



*Our Lady of Perpetual Help
Sodality*

Table of Contents

Prayer to Our Lady of Perpetual Help	4
Mission Statement & Prayer Intentions	5
Ejaculations & Prayers for Intentions	6 – 12
Litany of the Sacred Heart	13 – 15
Litany of the Blessed Virgin Mary	16 – 18
Member Eligibility & Duties	20 – 23
Spiritual Works of Mercy	24
Corporal Works of Mercy	25
Works Performed	26
Prayer to Our Lady of Perpetual Help to Obtain a Favor	27

Prayer to Our Lady of Perpetual Help

O Mother of Perpetual Help, grant that I may ever invoke thy most powerful name, which is the safeguard of the living and the salvation of the dying. O Purest Mary!

O Sweetest Mary! Let thy name henceforth be ever on my lips. Delay not, O blessed Lady, to help me whenever I call on thee; for, in all my temptations, in all my needs,

I shall never cease to call on thee, ever repeating thy sacred name, Mary, Mary. O what consolation, what sweetness, what confidence, what emotion fill my soul when I utter thy sacred name, or even only think of thee!

I thank the Lord for having given thee, for my good, so sweet, so powerful, so lovely a name. But I will not be content with merely uttering thy name.

Let my love for thee prompt me ever to hail thee,
Mother of Perpetual Help. (100 days)

Mother of Perpetual Help, pray for us. (300 days)

St. Martha, pray for us.



Mission Statement

We strive to make reparation and increase devotion to the Sacred Heart of Jesus and the Immaculate Heart of Mary, and to gain graces for ourselves, our families, and our parish by performing Spiritual and Corporal Works of Mercy.

Prayer Intentions

1. For the sanctification of our parish priests and increased religious vocations from our parish
2. For the return of family and parishioners to the Sacraments
3. For the sanctification and protection of our families and parishioners
4. For fortitude in our families and parishioners to follow Mary-like and Christ-like standards of dress and behavior
5. For the relief of the souls in Purgatory especially family members and parishioners

Ejaculations and Prayers for the Sodality Intentions

1. For the sanctification of our parish priests and increased religious vocations from our parish:

- ✠ *Lord, grant unto Thy Church saintly priests and fervent religious. (300 days)*

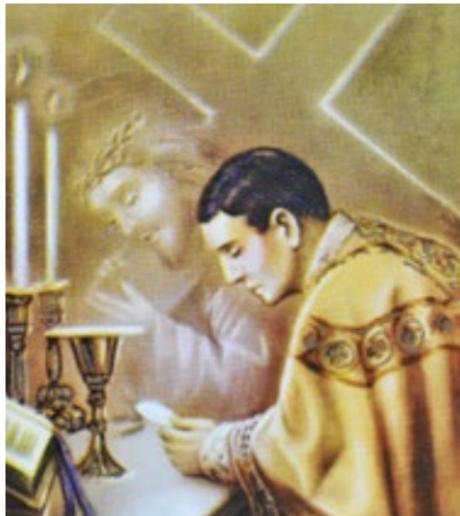
- ✠ *Send forth, O Lord, laborers into Thy harvest. (500 days)*

O my good Jesus, teach me always to see Thyself in the Priest. I know that he has been set over me to direct me and to help me to save my soul. I know that Thou wilt never find fault with me if I obey him in everything in order to do Thy Holy Will. Teach me to love and to respect him always. Do Thou protect him and be near him in his great work of saving souls. Keep him from harm. Help him to bring many souls to Thee and thus to win for himself a glorious crown in heaven. Amen.

Sanctify to Thyself, O my Lord, the hearts of Thy priests, that, by the merits of Thy sacred humanity, they may become living images of Thee, children of Mary, and full of the fire of the Holy Ghost, that they may guard Thy house, and defend Thy glory, and that through their Ministry the face of the earth may be renewed, and they may save souls which have cost Thee all Thy blood. Amen.

Mothers of Lu Prayer for Vocations (Italy 1800's)

O God, grant that one of my sons becomes a priest!
I promise to live as a good Christian woman and will lead my children to all that is good, wherewith I hope to receive the grace to be able to give to Thee, O God, a holy priest.



