

### **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.

### **Grace After Meals**

We give thanks for all your gifts,  
almighty God,  
living and reigning now and for ever.  
Amen.

### **Sign of the Cross**

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

### **Grace Before Meals**

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

### **Glory Prayer**

Glory to the Father,  
and to the Son,  
and to the Holy Spirit:  
as it was in the beginning, is now  
and will be forever. 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.