



St. Joseph's Ukrainian Catholic Church (Oakville, ON)

CONFESSION (or SACRAMENT of RECONCILIATION)

Before you go to confession spend some time preparing by doing an "examination of conscience" (see checklist below. You can take this sheet with you). Go to the priest, make the sign of the cross, and say "Bless me Father. This is my first confession. These are my sins." Tell the priest your sins. When you are finished say "That's all I can remember".

GOD

- Do I fool around at church?
- Have I said God's name in vain?
- Do I say my prayers at home?
- Do I remember to thank God for my family, my faith and my life?

SCHOOL

- Do I listen to my teachers?
- Do I do my homework?
- Do I get my brothers/sisters in trouble?
- Do I play fairly in sports and games?
- Have I cheated at school?
- Do I volunteer to help at school?
- Do I respect my teachers?

FAMILY

- Do I fight with my brothers/sisters?
- Do I do chores at home?
- Do I listen to my parents?
- Do I say mean things to my parents?
- Have I talked back to my parents?
- Do I offer to help at home?
- Do I respect my parents?
- Do I listen to my grandparents?

FRIENDS

- Do I forgive others?
- Do I make fun of others kids?
- Do I hit others when I get mad?

- Do I call other people names?
- Do I get other kids in trouble?
- Do I talk badly about other kids?
- Am I kind to kids who are new or who don't have many friends?
- Have I hurt other people's feelings?

SELF

- Am I sometimes lazy?
- Do I often say "thank you" and "please"?
- Do I waste food?
- Have I blamed others for something they did not do?
- Have I lied to my parents, teachers or friends?
- Have I stolen anything?
- Do I think I am better than others?
- Have I said bad words or swore?
- Have I been mean to animals?
- Have I been jealous?
- Do I share easily or am I usually selfish?
- Do I say "I'm sorry" when I have done something wrong?
- Am I greedy?
- Do I appreciate what I have?
- Do I listen to other kids who do bad things?
- Do I hate anyone?

After the priest gives you a penance (usually a prayer), say this act of contrition:

**"God be merciful to me a sinner;
God cleanse me of my sins and have mercy on me;
Forgive me, Lord, for I have sinned without number."**

The priest will absolve and bless you. Make the sign of the cross and return to your place in church to say your penance prayer.