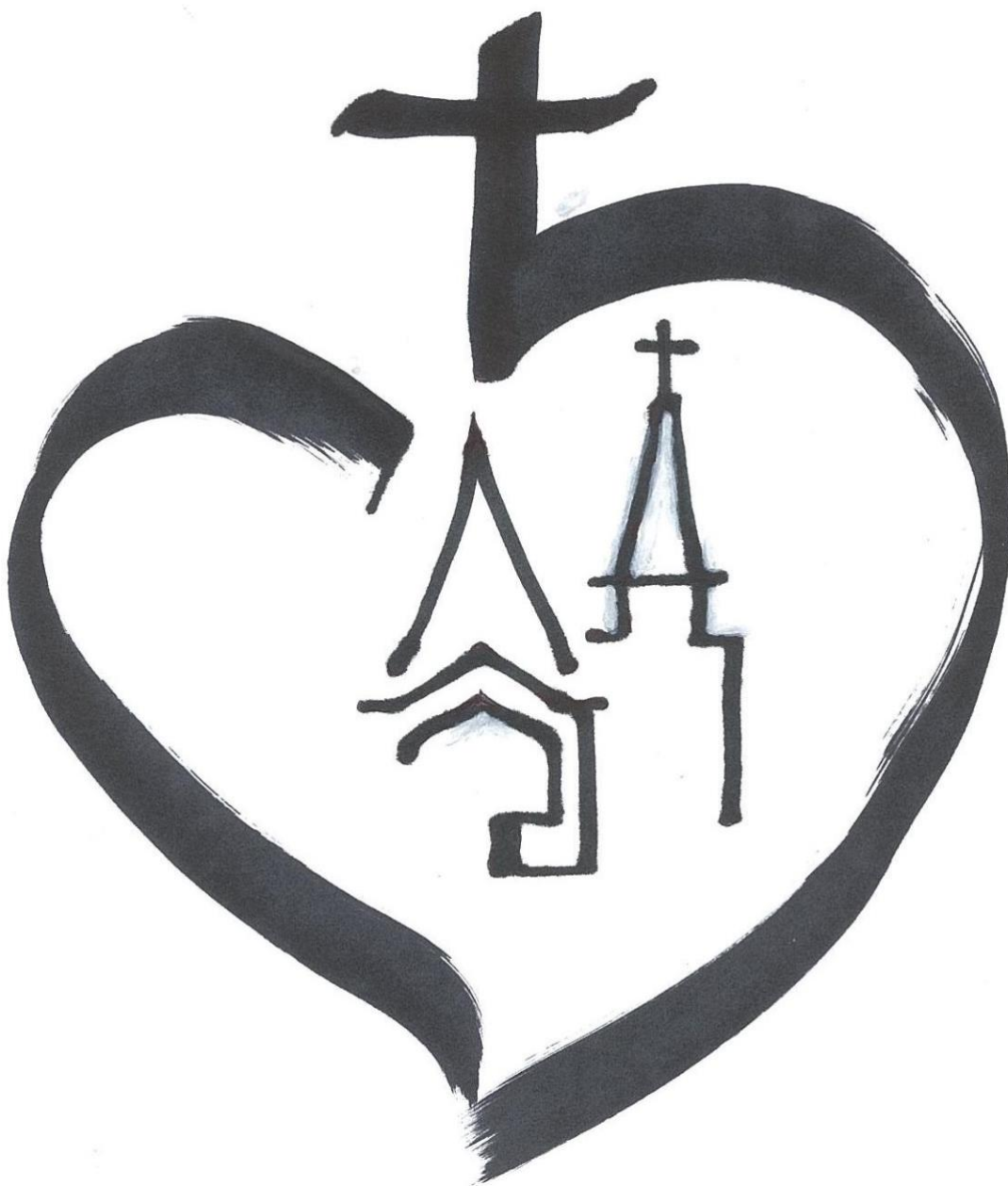


Sacred Heart Church

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*Living the heartbeats
of His Heart
for 90 years now!*



Cor ad cor loquitur.

Needing to confess during this time of the Covid-19 pandemic?

Consider doing an ...

ACT OF PERFECT CONTRITION

The **Sacrament of Confession**, or better, the **Sacrament of Penance and Reconciliation** leads us to the conversion of heart and forgiveness of the sins committed after Baptism.

For us Christian Catholics, the Sacrament of Penance and Reconciliation, in order to be valid, requires the confession of sins to God through the priest, God's minister. Sins offend God and break our communion with others.

But in these moments of emergency, what can we do when there is *almost an impossibility* to go to church and confess if ever we commit a mortal sin? The Church, as Mother, offers us the possibility of doing the Act of Perfect Contrition.

How to do an Act of Perfect Contrition?

- When we are fully aware of having sinned and offended God and others, we admit it and pray: *"Be merciful, O Lord, for we have sinned."*
- Then we have to rely solely in the love and mercy of God, our Compassionate Father.
- We tell God that we are really sorry for the sin we have committed. *"A humbled and contrite heart, O God, you will not spurn"*.
- Pray sincerely the Act of Contrition:

"Oh my God! I am heartily sorry of having offended You and I detest all my sins because I fear the loss of heaven and the pains of hell but most of all I offended You, my God, who are all good and worthy of all my love! I firmly resolve, with the help of Your grace, to confess my sins, to do penance, to amend my life and to avoid whatever leads me to sin. Amen."

- *We ask the Lord to help us in our battle against sin and make a resolution that we will go to confess our sin to God through the priest as soon as it will be possible.*
- **Give thanks to the Lord because His mercy endures for ever!**
- *May Almighty God have mercy on us; forgive us our sins and bring us to everlasting life. Amen.*

