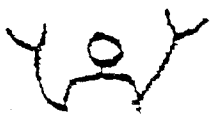



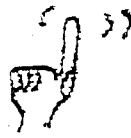




My God,  (arms outstretched to Heaven)


I am sorry  (fingers pointing to eyes - for tears)


For my sins  (hands in fists, crossed at wrists, waist high)
with all my heart.  (hands crossed, open hands, over heart)

In choosing to do wrong and failing to do good,  (shaking index finger)

I have sinned against you  (same as above figure #3)

whom I should love  (same as above figure #4)

above all things.  (same as above figure #1)

I firmly intend, with your help,  (hands in fists on top of each other)

to do penance,  (praying hands)

to sin no more, and to avoid whatever leads me to sin.

 (hand held stop)