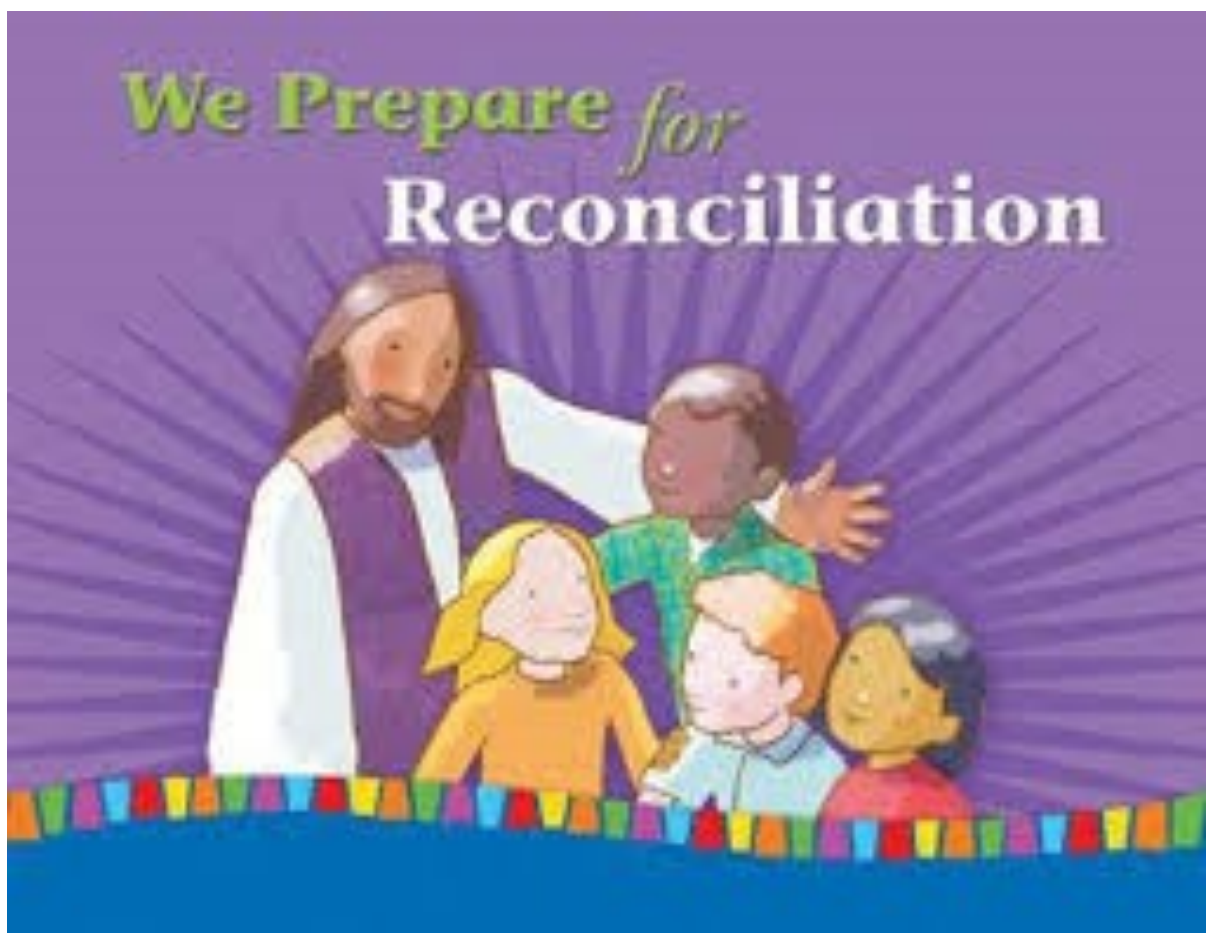


First Reconciliation Parent/Child At Home Retreat



2021~2022 St. Raphael Catholic Church
First Reconciliation
Tuesday February 22, 2022



A Prayer for First Reconciliation

Dear Jesus, my Good Shepherd, I believe that You love me and watch over me always. You know that sometimes I am not the best that I can be and so, I need Your forgiveness.

