

December Supplemental Learning



Sunday, December 17

7:00 pm (Level 3) | 7:20 pm (Levels 4 & 5) | 7:40 pm (Levels 6 & 7)

**Other options: Saturdays, December 2, 9 & 16 | 3:00 pm
Tuesday, December 19 | 7:00 pm | Parish Penance Service**

Level 3 students should plan to arrive by 7:00 pm. If you are also bringing older students, you may bring them at the same time.

Students will be seated in the front middle pews and go to confession on a first-come, first-serve basis. Parents may be seated silently in the reserved pews in the back of Church. After confession, children will be directed to an assigned pew to say their Penance. When finished, they may find you in the back of Church and are free to leave.

Supplemental Learning

- Read and think about the questions in the following Examination of Conscience. This will help you make a better confession as you realize the ways you have not shown God's love or what you are not proud of doing.
- Go over the attached Form for Confession to prepare for the Advent Penance Service. As a reminder, the Priest is there to help you should you forget what to say.

EXAMINATION OF CONSCIENCE

- Do I show love for God?
- Do I remember to pray every day?
- Do I thank God for all He has done for me?
- Do I always say God's name with love?
- Do I show my love for God by loving others?
- Do I keep Sunday holy by going to Mass?
- Do I misbehave at Mass?
- Do I always talk nicely to my parents?
- Do I do what my parents ask me to do?
- Do I help with chores around the house?
- Do I try to be pleasant while doing chores?
- Do I try to be pleasant while obeying my parents?
- Do I show my love for others by obeying rules at school and in public?
- Do I treat others with love and kindness?
- Do I ever hurt others by calling them names?
- Do I fight with others?
- Do I always tell the truth?
- Do I ever make promises that I do not keep?
- Do I ever cheat on tests or schoolwork?
- Do I try to keep my mind on good things?
- Do I take things that do not belong to me?
- Do I refuse to share my things with others?
- Do I treat the property of others with respect and care?
- Do I feel happy with the things I have?
- Do I feel jealous of others and what they have?

FORM FOR CONFESSION

Student: Good Evening Father.

Father: Good Evening.

Student: (Make the sign of the cross while saying):
Bless me, Father, for I have sinned. It has been (Tell how long) (i.e. 2 weeks, 1 month)
since my last confession.

Father: (May say a prayer for trust)

Student: Amen.
(Say your sins) (End by saying): These are all my sins.

Father: (Talks to you) (Gives you a penance)

Student: 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.

Father: I absolve you from your sins.
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Student: (Make the sign of the cross) (Say): Amen.

Father: Give thanks to the Lord for He is good.

Student: His mercy endures forever.

Father: Go in peace, and may God bless you.

Student: Thank you Father.
(Leave confessional. Say your penance.)