

# 10 ĐIỀU TÂM NIỆM

Thiếu Nhi mỗi sáng **dâng ngày**  
Điểm tô đời sống hương bay nguyện cầu.  
Thiếu Nhi Thánh Thể nhiệm màu,  
Tôn sùng **rước lễ**, nhà châu viếng thăm.  
Thiếu Nhi Thánh Giá Chúa nằm,  
Nhìn lên phần khởi chuyên cần **hy sinh**.  
Thiếu Nhi nhờ Mẹ định ninh,  
Quyết làm **guương sáng** xứng danh tông đồ.  
Thiếu Nhi mọi việc nhỏ to,  
Tinh thần **vâng phục** chuyên lo đậm đà.  
Thiếu Nhi đắm thắm **nét na**,  
Nói năng hành động nết na trắng trong.  
Thiếu Nhi **bác ái** một lòng,  
Tim luôn quảng đại mới mong giúp người.  
Thiếu Nhi **ngay thẳng** trọn đời,  
Nói làm đúng mực người người tin yêu.  
Thiếu Nhi dù khó trăm chiều,  
Chu toàn **bổn phận** mọi điều chăm chuyên.  
Thiếu Nhi thực hiện **hoa thiêng**,  
Chép ghi mỗi tội cộng biên mỗi tuần.



PHONG TRÀO THIẾU NHI THÁNH THỂ  
VIỆT NAM TẠI HOA KỲ  
*The Vietnamese Eucharistic Youth Movement in the U.S.A.*

## Living The Eucharistic Day Campaign



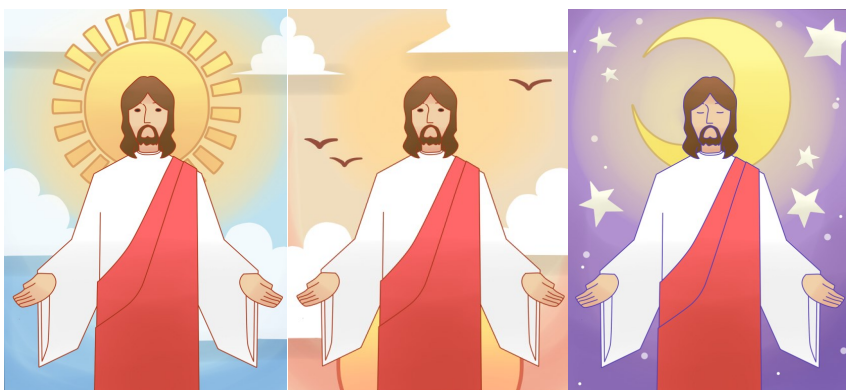
Name/Tên: \_\_\_\_\_

Team/Đội: \_\_\_\_\_

Division/Ngành: \_\_\_\_\_

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**Day**

**Noon**

**Night**

## FOREWORD

As Catholics and members of the Vietnamese Eucharistic Youth Movement (VEYM), we are called to live the Eucharistic Day each day in union with the Sacred Heart of Jesus. Through our Profession of Faith, we believe God has complete sovereignty and is present throughout all of our activities. Learning to allow His presence to take hold of our lives through living the Eucharistic Day is a gift, a gift that will set us on the path towards holiness.

Beginning this year, the National Executive Committee invites all members to receive this gift through active participation in the national Living the Eucharistic Day Campaign. In gradual progression, the campaign aims to foster understanding of the importance of living the Eucharistic Day and promote desirable practices leading to a more prayerful lifestyle.

With an openness to God's love and a desire to offer Him each day, the campaign begins and ends daily, at minimum, with the Sign of the Cross, Day/Night Offering Prayer, prayers of thanksgiving and for the sanctification of all activities within the day. Especially at night, reflect on the day, petition to God for forgiveness and make resolution to do better the next day. At the peak and summit of living the Eucharistic Day, unite with Jesus in the Eucharist by receiving Holy Communion or Spiritual Communion following an act of contrition.

