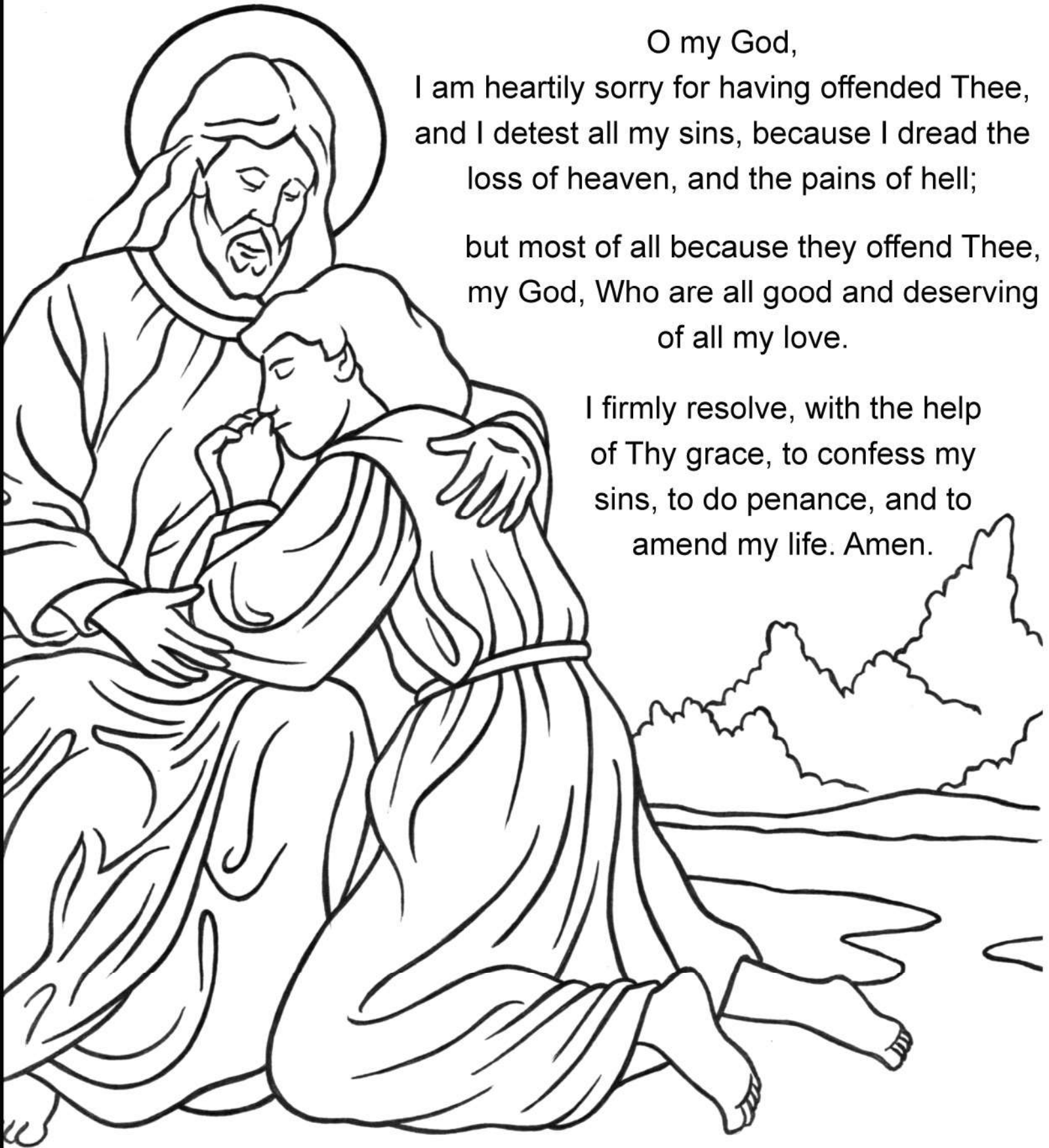


Act of Contrition



O my God,
I am heartily sorry for having offended Thee,
and I detest all my sins, because I dread the
loss of heaven, and the pains of hell;

but most of all because they offend Thee,
my God, Who are all good and deserving
of all my love.

I firmly resolve, with the help
of Thy grace, to confess my
sins, to do penance, and to
amend my life. Amen.