



ST JOSEPH'S INSTITUTION JUNIOR

A Lasallian School of the *De La Salle* Brothers

REF: SJIJ/2019/03/925

6th March, 2019

Dear Parents/Guardians,

PENITENTIAL SERVICE FOR P4 TO P6 CATHOLIC JOSEPHIANS

The Catholic Church encourages us to prepare ourselves spiritually to welcome the Risen Christ during Easter with prayers, fasting and almsgiving. To develop our boys in their faith formation, we have arranged a Penitential Service at the chapel for our P4 to P6 Catholic Josephians on 27 March during curriculum time.

The city district priests will be coming to our school to hear their confessions. The boys will be informed of their allocated time slot for the Penitential Service.

We seek your assistance in preparing your son/ward for the Penitential Service and also to remind him to go for confession time so that he will not miss his lessons. We have also attached a leaflet on "Preparation for the Sacrament and Rite of Reconciliation" for your reference.

We thank you for your continued support in our boys' faith formation.

Ora et Labora!

Mr Christopher Cheong
RME Coordinator

Timothy Goh
Principal

Preparation for the SACRAMENT AND RITE OF RECONCILIATION

In the Sacrament of Reconciliation, Jesus guarantees us His saving grace when we come to Him in sorrow for our sins.

Before confession - Prayer for Help:

O God, help me to make a good confession. Give me the grace to know my sins; to be truly sorry for them and the strength to avoid them in the future.

(1) Examination of Conscience

- *In all my actions, do I put God first?*
- *Have I really trusted God, especially in times of difficulty?*
- *Do I pray each day, spending time with God and thanking God for all the blessings I enjoy?*
- *Do I respect and love my parents, my siblings and my loved ones?*
- *Do I do my best in school as a student?*
- *Do I respect my teachers, my classmates and my friends?*

(2) During Confession:

(1) Say: "Bless me, Father for I have sinned."

(2) My last confession was in _____

(3) Tell your sins. (You can write them down)

(4) When finished, say: "For these and all my sins that I may have forgotten, I am truly sorry."

(5) Action of Contrition: O my God, because You are so good, I am very sorry that I have sinned against You and with the help of Your grace, I will not sin again.

(6) Thank you and bless you, Father.