

# How to handwash Catholic Style!



30-45 second wash time



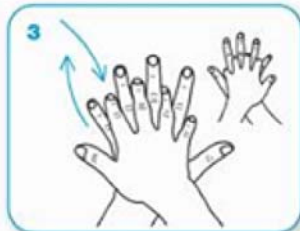
0  
Our Father, Who art in heaven,  
Hallowed be Thy Name.



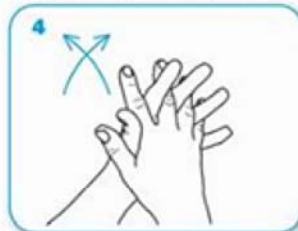
1  
Thy Kingdom come.  
Thy Will be done,  
on earth as it is in Heaven.



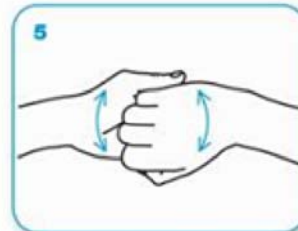
2  
Give us this day our daily bread.



3  
And forgive us our trespasses,  
as we forgive those who trespass  
against us.



4  
And lead us not into  
temptation, but deliver us  
from evil. Amen.



5  
Hail Mary, Full of Grace,  
The Lord is with thee.



6  
Blessed art thou among women,  
and blessed is the fruit  
of thy womb, Jesus.



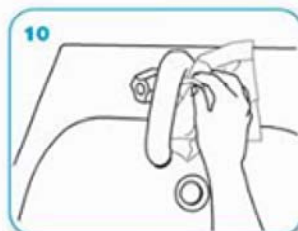
7  
Holy Mary, Mother of God,  
pray for us sinners



8  
now, and at the hour of  
our death. Amen.



9  
Glory be to the Father,  
and to the Son,  
and to the Holy Spirit.



10  
As it was in the beginning,  
is now, and ever shall be,  
world without end.



11  
Amen.

*Clean hands are life savers*

*... and prayers save souls!*