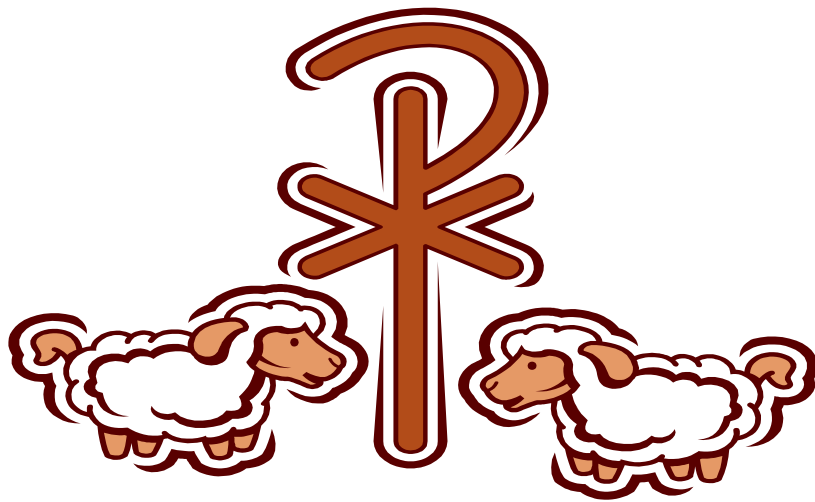


*ST. ISAAC JOGUES PARISH*  
*RELIGIOUS EDUCATION*  
**PARENTS'**  
**FIRST PENANCE**  
*HANDBOOK*



*“NEED TO KNOW”*

ST. ISAAC JOQUES OFFICE OF RELIGIOUS EDUCATION

†  
A.M.D.G

January, 2019

*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 Wednesday, **February 27, 2019** at 7:15 PM in the church. The students should arrive by 6:45 PM in the Parish Hall,.*

*Parents and Guardians are invited to the Penance Service. 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*

# **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, "Give thanks to the Lord for He is good", I say "For His Mercy endures forever".
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. The Priest will then say, "Give thanks to the Lord, for He is good." After he says this, you reply, "***For His mercy endures forever.***"
8. Then the priest says, "Go in peace." You reply, "***Thanks be to God.***"
9. 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 5, 2019



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, [SIJCCD@GMAIL.COM](mailto:SIJCCD@GMAIL.COM) IF YOU HAVE QUESTIONS OR CONCERNS.