

# **Sacrament of Reconciliation**

**Mercy, Forgiveness & Love**

# Act of contrition

*My God, I am sorry for my sins with all my heart.*

*In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things.*

*I firmly intend, with your help, to do penance, to sin no more and to avoid whatever leads me to sin.*

*Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy. Amen.*

# Parental Responsibilities

- Go over the Mass with your children. Children should be attending weekly Mass in addition to class.
- Prayers: Our Father, Hail Mary, Glory Be, Sign of the Cross, Act of Contrition, and short responses in the Mass.
- Be sure when children come into Church they:
  1. Bless themselves in memory of their baptism and that God wants to cleanse us of our sins. As you enter the church, leave the world behind!
  2. Genuflect at their pew to show honor to the presence of Jesus in the Tabernacle. Teach them not to hurry, but to say a short prayer, like “Jesus I love you”, as they focus on Jesus.
- Review lessons each week with your child.
- Pray morning, noon and night for and with your children.

# Understanding- What is a sin?

Sin is making a choice to do something wrong. Sin always hurts both the person who sins and the community. When one of us goes astray, it affects the whole church body.

**Example: If a part of your own body is aching, your whole body aches; so it is with the Church. Remember: Sin actually begins in our mind; Sin is a choice.**

# What is necessary for a sin to be mortal?

- There are three elements to make a sin mortal.
  1. The act must be seriously wrong.
  2. You must know it is seriously wrong.
  3. You choose to do it anyway

# Desire- To receive forgiveness, you must have:

1. A desire to be forgiven.
2. A desire to show sorrow. Do penance.
3. A desire to change your heart and grow as part of our Catholic family.
4. A desire or want to be more like Jesus, so we can be a Christian witness to others.

# Making your Confession

- Examine your conscience
- You may confess behind the screen or face to face.
- When you enter the Confessional, begin with the “Sign of the Cross” and say: “Bless me Father, for I have sinned. This is my first confession---or--- it has been weeks since my last confession.”
- Confess all your sins, mortal and venial, to the priest.
- To end your confession say: “I am sorry for these and all the sins of my past life.”
- Say out loud an ‘Act of Contrition’.
- The priest, acting in the person of Christ will absolve you from your sins.
- After you leave the confession, always go to the pew and kneel before the tabernacle. Do your penance.

# Examination of Conscience

*Thank you, loving God, for guiding us as we prepare to receive Your forgiveness. Help us to believe that no matter how many times we fail, You always accept our sorrow and forgive us.*

- **What kind of child of God am I?** Do I talk to God everyday? Do I try to learn about God from my parents, teachers and from going to Mass? Do I put God first in my life? Did I laugh or talk in church, making it hard for others to pray? Have I missed Mass on a Sunday or Holy Day?
- **What kind of family member am I?** Do I always try to get my own way? Do I help with family chores? Do I try to give joy to my parents and brothers and sisters? Am I thankful for all they do for me? Was I disobedient or talked back to my parents or other family members?

- **What kind of friend am I?** Do I play fairly and share my toys and games? Do I stand up for my friends when bad things are said about them? Do I ever make fun of children who are different or lonely or left out?
- **What kind of student am I?** Do I try my best in my school work? Do I cooperate with my teacher and classmates? Do I ever cheat on tests or act up in class?
- **Do I have bad faults?** Do I lie or steal on purpose? Do I make up stories about others and get them in trouble? Do I demand expensive things from my parents? Do I break things of mine or those of others on purpose?
- *Lord, help me to be honest and to make a good confession. Grant me forgiveness for all that I do wrong. Help me to be more like You. Amen.*

# Dates to remember: 2018

- **Jan 29**    **First Reconciliation Monday at 6 p.m.** Reception to follow
- **April 14**    **First Communion Retreat 9:00am - 11:00am**  
**Banners due and Baptism Certificates due**
- **April 29**    **Practice during RE for First Communion & May Crowning**
- **May 6**        **First Holy Communion 11:15 Mass**
- **May 13**      **May Crowning Procession 8:30am Mass**
- **June 3**       **Corpus Christi Sunday Eucharistic Procession 8:30am Mass**