

Examination of Conscience

Did I commit any of these sins?

1. Did I miss Mass on purpose?
2. Was I late for Mass on Sunday through my own fault?
3. Did I laugh or talk in church?
4. Was I disobedient to my parents, teachers or other relatives?
5. Did I talk back to them?
6. Did I fight with someone?
7. Did I use angry words?
8. Did I try to get even with someone?
9. Did I use bad words?
10. Did I use the Lord's name in vain?
11. Did I steal something?
12. Did I tell any lies?
13. Was I unkind to others?
14. Was I mean to others?
15. Did I bully others?
16. Could I have been kind or helpful and chose not to?

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Reconciliation Guidelines

1. The priest welcomes you.
2. You make the sign of the cross.
3. You begin by saying, "Bless me Father, for I have sinned. It has been months or years since my last confession."
4. You tell your sins to the priest.
5. The priest may ask you questions or give you advice. The priest will give you a penance – a prayer or something to do.
6. You say the 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.
7. The priest recites the words of absolution (forgiveness).
8. As the priest says: "In the name of the Father, and of the Son, and of the Holy Spirit," you make the sign of the Cross.
9. The priest will say "Go in Peace" or similar words to which you respond, "Thanks be to God."

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Prayers

The 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.

The Hail Mary

Hail Mary, full of grace, the Lord is with you;
blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners
now and at the hour of our death.
Amen.

The Glory Be (The Doxology)

Glory be to the Father, the Son, and the Holy Spirit;
as it was in the beginning, is now, and ever shall be,
world without end.
Amen.

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Confession Opportunities

Our Lady of Mount Carmel Campus

Saturdays from 3:00 to 3:30 p.m.

Holy Angels Campus

Mondays from 6:00 to 7:00 p.m.

I, _____

received the sacrament of reconciliation on

Date: _____

Signature: _____

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