

## **Reconciliation**

Five common questions from Catholics who have been away for a while

### **Is it still called Confession?**

Yes, but these days 'Reconciliation' is the more common name for this sacrament.

### **I haven't been for a long time, will I be reprimanded?**

On the contrary, you will be warmly welcomed!  
A reconciliation after a long absence is a precious gift to God.

### **Do I sit or kneel?**

You can choose to kneel behind the curtain (the 'old' way) or to sit face-to-face with the priest (the practice encouraged since the 1970s). Either way is fine.

### **I've forgotten how to go to confession... What should I say?**

Just follow the simple formula at right.

### **What if I get confused?**

If in doubt as to what to do/say next, tell the priest you are unsure and he will guide you.

A simple guide to

## **Reconciliation** (First Rite)

**'In the name of the Father and of the Son and of the Holy Spirit. Amen.'**

**'Father, I want to ask God forgiveness for my sins.'**

**I am sorry for...'**

*(Name the sins to be confessed).*

*The priest may talk with you.*

*He will give you a penance and ask you to say an act of contrition:*

**'O my God, I am sorry that I have sinned against you, because you are so good, and with your help, I will not sin again.'**

*The priest will say the prayer of absolution:*

*'... I absolve you from your sins in the name of the Father and of the Son and of the Holy Spirit. Amen.'*

*Your sins are forgiven. Go in peace.'*

**'Thanks be to God.'**