

Sacrament of Confession

There is also a long held tradition in the Catholic Church that, in the event of difficulty in accessing Confession, that making an act of perfect contrition with the desire to receive the sacrament is sufficient for the forgiveness of all sins even mortal sins:

O my God! I am heartily sorry for having offended Thee; and I detest my sins above every other evil, because they displease Thee, my God, Who for Thine infinite goodness are so deserving of all my love; and I firmly resolve, by Thy holy grace, never more to offend Thee, and to amend my life. Amen.