

Family Information Booklet for the Sacrament of Reconciliation



**Saint Luke Catholic Church
McLean, Virginia
2020-2021**

First Reconciliation Information

- Date:** Saturday, February 6, 2021
- Time:** beginning at **10:00 am** (Classes will arrive 30 minutes apart in order to maintain social distancing, schedule TBD)
- Place:** Saint Luke Church



Prior to your child receiving their First Reconciliation

- Please take your child with you to visit Saint Luke chapel and show them the Reconciliation Room.
- The Reconciliation Room has been renovated. We kneel behind the screen to go to confession.
- Please let your child know that the Sacrament of Reconciliation is a joyous occasion because they receive unconditional love and forgiveness from God.

Priests

Father Guest and Father Joseph will strive to make you and your child feel at ease. Reconciliation is a Sacrament of Peace, Healing and Forgiveness.

The Reconciliation Service

On the day of First Reconciliation:

- Children should dress in their Sunday clothes--no jeans or tee shirts.
- Check-in when you arrive.
- Proceed to the church. Children will sit with their parents in the church.
- Parents, please wait for your child outside the Reconciliation Room.
- Remain with your child in the chapel after confession, as they say the penance given to them by the priest. When your child has finished their penance, they will be given a ring (as in the Gospel story), the children may then proceed to Flaherty Hall for remaining activities.
- Father Guest will lead the Closing Prayer. There will be no reception.
- Please be mindful of the sacredness of the sacrament and refrain from conversations while in the chapel and church.

December 2, 2020

Dear Parents,

“But whoever is joined to the Lord becomes one spirit with him.”~1 Corinthians 6:17

We look forward to the celebration of your child’s Sacrament of Reconciliation at Saint Luke Church. This sacrament is one of the Catholic Church’s greatest treasures. It is a sacrament of peace, healing and forgiveness that helps us put our past sins behind us, reconcile ourselves with God, and bask in the security of God’s unconditional love for us.

Parents are the first and most important educators of their children especially in matters of faith. Preparation for the Sacrament of Reconciliation is an important part of your child’s spiritual development. As parents, you have the responsibility of helping your child distinguish between right and wrong, good and evil. You are the ones who have the greatest influence on your child’s system of values and morality. It is through your lives that your child comes to understand and model forgiveness, compassion, and mercy.

The book We Believe & Celebrate First Penance from Sadlier publishers is provided to assist you in preparation for this sacrament. We trust you will find the chapters, lessons, and activities valuable in using this book with your child. Our prayer is that sharing this preparation with your child will be a very rewarding experience.

The Sadlier book and OSV Parent newsletter for children who attend SLS will be given out during class. Parents of children who attend PSR may pick up the book and newsletter curbside Sunday, December 6 from 10:00 am to 1:00 pm. Please contact the Faith Formation Office if you have any questions, 703-356-8419.

Please complete the book by January 28th. For some children perhaps working on a few pages each evening may work best. Have your child show the completed book to their catechist or teacher by January 28th. The book is your child’s keepsake.

We wish you well as you embark on this journey, together with your child. As always, please feel free to contact the office if you have any questions. We look forward to sharing this special time with your family.

Peace,

Joyce Franklin

Joyce Franklin
Director of Faith Formation

We Believe & Celebrate First Penance (Sadlier)

Contents:

My Parish Church: Going to Confession

Introduction:

Welcome:

Gather and Share God's Word

Believe and Celebrate

Respond and Pray

Chapters:

1. We are Followers of Jesus

Matthew 22:35-39 - The Great Commandment

John 15:1, Psalm 119.64 - Following the Ten Commandments

2. We Remember God's Love and Forgiveness

Luke 15:4-6 – The Lost Sheep

Psalm 23:1, John 10:14 – Sin and Reconciliation

3. We Prepare to Receive God's Forgiveness

Luke 15:11-24 – The Prodigal Son (First Penance Service based on Lk 15:11-24)

