



FAITH MOVES MOUNTAINS

Matthew 17:20

ST JOSEPH RELIGIOUS EDUCATION

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Parish Mission Statement

St. Joseph Parish is a stable, Eucharistic group of disciples of Jesus, under the leadership of our pastor, formed within the community to accept the great commission of Jesus and equipped by the Holy Spirit to witness the Gospel to our neighbors.

Educational Mission Statement

The purpose of the Religious Education Ministry at St. Joseph Parish is to provide programs that enable our parish family to journey in faith by coming to deeper understanding of the message of Christ, by experiencing a Christian community, and by receiving guidance in worship, prayer, and service to others. This mission extends to all people welcomed into our parish community through the Sacrament of Baptism.

Goals

Through our programs, we endeavor:

1. To support our parish family in deepening their faith, in making them more aware of their faith commitment and in enabling them to live their faith actively.
2. To assist and motivate parents in fulfilling the promises they made at their children's baptism.
3. To provide religious education for children K-8.
4. To promote and support educational opportunities for youth and young adults.
5. To establish an adult education focus in the parish.
6. To provide special religious education preparation for Eucharist and Confirmation candidates and their parents.
7. To investigate additional educational needs and to provide some means of satisfying those needs.

Pre-K Catechesis of the Good Shepherd Summary

What is the Catechesis of the Good Shepherd (CGS)?

The Catechesis of the Good Shepherd is an approach to the religious formation of children ages 3-6. It is rooted in the bible, the liturgy of the Church, and the educational principles of Maria

Montessori. Children gather in an “atrium,” a room prepared for them, which contains simple yet beautiful materials that they use. The atrium is a wonderful place where your child can fall in

love with Jesus. In an Atrium, the child can ponder a biblical passage or a prayer from the liturgy by taking the material for that text and working with it.

Catechesis of the Good Shepherd was developed by Sofia Cavalletti, a devout Catholic and pioneer in children’s faith development. (Source for the above narrative from publications and work for Sofia Cavalletti and the National Association of the Catechesis of the Good Shepherd, United States www.cgsusa.org).¹

How do we utilize CGS at St. Joseph’s?

Our catechists for kindergarten and first grade go through extra, in-depth training to become certified to take the Montessori-style approach of CGS. This is a standard certification offered

throughout the country, in advancing levels. CGS has been part of our religious education at St. Joseph’s for several years. Starting in the 2024-2025 academic year, we will add additional formation for pre-k children.

How will pre-k CGS work?

Pre-K CGS will take place on Wednesdays from 9:30-11:00am in the RE building in the kindergarten room. We anticipate that we will have room for up to ten students. First preference for these spaces will be given to registered parishioners. The group will meet on the same days when the traditional RE program meets, according to the RE calendar. Decisions about weather cancellations will be made by the catechists and communicated to parents in a timely manner. Pre-k CGS is on the parish website from the religious education page.

Are there any costs or other special requirements?

There are no costs. Children should be ages three to five, though six-year-olds not already enrolled in kindergarten are also welcome. Children must be completely potty trained to attend.

¹ This section is taken from the website of St. Vincent de Paul Parish in Omaha. (<https://www.svdpomaha.org/faith- formations/children/catechesis-of-the-good-shepherd>)

Traditional RE (TRE)

TRE will be what RE has been in the past.

Our weekly sessions are on Wednesday evenings with grades K-6 meeting from 6:15-7:30 p.m. The 7th and 8th grade students will meet as a large group in the parish hall the second and fourth Wednesdays per month from 6:15-7:30. This will be a blend of catechesis and activities. Father will be teaching one session a month. This two-year series will also serve as our Confirmation preparation program.

A calendar of classes, on page 7-8 of this booklet, has the dates that Religious Education meets and when they have other scheduled activities.

We have excellent catechists and aides who have volunteered their time and talents to help guide your child on their faith journey. While the faith sharing of the catechists and the activities during the Religious Education sessions are important aspects of your child's faith development, nothing is as important as a parent's example of faith. Please share your faith with your child, pray together, attend Mass regularly, help them learn their memorization work (page 12), and discuss and act upon your child's weekly faith experience in Religious Education classes (curriculum page 11.)

