

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

*Using your right hand, touch your forehead at the mention of the Father; the lower middle of your chest at the mention of the Son; and the left shoulder on the word "Holy" and the right shoulder on the word "Spirit."*

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

### **The 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.

### **The 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.

### **The 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 Act of Contrition**

O my God, I am heartily sorry for having  
offended You,  
and I detest all my sins,  
because 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 occasions of  
sin. Amen.

### **Prayer to the Guardian Angel**

Angel of God, my guardian dear,  
to whom His love commits me here,  
ever this day be at my side,  
to light and guard, to rule and guide. Amen.

### **Morning Offering**

O my God, I offer You every thought and  
word and act of today. Please bless me, my  
God, and make me good today. Amen.

### **Prayer Before Meals**

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

### **Prayer After Meals**

We give Thee thanks, Almighty God, who  
lives and reigns forever, for all Thy benefits.  
May the souls of the faithfully departed,  
through the grace of God, rest in peace.  
Amen.

### **Apostles Creed**

I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, His only Son, our Lord,  
*(At the words that follow, up to and including the Virgin Mary, all bow)*  
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;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God the Father almighty;  
from there he will come to judge the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting. Amen

### **\*Act of Love**

*(This is a good prayer to say  
after receiving Communion.)*

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

### **\*Confiteor**

I confess to almighty God,  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done,  
and in what I have failed to do;  
*(We strike our breast during the next two lines)*  
through my fault, through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary,  
ever-Virgin, all the Angels and Saints,  
and you, my brothers and sisters, to  
pray for me to the Lord our God.