



*Our Lady of Lebanon
Religious Education
- Faith Formation 2007*

Sacramental Preparation for Penance

Religious Formation – Role of the Family and the Parish

Parents, as the primary educators of their children, along with the pastor, catechists, and the parish community,

collaborate in the sacramental preparation of our students for the Mysteries of Penance and the Eucharist.

Family

Parents have the God-given role of being the primary educators of their children in all aspects of their spiritual, moral, and intellectual development. Parents are their first role models on how to live the faith. Parents show how God comes first in their lives by faithful attendance at the Sunday liturgy, daily times of prayer (morning offering, mealtimes, nighttime, examination of conscience), reading Scripture, and studying their faith. Parents work with their child in reading the Grade 2 book “Meeting Jesus in the Holy Mysteries” and using the book’s family guide to reinforce the classroom lessons. Parents help each child to acquire virtues in everyday life, such as obedience, honesty, generosity and service to others, order, perseverance, respect for others, and cheerfulness. The faith lived and loved in bright and cheerful Christian homes is essential to preparing our children to receive Penance and the Eucharist worthily, regularly, and frequently throughout their lives.

Parish

The pastor celebrates the Divine Service on Sundays, holydays, and weekdays, and hears confessions and provides spiritual direction. He forms parents and catechists to fulfill their missions. The catechists teach our children about the faith (creed, sacraments, moral life, and prayer) and Church history, and also serve as role models. Using the second grade curriculum, catechists prepare students to receive worthily the Mysteries of Penance and the Eucharist. They encourage your sons and daughters to increase the practice of their faith in daily life, starting in the home.

The parish community is witness to and supports our children and families. Parishioners are role models for the community at prayer and for Christian works. Parishioners pray and support families and catechists.

Requirements

1. Children are to be in religious education classes a minimum of one year prior to the year in which Penance and the Eucharist are to be received.
2. A copy of Baptismal Certificate is needed (unless the child was baptized here at Our Lady of Lebanon, Washington, D.C.).
3. Parent Meetings will be announced and attendance is required. There will be three meetings, one before the reception of Penance and two before the reception of Holy Communion.

Celebration of the Holy Mystery of Penance

Saturday, December 8th beginning at 10 a.m.

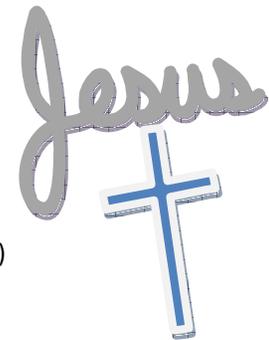
Opening prayers; preached meditation; examination of conscience; confessions for the students, parents, and other members of the families; rosary; Divine Service at 12 Noon for the Feast of the Immaculate Conception; and lunch.

Understanding the Mystery (Sacrament) of Penance

- ✠ The First Mysteries: Baptism and Chrismation - Ch. 8
- ✠ Sin and Forgiveness
- ✠ God’s Rules of Love - Ch. 9
- ✠ Sorrow for Sin - Ch. 10
- ✠ The Holy Mystery of Penance - Ch. 11

Five Steps to a Good Confession (page 97)

1. Examine our conscience.
2. Tell God we are sorry for our sins.
3. Confess our sins to the priest.
4. Promise to sin no more.
5. Complete the penance the priest gives.



An Examination of Conscience

1. Did I get out of bed on time? Did I remember to say good morning to our Lord first thing in the morning?
2. Did I disobey my parents today? Did I apologize? Have I looked for ways to help my family and make them happy?
3. Have I been rude or fought with brothers, sisters, or friends? Have I made fun of others?
4. Did I put my clothes, books, and other items in their proper place?
5. Did I complete my daily family chores and any homework? Did I do my work neatly and carefully, offering it up to God?
6. Have I wasted my time (e.g., excessive T.V. or computer games) or caused others to waste their time? Did I use free moments during the day to make brief spiritual communions to prepare me to receive the Holy Eucharist?
7. Did I spend a few minutes today doing spiritual reading?
8. Have I been happy and cheerful, or did I get mad and complain when I did not "get my way"?
9. Have I been honest and truthful in my dealings with others?
10. Is there some friend I can bring closer to God through my word and example?

An Act of Contrition (page 90)

*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.*

First Confession Guide

1. Enter the confession room, kneel down on the kneeler, make the sign of the cross, and greet the priest:

Bless me Father for I have sinned, this is my first Confession.

2. State all serious sins first, if any, and then other sins clearly and concisely and tell how often. When finished, say something like:

For these sins and all the sins of my past life, I am truly sorry.

3. The priest may then say some things to help you improve, and he will give you a penance such as a prayer to say. (You do the penance after leaving the confessional and you say it silently.)

4. Then the priest will ask you to say an act of contrition prayer, such as:
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.

5. As the priest says the words of absolution: "I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit", you make the sign of the cross and say **Amen**.

6. The priest may say some short additional prayers and give the dismissal, saying "Go in peace." You might say to him:
Thank you, Father.

7. You leave the confession room and promptly do the penance given by the priest. If your penance is a prayer, you might say an extra prayer for the priest as a thank you for hearing your confession.

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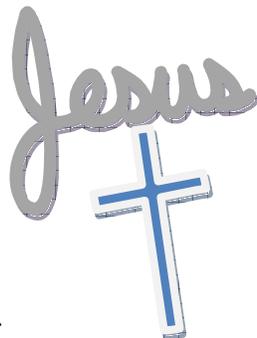
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