As we have been doing previously, there will be a handful of Wednesday evenings in the spring where parents should plan to attend with their children who will be confirmed.

We are going to use the same pick-up policy from previous years. There is no parking along the church on RE nights. We use this area as a pick up zone. At the end of the evening we will dismiss K and 1st to a waiting adult helper who will line them up at Cone 1 (south end.) 2nd and 3rd is dismissed next to and adult helper who will escort them to Cone 2 . Finally, 4th, 5th, and 6th are dismissed to Cone 3. If your child has not come out yet but the line is moving, please feel free to park so we can get the children loaded that are standing there. No child is allowed to walk across the lane of pick up cars without an adult. If you park, please pull into spots facing WEST. This will insure that when you leave you are not driving into the pick up area where the children are getting into vehicles.

Family Formation

Philosophy

The Family Formation (FF) approach is based on teaching parents and children—as well as any other interested parishioners—at the same time. It is focused on dynamic sessions that involve teaching, group discussion, question and answer, and fellowship. This is a different focus from traditional religious education, which is more like a K-8 school day.

No-Hoops Approach

We understand that religious education takes place in real life. So, we want to take an approach where there are as few hoops as possible to jump through. We understand that conflicts arise and that things come up. Please just stay in touch with Fr. Scott when those things happen.

Frequency, Schedule, and Attendance

FF will meet monthly during the academic year for class. That class will go from 5:30-7:30pm, starting with dinner at 5:30pm. Dinner will be provided by the parish. The class will begin at 5:45pm, while we finish dinner. At least one parent should plan to attend each month with their child.

In addition to the class time, each month will have a designated activity. Families are strongly encouraged to participate in the activities, since they will be directly tied to class lessons and seasons of the Church year. Some activities will be family-based, and others will be group-based. Each month, we'll provide all that is needed to participate in the activities. We will work the activity schedule around family schedules.

A key component of all religious education, FF included, is attendance at Sunday Mass. This regular attendance will help the topics take root deeply.

Cost

There is no cost for FF or for religious education. This is a primary work of our parish, and generous Sunday giving makes it possible to provide our programs cost-free.

What to Expect

Everyone coming to FF should expect to be actively engaged. It won't be a passive experience. We will cover the teaching of the Church over the course of a three-year cycle, based on what are called the "pillars" of the Catechism of the Catholic Church, namely, the Creed, the Sacraments, Life in Christ, and Prayer. We'll punctuate everything with prayer and with the scripture, so the cycle of the years will be Creed, Sacraments, and Life in Christ. This year will be on the Creed, and we'll divide it over the nine classes. Next year will be on the Sacraments, and the year after on Life in Christ. At least for the first year, Fr. Scott will be the sole teacher, though we'll look for moments of witness and insights from others as the year goes on.

Religious Education Calendar 2024-2025

Traditional RE & CGS Preschool	Family Formation RE
August	
8/14: Volunteer Training	
8/21: Building Open for Volunteers	
September	
9/4: Opening 5:30pm Mass and Celebration, Meet the Catechists and Aides	
9/11: RE Session, 7/8 Session Confirmation Meeting for Parents, Teacher Meeting	9/19: Family Formation Session
9/18: RE Session 2 nd Grade Parents' Meeting, Teacher Meeting	
9/25: RE Session, 7/8 Session with Father	
October	
10/2: RE Session	10/17: Family Formation Session
10/9: RE Session, 7/8 Session	
10/16: No RE Session	
10/23: RE Session, 7/8 Session with Father	
10/30: RE Session First Reconciliation Activity	
November	
11/6: RE Session	11/21: Family Formation Session
11/13: RE Session, 7/8 Session	
11/20: RE Session First Reconciliation	
11/27: No RE Session	
December	
12/4: RE Session	12/18: RE Christmas Party and Play 12/19: Family Formation Session
12/11: RE Session, 7/8 Session	
12/18: RE Christmas Party and Play	
12/25: No RE Session	
January	
1/1: No RE Session	
1/8: RE Session, 7/8 Session	

