



First Reconciliation
Saint Henry Church
November 17, 2016



Reconciliation and Your Child

Dear Parents,

The children are becoming excited about their meeting with Jesus in the Sacrament of Reconciliation. It is evident that they are realizing the tremendous importance and power of this sacrament, through which they will experience the great love of God by the forgiveness of their sins. Please continue to spend time talking with your children about this great sacrament.

Attached is your child's First Reconciliation Journal. Please help your child to find some quiet time to complete their journal each day as they reflect on this special sacrament.

The following are some reminders for the First Reconciliation Service:

- First Reconciliation will be held on Thursday, November 17th at 7:00 p.m. in the church. Please arrive by 6:50.
- Students wear church attire.
- Students will sit with their parents.
- Students go to confession first, and then adults and siblings may follow if desired.
- Confession may be anonymous or face-to-face

- Please help your child decide before hand whether they would like to go to Confession face-to-face or behind the screen (we will review in class both options and what they look and feel like).
- Due to the nature and sacredness of the Sacrament of Penance, photography and video equipment is prohibited. **No photos or videos will be permitted in the Church for the First Penance.**

Thank for your participation at home in preparing your child for this wonderful sacrament. Here are a few reminders to help you prepare your children for their First Penance:

- Practice making an examination nightly before your child goes to bed.
- Pray with your child to the Holy Spirit to help him/her make a good first Confession.
- Read some of the parables from the Bible about God's forgiveness, for example, the parables of the Lost Sheep and the Prodigal Son.
- Practice going to confession daily.

For the individual confession at the First Penance, the following will be used:

Before going to confession, examine my conscience (use the questions below)

Examination of Conscience

(Use with your child)

- Do I spend time with God in prayer?
- Do I listen to God's word at Mass?
- Do I speak God's name and Jesus' name with respect?

- Have I spoken God's name or Jesus' name when I was angry or to impress my friends?
- Do I show respect to my parents?
- To my teachers?
- To others who have responsibility for me?
- Do I cooperate with them and obey them?
- Do I take care of my health
- Do I follow safety rules?
- Do I treat other people fairly?
- Have I been mean to others?
- Am I generous?
- Do I share what I have with others?
- Have I been greedy?
- Am I truthful?
- Have I lied to get out of trouble?

After an Examination of Conscience, proceed to confession:

1. The priest greets you.
2. You make the sign of the cross.
3. You tell your sins to the priest.
4. The priest talks to you and gives you a penance.
5. You say the Act of Contrition.
6. The priest gives you absolution (prayer of God's forgiveness).

Act of Contrition

(This needs to be memorized)

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 occasion of sin.

Amen.

After confession you do the penance

Scriptural References of Unconditional Love and Forgiveness:

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| <i>A. Mark 2: 1-12</i> | <i>Healing of the Paralytic</i> |
| <i>B. Luke 5: 1-11</i> | <i>Call of Peter</i> |
| <i>C. Luke 7: 35-50</i> | <i>Sinner at Simon's House</i> |
| <i>D. Luke 19: 1-10</i> | <i>Zacchaeus</i> |
| <i>E. Luke 23: 39-43</i> | <i>Good Thief</i> |
| <i>F. Luke 15: 4-7</i> | <i>the Good Shepherd</i> |