

and to avoid whatever leads me to sin.  
Our Savior Jesus Christ suffered and died for us.  
In his name, my God, have mercy.

### **Sign of the Cross**

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

### **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.

### **Glory Be (The 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.

### **Act of Contrition (or Prayer of the Penitent)**

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,

### **The Apostles' 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;  
on the third day  
he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God the Father  
almighty;  
from there he will 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 life everlasting. Amen.

### **Hail, Holy Queen (The Salve Regina)**

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.

### **Grace Before Meals**

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