1/15: RE Session	1/23: Family Formation Session
1/22: RE Session, 7/8 Session with Father	
1/29: RE Session	
February	
2/5: RE Session	2/20: Family Formation Session
2/12: RE Session, 7/8 Session	
2/19: No RE Session	
2/26: RE Session, 7/8 Session with Father and Parents	
March	
3/5: No RE Session (Ash Wednesday)	3/20: Family Formation Session
3/12: RE Session	
3/19: No RE Session	
3/26: RE Session, 7/8 Session with Father and Parents	
April	
4/2: RE Session	4/10: Family Formation Session 4/16: Dramatic Stations and Resurrection Hunt
4/9: RE Session, 7/8 Session	
4/16: RE Dramatic Stations and Resurrection Hunt	
4/23: RE Session	
4/30: RE Session, 7/8 Session with Father and Parents	
May	
5/7: RE Session	5/8: Family Formation Session
5/14: Closing 5:30pm Mass with Celebration	
5/21: Volunteers' Dinner	

Sacrament Dates:

First Reconciliation: November 20th

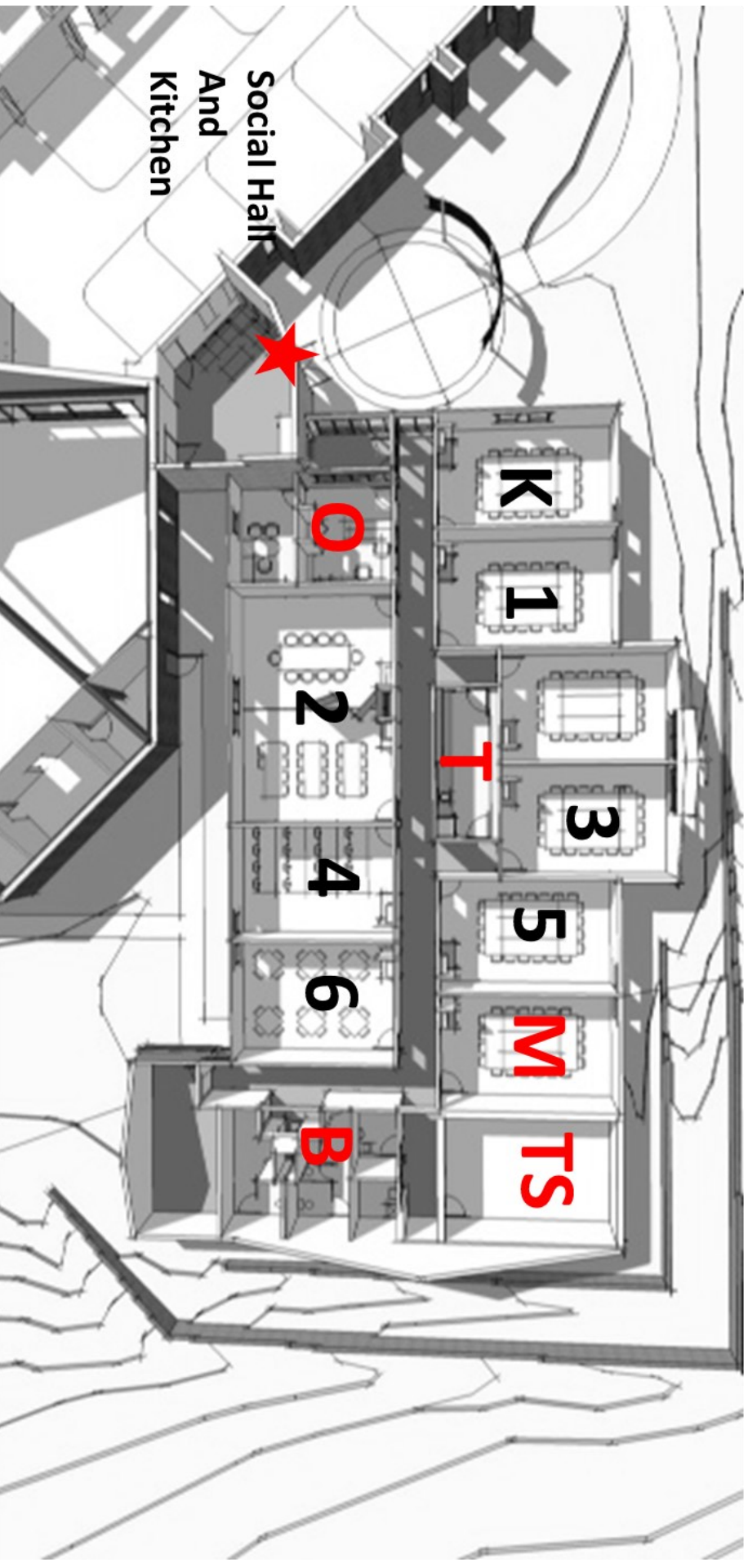
First Communion: Any weekend Mass in the Easter Season, from April 27th through June 8th.

