignant enemy, defend me.
At the hour of death, call me.
And bid me come to Thee,
that with Thy saints I may praise Thee,
forever and ever.
Amen.

(1968: Partial | Pre-1968: 300 days; or 7 years after Holy Communion)*

Prayer of St. Thomas Aquinas after Mass (in Thanksgiving)

I GIVE thanks to Thee, O Lord, most holy, Father almighty, eternal God, that Thou hast vouchsafed, for no merit of mine own, but out of Thy pure mercy, to appease the hunger of my soul with the precious Body and Blood of Thy Son, Our Lord Jesus Christ. Humbly I implore Thee, let not this holy communion be to me an increase of guilt unto my punishment, but an availing plea unto pardon and salvation. Let it be to me the armour of faith and the shield of good will. May it root out from my heart all vice; may it utterly subdue my evil passions and all my unruly desires. May it perfect me in charity and patience; in humility and obedience; and in all other virtues. May it be my sure defence against the snares laid for me by my enemies, visible and invisible. May it restrain and quiet all my evil impulses, and make me ever cleave to Thee Who art the one true God. May I owe to it a happy ending of my life.

And do Thou, O heavenly Father, vouchsafe one day to call me, a sinner, to that ineffable banquet, where Thou, together with Thy Son and the Holy Ghost, art to Thy saints true and unfailing light, fullness of content, joy for evermore, gladness without alloy, consummate and everlasting happiness. Amen.

(Pre-1968: 3 years)*

Praise and adoration ever more be given to the most holy Sacrament.

(Pre-1968: 300 days)*

Prayer to Jesus (in Thanksgiving)

O LORD Jesus Christ, Son of the living God, Who according to the will of the Father, with the co-operation of the Holy Ghost, hast by Thy death given life unto the world, deliver me by Thy most sacred Body, which I, unworthy, have presumed to receive, from all my iniquities and from every evil, and make me ever to hold fast to Thy commandments and suffer me never to be separated from Thee. Amen.

(Pre-1968: 500 days)*

O Maria, Oratio ad Mariam Virginem Post Missam

O MARIA, Virgo et Mater sanctissima, ecce suscepi dilectissimum Filium tuum, quem immaculato utero tuo concepisti, genuisti, lactasti, atque suavissimis amplexibus strinxisti. Ecce, cuius aspectu lætabaris et omnibus deliciis replebaris, illum ipsum tibi humiliter et amanter repræsentō et offero tuis brachiis constringendum, tuo corde amandum, sanctissimæque Trinitati in supremum patriæ cultum, pro tui ipsius honore et gloria et pro meis totiusque mundi necessitatibus, offerendum. Rogo ergo te, piissima Mater, impetra mihi veniam omnium peccatorum meorum, uberemque gratiam ipsi deinceps fidelius serviendi, ac denique gratiam finalem, ut eum tecum laudare possim per omnia sæcula sæculorum. Amen.

Oratio Ante Crucifixum

EN ego, O bone et dulcissime Iesu, ante conspectum tuum gēnibus me provólvo ac máximo animi adóre te oro atque obtēstor, ut meum in cor vīdōs fidei, spei et caritātis sensus, atque veram peccatōrum meōrum pēnitēntiam, ēaque emendādi firmissimam volutātem velis imprimere : dum magno animi affēctū et dolōre tua quīnque Vūlnera mecum ipse considero, ac mente contēplor, illud præ oculis habens, quod iam im ore ponēbat tuo David Prophēta de te, O bone Iesu : “*Foderunt manus meas et pedes meos; dinumeraverunt omnia ossa mea*” (Ps. XXI, 17-18). Amen.

Ad mēntem Sanctīssimi Patrīs nōstri pāpæ :

Dominus conservet eum, et vivificet eum, et beatum faciat eum in terra, et non tradat eum in animam inimicorum eius. (Ps. XL, 3)

Pater noster ... Ave Maria ... Gloria Patri ...

PSALMUS LXXXIII

In finem, pro torcularibus filiis Core. Psalmus.

