

Act of Contrition

Children: 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.”

Adults: O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who are all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin.

Adults: “Lord Jesus, you chose to be called the friend of sinners. By your saving death and resurrection free me from my sins. May your peace take root in my heart and bring forth a harvest of love, holiness and truth.

Absolution

7. After this the priest will absolve you with the following words; “God, the Father of mercies, through the death and resurrection of his Son, has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son and of the Holy Spirit.”



Church of the Holy Spirit & St. Joseph's

Reconciliation

Contrition: *expressing being sorry for having sinned/ having separated yourself from God's love*

Confession: *know our sins and speak about them aloud to the priest*

Penance: *an important part of our healing is the 'penance' the priest gives to us – it is an action you are given; it might be prayer, a work of mercy, or an act of charity.*

Absolution: *the priest speaks the words through which “God, the Father of Mercies” forgives your sins.*

How to 'Go to Confession'

(Not available currently-in Reconciliation Room only post COVID). The sacrament can be celebrated face-to-face or anonymously, with a screen between you and the priest (in Reconciliation Room only post COVID).

Begin with some quiet time in prayer.

Examination of Conscience

Pope Francis said the best way to guard one's heart is with the daily practice of an "examination of conscience," in which one quietly reviews what bad things one has done and what good things one has failed to do for God, one's neighbor and oneself.

-- Do I only turn to God when I'm in need? -- Do I attend Mass on Sundays and holy days of obligation? -- Do I begin and end the day with prayer? -- Am I embarrassed to show that I am a Christian? -- Do I rebel against God's plan? -- Am I envious, hot-tempered, biased? -- Am I honest and fair with everyone or do I fuel the "throwaway culture?"

-- In my marital and family relations, do I uphold morality as taught in the Gospels?

-- Do I honor and respect my parents? -- Have I refused newly conceived life? Have I snuffed out the gift of life? Have I helped do so? -- Do I respect the environment? -- Am I part worldly and part believer? -- Do I overdo it with eating, drinking, smoking and amusements? -- Am I overly concerned about my physical well-being, my possessions? -- How do I use my time? Am I lazy? -- Do I want to be served? -- Do I dream of revenge, hold grudges? -- Am I meek, humble and a builder of peace?

Rite of Reconciliation of Individual Penitents

1. You and the priest begin with the Sign of the Cross saying:

"In the name of the Father and of the Son and of the Holy Spirit."

2. The priest encourages you to

have confidence in God's loving mercy.

3. You may begin by saying, *"Forgive me, Father, for I have sinned. It has been (you may tell him however many days, weeks, months or years) since my last confession."*

4. You can skip #3 and also just begin stating your sins. Confess all of the sins that you are aware of having committed, be sorry for them and have a firm commitment to try not commit the same sins in the future.

5. After this, the priest will generally give you a penance or some prayers or an appropriate activity.

6. He will then ask you to make an Act of Contrition, you can use your own words or use the words of any of the following words on back.