Confirmation: Date TBD, likely August of 2025. (Confirmation for those already prepared from last year will be August 18th.)

Religious Education 2024-2025

	<u>Catechists</u>	<u>Aides</u>
Kindergarten	Ann Kavanaugh	Corrine Kavanaugh
Grade 1	Trista Welsh	Mary Tolliver
Grade 2	Melissa Farris	Cassi Janousek Ivett Klotz
Grade 3	Laurie Fowler	Nicole Steenbock
Grade 4	Candy Connery	Rita Rudolph
Grade 5		
Grade 6	Corey Osborn	Ashley Christiansen
Grade 7 & 8	Angie Krejci	Tammy Winkler Michelle Tagel
Office Aides	Becky Addleman Sierra Stednitz Sophie Rosser Payson Rivas	

RELIGIOUS EDUCATION BUILDING



★ Entry way for RE building. Please use these doors to enter and exit.

LEGEND:

O is the offices, **B** is the bathrooms, **M** is the meeting room, **TS** is the tornado shelter, and **T** is teacher supply room. The classrooms are labelled according to grade.

Religious Education Curriculum and Website

K, 1st & 3rd	Catechesis of the Good Shepherd www.cgsusa.org/
Second	Go, Seek Find: Eucharist & Reconciliation by Saint Mary's Press www.smp.org/series/87/Go-Seek-Find-Discover-Gods-Treasures/
Third-Sixth	Finding God www.loyolapress.com/finding-god-2013.htm

Seventh & Eighth Overview

In our two-year Confirmation preparation program, we will generally meet twice a month, on second and fourth Wednesdays during the regular RE time. We will have seventh and eighth grade students meeting together in the parish hall. The large group will be divided into table groups, and parents will be asked to sign up to be table leaders for specific weeks or for the entire year, if they are able. Kathe Erhart and Angie Krejci will lead the class on the second Wednesdays of the month, leading activities with the students. Fr. Scott will lead the class on the fourth Wednesdays of the month, presenting on specific topics.

Curriculum

The curriculum will run on a two-year cycle, such that students can begin in either Year A or Year B, but both will need to be completed for confirmation. Year A will be focused on the Bible and the person of Jesus. Year B will be focused on the sacraments. An essential component in preparation for confirmation will also be attending Sunday Mass, and the RE program for confirmation presumes that students are regularly attending Mass.

Year A Curriculum

Year A will focus on the Bible and the person of Jesus. In particular, the students will be presented to about how the Bible came to be, how the Old Testament and New Testament are connected in the person of Jesus, how to read the Bible, and how the text shows us how to live by showing us the person of Jesus.

Year Curriculum B

Presuming that there will be about seven sessions with Fr. Scott in AY24-25, here are the subjects that will be discussed, describing the how, what, and why of the sacraments.

What is a human person?

What does it mean that we have the effects of Original Sin?

When God looks at us, what does He see?

When we look at God, what do we see?

What are the Sacraments of Initiation?

What are the Sacraments of Healing?

What are the Sacraments of Service?

Religious Education Memorization Work

In order to develop an understanding of the Catholic faith, we must slowly absorb the many parts of our faith. The following is a list of the memorization work required of each grade level. It is very important that you work with your child to help them complete their memorization work for their grade level.

Kindergarten:

Sign of the Cross

Hail Mary

Grade 1:

The above and...

