

Act of Contrition

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. AMEN.

CONFESSION TIMES @ THE CO-CATHEDRAL

Monday - Friday
20 MINUTES PRIOR TO MASS
First Thursday
4:30 to 5:15 pm
(Followed by evening prayer and benediction.)

WEEKDAYS: CONFSSIONAL NEAR
SACRED HEART TRANCEPT

SATURDAY
3:30 - 4:30 pm

SUNDAY
8:15 - 8:45 am
(BETWEEN 7 & 9 am MASSES)
10:15 - 10:45 am
(BETWEEN 9 & 11 am MASSES)
4:30 - 5:00 pm

VIETNAMESE and ESPAÑOL
30 MINUTES PRIOR TO MASS

Steps for making a good confession

1. Examine your conscience by using this brochure and reflecting on your sins and life choices.
2. After examining your conscience, enter the confessional, be seated or kneel and say, "**bles me, Father, for I have sinned.**"
3. Then tell the priest how long it has been since your last confession. If it is your first time, then you say, "**this is my first confession.**"
4. Begin **confessing** the sins that you are sorry for and from which you wish forgiveness.
5. When you have finished your confession the priest will offer some words of wisdom. Listen to him carefully. He will then give you a **penance** to perform and offer you **absolution**.
6. You will then recite the "**Act of Contrition.**"



Row of confessionals set up at World Youth Day 2011

Preparing for Confession

A Guide for Teens



"Those who have been far away from the Sacrament of Reconciliation and forgiving love I make this appeal: come back to this source of grace; Do not be afraid! Christ himself is waiting for you. He will heal you and you will be at peace with God."

Blessed John Paul II
San Antonio, Texas | Sept. 13, 1987

Examination of Conscience

FIRST COMMANDMENT

I am the Lord your God. You shall not have strange gods before me.

- Do I really love God above all things or have I made other things—money, clothes, sports, TV, music, pleasure, peer approval—more important than God?
- Do I give time every day to God in prayer? Do I pray only when I need something or do I also seek to praise and thank God, too?
- Do I put my trust in superstitions, good luck charms, rather than God alone?
- Do I make a serious effort to get to know my faith well, since my relationship with God is supposed to be the most important thing in my life?
- Have I rejected any Church teaching or denied that I was a Catholic? Do I pick and choose only the parts of God's message that please me?

SECOND COMMANDMENT

You shall not take the name of the Lord your God in vain.

- Have I used the words "God" or "Jesus" carelessly, in anger or when surprised?
- Have I used foul or ugly language? Have I wished evil on another?
- Have I shown disrespect for the Blessed Virgin Mary, the saints, the Church and those who have consecrated their lives to God?

THIRD COMMANDMENT

Remember to keep holy the Lord's Day.

- Have I missed Mass on Sunday or any holy day of obligation through my own fault?
- Do I arrive at church late or leave early due to carelessness or without serious reason?
- Am I reverent and pay attention during Mass?
- Do I avoid unnecessary work on Sunday? Do I make Sunday just another part of the weekend or do I use it for acts of love toward God, my family and those in need?

FOURTH COMMANDMENT

Honor your father and your mother.

- Do I try to bring happiness and peace to my family or do I cause tension and division?
- Do I respect and obey my parents?
- Have I dishonored or mistreated my parents or members of my family by word or deed?
- Am I willing to help around the house or must I be nagged a hundred times?
- Do I try to get along with my brothers and sisters or am I or bully to my siblings?
- Do I give a good example, especially to younger siblings?
- Do I respect others in authority: priests, nuns, police, my elders?
- Do I make time to visit my elderly relatives?

FIFTH COMMANDMENT

You shall not kill.

- Have I been violent toward others in word or action?
- Do I intentionally cut or harm my own body, forgetting that it is a Temple of God?
- Do I say cruel things, or make fun of others intending to hurt their feelings? Do I say cruel things about others behind their backs?
- Have I stopped speaking to anyone? Do I hold any grudges or try to get even with others? Have I failed to forgive others?
- Do I get angry easily or lose my temper?
- Do I encourage others to do things I know are wrong?
- Have I harmed animals, littered or been destructive to the environment?
- Do I try to love all people, born and unborn?

SIXTH COMMANDMENT

You shall not commit adultery.

- Do I treat my body and other people's bodies with purity and respect?
- Do I look at television shows, movies, or pictures that do not respect the human body?
- Am I modest in my speech and the clothes I wear?
- Do I talk to others about sex or our bodies in a way that does not respect God's gift of sexuality?
- Do I treat others, in my deeds or thoughts, as objects?
- Have I failed to remain chaste in mind and body within my relationship with my boyfriend/girlfriend?

SEVENTH COMMANDMENT

You shall not steal.

- Have I been greedy or jealous of things others have? Do I resent their popularity or success?
- Have I taken things that were not mine from a store or another person?
- Have I destroyed or misused another person's property for fun, or by accident without owning up to it?
- Do I return things that I borrow? In good condition?
- Have I wasted time, goods or food?
- Do I generously share what I have with those in need?

EIGHTH COMMANDMENT

You shall not commit false witness against your neighbor.

- Have I kept my promises?
- Did I break a secret or a confidence?
- Am I honest in my school work?
- Do I tell lies to make myself look good?
- Do I tell lies to protect myself from punishment?
- Do I tell lies that make another person look bad or get them in trouble?

NINTH COMMANDMENT

You shall not covet your neighbor's wife.

- Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me?
- Do I get mad when I have to share my friends?
- Are there kids I will not be friends with or am mean to because they look different?

TENTH COMMANDMENT

You shall not covet your neighbor's goods.

- Am I jealous or envious of the things or abilities that others have?
- Am I thankful to God and my parents for what they have given me?
- Do I share the things I have with my family, friends and with the poor?

*Adapted from Fr. Edward Filardi,
Gaithersburg, Maryland (with additions)*