

Holy Family Parish Patchway, Bristol.

He will then ask you to say your 'Sorry Prayer.'

'O my God, because you are so good, I am very sorry that I have sinned against you, and with your help I will try not to sin again. Amen.'

It is best to learn this prayer. Ask your parents to help you.

Fr Eugene will then say a prayer with his right hand out over your head.

God the Father of mercies, through the death and resurrection of his Son, has reconciled the world to himself. By the ministry of the Church, may God grant you pardon and peace and I absolve you from your sins in the name of the Father ✠ and of the Son and of the Holy Spirit. Amen.

He will then say,

'The Lord has forgiven you your sins, go in peace.'

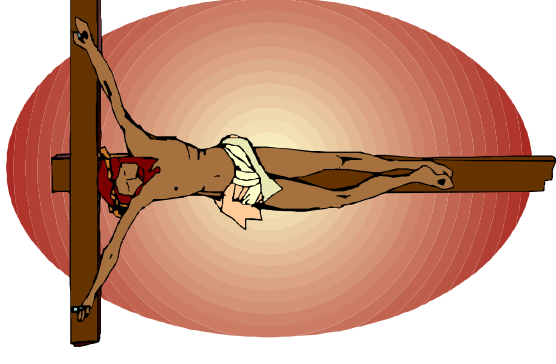
you then say thank you to the priest and go back to your seat.

When you get back to your seat, kneel down and say a prayer thanking God for helping you to make a good Confession. Then you say any prayer the priest might have asked you to say as a Penance. If he asked you to do something else, don't forget to do it or you will not have said sorry for your sins!

When you have finished saying your prayers - YOU WILL FINISHED YOUR SACRAMENT OF RECONCILIATION!

WELL DONE!

Keep this leaflet safe and you can use it every time you go to the Sacrament of Reconciliation.



How to say I am sorry!

God's gift of

Forgiveness in the

Sacrament of Reconciliation

God's special gift of forgiveness.

God our Father knows we are not good all the time. We sometimes argue, fight, tell lies, refuse to do what we are asked to do and that makes him unhappy. So what we have to do is be strong enough to know when we have done something that is wrong and to say sorry. That is why Jesus gave to his disciples the gift of forgiveness. He said, 'for those whose sins you forgive, they are forgiven.' and the disciples have passed that power to forgive down through time to every priest including Fr Eugene!

So, when you go to the Sacrament of Reconciliation, you are remembering the things you have done wrong, that you are sorry for them and that you are going to try to be a better person. That is what God's wants us to do. **That is called 'confessing your sins'.**

Then Fr Eugene will ask us to do something to say sorry for our sins, it could be to say a prayer, or do something for the person you have sinned against. *It could be tidy your room, do the washing up, be nice to your mum and dad instead of arguing, or it could be something that will help you to understand that what you have done is wrong. That is called 'doing a Penance'.*

When Fr Eugene has told you what he wants you to do, to say sorry for your sins, you then get to say your '**Sorry Prayer**' as a way of showing God through Fr Eugene that you are really sorry for your sins.

Then Fr Eugene will say a special prayer over you asking God to forgive you. It's called the '**the Prayer of Absolution**'. When this prayer is finished your sins will be forgiven and you will be able to go and do whatever **Penance** Fr Eugene gave you to do, to show you are sorry for your sins. **That is going to the Sacrament of Reconciliation - it's easy!**

Here is what to do:-

- **When you know you are going to the Sacrament of Reconciliation**, spend sometime thinking about what you want to say sorry for - make a list if you want - you don't have to show anyone, but you can bring it with you to the Sacrament.
- **When you arrive in the Church**, kneel or sit quietly, thinking about what you are going to say sorry to God for.
- **When it is your turn to go to the Sacrament of Reconciliation**, don't be frightened! Fr Eugene will help you. Go to Fr Eugene and sit down and he will welcome you. Then you will both

Make the Sign of the Cross saying 'In the name of the Father and of the Son and of the Holy Spirit. Amen.'

Then you say, ' Bless me Father, this is my first sacrament of Reconciliation and this is what I would like to say sorry for.....' then you tell Fr Eugene your list of sins.

or

if you have been to Confession before you can say, 'Bless me Father, it has been _____ since my last confession, and this is what I would like to say sorry for.....' then you tell the priest your list of sins.

When you have finished your list you say,

' I am sorry for them and would like God's forgiveness.'

Fr Eugene will then talk to you about how to be a better person. and tell you what he would like you to do as a **Penance**, to say sorry for your sins.

you are half way there—turn over the page!