



# St. John's Parish Office of Religious Education

## To Learn and Memorize

### Kindergarten

- 1) **The Sign of the Cross** - In the name of the Father, and of the Son, and of the Holy Spirit. Amen
  
- 2) **Genuflection** – While looking at the Tabernacle, kneel on your right knee for a moment, bringing the right knee all the way to the floor, close to the heel of the left foot, keeping the back and neck erect. You may choose to make the sign of the cross while genuflecting.
  
- 3) **Guardian Angel Prayer** – 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
  
- 4) **Grace Before Meals** - Bless us, O Lord, and these your gifts which we are about to receive from your bounty, through Christ our Lord. Amen.
  
- 5) **Grace After Meals** - We give you thanks almighty God, for all your gifts, who live and reign, now and forever. Amen.

