

Sign of the Cross

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

(practice making the sign of the cross)

The Lord's Prayer

Our Father who art in heaven,
hallowed by 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.

Doxology

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,
a world without end.
Amen

The 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.

Apostles 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