

# Make-Up Packet for Day 10 of our Elementary Summer Religion Program (in any year)

Our Lady of Lourdes Roman Catholic Church ✠ Erath, Louisiana

## Opening Prayer: Act of Contrition

Reminder: Begin and end your Opening Prayer with The Sign of the Cross!

O, my God,  
I am heartily sorry for having offended Thee,  
and I detest all my sins  
because of Thy just punishment.  
But most of all, because they offend Thee, my God,  
Who art all good and deserving of all my love.  
I firmly resolve, with the help of Thy grace,  
to sin no more and to avoid the near occasion of sin.  
Amen.

## Review: Conversation in the Confessional

- We typically begin reviewing the *Act of Contrition* and *Ten Commandments* at the beginning of Week 2. Campers also spend time reviewing/preparing for Confessions and Mass in our Prayer Center and Catechism Corner on Day 9.
- **NOTE:** On occasion, we do have a camper who will receive First Confession on Day 10. In that case, he/she says “**This is my First Confession**” in the place of the length of time that has passed since his/her last Confession.

Bless me, Father, for I have sinned.  
It has been \_\_\_\_\_ (days, weeks, months, years) since my last Confession.  
I have . . . (*tell him your sins*).  
For these and any other sins I may have forgotten, I am truly sorry.

- Don't forget to listen carefully for your assigned **penance**. You will pray your penance **after** you leave the Confessional. As Mrs. Frances often says when discussing penance for Confession, “turn on your brain and open your ears” so you'll be able to remember what the priest tells you to do!

## Focus of Day 10:

- The main focus of Day 10 always revolves around activities in church: **Adoration, Confession, and Mass**.
- Grades 1-5 rotated through five 25-minute learning centers from approximately 8:10-10:40 a.m.:
  - **Adoration and Confession in church:** Entire grade-level groups entered the church (one grade level at a time) for Adoration of the Blessed Sacrament and Confession.
    - **Reminder:** When the Blessed Sacrament is exposed for Adoration, we “do” a **double genuflection** (kneel briefly on both knees instead of genuflecting only on one knee) each time we enter/exit our pew.
    - A handful of our local Catholic Daughters were typically on hand to lead several Rosaries throughout the morning.

- Two visiting priests assisted our pastor with Confessions on Day 10.
- ***NOTE:** Although campers in Grade 1 were not yet old enough to go to Confession, they were brought into church to experience 5-10 minutes of Adoration. They had already completed (and discussed) a craft activity of the Blessed Sacrament exposed in a monstrance, so they knew what to look for after arriving in their pews. After leaving the church, they spent the remainder of that particular time slot in our indoor game centers.*
- **Two time slots of Indoor Games in the parish hall:** Our indoor game stations often included a vast array of table-top games (several board games, Battleship, Quick Cups, and Kerplunk) as well as Minute-to-Win-It games, a dance area (using a Wii system), an area for “the limbo,” bowling, football toss, bean bag toss, and basketball toss. At times, we’ve also included card games and old-fashioned floor games of pick-up-sticks and/or jacks.
- **Safe Environment Presentation for each grade level in the Big Classroom:** Our Safe Environment coordinator leads a diocesan-approved, age-appropriate Safe Environment presentation for each grade level.
- **Review this year’s topics in the craft center:** This year’s review featured a “saintly” version of the popular game called Hedbanz.”
  - **NOTE:** In some years, campers are simply encouraged to draw a picture or write a paragraph to show/tell our pastor and Mrs. Frances what they remembered most from the two-week program.
  - **NOTE:** Sometimes, we ask campers to complete a Review Sheet as well. (When we use Review Sheets, the campers are always allowed to decide whether they want to work alone or with a partner. Although grade levels are required on each Review Sheet, no names are necessary. Mrs. Frances usually scans through each Review Sheet to gain some insight as to how much correct information was retained.)
- By 10:30, everyone returned to the parish hall to settle down for **Mass**. We quickly reviewed expectations for good behavior, lined up by grade levels (and crews), and returned to church in an orderly fashion.
- With several altar servers and our deacon assisting him, our pastor celebrated **weekday Mass** at 11:00 a.m. Parents, grandparents, and friends were invited to join us for Mass.
- After Mass ended, we returned to the parish hall for closing remarks, to thank **50+ volunteers** for their help, and to sing one or two final songs before dismissal.



## Dear Parent/Guardian:

Thank you for taking time to work through this packet with your child!

Please **sign** the **last** page of this packet as proof that Day 10’s work has been made up and **mail or deliver** it to Mrs. Frances at our church office. She will make the proper notes on your child’s attendance record and will file the signature sheet in your family’s registration folder.

If you and/or your child need to review what happens in  
**the Sacrament of Confession,**  
please refer to pages 3-4 of this packet.

# What Happens During Holy Confession?

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Catholics have a special way of celebrating forgiveness. It is called the **Sacrament of Reconciliation** (also called the Sacrament of Penance or Confession). The word **reconciliation** means "to make up" or "bring together again." We go to Confession to "make up" with God after we have committed sins against His Ten Commandments.

