

Traditional Prayers:

The Sign of the Cross

In the name of the Father, and of the Son, and of the 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 temptations, but deliver us from evil. Amen.

The 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.

The Prayer to My 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.

The Apostle's Creed

I Believe in God, the Father almighty, creator of heaven and earth.
I Believe in Jesus Christ, His only Son, our Lord.
He was conceived by the power of the Holy Spirit and born of the Virgin Mary.
He suffered under Pontius Pilate, Was crucified, died, and was buried.
He descended to the dead.
On the third day, he rose again.
He ascended into heaven, and is seated at the right hand of the Father.
He will come again 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.

The 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.

The 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 our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary! Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ. 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

Grace After Meals

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