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J.M.J.

“AVE COR”

THE SALUTATION TO THE  
MOST HOLY HEART  
OF JESUS AND MARY

—*Saint John Eudes*



Hail, Heart most holy,  
Hail, Heart most meek,  
Hail, Heart most humble,  
Hail, Heart most pure,  
Hail, Heart given without  
reserve,  
Hail, Heart most wise,  
Hail, Heart most patient,  
Hail, Heart most obedient,  
Hail, Heart most vigilant,  
Hail, Heart most faithful,  
Hail, Heart most blessed,  
Hail, Heart most merciful,  
Hail, most loving Heart  
of Jesus and Mary;

We adore you,  
We praise you,  
We glorify you,  
We give you thanks,  
We love you,

With all our heart,  
With all our soul,  
With all our strength;  
We offer you our heart,  
We give it to you,  
We consecrate it to you,  
We sacrifice it to you;  
Receive and possess it  
totally,  
Purify it,  
Enlighten it,  
Sanctify it;  
That you may live  
and reign in it  
now and forever.

*Blessed be forever  
the most loving Hearts  
and sweet Names  
of our Lord Jesus Christ and  
of the most glorious Virgin  
Mary, His Mother.*

**PRAYER BY ST. JOHN  
EUDES TO THE  
IMMACULATE HEART**

Hail Mary! Daughter of God  
the Father.

Hail Mary! Mother of God  
the Son.

Hail Mary! Spouse of the  
Holy Spirit.

Hail Mary! Temple of the  
Most Blessed Trinity.

Hail Mary! Pure Lily of the  
Effulgent Trinity.

Hail Mary! Celestial Rose of  
the Ineffable Love of  
God.

Hail Mary! Virgin pure and  
humble, of whom the  
King of heaven willed  
to be born and with thy  
milk to be nourished.

Hail Mary! Virgin of Virgins.

Hail Mary! Queen of  
Martyrs, whose soul  
a sword transfixed.

Hail Mary! Lady most  
blessed! unto whom all  
power in heaven and  
earth is given.

Hail Mary! My Queen and  
my Mother! my Life, my  
Sweetness and my Hope.

Hail Mary! Mother Most  
Amiable.

Hail Mary! Mother of Divine  
Love.

Hail Mary! Immaculate!  
Conceived Without Sin!

Hail Mary! Full of Grace!  
The Lord is with Thee!

Blessed art thou among  
women! And blessed is  
the Fruit of thy womb,  
Jesus!

Blessed be thy spouse,  
Saint Joseph.

Blessed be thy father,  
Saint Joachim.

Blessed be thy mother,  
Saint Anne.

Blessed be thy guardian,  
Saint John.

Blessed be thy holy angel,  
Saint Gabriel.

Glory be to God the Father,  
Who chose thee.

Glory be to God the Son,  
Who loved thee.

Glory be to God the Holy  
Spirit, Who espoused  
thee.

O Glorious Virgin Mary,  
may all people love  
and praise thee.

Holy Mary, Mother of God,  
pray for us and bless us,  
now, and at death,  
in the name of Jesus,  
thy Divine Son! Amen.