77140

**ST. BRENDAN... PRAY FOR US. | Morning Offering | Oulseus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day in union with the Holy Searlifice of the Mass throughout the world. I offer them for the intentions of your Secred Heart, the salvation of souls, the reparation for sin, and the reunion of all Christians. I offer them for the intentions of use Bishop and all the Apostles of prayer, and in particular, for those recommentations of use of prayer, and in particular, for those recommentations of use of the particular and include the province of the particular and fellows and fellows are codemics, splith well and fellows and fellows are commentative. In the particular in the particular for those recommentations of use of the particular for those recommentations. The angelus The angelus The angel of the Lord declared the And she conceived of the Holl Mary ... Hold Mary ...

Grace Before Lunch

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

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. Amen

Thanksgiving After Lunch

We give You thanks, Almighty God, for all Your benefits, who live and reigns forever and ever. May the souls of the faithful departed rest in peace. (Use the right thumb to make a sign of the cross over the forehead, lips and heart.) May God be in my thoughts, in my words and in my heart. Amen.

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 You, O Lord, Your grace into our hearts; that as we have known the incarnation of Christ, Your son, by the message of an angel, so by His passion and cross, we may be brought to the glory of His Resurrection, through the same Christ our Lord. Amen.

Ten Commandments

- 1)I am the Lord your God. You shall not have strange gods before me.
- 2) You shall not take the name of the Lord your God in vain.
- 3) Remember to keep holy the Lord's Day.
- 4) Honor your father and mother.
- 5) You shall not kill.
- 6) You shall not commit adultery.
- 7) You shall not steal.
- 8) You shall not bear false witness against your neighbor.
- 9) You shall not covet your neighbor's wife.
- 10) You shall not covet your neighbor's goods.