I am a little lamb who is lost and I need You to bring me back into Your Loving Arms. Jesus, my Good Shepherd, I do love You and I am sorry for my sins. Thank You for loving me so much. Amen

Dear Parents and Families:

Since your child was an infant you have been teaching him or her how to make good choices and to recognize the difference between good and bad actions. Perhaps one way you did this was when your child was unkind to another child or a family member. This important task of teaching your child to make good choices also took place when you explained how to share, how to speak respectfully to others, and how to play fairly. You yourself modeled these behaviors too, perhaps when you said you were sorry when you had been unkind. Such actions have taught your child to do the same.

Preparation for the sacrament of First Reconciliation continues this example in a new and renewed way. You are gifting your child with a wonderful experience; a faith that instills in others a capacity for sincere sorrow and an ability to change one's actions. In the coming months you will help your child understand their relationship with God and others can be broken through their sins and actions, but you will also share with them the skills to be able to ask for forgiveness, to restore those relationships, and to change their ways. What a beautiful gift you will share with your child: Faith!

Your child is preparing in class with their teacher/Catechist and now I am asking you to take part in the preparation. I have prepared an at home retreat for you to do as a family. This retreat will take place in a family setting, we recognize that what goes on in your home is the most important part of the preparation for First Reconciliation. We also recognize that families are tremendously busy these days, so our goal is to assist you in making First Reconciliation an enjoyable part of your family activities.

There is a form attached at the end of the packet which will need to be filled out and signed by you, the parent and your child. The due date for the retreat to be completed is January 30th, 2022.

As your child's first and most important faith educator, you have the right and the responsibility to be an active participant in their sacramental preparation. We will support you in that role and in the sharing of the gift of faith.

Peace and God Bless

Michele Kmety

St. Raphael-Director of Children's Faith Formation

Opening Prayer

We begin our prayer in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

A reading from the gospel of Luke 15:11-32 : The Parable of the Lost Son

Then Jesus said, "There was a man who had two sons. The younger of them said to his father, 'Father, give me the share of the property that will belong to me.' So he divided his property between them. A few days later the younger son gathered all he had and travelled to a distant country, and there he squandered his property in dissolute living. When he had spent everything, a severe famine took place throughout that country, and he began to be in need. So he went and hired himself out to one of the citizens of that country, who sent him to his fields to feed the pigs. He would gladly have filled himself with the pods that the pigs were eating; and no one gave him anything. But when he came to himself he said, 'How many of my father's hired hands have bread enough and to spare, but here I am dying of hunger! I will get up and go to my father, and I will say to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me like one of your hired hands."' So he set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. Then the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his slaves, 'Quickly, bring out a robe—the best one—and put it on him; put a ring on his finger and sandals on his feet. And get the fatted calf and kill it, and let us eat and celebrate; for this son of mine was dead and is alive again; he was lost and is found!' And they began to celebrate.

"Now his elder son was in the field; and when he came and approached the house, he heard music and dancing. He called one of the slaves and asked what was going on. He replied, 'Your brother has come, and your father has killed the fatted calf, because he has got him back safe and sound.' Then he became angry and refused to go in. His father came out and began to plead with him. But he answered his father, 'Listen! For all these years I have been working like a slave for you, and I have never disobeyed your command; yet you have never given me even a young goat so that I might celebrate with my friends. But when this son of yours came back, who has devoured your property with prostitutes, you killed the fatted calf for him!' Then the father said to him, 'Son, you are always with me, and all that is mine is yours. But we had to celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found.'"



<https://youtu.be/eqyV2lmdYso>

After watching the video please discuss together:

- What did you see and hear in this story? (The actual words you heard or images you saw.)
- Are there any parts of the story that remind you of your life?
- What do you think Jesus was trying to teach us with this parable?

