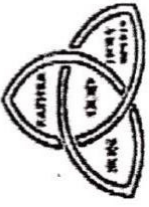
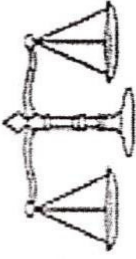


# ACT OF CONTRITION

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 my love.



I firmly resolve, with the help of Your grace, to sin no more,



and to avoid the near occasions of sin.



Amen.