

10 Steps for Making My First Reconciliation

1. Examination of Conscience and Act of Contrition will be done as a group before entering the confession room.
2. Enter the confession room, close the door and sit down (you may choose to go behind the screen or face to face with Father).
3. Greet Father and make the Sign of the Cross.
4. Then say: " This is my first confession, Father, and these are my sins...".
5. When finished, say: "I am sorry for these and all of my sins."
6. Father will then give you a penance.
7. Father gives you absolution- "I absolve you from your sins in the name of the Father, Son and Holy Spirit."
8. Father then says, "Go in peace and God bless you."
9. You say, "Thank you, Father."
10. Please leave the door open to the confession room for the next person.

Act of Contrition

O my God, I am sorry for my sins.
In choosing to sin,
And failing to do good,
I have sinned against You
and Your Church.
I firmly intend,
with the help of Your Son;
to make up for my sins
and to love as I should.

Amen

Please talk with your child about how the Commandments help us make good choices.

The Ten Commandments

We show we love God when:

1. We think first of what God wants when we make choices.
2. We only use God's name with love and respect.
3. We keep Sunday as God's special day of prayer and rest.

We show we love ourselves and others when:

4. We listen to and obey those who care for us.
5. We care for all living things and are peacemakers.
6. We care for our bodies and respect others.
7. We do not take anything that is not ours.
8. We are truthful and fair to everyone.
9. We are faithful to those we love.
10. We help people to have what they need to live.