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*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.***

***Bless me, Father, for I have sinned.
This is my first Confession. These
are my sins.***

*O my God, because you are so good
I am very sorry that I have sinned
against you,
and by the help of your grace
I will not sin again. Amen.*

*I absolve you from your sins
in the name of the Father, and of
the Son, and of the Holy Spirit.
Amen.*