Rite of Penance

Examination of Conscience and Act of Contrition

4. We Prepare to Celebrate Penance

Luke 19:1-10 – Jesus and Zacchaeus

Rite of Penance

Contrition, Confession, Penance, Absolution

5. We Celebrate Penance with the Church

Luke 7:36-50 – Jesus Pardons the Woman

Rite of Penance

Individual Rite, Communal Rite

6. We Are Peacemakers

Matthew 5:1-2, 9 – Jesus Teaches about Peace

John 14:27

Rite of Penance

Sharing God's Peace

The Ten Commandments and Ways to Follow the Commandments

Celebrating Individually and with the Community

Sharing Faith with My Family

Prayers

Preparing Your Child for the Sacrament of Reconciliation

Faith is caught, not taught. Teach your child by your example. Take your child with you to church and confession.

Your child needs to sense and see the joy, love and security of your lived faith.

Children behave much better in response to our positive expectations than to criticism. If we expect them to do wrong, they probably will. If we indicate that we expect them to rise to our high expectations of them, they are more likely to do so.

Express forgiveness toward your child. Say, "I forgive you".
Ask forgiveness when you have been unjust.

Help your child express forgiveness to someone who has injured or hurt him/her.

Make the words "I'm sorry" and "please forgive me" part of your family communication.

Help a child go beyond being sorry out of fear of punishment or being caught, to being sorry or seeking forgiveness because of love and concern.

Help your child learn from their mistakes. Help him/her see the consequences of their behavior.

Pray together. Pray with your child. Ask your child to pray for you. Help your child to learn the **Our Father, Hail Mary, Glory Be and the Act of Contrition**.

Read Scripture. Tell Bible stories, especially the parable of the Prodigal Son: Luke 15:11-24.

Discuss stories, TV shows, commercials or real life experiences involving moral decisions.

Guide your child in a short examination of conscience before bedtime. Pray an Act of Contrition. Pray the Guardian Angel prayer.

Look forward to the day when your child will receive the Sacrament of Reconciliation for the first time. Plan a celebration for this first meeting with the forgiving Jesus in the sacrament.



Catholics live by...

The Great Commandment

“You shall love God with all your heart, with all your soul, with all your mind, and with all your strength. You shall love your neighbor as yourself.”

The New Commandment (Jesus’ Law of Love)

“Love one another. As I have loved you, so you also should love one another. “

The Ten Commandments

1. I am the Lord, your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord’s Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor’s wife.
10. You shall not covet your neighbor’s goods.

The Precepts of the Church

1. To keep Sundays holy; and to participate in Mass on Sundays and Holy Days of Obligation.
2. To lead a sacramental life; to receive Holy Communion frequently (at least once a year during the Easter season) and the Sacrament of Reconciliation regularly.
3. To study Catholic teaching in preparation for the Sacrament of Confirmation; to be confirmed, and then to continue to study and witness Christ to your world.
4. To observe the marriage laws of the Church. To give religious training, by word and example, to one’s children.
5. To strengthen and support the Church – one’s own parish and priests, the worldwide Church, and the pope.
6. To do penance, including abstaining from meat and fasting from food on appointed days.
7. To support the missionary spirit and work of the Church.

CHILDREN'S EXAMINATION OF CONSCIENCE

Do I love God as his very own child?

Do I remember to pray to God each day?

Do I thank God for all he does for me?

Do I always say God's name with love?

Do I always say the name of Jesus with love?

Do I show my love for God by loving others?

Do I keep Sunday holy by going to Mass?

Do I remind myself when I am in God's house and behave as I should?

Do I always talk nicely to my parents?

Do I do what my parents ask me to do?

Do I help with the chores around the house?

Do I try to be pleasant while doing chores and obeying my parents?

Do I show my love for others by obeying at school and at public places?

Do I treat others with love and kindness?

Do I ever hurt others by calling them names?

Do I fight with others?

Do I make others angry?

