

*A prayer to our Guardian Angel.*

**A**NCELE Dei, qui custos es mei, me tibi commissum pietate supernâ, hodiè illumina, custodi, rege et gubernâ. Amen.

**O** Angel of God, to whose holy care I am committed, enlighten, defend and keep me this day from all sin and danger. Amen.

*Grace before meat.*

**B**ENEDICITE, Dominus. Nos et ea quæ sumus sumptui benedicat dextera Christi. Amen.  
In nomine Patris, &c.

**B**LESS us, O Lord, and these thy gifts, which of thy bounty we are about to receive: through Christ Our Lord. Amen.

In the name of the Father, &c.

*Grace after meat.*

**A**GIMUS tibi gratias, Omnipotens Deus, pro universis beneficiis tuis; qui vivis et regnas in sâcula sâculorum. Amen.

In nomine Patris, &c.

**W**E give thee thanks, O Almighty God, for all thy benefits; who livest and reignest, world without end. Amen.

In the name of the Father, &c.