

Novena & Litany

Saint Ann



Good Saint Ann
Mother of the Immaculate Conception

**Novena Prayer to St. Ann,
Mother of the Immaculate Conception**

GOD OUR FATHER, the beauty and the order of your creation was willfully damaged by those who rejected your friendship. Undeterred by this ingratitude, your Son entered our world on a mission of mercy and healing. He walked among us as a divine physician seeking the lost and the strayed, curing the sick and the handicapped, mending broken hearts and restoring broken friendships, comforting the distressed and bringing peace of mind to the victims of sin. With the exception of sin, he too was the victim of suffering and anxiety. He knew fatigue and hunger and loneliness. In taking flesh and blood from the children of Eve, he honored Mary and Ann as mother and grandmother. From them he inherited eyes which behold the ills of man and hands which constantly reach out to bring healing to mind and body. In this novena of prayer, dedicated to Saint Ann, the friend of the sick, we ask her intercession to strengthen our faith that miracles of healing may continue to testify that the compassionate Jesus still walks among us. We ask him to bless us, today and forever. *Amen.—Bishop Raymond J. Boland (1978)*

APPROPRIATE NOVENA PRAYER (DAYS 1-9 / Choose Series & Day)

Novena Prayer of Consecration to Saint Ann

Good Saint Ann, I come to entrust to you my entire life. I want you to be a mother to me as you were a mother to the Blessed Virgin Mary. With the same loving tenderness, teach, protect, guide and help me on my journey through

life. I put my future into your hands. Beg the Holy Spirit to give me the light to know God's will and the strength to do it, so that I may be sure of pleasing God and saving my immortal soul. / Loving mother, Saint Ann, give me courage to avoid anything that could offend Jesus. Obtain for me from God great horror of sin. And in order that I may keep my soul undefiled, keep me close to the Sacred Heart of Jesus through frequent Holy Communion and prayer and to your immaculate daughter Mary through my daily Rosary. / Be my companion in danger, doubts, difficulties and sorrow. Pray for me now, and especially at the hour of my death, that having lived a holy life on earth, I may win eternal glory in heaven. I ask this for the sake of Jesus and Mary, whom you loved so tenderly. Amen.

SERIES 1: St. Ann Church, Washington, DC

DAY 1 – Glorious Saint Ann, by the special bond of affection uniting you still with your child, our blessed Mother, and with her divine Son, we call on your powerful aid to meet today's pressing needs. We freely acknowledge our own sinfulness and unworthiness, and yet we count on your help, and promise ever to be grateful to you and faithful to God's will for us. Amen.

DAY 2 – Dearest Saint Ann, teach me the value of prayer. When I pray humbly, earnestly, God's hand stretches out to me; it takes hold of my hand, my mind, my will and helps me up the steep path that leads me to the goal he has set before me. Amen.

DAY 3 – Saint Ann, when I lose my way and lose sight of my Lord, show me how I can find him again; tell me where he wishes me to walk through life; help me discover in Christ’s teaching the light that will reveal to me the Father’s will, which is made manifest through his commandments, through my duties toward him and toward my neighbor and through the various circumstances in which I am called to work out my destiny. Amen.

DAY 4 – Saint Ann, when I lose heart before the hardships of life and the constant obstacles that I have to overcome, when I feel helpless before my bad inclinations, before my repeated struggles against the evil one and against a world that is constantly pulling me away from you, obtain for me from God, who is the source of all strength, the courage to remain faithful to him, never to pull my hand out of his hand and to overcome the countless temptations of the world, the flesh and the devil. Amen.

DAY 5 – Saint Ann, first of all, let me always keep burning in my heart the eternal flame of God’s love; let the unquenchable fire of God’s love for me forever keep alive in me a consuming love for the Lord and for my neighbor. Amen.

