



Sign of the Cross

In the name of the Father,
and of the Son,
and of the Holy Spirit. **AMEN**

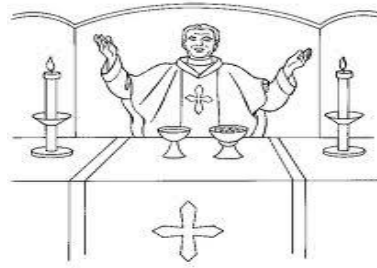
(There are **16 words** in the Sign of the Cross, **not 5....**"Father, Son, Holy Spirit, Amen," *is incorrect*)



Lord's Prayer

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**



Glory Prayer

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**



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



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**



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,

*[At the words that follow up to and
including 'and became man,' all bow.]*

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 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,
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**



Bedtime Prayer

Now I lay me down to sleep
I pray the Lord my soul to keep
If I die before I wake
I pray the Lord my soul to take



Angel of God

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 and guide. **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, almighty God,
For these and all your gifts
which we have received
through Christ Our Lord. **AMEN**