QUAM dilecta tabernacula tua, Domine virtutum! Concupiscit, et deficit anima mea in atria Domini ; cor meum et caro mea exultaverunt in Deum vivum. Etenim passer invenit sibi domum, et turtur nidum sibi, ubi ponat pullos suos. Altaria tua, Domine virtutum, rex meus, et Deus meus. Beati qui habitant in domo tua, Domine ; in sæcula sæculorum laudabunt te. Beatus vir cujus est auxilium abs te, ascensiones in corde suo disposuit, in valle lacrimarum, in loco quem posuit. Etenim benedictionem dabit legislator ; ibunt de virtute in virtutem, videbitur Deus deorum in Sion. Domine Deus virtutum, exaudi orationem meam ; auribus percipe, Deus Jacob. Protector noster, aspice, Deus, et respice in faciem christi tui. Quia melior est dies una in atriis tuis super millia ; elegi abjectus esse in domo Dei mei magis quam habitare in tabernaculis peccatorum. Quia misericordiam et veritatem diligit Deus, gratiam et gloriam dabit Dominus. Non privabit bonis eos qui ambulant in innocentia. Domine virtutum, beatus homo qui sperat in te.

Gloria Patri ...

Prayer to the Blessed Virgin Mary after Holy Mass

O MARY, most holy Virgin and Mother, behold, I have received thy most beloved Son, Jesus Christ, whom thou conceivedst in thy spotless womb, bore, nursed, and held with thy sweet embraces. Behold Him at whose sight thou wiltst rejoice and be filled with every delight. With love I humbly return Him and offer Him to thee, to hold once more, to love with all thy heart, and to offer to the Holy Trinity as our supreme act of worship for thy honour and glory and for my good and the good of all the world. Therefore I ask thee, most loving Mother, to ask God for forgiveness of all my sins, abundant graces to help me serve Him more faithfully, and for that final grace that I may praise Him with thee for ever and ever. Amen.

Prayer Before a Crucifix

BEHOLD, O good and sweetest Jesu, I cast myself upon my knees in Thy sight, and with the most fervent desire of my soul I pray and beseech Thee to impress upon my heart lively sentiments of faith, hope and charity, true repentance for my sins and a most firm purpose of amendment: whilst with deep affection and grief of soul I consider within myself and mentally contemplate Thy five most precious Wounds, having before mine eyes that which David, the prophet, long ago spake in Thine own person concerning Thee, my Jesus: “*They have pierced my hands and my feet; they have numbered all my bones*” (Ps. 21:17-18). Amen.

For the intentions of our Holy Father, the pope:

May the Lord preserve him, and give him life, and make him blessed upon the earth, and deliver him not up to the will of his enemies. (Ps. 40:3)

Our Father ... Hail Mary ... Glory Be ...

(1968: Partial when devoutly recited after Communion, before an image of Christ Crucified; Plenary on any Friday during Lent, under normal conditions |

Pre-1968: 10 years when recited devoutly before an image of Christ Crucified; Plenary if after Confession, Communion and prayers for the intentions of the Sovereign Pontiff are added.)

PSALM 83

*Quam dilecta. The soul aspireth after heaven;
rejoicing in the mean time, in being in the communion of God's church upon earth.
Unto the end, for the winepresses, a psalm for the sons of Core.*

HOW lovely are thy tabernacles, O Lord of hosts! My soul longeth and fainteth for the courts of the Lord. My heart and my flesh have rejoiced in the living God. For the sparrow hath found herself a house, and the turtle a nest for herself where she may lay her young ones: Thy altars, O Lord of hosts, my king and my God. Blessed are they that dwell in thy house, O Lord: they shall praise thee for ever and ever. Blessed is the man whose help is from thee: in his heart he hath disposed to ascend by steps, In the vale of tears, in the place which he hath set. For the lawgiver shall give a blessing, they shall go from virtue to virtue: the God of gods shall be seen in Sion. O Lord God of hosts, hear my prayer: give ear, O God of Jacob. Behold, O God our protector: and look on the face of thy Christ. For better is one day in thy courts above thousands. I have chosen to be an abject in the house of my God, rather than to dwell in the tabernacles of sinners. For God loveth mercy and truth: the Lord will give grace and glory. He will not deprive of good things them that walk in innocence: O Lord of hosts, blessed is the man that trusteth in thee.

