

The seven Commandments of the Church.

- 1st. Thou shalt sanctify the holydays which are commanded thee.
- 2nd. Thou shalt hear Mass on Sundays and holydays.
- 3rd. Thou shalt confess thy sins at least once a year.
- 4th. Thou shalt humbly receive thy Creator, at least at Easter-time.
- 5th. Thou shalt fast on the Emberdays, Vigils and throughout Lent. †
- 6th. Thou shalt not eat flesh meat on Fridays or Saturdays. †
- 7th. Thou shalt faithfully pay to the Church her rights and tithes.

Doxology to the Blessed Trinity.

GLORY be to the Father, and to the Son, and to the Holy Ghost. **G**LORIA Patri, et Filio, et Spiritui Sancto.
 As it was in the beginning, is now, and ever shall be, world without end. Amen. Sicut erat in principio, et nunc, et semper, et in sæcula sæculorum. Amen.

A prayer to the Blessed Virgin.

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

A prayer to our Guardian Angel.

ANGEL of God, who art my guardian, enlighten, direct, and govern me this day, who have been committed to thee by the supernal clemency. Amen. **A**NGELE Dei, qui custos es mei, me tibi commissum pietate supernâ, hodiè illumina, custodi, rege et governa. Amen.

Grace before meals.

BLESS us, O Lord, as also the food of which we are about to partake. In the name of the Father, and of the Son, and of the Holy Ghost. Amen. **B**ENEDICITE, Dominus, nos et ea quæ sumus sumpturi benedicat dextera Christi. In nomine Patris, etc.

† See pages 8 and 9 for what has been regulated concerning us as to these two commandments, according to an indult of July 7, 1844.