Phases of Living the Eucharistic Day Campaign:

- Phase I: Sign of the Cross in the morning, noon and night
- Phase II: Sign of the Cross in the morning, noon and night  
Day and Night Offering Prayer
- Phase III: Sign of the Cross in the morning, noon and night  
Day and Night Offering Prayer  
Reflection, Act of Contrition and Holy Communion or Spiritual Communion

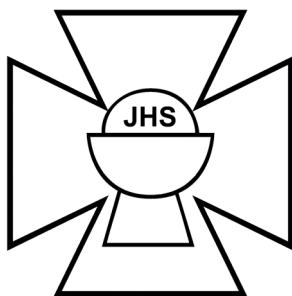
Phase IV: Sign of the Cross in the morning, noon and night  
Day and Night Offering Prayer  
Reflection, Act of Contrition and Holy Communion or Spiritual Communion  
1 Our Father, 3 Hail Mary and 1 Glory Be

In the manner of our daily day and night offerings, we are not confined to set periods of prayer, but become prayer in communion with Jesus throughout the day. Our set morning, noon and night moments of prayer are meant to train and discipline ourselves for this important lifestyle.

With the Eucharist at the center of our Movement, our primary responsibility as VEYM members is to live the Eucharistic Day and do so persistently. A Living the Eucharistic Day pocket prayer card is attached for use with this campaign as a guide and reminder. It is our hope that through this campaign, members will embrace a life of prayer and experience a conversion of the heart, ultimately, have a more intimate relationship with Jesus.

Let us praise Him and give thanks for the gift of living the Eucharistic day.

In His Sacred Heart,  
The National Executive Committee  
Vietnamese Eucharistic Youth Movement



***“As it was in the beginning, is now and ever shall be...”***

- The “it” is referring to God, His teachings, His words, and His promises.
- We are stating our belief that all that Jesus professed and promised is as true and relevant
  - ◊ Today
  - ◊ As it was in the beginning
  - ◊ It also emphasizes the eternal existence of God as Father, Son, and Holy Spirit.

***“World without end”***

- A newer translation of the original Latin version eliminates the words *“and ever shall be, world without end,”* and replaces them with *“and will be forever.”*
- Here, we are not talking about our time on Earth; rather we are stressing our belief that God’s Kingdom in Heaven never ends.



### **Glory Be to the Father**

Glory be to the Father,  
And to the Son,  
And to the Holy Spirit.  
As it was in the  
beginning,  
Is now and ever shall be,  
World without end.  
Amen

# THE GLORY BE

## A Doxology

- The Gory Be is technically called a doxology, a short expression of praise to God.
- In this doxology,
  - ◇ We are saying, “Wow, God you are glorious,” and you are the true meaning of all that is good and perfect.
  - ◇ We are acknowledging that God is worthy of all our worship, praise, and thanksgiving.

## A Prayer

- The Glory Be is an ancient, short prayer that is meant to praise and give glory to each of the three persons of the Trinity.
- In addition to giving praise to God’s glory, the prayer emphasizes Jesus’ divinity by including the words “and to the Son.”

## An Affirmation Against Heresy

- It is also meant as an affirmation against heresy.
  - The early Church developed to combat Arianism and other teachings against the nature of God and the Trinity.
  - ◇ We are extending our praise to Jesus who is true God and true man. He was made of flesh and blood like us, but unlike us, He is divine.

## “Glory Be to the Father, and to the Son, and to the Holy Spirit”

- This first line summarizes the mystery of our faith:
  - ◇ God who is the Father;
  - ◇ Jesus, the Son of God who became human and lived among us to die for our sins; and
  - ◇ The Holy Spirit who dwells within all of us.

# THE SIGN OF THE CROSS

## A Sacramental

The Sign of the Cross is a sacramental, not only the greatest of Sacramental but also the most important and frequently used. No ceremony is performed without the sign of the cross.

## A Prayer to God

The sign of the Cross, by itself, is a basic prayer in our life, made in the name of Jesus Christ.

## A Summary of Our Faith

When we form the words of the sign of the cross, we demonstrate and profess our belief in the principal truths of our religion:

- the Holy Trinity;
- the Incarnation; and
- the Redemption.

## The Holy Trinity

- We say “*In the name*” - not “*names*” - to express our faith in the unity of God.  
We mention the three Persons: *the Father (the Creator), the Son (the Savior), and the Holy Spirit* (the Sanctifier) to profess our belief in the Holy Trinity.

