



**In Remembrance
of My First Communion**

The Anima Christi

Soul of Christ, sanctify me
Body of Christ, save me
Blood of Christ, inebriate me
Water from Christ's side, wash me
Passion of Christ, strengthen me
O good Jesus, hear me
Within Thy wounds hide me
Suffer me not to be separated from Thee
From the malicious enemy defend me
In the hour of my death call me
And bid me come unto Thee
That I may praise Thee with Thy saints
and with Thy angels
Forever and ever Amen

Anima Christi is Latin for "Soul of Christ"
An indulgence of 300 days. An indulgence
Of 7 years, if recited after Holy Communion
(St. Ignatius of Loyola)

To: _____

From: _____

Date: _____

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