

1. Sign of the Cross
2. Guardian Angel Prayer
3. Grace Before Meals

### **SIGN OF THE CROSS**

In the name of the Father and of the Son  
and of the Holy Spirit. Amen.



### **GUARDIAN ANGEL**

Angel of God, my guardian dear,  
to whom God's love commits me here,  
ever this day be at my side, to light  
and guard, to rule and guide. Amen

### **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.