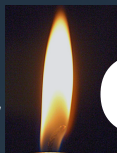




# THE LIGHT IS ON FOR YOU



ROMAN CATHOLIC DIOCESE OF BATON ROUGE

## Act of Contrition

*God, I am heartily sorry for having offended you, and I detest all my sins because I dread the loss of heaven and the pains of hell;*

*but most of all because they offend you, my God, who are all good and deserving of all my love.*

*I firmly resolve with the help of your grace to confess my sins, do penance, and to amend my life.*

*Amen.*