

Reconciliation (confession)

Phone or check parish bulletin for times

Enter the confessional booth, kneel and say **“Bless me father for I have sinned, it has been _____ months/years since my last confession.”**

The priest gives a brief blessing and you continue **“these are my sins”**.

Tell your sins and end with **“this is my confession father”**.

The priest will ask you to say an act of contrition:

**“My God I am sorry for having offended you,
who I should love above all else.
I resolve, with your help to avoid sin,
and whatever leads me into sin.”**

The priest will give you absolution (God’s forgiveness), assign you an act of penance (prayer usually) and dismiss you. The sacrament of reconciliation is completed when you perform your assigned penance. All past sins not remembered and not confessed are forgiven; the confession is invalid if we deliberately fail to confess a sin.

HAVE I

- denied God, made success, status, or things the focus of my life
- cursed in any way or used God’s name in a frivolous manner
- conducted the Lord’s day (Sunday) as an ordinary, or work day
- dishonored or disobeyed father or mother, abandoned aged parents
- unjustly killed, aborted a child, hurt, threatened, or endangered anyone
- committed adultery or homosexuality, dressed immodestly, used pornography, masturbated, had unmarried sex, misused sex in any way
- stolen, damaged, defrauded, been negligent or deceitful in work
- lied in any form, helped others in deceit, broken confidentiality
- consented to lustful desires, viewed unwholesome or violent television
- engaged in greedy or envious thought or action, disregarded charity
- failed to obey Church laws or to attend mass on Sunday or holy days
- used artificial birth control, sterilization, sought a civil divorce
- used fortune telling, psychics, horoscopes, or similar devices
- neglected my duty in the spiritual and moral upbringing of my children
- been impatient, angry, hateful, revengeful
- misused food, alcohol, drugs
- given bad example, judged others, or talked idly or poorly of others
- married outside the Church, failed to be remarried in the Church *
- failed to help, defend, respect, or forgive others

Note: This is not a complete list, and advising others to act sinfully, or permitting sin (according to position) is also a sin. Dispensations must be approved by your priest.

* Every marriage is valid; God expects the marriage covenant to be cherished. Catholics who marry however are expected to have a Catholic sacramental marriage.