Our Father

Glory Be

Grade 2:

All the above and...

Act of Contrition

Seven Sacraments

Grade 3:

All the above and...

Apostle's Creed

Decade of the Rosary

Grade 4:

All the above and...

Holy Days of Obligation

Ten Commandments

Grade 5:

All the above and...

Rosary/Mysteries

Parts of the Mass

Grade 6:

All the above and...

Beatitudes

5 Precepts of Catholic Church

Grade 7:

All the above and...

Seven Spiritual Works of Mercy

Seven Corporal Works of Mercy

Grade 8:

All the above and...

Seven Gifts of the Holy Spirit

Hail, Holy Queen

Absence and Tardiness

For absences due to illness, please call before class starts to inform us of the absence. If we have no prior notification, we will assume the child should be in class and we may call you to establish the child's safe whereabouts.

If your child has a fever, does not feel well, was sent home from school, or stayed home from school, please do not send them to RE.

We ask that all students be in their classrooms before class begins. If a student is late, they will need to be buzzed in to the building.

No student can leave the church during classes without prior parental permission. If a student is found outside during classes the parent or guardian will be called immediately and disciplinary action will be discussed.

Emergency Cancellations

In the event that any Religious Education activity is canceled due to weather, we will notify you via Flocknote and email.

Any time that District 46 classes are canceled because of weather conditions, RE activities will be canceled. If you have any questions about the procedure call Sherry at 402-253-2949 ext. 4 or email shuntwork@msn.com.

Discipline Policy

Normal Discipline Problems

The catechist will handle all minor discipline problems in the classroom.

Major Discipline Problems

In the event that a child acts out with major behavioral problems, the catechist can dismiss the student from the classroom and send them to the office where the student must talk with the director before going back to finish class. The director will then contact the parents and inform them that at least one parent needs to attend the following RE class with the child in order to discourage anymore behavioral problems.

In the event that they send a student to the director for a second offense, the director will ask that the parent attend two RE classes with the child and have a meeting with the director to discuss options on limiting the behavioral problems. A third offense requires that the parents, student, and director meet with Father Hastings. If any further offenses occur, more severe discipline actions may be necessary.

We would like to avoid any discipline problems so please discuss the policy with your child and explain to them that proper behavior is expected. Please contact the RE director if any concerns about the policy arise.

Prayers

Sign of the Cross

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.

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.

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.

Act of Contrition

Oh my God, I am heartily sorry for my sins.
In choosing to do wrong and failing to do good,
I have sinned against you and your church.
I firmly intend, with the help of Your Son, to make up
for my sins and to love as I should.
Amen.

Apostles' Creed

I believe in God, the Father almighty,
Creator of heaven and earth,
and I believe in Jesus Christ,
his only Son, our Lord,
who was conceived by
the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended into hell;
on the third day he rose again
from the dead;
he ascended into heaven,
and is seated at the right hand
of God the Father almighty;
from there he will come to judge
the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.

Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires
of hell. Lead all souls to heaven, especially those in
most need of Your mercy.

Hail Holy Queen

Hail Holy Queen, Mother of mercy!

Hail, our life, our sweetness
and our hope!

To you do we cry, poor banished children of Eve;
to you do we send up our sighs,
mourning and weeping in this
valley of tears!

Turn then, most gracious advocate,
your eyes of mercy toward us;
and after this, our exile,
show unto us the blessed
fruit of your womb, Jesus.
O clement, O loving,
O sweet Virgin Mary!

Beatitudes

Blessed are the poor in spirit,

for theirs is the kingdom of heaven.

Blessed are they who mourn,

for they will be comforted.

Blessed are the meek,

for they will inherit the land.

Blessed are they who hunger and thirst for righteous
ness,

for they will be satisfied.

Blessed are the merciful,

for they will be shown mercy.

Blessed are the clean in heart,

for they will see God.

Blessed are the peacemakers,

for they will be called children of God.

Blessed are they who are persecuted for the sake of
righteousness,

for theirs is the kingdom of heaven.

Ten Commandments

1. I am the Lord your God: you shall not have
strange gods before me.

2. You shall not take the name of the Lord your

God in vain.

