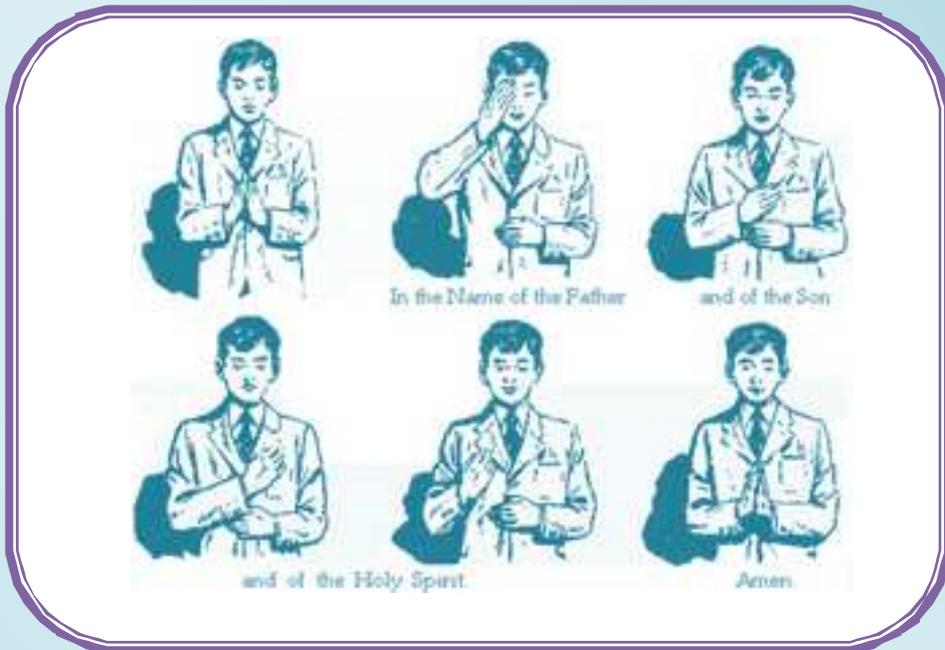


Chapter I

Prayers

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.

Amen.

The 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.

The Apostles' Creed

I believe in God, / the Father almighty, / Creator of heaven and earth./ I believe in Jesus Christ, / His only Son, our Lord. / He was conceived by the power of the Holy Spirit/ and born of the Virgin Mary: / He suffered under Pontius Pilate, / was crucified, died and was buried. / He descended to the dead. On the third day He rose again. / He ascended in to heaven, / and is seated at the right hand of the Father. / He will come again 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 the life everlasting. Amen.

I Confess

I Confess to almighty God, / and to you, my brothers and sisters, / that I have sinned through my own fault, (strike the breast) in my thoughts and in my words, / in what I have done, / and in what I have failed a to do;/ and I ask blessed Mary, ever virgin,/ all the angels and saints,/ and you, my brothers and sisters,/ to pray for me to the Lord Our God.

The Gloria

Glory to God in the highest
and peace to his People on earth.

Lord God, heavenly King,
almighty God and Father,
we worship You, we give You thanks,
we praise You for Your glory.

Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
You take away the sin of the world:
have mercy on us;

You are seated at the right hand of the Father:
Receive our Prayer.

For You alone are the Holy One,
You alone are the Lord,

You alone are the Most High, Jesus Christ,
with the Holy Spirit, in the glory of
God the Father.

Amen.

The Angel Guardian

Angel of God, my guardian dear,
Whom God's love commits me here,
Ever this day (night) be at my side,
To light and guard, to rule and guide.

Hail, Holy Queen

Hail, Holy Queen, Mother of mercy, Hail, our life, our sweetness and our hope! To you do we cry, poor banished children of Eve ; to you do we send up our sighs, mourning and weeping in this vale of tears; turn then, most gracious advocate, your eyes of mercy towards us: and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.

Short Acts of Faith, Hope and Charity

Act of Faith

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

Act of Hope

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

Act of Charity

My God, because you are so good, I love you with all my heart, and for your sake, I love my neighbour as myself.

Act of Contrition (*short form*)

O my God, I am sorry for all my sins, because they displease You, Who are Allgood and deserving of all my love. With Your help, I will sin no more.

Grace before Meals

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

Grace after Meals

We give You thanks, almighty God, for these and all the benefits which we have received from Your bounty, through Christ our Lord. Amen.

The Angelus

L: The Angel of the Lord declared unto Mary.

R: And she conceived of the Holy Spirit.

Hail Mary...

L: Behold the handmaid of the Lord.

R: Be it done to me according to your word.

Hail Mary...

L: And the Word was made flesh.

R: And dwelt among us.

Hail Mary...

L: Pray for us, O Holy Mother of God.

R: 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 by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ, our Lord. Amen.

Regina Coeli

(To be said during Easter Season)

Queen of heaven, rejoice, - Alleluia.

For He whom you did merit to bear, -Alleluia

Has risen, as He said, - Alleluia!

Pray for us to God, -Alleluia.

Rejoice and be glad, O Virgin Mary, - Alleluia

For the Lord has risen indeed, - Alleluia.

Let us pray

O God, who gave joy to the world through the resurrection of Your Son our Lord Jesus Christ, grant that we may obtain, through His Virgin Mother, Mary the joys of everlasting life. Through the same Christ our Lord.

Amen.

Soul of Christ



Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within your wounds hide me
Never let me be separated from You.
From the wicked enemy defend me.
In the hour of my death, call me
And bid me come to you,
So that with your saints
I may praise you for ever and ever.

Amen.

Pope John Paul II Speaks

To Parents of First Communicants

Dear parents,

Your love for Christ has made this day possible. For you are your children's first teachers in the ways of faith- By what you say and do, you show them the truths of your faith and the values of the Gospel- This is indeed not only a sacred duty, but a grace, a great privilege.



Many other members of the Church share in this task, but the main responsibility for your children's religious formation rests upon your shoulders. So try to make your homes genuinely Christian.

Help your children to grow and mature as Jesus did at Nazareth, “in wisdom, in stature and in favour with God and men” (Luke 2:52). Allow no one to take advantage of their lack of experience and knowledge.

As you share with them in their personal pilgrimage to God, may you always be united in prayer and worship and in humble love of God and His people.

John Paul II