

PRAYER BOOKLET: THE HAIL MARY AND AVE MARIA

This booklet contains the most elevated and revered prayers dedicated to the Blessed Virgin Mary: the Western 'Hail Mary' (Latin & English) and the Eastern Orthodox 'O Virgin Theotokos, Rejoice'. These prayers serve as a source of deep consolation, offering spiritual protection, mental stillness (hesychia), and peace to families.

1. Catholic and Anglican Prayer (The Hail Mary)

"Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen."

2. Eastern Orthodox Prayer (O Virgin Theotokos, Rejoice)

"O Virgin Theotokos, rejoice, Mary full of grace, the Lord is with thee! Blessed art thou among women, and blessed is the fruit of thy womb, for thou hast borne the Savior of our souls. Amen."

3. Latin Prayer (Ave Maria - Original)

"Ave, Maria, gratia plena, Dominus tecum. Benedicta tu in mulieribus, et benedictus fructus ventris tui, Iesus. Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc et in hora mortis nostrae. Amen."

4. Mental Sobriety Prayer (Hesychastic Jesus Prayer with Mary's Intercession)

"Lord Jesus Christ, Son of God, through the intercession of the Most Holy Theotokos, have mercy on me, a sinner."

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