

## 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")

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 (Doxology)

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.

### 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.

### Grace Before/After Meals

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

We give you thanks almighty God  
For these and all your gifts,  
Which we have received through  
Christ our Lord.  
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.

**Note:** Before receiving the sacrament of 1st Reconciliation, a child should be able to make-up a simple Act of Contrition in his/her own words. This prayer can be as short as two sentences consisting of a simple statement of being sorry for one's sins and a promise to try not to sin again.