

How to Go to Confession...

May the Passion of Our Lord Jesus Christ,
the intercession of the Blessed Virgin Mary and of all
the saints,
whatever good you do and suffering you endure,
heal your sins,
help you grow in holiness,
and reward you with eternal life.
Go in peace.

—*Rite of Penance*, no. 93

- 1 PREPARATION:** Before going to confession, take some time to prepare. Begin with prayer, and reflect on your life since your last confession. How have you—in your thoughts, words, and actions—neglected to live Christ’s commands to “love the Lord, your God, with all your heart, with all your soul, and with all your mind,” and to “love your neighbor as yourself” (Mt 22:37, 39)? As a help with this “examination of conscience,” you might review the Ten Commandments or the Beatitudes (Ex 20:2-17; Dt 5:6-21; Mt 5:3-10; or Lk 6:20-26).
- 2 GREETING:** The priest will welcome you; he may say a short blessing or read a Scripture passage.
- 3 THE SIGN OF THE CROSS:** Together, you and the priest will make the Sign of the Cross. You may then begin your confession with these or similar words: “Bless me, Father, for I have sinned. It has been [*give days, months, or years*] since my last confession.”
- 4 CONFESSION:** Confess all your sins to the priest. If you are unsure what to say, ask the priest for help. When you are finished, conclude with these or similar words: “I am sorry for these and all my sins.”
- 5 PENANCE:** The priest will propose an act of penance. The penance might be prayer, a work of mercy, or an act of charity. He might also counsel you on how to better live a Christian life.

- 6 ACT OF CONTRITION:** After the priest has conferred your penance, pray an Act of Contrition, expressing sorrow for your sins and resolving to sin no more. A suggested Act of Contrition is:

My God,
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.
(Rite of Penance, no. 45)

- 7 ABSOLUTION:** The priest will extend his hands over your head and pronounce the words of absolution. You respond, “Amen.”
- 8 PRAISE:** The priest will usually praise the mercy of God and will invite you to do the same. For example, the priest may say, “Give thanks to the Lord for he is good.” And your response would be, “His mercy endures for ever” (*Rite of Penance*, no. 47).
- 9 DISMISSAL:** The priest will conclude the sacrament, often saying, “Go in peace.”

If it has been a while since your last confession, remember, “Do not fear” (Is 41:10). The priest will help guide you. And feel free to take this how-to guide with you! (For more information, visit www.usccb.org/confession.)

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From *Misericordiae Vultus* (The Face of Mercy) – Originating document for the Extraordinary Jubilee of Mercy:

17. The season of Lent during this Jubilee Year should also be lived more intensely as a privileged moment to celebrate and experience God’s mercy. How many pages of Sacred Scripture are appropriate for meditation during the weeks of Lent to help us rediscover the merciful face of the Father! We can repeat the words of the prophet Micah and make them our own: You, O Lord, are a God who takes away iniquity and pardons sin, who does not hold your anger forever, but are pleased to show mercy. You, Lord, will return to us and have pity on your people. You will trample down our sins and toss them into the depths of the sea (cf. 7:18-19). [...]

[...] The initiative of “*24 Hours for the Lord*,” to be celebrated on the Friday and Saturday preceding the Fourth Week of Lent, should be implemented in every diocese. So many people, including young people, are returning to the Sacrament of Reconciliation; through this experience they are rediscovering a path back to the Lord, living a moment of intense prayer and finding meaning in their lives. Let us place the Sacrament of Reconciliation at the centre once more in such a way that it will enable people to touch the grandeur of God’s mercy with their own hands. For every penitent, it will be a source of true interior peace. [...]

18. During Lent of this Holy Year, I intend to send out *Missionaries of Mercy*. They will be a sign of the Church’s maternal solicitude for the People of God, enabling them to enter the profound richness of this mystery so fundamental to the faith. There will be priests to whom I will grant the authority to pardon even those sins reserved to the Holy See, so that the breadth of their mandate as confessors will be even clearer. They will be, above all, living signs of the Father’s readiness to welcome those in search of his pardon. [...]

[...] Bishops are asked to celebrate the Sacrament of Reconciliation with their people so that the time of grace made possible by the Jubilee year makes it possible for many of God’s sons and daughters to take up once again the journey to the Father’s house. [...]

Suggestions for living the Spiritual Work of Mercy: To Forgive Offenses (Mark 11:25; Luke 11:1-4)

- Go to confession. As you feel God’s forgiveness, extend that forgiveness to someone who has offended you.
- Offer a kind word to someone who has slighted you.
- Pray for someone who has hurt you.
- Let go of a grudge.
- Do unto others as you would have them do unto you.
- Meditate on “And forgive us our trespasses, as we forgive those who trespass against us”
- Your own suggestion: _____

Opportunity for Sacrament of Reconciliation (Confession) at St. Mary’s:

6:30 p.m. – 8:00 p.m. Wednesdays during Lent
(February 17, 24, March 2, 9, 16, 23)

3:00 p.m. – 3:45 p.m. Saturday afternoons

Holy Saturday: 2:00 – 4:00 p.m.

Or by appointment: call rectory (508-528-0020)

Extensive resources for Reconciliation can be found at www.thelightisonforyou.org.

Our Lady of LaSalette Shrine (Attleboro) hears confessions every weekday from 1:00 p.m. – 2:00 p.m., as well as many other times.

24 Hours for the Lord on March 4 and 5:

In our area, three churches will be open for a 24-hour period, beginning with Mass on Friday evening, March 4, and concluding with Mass on Saturday evening, March 5. Confessions will be offered during these “24 Hours for the Lord.” The churches are St. Catherine, Norwood; Immaculate Conception, Marlboro; Our Lady of Fatima Shrine, Holliston.

Missionaries of Mercy were sent forth from the Vatican on Ash Wednesday (see above).

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