

Continued...

- Do I take care of the poor, the sick, the defenseless people?
- Am I sincere and honest in my dealings with others?
- In my family life, have I contributed to the well-being and happiness of the rest of the family by patience and genuine love?
- Do I exercise responsible parenthood according to the teaching of the Church?
- Do I care for and respect the environment in which I live?
- Do I seek the well-being of others?
- Am I a spectator before people's problems, or do I help?
- Do I reject those of another creed, culture, or opinion?
- Am I respectful of other's property?
- Do I forgive those who have sinned against me?
- Do I do my duty as a citizen?
- Do I respect legitimate authority?
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Jesus said: "Be perfect as your heavenly Father is perfect"

- Do you truly live as a Christian and give a good example to others?
- Have you gone against my conscience out of fear or hypocrisy?
- Have you participated in things which offend both Christian and Human decency?
- Am I too concerned about myself, my health, my success?
- Do I go to excess in matters of food or drink?
- Do I bear grudges; do I contemplate revenge?
- Have I kept my whole body pure and chaste as a temple of the Holy Spirit?
- Do I use the gift of time well?
- Am I able to forgive myself?
- Do I seek to be humble and bring peace?

Act of Contrition

(You may use one you already know or this one)

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 on me.

Guide For Reconciliation

Dear Brothers and Sisters in Christ,

The Sacrament of Reconciliation is first and foremost a Sacrament of God's healing presence among us. It is a sacred and precious gift of God's immense love for each one of us. As your Priest, I pray for you every day. My sincere prayer is that each one of us will draw closer to God's love every day. I believe that the Sacrament of Reconciliation is one tangible way of removing any sin and obstacle which prevents us from fully experiencing God's love and His presence among us.

I deeply care about our soul and our pursuit of an intimate spiritual relationship with God., I know that for some, the Sacrament of Reconciliation may be a difficult or uncomfortable process to participate in. However, let us challenge ourselves to look inward and with a spirit of humility, let us seek God's healing gift and live our lives with honesty, joy and peace. May God bless you!

Your Brother in Christ,

Fr. Steve Davoren



Our Lady of the Assumption Catholic Church
Hours of the Sacrament of Reconciliation

Monday	8:30 to 9:00 AM
Tuesday	5:30 to 6:00 PM
Wednesday	5:30 to 6:00 PM
Friday	8:30 to 9:00 AM
Saturday	8:30 to 9:30 AM
	4:00 to 5:00 PM

THE SACRAMENT OF RECONCILIATION

In order to prepare yourself to celebrate well the Sacrament of Reconciliation, and to have a greater understanding of this important Sacrament, please take a little time reflecting on the information in this flyer.

You have come to experience the Lord's forgiveness and compassion. It is a very important personal moment in your relationship to God. To get the most from your confessional encounter with Christ, you should prepare yourself well. You should awake in yourself a deep, true sorrow for your sins, how they have offended God who loves us infinitely, and how your sins have hurt others who so need our help. You should try not to bring out each and every sin—serious attitudes of sin usually come to mind immediately, nor should you waste time in useless regrets.

Please remember that the Sacrament of Reconciliation is above all an act of God's love. It is a personal moment to be lived in a relationship of love with God. It is not a routine—or an ordeal—to be gone through, but very much part of the personal renewal which takes place in each person.

You are invited into the light of God's love

- To recognize the sinfulness in your life...
- To have true sorrow for these sins...
- And a firm intention to avoid sinning in the future.

These elements are essential to a proper and meaningful celebration of the Sacrament.

Every sin, in one way or another, has a community dimension. It is something which tarnishes the Body of Christ, which together, we are. Every sin ought to awaken in us feelings of humble regret and a confident request for pardon.

- Unbelief, indifference, selfishness
- Violence, contempt for the weak, eroticism, racism
- Neglect of the poor, money seeking, wastefulness
- A spirit of pride and superiority

Today my Father is waiting for me, I must return to him...

Then the prodigal son came to his senses and said: "I will leave this place and go to my Father and say: 'Father, I have sinned against heaven and against you.'" While he was still a way off, his Father saw him and was moved with pity. He ran to the boy, embraced him in arms and kissed him tenderly. The Father said: "Quick, bring out the best robe...this son of mine was dead and has come back to life..." *Luke 15*

Our Heavenly Father awaits us in the same way!

Following the example of the prodigal son, examine your conscience in the light of the Gospel and find out when you have behaved contrary to the teaching of Our Lord Jesus Christ in thoughts, words and/or deeds.

Jesus said: "You will love the Lord your God with all your heart..."

- Is my heart set on God, so that I really love him above all things?
- Am I open to His presence?
- Do I listen to the words of the Gospel? To the teachings of Christ's Church?
- What place has prayer in my life?
- Is the Eucharist the center of my Christian life?
- Do I take part regularly in Mass on Sundays and Holy Days?
- Do I allow the Lord to be the Lord, or do I try to be the Lord myself?
- Do I cling to my will, my wants, my ways?
- Do I have love and reverence for the name of God?
- Am I ashamed to witness about my faith in God in my daily life?
- Do I rebel against taking up the Cross which God sends?
- Do I turn to God only when I am in need?

Jesus said: "Love your neighbor as yourself..."

- Do you have a genuine love for my neighbors?
- Do I judge without mercy in thoughts and words?
- Do I speak ill, gossip, slander, or steal?
- Am I intolerant, envious, impatient or hot-tempered?