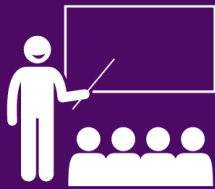




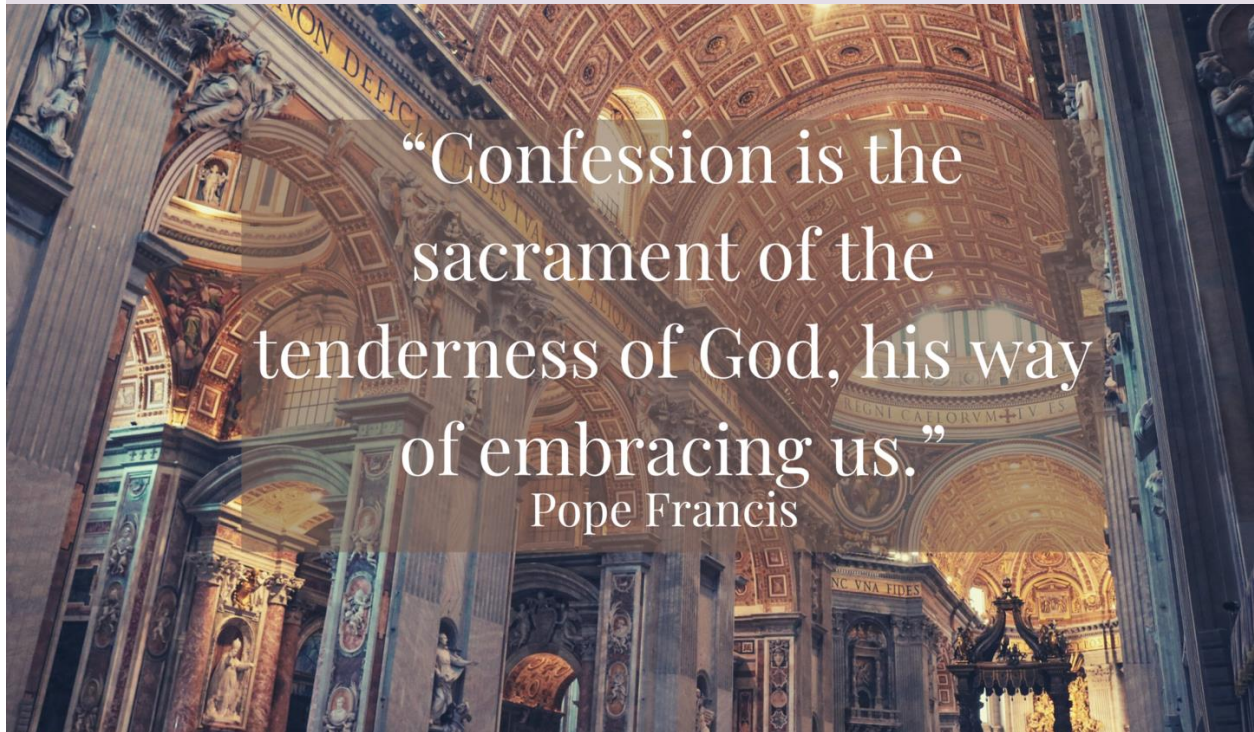
DIOCESE OF SCRANTON

ROOTED IN CHRIST

LENT 2022



TEACHING *Tuesday*



“Confession is the sacrament of the tenderness of God, his way of embracing us.”

Pope Francis

Easter Duty - What is it?

You may be familiar with the term "Easter Duty" and relate it to the obligation to go to confession and receive Holy Communion during the Easter season. If you already have a habit of regular confession and Communion, you can fulfill the obligation without much effort. If not, it is worthwhile to recall what the Church requires and why.

When considering our sacramental duties, we should first realize that the Church proposes certain rules and requirements to help us grow in grace and get to heaven.

For those who grew up in a traditional Catholic household, it may be surprising to learn that the term "Easter Duty" does not appear in the Church's canon law, nor is it mentioned specifically in the *Catechism of the Catholic Church*. Rather, the idea stems from two related Church laws: to receive the Eucharist at least once a year during the Easter season, unless a serious reason indicates another time as preferable (canon 920); and to receive absolution in sacramental confession for any mortal sin at least once a year (canon 989).

