

# Everyday Book

**Настільна книга**

*Навчальний посібник*



ТЕРНОПІЛЬ  
НАВЧАЛЬНА КНИГА – БОГДАН

ББК 81.2 Англ  
Е19

Everyday Book: Навчальний посібник / Упоряд-  
Е19 ник Біло О.Д. – Тернопіль: Навчальна книга –  
Богдан, 2006. – 176 с.

**ISBN 966-692-787-X**

Пропонована книжка містить різні молитви: основні, до різних святих, оздоровчі, щоденні на весь рік, псалми, а також вірші та оповідання.

Рекомендується для використання на уроках англійської мови для мовленнєвої зарядки, аудіювання, читання та позакласної роботи при складанні сценаріїв до свят. Тематика відповідає шкільній програмі.

Книга побудована на принципах морального та духовного виховання, виховання любові до природи та ближнього свого. Виклад матеріалу дозволить збагатити словниковий запас, а також розширити кругозір читача.

Призначена для учнів середніх та старших класів загальноосвітніх шкіл та шкіл з поглибленим вивченням англійської мови, гімназій, студентів Духовних семінарій, вчителів англійської мови.

ББК 81.2Англ

*Охороняється законом про авторське право.  
Жодна частина даного видання не може бути  
використана чи відтворена в будь-якому вигляді  
без дозволу автора чи видавництва.*

© Біло О.Д., 2006

© Навчальна книга – Богдан,

ISBN 966-692-787-X макет, художнє оформлення, 2006

Encouragement to prayer comes  
from Christ Himself who urged  
his disciples to love one another  
and to pray for one another  
and from St. Paul who said,  
“Pray, Always.”

“Everyday Book”

# Contents

I. MAIN PRAYERS .....	6
II. PRAYERS TO THE SAINTS .....	16
III. THE VIGIL LIGHT .....	42
IV. ANGELS .....	44
V. WHAT THE BIBLE SAYS.....	50
VI. EVERYDAY PRAYERS .....	57
VII. RHYMES.....	92
VIII. HEALING PSALMS.....	127
IX. STORIES .....	139
X. HEALING IN THE WORLD .....	155
XI. PRAYER FOR UKRAINE.....	163
XII. LORD’S BLESSING.....	164
XIII. VOCABULARY.....	165
DEAR READERS .....	175

*May the Peace and Blessing  
of Almighty God  
descend upon you and remain  
with you forever.*

God bless you and keep you  
Through all of your days  
And may He reward you  
For all your dear ways;  
God guide you and guard you,  
Bring peace of mind, too,  
And in all of His Goodness  
Keep watch over you!

“Remember: with God all things are possible!”



## I. MAIN PRAYERS

“O Lord, our Lord, how glorious is your name over all the earth!” Ps 8:2

### Glory Be

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.

### The Holy Trinity

The Holy Trinity is the central mystery of our religion. Until Christ first revealed it, man never knew there were Three Persons in the one Godhead – Father, Son and Holy Spirit, distinct in Person but coequal in nature, majesty and glory. Each of the Three Persons is God, and yet our God is one.

This mysterious truth we cannot fully comprehend or understand. We accept its reality on God’s word alone. “Let us make man in our image and likeness”, God said in Genesis. The mark of the Holy Trinity is on us and all

---

His creation. We thus adore the Triune God in His triple personality. He who created and redeemed us daily sanctifies us for our eventual union with Him in glory.

### **The Sign of the Cross**

In the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
Amen.

### **Our Father**

Our Father,  
Who art in heaven,  
hallowed be Thy name;  
Thy kingdom come;  
Thy 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**

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.

Divine words of grace and guidance inspire a classic statement of love and devotion for today's woman.

### **The Apostles' Creed**

I believe in God, the Father Almighty,  
Creator of heaven and earth;  
and in Jesus Christ, His only Son, our Lord;  
Who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died,  
and was buried.  
He descended into hell;  
the third day He arose again from the dead;  
He ascended into heaven,  
and sits at the right hand of God,  
the Father Almighty.  
From thence He shall come  
to judge the living and the dead.  
I believe in the Holy Spirit,



the Holy Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting.

