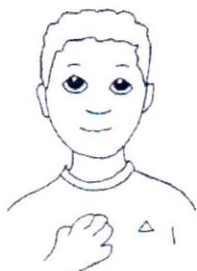


The Sign of the Cross



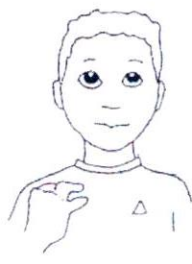
1. In the name of the Father,



2. and of the Son,



3. and of the Holy



4. Spirit.



5. Amen.

Glory to the Father

Glory to the Father, and to the Son,
and to the Holy Spirit.
As it was in the beginning, is now,
and will be for ever. 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.

Act of Faith, Hope, and Love

My God, I believe in you, I hope in you,
I love you above all things, with all my mind
and heart and strength.

The Lord's Prayer

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 you!
Blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death. Amen.

Angel Guardian (traditional)

Angel of God,
my Guardian dear,
to whom his love commits
me here,
ever this day (night)
be at my side,
to light and guard,
to rule and guide.

Grace Before Meals

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

Grace After Meals

We give you thanks for all your
gifts, almighty God,
living and reigning now and for
ever. Amen.