**Our Father**

Our Father who art in Heaven,   
Hallowed 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 trespasses   
As we forgive those who trespass against us;   
And lead us not into temptation,   
But deliver us from evil.

Amen

**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.  
  
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