## fast ~ abstain ~ mortification ~ alms ~ humility

TUESDAY WEDNESDAY THURSDAY SATURDAY MONDAY FRIDAY SUNDAY THE PASSION THE HOLY TRINITY OUR LADY ST. JOSEPH THE APOSTLES HOLY EUCHARIST THE HOLY ANGELS OLord Jesus! who spent forty days PRAYER BEFORE A CRUCIFIX St. Cyril of Alexandria B,D (444) St. Eulalia (304) H / Seven Holy in the desert without food or drink, St. Scholastica (543) St. Saturninus (304) H. St. Apollonia (249) St. Catherine fe Ricci (1589) H Founders of the Order of Servites (1233) Our Lady of Lourdes (1858) St. Valentine (269) H St. Nicephorous (260) H and didst permit Thy self to be St. Polyeucte (259) H Holy Face of Jesus H tempted by the evil spirit, give me, | beseech Thee by that holy fast, the grace to combat, during this holy season of Lent, under Thy protection, against intemperance, and to resist Ash Wednesday X Ist class the suggestions of Satan that I may Shrove Tuesday Thursday after Ash Wednesday - 3rd class | Friday after Ash Wednesday - 3rd class | Saturday after Ash Wednesday - 3rd class 3rd class win the crown of eternal life. Amen. First Sunday of Lent - 1st class STATIONS OF THE CROSS PRAYER BEFORE A CRUCIFIX St. Simeon (107) H. St. Flavian (449) H St. Onesimus (95) H St. Conrad of Piacenza (1351) H St. Eucherius (743) H Sts. Faustinus & Jovita (121) St. Bernadette Soubirous (1879) St. Gabinus (296) H St. Juliana (305) H St. Amata (1250) H Ember Friday - 2nd class Feria of Lent - 3rd class Feria of Lent - 3rd class Feria of Lent - 3rd class Ember Wednesday - 2nd class Ember Saturday - 2nd class | Second Sunday of Lent - 1st class STATIONS OF THE CROSS St. Tarasius (806) H PRAYER BEFORE A CRUCIFIX St. Hilary (468) H Feast of the Chair of St. Peter St. Walburga (779) H St. Leander (600) H St. Porphyrius (420) H St. Romanus (460) H 1st class FSSP St. Matthias St. Ethelbert (616) H St. Peter Damian (1072) St. Alexander (326) H St. Gab<u>riel of Our Lady of Sorrows</u> Third Sunday of Lent - 1st class Feria of Lent - 3rd class 2nd class 2nd class STATIONS OF THE CROSS St. Fridolin (650) H PRAYER BEFORE A CRUCIFIX St. Casmir of Poland (1484) St. David (601) H. St. Cunegunda (1033) H St. Colette (1447) H. St. John Joseph of St. Albinus (549) H Bl. Charles the Good (1124) H. Jesus Christ the High Priest (opt) SS. Felicitas & Perpetua (203) Pope St. Lucius I (254) the Cross (1734) H First Friday First Saturday Laetare Sunday Sacrêd Heart of Jesus 3rd class Immaculate Heart of Mary 3rd class Fourth Sunday of Lent - 1st class Feria of Lent - 3rd class STATIONS OF THE CROSS PRAYER BEFORE A CRUCIFIX St. Macarius (334) H St. Roderick (857) H St. Dominic Savio (1857) H St. Sophrônius (639) H 40 Holy Martyrs of St. Thomas Aquinas, CD (1274) St. Theophanes the Chronicler (817) H St. Euphrâsia (410) H St. Eulogius (859) H St. Frances of Rome (1440) St. John of God (1550) 2nd Class FSSP Sebaste (320) Pope St. Gregory 1, (604) Passion Sunday Feria of Lent - 3rd class Feria of Lent - 3rd class Feria of Lent - 3rd class Feria of Lent Sitientes- 3rd class Fifth Sunday of Lent - 1st class Feria of Lent - 3rd class Feria of Lent - 3rd class STATIONS OF THE CROSS PRAYER BEFORE A CRUCIFIX St. Joseph of Arimathea (1st C)H. St. Louise de Marillac (1660) H St. Joseph, Spouse of Our Lady of Mercy H St. Abraham the Hermit (360) H St. Wulfran (720) H St. Patrick (461) Blessed Virgin Mary St. Heribert of Cologne (1021) H St. Cyril of Jerusalem (386) St. Longinus (1st Class) H St. Matilda (968) H St. Photina (1st C) H. Palm Sunday Feria of Passiontide - 3rd class Second Sunday of the Passion Ist class Spy Wednesday Holy Saturday Maundy Thursday Good Friday Easter Sunday Holy Thursday - 1st class Good Friday - 1st class Holy Saturday - 1st class Monday of Holy Week - 1st class Tuesday of Holy Week - 1st class Wednesday of Holy Week - 1st class

Prayer Before A Crucifix ~ En ego, O bone et dulcissime lesu ~ Behold, O good and most sweet Jesus, I fall upon my knees before Thee, and with most fervent desire beg and beseech Thee that Thou wouldst impress upon my heart a lively sense of faith, hope and charity, true repentance for my sins, and a firm resolve to make amends. And with deep affection and grief, I reflect upon Thy five wounds, having before my eyes that which Thy prophet David spoke about Thee, o good Jesus: "They have pierced my hands and feet, they have counted all my bones." Amen.

This prayer is a partially indulgenced prayer. However, if one recites it before an image of Christ crucified, and under the usual conditions, on any of the Fridays in Lent (including Passiontide), one may receive a plenary indulgence.