1. **Examine your conscience** before going to the church to meet with the priest. (We must be truly sorry for the sins we confess.)
2. When you arrive at the church, you may have to stand/sit in line to meet with the priest. **Please be patient.**
3. Quietly enter the Confessional when it is your turn to do so. Quietly close the door behind you. Your Confession is a private matter. No one else needs to see you or hear your conversation. Many priests **encourage** their parishioners to **kneel behind the curtain** (for the sake of remaining anonymous), but if it's available, some people choose to **sit in a chair** facing the priest. (**NOTE:** Due to the Covid-19 pandemic, face-to-face Confessions may no longer be an option! Don't be surprised if you must kneel and speak to the priest through a curtain or a screen!)
4. Confession begins with **The Sign of the Cross**. (REMEMBER: If you choose to sit in the chair facing the priest, he will make The Sign of the Cross in the air while facing you, so his hands will move in the opposite direction. Don't let his movements confuse you! Make the Sign of the Cross as you were taught to do so—touch your left shoulder, then your right shoulder.)
5.
  - a. **First Communion candidates** begin their Confession by saying, "**Bless me, Father, for I have sinned. This is my First Confession. I have...**" (verbally list your sins for the priest).
  - b. **Those who are returning to Confession** say, "**Bless me, Father, for I have sinned. It has been \_\_\_\_ weeks (or months or years) since my last Confession. I have...**" (verbally list your sins for the priest).
6. Once you have finished listing your sins for the priest, say, "**For these and any other sins I may have forgotten, I am truly sorry.**" (Remember: We are sorry for two sets of sins! We're sorry for the sins we remembered to mention and we're sorry for the sins we forgot to mention!)

7. If the priest has a little time to spare, he may offer suggestions about how to avoid committing those sins in the future so that you can follow the teachings and lifestyle of Jesus more closely.
8. He will assign a **penance**. Although **absolution** (forgiveness) takes away sin, it does not **remedy** (remove) all the **disorders** (effects) sin has caused (CCC 1459), so the priest assigns to us a penance which can take the form of "prayer, an offering, works of mercy, service of neighbor, voluntary self-denial, sacrifices, and above all the patient acceptance of the cross we must bear" (CCC 1460). **Pay close attention to what the priest tells you to do! You will pray these prayers (and/or perform this good deed) after you leave the Confessional** in order to show God that you are very sorry for your sins and that you want to make better choices in the future.
9. The priest will then ask you to pray an **Act of Contrition**. This prayer tells God that you are truly sorry, that you don't want to offend Him, and that you will do your best not to sin again. **Recite this prayer slowly and loudly enough with intent (meaning, purpose)** so that the priest will hear you say the words of the prayer and know that you are truly sorry. **If you get nervous and forget the words, don't worry!** The priest will help you! However, because we are grateful for God's unconditional love and mercy, we should take the time and make the effort to learn how to pray this sacred, traditional prayer.
10. The priest will then stretch his hand toward your head and pray the words of **absolution** (God's forgiveness). His prayer ends with the words, "and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit." **Make The Sign of the Cross** with him as he prays those words. (Remember: If you are sitting in a chair facing the priest, don't let his movements confuse you.)
11. Now you are ready to stand up and leave the Confessional with a forgiven soul. (Reminder: For most of us, God will remove the lingering "stains" of our sins from our soul in Purgatory.) Before you leave the Confessional, please don't forget to say, **"Thank you for hearing my Confession today, Father."** After all, he could choose to spend more time with his family or friends or in other appointments rather than hearing Confessions on any given day. Instead, he spends time in the Confessional for our benefit! Let's tell him how much we appreciate his effort to share God's mercy with us, encourage us, and welcome us back when we return to the Confessional after we "mess up" (again) and/or fall away from our faith!
12. Don't forget to **leave the Confessional door open** so the next person who approaches the Confessional will know he/she may enter.
13. Go back to your pew (or to the assigned kneeler) and **pray your assigned penance prayers**. If the priest assigned a "good deed" type of penance, perform it as soon as possible after leaving the church.

Please complete this page and return it to our Church Parish Office as soon as possible so Mrs. Frances can update our records to indicate that you have helped your child read/discuss the Bible stories and Catechism lessons that would have been introduced and discussed on **Day 10** of our **2023** Summer Religion Program.

My child, \_\_\_\_\_, in **2022-23** grade level \_\_\_\_\_, and I have read and discussed the enclosed review of for **Day 10** of our 2023 Elementary Summer Religion Program. Please check one:

☐ My child has already received the sacraments of Confession and Communion. This make-up packet has reminded us to do our very best to adequately prepare and receive both sacraments again soon!

☐ My child has not yet received the sacraments of Confession and Communion. Reading through this make-up packet as reminded us to enroll them in a Sacramental Prep program as soon as possible.

\_\_\_\_\_  
Parent/Guardian's Printed Name

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date

### Optional Activities for Families to Review Confession and Holy Communion:

- **For campers:** Dynamic Catholic offers **free** online access to their animated [Blessed](#) video series. We do watch selected videos from this series during our Sacramental Prep classes! There are 11 "seasons" (a.k.a. "lessons") and each "season" includes 6-7 brief videos. The first few "seasons" focus on Confession. The rest of the seasons focus on Holy Communion. Click on the [blue link above](#) (in this paragraph) to visit their webpage and review the Sacraments!
- **For parents and/or campers:** *Formed.org*, an online platform that offers plenty of Catholic resources for people of all ages also offers several Catholic resources to review the Sacraments of Confession and Holy Communion.
  - NOTE: *Formed.org* is **free** to our parishioners because our church office pays an annual subscription for our church parish.
  - Go to *Formed.org*
  - If you have used *Formed.org* before, click "**Sign In**" link in the top, right corner of the screen.
  - If you have **never** used *Formed.org* before, click "**Sign Up**" button in the middle of the screen.
    - Click on "**Sign up as a parishioner.**"
    - Because there are many Catholic Churches whose namesake is "Our Lady of Lourdes," the quickest way to find our church parish is to simply **type our zip code** in the "Find your parish or organization" box.
    - **Select our church parish** from the list that appears.
    - Create a **simple profile** for yourself (name and email address).
    - Once the home screen appears, use **search feature** to find any of the videos displayed near the bottom of this page and on the next page.

- When your time permits, feel free to scroll through the wide variety of horizontal “stripes” that appear on the **Formed.org** home screen or use the search feature to look for other Catholic topics that interest you or your child.

