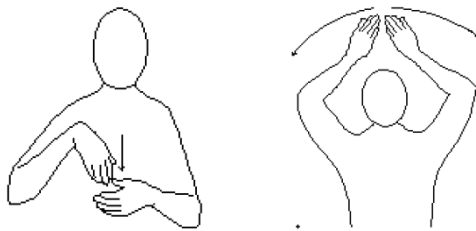
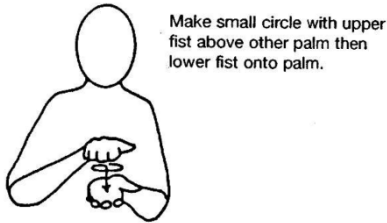


Our Father,



Who art in heaven,



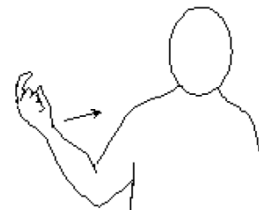
Hallowed be Thy Name.



Thy



Kingdom



come.



Thy Will be done,



on earth as it is in Heaven.



Give us this day



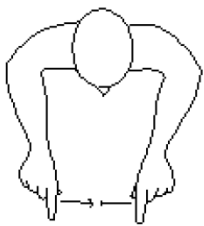
our daily bread.

Fist circles
clockwise
on flat hand

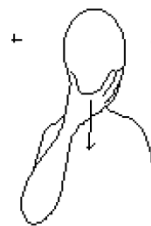


bad

And forgive us our trespasses,



Fist circles
clockwise
on flat hand



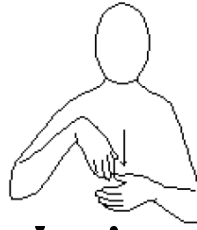
people

as we forgive those



bad (sign towards self)

who trespass against us.



Twist
thumb

difficulty



And lead us not into temptation,

independence



Hands make a
short, strong
forward
movement

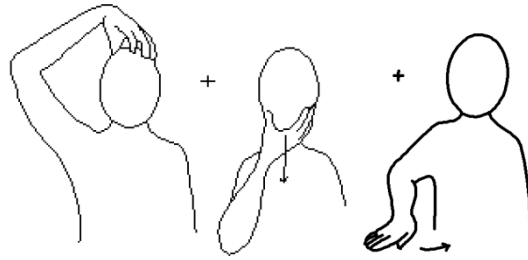
but deliver



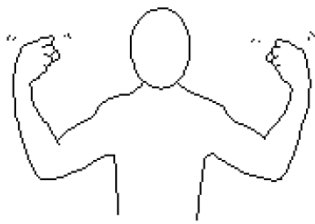
us from evil.



For thine is the



kingdom,



strong



Make alternate circular movements spiralling upwards.

the power, and the glory,



always

for ever and ever.



Amen