

Parent Handbook for Sacrament of Reconciliation



Saint Patrick
CATHOLIC CHURCH

WELCOME

This is the year your child will prepare to experience God's love and forgiveness through the Sacrament of Reconciliation and to receive Jesus in the Sacrament of the Eucharist.

The Sacrament of Reconciliation is the first step in this sacramental journey. Please take the time to review the information included in this parent handbook. Mark your calendars for the preparation events and the celebration of the Sacrament of Reconciliation.

May your child's First Reconciliation be the beginning of a lifetime of experiencing God's mercy!

With joy,

Emily Todd

A PARENT'S PRAYER

Lord, give us the wisdom and courage to help our children as you would, /

To develop in them a Christ-like love for all people, /

To nurture in them a desire to give and not simply to take, /

To teach them to be doers of Your Holy Word. /

Guide us in our parental responsibilities and strengthen our love as a family /

so that we may work together in coming closer to You. /

May we be the expression of Your love to our children /

so that each day will be as today - Your love received and shared, /

(EVERYONE) to help us be one in the Body of Christ.

Amen.

Inside this Handbook

The Sacrament of Reconciliation....	2
Your Role as Parent/Guardian.....	5
Dates of Events.....	6
Teaching your child.....	7
Examination of Conscience.....	8
Act of Contrition.....	9
Rite of Reconciliation.....	10
Celebration.....	11
Next Steps & Resources.....	12



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The Sacrament of Reconciliation



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The primary purpose of the sacrament of reconciliation is to restore a state of peace and friendship in our relationship with God and the Church. It is a way to become reconciled with God and the community when our poor choices have led us to be alienated from both. Alienation can take on two forms, as through a broken relationship (the result of mortal sin) or a wounded relationship (the result of venial sin).

The sacrament of reconciliation is a sacrament of healing and strength. "Through faith we discover that we are God's children and that God makes us strong. When God gives us his strength, we call this grace." (YouCat pg.161) Through grace, we are empowered to turn away from sin and focus on living in relationship with God.

Lord you are good and forgiving...Psalm 86:5

What is grace? The free and undeserved gift that God gives to each of us. It is the help we need to follow His will by sharing His love with others and resisting temptation to sin. We receive God's grace at Baptism and the Sacrament of Reconciliation restores us to that state of grace when we have sinned.

We are all children of God by our Baptism. "Baptism is the first of seven sacraments, and the "door" which gives access to the other sacraments. Baptism is the first and chief sacrament of forgiveness of sins because it unites us with Christ, who died for our sins. (CCC977) Through our Baptism, we are cleansed from Original Sin. "The forgiveness we received then is so full and complete that there remained in us absolutely nothing left to efface, neither original sin nor offenses committed by our own will..." (CCC978)

Names of the Sacrament

sacrament of conversion
sacrament of Penance
sacrament of confession
sacrament of forgiveness
sacrament of Reconciliation
(CCC 1423-1424)

The Sacrament of Reconciliation



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First, “sacrament”

Do you love somebody – parents, spouse, children, and friends? Now, how do these persons experience your loving affection and commitment towards them? Well, perhaps, you tell them that you love them, you hug them, you spend time with them, you help them with homework and you share a meal together. In this case, the gift of your love for these persons does not simply remain in your heart but it is outwardly expressed in very concrete and palpable ways. In simple terms, we can understand the word ‘sacrament’ as the concrete and palpable ways by which your love is actually and really expressed.

In John 3:16, God expresses His love for the world, for us: “For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.” You see – God’s love for us is not something that God keeps to Himself. In Jesus Christ, the love of God for all humanity finds its most concrete and palpable expression. Here, we can say that Jesus Christ is the sacrament of the love of God.

In his public ministry, Jesus used very concrete and palpable ways to make known to people the love that God has for them: he cured their diseases, he fed them, he taught them about God the Father, and, of course, Jesus allowed them to experience God’s love and mercy by calling them to repentance and forgiving their sins. And Jesus, because he is God, is able to forgive sins (see Mark 2:1-12).

