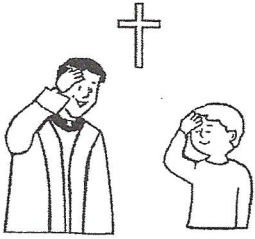


How to Make Your Confession

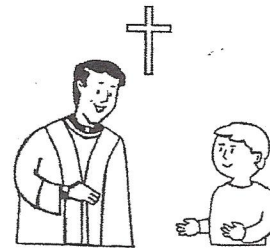
When you enter the confession room, either sit down facing the priest or kneel behind the screen.



1. The priest will welcome you and say "In the name of Father, and of the Son, and of the Holy Spirit. Amen."

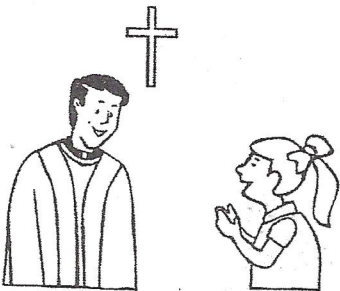
Make the Sign of the Cross and say "Amen".

2. Say "**Bless me Father for I have sinned. This is my first confession.**" Next time you make a confession, you will say how long it has been since your last confession. Example: "Bless me Father for I have sinned. It has been 3 months since my last confession."



3. **Confess your sins to the priest.**

4. **Listen carefully** while the priest gives you your penance which could be prayer(s) or kind deeds to help make up for your sins.



5. **Pray the "Act of Contrition" to the priest**

6. The priest will give you absolution. The priest will stretch his right hand over your head and say the words of absolution, "I absolve you of your sins, in the Name of the Father, and of the Son, and of the Holy Spirit. Amen." **Make the Sign of the Cross and say "Amen".**



7. The priest will tell you to "Go in peace and sin no more".

8. Say, "**Thank you Father.**"