

When Are Confessions Available?

Confession times are every Saturday at 10:00am in the Chapel and by appointment with a priest. During Holy Week, many other times are available.

Where Do I Go?

Confessions are normally heard in the Chapel. Enter the Church through the main door and walk to the Chapel through the left transept. If the door to the Chapel is open, then go in and begin your confession at the Altar rail. If the door is closed, please take a seat in the pews right outside the Chapel door. You may enter when the previous person is finished.

What If I've Never Been Before or It's Been a Long Time?

Start by praying and looking at the Examination of Conscience in this booklet. You can also familiarize yourself with the short service on page 447 of the Book of Common Prayer. When you arrive, let the priest know you're not sure what to do. He is there to help you.

Prayer After Confession

O most merciful God, accept my unworthy thanks for thy great mercy in washing away all my sins. May the grace of this Absolution strengthen and sustain me, and may thy great mercy defend me from all assaults and temptations of Satan all the days of my life. Amen.



THE SACRAMENT
OF
RECONCILIATION



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Prayer Before Confession

Come, Holy Spirit, enlighten my mind and inflame my heart, that I may worthily confess all my sins and, being truly penitent, may both amend my life and serve thee faithfully; through Jesus Christ our Lord. Amen.



The Sacrament of Reconciliation

Confession is the means by which we reconcile ourselves with God. By repenting of our sins and confessing them to God in the presence of a priest we receive God's grace and know that sin no longer stands in the way of our relationship with God.

An Examination of Conscience

Confession is not difficult, but it does require preparation. We should begin with prayer, placing ourselves in the presence of God, our loving Father. We seek healing and forgiveness through repentance and a resolve to sin no more. Then we review our lives, searching our thoughts, words and actions for that which did not conform to God's command to love Him and one another through His laws and the laws of His Church. This is called an examination of conscience.

To make an examination of conscience:

- Begin with a prayer asking for God's help.
- Review your life with the help of some questions, which are based on the 10 Commandments (see below).
- Tell God how truly sorry you are for your sins.
- Make a firm resolution not to sin again.

Prayerfully ask God to remind you of your sins.

- As a guide, ask your self these questions:
- Do I pray to God every day? Have I thanked God for His gifts to me?
- Did I put my faith in danger through readings contrary to the Christian Faith? Did I engage in

superstitious practices: palm-reading or fortune-telling?

- Did I take the name of God in vain? Did I curse or take a false oath?
- Did I miss Mass on Sundays through my own fault? Am I attentive at Mass?
- Did I disobey my parents and lawful superiors in important matters? Have I been attentive to my family obligations?
- Did I hate or quarrel with anyone, or desire revenge? Have I been angry at the faults of others? Did I refuse to forgive? Was I disrespectful?
- Did I get drunk? Did I take illicit drugs?
- Did I willfully look at pornography, entertain impure thoughts or engage in impure conversations or actions? Have I been immodest?
- Was I unfaithful to my spouse? Did I engage in sexual activity outside of marriage?
- Did I steal or damage another's property? Have I been honest and just in my business relations? Have I been a good steward of God's gifts to me?
- Have I been responsive to the needs of the poor and respected the dignity of others?
- Did I tell lies? Have I engaged in gossip? Did I judge others rashly in serious matters? Have I been annoyed when other people are praised?
- Have I envied other people? Have I taken pleasure in the misfortune of others?

If you can answer any of the above questions with a "yes," take out a separate piece of paper and make a note of your sins. Bring this list with you to one of the scheduled Confession times.