

立つ

開祭

+ 父と子と聖霊のみ名によって。  
アーメン。

主イエス・キリストの恵み、神の愛、  
聖霊の交わりが皆さんとともに。  
またあなたとともに。

### *The Penitential Act*

Brethren (brothers and sisters),  
let us acknowledge our sins,  
and so prepare ourselves to celebrate  
the sacred mysteries.

**I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done  
and in what I have failed to do,  
(striking the breast three times)  
through my fault, through my fault,  
through my most grievous fault;  
therefore 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.**

May almighty God have mercy on us,  
forgive us our sins, and bring us to  
everlasting life.

**Amen.**