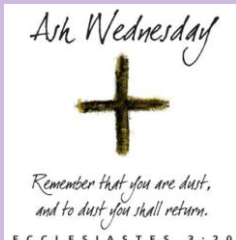


Preparing for the Sacrament of Reconciliation (Second Class Level) February 2021

Celebrating Reconciliation in Lent

This is the time of the year when we are usually preparing for First Reconciliation. First Reconciliation is usually celebrated during Lent, which begins on Ash Wednesday, as it is the season of the church year when we all focus on trying to become the best and most loving as we can. On account of the pandemic, we don't know when celebration will occur, but preparation continues regardless so that children will be ready when the time comes.



Act of Sorrow

*O my God, I thank you for loving me.
I am sorry for all my sins.
For not loving others and not loving You.
Help me to live like Jesus and not sin again. Amen.*



Take Time to Pray as a Parent

Just sit in God's company for a few minutes at the end of the day considering your live with God in five steps:

1. Become aware of God's presence in you, with you and around you.
2. Review your day with gratitude.
3. How are you feeling?
4. Choose one aspect/experience of your day and pray about it or hold it in mind as you are aware of God being with you.
5. Look forward to tomorrow.



The Sacrament of Reconciliation is a celebration of God's unconditional love for us and our connection with God through love.

How to prepare for the Sacrament of Reconciliation

- Use all the Grow in Love materials provided by the class teacher. Use the Grow in Love clips referred to in the lessons to aid your preparation.
- Look at the Power Points for each Sunday Gospel at www.palmerstownparish.com and discuss with your child.
- Use a small notebook to keep a record of
(i) When I showed love
(ii) When someone showed love to me
(iii) When I forgot to show love and how I can change that tomorrow.
- Look up the story of Zacchaeus in the Bible and online. Learn the song about Zacchaeus.
- Look at the leaflets regarding First Reconciliation at www.palmerstownparish.com under the tab of Reconciliation for information for parents and for the prayers.
- Say the Act of Sorrow every night.
- Parents: TAKE CARE OF YOURSELF AS YOU AS THE BEST GIFT THAT GOD HAS GIVEN YOUR CHILDREN!

What do you say to your child when they are hard on themselves?

How hard are you on yourself?
Catch yourself beating yourself up.
Stop and take note of the fact that your sum total is not the wrong that you do.
The wrong or mistake that you do or make is a lesson for the next day.
Try to flip the coin to positive and become reconciled with yourself.
Jesus summarised the commandments as loving God, loving others AS WE LOVE OURSELVES!
Loving self is a command – the most difficult of all.

