

A decorative border consisting of a series of colorful crosses (blue, red, yellow, and green) arranged in a rectangular frame around the text.

## 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)