

Apostles Creed

I believe in God, the Father almighty,
Creator of heaven and earth.
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit, born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
He descended into hell;
on the third day he rose again from the dead;
he ascended into heaven, and is seated at the
right hand of God the Father almighty;
from there he will come 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 life everlasting. Amen.

Nicene Creed

I believe in one God the Father almighty,
maker of heaven and earth of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only-begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through Him all things were made.
For us men and for our salvation
He came down from heaven.

(At the following words, up to and including "and became man", all bow)

and by the Holy Spirit was incarnate
of the Virgin Mary, and became man.

For our sake He was crucified under Pontius Pilate,
He suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead.
His kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets;
I believe in one, holy, catholic, and apostolic Church.
I confess one baptism for the forgiveness of sins.
I look forward to the resurrection of the dead
and the life of the world to come. Amen.

Act of Contrition I

Oh my God,
I am sorry for my sins
and with your help
I promise to do better, Amen.

Act of Contrition II

O my God, I am heartily sorry
for having offended you, with all my heart
and I detest all my sins,
because of your just punishment,
but most of all because they
offend you, my God, I firmly resolve, with the help
of your grace to sin no more and to avoid occasions of sins, Amen.

Hail Mary

Hail Mary, full of grace.
Our Lord is with you.
Blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

Our Father

Our Father, Who is in heaven,
Holy is Your Name;
Your kingdom come,
Your will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our sins,
as we forgive those who sin against us;
and lead us not into temptation,
but deliver us from evil. Amen.

Glory Be

Glory be to the Father and to
the Son and to the Holy Spirit,
as it was in the beginning, is now
and ever shall be, world without end.

Hail, Holy Queen

Hail, holy Queen, Mother of Mercy!
Our life, our sweetness, and our hope!
To thee do we cry, poor banished
children of Eve, to thee do we send
up our sighs, mourning and weeping
in this valley, of tears.
Turn, then, most gracious advocate,
thine eyes of mercy toward us; and
after this our exile show unto us the
blessed fruit of thy womb Jesus;
O clement, O loving, O sweet virgin Mary.
Pray for us, O holy Mother of God
That we may be made worthy of the promises of Christ.