



Prayers



The Sign of the Cross

In the name of the Father,
and of the Son,
and of 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 that trespass against
us;
and lead us not into temptation,
but deliver us from evil.
Amen.

The 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 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 Thy gifts
which we are about to receive from Thy
bounty
through Christ our Lord.
Amen

Act of Contrition

Oh my God, I am heartily sorry for having
offended You, and I detest all of my sins
because of Your just punishments, but
most of all because I have offended You,
my God, Who are all good and deserving
of all of my love. I firmly resolve, with the
help of Your grace, to sin no more, to do
penance and to avoid the near occasions of
sin.
Amen.

Hail Holy Queen

Hail, Holy Queen, mother of mercy, our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, your eyes of mercy toward us. And after this, our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O Holy Mother of God. That we may be made worthy of the promises of Christ.



The Morning Offering

O Jesus, through the Immaculate Heart of Mary,
I offer you my prayers, works,
joys and sufferings of this day,
in union with the Holy Sacrifice of the
Mass
throughout the world.
I offer them for all the intentions of your
Sacred Heart:
the salvation of souls, reparation for sin,
the reunion of all Christians.
I offer them for the intentions of our
bishops
and of all Apostles of Prayer,
and in particular for those recommended
by our Holy Father this month.
Amen.

Guardian Angel Prayer

Angel of God, my guardian dear
To whom God's love commits me here
Ever this day (night) be at my side
To light and guard, to rule and guide.
Amen

The Apostle's 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 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.

