

SEPTUAGESIMA
FEBRUARY 1, 2026
LOW MASS

Priest & People: Remember, / O most gracious Virgin Mary, / that never was it known / that anyone who fled to Thy protection, / implored Thy help / or sought Thine intercession / was left unaided. / Inspired by this confidence, I fly unto Thee, / O Virgin of virgins, my Mother. / To Thee do I come, / before Thee I stand, / sinful and sorrowful. / O Mother of the Word Incarnate, / despise not my petitions, / but in Thy mercy hear and answer me. Amen.

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

R. That we may be made worthy of the promises of Christ.

Priest: Bless, O Lord, this new liturgical season which opens today. By penetrating its spirit may we be disposed, with Thine aid, for a serious reform of our spiritual lives. Let us then, with St. Paul, “run in the race” that we may “receive the prize.” Infuse in us, O Lord, new strength to take up more eagerly the course which will lead us to win the “incorruptible crown” of sanctity. As we begin this prelude to Lent, the traditional time for spiritual reform, grant unto us a generous spirit to struggle to overcome ourselves, to conquer evil and achieve goodness; denial of self by humility; denial of the body by physical mortification. Only those who struggle and exert themselves will win the prize. Therefore let us also run in such a way as to obtain the reward. ***R. Amen.***

SEPTUAGESIMA PRAYER

Priest & People: O most benign God, / who, out of pure grace, / without any merit of ours, / hast called us, / Thy unworthy servants, / to the true faith, / into the vineyard of the holy Catholic Church, / and dost require us to work in it / for the sanctification of our souls, / grant, / we beseech Thee, / that we may never be idle / but be found always faithful workers, / and that that / which in past years / we have failed to do, / we may make up for in future by greater zeal / and persevering industry, / and work being done, / may receive / the promised reward in heaven, / through Jesus Christ, / Thy Son our Lord. Amen.

PRAYER TO ST. MICHAEL

Priest & People: ST. MICHAEL THE ARCHANGEL, / defend us in battle; / be our safeguard against the wickedness and snares of the devil. / May God rebuke him, we humbly pray, / and do thou, O prince of the heavenly host, / by the power of God, / cast into hell, Satan, and all the evil spirits, / who wander about the world, / seeking the ruin of souls. Amen.

✓ Most Sacred Heart of Jesus, **R. Have mercy on us.**

✓ Holy Child Jesus, Doctor of the Sick, **R. Have mercy on us.**

✓ Our Lady of Consolation, **R. Pray for us.**

✓ Immaculate Heart of Mary,

R. Pray for us now and at the hour of our death.

✓ Pure Heart of St. Joseph, **R. Pray for us.**

✓ St. Ignatius, **R. Pray for us.**

✓ St. Francis de Sales, **R. Pray for us.**

✓ May the Divine assistance remain always with us.

R. And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

CLOSING HYMN:

COME, LABOR ON

1. Come, labor on, Who dares stand idle on the harvest plain,
While all around him waves the golden grain?
And to each servant does the Master say, "Go work today."
2. Come, labor on, The enemy is watching night and day,
To sow the tares, to snatch the seed away;
While we in sleep our duty have forgot, He slumber'd not.