

## GUIDELINES FOR THE SACRAMENT OF RECONCILIATION IN OUR CHURCH

The two Sacraments of Healing are: the Sacrament of Penance and the Sacrament of Anointing of the Sick.

CCC 1422 on the Sacrament of Penance and Reconciliation:

“Those who approach the sacrament of Penance obtain pardon from God’s mercy for the offense committed against him, and are, at the same time, reconciled with the Church which they have wounded by their sins and which by charity, by example and by prayer labors for their conversion.”

In the struggle of Christian life, because of the frailty and weakness of human nature we stray by sin from the Father’s love. St. Ambrose speaks of two conversions – “the water of Baptism and the tears of repentance”. It is in discovering the greatness of God’s love that our heart is shaken by the horror and weight of sin. Through the priest’s sacramental absolution God grants the penitent “pardon and peace” and strength to make amends and begin anew. The Penitent passes from death to life, sin to sonship. (See CCC 1423, 1426, 1429, 1432 and 1459.)

### PRACTICE IN THE PARISH

#### **Confessions are heard on**

1. Thursday before the First Friday of the month from 6.00 to 7.00 p.m.
2. Every Saturday from 5:00 to 5:30 p.m. and 6:30 to 7:00 p.m.

**We encourage parishioners to make Dialogue confessions on any day by prior appointment.**

## HOW DO I MAKE A GOOD CONFESSION?

The following may be helpful in preparing for confession. Above all, do not be afraid. If you are hesitant about what to do, ask the priest for help:

### I. Before Confession

A) Come to church early and sit and think of all the sins committed.

B) Make a good examination of Conscience:

As you prepare to make a good confession, you want to ask God's forgiveness for any way in which you have offended him but particularly for any serious sin. If you are not certain what you should bring to the priest in confession, do not be afraid to ask him for help. The priest is there to assist you and to share with you God's love and mercy.

Many people find the Ten Commandments to be a good frame of reference for an examination of conscience. The Commandments are listed here as a reminder that you might find helpful.

1. I am the LORD your God: you shall not have strange Gods before me.
2. You shall not take the name of the LORD your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

C) Kneel and pray for God's mercy

D) Make a mental note of sins or write on a paper if you tend to forget or get nervous.

E) Get into line and keep reflecting on your life.

F) **Act of Contrition**

O my God, I am heartily sorry for having offended you, and I detest all my sins because I dread the loss of heaven and the pains of hell; but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly

resolve with the help of your grace, to confess my sins, to do penance and to amend my life. Amen.

## II. During Confession

- 1) Enter Confessional, kneel or sit and make the *Sign of the Cross*.
- 2) "Greet the priest and say, "*Bless me Father for I have sinned.*"
- 3) When they come for the next confession, "*My last confession was \_\_\_\_\_ month/years ago*"
- 4) Confess your sins saying, "*My sins are.....*"

### 5) **Acceptance of Satisfaction:**

The penitent confesses his/her sins and accepts the prayers or deeds that the priest proposes as a penance.

- 6) **Absolution:** The priest then prays the Prayer of Absolution, to which the penitent responds: "Amen."

## III. Post Confession

Go back to the pew, discharge the penance prescribed by the priest.

