



**NOVENA  
TO OUR LADY HELP OF CHRISTIANS**

**Begins 15th May  
FEAST DAY 24TH MAY**

**Use the prayers on the back of this card  
OR a perpetual novena of three Hail Mary's  
each followed by  
'Mary, Help of Christians, pray for us'**



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**Our Father**, who are in heaven,  
Hallowed be your name, Your kingdom come.  
Your 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.

**Hail Mary**, full of grace, the Lord is with you.  
Blessed are you among women  
and blessed is the fruit of your womb, Jesus.  
Holy Mary, Mother of God  
Pray for us sinners, now,  
and at the hour of our death. Amen.

**Glory be** to the Father, and to the Son, and to  
the Holy Spirit, as it was in the beginning is now  
and ever shall be, world without end. Amen.

Blessed and praised every moment be the Most  
Holy and Divine Sacrament. (three times)

**Hail, Holy Queen**, Mother of Mercy, hail our  
life, our sweetness, and our hope! To you do we  
cry, poor banished children of Eve, to you do we  
send up our sighs mourning and weeping in this  
valley of tears. Turn then, most gracious  
advocate your eyes of mercy towards us:  
and after this our exile, show to us the Blessed  
Fruit of your womb, Jesus. O clement, O loving,  
O sweet Virgin Mary.

**Mary, Help of Christians, pray for us**  
(three times)

During the novena, go to the Sacrament of  
Reconciliation and receive Holy Communion,  
and do works of charity in Mary's honour.

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