



Regina Caeli

The Regina Caeli is a much-loved, ancient prayer traditionally prayed during Eastertide. Try praying it with your children after dinner or before bed.

Leader: Queen of Heaven, rejoice, alleluia.

All: For He whom you did merit to bear, alleluia.

Leader: Has risen, as he said, alleluia.

All: Pray for us to God, alleluia.

Leader: Rejoice and be glad, O Virgin Mary, alleluia.

All: For the Lord has truly risen, alleluia.

Leader: Let us pray. O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord.

All: Amen.



PRAYER TIPS

for Families

Make it a habit.

Pray at the same time every day so your kids know what to expect. You might anchor your day in prayer like religious communities do. Could you pray together before breakfast, after dinner, and before bed?

Set the tone.

Turn off screens and unnecessary lights. Light a candle. I sometimes light incense in a small thurible. Sit in silence for 15-30 seconds to signal to your children that it's time to turn our attention to God.

Be realistic.

Small kids are fidgety and will make mistakes. Simply invite them back to the prayer if they become distracted. Lead by example.

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