

# PRAYERS *of the Faithful*







As Catholics, we recognize that prayer is essential to our spiritual lives and a vital way we can help the poor overseas. Prayer guides our actions, binds us in solidarity with one another and connects us more deeply with the grace that flows from God.

If compassion is what compels us to serve and give to our vulnerable brothers and sisters around the world, prayer is what reminds us of the source of all compassion.

The traditional prayers here draw us to the Father and center us on the Gospel story, reminding us that we love because God first loved us. And in this book, you can see the work that God has done through the love, prayers and compassion of our generous supporters.

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**faith. action. results.**



## OUR FATHER



*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.*

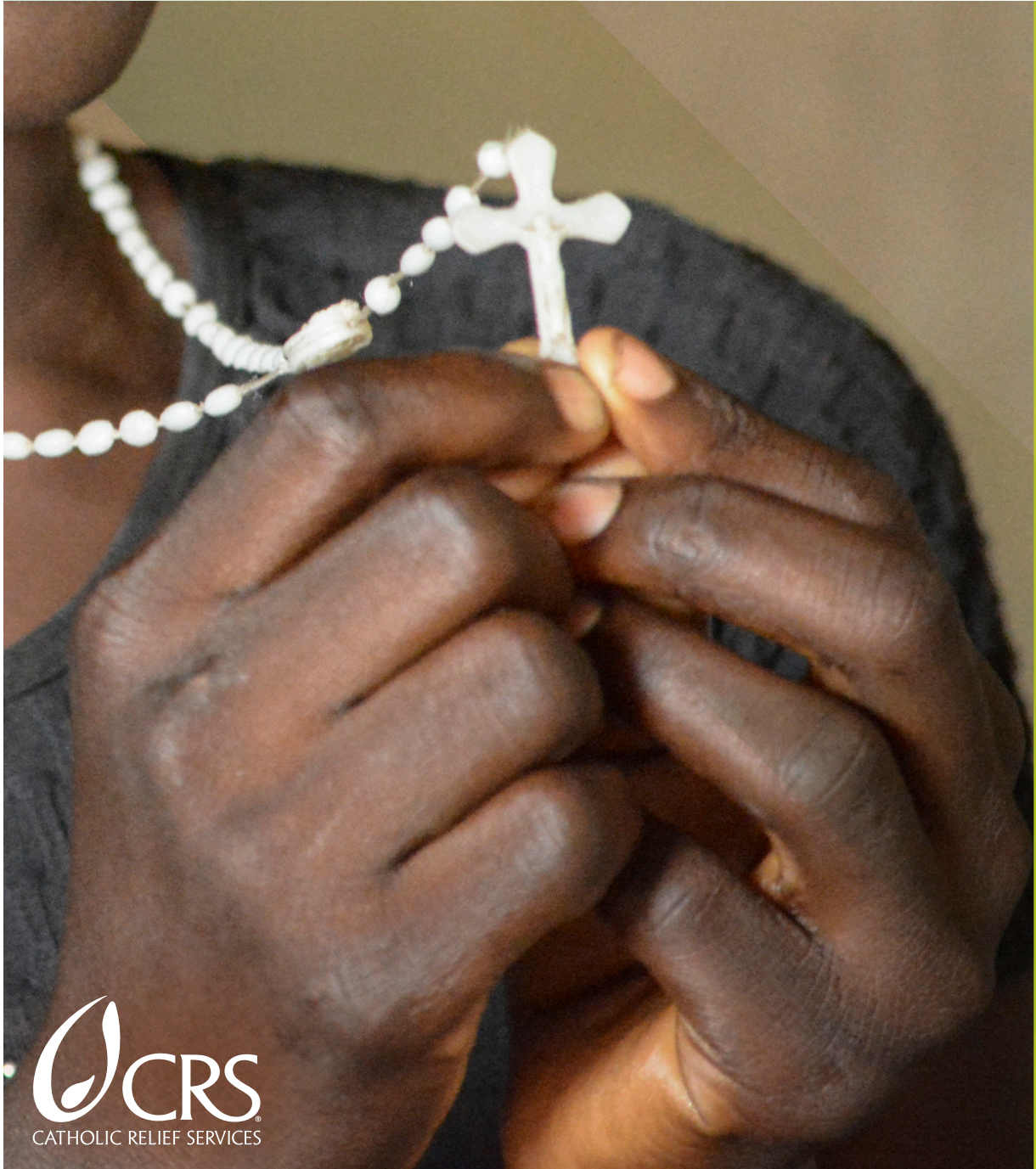
*And lead us not into temptation,  
but deliver us from evil.*

*Amen*

Niranjala Nithyakumar and her family fled conflict in Sri Lanka more than a decade ago, and there wasn't much to welcome them back. The creek where they fished was depleted, and the little water they could carry for their garden barely sustained enough to eat. With support from people like you, this CRS project restored their well and provided seeds for a better harvest.



## 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 are all good and worthy of all my love.*

*I firmly resolve, with the help of thy grace, to sin no more and to avoid the near occasions of sin.*

*Amen*

In northeast Nigeria, CRS supports Church partners working with children displaced by violence. You can pray for people suffering through conflict and light a virtual candle at [prayers.crs.org](http://prayers.crs.org).



## APOSTLES' CREED



*I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell.*

*On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.*

*I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.*

*Amen*

Clean drinking water is the difference between life and death in many countries. Thanks to our supporters, students in Guene village in Benin can get safe drinking water at a borehole CRS helped install on school grounds.



## HAIL HOLY QUEEN



*Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope.*

*To thee do we cry, poor banished children of Eve.*

*To thee do we send up our sighs, mourning and weeping in this valley of tears.*

*Turn then, most gracious advocate, thine eyes of mercy toward us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus.*

*O clement, O loving, O sweet Virgin Mary.*

*Pray for us, O holy Mother of God.*

*Amen*

A woman displaced by ISIS prays inside Saint Joseph Church in Erbil, Iraqi Kurdistan. Since 2014, CRS has partnered with Caritas Iraq to support 300,000 people with shelter, living supplies and education for children.



## THE HOLY TRINITY PRAYER



*Glory be to the Father, who by His almighty power and love created me, making me in the image and likeness of God.*

*Glory be to the Son, who by His Precious Blood delivered me from hell, and opened for me the gates of heaven.*

*Glory be to the Holy Spirit, who has sanctified me in the sacrament of Baptism, and continues to sanctify me by the graces I receive daily from His bounty.*

*Glory be to the Three adorable Persons of the Holy Trinity, now and forever.*

*Amen*

In the drought-prone Chikwawa District of Malawi, families have become more resilient thanks to DINER Fair programs that provide seeds and agricultural training.



# THE NICENE CREED



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Photo by Lisa Murray for CRS

*I believe in one God, the Father Almighty, maker of heaven and earth, of all things visible and invisible.*

*I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages.*

*God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made.*

*For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.*

*For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures.*

*He ascended into heaven and is seated at the right hand of the Father.*

*He will come again in glory to judge the living and the dead and his kingdom will have no end.*

*I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.*

*I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come.*

*Amen*

Nguyen Thi Thu Trang lives in Vietnam with her parents and grandmother, who lost her leg when a landmine exploded as she was clearing farmland. A CRS-supported project helped the family learn to raise pigs for income.





*Photo courtesy of Joseph P. Kelly*

## THANK YOU!

Thank you for praying with us for the people touched by these projects, others still in need—and for the generous donors that make our work possible.



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