

Morning Offering

O Jesus, through the Immaculate Heart of Mary,
I offer You my prayers, works, joys and sufferings
of this day in union with Holy Sacrifice of the
Mass throughout the world. I offer them for all
the intentions of your sacred Heart: the salvation
of souls, reparation for sin, the reunion of all
Christians. I offer them for the intentions of our
Bishops and all our associates, and in particular
for those recommended by our Holy Father this
month. Amen+

Act of Contrition

O my God,

I am sorry and repent with all my heart

for all the wrong I have done

and for the good I have failed to do,

because by sinning I have offended you,

who are all good and worthy to be loved above all things.

I firmly resolve, with the help of your grace,

to do penance,

to sin no more,

and to avoid the occasions of sin.

Through the merits of the Passion of our Savior Jesus Christ,

Lord, have mercy.