

*The Angelus*

*(Traditionally Prayed at Noon Each Day)*

The Angel of the Lord declared to Mary:  
And she conceived of the Holy Spirit.

*Hail Mary . . .*

Behold the handmaid of the Lord:  
Be it done unto me according to Thy word.

*Hail Mary . . .*

And the Word was made Flesh:  
And dwelt among us.

*Hail Mary . . .*

Pray for us, O Holy Mother of God,  
that we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord. Amen.

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*Morning Offering*

O Jesus, in union with Your Most Precious Blood poured out on the cross and offered in every Mass, I offer you today my prayers, works, joys, sorrows and sufferings for the praise of Your Holy Name and all the desires of Your Sacred Heart, for the conversion of sinners, the union of all Christians and our final union with You in heaven.

*Grace Before Meals*

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

*Act of Contrition*

O my God,  
I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love.  
I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

*(short form)*

Lord Jesus, Son of God  
have mercy on me, a sinner.

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