How to handwash Catholic Style!

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

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

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

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

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

5  He ascended into heaven,

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

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

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

9  the communion of Saints, the forgiveness of sins,

10 the resurrection of the body, and life everlasting.

11 Amen.

Clean hands are life savers

... but prayers save souls!