

ST. JOSEPH PARISH  
FIRST RECONCILIATION  
PARENT MEETING  
NOVEMBER 20, 2023



## Penance Service

- Please arrive 10 minutes before the start of the service.
- Children will sit up front in reserved pews.
- Fr. Ron will greet the children and say an opening prayer.
- He will then read from the Gospel.
- There will be a general examination of conscience.
- Followed by an Act of Contrition.
- The children will then individually go to confession in the Reconciliation Room.
- Following their Confession, they will go to the altar and say their penance and then join you in your pew.
- The service ends with a final blessing by Fr. Ron
- After the service all in attendance are invited to receive the Sacrament.
- Photographs—We ask that no pictures be taken during the service.

## Dress

- Your child should wear their Sunday best as this is a Sacrament.

## How Parents can help their child prepare

- Role play *“Steps to Make a Good Confession”* with your child
- Practice *“The Sign of the Cross”* and praying the *“Act of Contrition”*
- Review the *“Examination of Conscience”*
- Practice *“Our Father”*, *“Hail Mary”* and *“Glory Be”*

## STEPS TO MAKE A GOOD CONFESSI ON

### **1. Before Confession, you should make an Examination of Conscience**

When it is your turn, enter the confessional or reconciliation room. Fr. Ron will give you a blessing or a short greeting.

### **2. Make the Sign of the Cross:**

*“In the Name of the Father and of the Son and of the Holy Spirit. Amen.”*

#### **And say:**

*Bless me, Father, for I have sinned. This is my first confession.”*

### **3. Confess your sins.**

Fr. Ron will help guide the children through their confession.

### **4. Receive your penance:**

Fr. Ron will talk to you about your sins and make suggestions on helping you do better from now on. He will give you your penance.

### **5. Fr. Ron will then give you absolution.**

Fr. Ron will then make the Sign of the Cross over you and absolve you from your sins. Say *“Thank you Father Ron”*

### **6. Say your penance:**

The children will be directed to the altar to say their penance.

## Practice praying the Act of Contrition

**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. Amen.**

### 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 amongst 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.

### Grace Before Meals

Bless us, O Lord, and these Thy gifts, which  
we are about to receive from Thy bounty,  
through Christ our Lord. Amen.

### Sign of the Cross

In the name of the Father,  
and of the Son,  
and of the Holy Spirit,  
Amen.

## Examination of Conscience Based on the Ten Commandments

### **1. I am the Lord your God. You shall not have strange gods before me.**

Do I always put God first? Before my friends? My family? My schoolwork and activities? Do I believe that God really loves me? Do I have any “strange gods” in my life like popularity, sports, entertainment, possessions? Do I trust that God is in control of everything? Do I pray every day?

### **2. You shall not take the name of the Lord your God in vain.**

Do I use curse words? Have I made oaths or sworn promises to God that I haven't kept? Have I allowed others to swear in my presence?

### **3. Remember to keep holy the Lord's Day.**

Do I attend Mass on Sundays and Holy Days of Obligation? Do I do as much of my homework and chores as I can during the week so that I won't have to do them on Sunday?

### **4. Honor your father and mother.**

Do I show love and respect to my parents? Do I listen to and obey them? Do I respect my teachers and others in authority?

## **5. You shall not kill.**

Have I tried to hurt anyone physically, mentally, or emotionally? Do I talk about other people behind their backs? Have I lost my temper or given in to anger? Do I hold grudges? Do I take care of the environment?

## **6. You shall not commit adultery?**

Have I watched movies or looked at pictures that are inappropriate? Have I failed to treat anyone with kindness and respect?

## **7. You shall not steal.**

Have I taken anything that doesn't belong to me? Do I cheat in school or sports? Have I wasted time? Am I willing to help those who don't have enough?

## **8. You shall not bear false witness against your neighbor.**

Have I told a lie, even a little white lie? Have I told lies to avoid getting in trouble? Have I revealed other people's secrets? Have I failed to mind my own business? Have I accused someone falsely? Have I judged others harshly? Have I been prejudiced or discriminated against anyone?

## **9. You shall not covet your neighbor's wife.**

Do I think of other people in terms of what they can give me instead of in terms of how I can show them God's love?

## **10. You shall not covet your neighbor's goods.**

Have I envied anyone else's possessions, popularity, grades or skills? Have I used more than my fair share of things?