

PRAYERS

The Sign of the Cross

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

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 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.

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.

Grace Before Meals

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

Grace after Meals

We give You thanks for these
and all Your gifts,
almighty God.
You live and rule forever.
Amen.

Prayer to My 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, to guard, to rule, to guide.
Amen.

Act of Contrition

O 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.
Amen

The Apostles' Creed

I believe in one God, the Father
Almighty,
Creator of heaven and earth,
I believe in Jesus Christ
His only Son, our Lord,
He was conceived by the power of the
Holy Spirit,
and born of the Virgin Mary,
He suffered under Pontius Pilate,
was crucified, died and was buried.
He descended to the dead,
On the third day He rose again.
He ascended into heaven,
and is seated at the right hand of the
Father.
He will come again
to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the forgiveness of sins
the resurrection of the body,
and the life everlasting.
Amen.

The Angelus

1. The angel spoke God's message to
Mary
2. And she conceived of the Holy Spirit.
Hail Mary...
 1. "I am the lowly servant of the Lord:
 2. let it be done to me according to your
word"Hail Mary...
1. And the Word became flesh
2. and lived among us.
Hail Mary...

Salve Regina (Hail Holy Queen)

Hail Holy Queen, Mother of mercy,
hail to life, our sweetness, and our hope,
To you we cry, the children of Eve;
to you we send up our sighs,
mourning and weeping in this land of
exile.
Turn then most gracious advocate,
your eyes of mercy toward us;
lead us home at last
and show us the blessed Fruit of your
womb, Jesus.
pray for us who turn to you for hope.

Prayer to the Holy Spirit

Come Holy Spirit,
fill the hearts of your faithful,
and kindle in them the fire of Your love.
Send forth Your Spirit
and they shall be created,
and You will renew the face of the earth.
Lord, by the light of the Holy Spirit,
You have taught the hearts of Your
faithful.
In the same Spirit,
help us to relish what is right,
and always rejoice in Your consolation.
We ask this through Christ our Lord.
Amen.