

SEASONAL TABLE CARDS

The parish uses table cards on a regular basis to both encourage prayer in one's home and to help parish members share some common practices of prayer, no matter our schedules.

To use:

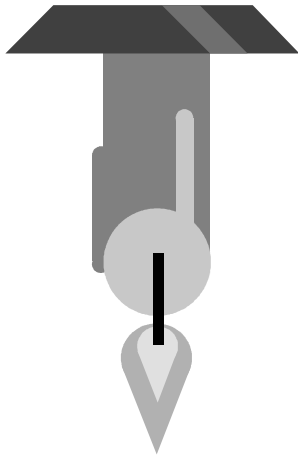
- Print out page two of this document.
- Fold the page in half so that the prayer is on one side and the reflection on the other.
- Place the card on the table where you eat or another conspicuous spot and use it as your prayer before meals or as a night prayer.

God and Father of us all, show us your mercy and make us a new creation in the likeness of your Son. Make us living signs of your love for the whole world to see. We ask this through Christ our Lord. Amen.

- Help us to live a life of holiness...
 - Help us to forgive others who have sinned against us... hurt...
 - Reconcile us with you and with those whom we have hurt...
 - Forgive us our sins...
 - Give light to our darkness and lead us by your truth... throughout the world...
 - Make us grow in your peace and seek to spread it
 - Make us a living sign of your love for all to see...
- Response:** Lord, come and renew our spirit.

The Lord is kind and merciful.
He brings light into the darkness of our lives through
the forgiveness of our sins.

Prayer



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.
Amen**