

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

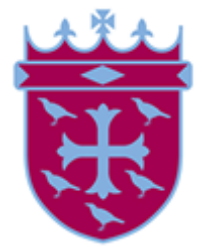
Hail, Mary, full of grace,
The Lord is with thee.
Blessed art thou among women
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
Pray for us sinners,
Now and at the hour of our death.
Amen

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



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

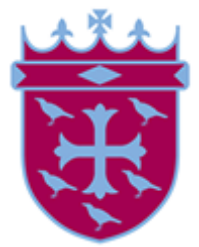
I believe in God,
the Father almighty
Creator of heaven and earth,
And in Jesus Christ, his only Son, our Lord.

*(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