

Dear parishioners, in my last online Sunday homily I promised that I would give a simple five-step prayer for obtaining forgiveness of our sins during the pandemic.

Here it is:

- 1) Acknowledge Jesus as my saviour.
- 2) Express sorrow for my sins.
- 3) Renounce the sinful attitudes that brought about my sin
- 4) Ask Jesus to break the hold that my sinful attitudes have on me. That He break all bondages and cut me free from all negative soul ties.
- 5) Ask Him to fill my new-found freedom with an outpouring of His Holy Spirit.