

## **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 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.

## **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**

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 Saviour Jesus Christ suffered  
and died for us.  
In His Name, my God, have mercy.

Amen.