



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.



men

## The Sign of The Cross



1. With your right hand, touch your forehead and pray, "In the name of The Father."



2. Touch the center of your chest and pray, "and of The Son,"



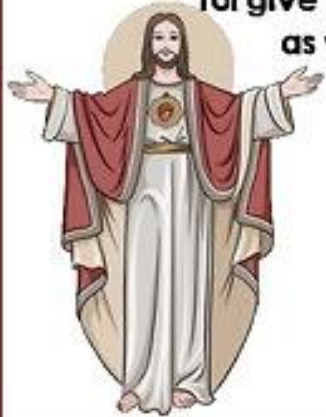
3. Touch your left shoulder and pray, "and of The Holy..."



4. Touch your right shoulder and pray, "Spirit, Amen."

# Our Father

Our Father, who art in Heaven,  
Hallowed be Thy name; Thy  
Kingdom come, Thy will be done  
on earth as it is in Heaven. Give us  
this day our daily bread; and  
forgive us our trespasses  
as we forgive those  
who trespass  
against us;  
and lead us not  
into temptation,  
but deliver us  
from evil.



**Amen.**



## Hail Mary,

FULL OF GRACE,  
THE 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.



## 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. Amen.**

