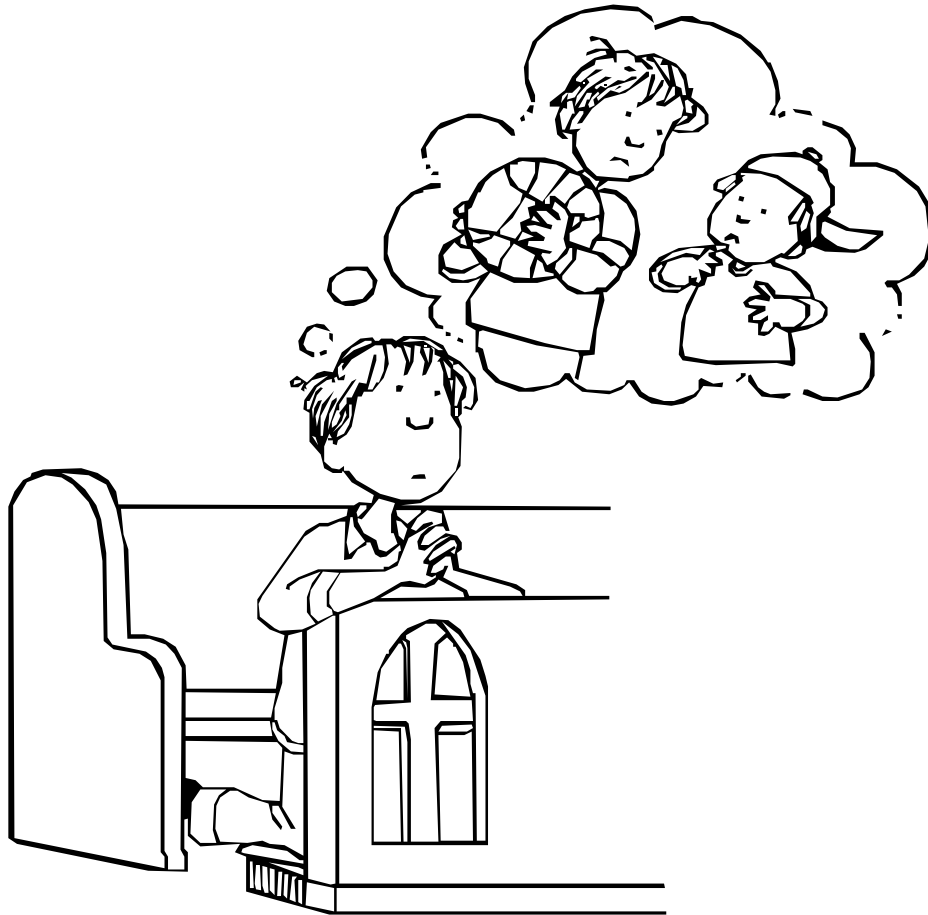


ACT OF CONTRITION

O my God, I am heartily sorry for having offended You. 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 confess my sins, to do penance, and to amend my life. Amen.



Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.