



First Reconciliation Retreat

SAINT ANDREW CATHOLIC CHURCH

WELCOME TO THE FIRST RECONCILIATION RETREAT. WE ARE SO EXCITED TO HAVE YOU ALL HERE WITH US TODAY TO START THE JOURNEY TO CELEBRATE YOUR FIRST RECONCILIATION AS CATHOLIC CHRISTIAN DISCIPLES.

OVERVIEW OF SCHEDULE

FRIDAY NIGHT SCHEDULE

6:30-6:45 PM
SESSION A

6:45-6:50 PM
MOVE TO SESSION (B, C1 or C2)

6:50-7:10 PM
SESSION (B or C1 or C2)

7:10-7:15 PM
MOVE TO SESSION (B, C1 or C2)

7:15-7:35 PM
SESSION (B, C1 or C2)

7:35-7:40 PM
MOVE TO SESSION D

7:40-8:00 PM
SESSION D

SATURDAY MORNING SCHEDULE

9:30-9:45 AM
SESSION A

9:45-9:50 AM
MOVE TO SESSION (B or C1)

9:50-10:10 AM
SESSION (B or C1)

10:10-10:15 AM
MOVE TO SESSION (B or C1)

10:15-10:35 AM
SESSION (B or C1)

10:35-10:40 AM
MOVE TO SESSION D

10:40-11:00 AM
SESSION D

SESSIONS

A: GATHERING/OPENING/VIDEOS (Sanctuary)

B: EXPLANATION OF THE RITE OF RECONCILIATION (Sanctuary)

C: WHAT DO I CONFESS? (C1 in Meeting Room 1 & 2, C2 in the Gym)

D: QUESTION & ANSWER/CLOSING PRAYER (Sanctuary)

First Reconciliation Dates: Friday, December 14, 2018, 6:00-8:00 PM
Saturday, December 15, 2018, 9:00-11:00 AM

First Communion Retreat Dates: Friday, April 12, 2019, 6:00-8:00 PM
Saturday, April 13, 2019, 9:00-11:00 AM

First Communion Dates: Saturday, April 27, 2019, 5:00 PM Mass
Sunday, April 28, 2019, 10:30 AM Mass
Sunday, April 28, 2019, 12:30 PM Spanish Mass

Reconciliation: Purpose & Scope

The following information is a guide to support you as you work with your child.

Goals:

- to assess the child's age-appropriate specific individual's level of understanding of the Sacrament of Reconciliation.
- to ensure that the child is ready to celebrate the Sacrament.
- to open the door to the positive experience that the Sacrament of Reconciliation is meant to be.

The child's level of understanding of the Sacrament of Reconciliation is assessed with regard to the following:

- God our Father made us because he loves us.
- Baptism makes us children of God, members of his family, the Church.
- God always loves us no matter what. He never stops loving us.
- God wants us to love him, others, and ourselves.
- Listening to God's word and following his laws makes us free and gives us peace.
- We sin when we disobey God on purpose. Sin offends God.
- Sin is any willful thought, word or action that disobeys God
- Venial sin hurts our friendship with God. Mortal sin completely destroys our relationship with God.
- Sacrament of Reconciliation = we receive and celebrate God's loving mercy and forgiveness of our sins.
- God is always ready to forgive our sins when we are sorry. With joy he welcomes us back to his family.
- God wants us to forgive others, too. We pray in the Lord's Prayer: "Forgive us our trespasses as we forgive those who trespass against us..."
- God's forgiveness in the Sacrament of Reconciliation bring God and us and others together again
- With use of examples: to know which action is sinful and which action is not:
 - Something wrong which we do accidentally or by mistake (not a sin)
 - Something wrong which we do knowingly and on purpose (sin)
 - A sin of omission (I do not do the good thing that God wants me to do.)
 - Accountability (knowing I am responsible for choices I make with my free will)
- Understanding Contrition, Confession, Penance (or Restitution, or Satisfaction), Absolution
- Being sorry for fear of punishment vs. being sorry for offending God whom we love.
- Format for Reconciliation (See page 3)

Prayers and motions to commit to memory:

The Sign of the Cross; why we make it. The Lord's Prayer, Hail Mary, Glory Be, and Act of Contrition (Strive to know it by heart.)

