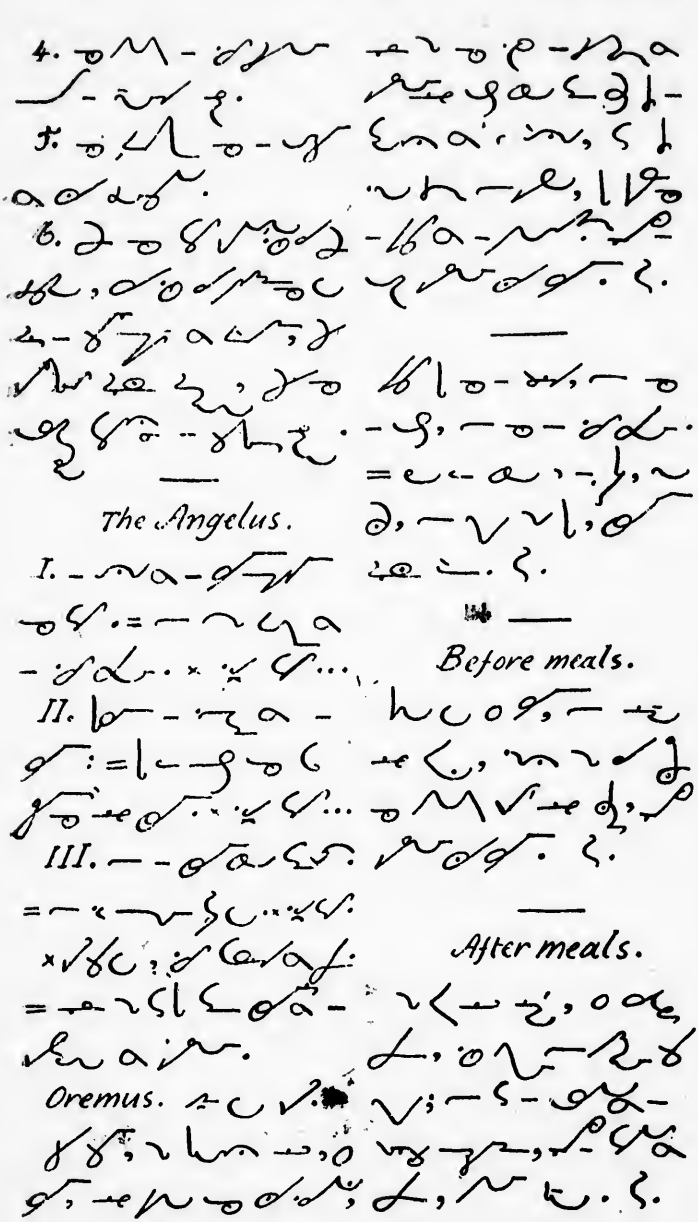

The Angelus.

I.

II.

III.

Oremus.

Before meals.

After meals.