Moreover, Jesus shared and entrusted to the Apostles his special ministry of making known and experienced God’s love and mercy (see John 20:22-23; also Matthew 16:16-19). That the Church continues to celebrate the sacrament of reconciliation even today is our way of acknowledging the real gift of God’s love and mercy for us, and of remaining true to this great responsibility that Jesus gave us.

Sacrament

“An efficacious sign of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us the work of the Holy Spirit” CCC774

7 Sacraments

Sacraments of Initiation

- Baptism
- Holy Eucharist
- Confirmation

Sacraments of Healing

- Reconciliation
- Anointing of the Sick

Sacraments of Service

- Holy Orders
- Matrimony

The Sacrament of Reconciliation



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Now, “reconciliation”

Remember baptism? In that sacrament, we were invited by God to share in His divine life – to be called His sons and daughters. In the same sacrament, we acknowledged such a generous invitation by accepting God to be our Father. In baptism, we begin to live as members of God’s family. As sons and daughters of God, we are called to become like God, holy (Leviticus 11:45) and perfect (Matthew 5:48).

To be holy and perfect is a tall invitation but by God’s grace, it is possible to be holy and perfect – the reason why we recognize countless saints in the church. There are times, however, when we give in to temptation and end up committing sin – which is an offense against God because sin disrupts our relationship with God (Rite of Penance). But God’s love and mercy is for the sinner (Luke 5:32). God unceasingly calls us, not to condemn but to save, through:

repentance – to humbly and honestly recognize our sins and failures;

contrition – to be really sorry for hurting God and others because of our sins,

penance – to concretely show in our thoughts, words and actions our ‘yes’ to God and our ‘no’ to evil. In this sacrament, we receive

absolution – our sins are forgiven by God through Jesus in the ministry of the priest, and therefore, we are once more reconciled with God and one another, the Church.

(from [A Priest Breaks Down the Sacrament of Reconciliation in a Way Everyone Will Understand](#), by Garrett Johnson)

"The whole power of the sacrament of Penance consists in restoring us to God's grace and joining us with Him in an intimate friendship." (CCC 1468)

Your Role as Parent / Guardian



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Faith Formation, discipleship, is an ongoing, life-long process. Children are primarily experiential learners, and as such, learn attitudes, values, and ideals through their day to day life experiences. You are your child's primary teacher in all things, especially when it comes to teaching them about the Catholic faith. When you presented your child to the Church for baptism, you were reminded that you have the responsibility of "raising them in the practice of the faith." (Rite of Baptism)

Jesus, the greatest teacher, taught not only in word, but in deed as well. He demonstrated in a variety of ways the unconditional love of God, the Father. Jesus healed, comforted, prayed, and listened. As a parent, you also demonstrate God's love to your child through your own unconditional love for them. But the way you demonstrate God's love through word and deed, you, like Jesus are teaching your child. You live out the message of Christ, and share our Catholic faith through coming to mass, celebrating the sacraments, praying, and simply telling them about God and His love for us.

By the time your child receives the sacrament of reconciliation, they should be aware that God cares about them. He created them and has called them into relationship with Him. As a parent, you answered that call through their Baptism. Now, as they grow, they begin to respond to that call for themselves.

What should your child know in order to receive the sacrament of reconciliation?

- knowledge of the person of Jesus and the Gospel message of forgiveness
- God is loving and merciful and will always forgive us if we ask
- the difference between right and wrong
- knowledge and understanding of sin and its effects
- Jesus has given us the Sacrament of Reconciliation through which our sins are forgiven and we receive the grace to live as God's children
- We must be willing to forgive others, just as God forgives us.

{Guidelines for First Reconciliation,
Diocese of Superior}

Preparing for the Sacraments: Events at Church



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First Reconciliation

Monday, September 26

- Parent Meeting - 6:00pm - 7:30pm
- A meeting for parents to introduce the sacrament preparation process and First Reconciliation, pick up materials, connect with other parents

Monday, October 17

- Parent & Child Session 1 6:00pm - 7:30pm
- Workshop for parents and children

Monday, November 7

- Parent & Child Session 2 - 6:00pm - 7:30pm
- Workshop for parents and children

Saturday, November 12

- First Reconciliation at Church - 9:00am

First Communion

February 13, 2023

- Parent Meeting - 6pm-7:30pm
- First Communion sign up begins

March 6

- Family Session (Teaching Mass) - 6:00pm-7:30pm

April 1

- Parent + Child Retreat - 8:30am-12:30pm (appx)

