

## Sign of the Cross

In the name of the Father,  
And of the Son,  
And of the Holy Spirit.  
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 death.  
AMEN

## Grace Before Meals

Bless us, O Lord,  
and these your gifts,  
which we are about to receive  
from your goodness,  
through Christ our Lord.  
AMEN.

## 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 of the Holy Spirit  
Born of the Virgin Mary  
Suffered under Pontius Pilate  
Was crucified, died and was buried.  
On the third day, he rose again  
He ascended into Heaven  
and is seated at the right hand  
of God, the Father Almighty.  
He will come again  
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.

## 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

## 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.

## 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 intent, 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

