



Sign of the Cross

In the name of the Father, the Son and 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 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 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 our death. 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

Eternal Rest

Eternal Rest grant unto them, O Lord,
and let the perpetual light shine upon them. May the rest in peace. Amen.
May their souls and the souls of the faithful departed, through the mercy of God,
rest in peace. Amen.

Prayer to our Guardian Angel

Angel of God, my Guardian dear
To whom God's love entrusts me here.
Ever this day, be at my side,
To light and guard, to rule and guide.

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.

Hail, Holy Queen

Hail, Holy Queen, Mother of Mercy,
Hail, 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.

V: Pray for us, O holy Mother of God.

R: That we may be worthy of the promise of Christ. Amen

Nicene Creed

I believe in one God, the Father almighty,
maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light, true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation he came down from heaven,
and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day in accordance with the Scriptures.
He ascended into heaven and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead and the life of the world to come. Amen.

Grace Before Meals

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

Act of Faith

O my God, I firmly believe
that you are one God in three divine Persons, Father, Son and Holy Spirit;
I believe that your divine Son became man
and died for our sins, and that he will come again to judge the living and the dead.
I believe these and all the truths
which the Holy Catholic Church teaches, because you have revealed them,
who can neither deceive nor be deceived. Amen.

Act of Hope

O my God,
relying on thy infinite goodness and promises,
I hope to obtain pardon of my sins,
the help of thy grace, and life everlasting,
through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Act of Love

O my God, I love you above all things, with my whole heart and soul, because you are all good
and worthy of all my love.
I love my neighbor as myself for the love of you.
I forgive all who have injured me,
and ask pardon of all whom I have injured. Amen.

"Memorare" to our Blessed Mother

Remember, O most Gracious Virgin Mary,
that never was it known,
that anyone who fled to your protection, implored your help,
or sought your intercession was left unaided.
Inspired by this confidence, I fly unto you,
O Virgin of Virgins, my Mother.
To you I come, before you I stand, sinful and sorrowful.
O Mother of the Word Incarnate,
despise not our petitions,
but in your mercy,
hear and answer me.

Prayer of St. Francis

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy.
O Divine Master, grant that
I may not so much seek to be consoled
as to console,
To be understood as to understand,
To be loved as to love.
For it is in giving that we receive,
It is in pardoning that we are pardoned;
And it is in dying that we are born to eternal life.

Prayer for Peace

God of perfect peace, violence and cruelty can have no part with you.
May those who are at peace with one another hold fast to the good will that unites them;
may those who are their enemies forget their hatred and be healed. Amen.

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