



BENEDICTIO MENSÆ

Ante Prandium · Before Meals

Benedic, Domine, nos et haec tua dona,

BEH-neh-deek, DOH-mee-neh, nohs et hek TOO-ah DOH-nah

quae de tua largitate sumus sumpturi.

kwah deh TOO-ah lar-jee-TAH-teh SOO-moos soom-TOO-ree

Per Christum Dominum nostrum. Amen.

per KREE-stoom DOH-mee-noom NOH-stroom. AH-men

Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty. Through Christ our Lord. Amen.

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Post Prandium · After Meals

Agimus tibi gratias, omnipotens Deus,

AH-jee-moos TEE-bee GRAH-tsee-ahs, om-NEE-po-tens DEH-oos

pro universis beneficiis tuis.

proh oo-nee-VEHR-sees beh-neh-FEE-chee-ees TOO-ees

Qui vivis et regnas in saecula saeculorum. Amen.

kwah VEE-vees et REH-nyahs een SEH-koo-lah seh-koo-LOH-room. AH-men

We give Thee thanks, almighty God, for all Thy benefits, who live and reign for ever and ever. Amen.

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Ora sicut maiores.

Pray just as those who have gone before us.

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