

## September Supplemental Learning

**Did you know**...there is a time-honored tradition in our PREP (CCD) Program that those preparing for the Sacrament of First Penance are taught motions to the Act of Contrition? This not only enables the children to learn the prayer in time for Penance, but also the strength the words hold in asking for forgiveness for their sins.

First Penance will be here before we know it and they need your help in learning the words to the **Act of Contrition** (below). This will help as they learn the motions over the next month or so, but also on the day of their First Penance.

### **ACT OF CONTRITION**

O my God, I am heartily sorry for having offended Thee and I detest all my sins, because of Thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of thy grace to sin no more and to avoid the near occasion of sin. Amen.