## The Incarnation and Redemption

- The cross is a profession of our faith in our Blessed Savior’s incarnation and redemption (death and resurrection) and shows that we regard Him not only as God but as man.
- Whenever we do the sign of the cross, we are reminded of the suffering and the death of Jesus and thereby we are filled with more fervent love, more profound gratitude, and more earnest contrition.
- The sign of the cross is the symbol of our deliverance and the emblem of the mercy of God, giving redemption to sinful men



and women.

### The Power of the Sign of the Cross

Devoutly made, this most holy and most powerful sign:

- Gives immense pleasure and glory to God;
- Obtains graces;
- Drives away the devil;
- Banishes temptations;
- Serves as a protection against sickness; and
- Protects from dangers.

### How the Sign Is Made

- Among the early Christians, the sign of the cross is made with **a small cross** by a slight movement of the finger or thumb on the forehead or breast.
- In the early centuries of the Church and in the Middle Ages, a **triple sign** is very commonly employed by marking with a small cross, using the thumb, the forehead, the lips, and the breast.
- The ordinary method is **the single sign** by putting the right hand with the words to the forehead: "In the name of the Father", to the breast: "and of the Son", and to the left and the right shoulder: "and of the Holy Spirit. Amen"



### The Last Four Things

- **Death:** everyone dies (*in grace or in mortal sin*)
- **Judgment:** reward or punishment (*even for very little things*)
  - ◊ Saved: belong to God; or
  - ◊ Damned: belong to devil
- **Heaven:** eternal reward (*nothing is happier*)
- **Hell:** eternal punishment (*nothing is more miserable*)

### Two Important Moments of Life

- The present moment (*the most precious time*)
- The hour of death (*the most important time*)
  - ◊ "Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen."

Every time we say the Hail Mary, we pray for a happy death (to die in grace).

### Intention of the three Hail Mary in the Morning

- We ask for the three theological virtues: *Faith, Hope, and Love*.
- We also ask Mary for the virtue of *Chasity*.

### Intention of the three Hail Mary at Night

- We ask for the reparation of sins: of ourselves, of our relatives, and of the whole world.



# THE HAIL MARY

## The Hail Mary

- The wondrous message of the Most Holy Trinity delivered by the archangel to Mary.
- The words of the prayer are most beautiful and most simple.
- St. Jerome: *"The words of the Hail Mary are so sublime that no human intelligence is capable of adequately explaining them."*

## Bible's Source

- Angel's greeting: *"Hail Mary, full of grace, the Lord is with thee..."*
- Elizabeth words inspired by the Holy Spirit: *"Blessed art thou amongst women and blessed is the fruit of thy womb, Jesus."*



We render to God the highest praise and return Him most gracious thanks, because He has bestowed all His heavenly gifts on the most holy Virgin.

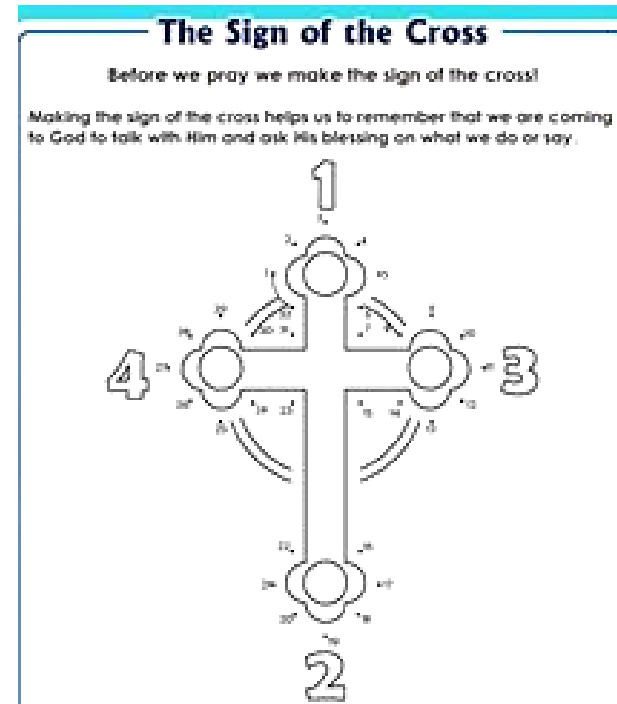
## Catechism's Source

- St. Petrus Canisius in his Catechism in 1555 and the Catechism of the Council of Trent in 1566 added: *"Holy Mary, Mother of God, pray for us sinners."*
- The Church also added: *"Now and at the hour of our death. Amen."*