DAY 6 – Dearest Saint Ann, whenever I am unhappy, inspire me to pray for happiness, for my share in the happiness of this earth; but, first of all, for the endless happiness that God has prepared for those who serve him with loving and prayerful hearts. *Amen.*

DAY 7 – Each passing day is a step forward on our earthly pilgrimage. Saint Ann, let each new day bring us deeper into the Lord’s knowledge and love. This is the goal of all Christian life on earth: that every passing day and every passing year should show us better the dazzling face of our God and urge us toward him in more faithful service. Amen.

DAY 8 – Saint Ann, the afflictions that befall our persons, families, cities and nations will be unbearable, unless you teach us how God’s merciful designs for man are attained through suffering. Keep reminding us that the only way that leads man to God and happiness is the way of the cross. Amen.

DAY 9 – Saint Ann, teach us how to love one another. Love alone can do away with the evils of disputes, riots and wars. Love alone can inspire men with a sense of equity and justice. It will tear down the barriers that divide men according to languages, colors and creeds, and will inspire mankind to live in mutual understanding. Amen.

SERIES 2: Nine Days with the Saints

DAY 1 – Saint John Damascene (676-754 AD) – Come all, young and old, men and women, to render homage to Saint Ann, this Royal Vine of David, budding forth its most precious branch. Come to venerate the heart wherein was built the true Ark of the Covenant. O thrice blessed holy Ann, worthy Mother of the Mother of God, to have given to the world a daughter whose birth is admirable and is

the harbinger of the world's redemption. We are infinitely grateful to you and to your blessed spouse, Saint Joachim, because we began to breathe the air of celestial hope at the rising of that beautiful orb of day, in whom and by whom we offer you most grateful thanks for the favors we have received from God through you, with the desire to honor you all our lives and as much as we are able. Amen.

DAY 2 – Saint Sabas (440-532 AD) – O holy Saint Ann, all shining with the borrowed splendor of the Divinity! You are the candlestick from which sprung forth the unchanging lamp around which never the slightest shadow may be seen. The grace of God itself, that is to say, His Mother, has super-abundantly enriched you. To her prayers join your own so that the Lord may grant to our souls the enjoyment of His infinite mercies. Amen.

DAY 3 – Saint John Eudes (1601-1680 AD) – O God, who from among all your Saints has found Blessed Ann worthy to be the most holy mother of the amiable Child Mary, that Immaculate Virgin through whom has shown on us the light of life, your Only Begotten Son, grant, we beseech you, that we who venerate her memory may be helped by her intercession, that together with her and her holy Daughter, we may be found worthy to love and praise you, in word and work, now and for all eternity. Through Christ Our Lord. Amen.

DAY 4 – Saint Gertrude (1256-1302 AD) – I salute you, O blessed Saint Ann, who are the holy land, the blessed garden which has given us the pure lily of the Adorable

Trinity and the striking rose in whose perfume the world rejoices. O amiable patron, Saint Ann, merciful mother, show forth your power over the Sacred Hearts of Jesus and Mary in my behalf. Amen.

DAY 5 – Saint Anselm of Canterbury (1033-1109) – O happy and sainted Ann, Mother of the Mother of the Lord, who alone among women did merit that Divine Providence should choose you to be the Mother of the chosen and inviolate Virgin Mary. Considering, O Lady, this great prerogative of your election, I know you to possess great power before God and I do not doubt that your power avails much in the palace of heaven. / If your daughter, Mary, the most glorious of all creatures, is rightly called a queen because she is the Mother of the Great King, then truly you are worthy also to be called a queen because you are known to be the mother of Mary. / Therefore, O most illustrious Queen, it is plain that through your glorious merits you did so please the Supreme King that He wished you to be the mother of His Mother, that you should build that temple in which the Only Begotten Son, co-equal and con-substantial with the Father and the Holy Spirit, should dwell and having taken Human Flesh, should become a Man. / O blessed election in which an angel from heaven was sent to you, alone of all creatures; in which a child of such beauty was promised you; in which your barrenness was rendered fruitful. / I do not fear, therefore, O queenly Lady, that in paying you homage I shall be deceived. Full of trust in you, I implore that my prayers be not cast aside, that your assistance be

not denied me. / O most renown Lady, I beseech you, obtain for your servant the good graces of your holy and queenly Daughter so that she may render her Son, the one God and only King, propitious to me, that having obtained the full remission of all my sins, I may deserve to enjoy among the saints the vision of Him who is true God and true Man, Jesus Christ, Our Lord, who with the Father and the Holy Spirit reigns as God forever and ever. Amen.

