

## Common Prayers to use

### The Sign of the Cross

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

*The Sign of the Cross is used in several Christian traditions. It represents the victory of Jesus Christ over death and we use it at both the beginning and the end of our prayers. In the Western Church the Sign of the Cross is made by touching one's forehead, then the chest, then the left shoulder, and finally the right shoulder.*

### Our Father

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.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever. Amen.

### Before Meals

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

### Hail Mary (Ave Maria)

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.

*This prayer is rooted in Gabriel's greeting to the Blessed Virgin at the Annunciation and Elizabeth's greeting to Mary at the Visitation (both Luke 1). The second part, asking for Mary's intercession, was added in the prayer at a later stage.*

### Glory Be (Gloria Patri)

Glory be to the Father, to the Son,  
and to the Holy Spirit:  
as it was in the beginning is now and  
ever shall be,  
world without end. Amen.

### Collect for Purity

Almighty God, to whom all hearts are  
open,  
all desires known, and from whom no  
secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name;  
through Christ our Lord. Amen.

### For the Morning

O my God, I adore you, and love you  
with all my heart.  
I thank you for having created me,  
called me to follow your Son,  
and for having preserved me during  
this night.  
I offer you all my prayers, works, joys,  
and sufferings of this day –  
grant that they may be according to  
your will, and for your greater glory.  
Keep me from all sin and protect me  
from evil.  
And let your grace be always upon  
me and my loved ones. Amen.

### For Bedtime

O my God, I adore you, and love you  
with all my heart.  
I thank you for having created me,  
called me to follow your Son,  
and for having preserved me during  
this day.  
I pray that you will forgive me  
whatever evil I have done,  
and that you will accept whatever  
good I may have done.  
Protect me while I rest and keep me  
from danger.  
And let your grace be always upon  
me and my loved ones. Amen.

### For the Souls of the Departed

Eternal rest grant unto them, O Lord,  
and let perpetual light shine upon  
them.  
May they rest in peace. Amen.

### The Angelus

The angel of the Lord brought tidings  
to Mary.  
And she conceived by the Holy Spirit.

*Hail Mary, full of grace, the Lord is  
with thee.*

*Blessed art thou amongst 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.*

Behold the handmaid of the Lord.  
Be it unto me according to thy word.

*Hail Mary...*

And the Word was made flesh.  
And dwelt among us.

*Hail 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 thee,  
O Lord, thy grace into our hearts,  
that,  
as we have known the incarnation of  
thy Son Jesus Christ,  
by the message of an angel, so by his  
cross and passion,  
we may come to share in the glory of  
his resurrection.  
Through the same Christ our Lord.  
Amen.

*The Angelus is a memorial of the  
Incarnation of Jesus. It is traditionally  
used three times a day; morning,  
noon, and evening. In Eastertide  
(between Easter Day and Pentecost)  
it is replaced by the Regina Coeli  
(below).*

### The Regina Coeli

Joy to thee, O Queen of Heaven,  
alleluia!  
He whom thou wast meet to bear,  
alleluia!  
As he promised hath arisen, alleluia!  
Pour for us to God thy prayer, alleluia!

Rejoice and be glad, O Virgin Mary,  
alleluia.  
For the Lord is risen indeed, alleluia.  
Let us pray.

O God,  
who through the resurrection of thy  
Son our Lord Jesus Christ  
hast vouchsafed to give joy to the  
whole world:  
grant, we beseech thee, that through  
the prayers of his mother,  
the Virgin Mary, we may obtain the  
joys of everlasting life;  
through the same Christ our Lord.  
Amen.

### Act of Contrition (or Repentance)

My God, I am sorry for my sins with all  
my heart. In choosing to do wrong  
and failing to do good, I have sinned  
against you whom I should love  
above all things. I firmly intend, with  
your help, to do penance, to sin no  
more, and to avoid whatever leads me  
to sin.  
Our Saviour, Jesus Christ, suffered  
and died for us. In his name,  
O Loving Father, have mercy on me.  
Amen.