

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.
Our 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.

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.

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.

Sign of the Cross

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

Nicene Creed

I believe in one God,
the Father, the Almighty,
Maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the only-begotten Son of God,
born of the Father before all ages,
God from God, Light from Light,
true God from true God,
begotten, not made,
consubstantial with the Father.
Through him all things were made.
For us and for our salvation
he came down from heaven: by the power of the Holy Spirit
was incarnate of the Virgin Mary,
and became man.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son he is adored and glorified.
He has spoken through the Prophets.
I believe in one, holy, catholic and apostolic Church.
I confess one baptism for the forgiveness of sins,
and I look forward to the resurrection of the dead,
and the life of the world to come. Amen

Penitential Act

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, **<strike your chest three times>** 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.

Prayer Before Meals

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