

## Sign of the Cross

In the name of the father  
of the son and  
of the holy spirit



In the name of the Father

and of the Son



and of the Holy

Spirit

Amen

The Sign of the Cross

CCC 559-561

## 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 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.

## 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.

## 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.

## Guardian Angel

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

## Prayer before meals

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

## St Michael

St. Michael the Archangel,  
defend us in battle;  
be our defense against the  
wickedness and snares of the  
devil.  
May God rebuke him, we  
humbly pray;  
and do you, O prince of the  
heavenly host,  
by the power of God,  
thrust into hell Satan and the  
other evil spirits  
who prowl about the world for  
the ruin of souls.  
Amen.