

SIGN OF THE CROSS

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

THE 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.

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.

THE APOSTLES CREED

I believe in 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 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 the life everlasting.

Amen.

GLORY BE TO THE FATHER

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.

THE CONFITEOR

I confess to Almighty God, and to you here present (or to you my brothers and sisters),
that I have sinned through my own fault
In my thoughts and in my words,
In what I have done and in what I have failed to do;
And I ask blessed Mary, ever Virgin,
All the angels and saints and you,
Here present (or my brothers and sisters)
To pray for me to the Lord our God.

THE ANGELUS

V: The angel of the Lord declared unto Mary
R: And she conceived by the Holy Spirit.

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.

V: Behold the handmaid of the Lord:
R: Be it done to me according your word.

Hail Mary

V: The Word was made flesh,
R: And dwelt among us.

Hail Mary

V: Pray for us, O holy Mother of God,
R: That we may be made worthy of the promises of Christ.

Let us Pray: Pour forth, we beseech you, O Lord, your grace into our hearts, that we to whom the Incarnation of Christ, your 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 Christ our Lord.

Amen.

GRACE BEFORE MEALS

Bless us O Lord, and these your gifts which of your goodness we are about to receive.
Through Christ our Lord,

Amen.

GRACE AFTER MEALS

We give you thanks, O Almighty God, for all your benefits, who lives and reigns, world without end.

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 Saviour Jesus Christ suffered and died for us.
In his name, my God, have mercy. Amen.

O My God, I am very sorry that I have sinned against you,
Because you are so good and with your help
I will try not to sin again.