

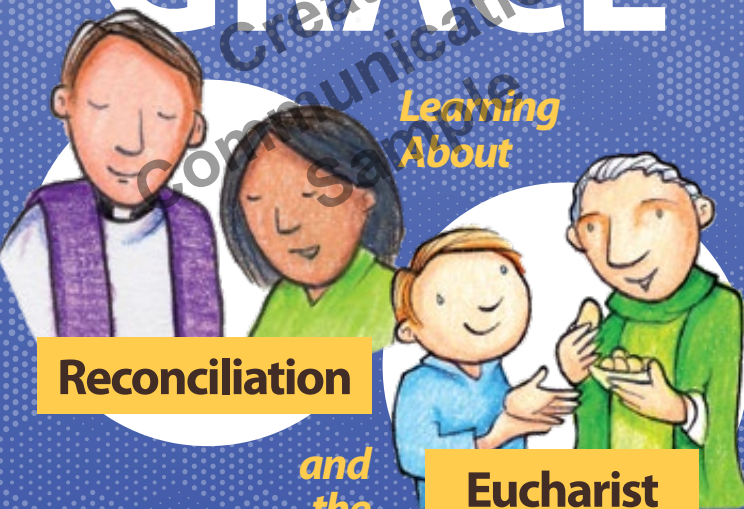
Filled with GRACE

*Learning
About*

Reconciliation

*and
the*

Eucharist



What does reconciliation do?

In confession we say what we have done wrong and that we are sorry. Through the power of the Holy Spirit, we speak directly to Jesus through the priest. Our sins are forgiven. We celebrate this gift of God's forgiveness because it brings us closer to Jesus, who loves us so much!

Here's what happens in confession:

- **Examination of conscience:** Before confession, we ask ourselves if our words and actions always show our love for God and others.
- **Contrition:** We're sorry for the times we haven't shown love.
- **Confession:** We tell Jesus our sins (through the priest).
- **Penance:** We show we are sorry for our sins with prayers or actions.
- **Absolution:** The priest forgives our sins in Jesus' name. Our sins are gone forever.

If we acknowledge our sins, [God] is faithful and just and will forgive our sins and cleanse us from every wrongdoing.

1 John 1:9

One of the great gifts God has given us is the sacrament of reconciliation. Some of you may be preparing to receive this sacrament. Many of you have already enjoyed its blessings. In confession, we tell God, through the priest, our sins and receive healing forgiveness.

When we own up to our failings, God is always faithful, always listens, always forgives us. Confession is an expression of God's deep love for us. Take advantage of this great gift.





Act of Contrition

When you meet with the priest for reconciliation, you should be ready to confess any sins you're sorry for. An examination of conscience helps you think back on your life and reminds you what God commands: to love God above all else, and to love your neighbor as yourself.

Take some time in prayer before confession to gather a list of your sins. It may help to reflect on the Ten Commandments and compare them to your daily actions. Don't be afraid: God is with you in the sacraments, and he can forgive you like no one else can.

Unscramble the bold words in the Act of Contrition below, a prayer we pray out loud in the sacrament of reconciliation.

My God, I am **oyrsr** _____ for my sins with all my heart. In **nihoosgc** _____ to do wrong and failing to do good, I have **nidsne** _____ against you whom I should love above all things.

I firmly **tndnie** _____, with your help, to do **cneeapn** _____, to sin no more, and to **dviao** _____ whatever leads me to sin. Our Savior Jesus Christ **udrfseef** _____ and died for us. In his name, my God, have **rceym** _____. Amen.

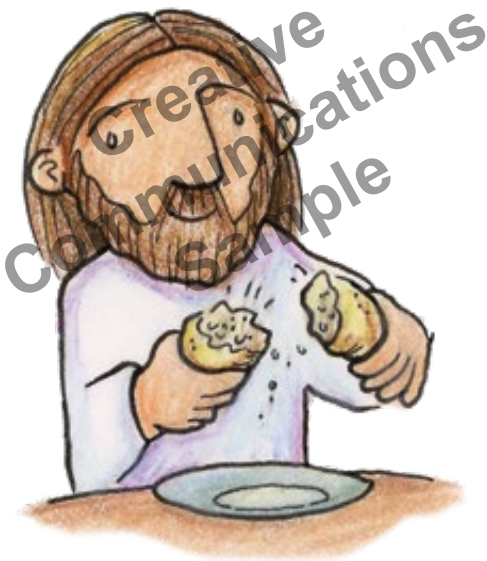
What does holy Communion do?

Jesus says, “I am the living bread that came down from heaven; if anyone eats of this bread, he will live forever.” Jesus gives us himself completely—Body, Blood, Soul and Divinity—in this sacrament. As baptism gives us new life in Jesus, the Eucharist is the special food that gives us strength to live our lives as his followers.

Here are some things you see and do at Mass when we celebrate the Eucharist:

- The altar, where bread and wine become Jesus' Body and Blood
- Gifts of bread and wine
- Water poured over the priest's hands
- The Host is the eucharistic bread.
- The chalice holds the wine that will become Jesus' blood.
- Cruets are glass holders for water and wine.

- The paten is a plate that holds the Host.
- Jesus is in the tabernacle in a special way, in the blessed hosts.
- We share a blessing with those around us in the Sign of Peace.
- Amen means, "I believe!" We say "Amen" when we receive Jesus' Body and Blood.



And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him...

Luke 24:30-31

Two disciples met a man and walked with him. They told him their friend and teacher Jesus had been killed. They also told him they had heard his tomb was empty. They were confused!

Are you ever confused about things—about what God wants you to do today—especially if you're sad? These disciples on the road didn't see clearly either. Then this man broke the bread, and they saw who he was: Jesus!

Jesus is with you, too, in the bread of Communion. Meet him there and welcome him!

Jesus, thank you for being with me
in the Eucharist.

Melchizedek, king of Salem, brought out bread and wine, and being a priest of God Most High, he blessed Abram...

Genesis 14:18

Abraham was blessed by a king who was also a priest. We, too, are blessed at Mass every Sunday by the priest.

But God gives us even better than Abraham received: In the Eucharist, we have not just bread and wine, but the Body and Blood of our God and Savior, Jesus Christ!

Lord, may this
Eucharist be a
reminder of all
your blessings.



You've probably heard about God's 'grace'

and wondered what that really

is. Graces are gifts from

God. The Church offers us special graces from

God through what are called sacraments. On these pages, you'll have fun learning about two

sacraments; reconciliation and

Eucharist. Reconciliation

helps us to restore

our friendship with

God when we have

strayed. And, through

the sacrament of the

Eucharist, we invite Jesus

to remain with us in a very

special way.



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