

ST. ISAAC JOGUES PARISH
RELIGIOUS EDUCATION
PARENTS'
FIRST PENANCE
HANDBOOK



"NEED TO KNOW"

ST. ISAAC JOGUES OFFICE OF RELIGIOUS EDUCATION

†
A.M.D.G

2011 - 2012

Dear Parent's and Guardians of First Penance Candidate's,

The following pages are an overview of the required information your child has been studying this semester in preparation for the Sacrament of First Penance. Please take time to go over the data, along with the text book information, with your child to ensure his/her understanding and comfort level with the material as we proceed through to the reception of the sacrament in February.

On the last page of the packet is a form to be checked off by the parent or guardian as your candidate learns the required information prior to receiving this sacrament. Please return the form to the Office of Religious Education as soon as it is completed.

Although there is no formal dress code for the reception of First Penance, the candidate's are required to dress in an appropriate style for the occasion. (No T-shirts, jeans, shorts or athletic attire, nor should they wear sneakers, sandals or any type of athletic shoe.)

The Sacrament of Penance will be held on Saturday, February 11, 2012 at 9:00AM in the church. The students should arrive by 8:30AM in the Parish Hall,.

Parents and Guardians are invited to the Penance Service prior to the students processing into Church at 9:00AM. Confession will be available to the family after all the children have completed their First Penance.

Please contact the Office of Religious Education at (610) 687-2481 with questions.

Yours in Christ,
Louis M. Valenti, M.Div
Director of Religious Education

LMV/jmf

Sacrament of Reconciliation (First Penance)

Section I

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WHAT IS PENANCE?

PENANCE IS THE SACRAMENT BY WHICH SINS
AFTER BAPTISM ARE FORGIVEN.

Mortal sin kills the life of Christ in our soul.

Venial Sin makes our soul sick.

The sacrament of Penance is like medicine.

It cures our sick souls by giving us grace.

This sacrament heals the wounds of all our sins.

It helps us, through grace, to be good afterwards.

It helps us to stay away from sin.

Our sins may be big.

Our sins may be many.

But our Lord always forgives us if we are sorry.

He is never angry with us.

He loves to have us come to Confession.

WHAT IS SIN?

Sin is making a choice to do something wrong. It is the act of saying “No” to God. Sin always hurts the sinner because it offends God and other people.

There are two kinds of sin: original sin and actual sin. We are born with original sin (the sin of Adam and Eve when they disobeyed God). The sin is passed to us from them as we are children of Adam and Eve. We did nothing wrong. Baptism washes original sin off our soul.

Actual sin is any sin we ourselves commit.

There are two kinds of actual sin: venial sin and mortal sin.

- Venial sins are lesser sins. A person who commits a venial sin is not being as good a friend to God and to other people as God wants us to be.
- Mortal sin is a serious and deadly (it kills our soul) sin. A person who commits mortal sin completely breaks off his or her friendship with God.
 - A sin is mortal if....
 - the act is seriously wrong.
 - the sinner knows it is seriously wrong.
 - the sinner freely chooses to commit the sin anyway.

It is always good to confess our venial sins in the Sacrament of Penance, because God gives us strength, through grace, in this sacrament to stop doing these things.

It is especially important, however, to receive the Sacrament of Penance if we ever commit a mortal sin, because mortal sin separates us completely from God. To be friends with God again, we must confess any mortal sin we have done to a priest and to do the penance he gives us

PRAYERS TO MEMORIZE FOR FIRST PENANCE

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 thee;
blessed are thou among women,
and blessed is the fruit of thy 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

O my God, I am heartily sorry for having offended Thee;
and I detest all my sins, because of Thy just punishments,
but most of all, because they offend Thee, my God,
Who art all good, and deserving of all my love.
I firmly resolve, with the help of Thy grace,
to sin no more and to avoid the near occasions of sin. Amen.

Act of Faith

O my God, I believe all the truths which the Holy Catholic Church
teaches, because You have made them known.

