

SAINT ANTHONY OF PADUA R.C. CHURCH ROCKY POINT, NEW YORK

THE SACRAMENT OF PENANCE



St. Anthony of Padua's Parish Community welcomes you to the celebration of the Sacrament of Penance. This sacrament is a celebration because it is an experience of God's love for us, His healing forgiveness, and His peace-filled encouragement. When we sin we reject or abuse the love of God and our neighbor. When we are forgiven, we believe that our sins have really been dissolved by Christ's redemptive love. We become new persons, capable of becoming more like Jesus. We are united once again as part of the Christian community. Come and experience God's tremendous love!

*Create for me
a clean heart,
O Lord!*

THE NEW RITE OF PENANCE

Pope Paul VI published the new rite for the Sacrament of Penance in 1974, calling it the Sacrament of Reconciliation.

In this new rite the priest is urged to first welcome the penitent with warm and friendly words. The priest is asked to pray with the penitent, read Scripture, give counsel when needed, and finally, extend his hands over the penitent in granting the Lord's forgiveness.

Penitents must seek to be healed and forgiven in the Sacrament of Penance. The new rite encourages the penitent not to be in a hurry and not to be afraid of a moment that should be one of the most beautiful moments of his or her life. The heavens rejoice over the sinner who repents and is reconciled with God. It would be a shame if fear, haste or lack of understanding should rob the repentant sinner of this moment of peaceful rejoicing.

Please keep this pamphlet on the Sacrament of Penance. It is intended to be used by the penitent in the preparation and celebration of the Sacrament of Reconciliation.

A GUIDE FOR THE EXAMINATION OF CONSCIENCE

MY RELATIONSHIP TO GOD

"You shall love the Lord your God with your whole heart."

1. - Is my whole life directed toward loving God and seeking his Kingdom and plan for humanity?. Or are personal greed and the things of this world my basic object of devotion?
2. - Do I accept with my whole heart the revelation of God's love through Jesus and do I respond fully to the call of his Spirit in my life?
3. - Do I pray sufficiently each day and seek to have a continuous spirit of prayer? Do I turn to God in good times and bad and in times of temptation? Do I listen with an open and humble heart and am I ready to accept the inner conversion to which he invites me? Do I praise and thank him for his gifts?
4. - Do I worship God as an active member of the faith community that Christ founded, the Church? Am I conscious of and responsive to the Body of Christ, local and universal? Do I participate fully in the Mass each Sunday and in the whole sacramental life of the Church? Do I accept Church teaching and authority in a spirit of faith and cooperation?
5. - Do I take steps to deepen and increase my understanding of the faith? Do I profess and live it courageously?
6. - Have I shown reverence for God in my speech and in my attitude toward religious symbols? Have I elevated things like money, status, superstition or occult practices to the level of false gods?

MY RELATIONSHIP TO OTHERS

"Love one another as I have loved you."

1. - Do I truly love my neighbors-as myself? Do I aid or obstruct their progress toward God and fuller life? Have I used or exploited others for my own selfish interests?
2. - Am I caring toward my family? Do I show fidelity, patience, reverence and love to my spouse, children, parents, brothers, sisters? Have I shown good example? Fulfilled my respective role?
3. - Do I deal honestly and truthfully with others? Have I harmed anyone by deceit, rash judgment, detraction, calumny or broken agreements? Have I worked honestly, upheld contracts, paid fair wages?
4. - Have my relations to others been faithful and chaste? Have I sexually exploited or demeaned another? Am I guilty of such violations of chastity as adultery, fornication, or conversation that is indecent or cheapens human dignity?
5. - Have I hated others, shown prejudice or discrimination toward them? Have I stolen or damaged the property of others? Have I returned or paid for stolen or damaged goods? Do I share what God has given me with those in need?
6. - Have I injured the life, limb or reputation of others? Have I upheld and protected the right to life at all levels? Have I procured

- or cooperated in abortion or not revered the human dignity of the aged, the retarded, deformed or mentally ill? Am I violent? Do I strive to reduce violence around me?
7. - Do I bring the good news of the gospel to others? Do I promote Christian values and the life of the Church on all levels of human society? Do I work and pray for Christian unity? Do I try to heal the wounds of the Church or do I inflame them? Do I support and involve myself in the Christian community or parish to which I belong?
8. - Do I obey legitimate authority? Do I exercise leadership and authority in a spirit of Christian service?
9. - Do I work for the betterment of human society? Do I try to be informed and actively concerned about social and political issues that affect the common good whether on the local, national or global level.
10. - According to my role in life, do I seek to eliminate from the world whatever keeps my brothers and sisters from the full human development intended by their creator: poverty, disease, hunger, injustice, discrimination, oppressive laws and structures, unequal distribution of world resources? Am I-is my country-wasteful or using up an unjust amount of the world's resources (food, fuel, minerals, etc.)? Do I support according to my means and abilities, organizations which work for social improvement?

MY PERSONAL GROWTH IN CHRIST

"Be perfect as your Father is perfect."

