

Grace Before Meals

Bless us, O God, as we sit together.

Bless the food we eat today.

Bless the hands that made the food.

Bless us, O God.

Amen.



Grace after meals

Thank you, God, for the food we have eaten.

Thank you, God, for all our friends.

Thank you, God, for everything,

Thank you God.

Amen.



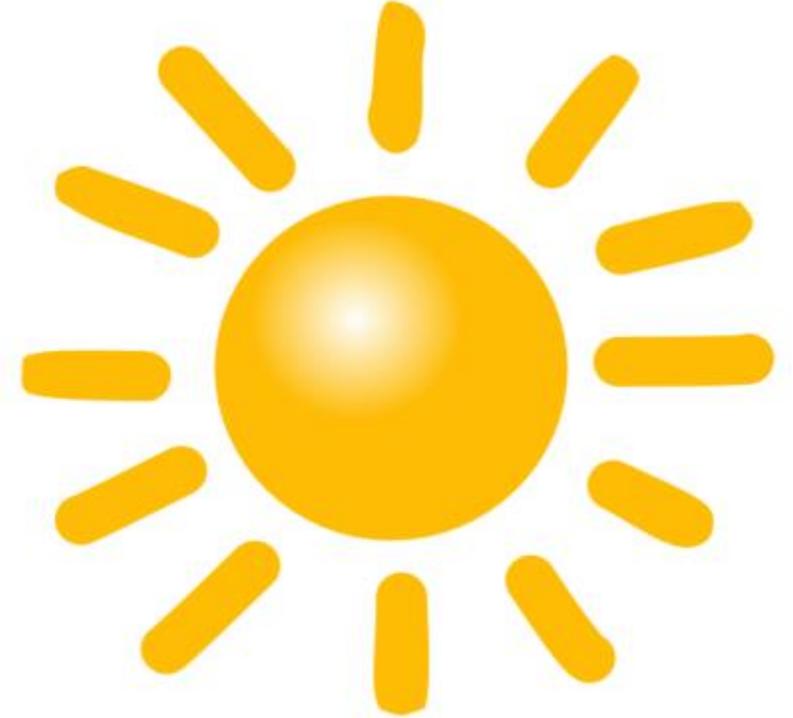
Hail Mary

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.



Morning Prayer

Father in heaven, you love me,
you are with me night and day.
I want to love you always
in all I do and say.
I'll try to please you, Father,
bless me through the day.
Amen.



Prayer at the end of the day

God our Father, I come to say
thank you for your love today.
Thank you for my family
and all the friends you give to me.
Guard me in the dark of night
and in the morning send your light.
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.

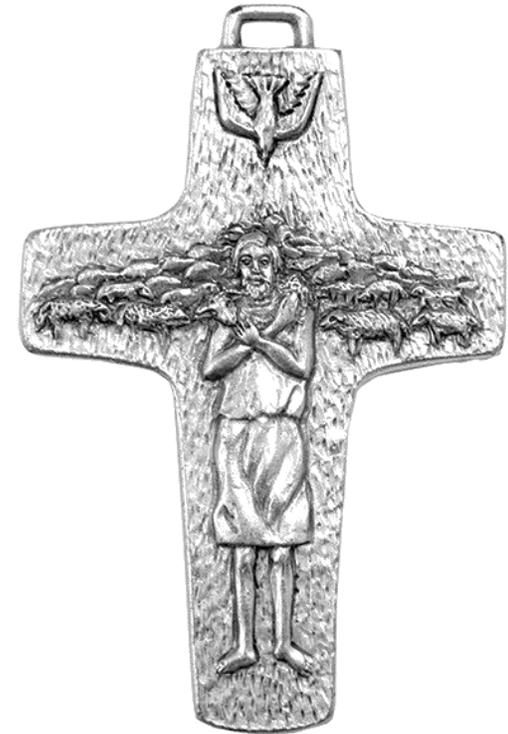
And lead us not into temptation,
but deliver us from evil.

Amen.



Sign of the Cross

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



Act of Faith, Hope and Love

Jesus, I believe in you.
Jesus, I hope in you.
Jesus, I love you.



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.



Prayer to the 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.



Act of Faith

My God, I believe in you
and all your Church teaches,
because you have said it
and your word is true.

Amen

FAITH 



Act of Hope

My God, I hope in you,
for grace and for glory,
because of your promises,
your mercy and power.
Amen.



Eternal Rest

Eternal rest give unto them, O Lord,
and let perpetual light shine upon them.
May they rest in peace.
Amen.



Prayer of St. Francis

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
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.



Act of Love

O my God, I love you with my whole heart
and above all things
because you are infinitely good and perfect,
and I love my neighbour as myself
for love of you.

Grant that I may love you more and more in this life,
and in the next for all eternity.

Amen.



Act of Sorrow

O my God, I thank you for loving me.
I am sorry for all my sins:
for not loving others
and not loving you.
Help me to live like Jesus
and not sin again.
Amen.



Prayer of Thanksgiving after Communion

○ Sacrament most holy!

○ Sacrament divine!

All praise and all thanksgiving
be every moment thine.



The Angelus

The Angel of the Lord declared to Mary: **and she conceived of the Holy Spirit.**

Hail Mary... **Holy Mary...**

Behold the handmaid of the Lord: **be it done to me according to your word.**

Hail Mary... **Holy Mary...**

And the Word was made flesh: **and dwelt among us**

Hail Mary... **Holy Mary...**

Pray for us, O holy Mother of God **that we may be made worthy of the promises of Christ.**



Let us pray:

Pour forth, we beseech you, O Lord,

your grace into our hearts,

that we to whom the incarnation of Christ, your Son,

was made known by the message of an angel,

may be brought by his passion and cross

to the glory of his resurrection,

through Christ our Lord. Amen.



Prayer to the Guardian Angel

Angel sent by God to guide me,
be my light and walk beside me;
be my guardian and protect me;
on the paths of life direct me.



Prayer of St. Richard of Chichester

Day by day,

O dear Lord,

three things I pray:

to see you more clearly,

love you more dearly,

follow you more nearly,

day by day,

by day, by day.

Amen.

The Memoraré



Remember, O most loving Virgin Mary,
that it is a thing unheard of,
that anyone ever had recourse to your protection,
implored thy help, or sought thy intercession, and was
left forsaken.

Filled therefore with confidence in your goodness
I fly to thee O Mother, Virgin of Virgins.

To thee I come, before thee I stand, a sorrowful sinner.

Despise not my poor words,

O mother of the word of God,

but graciously hear and grant my prayer.

Amen.



The joyful mysteries

- The annunciation
- The visitation
- The birth of Jesus
- The presentation at the temple
- Finding Jesus in the temple

The luminous mysteries

- The Baptism of Jesus in the Jordan. Fruit of the Mystery: Openness to the Holy Spirit, the Healer.
- The Wedding at Cana. Fruit of the Mystery: To Jesus through Mary, Understanding of the ability to manifest-through faith.
- Jesus' Proclamation of the Kingdom of God. ...
- The Transfiguration. ...
- The Institution of the Eucharist.

The sorrowful mysteries

- The agony of Christ in the garden
- The scourging of Christ
- Crowning with thorns
- Carrying the cross
- The crucifixion and death of our lord