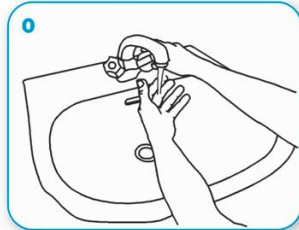


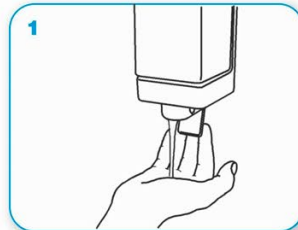
How to handwash Catholic Style!



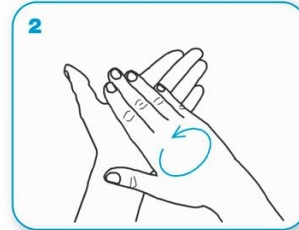
30-45 second wash time



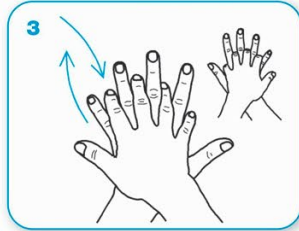
I believe in God,
the Father Almighty,
Creator of heaven and earth,



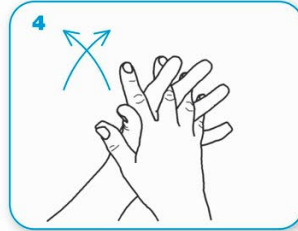
and in Jesus Christ,
His only Son, our Lord,



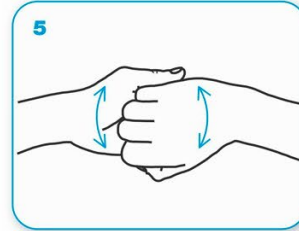
who was conceived by the
Holy Spirit, born of the Virgin Mary,



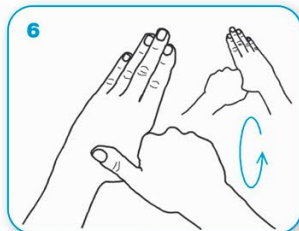
suffered under Pontius Pilate,
was crucified, died and was buried;



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



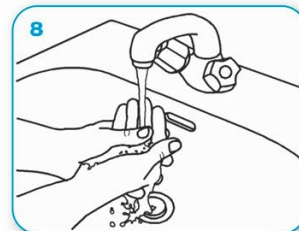
He ascended into heaven,



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



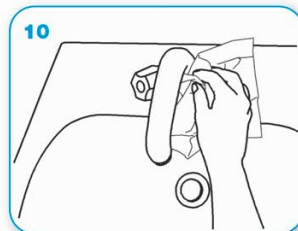
from there He will come to
judge the living and the dead.



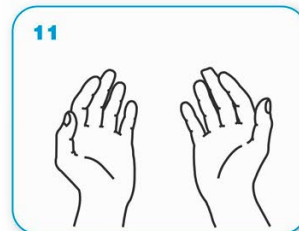
I believe in the Holy Spirit,
the Holy Catholic Church,



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!