



The Cathedral of St. Francis of Assisi
Religious Education Center
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First Reconciliation Parent Packet

Group 1

A to K

Reconciliation - Wednesday, April 21, 2021 - 6:00 p.m.

Group 2

L to Z

Reconciliation - Thursday, April 22, 2021 - 6:00 p.m.

On the scheduled day for First Reconciliation please make sure you and your child arrive no later than 5:30 p.m.

Group (1 and 2) go directly into the Cathedral. Upon arrival you will be seated.

RECONCILIATION INFORMATION FOR PARENTS

The Sacrament of Reconciliation or “Penance”

🙏 Sin is an offense against God. (CCC1849)

🙏 The Sacrament of Penance and REconciliation allows us to receive God’s forgiveness and be reconciled with God and the Church. (CCC1422)

What are the names given for this Sacrament?

It is called the Sacrament of Conversion because it makes sacramentally present Jesus’ call to conversion, the first step in returning to the Father from whom one has strayed by sin. It is called the Sacrament of Penance, since it consecrates the Christian sinner’s personal and ecclesial steps of conversion, penance, and satisfaction. (CCC n. 1423)

It is called the Sacrament of Confession, since the disclosure or confession of sins to a priest is an essential element of this sacrament. In a profound sense it is also a “confession” - acknowledgment and praise - of the holiness of God and of His mercy toward sinful man.

It is called the Sacrament of Forgiveness, since by the priest’s sacramental absolution God grants the penitent “pardon and peace.”

It is also called the Sacrament of Reconciliation, because it imparts to the sinner the love of God who reconciles: “Be reconciled to God.” He who lives by God’s merciful love is ready to respond to the Lord’s call: “Go; first be reconciled to your brother”. Matthew 5:24 (CCC n. 1424)

Suggestions for Parents:

You began preparing your child for the Sacrament of Penance long ago. Every time your child has seen or experienced loving forgiveness in your home, they understood a little more about God’s forgiving love. With the assistance of a catechist/teacher, your child has begun a special preparation for the Sacrament of Penance. The preparation will focus on how God is a loving Father who forgives us if we just humble ourselves, repent, amend our lives, and return to Him in the sacraments.

Discuss this sacrament with your child. Remember to do more listening than talking during these discussion times. Your child may express feelings to you at home that may not have been mentioned in class.

Help your child learn the **Act of Contrition** by simply saying it together once a day before dinner, or at bedtime. Also help your child with a short examination of conscience.

Other Suggestions:

Watch the “Penance” videos with your child that teach and go through the sacrament.

<https://www.youtube.com/watch?v=pvZSgRKnOkq>

<https://www.youtube.com/watch?v=lb8pzvnnL20>

Role play “going to Confession” - don’t use real sins when role playing; make up some false sins. Take turns with your child being the priest and the penitent. Discuss the two possible options for going to Confession; face-to face or behind a screen.

Teach your child that to sin is to say “No” to God

Make sure your child understands the difference between a mistake or accident, temptation, and sin by talking about some typical situations which illustrate these occurrences.

Above all, relax and remember that this will be the first time your child will receive the Sacrament of Penance. It is the first step in a lifetime during which your child’s appreciation of the sacrament will grow and deepen. Please bear in mind that it is YOUR responsibility to make sure that your child is provided the opportunity to go to Confession on a regular basis (a good rule of thumb is once a month).

Examination of Conscience (For First Penitents)

Did I miss Mass ON PURPOSE on a Sunday or Holy Day? (Do not confuse this with your parents not taking you to Mass. You only have the obligation to ask them to take you).

Was I late for Mass through MY own fault?

Did I laugh, talk, or play in church?

Was I disobedient to anyone looking after me?

Did I talk back to anyone taking care of me?

When I had a chance to do something nice, did I choose not to do it?

Did I fight with someone?

Did I use angry words?

Did I cheat on school work or tests?

Did I try to “get even” with someone?

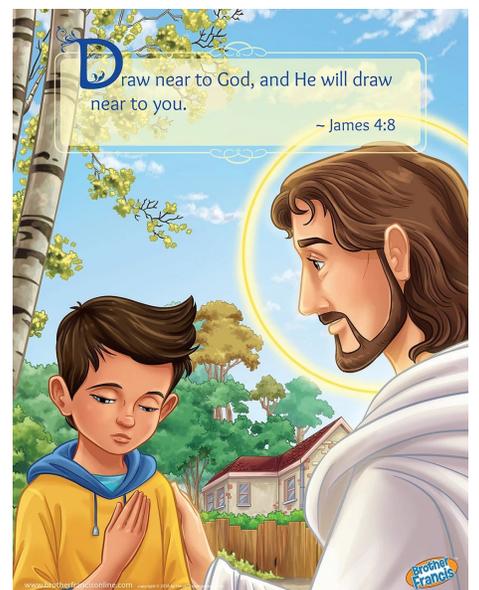
Did I use bad words?

Did I steal something?

Did I tell any lies?

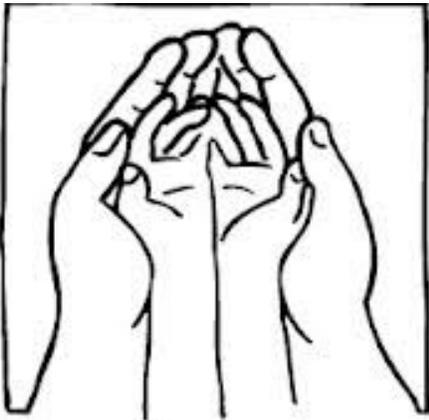
Did I call anyone bad names?

Was I mean to other people? Did I tease someone unkindly?



The Rite of Reconciliation:

- 1) In the Name of the Father and of the Son and of the Holy Spirit. Amen.
- 2) Say "Bless me, Father, for I have sinned."
- 3) It has been _____ weeks since my last confession. OR: "**This is my First Confession.**"
- 4) "These are my sins: (Name your sins)".
- 5) For these and all the sins of my whole life, I am truly sorry.
- 6) Priest: The priest invites you to tell God how sorry you are. You pray the Act of Contrition.
- 7) **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 Saviour Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen
- 8) The priest gives words of advice or suggestions.
- 9) The priest gives **penance** - something you do in order to make up for your sins and to show that you want to change your life. (The penance is often prayers to be said in the Church after Confession).
- 10)The priest prays the prayer of absolution. **Absolution (the prayer which removes one's sins)**. If you are making your Confession face-to-face, the priest will extend his hands over your head while he prays.
- 11) As the priest blesses you, **make the sign of the cross and answer, "Amen."**
- 12) The priest says, "Go in peace." After Receiving the Sacrament, return to your pew and pray any prayers the priest may have given for your penance. After you finish you are free to leave.



Forgiveness

PRAYERS TO REVIEW WITH YOUR CHILD BEFORE THE SACRAMENT OF PENANCE

The Sign of the Cross

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Our Father

Our Father, who art in heaven; hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation; but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen. Glory Be Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Act of Contrition

O 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.