Glory be ...

NOTES & SOURCES

This selection of orthodox and historically regarded antiphons, invocations, aspirations, hymns, prayers, devotions, pious practises of the holy Catholic Religion was compiled by Jonathon Reid from the reliable and competent sources listed below; and posited on the world-wide inter-connected network (or, 'inter-net') for public dissemination via the 'web-site' TraditionalCatholicPrayers.com on the TWELFTH day of DECEMBER, anno Domini TWO THOUSAND AND TWENTY-THREE.

Christi, sanctifica me. Corpus Christi, salva me.
Ave verum Corpus natum ex Maria Virgine.

UPDATED: 29.04.2024, A.D.

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LEGEND:

*: Plenary indulgence if practised daily for a month.

Δ Navy text: Latin rendering taken from a subscription-free translation tool. In such instance much effort has been invested to eliminate discernible error, however such verses should be regarded with circumspection and caution; it is unlikely that any such are of commendable eloquence. If the reader is uncomfortable with these un-approved renderings, at least he has the prayer, of competent origin, in English; may it be of utility to him.

A WORD ON PRE-1968 INDULGENCES:

Where reliably sourced, the historical Pre-1968 Indulgences have been listed. Delineated in **penitential* days or years** merited, these were over-hauled by Paul VI in 1967 and the radically changed treatment of indulgences came into effect a year later. Specific penance values no longer apply, re-formed into simple 'partial' (in which case God will adjudge the merit) or 'plenary' classes. As part of this process the number of formally recognised prayers, ejaculations, devotions, practises, etc. specifically meriting indulgence of either class was significantly curtailed.

Your correspondant would admonish the reader who does not hold high Ecclesiastical office to refrain, seduously, from any casual or cavalier discourse (and certainly any manner of pejorative remark) regarding the actions of a Supreme Pontiff, past or present, in the execution of his holy office.

The Pre-1968 values are listed to give historical context and, thereby, to show what ostensible value holy Mother Church, for centuries, placed on the importance of these prayers and practises prior to the 1960s; during eras in which, incontestably, the holy Fear of God was first and foremost in Her teachings and thus visibly prevalent in her liturgies, ministers, buildings and by extension, flock.

The term **'..on the usual conditions'** upon which plenary indulgences pivot means – both prior to 1968 and to this day – that the stated indulgenced act must be accompanied by worthy Confession** and Holy Communion*** and prayers for the intentions of the Supreme Pontiff, with the norm being to offer an *Our Father – Hail Mary – Glory Be* for the same. Obviously, 'intentions' refers to the infallible and inexorably unchangeable intentions of the *Office of the Papacy*.

To merit an indulgence one must be in a state of grace (or if not, 'with at least a contrite heart', and having made an act of true contrition with a firm purpose of confession) and must have intention of gaining the indulgence, for which a general intention, renewed from time to time,

will suffice (e.g. as part of the Morning Offering: "... I desire to merit any & every indulgence this day that I can and which I give, with myself, to the Most Blessed Virgin Mary, to be applied according to her inscrutable wisdom and Motherly care..."). Plenary indulgences are only be merited if the suppliant is wholly detached from sin, of any species. If he does not merit a plenary indulgence for such or similar cause in the all-seeing eye of God, only a partial indulgence is awarded.

* Not the same as earthly calendar days or years; rather "the amount of purgatorial punishment equivalent to that which would have been remitted, in the sight of God, by the performance of so many days or years of the ancient canonical penance." (New.advent.org)

** Prior to more contemporary times, this was regarded as being required within eight (8) days, either side, of performance of the indulgenced act; so, by standing custom, the faithful would in practise receive the Sacrament of Penance every fortnight (in the absence of specific contingencies) so as to ensure not only an ongoing state of grace but, further, satisfaction of the usual conditions.

