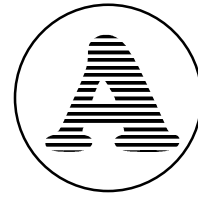


Prayer Sheet

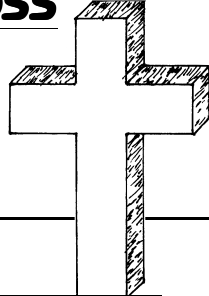


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1

SIGN OF THE CROSS

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

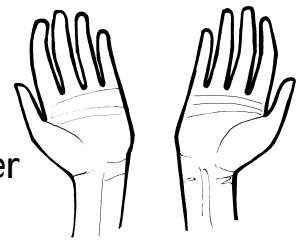


2

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.



3

HAIL MARY

Hail, Mary, full of grace! The Lord is with you. Blessed are 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.



5

ACT OF CONTRITION

O my God, I am very sorry that I have sinned against you, but with the help of your grace I will not sin again. Amen.

4

TO THE GUARDIAN ANGEL

O 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.



6

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.

7

GRACE AFTER MEALS

We give you thanks, Almighty God, for all your benefits, you who live and reign forever. Amen.

8

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.