We should earnestly implore Mother Mary's help and assistance; for that she possesses exalted merits with God, and that she is most desirous to assist us by her prayers.

## How Should We Make the Sign of the Cross

- Make it slowly, reverently, and respectfully.
- Understand and feel what we are doing.
- Believe in, trust in, and love the Holy Trinity.
- Thank God for having died for us.
- Ask God to deliver us from all evils.
- Apply to our souls the Passion of Jesus Christ.
- Offer to God all the Masses with their intention (*in union with the Masses being said all over the world*)
  - ◊ of renewing the Passion of Jesus Christ; and
  - ◊ of offering to the Eternal Father the infinite merits of the death of His Son.



## Indulgence

- In 1863, Pope Pius IX gave an indulgence of 50 days.
- An indulgence of 100 days if holy water is used.
- A partial indulgence is granted to the faithful, who devoutly sign themselves with the sign of the cross, while saying the customary words: In the name of the Father, and of the Son, and of the Holy Spirit. Amen. (*Enchiridion of Indulgence #55*)

# DAY OFFERING PRAYER



## Day Offering Prayer

- Day Offering Prayer promotes individual consecration, a giving of oneself wholly to God and asking that the will of God may be done in all things.
- It turns all we do into service to God, particularly our prayers, works, joys, and sufferings.
- It is an offer of all things, not just for ourselves, but for others too.

## Day Offering Prayer (Traditional)

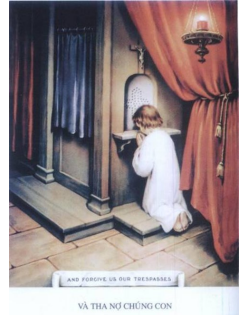
*O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys, and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world.*

*I offer them for all the intentions of Your Sacred Heart: the salvation of souls, reparation for sin, and the reunion of all Christians. I offer them for the intentions of our bishops and of all Apostles of Prayer, and in particular for those recommended by our Holy Father this month.*

*Lạy Trái Tim Cực Thánh Đức Chúa Giêsu. Con nhờ Trái Tim Cực Sạch Đức Bà Maria mà dâng cho trái tim Chúa mọi lời con cầu xin, mọi việc con làm, mọi sự khó con chịu trong ngày hôm nay. Cho được đền vì tội lỗi con và cầu nguyện theo ý Chúa. Khi dâng mình tế lễ trên bàn thờ, con lại dâng các sự ấy cho Trái*

## “And forgive us our trespasses”

- Recognize that we are sinners.
- Proclaim the Father’s mercy through His Son and through the sacraments.



## “As we forgive those who trespass against us”

- Mercy can only enter our soul if we ourselves forgive our enemies.
- Forgiveness is the participation in God’s mercy and is the pinnacle of Christian prayer.



## “And lead us not into temptation”

- Temptation leads to sin and death. We:
  - ◊ Pray that we do not become vulnerable to the power of temptation,
  - ◊ Pray that we do not follow temptation,
  - ◊ Pray that we unite with Jesus, who overcame temptation through prayer,
  - ◊ As we face these challenges, we pray for help to grow in goodness, and
  - ◊ Pray that we are on guard and persevere to the end.



## “But deliver us from evil”

- We pray that the entire human family is free of Satan, and his malice and snares.
- We pray for the gift of grace, where peace and blessings help us to persevere until Christ comes again to liberate us from evil.



## “Amen”

- We ask that God works through us.
- We are determined to accept all that God teaches us in this prayer



### ***“Hallowed be Thy Name”***

- These are words of glorification, saying God is the Holy One.
  - ◊ This speaks to the request in the sacrament of Baptism, which is for the sanctification of God to enliven our lives.
  - ◊ In what ways does our life and prayers glorify God, where others recognize Him and celebrate Him?