[Read more from the Knights of Columbus](#)

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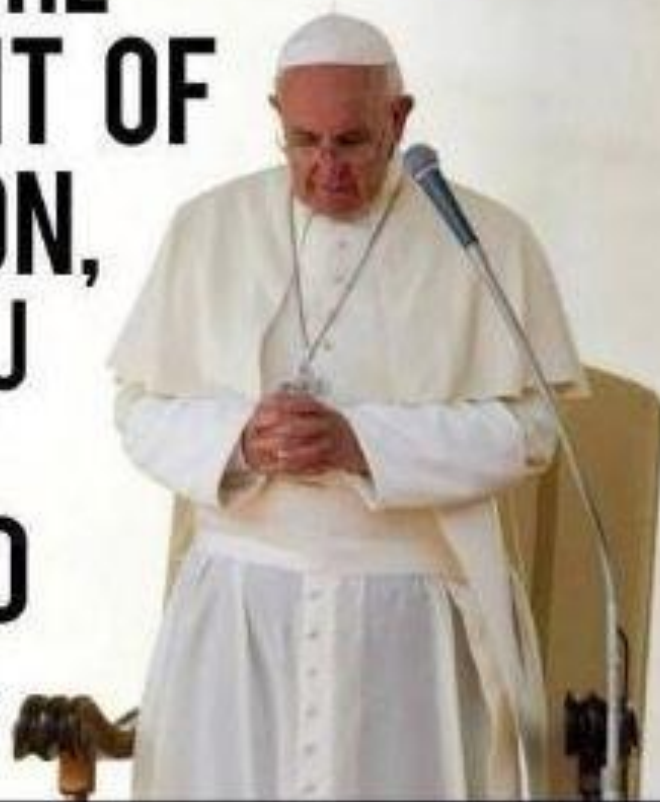
The Catholic Church sets out specific guidelines regarding how we should prepare ourselves to receive the Lord's body and blood in Communion. First, you must be in a state of grace. "Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord. Let a man examine himself, and so eat of the bread and drink of the cup" (1 Cor. 11:27–28). This is an absolute requirement that can never be dispensed. To receive the Eucharist without sanctifying grace in your soul profanes the Eucharist in the most grievous manner.

A mortal sin is any sin whose matter is grave and which has been committed willfully and with knowledge of its seriousness. Grave matter includes, but is not limited to, murder, receiving or participating in an abortion, homosexual acts, having sexual intercourse outside of marriage or in an invalid marriage, and deliberately engaging in impure thoughts (Matt. 5:28–29). Scripture contains lists of mortal sins (for example, 1 Cor. 6:9–10 and Gal. 5:19–21). For further information on what constitutes a mortal sin, see the [Catechism of the Catholic Church](#).

Second, you must have been to confession since your last mortal sin. The Didache witnesses to this practice of the early Church. "But first make confession of your faults, so that your sacrifice may be a pure one" (Didache 14). [Read more at Catholic Answers](#)

**DON'T BE AFRAID
TO GO TO THE
SACRAMENT OF
CONFESSION,
WHERE YOU
WILL MEET
JESUS WHO
FORGIVES YOU.**

Pope Francis



Our Lord Jesus Christ suffered, died, and rose for our salvation— to forgive our sins and to offer us everlasting life in Heaven. Moreover, He wanted His healing ministry of forgiveness for sin to continue through the Sacrament of Penance. On the night of the resurrection, Jesus appeared to the apostles and said, "As the Father has sent me, so I send you.... Receive the Holy Spirit. If you forgive men's sins, they are forgiven them; if you hold them bound, they are held bound" (John 20:21-23). Therefore, all of the faithful who are conscious of sin should avail themselves to the reconciling graces offered through the Sacrament of Penance. [Read more from Catholic Straight Answers](#)



1. Confess

CONFESS YOUR SINS ALOUD TO THE PRIEST, WHO LISTENS LOVINGLY ON BEHALF OF CHRIST & THE CHURCH.

THE PRAYERS OR GOOD DEEDS THE PRIEST GIVES YOU, TO BEGIN HEALING RELATIONSHIPS HURT BY YOUR SINS.

2. Receive Penance



3. Act of Contrition

A SIMPLE EXPRESSION TO GOD THAT YOU ARE SORRY FOR YOUR SINS & THAT YOU RESOLVE TO LEAVE SIN BEHIND.

THE WORDS THE PRIEST SPEAKS WHICH RECONCILE YOU TO GOD AND THE CHURCH.

4. Receive Absolution



AN ACT OF CONTRITION

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.

Funding for this initiative provided by your support of the Diocese of Scranton's
Diocesan Annual Appeal. Thank you for your generosity!

Diocese of Scranton
2021 **DIOCESAN**
ANNUAL APPEAL 
