

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

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.

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

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

Sorrowful Mysteries

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

MYSTERIES OF THE ROSARY

Joyful Mysteries

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

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
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 are eternal truth
and wisdom, who can neither deceive
nor be deceived. In this faith I intend to live and die.

Amen.

SEVEN SACRAMENTS

1. Baptism
2. Confirmation
3. Holy Eucharist
4. Penance and Reconciliation
5. Anointing of the Sick
6. Holy Orders
7. Matrimony

HOLY DAYS OF OBLIGATION

January 1- Solemnity of Mary Mother of God

7th Sunday of Easter - Solemnity of the Ascension

August 15 - Solemnity of the Assumption of the Blessed Virgin

November 1 - Solemnity of the Feast of All Saints

December 8 - Solemnity of the Immaculate Conception

December 25 - Solemnity of the Nativity of our Lord, Jesus Christ

The National Conference of Catholic Bishops decided at their November 1991 meeting that whenever January 1, the Solemnity of Mary Mother of God or August 15, the feast of the Assumption of the Blessed Virgin or November 1, the Feast of all Saints falls on a Saturday or a Monday, the precept to celebrate Mass is dispensed. The Congregation for Bishops confirmed the action on July 4, 1992.

DEUTERONOMY 6:4-5 *(Shema)*

Hear, O Israel!

The LORD is our God, the LORD alone!

Therefore, you shall love the LORD,
your God, with your whole heart,
and with your whole being,
and with your whole strength.

MYSTERIES OF THE ROSARY

Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Coming of the Holy Spirit
4. The Assumption
5. The Coronation of Mary

ACT OF HOPE

O Lord God,
I hope by your grace
for the pardon of all my sins
and after life here to gain
eternal happiness
because you have promised it
who are infinitely powerful,
faithful, kind, and merciful.
In this hope I intend to live and die.
Amen

PRECEPTS OF THE CHURCH

1. You shall attend Mass on Sundays and on Holy Days of Obligation and remain free from work or activity that could impede the sanctification of such days.
2. You shall confess your sins at least once a year.
3. You shall receive the Sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting
And abstinence established by the Church.
5. You shall help to provide for the needs
of the Church.

SELECTED MASS PRAYERS AND RESPONSES IN LATIN

Sanctus (Preface Acclamation)

Sanctus, Sanctus, Sanctus

Dóminus Deus Sábaoth.

Pleni sunt caeli et terra glória tua.

Hosánna in excélsis.

Benedictus qui venit

in nómine Dómini.

Hosánna in excélsis.

Mysterium Fidei (Mystery of Faith)

a) Mortem tuam annuntiámus, Dómine, et tuam
resurrectiónem confitémur, donec vénias.

b) Quatioscúmque manduacámus panem hunc et cálicem
bíbimus, mortem tuam annutiámus, Dómine, donec vénias.

c) Salvátor mundi, salva nos, qui per curcem
et resurrectiónem tuam liberásti nos.

Agnus Dei (Litany at the Fraction Rite)

Agnus Dei, qui tollis peccáta mundi:
miserére nobis.

Agnus Dei, qui tollis peccáta mundi:
miserére nobis.

Agnus Dei, qui tollis peccáta mundi:
Dona nobis pacem.