HALLOWED BE THY NAME  
CHUNG CON NGUYEN DANH CHA CA SANG

### ***“Thy Kingdom comes”***

- Pray that the kingship of God grows through the sanctification of man and woman in the Holy Spirit.



THY KINGDOM COME  
NUOC CHA TRI DEN

### ***“Thy Will be done on earth as it is in heaven”***

- The Father’s will is for “all to be saved.”
  - ◊ Jesus came down from Heaven to fulfill the Father’s plan of salvation.
  - ◊ We pray that His merciful love is fulfilled.



THY WILL BE DONE  
ON EARTH AS IT IS IN HEAVEN  
Y CHA THE HEN DUOI DAT CONG NHU TRON

### ***“Give us this day our daily bread”***

- We recognize that God is great, beyond all that is good.
- We ask God to give us daily sustenance to live, and if we are blessed with extra that we help those who are in need.
- We pray that we hunger for the word of God and the Holy Eucharist, as well as hunger for the Holy Spirit.



GIVE US THIS DAY OUR DAILY BREAD  
XIN CHA CHO CHUNG CON HON NAY  
LUONG THUC HANG NGAY

*Tim Chúa có ý cầu nguyện cách riêng theo ý Đức Giáo Hoàng.  
Amen.*

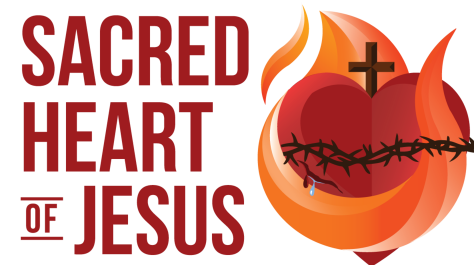
### **The prayer specifies several purposes for the individual consecration:**

1. The intentions of the Sacred Heart of Jesus
2. The salvation of the world
3. Reparation for sin
4. The reunion of all Christians
5. The intentions of our bishops
6. The intentions of all Apostles of Prayer
7. The monthly intentions of our Holy Father

### **The Sacred Heart of Jesus**

With this prayer, we must live through the lens of the Sacred Heart of Jesus

- Transforming sufferings into fire, into life, and into love.
- Open to the world vulnerable, and simultaneously pierced and burning with love.



### **Suffering**

Jesus’ suffering and death on the cross

- Atonement (*made reparation*) for the sins of the whole world once and for all
- Penetrates all time and all places

As His followers, baptized into His Church, His Body, we participate in His suffering. By uniting with Jesus’ suffering, our sufferings have a special merit to repair (*or make reparation for*) the damages caused by sin.

### **At Mass**

- At Mass, where Jesus’ sacrifice is re-presented in the Eucharist, we unite with Him (*most pleasing gift to the Father*) in a real way.
- Our response to His gift of self is to give ourselves to Him, in this way the Morning Offering is profoundly Eucharistic.
- In the Spirit of Christ, we offer ourselves to God for the good of all.

**Day Offering Prayer (New—2008)**  
*God, our Father, I offer You my day.*

*I offer You my prayers, thoughts, words, actions, joys, and sufferings in union with Your Son Jesus' Heart, who continues to offer Himself in the Eucharist for the salvation of the world.*

*May the Holy Spirit, who guided Jesus, be my guide and my strength today so that I may be a witness to Your love.*

*With Mary, the mother of our Lord and of the Church, I pray especially for this month's intentions as proposed by the Holy Father.*

**Through the Power of the Holy Spirit Dwelling in Our Hearts**

- Pope Paul VI suggested that more emphasis be placed on the Holy Spirit, who dwells in the Church and in the hearts of the faithful as a temple, prays in them, and gives witness to their adoption as children.
- Since then, the invocation to the Holy Spirit has become an integral part of the daily offering. The transformation the daily offering is the work of the Holy Spirit.