2. For the return of family and parishioners to the Sacraments:

- † *Divine Heart of Jesus, convert sinners, save the dying, deliver the holy souls in purgatory.*

- † *Sweet Heart of Jesus, have mercy on us and on our erring brethren.*

Prayer for Sinners

Almighty and Eternal God, Who seekest not the death but the life of sinners, Who wouldst save all and have none perish, mercifully hear our prayers on behalf of those who are dead in sin and grant that they may repent and live again in Thy grace. Through Christ Our Lord. Amen.

Prayer to Our Lady of Victory

O Victorious Lady! Thou who hast ever such powerful influence with thy Divine Son in conquering the hardest of hearts, intercede for those for whom we pray, that their hearts being softened by the rays of Divine Grace, they may return to the unity of the true Faith through Christ Our Lord. Amen. *Our Father, Hail Mary, and Glory Be to the Father.*

3. For the sanctification and protection of our families and parishioners:

† *Sacred Heart of Jesus, protect our families.*

† *O Virgin Mary, Mother of Jesus, make us saints.*

A Prayer for Children

God, Our Father, we pray that through the intercession of St. Nicholas Thou wilt protect our children. Keep them safe from harm and help them grow and become worthy in Thy sight. Give them strength to keep their Faith in Thee; and to keep alive their joy in Thy creation. Through Jesus Christ Our Lord. Amen.

Grant us, O Lord Jesus, faithfully to imitate the examples of Thy Holy Family, so that in the hour of our death, in the company of Thy glorious Virgin Mother and St. Joseph, we may deserve to be received by Thee into eternal tabernacles. (*Leo XIII indulged. 200 days, once a day.*)

4. For fortitude in our families and parishioners to follow Mary-like and Christ-like standards of dress and behavior:

† *Sweet Heart of Mary, be my salvation. (300 days)*

† *Three Hail Mary's to live holy and pure lives.*

Come Holy Ghost, enlighten my mind, that I may know what is right; strengthen my will, that I may do what is right; inflame my heart with love for God and charity toward my neighbor. Amen

Obtain for me a deep sense of modesty which will be reflected in my external conduct. Protect my eyes, the windows of my soul, from anything that might dim the luster of a heart that must mirror only Christ-like purity. And when the “Bread of the Angels” becomes my food in Holy Communion, seal my heart forever against the suggestion of sinful pleasures. May I be among the number of those of whom Jesus spoke: “Blessed are the clean of heart for they shall see God.” Amen.

5. For the relief of the souls in Purgatory especially family members and parishioners:

✠ *Mary, Mother of God, and Mother of Mercy pray for us and for the faithful departed.*

Eternal rest grant onto them, O Lord, and let perpetual light shine upon them. May they rest in Peace. Amen. May their souls, and all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

(300 days applicable to the Holy Souls)

Prayer for Your Dear Ones in Purgatory

O most gentle Heart of Jesus, ever present in the Blessed Sacrament, ever consumed with burning love for the poor captive souls in Purgatory, have mercy on the souls of our departed friends and relatives (especially those who were near and dear to us in life). Bring them far from the shadow of exile to the bright home of Heaven where, we trust, Thou and Thy Blessed Mother have woven for them a crown of unfading bliss. Amen.

continued...

(Our Lord told St. Gertrude the Great that the following prayer would release 1000 souls from Purgatory each time it is said. The prayer was extended to include living sinners as well.)

Eternal Father, I offer Thee the most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the universal church, those in my own home, and within my family. Amen.



Litanies

The Litany of the Sacred Heart of Jesus

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,*

God, the Holy Ghost,*

Holy Trinity, one God,*

Heart of Jesus, Son of the Eternal Father,

Heart of Jesus, formed by the Holy Ghost in the womb
of the Virgin Mother,

Heart of Jesus, substantially united to the Word of God,

Heart of Jesus, of Infinite Majesty,

Heart of Jesus, Sacred Temple of God,

Heart of Jesus, Tabernacle of the Most High,

Heart of Jesus, House of God and Gate of Heaven,

Heart of Jesus, burning furnace of charity,

Heart of Jesus, abode of justice and love,

Heart of Jesus, full of goodness and love,

continued...