PREPARATION FOR RECONCILIATION

(For parents to teach their children)

I. Whether this is your First Confession or your 500th, it is important to prepare yourselves for the sacrament. This is done in the following manner:

a. Arrive at the Church early in order to spend some time in silent prayer reflecting on the sacrament you are about to receive.

b. Ask the Holy Spirit for guidance as you reflect on your sins. The prayer can be as simple as, “Heavenly Father, please grant me the grace through the Holy Spirit to reflect on my life and grant me true contrition for my sins, so that I may one day join you in Heaven.” – Or – for the First Penitents, “Dear God, help me know the wrong I have done and Help me be truly sorry for it.”

II. Examination of Conscience – Once we ask God for help we need to take action. This is accomplished by looking over the Ten Commandments and asking ourselves questions on where we fell short. An age-appropriate examination of conscience is on page 5 of this packet.

III. Once your examination is completed, remember where you fell short and stand in line. It is a good habit to pray the Rosary while waiting for your turn.

IV. Remember to confess all the sins you can think of.

*The Ten Commandments and a Children’s Examination of Conscience are included in this guide. These can be used when preparing your child for Reconciliation.

ORDER OF RECONCILIATION

I. SIGN OF THE CROSS: Father greets you.

II. WELCOME & INVITATION: The priest may welcome you and by saying these or similar words: “May the Lord be in your heart and on your lips so that you may make a good confession.”

III. CONFESSION: You say to Father: “Bless me Father for I have sinned. This is my First Confession. (After your First Reconciliation, say ‘It has been ___ days, weeks, or months since my last confession.’) These are my sins ...” and tell your sins to the priest – what you did and, if necessary, how many times. At the end, say: “Father, for these and all my sins I am very sorry,” so that Father knows you are finished.

IV. PENANCE: (or Satisfaction): Father may say something to you. He will then give you your penance: a prayer and/or action (service) you will do to help you make up for your sin. Keep in mind the penance Father gives you.

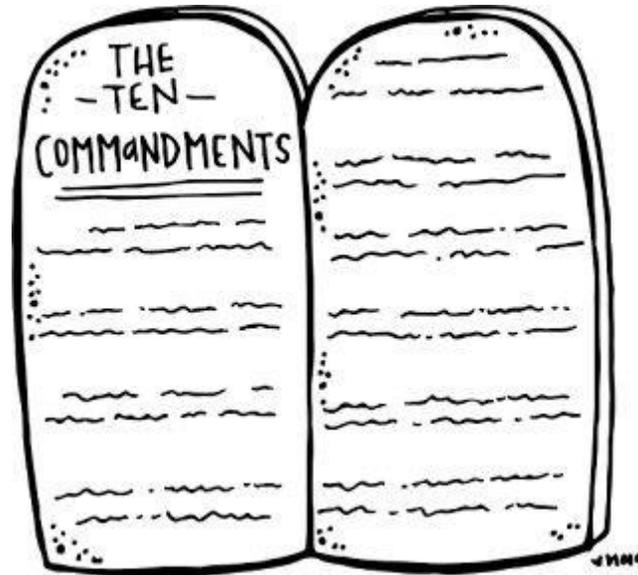
V. ACT OF CONTRITION: Father will invite you to pray the Act of Contrition (See page 7).

VI. ABSOLUTION: Because you are sorry for your sins, the priest then grants you Absolution. As you receive God’s forgiveness, the priest says: “...I absolve you from your sins in the name of the Father, and of the Son, and of the holy Spirit.” You make the sign of the cross and answer: “Amen.”

VII. CONCLUSION: The priest will conclude with a farewell greeting like: “The Lord has freed you from your sins. Go in peace.” You answer: “Thanks be to God.”

This concludes the Rite of Reconciliation. Now go back to your seat. If the penance Father gave you was to pray a Hail Mary or other prayer, pray that penance as soon as you return to your seat. If your penance is something you can do only at home or in school, remember to do that at your first opportunity.

