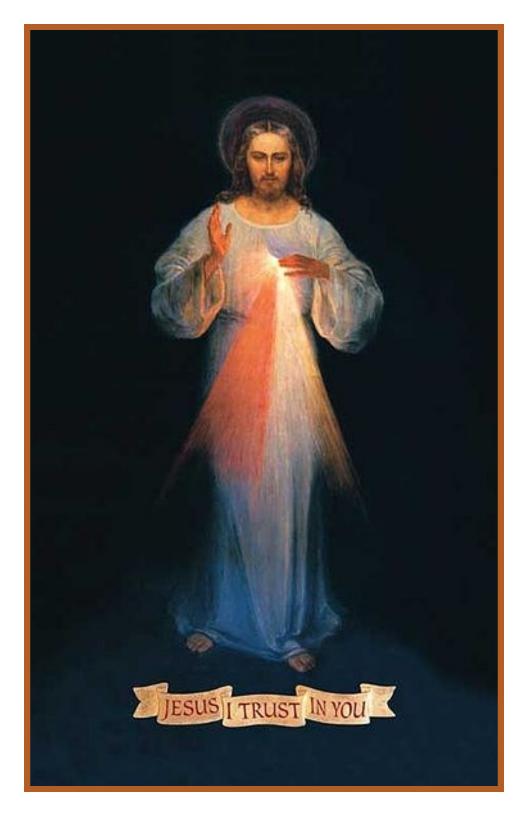
An Act of Contrition O my God, I am heartily sorry for having offended Thee and I detest all my sins, because I dread the loss of heaven and the pains of hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and

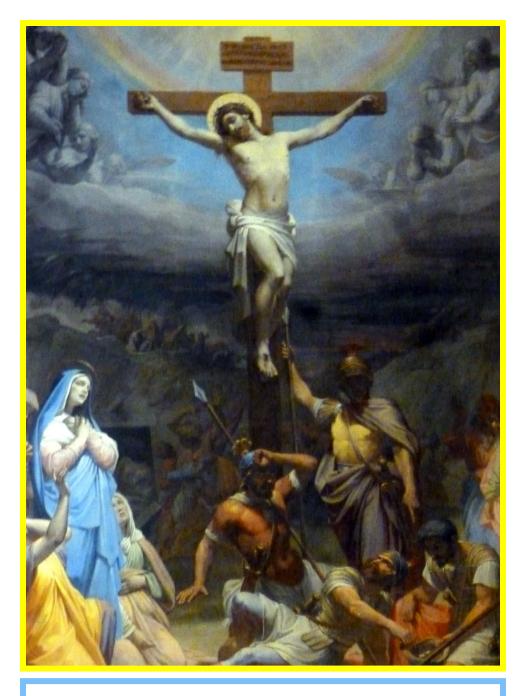
to amend my life. Amen.

Another Act of Contrition

O my God, I am sorry and repent with all my heart for all the wrong I have done and for the good I have failed to do, because by sinning I have offended You, who are all good and worthy to be loved above all things. I firmly resolve, with the help of Your grace, to do penance, to sin no more, and to avoid the occasions of sin. Through the merits of the Passion of our Savior Jesus Christ,

Lord, have mercy.





Lord Jesus Christ, Son of God, have mercy on me, a sinner.