DAY 6 – Saint John Damascene (676-754 AD) – O glorious Saint Ann, rejoice and call together all the inhabitants of the earth to rejoice with you, because you have born in your womb the beginning of our reparation and because she has nourished with her milk this Fruit of all Benediction. Do invite to this public feast the venerable Ann, Mother of Samuel, and let her be glad with you, because God has bestowed upon her a similar favor, to participate in the joy of your admirable fecundity. Let all the mothers of the world hasten to honor you and your Daughter and to bless Him who has given fruitfulness to the barren. Amen.

DAY 7 – Saint John Eudes (1601-1680 AD) – O blessed Saint Ann, what consolation for you, what transports of joy to behold so much virtue and perfection in your little child Mary. What praise you must have rendered God for bestowing upon you so rich a treasure. What effects of grace and holiness -- the sight, the presence, the conversation, the example, the prayers of your saintly child -- operated in your soul during the three years that

you did possess her at home. What light for your mind, what celestial and divine ardor for your heart was the presence of Mary, the light and enlightener, this brilliant star of the sea, this beautiful orb of day, this marvelous sun. If according to the Evangelist, Saint Zachary and Elizabeth were filled with the Holy Spirit by a participation in the plenitude of their child, -- the little John the Baptizer who himself had been filled with grace in the womb of his mother, -- how much more are you replenished through means of your divine Infant who possessed grace in a degree almost infinitely surpassing that bestowed upon the little Saint John. But who shall be able to tell the care, the affection, and industry with which you did nourish and educate this child so dear to you and whom you knew to be chosen by God to be the Mother of the Savior of the world? O how much the whole human race is under obligation to you May Heaven and earth and all creatures bless you eternally. Offer us, we beseech you, to your most dear daughter, your daughter and your mother at once, and entreat her to make us participate in the spirit and virtues of her holy infancy. Amen.

DAY 8 – Saint Andrew of Crete (650-740 AD) – O blessed Ann, happy is the House of David of which you did inherit the riches. Surely and thrice blessed are you who has given us that Virgin filled with the Gifts of God, Mary, whose name is worthy of all love as of all honor, and from whom has gone forth Christ the flower of her life. Amen.

DAY 9 – Saint Bridget (1303-1373 AD) – O Ann, mother worthy of all respect, how rich is the treasure you bear in your womb, for Mary is to be the Mother of God. Certainly it is the first and most worthy object of the love of God among all His creatures. Thus with good reason may you, Saint Ann, be called the Treasury of the Most High, because in your womb is hidden the most dear, the most desirable of all the treasures of the Divine Majesty. O how near to this treasure was the heart of God! Upon this most amiable treasure rested with content the Eyes of Him who was to one day declare, "Where your heart is there is your treasure also." Amen.

SERIES 3: Nine Days with Good Saint Ann

DAY 1 – Dear Saint Ann, though I am but a prodigal child, I appeal to you and place myself under your great motherly care. Please listen to my prayers and grant my requests. See my contrite heart, and show me your unfailing goodness. / Deign to be my advocate and recommend me to God's infinite mercy. Obtain for me forgiveness of my sins and the strength to begin a new life that will last forever. / Bless Saint Ann, I also beg of you the grace to love, to serve, and to honor your daughter, the most holy Virgin Mary. / Please recommend me to her and pray to her for me. She refuses none of your requests but welcomes with loving kindness all those for whom you intercede. / Good Jesus, be merciful to the faithful servants of Your grandmother Saint Ann.

