



YEAR OF FAITH 2013

# THE YEAR OF FAITH SHEET 5: February 2013



This month we take a look at the Sacrament of Reconciliation often referred to as: Confession, the Sacrament of Healing or the Sacrament of Penance. A perfect topic as we begin Lent, the time of year when we focus on preparing for the great Feast of Easter!

Last month we spoke about Baptism and how through this Sacrament we become members of the Family of God. Confession is the Sacrament that brings us back into the Family of God when we separate ourselves from Christ through sin. It truly is a beautiful Sacrament and one we should not be afraid of. Whatever our age, young, old or middling we should take the time to receive the Sacrament, it is important for our journey with Christ and really does set us free!



*"The whole power of the sacrament of Penance consists in restoring us to God's grace, and joining us with him in an intimate friendship." CCC1468*

I remember my first Confession nearly 50 years ago! I was so excited and bounced into the confessional, knelt down and could see only the wall so I climbed onto a chair and peered through a grill trying to see the priest. I was unsuccessful but I heard his voice and after making the Sign of the Cross I cheerfully spoke the words I had learnt, 'Forgive me Father for I have sinned....' and then confessed all my sins! Over the years as I became more sinful I became less cheerful about going at times! But each time I go I come out so at peace with God and myself and everyone else. It is an amazing Sacrament and is certainly healing, that is why it is also called the Sacrament of Healing! Sin always hurts us and during Confession we are absolved from our sins bringing about not only forgiveness but also healing of the wounds caused by sin.

*"Reconciliation with God is thus the purpose and effect of this Sacrament. For those who receive the sacrament of Penance with contrite heart and religious disposition, reconciliation is usually followed by peace and serenity of conscience with strong spiritual consolation. Indeed the Sacrament of Reconciliation with God brings about a true 'spiritual resurrection', restoration of the dignity and blessings of the life of the children of God, of which the most precious is friendship with God."* CCC1468 Why not read this quote again slowly and prayerfully?

## ACTION TIME!

Sin breaks our friendship with God but our dear Lord is always ready to take us back, in fact Jesus died that we may live, He died that our sins could be forgiven and so that when we become lost we can be restored to new life. Let us spend just a moment or two now bringing to mind anything that is on our conscience, any ways in which we know we have sinned and then read the following Scripture about the young man who returned to his Father:

*"But it was only right we should celebrate and rejoice, because your brother here was dead and has come to life, he was lost and is found"*

Luke 15:32

Can you remember your First Confession? Talk about it with a family member or a good friend. Consider together how you have grown in your journey with Christ since that moment.

This Lent, why not start or continue to go to Confession monthly (Saturday at 4.00pm) it is a certain way of coming closer to Jesus!



Reconciliation

**FOR YOUR DIARY: Please see parish bulletin for events, more news of parish events in next YoF Sheet.**

At Hilton on Fridays (in Term time); Night Prayer and Adoration in the Chapel. Plus; reflection on Year of Faith. Refreshments! (7.00 pm to 8.30 pm). Ring 01543 480428 or 01543 672923 for more info, thank you + God Bless you! (Hilton House. Cranebrook Lane. Hilton. WS14 OHA)

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**Word Search: Reconciliation Confession Forgiveness Love Jesus Sin Penance Absolution Healing**