*** In contrast, Communion has to be received on the day of the performance or satisfaction of the indulgenced act. In the case of novenas or other devotion(s) spread over days, week or month, the indulgence is merited (or 'claimed') upon the reception of Communion. So, many plenary indulgences can be attached to one Confession; however, as the attaining of plenary indulgences is (typically) limited to one per day, every plenary indulgence requires Holy Communion.

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SOURCES:

- Let the Receiving of Thy Body, O Lord: *The Raccolta: A Manual of Indulgences, Prayers and Devotions Enriched with Indulgences*, 1957 ed. Authorised by the Holy See, Rt. REV Ritter. Charles E. Spence, D.D. the Rt. Rowan, ph. D. the REV Ritter. Joseph P. Christopher, (St. Athanasius Press, 2000), #155.
- We adore Thee.. (invocation): *The Raccolta* (1957), Ibid., #156.
- Preparatory Prayer of St. Thomas Aquinas: *The Raccolta* (1957), Ibid., #156. Latin text via PrayingLatin.com.
- Praise and adoration.. (invocation): *The Raccolta* (1957), Ibid., #135.
- O Mother of Tender Mercy: *The Raccolta* (1957), Ibid., #351.
- Hail true Body.. (invocation): *The Raccolta* (1957), Ibid., #141.
- Happy and Blessed art Thou, O Joseph (V. & R.): Roman Missal, the original prayer is for priests & clerics and can be found at PrayingLatin.com; the Latin text appended here is changed in parts for lay usage, via Δ translation tool, to keep it in more agreement with the English version of the amended prayer, as per *Blessed Be God: A Complete Catholic Prayer Book*, p.37, Very Rev. Charles J. Callan, O.P., S.T.M. & Very Rev. John A. McHugh, O.P., S.T.M. (Preserving Christian Publications, N.Y., 2019; re-print of 1960 edition by P.J. Kennedy & Sons, N.Y.; Imprimatur: + Francis Cardinal Spellman, pp.36-37.
- Any devout invocation of St. Joseph's holy name in assistance: *The Raccolta* (1957), Ibid., #460.
- Prayer for Forming One's Intentions: Extract from traditional prayer to be said by priests before celebrating Holy Mass (the extract is licit for the lay person) *The Raccolta* (1957), Ibid., #749; see also *Blessed Be God*, Ibid., p.37
- As the hart panteth.. (invocation): *The Raccolta* (1957), Ibid., #153.
- Come, O Lord.. (invocation): *The Raccolta* (1957), Ibid., #154.
- Act of Spiritual Communion: Reproduced is the standard formula of St. Alphonsus Liguori, *The Raccolta* (1957), Ibid., #164a; ; and also: *The Handbook of Indulgences, Norms & Grants* (Catholic Book Publishing Corp., N.Y.) 1991: #15; Δ Latin text via translation tool.
- The Body of our Lord.. (invocation): *The Raccolta* (1957), Ibid., #157.
- Anima Christi (Soul of Christ): *The Raccolta* (1957), Ibid., #131; and also: *The Handbook*, Ibid., #10.

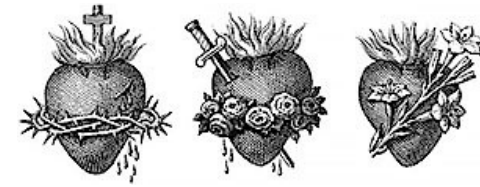
- Prayer in Thanksgiving (St. Thomas Aquinas): *The Raccolta* (1957), *Ibid.*, #160.
- Prayer to Jesus in Thanksgiving: *The Raccolta* (1957), *Ibid.*, #162. Prayer to the B. V. M. (after Mass): Source: PrayingLatin.com
- Prayer Before a Crucifix: *The Raccolta* (1957), *Ibid.*, #201; and also: *The Handbook*, *Ibid.*, #22.

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Iesu, María, Ioseph!

Jesus, Mary, Joseph!

(Pre-1968 Indulgence: 7 years)