

A Guide for Making Your Confession During These Extraordinary Times

- 1 – DO make an appointment to have your confession heard** as confessions are scheduled in advance.
- 2 – DO NOT “show up” without an appointment** in fairness to everyone who schedule their confession appointment in advance.
- 3 – DO stay at home** if you are ill with anything contagious, especially if you are showing symptoms of the COVID-19 coronavirus. There will be other opportunities to have your confession heard when you are well.
- 4 – DO take your temperature** before leaving home for confessions; if you have a temperature above 100.4 degrees Fahrenheit (the threshold “symptomatic” temperature for potential coronavirus) please do not come to confessions; wait until you are healthy.
- 5 – DO stay at home** if you of an age or have other factors that put you in the “high risk” category for getting the COVID-19 coronavirus. There will be opportunities to have your confession heard in the future.
- 6 – DO use your own hand sanitizer and wear a mask** when you arrive for confession.
- 7 – DO arrive no more than 5 MINUTES before your confession appointment** in order to avoid starting a line.
- 8 – DO prepare for your confession at home** – you will have only **5 MINUTES** to have your confession heard given these extraordinary times.
- 9 – DO keep your confession brief** – succinctly confess your sins.
- 10 – DO NOT use this opportunity for confession to seek counseling.** If you need to speak with a priest about counseling on a particular issue in your life please make an appointment to discuss this with him outside of the confession setting.

An Examination of Conscience Based on the Seven Deadly Sins *(based on an examination from My Catholic Life!)*

Pride: “Pride is an untrue opinion of ourselves, an untrue idea of what we are not.” Have I a superior attitude in thinking, or speaking or acting? Am I snobbish? Have I offensive, haughty ways of acting or carrying myself? Do I hold myself above others? Do I demand recognition? Do I desire to be always first? Do I seek advice? Am I ready to accept advice? Am I in any sense a “bully”? Am I inclined to be “bossy”? Do I speak ill of others? Have I lied about others? Do I make known the faults of others? Do I seek to place the blame on others, excusing myself? Is there anyone to whom I refuse to speak? Is there anyone to whom I have not spoken for a long time? Am I prone to argue? Am I offensive in my arguments? Have I a superior “know-it-all attitude” in arguments? Am I self-conscious? Am I sensitive? Am I easily wounded?

Envy: “Envy is a sadness which we feel, on account of the good that happens to our neighbor.” Do I feel sad at the prosperity of others? At their success in games? In athletics? Do I rejoice at their failures? Do I envy the riches of others?

Sloth: “Sloth is a kind of cowardice and disgust, which makes us neglect and omit our duties, rather than to discipline ourselves.” Have I an inordinate love of rest, neglecting my duties? Do I act lazily? Am I too fond of rest? Do I take lazy positions in answering prayers? Do I kneel in a lounging way? Do I delight in idle conversation? Do I fail to be fervent in the service of God?

Lust: “Lust is the love of the pleasures that are contrary to purity.” Have I desired or done impure things? Have I taken pleasure in entertaining impure thoughts or desires? Have I read impure material, listened to music with impure lyrics, or looked at impure images, whether in photos or on television or in movies/videos or on the internet? Have I aroused sexual desire in myself or another by impure kissing, embracing, or touching? Have I committed impure actions alone? Do I dress immodestly or am I too concerned with the way I look? Do I use vulgar language or tell or listen to impure jokes or stories? Have I given into sexual desires (e.g. fornication, adultery) even in my imagination? Have I had sexual relations with a person outside of marriage? Have I participated in sexual activity with persons of the same-sex?

Covetousness: “Covetousness is a disordered love of the goods of this world.” Do I dispose of my money properly or selfishly? Do I discharge my duties in justice to my fellow man? Do I discharge my duties in justice to the Church?

Gluttony: “Gluttony is a disordered love of eating and drinking.” Do I eat to live or live to eat? Do I drink to excess? Do I get drunk? Do I misuse prescription drugs? Do I use illegal drugs? Have I allowed myself to become addicted to alcohol and/or drugs?

Anger: “An emotion of the soul, which leads us violently to repel whatever hurts or displeases us.” Am I prone to anger? Does practically any little thing arouse my temper? Am I what is generally termed “a sore-head”? Do I fail to repress the first signs of anger? Do I fail to get along well with everybody? Do I ponder over slights or injuries and even presume them? Do I rejoice at the misfortunes of others? Do I think of means of revenge? Of “getting even”? Am I of an argumentative disposition? Have I a spirit of contradiction? Am I given to ridicule of persons, places, or things? Am I hard to get along with? Do I carry grudges, remain “on the outs” with anyone? Do I talk about the faults of others? Do I reveal the faults or defects of others? Do I reveal the faults of others from the wrong motive?

“For these and all the sins that I have committed during my life, I am truly sorry.”

ACT OF CONTRITION

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin. Amen.

***Please depart quietly, remove your mask only when you are in your car,
do your penance at home. Thank you for your cooperation!***