

AN EXERCISE

FOR THE MORNING.

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IN the Name of the Father, and of the Son, and of the Holy Ghost. *Amen.*

Blessed be Holy and undivided Trinity, now and for ever. *Amen.*

Our Father, &c.

Hail *Mary*. &c.

I believe in God, &c.

I Confess to Almighty God, to the Blessed Virgin *Mary*, to blessed *Michael* the Archangel, to blessed *John Baptist*, to the Holy Apostles *Peter* and *Paul*, and to all Saints that I have grievously sinned in Thought, Word, and Deed, thro' my Fault, thro' my Fault, thro' my exceeding great Fault; Therefore I beseech the blessed Virgin *Mary*, blessed *Michael* the Archangel, blessed *John Baptist*, the Holy Apostles *Peter* and *Paul*, and all the Saints to pray to the Lord God for me.

The Great and Glorious Lord of Heaven and Earth have Mercy on me, forgive me my sins, and bring me to everlasting life.—*Amen.*

May the Almighty and most merciful God give me Pardon, Absolution, and full Remission of all my Sins. *Amen.*

O Lord God Almighty, who hast caused us to come to the Beginning of this day, save us this day by thy power, that
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