



DIOCESE OF AUSTIN

OFFICE OF WORSHIP

Reparation is action taken to amend or repair damage caused by an offense. We see this in the Sacrament of Penance whose three actions are repentance, confession, and penance or reparation.

Every offense committed against justice and truth entails the duty of reparation, even if its author has been forgiven. When it is impossible publicly to make reparation for a wrong, it must be made secretly. If someone who has suffered harm cannot be directly compensated, he must be given moral satisfaction in the name of charity. This duty of reparation also concerns offenses against another's reputation. This reparation, moral and sometimes material, must be evaluated in terms of the extent of the damage inflicted. It obliges in conscience (Catechism, 2487).

Penance, sacrifice and reparation involve a spiritual and physical component. Spiritually, when we undertake these actions we are responding to the invitation of God. Physically, these actions involve elements of self-denial in order to serve or benefit another. In so doing, we are strengthened to more readily recognize God's invitation and to act appropriately in response leading us to lives of deeper holiness and more faithful discipleship. Holiness is not possible without sacrifice.

Some recommendations for observing the Novena of Reparation include:

- Participation in daily Mass
- Offer daily prayers for victims of abuse and those who suffer from lack of resources and assistance
- Pray daily "A Prayer for Our Church" found through the link below
- Offer prayers for the Church and her ministers
- Fasting (minimally - no eating between meals and two smaller meals and one regular meal)
- Acts of penance, mercy and service
- Praying the Rosary individually or as a group
- Spending time in prayer before the Blessed Sacrament in the tabernacle or exposed
- Giving alms to or serving those in need, e.g., donating to food pantries
- Abstinence from meat and fowl

These acts would be very beneficial continuing after the novena closes. Additional ideas throughout the year:

- Voluntary observance of meatless Fridays throughout the year with fasting or acts of penance and service.
- Observance of the traditional ember days through prayer and fasting.
 - December 19, 21, 22, 2018 (Wed, Fri, Sat following Dec 13)
 - March 13, 15, 16, 2019 (Wed, Fri, Sat following 1st Sunday of Lent)
 - June 12, 14, 15, 2019 (After Pentecost)
 - September 18, 20, 21, 2019 (After September 14)
 - [Click here](#) for a nice article on Ember Days or [here](#)
- Greater reliance and practice of Christian discipleship and fraternity by
 - increasing prayer and the reading of Scripture within the family
 - gathering with other Catholics for fellowship, prayer and formation, e.g., participation in Catholic (Christian??) organizations, gathering at the parish or within neighborhoods
 - participating in parish and organizational efforts to serve the poor and the vulnerable
- An increased effort for all adults to participate in the diocesan Ethics In Ministry program (whether a minister or not) to help ensure the safety of children and vulnerable adults in our parishes and our communities.