DAY 2 – From the depths of my heart, good Saint Ann, I offer you my homage this day and ask you to shelter me under the mantle of your motherly care. You know, good mother, how much I love you, how gladly I serve you, how happy I am to praise you, how eager I am to call on you in time of distress. / Good Saint Ann, be pleased to extend your helping hand in all my wants. Listen to my prayers, for I place my trust in your gracious bounty. Make all my thoughts and desires worthy and righteous. / Jesus, I thank You for all the graces which in Your infinite goodness You have lavished upon Saint Ann; for having chosen her, among all women, to be Your grandmother on earth and exalted her in heaven with such great and miraculous powers. In the name of her merits, I humbly recommend myself to Your infinite mercy.

DAY 3 – Hail, good Saint Ann, who first responded to the needs of Mary, Mother of our Savior and Queen of Angels. Hail to you and to your husband Saint Joachim, who watched over her infancy, presented her to the Lord in the temple and, according to your promise, consecrated her to the service of God. / Hail Saint Ann, good mother! I rejoice in the marvels you continually perform, because they encourage all to seek your intercession. / Good Saint Ann, by the great power that God has given you, show yourself my mother, my consoler, my advocate. Reconcile me to the God I have so deeply offended. Console me in my trials; strengthen me in my struggles. Deliver me from danger in my time of need. Help me at the hour of death and open to me the gates of paradise.

DAY 4 – Good Saint Ann, you offered your pure and holy daughter Mary in the temple with faith, piety and love. By the happiness which then filled your heart, I beg you to present me to your Grandson Jesus. Offered by you, I will be agreeable in His sight. / Kind Saint Ann, take me forever under your protection. Deliver me from the temptations which continually assail me. Above all, attend me in my last hour. As I lie on my deathbed, be present with your daughter to console and strengthen me. / Holy Mary and good Saint Ann, show yourselves to be mothers indeed by obtaining for me the grace of a good death. When my soul goes forth, lead it to God's tribunal so that, by your powerful help and intercession, it may obtain a favorable judgment.

DAY 5 – Hail, all-powerful Lady. By God's special favor, grant consolation to those who invoke you. Procure for them the eternal riches of heaven, and like a good mother, success in their temporal affairs as well. / Good Saint Ann, obtain my deliverance from the punishment which my sins deserve. Obtain for me success in my temporal affairs; especially see to the salvation of my soul. / Saint Ann, by your influence with Mary's Son Jesus, you have won the gift of conversion for many sinners. Will you then abandon me, who have chosen you as my mother? No, Saint Ann, your name alone, which signifies grace, assures me of the help of your prayers, and these prayers will surely procure pardon and mercy from Jesus. You will pray for me now and at the hour of my death.

DAY 6 – Good Saint Ann, do not allow my soul, a masterpiece of God's creative power, to be lost forever. Free my heart of pride, vanity, self-love. May I know myself as I really am and learn meekness and simplicity of heart. / God's great love for me leaves me cold and unresponsive. I must reflect this love through works of mercy and charity toward my neighbor. / In your boundless charity, good Saint Ann, help me to merit the glorious crown which is given to those who have fought the good fight against the world, the devil and the flesh. Assist me to preserve purity of heart and body. With Mary and her divine Son, protect me always.

DAY 7 – Once again, Good Saint Ann, I choose you for my advocate before the throne of God. By the power and grace that God has placed in you, extend to me your helping hand. Renew my mind and my heart. / Dear Saint Ann, I have unbounded confidence in your prayers. To your blessed hands I entrust my soul, my body and all my hopes for this world and the next. Direct my actions according to your goodness and wisdom. I place myself under your motherly care. / Receive me, good mother. Cover me with the mantle of your love. Look kindly on me. By your powerful intercession, may I obtain from God grace and mercy. Obtain for me remission for sin and release from the punishment my offenses have deserved. Pray that I may receive grace to lead a devout life on earth and that I may obtain the everlasting reward of heaven.

