

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

Amen

2 The Lord be with you.

And with your spirit.

Morning Prayers

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.



Grace Before Meals

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.



The Angelus

traditionally said at midday

The Angel of the Lord declared to Mary: **and she conceived of the Holy Spirit.**

Hail Mary... **Holy Mary...**

Behold the handmaid of the Lord: **be it done to me according to your word.**

Hail Mary... **Holy Mary...**

And the Word was made flesh: **and dwelt among us**

Hail Mary... **Holy Mary...**

Pray for us, O holy Mother of God **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 be brought by his passion and cross

to the glory of his resurrection,

through Christ our Lord. Amen.



Prayer at the end of the day

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.

