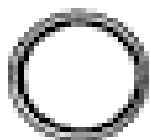


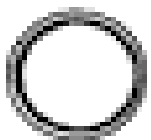
*In the name of the Father  
and of the Son  
and of the Holy Spirit.  
Amen.*

**SIGN OF THE CROSS**



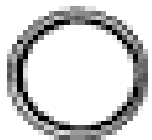
*Angel of God,  
my guardian  
dear,  
to whom God's love  
commits me here,  
ever this day  
be at my side,  
to light and guard,  
to rule and guide. Amen.*

**GUARDIAN ANGEL**



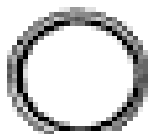
**Bless us  
O Lord,  
and these thy gifts,  
which we are about  
to receive,  
from thy bounty,  
through Christ,  
our Lord. Amen.**

**GRACE BEFORE MEALS**



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

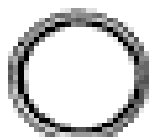
**GRACE AFTER MEALS**



*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**