Heart of Jesus, abyss of all virtues,*
Heart of Jesus, most worthy of all praise,
Heart of Jesus, King and Center of all hearts,
Heart of Jesus, in Whom are all the treasures of wisdom
and knowledge,
Heart of Jesus, in Whom dwells the fullness of Divinity,
Heart of Jesus, in Whom the Father was well pleased,
Heart of Jesus, of Whose fullness we have all received,
Heart of Jesus, desire of the everlasting hills,
Heart of Jesus, patient and most merciful,
Heart of Jesus, enriching all who invoke Thee,
Heart of Jesus, fountain of life and holiness,
Heart of Jesus, propitiation for our sins,
Heart of Jesus, loaded down with opprobrium,
Heart of Jesus, bruised for our offenses,
Heart of Jesus, made obedient unto death,
Heart of Jesus, pierced with a lance,
Heart of Jesus, source of all consolation,
Heart of Jesus, our life and resurrection,
Heart of Jesus, our peace and reconciliation,
Heart of Jesus, Victim for sin,
Heart of Jesus, salvation of those who trust in Thee,
Heart of Jesus, hope of those who die in Thee,
Heart of Jesus, delight of all saints,

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.

V. Jesus, meek and humble of Heart.

R. Make our hearts like unto Thine.

Let us pray:

Almighty and Eternal God, look upon the Heart of Thy dearly beloved Son, and upon the praise and satisfaction He offers Thee in the name of sinners and for those who seek Thy mercy, be Thou appeased, and grant us pardon in the name of the same Jesus Christ, Thy Son, Who liveth and reigneth with Thee, in the unity of the Holy Ghost, world without end. Amen.

The Litany of the Blessed Virgin Mary

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,*

God, the Holy Ghost,*

Holy Trinity, one God,*

Holy Mary,**

***Pray for us!*

Holy Mother of God,**

Holy Virgin of virgins,**

Mother of Christ,

Mother of divine grace,

Mother most pure,

Mother most chaste,

Mother inviolate,

Mother undefiled,

Mother most amiable,

Mother most admirable,

Mother of good counsel,

Mother of our Creator,

Mother of our Savior,

Virgin most prudent,

Virgin most venerable,**
Virgin most renowned,
Virgin most powerful,
Virgin most merciful,
Virgin most faithful,
Mirror of Justice,
Seat of Wisdom,
Cause of Our Joy,
Spiritual Vessel,
Vessel of Honor,
Singular Vessel of Devotion,
Mystical Rose,
Tower of David,
Tower of Ivory,
House of Gold,
Ark of the Covenant,
Gate of Heaven,
Morning Star,
Health of the Sick,
Refuge of Sinners,
Comforter of the Afflicted,
Help of Christians,
Queen of Angels,
Queen of Patriarchs,

continued...

Queen of Prophets,*
Queen of Apostles,
Queen of Martyrs,
Queen of Confessors,
Queen of Virgins,
Queen of All Saints,
Queen conceived without original sin,
Queen assumed into Heaven,
Queen of the Most Holy Rosary,
Queen of Peace,
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!
V. Pray for us, O holy Mother of God,
R. That we may be made worthy of the promises of Christ.

Let us pray:

Grant we beseech Thee, O Lord God, unto us Thy servants,
that we may rejoice in continual health of mind and body;
and by the glorious intercession of Blessed Mary, ever Virgin,
may be delivered from present sadness, and enter into the joy
of Thine eternal happiness. Through Christ Our Lord. Amen.



Member Eligibility & Duties

Eligibility for Medal Reception and Official Reception into the Sodality

Ladies and affiliates of Immaculate Conception Parish who are 17 years or older are welcomed into the sodality. After a lady has participated by fulfilling the necessary requirements, she may be officially received into the sodality and obtain the sodality medal. The requirements for medal reception are:

1. Attend one Conference/Retreat/Day of Recollection (**Active Members**).
2. Attend one sodality meeting (**Active Members**).
3. Strive to fulfill the duties of a sodalist (**Active and Auxiliary Members**).

