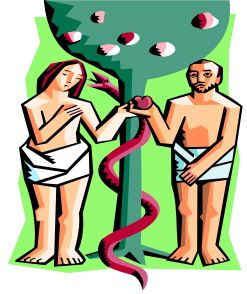


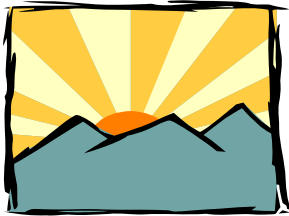
Act of Contrition

Oh my God, I am heartily sorry
for having offended You.
And I detest all of my sins because of Your just punishment,
But most of all because they offend You, my God
Who are all good and deserving of all of my love.
I firmly resolve with the help of Your Grace
To sin no more and to avoid the near occasion of sin.
Amen.



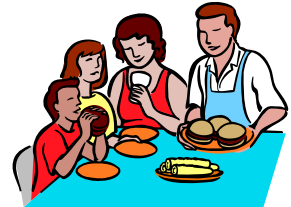
Morning Offering

O my God, I offer You
every thought and word and act of today.
Please bless me, my God,
and make me good today.
Amen.



Grace Before Meals

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



Grace After Meals

We give Thee thanks
for all thy benefits,
O almighty God,
who lives and reigns forever.
Amen.