April 28

- FC Rehearsal - time varies, early evening

April 30

- First Communion

Options:

- 8:30am Mass (live-streamed)
- 10:30 am Mass
- 1:00pm Group Mass (meets weekly Mass obligation)

*Sacraments are not something we get;
they are an encounter with Christ.*

Preparing for the Sacrament: Teaching your child



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Reconciliation at Home

Week 1 (September 26)

- Read Act of Contrition every day

Week 2 (October 3)

- Blessed Session 1
- Read Act of Contrition every day
-

Week 3 (October 10)

- Blessed Session 2
- Read Act of Contrition every day

Week 4 (October 17)

- Parent & child attend session at church
- Blessed Session 3
- Read the Act of Contrition every day

Week 5 (October 24)

- Blessed Session 4
- Every day Say as much of the Act of Contrition as you can. Read the rest of the prayer.

Reconciliation At Home continued →

Week 6 (October 31)

- Blessed Session 5
- Every day, say more of the Act of Contrition without looking. Read the rest of the prayer.

Week 7 (November 7)

- Parent and Child attend session at church
- Prayerfully say the Act of Contrition every day. If you haven't memorized it yet, do not worry! You do not have to try to memorize it during this last week of preparation.

Week 8 (November 14)

- Blessed Session 6
- Plan to go to reconciliation again. Keep eyes and ears open for reconciliation opportunities, especially during Advent and Lent.
- Reconciliation is at Saint Patrick Church every Saturday at 10:00am.



You can sign up for a weekly email reminder from BLESSED publisher, Dynamic Catholic.



Preparing for the Sacrament: Examination of Conscience



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An examination of conscience is a reflection on our actions to identify our sins before we sit with the priest. We take some time in quiet reflection to about our actions, words, thoughts, and things we failed to do.

What is sin?

For a child, sin occurs when the child both knows and understands that something they do is wrong and they choose to do it anyway.

Rather than presenting the child with a list of sins, as a parent you guide your child to the realization that they are a child of God called to live in the Spirit of Jesus. This means they (and we) are expected to act lovingly, obediently and behave as such. For the most part, children (and we) live up to those expectations. But, sometimes they (and we) don't.

Help your child understand that the sacrament of reconciliation is not a "listing of sins"; rather an opportunity to express sorrow and receive forgiveness. The child's genuine and spontaneous description of their sin is much more desirable than an artificial precise recitation of sins. It is sufficient when they approach the sacrament that they have an awareness of their need for forgiveness and have deep trust in God's forgiving love.

Learn how to

Examine Your Conscience

in a way that will

Change Your Life!

Transform your life, by God's grace, through the sacrament of reconciliation.

JOY
awaits

To help make a good examination of conscience, we can use the Ten Commandments, the Beatitudes, and the Great Commandment (see Blessed | First Reconciliation pages 40-44). There are some questions on page 150 in the Blessed | First Reconciliation book to help guide you. Additional resources for an examination of conscience are on page 10 of this handbook.

"Peace be with you! Receive the Holy Spirit. Whose you forgive are forgiven them."

John 20:19-23

When Jesus appeared to the apostles on the evening of Easter Sunday, He gave the apostles the authority to forgive sins. The authority is thus given to bishops and priests. Human priests on earth act *in persona Christi*, in the person of Christ.



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 Rite of Reconciliation



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Before you sit with the priest to make your Reconciliation, first EXAMINE YOUR CONSCIENCE

			When it is my turn, I go sit with the priest.
GREETING	I say		"Hello Father."
	I do & say	 	{make the Sign of the Cross} "In the name of the Father, and of the Son, and of the Holy Spirit. Amen."
CONFESSION	I say		"Bless me Father, for I have sinned. This is my first confession. (Or: "Bless me Father, for I have sinned. It has been _____ weeks/months/years since my last confession.")
			"My sins are_____." "For these and all my sins, I am sorry."
CONTRITION			
SATISFACTION	Priest		Priest will talk to me and give me my penance.
	I say		An Act of Contrition
ABSOLUTION	Priest		Priest will pray the Prayer of Absolution, absolving me of my sins.
	I do		Make the Sign of the Cross with the priest.
	I say	 	"Thank you, Father."
ACT OF PENANCE			And leave to do my penance.

