

## The Sign of the Cross

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.

## Grace Before Meals

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

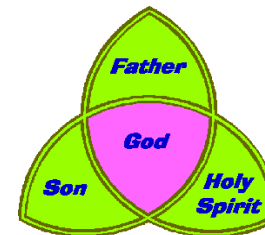
## The Hail Mary

Hail Mary, full of grace.  
The Lord is with thee.  
Blessed art thou amongst 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.



## 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.



## **Fatima Prayer**

O my Jesus,  
forgive us our sins,  
save us from the fires of hell,  
And lead all souls to Heaven,  
especially those in most need of your Mercy.  
Amen.

## **Guardian Angel Prayer**

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 and rule and guide.  
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.

## **Memorare**

Remember, O most gracious Virgin Mary,  
that never was it known that anyone who  
fled to your protection,  
implored your help, or sought your  
intercession, was left unaided.

Inspired by this confidence, I fly unto you,  
O Virgin of virgins, my Mother.  
To you I come; before you I stand sinful and  
sorrowful.

O Mother of the Word Incarnate!  
Despise not my petitions,  
but in your mercy hear and answer me.  
Amen.

## **Nicene Creed**

I believe in one God, the Father 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 men and for our salvation  
he came down from heaven,  
and by 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 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,

who with the Father and the Son is adored and  
glorified,  
who 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.

## **Hail Holy Queen**

Hail Holy Queen, Mother of mercy,  
our life, our sweetness and our hope.  
To thee do we cry,  
poor banished children of Eve;  
to thee do we send up our sighs,  
mourning and weeping in this vale of tears.  
Turn then, most gracious Advocate,  
thine eyes of mercy toward us,  
and after this our exile, show unto us  
the blessed fruit of thy womb, Jesus,  
O clement, O loving,  
O sweet Virgin Mary!

## The Rosary



### **The Joyful Mysteries of the Rosary**

1. The Annunciation
2. The Visitation
3. The Birth of Jesus
4. The Presentation of Jesus at the Temple
5. The Finding of Jesus in the Temple

### **The Sorrowful Mysteries of the Rosary**

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death of Jesus

### **The Glorious Mysteries of the Rosary**

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit upon the Apostles
4. The Assumption of Mary into Heaven
5. The Coronation of Mary as Queen of Heaven

### **The Luminous Mysteries of the Rosary**

1. The Baptism of Jesus in the Jordan
2. The Miracle at the Wedding at Cana
3. Jesus Announces the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

## The Angelus

The Angel of the Lord declared to Mary:  
And she conceived of the Holy Spirit.

[Hail Mary, full of grace . . .](#)

Behold the handmaid of the Lord:  
Be it done unto me according to Thy word.

[Hail Mary . . .](#)

And the Word was made Flesh:  
And dwelt among us.

[Hail Mary . . .](#)

Pray for us, O Holy Mother of God, that we may be  
made worthy of the promises of Christ.

### **Let us pray:**

Pour forth, we beseech Thee, O Lord, Thy grace into  
our hearts; that we, to whom the incarnation of  
Christ, Thy Son, was made known by the message of  
an angel, may by His Passion and Cross be brought  
to the glory of His Resurrection, through the same  
Christ Our Lord.

Amen.



## St. Michael Prayer

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 thou,  
O Prince of the heavenly hosts,  
by the power of God, thrust into hell Satan,  
and all the evil spirits, who prowl about the  
world seeking the ruin of souls. Amen.



## Apostle's Creed

I believe in God, the Father Almighty,  
Creator of Heaven and Earth,  
and in Jesus Christ, his only Son, our Lord,  
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.