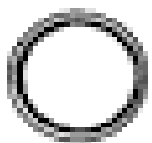


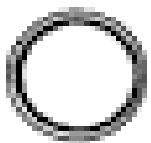
*In the name  
of the Father  
and of the Son  
and of the Holy Spirit.  
Amen.*

**SIGN OF THE CROSS**



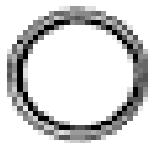
*Angel of God,  
my guardian  
dear,  
to whom God's love  
commits me here,  
ever this day  
be at my side,  
to light and guard,  
to rule and guide. Amen.*

**GUARDIAN ANGEL**



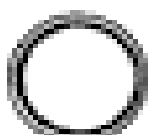
**Bless us  
O Lord,  
and these thy gifts,  
which we are about  
to receive,  
from thy bounty,  
through Christ,  
our Lord. Amen.**

**GRACE BEFORE MEALS**



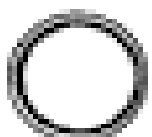
**We give you  
thanks,  
almighty God,  
for these and all  
your gifts  
which we have received  
through Christ,  
our Lord. Amen.**

**GRACE AFTER MEALS**



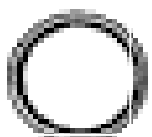
*O my God,  
I offer you  
this day,  
all I do  
and think and say.  
In union with  
what was done,  
on earth  
by Jesus Christ,  
your Son. Amen.*

## MORNING PRAYER



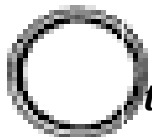
*God, our  
Father, this  
day is done.  
We ask you and  
Jesus Christ your Son,  
that with the Spirit,  
our welcomed guest,  
you guard our sleep  
and bless our rest. Amen.*

## EVENING PRAYER



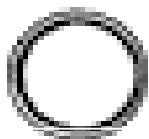
*Our Father,  
who art in heaven,  
\*hallowed be thy name;  
\*thy kingdom come,  
\*thy will be done,  
on earth as it is in heaven.  
\*Give us this day our daily bread  
\*and forgive us our trespasses,  
as we forgive those  
who trespass against us and  
\*lead us not into temptation, but  
\*deliver us from evil. Amen.*

## OUR FATHER (Lord's Prayer)



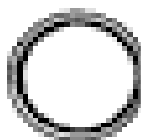
*Hail, Mary,  
full of grace,  
the Lord is with thee.  
Blessed art thou among women  
and blessed is the fruit  
of thy womb, Jesus.  
Holy Mary,  
Mother of God,  
pray for us sinners, now  
and at the hour of our death.  
Amen.*

## HAIL MARY



***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.***

**GLORY BE**



***O my God,  
I am heartily sorry for  
having offended Thee  
and I detest all my sins***

***because of thy just punishments,  
but most of all because  
they offend Thee, my God,  
who art all good and deserving  
of all my love.  
I firmly resolve with the help  
of Thy grace to sin no more and to  
avoid the near occasion of sin.  
Amen.***

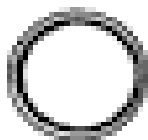
**ACT OF CONTRITION (Traditional version)**



***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.***

**ACT OF CONTRITION (Alternate version)**



**MASS PRAYERS  
AND RESPONSES**

*Use your parish Mass booklet when you go to Mass to  
learn the assembly's responses. After a while you will  
know the flow of the Mass and the assembly's responses by  
having a "Full, Conscious, and Active Participation."*

*For parents' knowledge about "Full, Conscious, and  
Active Participation" go to:*

[https://www.dio.org/uploads/files/Worship/Liturgy\\_Basics/15--50thAnnivCSL\\_VBk\\_FullConsciousActivePartn14.pdf](https://www.dio.org/uploads/files/Worship/Liturgy_Basics/15--50thAnnivCSL_VBk_FullConsciousActivePartn14.pdf) -short

**OR**

[https://www.vatican.va/archive/hist\\_councils/ii\\_vatican\\_council/documents/vat-ii\\_const\\_19631204\\_sacrosanctum-concilium\\_en.html](https://www.vatican.va/archive/hist_councils/ii_vatican_council/documents/vat-ii_const_19631204_sacrosanctum-concilium_en.html) - long

**(Assembly's Responses)**