

## **SIGN OF THE CROSS**

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

## **GRACE AFTER MEALS**

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

## **MORNING PRAYER**

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.

## **EVENING PRAYER**

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

## **GUARDIAN ANGEL**

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

## **OUR FATHER (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 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**

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**

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.  
*(Traditional version)*

## **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.  
(Alternate version from the Rite of Penance)

## **NICENE-CONSTANTINOPOLITAN CREED**

*(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.

**2**

## **FATIMA PRAYER**

O my Jesus, forgive us our sins,  
save us from the fires of hell,  
lead all souls to heaven,  
especially those in most need of your mercy.

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

**3**

## **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 exile  
show unto us the blessed fruit of thy womb, Jesus.  
O clement, O loving, O sweet Virgin Mary.

## **TEN COMMANDMENTS**

1. I am the Lord thy God, thou shalt not have any strange gods before Me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

## **WORKS OF MERCY**

### ***Corporal***

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

## **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.

## **WORKS OF MERCY**

### ***Spiritual***

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the afflicted.
5. Forgive offenses.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

## **BEATITUDES (Mt 5:3-12)**

1. Blessed are the poor in spirit,  
for theirs is the Kingdom of Heaven.
2. Blessed are they who mourn,  
for they will be comforted.
3. Blessed are the meek,  
for they will inherit the earth.
4. Blessed are they who hunger and thirst  
for righteousness, for they will be satisfied.
5. Blessed are the merciful,  
for they will be shown mercy.
6. Blessed are the pure of heart,  
for they will see God.
7. Blessed are the peacemakers,  
for they will be called children of God.
8. Blessed are those who are persecuted for  
righteousness' sake,  
for theirs is the Kingdom of Heaven.

## **MYSTERIES OF THE ROSARY**

### ***Joyful Mysteries***

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding in the Temple