1. - Is Christ and his way of living the basic goal of my life? What inclinations and attitudes within me are hindrances to my growth and development as God's son or daughter? Am I too self-centered? Do I work on controlling dangerous attitudes like pride, arrogance, jealousy, avarice, lust, intemperance, self-sufficiency, prejudice? Do I explore my motives and overall pattern of conduct? Do I make full use of my talents and gifts?
2. - Do I try to keep a cheerful, positive disposition? Do I give in to depression and self-pity? Do I put myself down? Do I let unfounded fears limit my potential and personal freedom? Have I let fear prevent me from following my conscience? Do I seek counseling, spiritual direction and other aids to personal growth, when needed? Do I take care of my health? Overeat, over-drink, take harmful drugs?
3. - Do I have a wholesome attitude toward my own sexuality? Have I willfully indulged in thoughts, actions, reading, entertainment that are contrary to the dignity and proper meaning of sex?
4. - Do I take time for my spiritual growth? Do I have a wholesome spirit of penance and self-denial as taught by Jesus? Do I observe the days of penance established by the Church? Is personal renewal and on-going inner conversion a priority in my life? Am I open to change and the call to fuller life prompted by God's Spirit in my heart?

THE RITE OF PENANCE

THE RITE FOR RECONCILIATION OF INDIVIDUAL PENITENTS

The penitent should prepare for the celebration of the sacrament by prayer, reading of Scripture, and silent reflection. The penitent should think over and should regret all sins since the last celebration of the sacrament.

RECEPTION OF THE PENITENT

The penitent enters the Reconciliation Room or other place set aside for the celebration of the sacrament of penance. After the welcoming of the priest, the penitent makes the sign of the cross saying:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

The penitent is invited to have trust in God and replies to the prayer:
Amen.

READING OF THE WORD OF GOD

The penitent then listens to a text of Scripture which tells about God's mercy and calls the people of God to conversion.

CONFESSION OF SINS AND ACCEPTANCE OF SATISFACTION

The penitent speaks to the priest in a normal, conversational fashion. The penitent tells when he/she last celebrated the sacrament and then confesses his/her sins. The penitent then listens to any advice the priest may give and accepts the satisfaction from the priest. The penitent should ask any appropriate questions.

PRAYER OF THE PENITENT

Before the Absolution is given, the penitent expresses sorrow for sins in these or similar words:

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.

Or:
Remember, Lord, your compassion and mercy which you showed long ago. Do not recall the sins and failings of my youth. In your mercy remember me, Lord, because of your goodness.

Or:
Wash me from my guilt and cleanse me of my sin. I acknowledge my offense; my sin is before me always.

Or:
Father, I have sinned against you and am not worthy to be called your son. Be merciful to me, a sinner.

Or:
Father of mercy, like the prodigal son I return to you and say: "I have sinned against you and am no longer worthy to be called your son." Christ Jesus, Savior of the world, I pray with the repentant thief to whom you promised Paradise: "Lord, remember me in your Kingdom." Holy Spirit, fountain of love, I call on you with trust: "Purify my heart, and help me to walk as a child of light."

Or:

Lord Jesus, you opened the eyes of the blind, healed the sick, forgave the sinful woman, and after Peter's denial confirmed him in your love. Listen to my prayer, forgive all my sins, renew your love in my heart, help me to live in perfect unity with my fellow Christians that I may proclaim your saving power to all the world.

Or:

Lord Jesus, you chose to be called the friend of sinners. By your saving death and resurrection free me from my sins. May your peace take root in my heart and bring forth a harvest of love, holiness, and truth.

Or:

Lord Jesus Christ, you are the Lamb of God; you take away the sins of the world. Through the grace of the Holy Spirit restore me to friendship with your Father, cleanse me from every stain of sin in the blood you shed for me, and raise me to new life for the glory of your name.

Or:

Lord God, in your goodness have mercy on me: do not look on my sins, but take away all my guilt. Create in me a clean heart and renew within me an upright spirit.

Or:

THE JESUS PRAYER

Lord Jesus, Son of God, have mercy on me,
a sinner.

*Rejoice in the Lord
for He has done great things for us.*

ABSOLUTION

The penitent bows his or her head as the priest extends his hands (or at least extends his right hand) and prays:

God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.

The penitent replies:
Amen.

PROCLAMATION OF PRAISE OF GOD AND DISMISSAL

Penitent and priest give praise to God:

Priest: Give thanks to the Lord, for he is good.
Penitent: His mercy endures for ever.

Then the penitent is dismissed by the priest.

PRAYER FOR RENEWAL

God of graciousness, compassion and harmony, you are God, we are your people. Renew us and the face of the earth. Root us in you, so that together we might reveal your graciousness to all the earth. Root us in you, so that together we might share your compassion with all the earth. Root us in you, so that together we might carry your harmony throughout all the earth. God of all life, send us your Spirit. Renew your promise that you are our God and we are your people, now and forever. Amen.