

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 our sinners, now and
at the hour of our death.
Amen.



Glory Be (Doxology)

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.



Grace Before Meals

Bless us, O Lord, and
these thy gifts, which
we are about to
receive from thy
bounty, through Christ
our Lord.
Amen.



Act of Contrition

My God,
I am sorry for my sins with all my heart.
In choosing to do wrong and failing to do
good, I have sinned against
you, whom I should love
above all things. I firmly
intend, with your help, to do
penance, to sin no more, and
to avoid whatever leads me to sin.
Our Savior Jesus Christ suffered and died
for us. In his name, my God, have mercy.
Amen.

