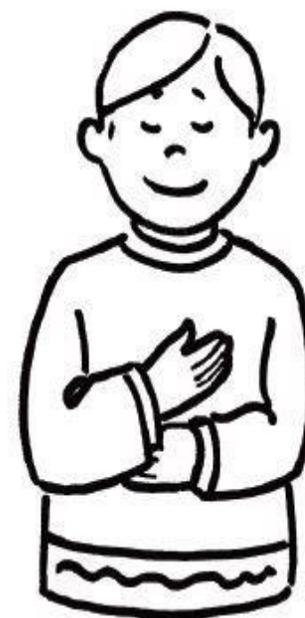


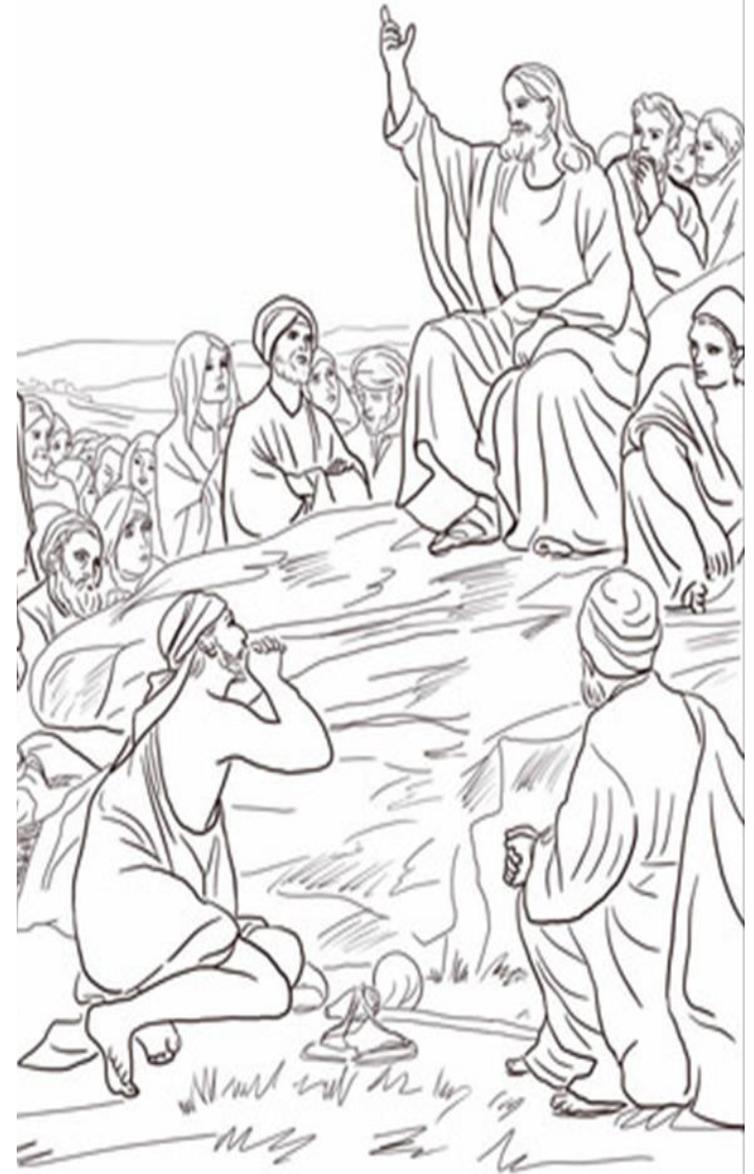
THE SIGN OF
THE CROSS

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



Our Father

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 amongst
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 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 I dread the loss of heaven, and the pains of hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.



Table Blessing

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



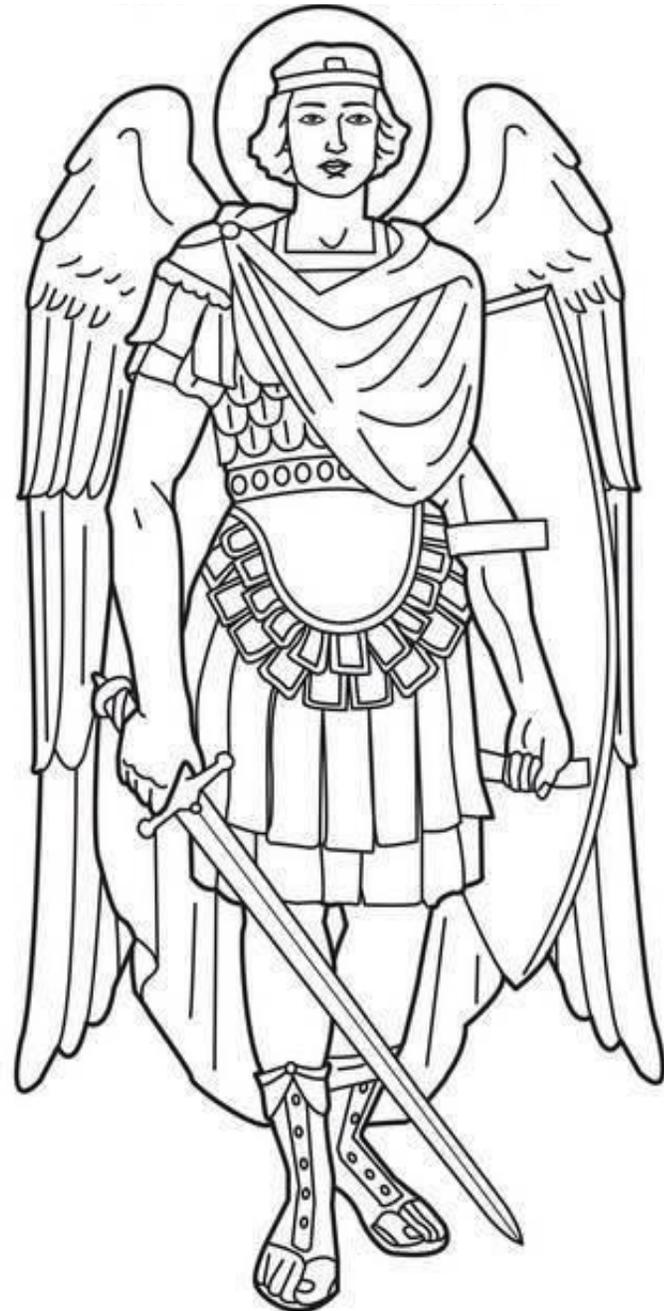
Angel of God

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



Saint Michael Prayer

Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil; May God rebuke him, we humbly pray; And do thou, O Prince of the Heavenly Host, by the power of God, thrust into hell Satan and all evil spirits who wander through the world for the ruin of souls. Amen.



Morning Offering

Jesus, thru the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day, for all the intentions of your Sacred Heart, and in union with the Holy Sacrifice of the Mass throughout the world, and in reparation for my sins, and for the General Intentions recommended this month.

Amen.



Bedtime Prayer

Now I lay me
down to sleep, I
pray the Lord my
soul to keep. And
if I die before I
wake, I pray the
Lord my soul to
take. Amen.

