

Morning Offering

My God, I offer you my prayers,
works, joys and sufferings of this day
in union with the holy sacrifice of the Mass throughout the world.
I offer them for all the intentions of your Son's Sacred Heart,
for the salvation of souls, reparation for sin,
and the reunion of Christians.
Amen.

Morning Prayer

God, our Father,
I offer you today
all that I think and do and say.
I offer it with what was done on earth
by Jesus Christ, your Son.
Amen.

The Apostles' Creed

I believe in God, the Father almighty, creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord.
He was conceived by the power of the Holy Spirit and born of the Virgin Mary.

He suffered under Pontius Pilate, was crucified, died, and was buried.
He descended to the dead.
On the third day he arose again.
He ascended into heaven, and is seated at the right hand of the Father.
He will come again to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting.
Amen.

Hail, Holy Queen

Hail, holy Queen, Mother of mercy, hail, our life, our sweetness, and our hope.
To you we cry, the children of Eve;
to you we send up our sighs,
mourning and weeping in this land of exile.

Turn, then, most gracious advocate,
your eyes of mercy toward us;
lead us home at last
and show us the blessed fruit of your womb, Jesus:
O clement, O loving, O sweet Virgin Mary.

Act of Contrition

My God,
I am sorry for my sins with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love above all things.
I firmly intend, with your help,
to do penance,
to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ
suffered and died for us.
In his name, my God, have mercy.