3. Remember to keep holy the Lord's Day.

4. Honor your father and your mother.

5. You shall not kill.

6. You shall not commit adultery.

7. You shall not steal

8. You shall not bear false witness against your
neighbor.

9. You shall not covet your neighbor's wife.

10. You shall not covet your neighbor's goods.

The Seven Sacraments

Sacraments of Initiation

Baptism

Confirmation

Eucharist

Sacraments of Healing

Reconciliation

Anointing of the Sick

Sacraments of Service

Matrimony

Holy Orders

Spiritual Works of Mercy

1. Warn the sinner.

2. Instruct the ignorant.

3. Counsel the doubtful.

4. Comfort the sorrowing.

5. Bear wrongs patiently.

6. Forgive all injuries.

7. Pray for the living and the dead.

Corporal Works of Mercy

1. Feed the hungry.

2. Give drink to the thirsty.

3. Clothe the naked.

4. Visit the sick.

5. Shelter the homeless.

6. Visit the imprisoned.

7. Bury the dead.

Order of the Mass

Introductory Rites

Entrance
Greeting
Penitential Act
Glory to God
Collect

Liturgy of the Word

First Reading
Responsorial Psalm
Second Reading
Gospel Acclamation
Gospel
Homily
Profession of Faith
Universal Prayer

Liturgy of the Eucharist

Presentation of the Gifts
Preparation of the Altar
Prayer over the Offerings
Eucharistic Prayer

Preface
Holy, Holy, Holy
1st half Eucharistic Prayer with
Consecration
Mystery of Faith
2nd half of Prayer ending with Doxology

Lord's Prayer
Sign of Peace
Lamb of God
Communion
Prayer after Communion

Concluding Rites

Announcements
Blessing
Dismissal

Joyful Mysteries (Mon., Sat.)

Annunciation
Visitation
Birth of Jesus

Presentation in the Temple

Finding the Child Jesus

Sorrowful Mysteries (Tues., Fri.)

Agony in the Garden
Scourging at the Pillar
Crowning with Thorns
Carrying of the Cross
Crucifixion

Glorious Mysteries (Wed., Sun.)

Resurrection
Ascension into Heaven
Descent of the Holy Spirit
Assumption
Crowning of Our Blessed Lady

Mysteries of Light (Thur.)

Christ's Baptism in the Jordan
Wedding at Cana
Proclamation of the Kingdom
Transfiguration
Institution of the Eucharist

How to Pray the Rosary

1. Make the Sign of the Cross with the crucifix of the rosary.
2. Say the *Apostle's Creed*.
3. On the 1st bead from the crucifix, say one *Our Father*.
4. On the 2nd, 3rd, and 4th beads, say the *Hail Mary*.
5. Say one *Glory Be*.

For each of the 5 decades:

6. Announce the Mystery.
7. On the large bead before each decade, say one *Our Father*.
8. Say one *Hail Mary* for each small bead of the decade, while meditating on the Mystery.
9. Say the *Glory Be*.

After each decade:

10. Say the *Fatima Prayer*.

Closing Prayer:

11. Say the *Hail Holy Queen*.

Holy Days of Obligation

- † Solemnity of Mary, Mother of God: January 1. We honor Mary.
- † Ascension: Fortieth day after Easter. Jesus ascends into heaven.
- † Assumption: August 15. Mary was taken into heaven, body and soul.
- † All Saints Day: November 1. We honor all the saints in heaven.
- † Immaculate Conception: December 8. Mary was free from sin at first moment of life.
- † Christmas: December 25. We celebrate the birth of Jesus.

Five Precepts of the Catholic Church

1. Go to Mass every week and on holy days of obligation.
2. Go to Reconciliation once a year.
3. Receive Holy Communion at least during the Easter Season.
4. Observe the prescribed days of fasting and abstinence.
5. Give to the Church.

