

The Light is ON for You.



Celebrate the Sacrament of Reconciliation

“The Light is On For You” campaign was created by the Archdiocese of Washington and has since been implemented by dioceses throughout the United States. The Diocese of Scranton is proud to join this effort once again in 2021 and offer extended hours for confessions during Lent.

Beginning on **Monday, February 22, 2021**, (the first Monday in Lent) and continuing through the last full week of Lent on **Monday, March 22, 2021**, confessions will be heard on each Monday of Lent in parishes across the Diocese of Scranton from 5:30 p.m. to 7:00 p.m.

Why Go To Confession?

God loves each of us. We have been created by God and placed in this world to know, love and serve Him. Unfortunately, we do not always show our love for God in our words and actions. There are times when we turn away from God. These moments when we chose to do wrong and avoid what is good are sins. The good news is that God has given us a way to turn back to Him with our whole heart. He has given us the Sacrament of Reconciliation. In this sacrament, we meet Christ in the person of the priest, ready and eager to absolve us and restore us to new life. We confess our sins to God through his minister, the priest, who absolves us in the name of Christ.

How to Make a Good Confession

Before going to confession, take some time to examine your conscience. This might be done by reviewing your life in comparison to the Ten Commandments, the Beatitudes, the example of Christ’s life. Think about both the times that you have intentionally done something wrong and the times that you chose not to do something for the good of another person. Pray to God for forgiveness.

- 1.** The priest will welcome you and you both will make the sign of the Cross:
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
- 2.** You continue with these traditional words:
Bless me Father, for I have sinned. My last confession was....(give weeks, months or years)
You can also add any other background that will allow the priest to be most helpful to you in the circumstances of your everyday life.
- 3.** Confess all your sins to the priest.
Speak freely and honestly - nothing you say in confession will ever be repeated by the priest. The priest may talk with you about how to make up for the sins you confess. If you are unsure or uneasy, tell him and ask for help. Feeling guilt or embarrassment about your sins is normal. It is also a sign that your conscience is letting you know that you have done something wrong. The priest is there to listen to you with the heart of Jesus. Jesus came to love and forgive and never seeks to embarrass us.
- 4.** When finished, say, *“I am sorry for these and all my sins.”*
- 5.** The priest will give a penance and might offer advice to help you become a better Catholic. The Act of Penance may take the form of prayer, self-denial or service to another.
- 6.** Say an Act of Contrition, expressing your sorrow for your sins and resolving not to sin again. You may say this in your own words or use this traditional prayer:
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.
- 7.** The priest, acting in the person of Christ, then absolves you from your sins. As the priest concludes the prayer, he will make the sign of the cross over your head. You bless yourself and respond, *Amen*. The priest will then invite you to go in peace.



You are invited.

Please come and experience Christ's healing love!