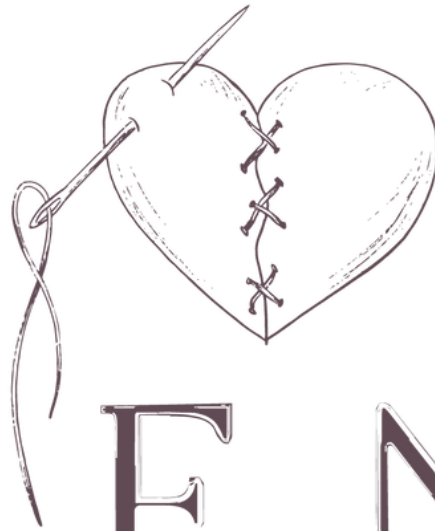


Confession is an act of honesty and courage – an act of entrusting ourselves, beyond sin, to the mercy of a loving and forgiving God.  
– Pope St. John Paul II



M E N D

# FIRST RECONCILIATION TNT RESOURCE BOOK 2021-2022

Confession isn't a place where I acknowledge sin has beat me, but that I'm letting Jesus win. When we go to Confession we are not telling God something He doesn't already know and we're not showing Him something He doesn't already see. We are giving Him something He doesn't already have: Your broken heart.  
-- *Father Mike Schmitz*

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Updated 9/20/21

The Lord never tires of forgiving.  
It is we who tire of asking for forgiveness.

– *Pope Francis*

It is our honor to partner with you to prepare you to prepare your children for their First Reconciliation. There has never been anything like the MEND box we are providing for you to use to help prepare your children. These boxes will meet your family where you are and lead you and your children step-by-step to the love and forgiveness that is offered by the Lord in the Sacrament of Reconciliation.

You will spend the next several weeks having fun with your family preparing your child to receive this beautiful gift. You will determine your own calendar as to when and how you will complete the seven family meetings included in the MEND box. We are in the process of creating a custom learning management system called MARTHA to help communicate with you easily and provide feedback as you work through your box.

We will not have a group First Reconciliation this year. Rather, as your family schedules their family meetings and anticipates being ready to receive the sacrament, we will ask you to sign up to attend one of our regular Wednesday evening or Saturday afternoon times for confession. You may go at any time without signing up but we will hold the first two spots on select days so that your family can go first and will not have to wait in a long line for your child's first time.

You will determine your child's readiness after working through the MEND box. Typical signs of readiness are: active participation in the family meetings, both asking and answering questions; personal knowledge of Jesus and the Gospel message of forgiveness; recognition when he or she has done something wrong; contrition for sin, desire for forgiveness, willingness to do better in the future. If you feel your child is not ready by Christmas, please reach out to the Faith Formation Office.

## THE SACRAMENT OF MANY NAMES WHAT IS THIS SACRAMENT CALLED?

From the Catechism of the Catholic Church (CCC)

It is called the **sacrament of conversion** because it makes sacramentally present Jesus' call to conversion, the first step in returning to the Father from whom one has strayed by sin.

It is called the **sacrament of Penance**, since it consecrates the Christian sinner's personal and ecclesial steps of conversion, penance, and satisfaction.

It is called the **sacrament of confession**, since the disclosure or confession of sins to a priest is an essential element of this sacrament. In a profound sense it is also a "confession" -

acknowledgment and praise - of the holiness of God and of his mercy toward sinful man.

It is called **the sacrament of forgiveness**, since by the priest's sacramental absolution God grants the penitent "pardon and peace."

It is called the **sacrament of**

**Reconciliation**, because it imparts to the sinner the love of God who reconciles: "Be reconciled to God." He who lives by God's merciful love is ready to respond to the Lord's call: "Go; first be reconciled to your brother." (CCC 1423-4)

**Why do we need the Sacrament of Reconciliation and the Sacrament of Baptism?**

"You were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and in the Spirit of our God." One must appreciate the magnitude of the gift God has given us in the sacraments of Christian initiation in order to grasp the degree to which sin is excluded for him who has "put on Christ." But the apostle John also says: "If we say we have no sin, we deceive ourselves, and the truth is not in us." And the Lord himself taught us to pray: "Forgive us our trespasses," linking our forgiveness of one another's offenses to the forgiveness of our sins that God will grant us. (CCC 1425)

The formula of absolution used in the Latin Church expresses the essential elements of this sacrament: the Father of mercies is the source of all forgiveness. He effects the reconciliation of sinners through the Passover of his Son and the gift of his Spirit, through the prayer and ministry of the Church:

God, the Father of mercies,  
through the death and the resurrection of his Son  
has reconciled the world to himself  
and sent the Holy Spirit among us  
for the forgiveness of sins;  
through the ministry of the Church  
may God give you pardon and peace,  
and I absolve you from your sins in the name of  
the Father, and of the Son and of the Holy Spirit.

