



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.

CONFITEOR

I confess to almighty God, and to you, my brothers and sisters,
that I have sinned through my own fault
In my thoughts and in my words,
in what I have done, and in what I have failed to do;
and I ask blessed Mary, ever virgin,
all the angels and saints, and you, my brothers and sisters,
to pray for me to the Lord our God.