

**The 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.

**The 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

**Glory Be**

Glory be to the Father  
And to the son  
And to the Holy Spirit,  
As i was in the beginning  
Is now, and ever shall be  
World without end. Amen

**Morning Prayer**

O my God you love me,  
You're 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 before lunch**

Bless us O God as we sit  
together,  
Bless the food we eat today,  
Bless the hands that made the food  
Bless us God, Amen

**End of the Day**

God our Father, we 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

**The Apostles' Creed**

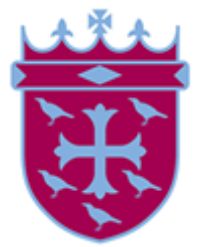
I believe in God,  
the Father almighty  
Creator of heaven and earth,  
And in Jesus Christ, his only Son, our Lord.

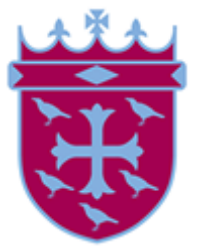
*(At the words that follow, up to and following the Virgin Mary,  
all bow)*

Who was conceived by the Holy Spirit,  
Born of the Virgin Mary,  
Suffered under Pontius Pilate  
Was crucified, died and was buried;  
He descended into hell;  
On the third day he rose again from the  
dead;  
He ascended into heaven,  
And is seated at the right hand of God the  
Father almighty;  
From there he will come to judge the living  
and the dead.  
I believe in the Holy Spirit,  
The holy catholic church,  
The communion of saints,  
The forgiveness of sins,  
The resurrection of the body, and life  
everlasting. Amen.

**Act of Contrition**

O my God, because you are so good,  
I am very sorry that I have sinned against you,  
and with the help of your grace  
I will not sin again.





**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

**Come, Holy Spirit**

Come, Holy Spirit, fill the hearts of your  
faithful.  
And kindle in them the fire of your love.  
Send forth your Spirit and they shall be  
created.  
And you will renew the face of your earth  
*Let us pray*  
O God, who by the light of the Holy Spirit,  
Did instruct the hearts of your faithful,  
Grant that by the same Holy Spirit,  
We may be truly wise, and ever rejoice in  
your consolation,  
Through Christ our Lord.  
Amen

**Prayer of St Richard of Chichester**

Thanks be to you, my Lord Jesus Christ,  
For all the benefits which you have given me,  
For all the pains and insults which you have  
borne for me.  
O most merciful Redeemer, friend and  
brother,  
May I know you more clearly,  
Love you more dearly,  
and follow you more nearly,  
day by day.  
Amen