

Year 3

Act of Sorrow

O my God, I thank you for loving me. I am sorry for all my sins, for not loving others and not loving you. Help me to live like Jesus and not sin again. Amen.

The Confiteor

I confess to almighty God, and to you my brothers and sisters, that I have sinned through my own fault, in my thoughts and in my words, in what I have done and in what I have failed to do; and I ask blessed Mary, ever virgin, all the angels and saints, and you my brothers and sisters to pray for me to the Lord our God. Amen.

The Angelus

V. The angel of the Lord declared unto Mary,

R. And she conceived of the Holy Ghost.

V. Hail Mary, full of grace; the Lord is with Thee: blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus.

R. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word.

V. Hail Mary, full of grace; the Lord is with Thee: blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus.

R. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

V. And the Word was made flesh.

R. And dwelt among us.

V. Hail Mary, full of grace; the Lord is with Thee: blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus.

R. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

V. Pray for us, O Holy Mother of God.

R. That we might be made worthy of the promises of Christ.

V. Let us pray,

Pour forth, we beseech Thee, Lord, Thy grace into our hearts; that, we, to whom the Incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ our Lord.

R. Amen