

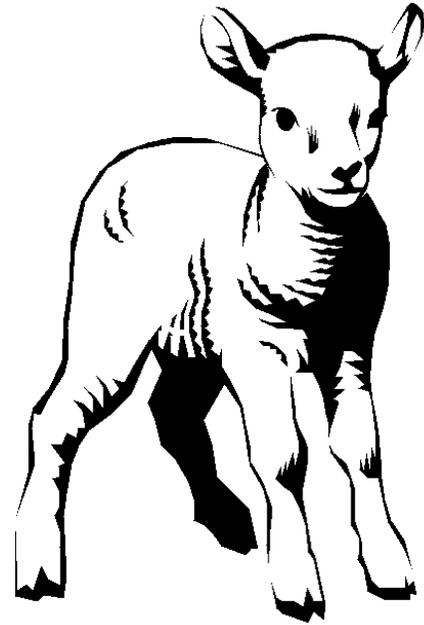
Our Lady of the Mountains

ROMAN CATHOLIC CHURCH



Weekly Confession time is
Saturday 3:15 to 3:45 p.m.,
or you may set up an appointment
with Father.

Making My First Confession



A Reading from the Gospel of Luke

The tax collectors and sinners were all drawing near to listen to him, but the Pharisees and scribes began to complain, saying, “This man welcomes sinners and eats with them.”

So to them he addressed this parable. “What man among you having a hundred sheep and losing one of them would not leave the ninety-nine in the desert and go after the lost one until he finds it? And when he does find it, he sets it on his shoulders with great joy and, upon his arrival home, he calls together his friends and neighbors and says to them, ‘Rejoice with me, because I have found my lost sheep.’ ”

I tell you, in just the same way there will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who have no need of repentance.

Families Confessing Together

Just because this is your first confession, it should not be your last. Many families come together to the Church regularly through the year to make their confessions at the same time. You may need to tell your mom and dad that you think it is about time they take you to confession, and maybe you can get the rest of your family to go, too. When family members remind one another about going to confession, there can be much grace and peace in that family.

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

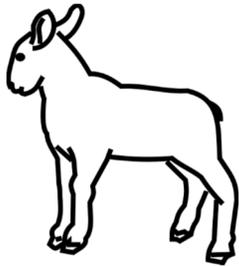
Hail Mary, full of grace, the Lord is with thee.
Blessed art thou among women, and
blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now, and at the hour of our death. Amen.

How to Go to Confession

- Think about your sins prior to going into the confessional (this is to examine your conscience).
- Go into the confessional (you can kneel or sit).
- Now, begin by making the sign of the cross and saying “*In the name of the Father, and of the Son, and of the Holy Spirit. Amen. Bless me father, for I have sinned, this is my first confession, and these are my sins.*” (Now, tell Father your sins).
- Father will give you a penance to do once you leave the confessional.
- But before you leave, you need to say an Act of Contrition.
- Father will give you Absolution.
- Now, you can leave the confessional to do your penance and give thanks to God.

An Act of Contrition

O MY GOD, I AM HEARTILY SORRY FOR HAVING OFFENDED YOU, AND I DETEST ALL MY SINS, BECAUSE I FEAR YOUR JUST PUNISHMENTS, BUT MOST OF ALL BECAUSE I HAVE OFFENDED YOU, MY GOD, WHO ARE ALL GOOD AND DESERVING OF ALL MY LOVE. I FIRMLY RESOLVE, WITH THE HELP OF YOUR GRACE, TO SIN NO MORE AND TO AVOID THE NEAR OCCASION OF SIN. AMEN.



*You can make an act of contrition like this one
as a part of your prayers every night
before you go to sleep.*

A Possible Penance

Father will assign you a penance, which you will do quietly in your pew before you leave the church. Sometimes he may ask you to do one or more of these things as a penance.

- Father may ask you to pray an OUR FATHER.
- Father may ask you to pray a HAIL MARY.
- Father may ask you to pray for some members of your family.
- Father may ask you to pray for someone you may have hurt.
- Father may ask you to pray for priests.