



### The Sign of the Cross (Reception)

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

### Hail Mary (Reception)

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.

### Our Father (Reception)

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.

### Morning Prayer (Reception)

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 (Reception)

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 (Reception)

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 (Reception)

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.

### Glory Be (Y1)

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.

### Eternal Rest (Y2)

Eternal rest give unto them, O Lord.

And let perpetual light shine upon them.

May they rest in peace.

Amen.

### Act of Sorrow (Y3)

O my God, I thank you for loving me.

I am sorry for all my sins:

for not loving others

and not loving you.

Help me to live like Jesus

and not sin again.

Amen.



### The Magnificat (Y5/6)

My soul glorifies the Lord,  
My spirit rejoices in God, my Saviour.  
He looks on his servant in her loneliness;  
henceforth all ages will call me blessed.  
The Almighty works marvels for me.

Holy his name!

His mercy is from age to age, on those who fear him.  
He puts forth his arm in strength and scatters the proud-hearted.  
He casts the mighty from their thrones and raises the lowly.  
He fills the starving with good things, sends the rich away empty.

He protects Israel, his servant,  
remembering his mercy, the mercy promised to our fathers,  
to Abraham and his sons for ever.

### Apostles Creed (Y6)

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 Spirit, born of the Virgin Mary, suffered under Pontius Pilate,  
was crucified, died, and was buried.

He descended into Hell; the third day He arose again from the dead;  
He ascended into Heaven and is seated 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 Spirit, the Holy Catholic Church,  
the Communion of Saints, the forgiveness of sins,  
the resurrection of the body, and life everlasting.

Amen.