

St. Catherine of Siena Catholic Church
FAITH FORMATION PROGRAM
SACRAMENTAL PREPARATION



2024

Rosalynn Fernández, Catechetical Leader
rfernandez@stcatherineofsienacc.org



From the Office of Faith Formation
SACRAMENTAL PREPARATION

Dear Parents/Guardian

This is a very exciting year for you and your child! Celebrating a sacrament for the first time is an important step in the life of your child as a Catholic. Your child will receive two wonderful Sacraments this year: Reconciliation and Holy Communion. The Catechist for First Holy Communion have the responsibility of assisting parents in preparing their children to live the faith of the Catholic Church by living lives that express the values and grace of being a follower of Jesus. You, the parent, are your child's first and foremost catechist. Canon 1136 of the Code of Canon Law states that parents are the primary educators and the cornerstone of their children's education in the ways of faith.

For your child/youth to be adequately prepared to receive the sacraments of First Reconciliation and First Holy Eucharist they must have attended faith formation for two consecutive years. Sacramental preparation sessions are in addition to faith formation sessions. Parents need to accompany their child/youth during the session.

The first sacrament to receive is that of Reconciliation followed by preparation to receive the sacrament of the Holy Eucharist. Assistance during this preparation is very important. They must attend mass on Sunday and holy days of obligation.

Important documents: Certificate of Baptism. If you have not submitted a copy of the certificate, please send a copy by email: rfernandez@stcatherineofsienacc.org

If we do not have proof of baptism your child/youth cannot receive the sacraments.

We as a church are here to endorse and support you. Any questions please contact me.

Sincerely in Crist,

Rosalynn Fernandez, Catechetical Leader

To the servant of God... every place is the right place, and every time is the right time.

St. Catherine of Siena

What is Reconciliation?

Reconciliation (also known as Confession or Penance), is a sacrament instituted by Jesus Christ in His love and mercy to offer sinners forgiveness for offenses committed against God. At the same time, sinners reconcile with the Church because it is also wounded by our sins. Every time we sin, we hurt ourselves, other people, and God. In Reconciliation, we acknowledge our sins before God and His Church.



We express our sorrow in a meaningful way, receive the forgiveness of Christ and His Church, make reparation for what we have done and resolve to do better in the future.

The forgiveness of sins involves four parts:

- **Contrition:** a sincere sorrow for having offended God, and the most important act of the penitent. There can be no forgiveness of sin if we do not have sorrow and a firm resolve not to repeat our sin.
- **Confession:** confronting our sins in a profound way to God by speaking about them —aloud— to the priest.
- **Penance:** an important part of our healing is the “penance” the priest imposes in reparation for our sins.
- **Absolution:** the priest speaks the words by which “God, the Father of Mercies” reconciles a sinner to Himself through the merits of the Cross.

SACRAMENT OF PENANCE

A step-by-step Confession guide for children

Confession can be a liberating moment for children, in which they leave their sins behind and embrace Jesus. Here is an easy-to-follow guide for kids in confession.

As Pope Francis said, “Do not be afraid of Confession!”

1: First, pray to the Holy Spirit to help you, then examine your conscience (see below). Plan what sins you will tell the priest.

Say: “Bless me, Father, for I have sinned. This is my first confession /It has been (state how long) since my last confession. These are my sins.”

2: After the priest greets you, make the Sign of the Cross.

3: Tell your sins simply and honestly to Jesus, who acts through the priest. Feel free to tell why you did what you did if you need to!

4: Listen to the advice the priest gives you and remember the penance he tells you to do.

Say: “Bless me, Father, for I have sinned. This is my first confession /It has been (state how long) since my last confession. These are my sins.”

Say: The Act of Contrition (*below*).

ACT OF CONTRITION

Oh 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.

SACRAMENT OF PENANCE

Five steps to receive the Sacrament of Penance

1. Review the Ten Commandments to remember what sins you have committed.
2. Truly sorry for your sins.
3. Make the decision not to sin again.
4. Tell your sins to the priest.
5. Remember the Penance (prayers, sacrifice or other instructions) given to you by the priest and complete the penance as soon as you can.



AN EXAMINATION OF CONSCIENCE

1. Have I used God's name in an unkind way or have I used curse words?
2. Have I missed Mass on Sunday or on Holy Days through my own fault?
3. Have I failed to do my homework and chores through my own fault?
4. Have I been failed to pay attention at Mass or when saying my prayers?
5. Have I disobeyed or acted disrespectfully toward my parents, teachers, or other adults?
6. Have I acted disrespectfully toward my brothers, sisters, classmates, or others?
7. Have I been cruel (mean or hurtful) to anyone or any living thing?
8. Have I caused another person to sin?
9. Have I stolen or destroyed property that belongs to someone else
10. Have I told lies, repeated gossip, or injured another person's character?
11. Have I been greedy, jealous, or unkind to others?
12. Have I allowed myself to become uncontrollably angry?
13. Have I cheated?
14. Have I argued with or purposely hurt anyone?
15. Have I refused to forgive or refused to tell a sin?
16. Do I make a point of "getting even" with people when they hurt me?
17. Have I been too proud to say, "I am sorry," when I am wrong?

THE FOLLOWING PRAYERS MUST BE REHEARSED.



The Sign of the Cross

All candidates must know how to make The Sign of The Cross correctly:

- Which hand to use
- Where to place the hand while naming the persons of the Trinity as Sign of the Cross is made: 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.

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

Hail Mary

Hail Mary, full of grace! The Lord is with thee. Blessed art 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.

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