

PRAYER GUIDES *for the* HOLY MASS AND ADORATION



Compiled by Women Religious in the Diocese of Arlington

LIFT UP YOUR HEARTS

Prayers of the Heart for the
HOLY SACRIFICE OF THE MASS



COMPILED BY WOMEN RELIGIOUS
IN THE DIOCESE OF ARLINGTON

COME AND REST AWHILE

A Guide to Praying with Jesus Present in
THE BLESSED SACRAMENT



COMPILED BY WOMEN RELIGIOUS
IN THE DIOCESE OF ARLINGTON



Use your phone to scan the QR codes above for a free digital copy of each guide.



Made in commemoration of the
50TH JUBILEE *of the*
DIOCESE OF ARLINGTON

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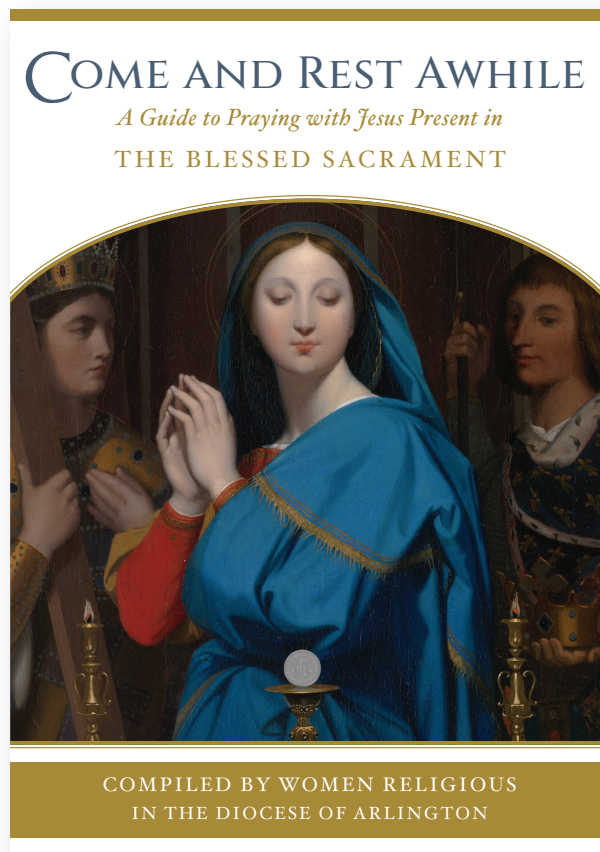
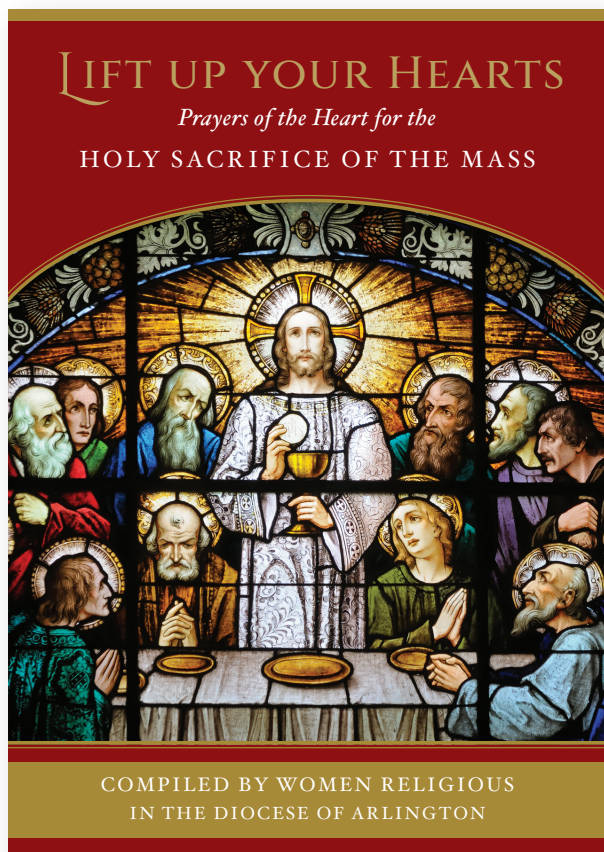
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