

Sacrament of Reconciliation

The Basics

Come prepared to confess your sins. Maybe you can't remember everything, but you certainly remember the things that you most desire forgiveness for.

Confess honestly and from the heart.

Reconciliation may be face-to-face or anonymous, with a screen between you and the priest. Choose the option that is the most comfortable for you.

Confession in Ten Easy Steps

1. Make the Sign of the Cross.
2. Say: "**Bless me Father, for I have sinned.**" Add:
 - a. "**This is my first confession**" OR
 - b. "**It has been _____ since my last confession.**"
3. Say: "**The sins which I wish to confess are _____.**"
4. When you are done say: "**Those are the sins which I wish to confess.**"
5. Listen to the advice the priest gives you.
6. Listen to and remember the penance the priest gives you.
7. The priest may ask you to say an Act of Contrition in the confessional. (Father Dariusz does not do this.)
8. The priest, acting in the person of Christ, will place his hands over your head. He will offer your forgiveness saying: "And I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit" – **at which point you make the sign of the cross.**
9. Say "**Thank you Father**" and exit the confessional.
10. Find a pew and say your penance. Also, if not done in the confessional, say an Act of Contrition.

Act of Contrition

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. Amen.

The Our Father

Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail, Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory Be

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning is now, and ever shall be world without end. Amen.