

FIRST RECONCILIATION FORMAT

- ❖ Prior to bringing your child to Reconciliation you should review with him/her the **Examination of Conscience which is enclosed**. This will help your child to reflect on the things they have said and done and what things may have led them away from God, for which they seek forgiveness. Please work with you child to ensure he/she can make the sign of the cross independently.
- ❖ After reviewing the Examination of Conscience you should review the format for confession which is also attached. It is a good idea to practice the opening sequence, the **Act of Contrition** and the **Prayers of Penance** so he/she feels comfortable with the process. Most commonly these prayers are the *Our Father*, the *Hail Mary* and the *Glory Be*.
- ❖ On the scheduled date and time you will bring your child to the church for First Reconciliation. A greeter will be at the door and will assist you in lining up with the other families scheduled for that time slot. Due to the pandemic we will ask all families to sanitize hands upon arrival, wear a mask that covers the nose, mouth and chin and respect physically distancing guidelines. There will be 2 priests at the front of the church ready to hear your child's confession.
- ❖ As the line moves forward our Lay Parish Minister will be there to direct your child to one of the priests. We will ask parents/guardians to step to the side, where you can observe your child but with enough distance to ensure privacy for this personal sacrament.
- ❖ When you child has completed their confession, they will be assigned a penance by the priest. They can then rejoin their parents and proceed to any empty pew to quietly complete their penance. When they are finished, we ask all families to depart quietly with respect for the other children doing their confession.

Examination of Conscience for Children Doing First Reconciliation

Do I pray to God each day and thank him for his blessings?

Do I participate at Mass each Sunday with my family?

Do I do what I am told by my parents and teachers?

Do I show kindness to my brothers and sisters at home and to my school friends?

Do I tell others the truth?

Do I make fun of others and call them names?

Do I share with others and invite them to play games with me?

Do I tell people I am sorry when I have hurt them?

Do I forgive others when they hurt me?

Do I use the talents that God has given me?

Format for the Celebration of Confession

1. Begin with the sign of the cross:

“In the name of the Father, and of the Son, and of the Holy Spirit.”

2. Then say:

“Bless me Father for I have sinned, this is my first confession. These are my sins.”

Then tell the priest your sins.

3. Once finished confessing your sins say:

“For these and all my sins I am sorry.”

4. The priest will give you a few words of advice, and then he will give you your penance.
5. Say the **Act of Contrition** (if you cannot remember it the priest will help guide you and will have a printed copy available to read if needed).
6. The Priest will pray the prayer of God’s forgiveness.
7. Join your parents and find a quiet place in the church to complete your Penance before you depart.

- ❖ Remember this is a sacred and beautiful sacrament. It is a chance for your child to understand the closeness that comes from seeking reconciliation from God.
- ❖ The pastoral team wants this experience to be a positive one and we do not want the children to feel anxious or nervous. We will do all we can to create an environment that is welcoming and supportive.
- ❖ It is not permitted to take any photos or videos of your child receiving the sacrament. We ask that you refrain from taking photos upon leaving as this is distracting to the children waiting for their sacrament. A photo could be taken outside the church or at home following the sacrament.

Act of Contrition

O, my God,
I am sorry for having sinned.
I love you with all my heart.
With your help,
I will try not to sin again.
Amen

Other Prayers

Our Father

Our Father, who are in heaven,
Hallowed by 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 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 are 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

