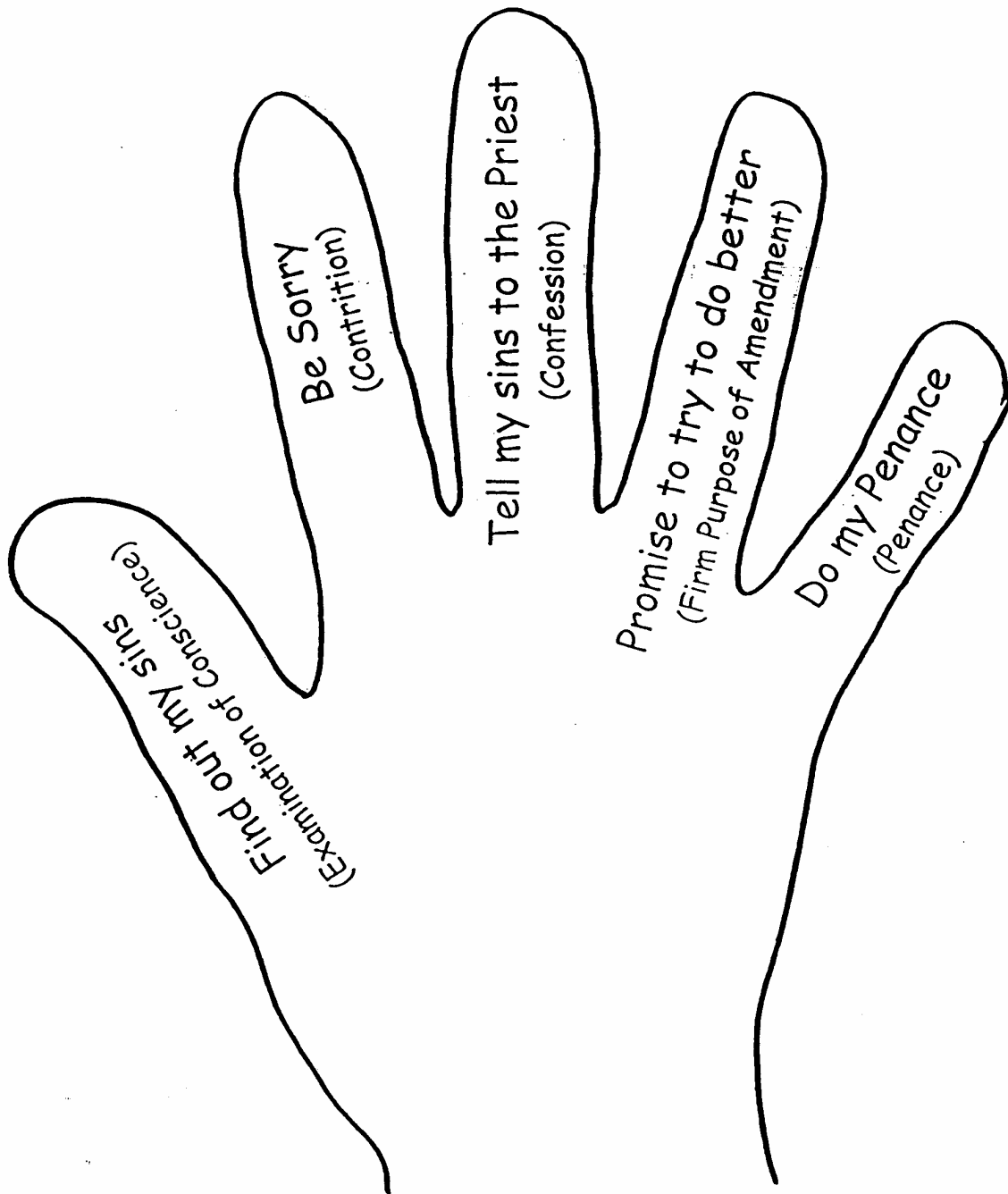


This hand helps me to remember  
what I need to do to receive  
the sacrament of Reconciliation.



A good way to begin:  
"Bless me, Father, for I have sinned."  
(Make the sign of the cross)