## ADDITIONAL SUGGESTIONS TO DO AT HOME

**Talk about the Sacrament of Reconciliation Together** – It is important for your child to understand why we go to confession. Spend time talking with your child about this great healing Sacrament.

**Read Scripture with your Child** - Read about when Jesus instituted the Sacrament and gave his apostles the authority to forgive sins in His Name in the Gospel of John 20: 19 – 23. You can also read scripture with your child that illustrates the great love of Jesus – for example, The Healing of a Paralytic in the Gospel of Mark (chapter 2), or The Parable of the Lost Sheep or The Parable of the Prodigal Son in the Gospel of Luke (chapter 15), or the forgiveness of Zacchaeus in the Gospel of Luke (chapter 19).

**Explain to your Child that going to Confession is not about Getting into Trouble** - It's about asking God for forgiveness and receiving God's Grace to do better. Listen to your child's questions and encourage them to ask more questions and learn with them if you don't have the answers.

**Help your Child understand how to do an Examination of Conscience** - You will teach your children about this in Family Meeting 6 - Hearts and Stones. Teach them how to examine their conscience each night before they go to bed.

**Practice, Practice, Practice!** Like with any sport, musical instrument, or other skill – continuous practice is essential. The same is true for preparation for all the Sacraments. Please take time to role play with your children. Practice their prayers with them too. The most common prayers given for penance will be in this resource book. Please pray the Act of Contrition with them each night as we approach their First Reconciliation. Praying it daily is the easiest way to memorize it!

**Go to Confession as a Family**- It is so important for your children to see that this is something you value. As parents, you are the first educators for your children when it comes to your Faith. Showing your child that you can take the time to go to confession makes a deeper and longer-lasting impression than all the hours you might spend talking or reading about it with them. I've known families that have made it a family tradition to go to confession regularly and follow it with going out for pizza or ice cream afterwards.

**Most Importantly, Pray with and for Your Child**- Through prayer, we join in an intimate conversation with God. When we ask Him to open our hearts, when we show Him our weakness, when we ask for His mercy, He always responds with infinite forgiveness. Ask God to prepare your child for this great Sacrament.

“...we conquer overwhelmingly through him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.”  
(Romans 8:37-39)

**In failing to confess, Lord, I would only  
hide You from myself, not myself from You.  
- - Saint Augustine**

Children Remember  
Your Actions  
as Much if not More Than  
Your Words



**When you** tell your children you love them and always will, no matter how much you may dislike what they did...

**When you** help your children understand the impact of what they have done and learn to say they are sorry, and tell them you are sorry...

**When you** teach children to acknowledge doing wrong and to take responsibility for their action...And you admit your wrongs...

**When you** help your children forgive someone and tell your children you forgive them...

**When you** help your children see alternate ways of behaving or getting along with someone...

**When you** show patience and walk with your children as they learn and practice new ways of relating with others, and admit that you are working on past forgiveness and reconciliation in your own relationships...

**Then** you help your child understand God's unconditional love for them.

**Then** you teach your children contrition or sorrow for their sins.

**Then** you teach your children how to confess sinfulness.

**Then** you teach your children about absolution.

**Then** you help your children find new ways of being peaceful.

**Then** you help your children appreciate the process of reconciliation.

"By knowing how to acknowledge their own failings to their children, parents will be better able to guide and correct them." (CCC 2223)

**\*\*On the following page are prayers that are often given as Penance to young children. While your child does not need to know all of these by heart before their First Reconciliation, it is suggested that you continue to help them learn them by heart by reciting them at home often.**

## PRAYERS OF THE CATHOLIC CHURCH

Below are some of the traditional prayers that your child/ren, as Catholics, will be praying for their entire life and can be asked to pray as part of their penance. Please incorporate them into your routines at home, in the car, and at gatherings of friends and family. Please help your children learn these prayers by heart! Remember, the Mass is the most important way we pray and is where we encounter Jesus, who is truly present to us through the Word, the Eucharist, each other, and the priest who acts in the person of Christ.