FIRST PENANCE INTERVIEW (Prayers and Questions)
(Study, understand and memorize)

PRAYERS:

Sign of the Cross

Our Father _____

Hail Mary _____

Doxology (Glory be to...) _____

Act of Contrition _____

Act of Faith _____

QUESTIONS:

1. What is sin? _____

Sin is an offense against the Holy Will of God. _____

2. What are the two (2) kinds of sin? _____

A) Original Sin _____

B) Actual Sin _____

3. What is original sin? _____

Original sin is the sin of our first parents, Adam and Eve. _____

The original set of human beings. _____

4. Who redeemed us from our sins? _____

Jesus redeemed us from our sins (by dying on the cross). _____

5. When were we freed from Original Sin? _____

We were freed from Original Sin at Baptism. _____

6. What is Actual Sin? _____

Actual Sin is any sin which we ourselves commit. _____

7. What are the two (2) kinds of actual sin? _____

A) Mortal Sin _____

B) Venial Sin _____

8. What are the three (3) criteria for a sin to be mortal? _____

A) Grave matter. _____

B) Sinner knows it is wrong. _____

C) Sinner chooses to do it anyway. _____

9. What are the two (2) criteria for a sin to be considered venial? _____

A) Less serious matter. _____

B) Either the sinner didn't know it is wrong or did not give full consent. _____

10. How are venial sins forgiven? _____

Venial sins are forgiven by making an Act of Contrition. _____

11. How are mortal sins forgiven? _____

Mortal sins are forgiven by going to Sacramental Confession. _____

12. What are the two (2) occasions in which Catholics are obligated to go to Confession? _____

A) Catholics must go to Confession at least once a year. _____

B) Catholics must go to Confession whenever they are in a state of mortal sin. _____

13. What five steps are necessary for a Catholic to make a good Confession? _____

Five steps necessary for a Catholic to make a good Confession are:

A) Find out your sins (Examination of Conscience) _____

B) Be sorry for your sins (Repentant) _____

C) Make up your mind not to sin again (Firm purpose of amendment) _____

D) Tell your sins to the priest (Confession) _____

E) Do my penance (Reparation) _____

**FORMAT FOR CONFESSION BEFORE RECEIVING
THE SACRAMENT OF FIRST HOLY COMMUNION**

FORMAT:

Prayer Before Confession

Come Holy Spirit, give me your light to see my sins, and give me your help to be sorry for them. Show me why I sinned. Help me never again to sin on purpose. Amen.

Examination of Conscience

Did I miss Mass on purpose on a Sunday or Holy Day? (How many times?)
Was I late for Mass on Sunday through my own fault? (...times)
Did I take the name of God in vain? (...times)
Did I laugh or talk in church when I shouldn't have? (...times)
Was I disobedient ? (...times)
Did I talk back to my parents or other adults? (...times)
Did I fight with someone? (...times)
Did I use angry words? (...times)
Did I try to get even with someone? (...times)
Did I use bad words? (...times)
Did I steal something? (...times)
Did I tell any lies? (...times)
Was I unkind to others? (...times)
Did I call anyone bad names? (...times)
Did I tease someone unkindly? (...times)

.....

How to Make a Good "First" Confession

1. I go into the confessional and kneel.
2. I make the sign of the cross and say: "Bless me Father, for I have sinned."
3. I say: "This is my first confession".
4. I confess my sins.
5. I listen to what the priest tells me and the penance he gives me.
6. I say the Act of Contrition loud enough for the priest to hear me when he tells me to do so.
7. After Father says, "God Bless you", I say "Thank you Father".
7. I return to the pew and say the penance the priest has given me.

Prayer after Confession

While I look at the crucifix, I say:

"Thank you Lord for suffering for me, and thank you for healing and forgiving my sins."

I say the penance the priest gave me, from my heart, and I ask Jesus to help me to do better.

REVIEW

TO RECEIVE THE SACRAMENT OF RECONCILIATION I MUST STUDY, UNDERSTAND AND MEMORIZE THE FOLLOWING:

1. Understanding “What Is a Sin”?

- Sin is making a choice to do something wrong. Sin always hurts both the person who sins and the community because the person is not loving and caring for everyone as God wants us to be, sin is offensive to God.
 - There are two kinds of sin:
 - (1) original sin—we are born with it, we did nothing wrong
 - (2) actual sin—any sin we ourselves commit
- There are two kinds of actual sin:
- (1) venial sin
 - (2) mortal sin
- A venial sin is a lesser sin. It is when a person is not being as good a friend to God or to others as God wants us to be.
 - A mortal sin is a serious and deadly sin. The person completely breaks off his or her friendship with God.

