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| **sign of the cross**In the name of the Father, and of the son, and of the Holy Spirit. 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 |
| **Hail mary**Hail Mary, full of grace, the Lord is with thee. Blessed are 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 | **our father**Our Father, who art in heaven, hallowed by 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. Lead us not into temptation but deliver us from evil. Amen |

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| **prayer before meals**Bless us, O Lord, and these thy gifts which we are about to receive, from thy bounty, through Christ our Lord. Amen | **prayer after meals**We give you thanks, almighty God, for all your gifts, who lives and reigns now and forever. AmenMay the Lord grant us His Peace, and life everlasting. 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, to guard, to rule and guide.

Amen