**Sign of the Cross:** In the Name of the Father, and of the Son, and of the Holy Spirit, Amen. (With actions.)

**Glory Be (Doxology):** Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen

**Guardian Angel Prayer:** Angel of God, my guardian dear, to whom God's love commits me here, ever this day (night), be at my side, to light and to guard, to rule and to guide. Amen

**Lord's Prayer (Our Father):** Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And, lead us not into temptation, but deliver us from evil. Amen

**Hail Mary:** Hail Mary, full of grace; the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen

**Act of Contrition (Prayer of Sorrow):** My God, I am sorry for my sins with all my heart. In choosing to do wrong, and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more and to avoid whatever leads me to sin. Our Savior, Jesus Christ, suffered and died for us. In his name, my God, have mercy. Amen

**The Apostles' Creed:** I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

### The Ten Commandments:

1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

**The Rosary**, along with all of the mysteries. See <http://www.usccb.org/prayer-and-worship/prayers-and-devotions/rosaries/index.cfm>.

## FIRST RECONCILIATION AND FIRST COMMUNION MATERIAL FEES

Dear Parents of First Communicants,

There are parish expenses for your students as we help them prepare for the Sacrament of Reconciliation and First Communion. These fees cover the cost of the extra materials we order to help your child better understand the beautiful gift they are about to receive through these sacraments.

The fee for this year is \$75.00. You may pay the fee online through Give Central using the following link:

<https://www.givecentral.org/location/160/event/12166>

You may also submit a check (payable to “Mary, Seat of Wisdom”) to the Faith Formation Office by dropping it off at the Parish Office at 920 Granville or bringing it to one of the SEEK sessions. The payment for this fee is due now and will be considered late if received after November 15, 2021. Please let us know if you need a payment plan.

We are excited to help you prepare your child to receive the Body, Blood, Soul, and Divinity of our Lord and Savior Jesus Christ. Please let us know if you have any questions.

Sincerely yours in Christ,

Gretchen Spoo

Faith Formation Office

847-825-8763

## First Reconciliation Sign Up

Please let us know by November 15, 2021 if you believe your child will be ready to receive the Sacrament of Reconciliation. Once you have completed your MEND Box, you may take your child to receive their First Reconciliation at any of our regularly scheduled Wednesday or Saturday offerings. If you would like to be able to skip the line and have your family go first (or second), you will need to sign up for one of the following dates. We have spots for two families reserved on each date.

<b>Saturday</b>	<b>November 6</b>	<b>arrive by 3:50 pm</b>
<b>Wednesday</b>	<b>November 10</b>	<b>arrive by 5:50 pm</b>
<b>Saturday</b>	<b>November 13</b>	<b>arrive by 3:50 pm</b>
<b>Wednesday</b>	<b>November 17</b>	<b>arrive by 5:50 pm</b>
<b>Saturday</b>	<b>November 20</b>	<b>arrive by 3:50 pm</b>
<b>Wednesday</b>	<b>December 1</b>	<b>arrive by 5:50 pm</b>
<b>Saturday</b>	<b>December 4</b>	<b>arrive by 3:50 pm</b>
<b>Wednesday</b>	<b>December 8</b>	<b>arrive by 5:50 pm</b>
<b>Saturday</b>	<b>December 11</b>	<b>arrive by 3:50 pm</b>
<b>Wednesday</b>	<b>January 5</b>	<b>arrive by 5:50 pm</b>
<b>Saturday</b>	<b>January 8</b>	<b>arrive by 3:50 pm</b>
<b>Wednesday</b>	<b>January 12</b>	<b>arrive by 5:50 pm</b>

The link to sign up for a reserved spot on one of these dates can be found here:

<https://www.signupgenius.com/go/5080f4ca4a929a1f85-first>

It is our hope that parents will model for their children and receive the Sacrament of Reconciliation on these dates as well. As such, you will note on the sign up that there is a spot to indicate the number of people that will be receiving. Feel free to bring older siblings as well.

**Please notify us by November 15, 2021 if you are not on track to complete the MEND box before Christmas.**

**First Reconciliation must be complete before attending one of the following First Communion parent meetings:  
December, 14, 2021 or January 18, 2022.**