

Nicene Creed

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.

Prayer of Spiritual Communion

My Jesus, I believe that you are in the Blessed Sacrament.
I love you above all things and I long for you in my soul.
Since I cannot now receive you sacramentally,
come at least spiritually into my heart.
I adore Thee in the Sacrament of Thy love,
the ineffable Eucharist. Amen

ST. RAPHAEL PRAYER



St. Raphael, of the seven angels who stand in the glorious presence of the Lord, ready to serve as the bearer of God's healing. The Lord has filled your hand with balm from heaven.

We beg you, therefore, to help us in our needs and in the sufferings of this life, as once you helped the young Tobias on his travels. Soothe our pains, cure our sickness, both physical and spiritual, make us fit to be temples of the Holy Spirit, and guide our steps when doubtful of our ways.

Amen.