

The First Sacrament of Reconciliation

Greetings Families!

We are so excited to help you and your child prepare for their First Holy Communion starting with your child's upcoming **First Sacrament of Reconciliation!**

In preparation, please take a moment to review key information that will help you anticipate what to expect upon you and your child's arrival at the church on First Reconciliation Day.

WHAT IS THE SACRAMENT OF RECONCILIATION?

- A Sacrament is “an outward sign, instituted by Christ, to give grace.” Simply put, a sacrament is an opportunity to share in the very life of God.
- The Sacrament of Reconciliation (Penance or Confession) is our joyful celebration of God's continuing forgiveness. It implies for us a change of heart, and the desire to turn to God again.
- God calls us to live a life of happiness (grace), united with Him and with one another. Although we long for this happiness, we find that we keep going against God and hurting others, instead of living with them in peace and love. This is what we call sin.
- The fact that we keep turning back to God means that we don't accept this sinfulness. When we honestly admit that we have failed, we open ourselves to the pardon and reconciliation that Christ won for us. The healing presence of God is always with us, giving us assurance that sin can be overcome.
- In seeking forgiveness, we open our hearts once again to God and allow ourselves to be filled with His presence and peace.

Upon Arrival at Your Child's First Reconciliation Sacrament

- On the day of your child's First Reconciliation, please proceed directly into the church and be seated.

- The parish priest will conduct a short liturgy and discuss the families and children the significance of the Sacrament of Reconciliation.
- After which, the children receiving the Sacrament will be directed to choose a priest and complete their Sacrament of Reconciliation.
- Cue cards with The Act of Contrition will be available to each child.
- Please review with your child how to pray the Hail Mary and/or Our Father for penance.
- All penance will take place on a first come first serve basis.
- All students receiving Holy First Communion should endeavour to receive the Sacrament of Reconciliation prior to receiving their First Holy Communion.

Reconciliation

Below is a brief outline of what the students will say to the priest in First Reconciliation.

CELEBRATION OF PENANCE

Priest: In the name of the Father, and of the Son and of the Holy Spirit. Amen.

Child: Bless me Father for I have sinned. These are my sins.....

(The next time they come to confession the child says how long it has been since his/her last confession.)

The child now tells the Priest his/her sins. At the end he/she says:

For these and all my sins I am truly sorry.

Priest: The Priest will now talk with the child about their sins and about trying to do better. Then the Priest will give the child his/her penance.

Act of Contrition:

Priest: The Priest will now ask the child to make an Act of Contrition.

Child: O my God, I am truly sorry for all my sins, for what I have done and for what I have failed to do. I will sincerely try to do better.

Please help me to walk by your light. Amen

Priest: The Priest says the Prayer of Absolution, forgiving the child's sins, ending with "Go in the peace of Christ"

Child: Thank you, Father.

- The child goes to a pew in the church or the kneeler pads by the Tabernacle,
- kneels down and says his/her penance.
- Once penance is completed, your child and family are free to leave the church.

We look forward to seeing your child again at their First Communion!

Additional First Reconciliation and First Holy Communion information, [HERE](#).