

who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead and buried. He descended into hell: the third day he arose from the dead: he ascended into heaven, and sitteth 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 Ghost, the holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. *Amen.*

Afterwards recite three Hail Marys more, in honor of the purity of the Blessed Virgin Mary. "Hail Mary," &c. Then make the following Acts of Faith, Hope, and Charity, which should be done also before you go to sleep at night.

ACT OF FAITH.*

O MY God! thou who art infallible Truth! I believe every thing which the Holy Church commands me to believe, because thou hast revealed it to her. I believe that thou art the Creator of heaven and earth, that thou dost reward the just

* According to a concession of Pope Benedict XIV., granted in December, 1754, an indulgence of seven years and seven quarantains (280 days) may be gained by devoutly repeating these acts. If recited daily for a month, with confession and communion made in the course of the same month, a plenary indulgence is gained.