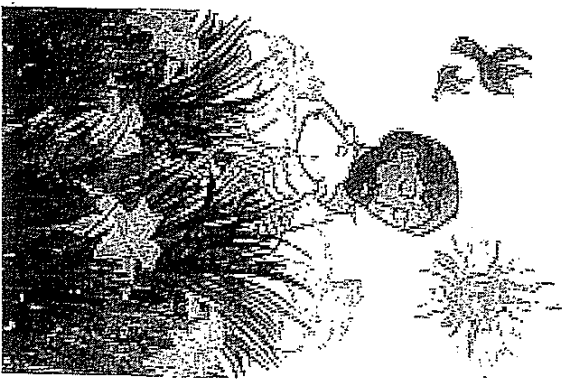


The Act of Contrition

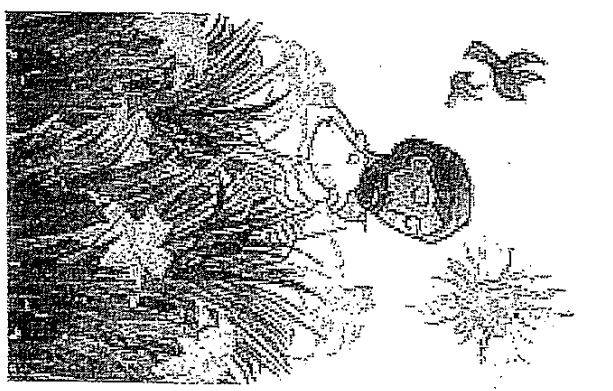
My God,
 I am sorry for my sins with all my heart.
 In choosing to do wrong
 and failing to do good,
 I have sinned against you
 whom I should love above all things.
 I firmly intend, with your help,
 to do penance,
 to sin no more,
 and to avoid whatever leads me to sin.
 Our Savior Jesus Christ
 suffered and died for us.
 In his name, my God, have mercy.
 Amen.

Prayer Cards



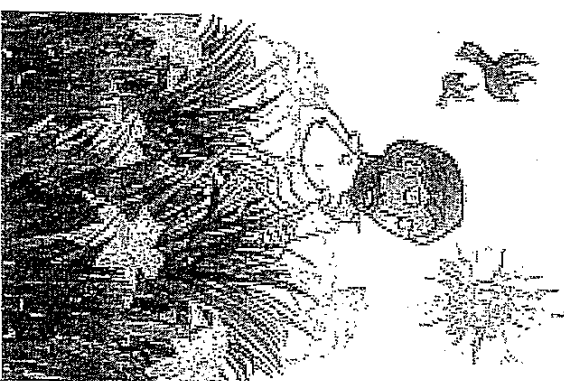
The Act of Contrition

My God,
 I am sorry for my sins with all my heart.
 In choosing to do wrong
 and failing to do good,
 I have sinned against you
 whom I should love above all things.
 I firmly intend, with your help,
 to do penance,
 to sin no more,
 and to avoid whatever leads me to sin.
 Our Savior Jesus Christ
 suffered and died for us.
 In his name, my God, have mercy.
 Amen.



The Act of Contrition

My God,
 I am sorry for my sins with all my heart.
 In choosing to do wrong
 and failing to do good,
 I have sinned against you
 whom I should love above all things.
 I firmly intend, with your help,
 to do penance,
 to sin no more,
 and to avoid whatever leads me to sin.
 Our Savior Jesus Christ
 suffered and died for us.
 In his name, my God, have mercy.
 Amen.



The Act of Contrition

My God,
 I am sorry for my sins with all my heart.
 In choosing to do wrong
 and failing to do good,
 I have sinned against you
 whom I should love above all things.
 I firmly intend, with your help,
 to do penance,
 to sin no more,
 and to avoid whatever leads me to sin.
 Our Savior Jesus Christ
 suffered and died for us.
 In his name, my God, have mercy.
 Amen.