

RITE OF RECONCILIATION

When you go in to speak to the priest, you say:

Bless me father for I have sinned.

He will ask you, *How long has it been since your last Penance?*
(Don't be afraid to admit you don't know or that you have never been.)

You can then speak to the priest about anything you have on your mind. Things that you try to do in your life and might need help with.

When you are finished, the priest may ask you to recite the **ACT OF CONTRITION**

ACT OF CONTRITION

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. Amen

Other prayers you might need.

OUR FATHER

Our Father, who art in heaven
hallow be thy name
Thy kingdom come
Thy will be done
On earth as it is in heaven
Give us this day our daily bread
and forgive us our tresspasses
as we forgive those who tresspass against
us
lead us not into temptation, but deliver
us from evil. Amen

HAIL MARY

Hail Mary, full of grace
The Lord is with you.
Blessed are you among women,
And blessed is the name of thy womb,
Jesus.
Holy Mary, Mother of God
Pray for us sinners,
now and at the hour of our death.
Amen

GLORY BE TO THE FATHER

Glory be to the Father, and to the Son,
and to the Holy Spirit;
As it was in the beginning, is now and
ever shall be-
World without end, Amen.