



## CELEBRATING THE SACRAMENT OF RECONCILIATION

Interested in celebrating the Sacrament of Reconciliation but feel it has been so long that you do not even know where to begin? You are not alone. We all need a refresher on the steps now and then:



- **Greeting:** I greet Father and sit down, we pray the Sign of the Cross together. Father may say a prayer and/or invite me to confess my sins. I begin by saying how long it has been since my last confession and then confess my sins. These or similar words: "It has been (# of weeks, months, or years since my last confession. My sins are...)"
- **Confession and Counsel:** I confess my sins, and Father talks with me about ways to love God and others more. This may happen after I confess each sin or after I confess all my sins.
- **Penance:** Father will give me a prayer to pray or some action to do that will help make up for the past and help me move forward.
- **Contrition:** I pray an Act of Contrition to tell God I'm sorry, when Father asks me to. Often the Priest will have a card, so you can read the prayer if you don't already know it.
- **Absolution:** Father prays a prayer of absolution that tells me God has forgiven me.
- **Closing:** The prayer of absolution ends with the Sign of the Cross, which we pray together. I thank Father and leave. I go to a pew and reflect on my penance. If it is a prayer, I kneel and pray right away. If it is an action, I think about how I will complete it as soon as I can.

More information on the Sacrament: [saintbrigidparish.org/reconciliation](http://saintbrigidparish.org/reconciliation)