



FROM THE PASTOR

Here below are three Acts of Contrition to be used in our daily prayer or during confession. What matters most is not the words we say but the sorrow we have in our hearts!

O my God, I am heartily sorry for having offended you, and I detest all my sins, because of Your just punishments, but most of all because they offend You, my God, who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin.

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.

Lord, Jesus Christ, Son of the Living God, have mercy on me a sinner!

Cut this out and tuck it into your wallet! This is a beautiful prayer we should all know!

Father Al



ACTS OF CONTRITION

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