Gifts of the Holy Spirit

1. Wisdom (gives us the ability to think deeply and make the best decision)
2. Understanding (helps us open our eyes, ears, minds, and heart to others)
3. Right Judgment (gives us the ability to judge between right and wrong)
4. Courage (personal conviction—stand up for what we believe in)
5. Knowledge (gives us information we need to live our lives)
6. Reverence (holiness—to have a good idea who we are, who God is, and what our place is in God's creation)
7. Wonder and Awe (fear of the Lord)

Reconciliation

Before celebrating the sacrament of reconciliation, we take time to examine our conscience. We look at our choices and actions in the light of the Beatitudes, the Ten Commandments, the life of Jesus, and the teachings of the Church.

Examination of Conscience (Grades 5-8)

1. You shall have no other gods besides the Lord your God.

Do I love God above all things? Is He number one in my life or do I put myself before God?

Has money and pleasure become more important to me than the God who created me for Himself?

Do I pray often? Have I neglected my friendship with God by neglecting prayer?

2. You shall not take the Lord your God's name in vain.

Have I ever lied after "swearing to God" that I am telling the truth?

Have I ever used God's name out of anger, that is, as a curse?

3. Keep the Sabbath day holy.

Have I deliberately missed Holy Mass on the Sabbath (Saturday evening through Sunday?)

Have I ever missed Mass on a Holy Day of Obligation or an important holiday?

4. Honor your father and your mother so that you may live long and flourish.

Do I disobey my parents? Do I fail to respect them? Do I swear at them?

Am I ashamed of them?

Do I let them know I love them? Do I lie to them? Do I steal from them?

Am I obeying and honoring those in place of my parents, such as teachers and principals?

Do I skip class?

Do I lie to my teachers? Do I swear at them?

5. You shall not kill.

Am I killing myself by taking illegal drugs? Abusing alcohol?

Have I murdered anyone's reputation by deliberately spreading rumors?

Do I nurse anger against anyone? Hold a grudge? Refuse to forgive another?

Have I cursed anyone?

6. You shall not commit adultery.

Have I ever watched pornography either on the Internet or through some other media?

Have I ever freely and deliberately entertained impure thoughts?

Am I modest in dress?

7. You shall not steal.

Do I steal from my parents? Do I steal from friends? Have I ever stolen from a stranger?

Have I stolen any property from a store?

8. You shall not bear false witness against your neighbor.

Am I a liar? Am I guilty of slander, (spreading lies about someone?)

Am I guilty of detraction, (making known the faults of others?)

Do I gossip about others?

Do I reveal information that should be confidential?

9. & 10. You shall not envy your neighbour's wife and goods.

Am I envious of others? Do I wish that others be deprived of their goods or talents?

Am I jealous of others?

Do I harbor unforgiveness and grudges against others?
Am I a resentful person?
Do I put down others?

Examination of Conscience for Children (Grade 2-4)

Did I pay attention at Mass?
Have I fooled around in Church?
Did I say my prayers everyday?
Did I say mean things to my mom or dad?
Did I always say “Thank You” to people?
Am I hard to get along with (during school, at Grandma’s house, at home)?
Did I do what my mom and dad told me to do? My teacher?
Was I lazy around the house?
Did I do my chores?
Did I hurt other people’s feelings by calling them bad names?
Have I started fights with my brothers and sisters at home?
Have I blamed other people for things I do?
Did I get other people into trouble?
Do I hit people when I get mad?
Have I forgiven people? Or am I holding a grudge?
Have I cheated or been unfair in games?
Did I refuse to play with someone for no good reason?
Was I lazy about my schoolwork?
Did I fail to do my homework?
Did I cheat in school?
How many times did I lie to my parents? My teachers? My friends?
Did I take anything that did not belong to me?
Did I avoid medicine? Did I refuse to eat food I did not like?

Individual Reconciliation

1. Enter the reconciliation room.
2. Make the Sign of the Cross with the priest, and begin by saying, “Bless me Father, for I have sinned. My last confession was...”
3. Mention the ways you have done wrong, the sins you are asking God to forgive.
4. If the priest asks you questions, please try to answer him, listen intently to him, and be polite.
5. The priest will give you a “penance,” a prayer to be said or something to be done.
6. Listen as he prays the prayer of forgiveness and wishes you peace. You should answer “Amen.”
7. Please be sure to thank the priest.
8. Return to the church, say the penance, and thank God for loving you so much.