



The Sign of the Cross

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

Morning Prayer

Father in heaven, you love me,
you are 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

Evening Prayer

God our Father, I 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.



Grace before Meals Prayer

Bless us, O God, as we sit together.

Bless the food we eat today.

Bless the hands that made the food.

Bless us, O God.

Amen.

Grace after Meals Prayer

Thank you, God, for the food we have eaten.

Thank you, God, for all our friends.

Thank you, God, for everything,

Thank you God.

Amen.

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