

**Hand washing the Catholic way.**

It is so important that we wash our hands today.

This is definitely a Pro-Life issue.

When washing your hand for 20 seconds,  
instead of singing Happy Birthday,

Wash your hands the Catholic way and say,  
One Our Father, Hail Mary and a Glory be.

For good measure say,

St. Patrick Pray for us

St. Brigid Pray for us

St. Columcille Pray for us.

St. Oliver Plunkett Pray for us

Our Lady of Knock Pray for us.

May the Praying and washing of hands,  
always protect you.

