



## ST. MARY OF THE VISITATION PARISH

16 Cooper Street, Cambridge, ON, N3C 2N2  
519-658-4443 [www.stmaryhespeler.ca](http://www.stmaryhespeler.ca)

### WORDS FOR CONFESSION

**PRIEST:** IN THE NAME OF THE FATHER AND OF THE SON AND OF THE HOLY SPIRIT, AMEN.

**STUDENT:** **BLESS ME FATHER FOR I HAVE SINNED; THIS IS MY FIRST CONFESSION, AND THESE ARE MY SINS.**

*(SAY THEIR SINS)*

**FOR THESE AND ALL MY SINS I AM TRULY SORRY.**

**PRIEST:** *(GIVES ADVICE)*

*(GIVES A PENANCE)*

*(INVITES THE STUDENT TO SAY THE ACT OF CONTRITION)*

**STUDENT:** **MY GOD, I AM SORRY FOR MY SINS. I LOVE YOU WITH ALL MY HEART AND I WILL TRY NOT TO SIN AGAIN. AMEN.**

**PRIEST:** GOD, THE FATHER OF MERCIES, THROUGH THE DEATH AND RESURRECTION OF HIS SON HAS RECONCILED THE WORLD TO HIMSELF AND SENT THE HOLY SPIRIT AMONG US FOR THE FORGIVENESS OF SINS; THROUGH THE MINISTRY OF THE CHURCH MAY GOD GIVE YOU PARDON AND PEACE, AND I ABSOLVE YOU FROM YOUR SINS IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN

GO IN PEACE, YOUR SINS ARE FORGIVEN

**STUDENT:** **THANKS BE TO GOD**

*(THE STUDENT DOES THEIR PENANCE AFTER THE CONFESSION)*