



Act of Contrition

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

Amen.

—Traditional version (USCCA, 536)

