

### Sign of the Cross

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

### 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.

### 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 Savior Jesus Christ suffered and died for us.  
In his name, my God, have mercy. Amen.

### The Ten Commandments

1. I am the Lord your God.  
You shall not have strange gods before me.
2. You shall not take the name of the Lord your God  
in vein.
3. Remember to keep holy the Lord's day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your  
neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

### The Ten Commandments...in other words

1. Love God most of all.
2. Use God's name only in ways pleasing to Him.
3. Attend Mass every Sunday and on holy days.
4. Be obedient to your mom and dad.
5. Do not harm anyone.
6. Be faithful to your husband or wife.
7. Do not steal.
8. Always tell the truth.
9. Do not be jealous of other people.
10. Do not be jealous of other people's things.

### Prayer before Meals

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