Do I always tell the truth?

Do I make promises that I do not keep?

Do I ever cheat on tests or schoolwork?

Do I ever take things that do not belong to me?

Do I refuse to share my things with others?

Do I treat the property of others with respect and care?



THE SACRAMENT OF RECONCILIATION AT SAINT LUKE PARISH

ENTER Reconciliation Room and kneel on the kneeler.

Make the **SIGN OF THE CROSS**: "In the name of the Father and of the Son and of the Holy Spirit. Amen."

SAY "Bless me, Father, for I have sinned."

CONFESS your sins by explaining two or three things that you have done for which you are sorry.

SAY "For these and all my sins, I am sorry."

The priest will give a penance for you to say or do AS SOON AS you leave the Reconciliation Room.

The priest will ask you to pray an **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.
Our Savior Jesus Christ suffered and died for us.
In His name, my God, have mercy. Amen.**

The priest hears individual Confession and gives Absolution.

"God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give 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.""

SAY "Amen."

The priest may say, "Go in peace."

SAY "Thank you, Father."



(A copy of this page will be available at First Penance.)



PRAYERS

Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. 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 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 (Doxology)

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.

Act of Contrition

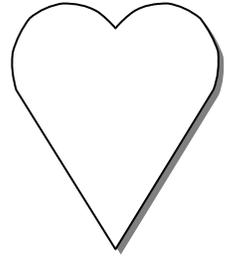
My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.

Guardian Angel

Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.

(A copy of this page will be available at First Penance.)

ACT OF CONTRITION



My God, I am sorry for my _____ with all my _____.

In choosing to do wrong and in failing to do _____,

I have sinned against you whom I should love above all things.

I firmly intend, with your _____, to do _____,

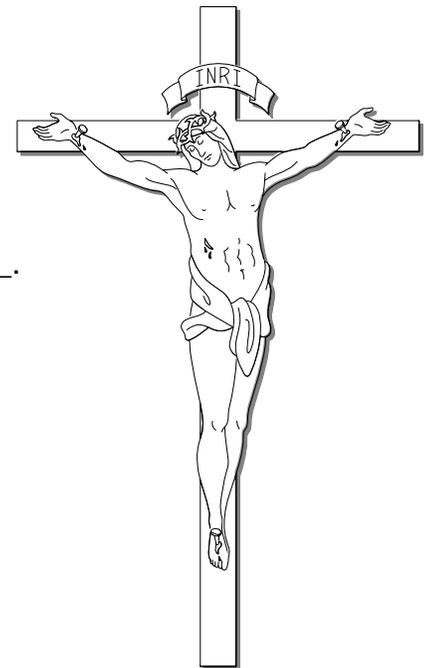


to _____ no more,

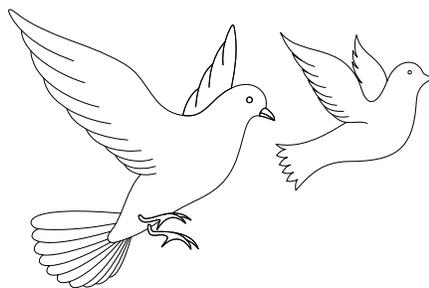
and to avoid whatever leads me to sin.

Our Savior Jesus Christ _____

and _____ for us. In his name, my God, have _____.



Amen.





Sacrament of Penance Cryptogram

The KEY at the top lists all the letters from A thru Z with boxes below that have a corresponding number. Each of the blanks has a number underneath it. Fill in the letters that correspond to the numbers below the blanks to solve the puzzle. ©2008 Doreen Gerczak Used with permission.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
18	3	13	21	5	2	23	15	24	20	26	22	8	12	4	16	7	14	10	25	17	1	9	6	11	19

16 5 12 18 12 13 5 24 10 25 15 5 10 18 13 14 18 8 5 12 25

3 11 9 15 24 13 15 10 24 12 10 13 4 8 8 24 25 25 5 21

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