Act of Contrition	
My	
I'm sorry for myv	vith all my
In choosing to do	
And failing to do	
I have sinned against	
Whom I shoulda	bove all things
I firmly intend, with	help,
To do	
To sin no more and to avo	oid whatever
me to sin.	
Our savior,	suffered and died
for us.	
In His name, my God, ha	ve .

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When you sin, you go to C_____

When you are dying you receive the Sacrament of the _____