First Reconciliation Celebration: November 12



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First Reconciliation is Saturday, November 12, 2022 at 9:00am.

Dress as you would for Mass.

Arrive a few minutes early. At least one parent/guardian will attend with child. Additional guests are welcome! Seating in church is not assigned.

The beginning of the rite will be a communal experience with prayer, scripture, a message from Father, and an examination of conscience. Father will explain where to go and line up.

You are welcome and encouraged to receive the sacrament. We ask that children are allowed to receive first.

After individual confession, take time in your pew to thank God and say a prayer if the priest gave you that as your penance.

There is no further ceremony in the church. Once you are done, please leave quietly out of respect for the other families.

If you are not able to attend on November 12, you will receive details after First Reconciliation about your options.



Next Steps & Resources



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1). Pray! Pray for help to teach your child that God loves him totally and unconditionally, to encourage your child to grow in love and to learn how to say sorry, knowing that You always forgive, and for the courage to pray with your child and to share your faith

2). The Office of Youth & Family Discipleship must have a copy of your child's baptismal certificate by **NOVEMBER 30!** Proof of baptism is required in order to receive First Eucharist.

If your child was baptized at Saint Patrick Church, we still need a copy of the certificate or at the very least, date of baptism.

If you child was baptized at another church you can request that church to send us a copy. It can be mailed to:

Saint Patrick School/YFD

Attn. Sally Kunz

403 Saint Croix Street

Hudson, WI 54016

or a copy can be dropped off at the parish office at church or school office.

3). Remit \$50 materials fee to YFD office or online <https://www.wesharegiving.org/App/Form/06f992e1-ca45-41ac-bdf2-69cf5f539a42>



4). Mark your calendar with the dates on page 6.

Resources

[Let the Children Come - Examination of Conscience for children at USCCB](#)



[Confession is a Place of Victory - For parents - a powerful video from Fr. Mike Schmitz! \(8 minutes\)](#)

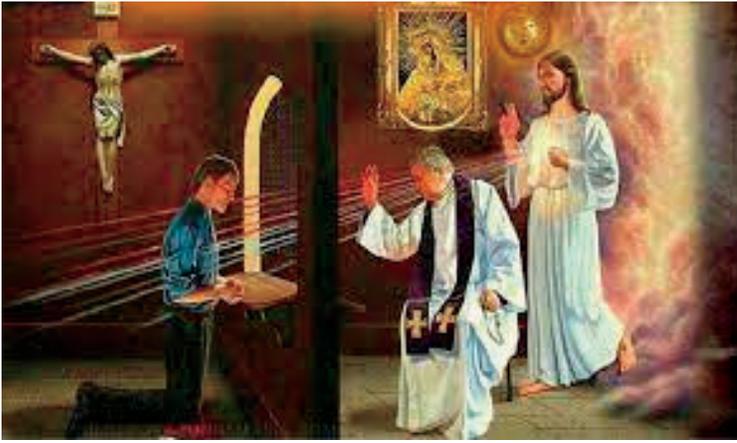


[St. Patrick's Guild is a Catholic gift shop, 1554 Randolph Ave., St. Paul, MN](#)



[Leaflet Missal is a Catholic gift shop, 976 W. Minnehaha, St. Paul, MN](#)





Confession is supposed to be an ongoing process of healing and spiritual growth. Is this a new concept for you? Does it excite you or give you feelings of apprehension? Why?

It's not just about forgiveness.



Let go of your chains!

REPENT

“Oh Lord, here I go again. I am sorry Lord. I repent of that reaction. I repent of the thoughts, judgments, anger and words I uttered aloud and in my head.”

REVOKE

“I revoke all those negative, unkind thoughts, Lord. I un-think them, and I un-say those words.”

REPLACE

“I replace those ‘curses’ with a blessing, Lord. I forgive him, and I bless him, and I ask that you bless him, Lord, that he gets to his destination safely.”