

The SIGN of the CROSS

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

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.

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.

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. World without end. Amen

THE 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.
The third day He arose again from the dead;
He ascended into Heaven,
seated at the right hand of God, the Father Almighty;
from thence He shall 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 the life everlasting. 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 valley 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! Amen.

GRACE BEFORE MEALS

Bless us, O Lord, and these thy gifts which we are about to receive from Thy bounty.
Through Christ Our Lord.
Amen

MEMORARE

Remember, O most gracious Virgin Mary,
that never was it known that any one who fled to thy protection,
implored thy help or sought thy intercession,
was left unaided.
Inspired by this confidence,
We fly unto thee, O Virgin of virgins my Mother;
to thee do we come, before thee we stand, sinful and sorrowful;
O Mother of the Word Incarnate,
despise not our petitions,
but in thy mercy hear and answer me. Amen.

THANKSGIVING AFTER MEALS

We give Thee thanks, almighty God, for all Thy gifts, who lives and reigns forever and ever. Amen.

ACT OF CONTRITION

O my God, I am heartfully
sorry for having offended
thee, and I detest all my sins
because of Thy just
punishment, but most of all
because I have offended
Thee my God, Who is all good
and deserving of all my love. I
firmly resolve, with the help of
Thy grace, to sin no more,
and to avoid the near
occasion of sin. Amen.