



# CATHEDRAL OF SAINT MARY OF THE ASSUMPTION

## OFFICE OF RELIGIOUS EDUCATION

---

### FIRST COMMUNION II - FIRST RECONCILIATION DETAILS

#### **SATURDAY, FEBRUARY 20, 2016 AT 10:00 AM – ST. JOSEPH CHURCH, TRENTON:**

- Retreat Day for our students is a special way to prepare our children for First Penance.

#### **FIRST RECONCILIATION PRAYER SERVICE – SACRAMENT OF RECONCILIATION:**

- Saturday, February 27, 2016 at 10:00 AM in the Cathedral.

#### **THINKING ABOUT OUR CHOICES:**

- It is good to ask ourselves questions about the choices we make every day. This helps us grow into more caring and loving persons. It is something Catholic Christians do carefully before they celebrate the sacrament of Reconciliation.

#### **AN EXAMINATION OF CONSCIENCE:**

- **Here are some** questions that might be part of an examination of conscience. Use them to help you think about your everyday words and actions.
  - Have I forgotten to listen to God or thank Him for the many gifts He has given me?
  - Have I been unkind or hurtful to my family and friends?
  - Have I chosen not to tell the truth?
  - Have I decided not to listen to or obey my parents and those who care for me?
  - Have I chosen not to forgive those who hurt me?
  - Have I been disrespectful in not caring for my body, my things, or the earth?

#### **STEPS IN THE RITE OF RECONCILIATION:**

1. The priest will welcome you and invite you to make the Sign of the Cross.
2. Make the Sign of the Cross as you say, “Bless me, Father, these are my sins.”
3. Now tell how you have not loved God, others or yourself. Confess your sins in your own words to the priest.
4. Listen to the priest as he talks to you. He may ask you to do a good deed or say a prayer.



# CATHEDRAL OF SAINT MARY OF THE ASSUMPTION

## OFFICE OF RELIGIOUS EDUCATION

---

### FIRST COMMUNION II - FIRST RECONCILIATION DETAILS

5. Say the ACT OF CONTRITION:

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. Amen.

6. Priest blesses you and gives you God's forgiveness.

7. Say "Thank you, Father." Then you may leave.

8. Return to your seat and say the prayers the priest has given you for penance.

**Note:** At the First Penance the Act of Contrition will be recited as a group.