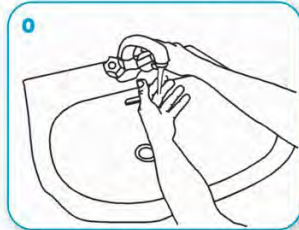


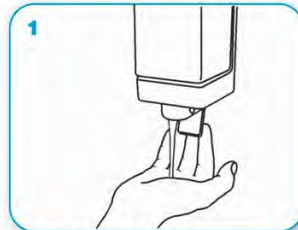
How to handwash Catholic Style!



30-45 second wash time



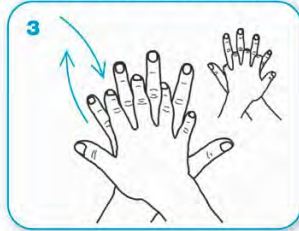
I believe in God,
the Father Almighty,
Creator of heaven and earth,



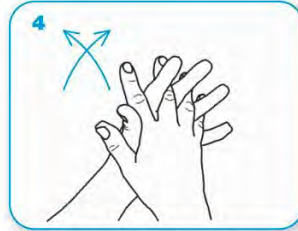
and in Jesus Christ,
His only Son, our Lord,



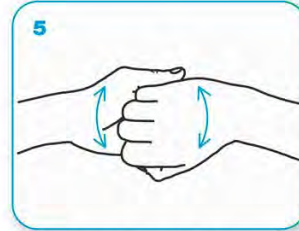
who was conceived by the
Holy Spirit, born of the Virgin Mary,



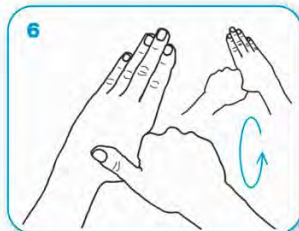
suffered under Pontius Pilate,
was crucified, died and was buried;



He descended into hell;
on the third day He rose
again from the dead;



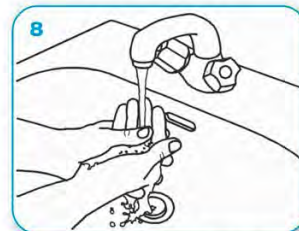
He ascended into heaven,



and is seated at the right hand
of God the Father Almighty;



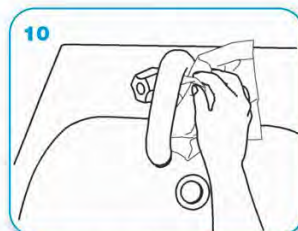
from there He will come to
judge the living and the dead.



I believe in the Holy Spirit,
the Holy Catholic Church,



the communion of Saints,
the forgiveness of sins,



the resurrection of the body,
and life everlasting.



Amen.

Clean hands are life savers

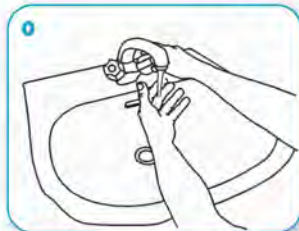
... but prayers save souls!



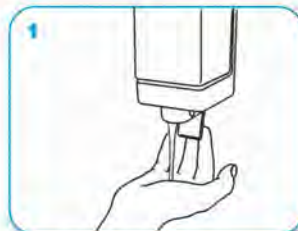
How to handwash Catholic Style!



30-45 second wash time



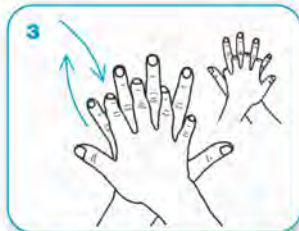
Our Father, Who art in heaven,
Hallowed be Thy Name.



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



Give us this day our daily bread.



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



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



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



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



Holy Mary, Mother of God,
pray for us sinners



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



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



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



Amen.

Clean hands are life savers

... and prayers save souls!