If you would like to be officially received and obtain the sodality medal, please contact the sodality.

Sodality Email: olphsodalityicc@gmail.com

Sodality Website: ladyperpetualhelp.weebly.com

Active Member Duties

1. Assist **as able** at Mass and/or devotions on the following days with our specific prayer intentions in mind:
 - a) (Five) First Saturdays
 - b) (Nine) First Fridays
 - c) First Friday Adoration
 - d) The feast Day of Our Lady of Perpetual Help (June 27)
 - e) The feast of the Sacred Heart (Friday after the Octave of *Corpus Christi*)
 - f) The feast of the Immaculate Heart of Mary (August 22)
2. Attend at least **one** Conference/ Retreat/Day of Recollection annually.
3. Attend at least **one** Sodality meeting annually.
4. Strive to participate at least **once a month** in charitable works for the parish and/or the works of mercy. (i.e. Cleaning/ decorating church, visiting the sick, camp cooking, monthly Fatima rosary, Pro-life rosaries, Meal Train for parish needs, choir, bookstore, etc.).

Auxiliary Member Duties

(For those who are unable or simply prefer not to assume the duties of active membership, but who undertake to give the Sodality the priceless backing of their prayers)

1. With our specific prayer intentions in mind pray the Litany of the Sacred Heart on:
 - a) First Fridays
 - b) The feast of the Sacred Heart
(Friday after the Octave of *Corpus Christi*)
2. With our specific prayer intentions in mind pray the Litany of the Blessed Virgin Mary on:
 - a) First Saturdays
 - b) The feast of Our Lady of Perpetual Help
(June 27)
 - c) The feast of the Immaculate Heart of Mary
(August 22)
3. Participate in works of mercy **as able**.

Both Active and Auxiliary Member Duties

1. Strive to pray “Our Lady of Perpetual Help” prayer daily, or pray mental ejaculations to OLPH throughout the day for our sodality intentions.
2. Strive to heed Our Lady of Fatima’s request to avoid fashions that offend Our Lord and to obey standards outlined by traditional Papal authority. (His Holiness Pope Pius XI, January 12, 1930) – OLPH Sodality website “Resources”
3. Promote devotion to Our Lady of Perpetual Help by wearing her medal at least during meetings and charitable works.
4. Keep a picture of Our Lady of Perpetual Help in one’s home (e.g. the prayer card or magnet).

Sodality Website: ladyperpetualhelp.weebly.com

Spiritual Works of Mercy

- To admonish sinners
- To instruct the ignorant
- To counsel the doubtful
- To comfort the sorrowful
- To bear wrongs patiently
- To forgive all injuries
- To pray for the living and the dead

Ways to Perform Spiritual Works of Mercy:

Corporal Works of Mercy

- To feed the hungry
- To give drink to the thirsty
- To clothe the naked
- To visit and ransom the captive
- To shelter the homeless
- To visit the sick
- To bury the dead

Ways to Perform Corporal Works of Mercy:

Prayer to Our Lady of Perpetual Help to Obtain a Favor



*Our Lady of Perpetual Help, show that thou art indeed our Mother, and obtain for me the favor I desire (**specify the desired favor**) and the grace to use it for the glory of God and the salvation of my soul.*

Glorious St. Alphonsus, who by thy confidence in the Blessed Virgin didst obtain from her so many favors, and who, by thy writings, hast shown us what graces God bestows on us by the hands of Mary, obtain for me the greatest confidence in our good Mother of Perpetual Help, and beg of her to grant me the favor I am asking of her power and maternal goodness.

Eternal Father, in the name of Jesus, and by the intercession of our Mother of Perpetual Help, and of St. Alphonsus, I pray Thee to hear my prayer, to the greater glory of God and the good of my soul. Amen.

Mother of Perpetual Help, pray for us. (300 days)



Our Lady of Perpetual Help Sodality
Immaculate Conception Church
Norwood, Ohio
September 20, 2020