

6. To abstain from flesh meat, all Fridays and Saturdays.

7. To pay tythes to our Pastors.

In honor of the Holy Trinity.

GLORIA Patri, et Filio, et Spiritui Sancto.	GLORY be to the Father, and to the Son and to the Holy Ghost.
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Sicut erat in principio, et nunc, et semper, et in sæcula sæculorum. Amen.

As it was in the beginning, is now, and ever shall be, world without end. Amen.

A prayer to the Holy Virgin.

SUB tuum præsidium confugimus, sancta Dei Genitrix : nostras deprecationes ne despicias in necessitatibus ; sed à periculis cunctis libera nos semper, Virgo gloriosa et benedicta. Amen.	WE fly to thy patronage, O holy Mother of God : despise not our prayers in our neccssities ; but deliver us always from all dangers, O glorious and blessed Virgin. Amen.
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