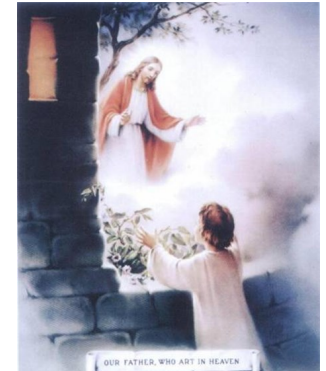
## THE OUR FATHER

**The Most Perfect Prayer**

- The Our Father is the most beautiful prayer made and is given to us by Jesus Himself.
- Each word and each thought are chosen by Jesus' infinite wisdom and love.
- Each word and each thought are a source of mercy and grace.
- Each part is an act of perfect love, of the highest value, and of greatest merit.
  - ◇ This is the key to open His treasures.
  - ◇ It contains everything that we want to pray for.
- It shows the best & right way to pray: *first glorifying God then asking for our needs.*

**"Our Father"**

- The most consoling words in the human language.
- God of infinite love and affection assures us that He is our Father in the truest, most affectionate, and most intimate sense of the words.
- He commands us to treat Him the same as how the most confiding child treats his loving father.
- He does not merely ask for adoration or veneration; He wants our real, affectionate and confiding love.



Lạy Cha chúng con ở trên trời

**"Who art in heaven"**

- When we say God is in Heaven, we want to point out the true fact that:
  - ◇ God is beyond and above all things.
- It describes:
  - ◇ The majesty and holiness of God.
  - ◇ God is present in the hearts of the righteous.

## Spiritual Communion

- Receiving spiritual communion requires True desire
- Prepare for Spiritual Communion with perfect contrition (with the Act of Contrition)
- We can receive spiritual communion as many times as we want (*make preparation*).
- Spiritual Communion can never replace nor equal to Holy communion, but is an excellent method of prayer.

## Spiritual Communion Prayer

**Lạy Chúa Giêsu Thánh Thể,  
Con yêu mến Chúa.  
Xin Chúa ngự vào tâm hồn con,  
Và ở lại với con luôn mãi.**



## NIGHT OFFERING PRAYER



### Night Offering Prayer

*Trời đã xế chiều, Giêsu ơi con nhờ tay Mẹ Maria, mà dâng lên Chúa, dâng chúc lời cảm ơn, dâng trót cả xác hồn. Các việc con làm, các lời con xin, cùng với mọi khó nguy con chịu trót một ngày qua. Cùng với bóng chiều tà, Giêsu Maria, con hòa ca, dâng về nơi bao la. Chúa ban phép lành, một đêm ngủ an bình, hồn trong xác tươi xinh.*

- The Night Offering Prayer promotes individual consecration, a giving of oneself wholly to God asking that the will of God may be done in all things.
- It turns all we do into service to God, particularly our prayers, works, joys, and sufferings.
- It is an offer of all things, not just for ourselves, but for others too.

### Purpose

The purpose of the night offering is to:

- Thank God for the day; and
- Ask God for a good night.

**THANK YOU JESUS**



# THE REFLECTION

## Most Important Part

The most important part of the night offering is the examination of conscience and perfect contrition.

## St. Pope John XXIII Examination of Conscience

Past	Present	Future
<ul style="list-style-type: none"><li>• Sins committed</li><li>• Works omitted</li><li>• Time wasted</li></ul>	<ul style="list-style-type: none"><li>• Life is short</li><li>• Hard to enter Heaven</li><li>• Few are saved because few choose the narrow path</li></ul>	<ul style="list-style-type: none"><li>• Death</li><li>• Judgment</li><li>• Heaven</li><li>• Hell</li></ul>

## Ignatius' Steps for Examen

After quieting yourself, feel God's presence a few moments

- Give thanks
- Ask for light from the Holy Spirit
- Review the events of your day
- Repent for harm done
- Ask for help tomorrow



# SPIRITUAL COMMUNION

## The Most Excellent Way

- We can approach Jesus in prayer, meditation, reading, reflecting, in the confessional, and in various sacraments.
- The most excellent way to approach Jesus is through Holy Communion.

## Holy Communion

- Other sacraments are signs of grace. In Holy Communion, we receive the source of all grace (*Jesus Himself*).
- No event in earthly life is more important than receiving Jesus in Holy Communion.

