

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 you;
blessed are you among women,
and blessed is the fruit
of your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners now
and at the hour of our death. Amen

Prayer for Peace

Lord, make me an instrument
of your peace.
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where is despair, hope;
Where is darkness, light;
And where there is sadness, joy.
O Divine Master,
grant that I may not so much
seek to be consoled
as to console,
to be understood as to understand;
to be loved as to love;
For it is in giving that we receive;
It is in pardoning that we are pardoned;
And it is in dying
that we are born to eternal life. Amen

Prayer Before Meals

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

Glory Be to the Father

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

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 and guard
to rule and guide. Amen.