**Traditional**

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**The Sign of the Cross**

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

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**The Lord’s Prayer**

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.

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**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.

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**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.

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**Two Commandments**

You shall love the Lord your God with your whole heart, with your whole soul, and with all your mind and you shall love your neighbor as yourself.

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**Prayers**

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**The Ten Commandments**

1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbors.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

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**An Act of Faith**

O my God, I firmly believe that You are one God in three divine Persons: Father, Son and Holy Spirit.

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**An Act of Hope**

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

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**An Act of Love**

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

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**Blessing before Meals**

Bless us, O Lord, and these Your gifts, which we are about to share Through Christ our Lord. Amen.