

care pro me ad
ostrum.

estri omni-po-
tate sumus
missis peccatis
vos ad vitam

GRACE BEFORE MEAT.

V. Benedic, Domine, nos et
hæc tua dona quæ de tua largi-
tate sumus sumpturi; per
Christum Dominum nostrum.
R. Amen.

V. Bless us, O Lord, and these
thy gifts, which of thy bounty
we are about to receive;
through Christ our Lord.
R. Amen.

GRACE AFTER MEAT.

, absolutio-
peccatorum
nobis omni-
s Dominus.

Agimus tibi gratias, omni-po-
tens Deus, pro universis benefi-
ciis tuis; qui vivis et regnas in
secula seculorum. Amen.

Retribuere dignare, Domine,
omnibus nobis, bona facientibus
propter nomen tuum, vitam
æternam. Amen.

We give thee thanks, almighty
God for all thy benefits; who
livest and reignest, world with-
out end. Amen.

Vouchsafe, O Lord, to render
to all who do us good for thy
name's sake, life everlasting.
Amen.

ACTS OF CONTRITION, FAITH, HOPE AND CHARITY.

Domini nun-
de Spiritu

✠ *In the name of the Father, and of the Son, and of the
Holy Ghost. Amen.*

A PRAYER BEFORE THE ACTS.

Let us Pray.

la plena, Do-
edicta tu in
dictus fructus
Sancta Maria,
nobis, pecca-
hora mortis

O Almighty and Eternal God, grant unto us an increase of
faith, hope and charity; and that we may obtain what thou hast
promised, make us love and practice what thou commandest,
through Jesus Christ our Lord. Amen.

la Domini.
undum ver-

AN ACT OF CONTRITION.

caro factum
a nobis.

O my God! I am heartily sorry for having offended thee, and I
detest my sins most sincerely, not only because by them I have lost
all right to heaven, and have deserved the everlasting punishment
of hell, but especially because they displease thee, my God, who
art so deserving of all my love, for thy infinite goodness and most
amiable perfections; and I firmly purpose, by thy holy grace, never
more to offend thee.

AN ACT OF FAITH.

Sancta Dei
i efficiamur
sti.

quæsumus
nostris in-
nuntiate,
arnationem ejus
sionem glo-
er eundem
nostrum.

O my God! I firmly believe that thou art one only God, the
Creator and Sovereign Lord of Heaven and Earth, infinitely great
and infinitely good; I firmly believe that in thee, one only God,
there are three Divine Persons, really distinct, and equal in all
things, the Father, and the Son and the Holy Ghost; I firmly
believe in Jesus Christ, God the Son who became Man; was
conceived by the Holy Ghost and was born of the Virgin Mary;
suffered and died on a cross to redeem and save us; arose the
third day from the dead, and ascended into heaven; and will
come at the end of the world to judge mankind, and will reward
the good with eternal happiness, and condemn the wicked to
the everlasting pains of Hell. I believe these and all other
articles which the holy Roman Catholic Church proposes to us