DAY 8 – Hail, Saint Ann! I rejoice at your exalted glory. You gave birth to Mary, whose divine Son brought salvation to our lost world by conquering death and restoring life and hope to sinners. Pray to Him who, for love of us, clothed Himself with human flesh in the chaste womb of your daughter. / Glorious Saint Ann, with your blessed daughter, deliver me from everything that is displeasing in the sight of God. Pray to your gentle and powerful Grandson that He may cleanse my soul in His precious blood, that He may send His Holy Spirit to enlighten and direct me in all that I do, always obedient to His holy inspirations. / Good Mother, keep a watchful eye on me. Help me bear all my crosses. Give me the fullness of your bounty and sustain me with courage.

DAY 9 – Good Saint Ann, I have reached the end of this novena in your honor. I have asked and ask again. Good mother, let not your kind ear grow weary of my prayers, though I repeat them so often. / Bounteous Lady, implore for me from divine Providence all the help I need through life. May your generous hand bestow on me the material means to satisfy my own wants and to alleviate the plight of the poor. / Good Saint Ann, fortify me by the sacraments of the Church at the hour of my death. Admit me into the company of the blessed in the kingdom of heaven, where I may praise and thank the adorable Trinity, your Grandson Christ Jesus, your glorious daughter Mary, and yourself, dear Saint Ann, through endless ages.

LITANY OF SAINT ANN

Lord, have mercy on us. *Lord, have mercy on us.*

Christ, have mercy on us. *Christ, have mercy on us.*

Lord, have mercy on us. *Lord, have mercy on us.*

Christ, hear us. *Christ, hear us.*

Christ, graciously hear us. *Christ, graciously hear us.*

God, the Father of Heaven, *have mercy on us.*

God, the Son, Redeemer of the world, *have mercy on us.*

God, the Holy Spirit, *have mercy on us.*

Holy Trinity, One God, *have mercy on us.*

Holy Mary, Mother of God, *pray for us.*

Saint Ann, *pray for us.*

Saint Ann, Offspring of a Royal Race of David, *pray for us.*

Saint Ann, Daughter of the Patriarchs, *pray for us.*

Saint Ann, Ark of Noah, *pray for us.*

Saint Ann, Ark of Alliance with the Lord, *pray for us.*

Saint Ann, Root of Jesse, *pray for us.*

Saint Ann, Fruitful Tree, *pray for us.*

Saint Ann, Fruit-Bearing Vine, *pray for us.*

Saint Ann, Faithful Spouse of Saint Joachim, *pray for us.*

Saint Ann, Mother of Mary, the Virgin Mother of God,
pray for us.

Saint Ann, Gentle Mother of the Queen of Heaven,
pray for us.

Saint Ann, Grandmother of our Savior, *pray for us.*

Saint Ann, Mother-in-law of Saint Joseph, *pray for us.*

Saint Ann, Beloved of Jesus, Mary, and Joseph, *pray for us.*

Saint Ann, Instrument of the Holy Spirit, *pray for us.*

Saint Ann, Richly Endowed with God's Grace, *pray for us.*

Saint Ann, Example of Piety and Patience in Suffering,
pray for us.