## Receive Holy Communion

- When we receive Holy Communion, we witness and receive the greatest gift of love.
  - ◊ Let the Eucharist sink into our heart and deepen our experience and our love.
- When we receive actual communion and spiritual communion, we receive a great privilege of having Jesus to be with us, inside us, and be part of us.
  - ◊ Jesus slowly transforms us to become more like Him.

## Actual Communion

- Receiving actual Communion requires
  - ◊ True desire
  - ◊ No mortal sin
  - ◊ Fasting for one hour
- We can receive actual communion once daily and once more if we participate in another Mass.





### The Act of Contrition (*Traditional*)

*O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of Heaven, and the pains of Hell; but most of all because I love Thee, my God, Who art all good and deserving of all my love.*

*I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.*

### Definition of Words Used in The Act of Contrition

- **Heartily:** very; strongly; to a great degree
- **Offended:** to have displeased someone; in this case, God, who nonetheless cannot be injured by our offense
- **Detest:** to dislike greatly or intently, even to the point of physical illness
- **Dread:** to regard with great fear or a sense of horror
- **Resolve:** to set one's mind and will on something; in this case, to steel one's will to make a full, complete, and contrite confession and to avoid sin in the future
- **Penance:** an outward act that represents our contrition for our sins, through a form of temporal punishment (punishment within time, as opposed to the eternal punishment of Hell)
- **Amend:** to improve; in this case, to improve one's life in cooperation with God's grace so that one conforms his will to God's will.



### Review and Contemplate on Your Day

Reflect on Every Activity

- What happened? (*Memory*)
  - ◊ Reflection
- How did you feel? (*Emotion*)
  - ◊ Use our emotions and feelings to embrace your spirit
  - ◊ What is significant in all the noise?
- What does it mean to you? (*Understanding*)
  - ◊ Open your mind and imagination
    - \* See the possibility to turn things around
    - \* Review your day, reflect on the insights, and improve tomorrow

### Improve and Be Holy Each Day

- Remember the events of the day
- WWJD
- Prepare for tomorrow

In making the Examen, we recall each day lived with God, precisely because Jesus has lived the same day with His heart opened up to each one of us.



# THE ACT OF CONTRITION



## Acknowledge Our Sin

- Recognizing our sins is an important part of our spiritual growth.
- Unless we acknowledge our sins and ask for God's forgiveness, we cannot receive the grace that we need to become better Christians.

## Contrition

- Among the penitent's acts, contrition is the first step.
- There are two types of contrition:
  - ◊ Imperfect (*where our sorrow comes more out of fear of God's punishments or perhaps from the dreadful nature of the sin itself*).
  - ◊ Perfect (*where we are truly sorry for our sins out of our love for God*).

## True Contrition

- True contrition means more than just being sorry for the sins of the past; it means working hard to avoid those and other sins in the future.
- True contrition is sorrow of the soul and detestation for the sin committed together with the resolution not to sin again

## Perfect Contrition

- When it arises from a love by which God is loved above all else, contrition is called 'perfect' (*contrition of charity*).
- Such contrition remits venial sins.
- It also obtains forgiveness of mortal sins if it includes the firm resolution to have recourse to sacramental confession as soon as possible.

## The Act of Contrition

- Both types of contrition are reflected in the Act of Contrition, a Catholic prayer expressing sorrow for sins.
- It is used in liturgical services, in private, and especially in the examination of conscience.
- It is part of the Sacrament of Penance prayed by the penitent.
- *After the priest assigns a penance and before he gives the penitent absolution.*
- It is customarily said before one goes to bed at night.
- It generally includes:
  - ◊ *an expression of sorrow,*
  - ◊ *an acknowledgment of wrongdoing, and*
  - ◊ *a promise to amend one's life and avoid sin.*
- It expresses in words a deeply personal "act" that engages a person's affections and will.

## The Act of Contrition (Simplified Form)

*O my God, I am heartily sorry for having offended you, and I detest all my sins, because of Your just punishments, but most of all because they offend You, my God, who are all-good and deserving of all my love.*

*I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin. Amen.*

## The Act of Contrition (Modern)

*My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things.*

*I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin.*

*Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy. Amen.*