2. Understanding “What Is Necessary for Something to Be a Mortal Sin”?

Something is a mortal sin:

- * if the act is seriously wrong
- * if the person knows it is seriously wrong
- * if the person chooses to do it anyway

3. Showing a Desire to Receive Reconciliation

- * People want and need God’s help to be more like Jesus.
- * People want to show they are sorry for all they have done wrong.
- * People want to change and grow as part of God’s Family.

CONFESSION

PRAYER BEFORE CONFESSION

Come Holy Spirit, give me your light to see
my sins,
and give me your help to be sorry for them.
Show me why I sinned.
Help me never again to sin on purpose. Amen.

HOW TO MAKE A GOOD CONFESSION

Remember that you are talking to Our lord.
Do not be afraid. Always tell the truth.
Tell all the sins you can remember.
Do not leave out any sin on purpose.
If you forget to confess a sin, God will forgive you.
Listen carefully to the priest.
Say The Act of Contrition from your heart.

HOW I MAKE MY CONFESSION :

I make my confession this way:

1. I go into the confessional and kneel.
2. I make the Sign of the Cross and say: "Bless me Father, for I have sinned".
3. I say, "This is my first confession"
(or "it has been one week, or one month since my last confession").
4. I confess my sins.
5. I listen to what the priest tells me.
6. I say the "Act of Contrition" loud enough for the priest to hear me.
"O My God, I am heartily sorry for having offended Thee,
and I detest all my sins, because of Thy just punishments,
but most of all, because they offend Thee, my God, Who art all
good and deserving of all my love.
I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin.
Amen."
I make the Sign of the Cross saying, "In the name of the Father, and of the Son, and of the Holy
Spirit. Amen."
7. I return to the pew to say the penance the priest has given me.

PRAYER AFTER CONFESSION

Look at the crucifix, thank our Lord for His sufferings, thank Him for His
forgiving your sins. Say your penance from your heart and ask Jesus to
help you to do better.

REVIEW

1. What sacrament did you receive first? _____
2. What do sacraments give us? _____
3. What are we doing when we disobey God or do things that are hurtful, or fail to do good? _____
4. What does Baptism do for you? _____
5. What happens when we go to the sacrament of Reconciliation?

6. What are the two kinds of sins called? _____ and _____
7. What did Jesus do to free us from sin and allow us go to Heaven? _____
8. What is the name of the prayer you say when you go to confession?
(It tells God you are sorry and will try not to sin again.)

9. When the priest tells us to say a penance or do actions to make Up for the harm our sins have caused, this is called? _____
10. Does God love you and want to forgive you every time you go to confession if you tell him you are sorry and will do your best not to sin again? _____

FIRST PENANCE CHECKLIST

(Please return to Office of Religious Education when completed)

PRAYERS

Sign of the Cross _____
Our Father _____
Hail Mary _____
Glory Be _____
Act of Contrition _____
Act of Faith _____

PENANCE

What is it? _____

SIN

What is it? _____
What is Original Sin – What is Actual Sin? _____
Difference Between Mortal & Venial Sin _____

WORDS TO KNOW

QUESTIONS

EXAMINATION OF CONSCIENCE

God _____
Myself _____
My Family, Friends, Others _____

REVIEW

Sin _____
Mortal Sin _____
Reconciliation _____

CONFESSION

Prayer Before Confession _____
How to Make a Good Confession _____
How I Make My Confession _____
Prayer After Confession _____

**STUDENT IS PREPARED FOR
FIRST PENANCE INTERVIEW**

Yes _____ No _____

STUDENT NAME: _____

PARENT NAME _____

TELEPHONE # _____ DATE: _____

FIRST HOLY COMMUNION

May 6, 2012



The first holy communion handbook for parents will be distributed via email following the students reception of their first penance. Please be on the look-out for it.

It will aid you in assisting the students to learn the required prayers and necessary information prior to their receiving the sacrament of the eucharist.

We look forward to carrying on our work with your children, and with you. Please pray for us as we will continue to pray for you and your family.

Thank you for your support during one of the most significant and blessed Events in the life of your child.

Please contact us at (610) 687-2481 if you have questions or concerns.