

The Sign of the Cross

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

The 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. Amen.

The 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.

The Glory Be

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



Angel of God, my guardian dear,

To whom God's love commits me here;

Ever this day be at my side,

To light and guard, to rule and guide.

Amen.

Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins,

because I dread the loss of heaven and the

pains of hell, but most of all because they

offend Thee, my God, who art all good and

deserving of all my love. I firmly resolve

with the help of thy grace to confess my

sins, to do penance, and to amend my life.

Amen.

The Apostles' Creed

I believe in God, the Father almighty, Creator of Heaven and earth. And in Jesus Christ, His only Son, our Lord, Who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate; was crucified, died, and was buried. He descended into hell. The third day He rose again from the dead. He ascended into Heaven, and sits at the right hand of God, the Father almighty, from thence He shall come to judge the living and the dead. I believe in the Holy Ghost, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

(SEE BACK)

Other things to know, which are not on the list of questions from the First Communion Catechism:

The three things that make a sin mortal:

- 1- It's a big sin.
- 2- You KNOW it's a big sin.
- 3- You WANT to do it anyway.

(Without all three things, it is not a mortal sin.)



Grace after Meals

We give Thee thanks, Almighty God, for all Thy benefits, Who livest and reignest forever and ever. And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

THE TEN COMMANDMENTS:

1. I am the Lord thy God; thou shalt not have strange gods before Me.
2. Thou shalt not take the name of the Lord thy God in vain.
3. Remember thou keep holy the Lord's day.
4. Honour thy father and thy mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbour's wife.
10. Thou shalt not covet thy neighbour's goods.

Morning Offering

O my God because You are all-good, I love you with my whole heart and soul.

Act of Faith

O my God, I believe all the truths which the Holy Catholic Church teaches, because You have made them known.

Act of Hope

O my God, because You are all-powerful, merciful, and faithful to Your promises, I hope to be happy with You in heaven.

Act of Charity

O my God because You are all-good, I love you with my whole heart and soul.

