

## Prayers and Practices

### Sign of the Cross

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



### Glory Be

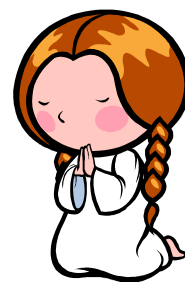
Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and ever shall be, world without end. Amen

### 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.

### Hail Mary

Hail Mary, full of grace! The Lord is with thee! Blessed are 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



### Individual Confessions:

Take your place with the priest and say:

- ✠ In the name of the Father, and of the Son, and of the Holy Spirit. Amen
- ✠ Bless me Father for I have sinned. It has been \_\_\_\_\_ since my last confession.
- ✠ Tell the priest your sins.
- ✠ Listen for your penance.
- ✠ Pray the Act of Contrition (see below)
- ✠ Listen as the priest gives your absolution and say 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

### 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 into hell. 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 the life everlasting. Amen.