THE TEN COMMANDMENTS



- 1. You shall not have any other gods besides me**
- 2. You shall not use the Lord's name in vain**
- 3. Remember to keep God's day holy**
- 4. Honor your father and mother**
- 5. You shall not kill**
- 6. You shall not commit adultery**
- 7. You shall not steal**
- 8. You shall not lie**
- 9. You shall not covet your neighbor's wife**
- 10. You shall not covet you neighbor's goods**

Children's Examination of Conscience

My relationship with God

Do I pray to God every day?

Do I fight against my parents when they say it is time to go to Mass on Sunday?

Do I participate in Mass by paying attention, responding, or singing?

Do I speak about God respectfully, or do I use God's name in vain?

Do I try to learn more about my faith by learning prayers, attending religion classes, and reading the bible?

My relationship with my family

Do I obey my parents like I should?

Do I talk back to my parents? Am I disrespectful toward my parents?

Am I responsible about cleaning my room and doing my assigned household jobs?

Am I ever mean to my brother and sisters?

Do I take care of my pets like I should? Or do I neglect or abuse my pets?

Do I watch bad TV programs or videos?

Am I selfish with my things, or do I share them with others?

Honesty

Have I lied to my parents? To my teachers? To my friends?

Have I cheated on homework or a test?

Have I taken something that does not belong to me?

Do I borrow things without returning them?

School

Do I fool around in class? Am I lazy?

Am I disrespectful or inconsiderate toward teachers or classmates?

Do I pick on other kids?

Do I have a foul mouth?

Self-Care

Do I eat a well-balanced diet?

Do I get enough rest by getting to bed on time at night?

Do I brush my teeth each day?

Do I bathe, groom my hair, and dress appropriately?

“Is it a sin or not?”

Activity Sheet

INSTRUCTIONS:

Put an **S** before each sentence that describes something that is a sin.

Put an **N** before each sentence that describes something that is not a sin is.
(Be prepared to say why or why not.)

- ___ I kept for myself a book that I borrowed.
- ___ I accidentally tore a page off my brother's book.
- ___ I told my teacher that I lost my homework when I really did not do it.
- ___ I stole a toy from my classmate.
- ___ I was too lazy to say my prayers.
- ___ I say, “God” a lot when I am not praying or talking about him.
- ___ I accidentally stepped on my sister's toy and broke it.
- ___ I took my classmate's book home by mistake.
- ___ I smeared water color paint on my brother's homework on purpose.
- ___ I said some really bad things about someone I don't like.
- ___ I spoke disrespectfully to my mother.
- ___ I pretended not to hear my dad telling me to put away my toys.
- ___ I refused to forgive my friend who hurt me.
- ___ I do not care much about going to Mass on Sundays or Holy Days.
- ___ I was not friendly to a new classmate or neighbor.

What Will I say at my First Confession?

**“Bless me Father for I have sinned. This is my first confession.
Please hear my sins.”**

If you would like, write what you would like to confess here:

“For all my sins I am very sorry.”

(Father will give you a penance)

Say your Act of Contrition.

(Father absolves you of all of your sins and you make the sign of the cross.)

The priest will conclude with a farewell greeting like: *“The Lord has freed you from your sins.
Go in peace.”* You answer: **“Thanks be to God.”**

A

Gathering Prayer/Opening

Location: Sanctuary

Duration: 15 minutes

Part 1:

A. Gathering Prayer and Overview of the Day

B. Watch the Videos

a. <https://www.youtube.com/watch?v=U3EB39CZdck>

b. <https://www.youtube.com/watch?v=Ib8pzvnnL20&t=5s>

B

Explanation of the Rite of Reconciliation

Location: Sanctuary

Duration: 20 minutes

Part 1:

- A. Preparation for Celebration
- B. Entering the Reconciliation Room
- C. Confession
- D. Absolution
- E. Penance
- F. After Leaving the Reconciliation Room

C

What DO I confess?

Location: C1 - Meeting Room 1 & 2
C2 - Meeting Room 3

Duration: 20 minutes

Part 1:

- A. Ten Commandments
- B. Children's Examination of Conscience
- C. "Is It a Sin or Not" Activity

D

Question & Answer/Closing

Location: Sanctuary

Duration: 20 minutes

Part 1:

A. Question & Answer

B. Closing Prayer