Saint Ann, Mother of Confidence, *pray for us.*
Saint Ann, Model of Devotion, *pray for us.*
Saint Ann, Mirror of Obedience, *pray for us.*
Saint Ann, Ideal of Pure Womanhood, *pray for us.*
Saint Ann, Protectress of Virgins, *pray for us.*
Saint Ann, Model of Christian Mothers, *pray for us.*
Saint Ann, Consoler and Protectress of the Married,
pray for us.
Saint Ann, Guardian of Children, *pray for us.*
Saint Ann, Support of Christian Family Life, *pray for us.*
Saint Ann, Support of the Priests, *pray for us.*
Saint Ann, Bulwark of the Church, *pray for us.*
Saint Ann, Model and Mother of Mercy, *pray for us.*
Saint Ann, Friend of the Poor, *pray for us.*
Saint Ann, Mother and Example of Widows, *pray for us.*
Saint Ann, Help and Health of the Sick, *pray for us.*
Saint Ann, Cure of Those who Suffer from Disease,
pray for us.
Saint Ann, Mother of the Infirm, *pray for us.*
Saint Ann, Light of the Blind, *pray for us.*
Saint Ann, Speech of the Those Who Cannot Speak,
pray for us.
Saint Ann, Hearing of the Deaf, *pray for us.*
Saint Ann, Support of the Crippled, *pray for us.*
Saint Ann, Consolation of the Afflicted, *pray for us.*
Saint Ann, Comforter of the Oppressed, *pray for us.*
Saint Ann, Liberator of Captives, *pray for us.*
Saint Ann, Joy of the Angels, *pray for us.*
Saint Ann, Glory of the Saints, *pray for us.*
Saint Ann, Refuge of Sinners, *pray for us.*
Saint Ann, Guide of Voyagers, *pray for us.*
Saint Ann, Hope of the Sailors, *pray for us.*
Saint Ann, Haven of the Shipwrecked, *pray for us.*
Saint Ann, Anchor of Hope, *pray for us.*

Saint Ann, Harbor of Salvation, *pray for us.*

Saint Ann, Patroness of a Happy Death, *pray for us.*

Saint Ann, Consolation of Those Who Have Recourse to
You, *pray for us.*

Lamb of God, You take away the sins of the world;
spare us O Lord.

Lamb of God, You take away the sins of the world;
graciously hear us, O Lord.

Lamb of God, You take away the sins of the world;
have mercy on us.

Lord, have mercy. *Lord, have mercy.*

Christ, have mercy. *Christ, have mercy.*

Lord, have mercy. *Lord, have mercy.*

Recite the Lord's Prayer

Pray for us, good Saint Ann, that we may be made worthy
of the promises of Christ.

Let us pray:

Almighty and eternal God, You were pleased to choose
Saint Ann to be the mother of the Mother of Your loving
Son. Grant, we pray, that we who confidently honor her,
may through her prayers attain to everlasting life. We ask
this through Jesus Christ our Lord. Amen.

Memorare to Saint Ann

Remember, good Saint Ann, whose name signifies grace
and mercy, that never was it known that anyone who fled
to your protection, implored your help, and sought your
intercession, was left unaided. / Inspired with this

confidence, I come before you, sinful and sorrowful. Holy Mother of the Immaculate Virgin Mary and loving grandmother of the Savior, do not reject my appeal, but hear me and answer my prayer. Amen.

Litany Prayer of Consecration to Saint Ann

Blessed Saint Ann, who did give birth to the Mother of God: illustrious Grandmother of Jesus Christ, I choose you this day for my Patron and my Mother. I offer and consecrate myself entirely to you and I recommend to your eternal solicitude and your holy protection my body and my soul, the necessities and vicissitudes of my existence, my life and my death. I am determined, and I promise, to serve you and to honor you for love of Mary, your most holy Daughter, and to propagate according to my powers devotion to you. / On your part, O my sweet Mother, O my holy Patron, deign to receive me into the number of your servants and children. Obtain for me the grace to imitate so perfectly the virtues which have made you pleasing in the sight of God that I may merit the favor of Jesus and Mary. Obtain for me a happy death and at my last hour receive my soul into the arms of your love. Help me during my life by the sufferings, by the merits and mercies of Our Lord Jesus Christ, to obtain such perfect remission of my sins that my soul on leaving its body may go quickly to join you in eternal rest.



This booklet is prepared as an aid to assist with the spiritual life of those who worship at Holy Family Catholic Parish, Mitchellville, MD. Feel free to take it home for further reflection and prayer.

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