

Confirmation Level 1 Candidates, please attend our **Advent Penance Service** with your families on December 16 at 7pm in the Church and then come back on Thursday, December 18 for our **Christmas Concert & Sing-along** at 7pm!



Reconciliation is offered here at St. Kateri in the chapel every Saturday from 4pm-5:15pm and at Our Lady of Perpetual Help in Newhall every Saturday from 8:45am-10am & 3:30-4:15pm

What happens during the Reconciliation?

Before entering the confessional, you prepare yourself by going through an Examination of Conscience. There are good brochures in our chapel titled "Making a Good Confession" that can walk you through this examination if you didn't pick one up at Confirmation

1. The priest will give a blessing or a greeting.
2. You and the priest will make the Sign of the Cross and you say "Bless me, Father, for I have sinned. My last confession was ... (# of weeks, months or years) ago."
3. Name your sins to the priest. (If you are unsure or uneasy, tell him and ask for help.) When you have finished, let the priest know. You can use the words: "I am sorry for all these sins and for any that I cannot now remember."
4. The priest assigns a penance & may offer advice.
5. Say an Act of Contrition, expressing your sorrow for your sins:

"O my God, I am heartily sorry for having offended you, and I detest all my sins because of your just punishments, 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 sin no more and to avoid the near occasions of sin. Amen."
6. The priest, acting in the person of Christ or in persona Christi, then absolves you from your sins.

Where did the sacrament of Reconciliation come from?

Jesus himself instituted the sacrament of Reconciliation when he showed himself to his apostles and commanded them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." John 20:22

Nowhere did Jesus express more beautifully what happens in the sacrament of Reconciliation than in the parable of the Prodigal Son: We go astray, we are lost and can no longer cope. Yet our Father waits for us with great, indeed, infinite longing; he forgives us when we come back; he takes us in again, forgives our sins. Jesus himself forgave the sins of many individuals; it was more important to him than working miracles. He regards this as the great sign of the dawning of the kingdom of God, in which all wounds are healed and all tears are wiped away. Jesus forgave sins in the power of the Holy Spirit, and he handed that power on to his Apostles. We fall into the arms of our heavenly Father when we go to a priest and confess. **YOUCAT 227**

"God esteems repentance so highly that the slightest repentance in the world, as long as it is genuine, causes him to forget any kind of sin, so that even devils would have all their sins forgiven, if only they could have remorse." St. Francis De Sales

Penance Worksheet-Teen, please complete and return to your facilitator at our next session on January 25.

Advent is upon us, which is when we prepare our hearts not only for Christmas, but also for the final return of Jesus. Why do you think He chose to come to us first as an infant?

In the Garden of Eden, our relationship with God was perfect and harmonious, then original sin came into the world through the actions/free will choice of man. The results of sin on our relationships are two-fold. 1. Sin gets in the way of our relationship with God 2. Sin gets in the way of our relationships with one another.

What did God do to remedy the problem of sin? _____

Yes, God sent Jesus to heal our relationships with God and with each other. Jesus chose death on the cross so He could bear our guilt and suffer the pain of the world for us. When we ask for forgiveness and accept it, Jesus is healing the pains we suffer because of sin. Can you name a few things that cause pain, stress or regret in your life?

Jesus wants to free you from sins so you can live a full life as the best version of yourself

. Do you believe this is possible? _____

Were you able to go to confession during the month of December? _____

If so, what was that experience like for you?

If not, what prevented you from going to confession?

Do you have any questions about the sacrament of Reconciliation? Is there anything that confuses you, you disagree with or causes you to not want to go? (there are no wrong answers here!)