Amen.

## The Ten Commandments

“What a friend we have in Jesus.”

“I am the Resurrection and the life. He who follows me does not walk in darkness but will have the Light of life.”

*“The Law was given through Moses; grace and truth came through Jesus Christ.” John 1:17*

These are the commandments which God gave to man to guide him to happiness in this life and in the next:

**I.** I am the Lord thy God: thou shall not have strange gods before Me. (**You shall worship no other God but Me.**)

Commands: faith, hope, love, and worship of God; reverence for holy things; prayer.

Forbids: idolatry, superstition, spiritism, tempting God, sacrilege, attendance at false worship.

**II.** Thou shall not take the name of the Lord thy God in vain. (**You shall speak the name of Lord with reverence.**)

Commands: reverence in speaking about God and holy things; the keeping of oaths and vows.

Forbids: blasphemy, the irreverent use of God’s name, speaking disrespectfully of holy things, false oaths, and the breaking of vows.

**III.** Remember thou keep holy the sabbath day. (**You shall keep the sabbath as a holy day of rest.**)

Commands: going to Church on Sundays and holy days.

Forbids: missing Church through own fault; unnecessary servile work; public buying and selling; court trials.

**IV.** Honour thy father and mother.

**(You shall show respect to your father and mother.)**

Commands: love, respect, obedience on the part of children; care of the part of parents for the spiritual and temporal welfare of their Children; obedience to civil and religious superiors.

Forbids: hatred of parents and superiors; disrespect, disobedience.

**V.** Thou shalt not kill. **(You shall not commit murder.)**

Commands: safeguarding of one's own life and bodily welfare and that of others.

Forbids: unjust killing, suicide, abortion, sterilization, dueling, endangering life and limb of self or others.

**VI.** Thou shalt not commit adultery.

**(You shall be faithful to your husband or wife.)**

Commands: chastity in word, and deed.

Forbids: obscene speech; impure actions alone or with others.

**VII.** Thou shalt not steal. **(You shall not steal.)**

Commands: respect for the property and rights of others; the paying of just debts; paying just wages to employees; integrity in public officials.

---

Forbids: theft; damage to the property of others; not paying just debts; not returning found or borrowed articles; giving unjust measure or weight in selling; not paying just wages; bribery; graft; cheating; fraud; accepting stolen property; not giving an honest day's work for wages received; violation of contract.

**VIII.** Thou shalt not bear false witness against thy neighbour.

**(You shall not speak falsely against others.)**

Commands: truthfulness, respect for the good name of others; the observance of secrecy when required.  
Forbids: lying, injury to the good name of others, slander, talebearing, rash judgment, contemptuous speech, and the violation of secrecy.

**IX.** Thou shalt not covet thy neighbour's wife.

**(You shall be pure in your thoughts and actions.)**

Commands: purity in thought.

Forbids: willful impure thoughts and desires.

**X.** Thou shalt not covet thy neighbour's goods.

**(You shall not envy another person's possessions.)**

Commands: respect for the right of others.

Forbids: the desire to take, to keep, or to damage the property of others.

### **An Act of Faith**

O my God, I firmly believe that You are one God in three Divine Persons, Father, Son, and Holy Spirit. I

believe that your Divine Son became man, and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Church teaches, because You have revealed them, Who can neither deceive nor be deceived. Amen.

### **An Act of Hope**

O my God, relying upon Your infinite goodness and promises, I hope to obtain pardon for my sins, the help of Your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

### **An Act of Love**

O my God, I love You above all things with my whole heart and soul, because You are all good and worthy of all love. I love my neighbour as myself for the love of You. I forgive all who have injured me, and ask pardon of all whom I have injured. Amen.

### **An Act of Contrition**

O my God, I am heartily sorry for having offended You, and I detest all my sins, because of Your just punishments, but most of all because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin. Amen.

### **Communion Meditation**

*from the Byzantine Rite*