

don of my sins, and grace to keep thy commandments in this life, that I may deserve the eternal rewards which thou hast promised to thy faithful servants in the next.

AN ACT OF CHARITY.

O my God, because thou art infinitely good in thyself and infinitely good to me, I love thee with my whole heart, soul, and mind, above all things, and for the love I bear to thee I am ready to relinquish every thing that may separate me from thee: and because my neighbour is created to thy image and likeness, redeemed by the blood of my Saviour Jesus Christ, and destined to be my associate in Heaven for eternity, I love him as I do myself, I forgive all those that may have in any way injured me: I ask pardon of those whom I may have injured or offended, and I pray for mercy, grace, and Salvation, for all mankind.

AN ACT OF CONTRITION.

O God, I am sorry from the bottom of my heart for having ever offended thee. I abhor my sins because they are hateful in thy sight: and I am determined, by the assistance of thy grace to do penance for them, and never more to commit sin; but carefully to avoid sin and all the occasions of sin; through the merits and passion of my Saviour Jesus Christ.

Let us now form our intention in offering up the holy Sacrifice of the Mass:—

O merciful Father, who didst so love the world, as to give up for our redemption thy beloved Son; who, in obedience to thee, and for us sinners, humbled himself even unto the death of the cross; and continues to offer himself daily, by the ministry of his priests, for the living and the dead—We humbly beseech thee, that, penetrated with a lively faith, we may always assist, with the utmost devotion and reverence, at the oblation of his most precious body and blood, which is made at mass; and thereby be