Jesus told the story of the Prodigal Son to show us that God loves us no matter what. Even when we do things that are hurtful or wrong, God accepts us back. He loves us just like the father in the story loves his son. The Sacrament of Reconciliation is one way our Church helps us to show we are sorry and receive God's forgiveness and love.

Lord Jesus, be with us today as we learn more about your love and forgiveness. Amen.

Activity One: A Handy Way to Pray

A reading from the gospel of Matthew, “I will give you the keys to the kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven.”

- Sacraments are a visible sign of God’s love.
- When we do something over and over in a certain way, it can be called a ritual.
- The Sacrament of Reconciliation is a ritual we celebrate in a certain way.

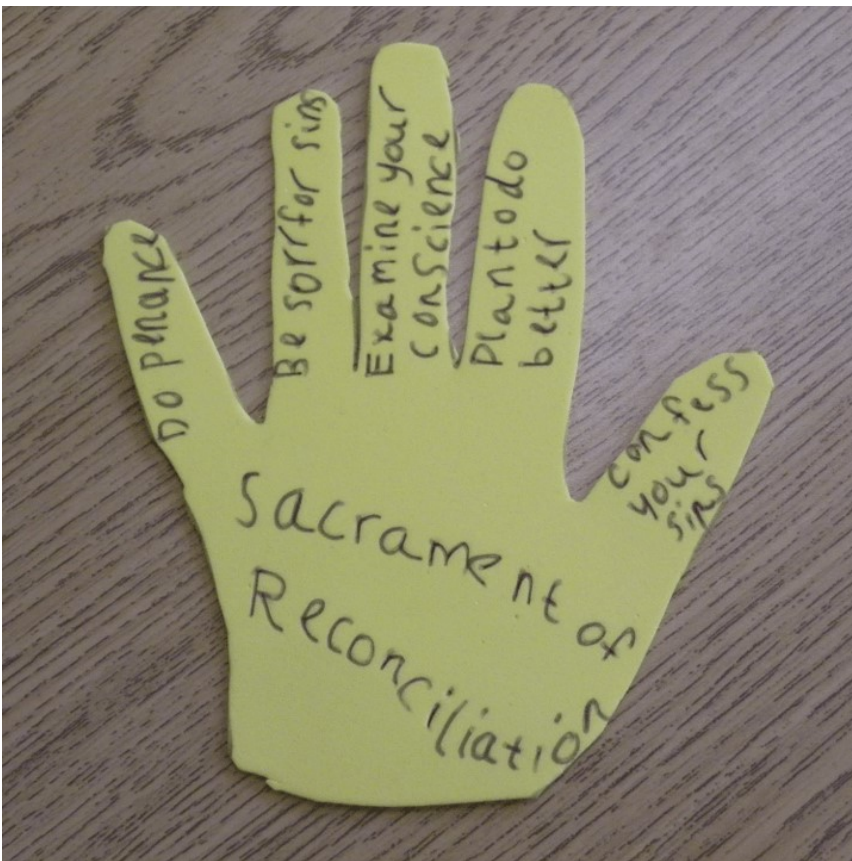
Watch the video to learn about going to Confession.

<https://youtu.be/lb8pzvnnL20> (Capital “i” not lowercase L)



Five Steps of Reconciliation

1. Thank God for the gifts of love and forgiveness, and then examine your conscience.
2. Pray an Act of Contrition, expressing that you are sorry for what you have done.
3. Promise to try to do better in the future.
4. Confess your sins to God in the presence of the priest.
5. Do the penance the priest gives you.



Draw and color to remember. Trace around your hand on a piece of paper then write the steps on each finger. Color and cut out your handprint!

1. Examine your conscience.
2. Be sorry.
3. Plan to do better.
4. Confess your sins.
5. Do Penance.

Activity Two: Learning the Act of Contrition

Read the bible reading about Forgiveness.

Psalm 51:3-6

Have mercy on me, God, in accord with your merciful love; in your abundant compassion blot out my transgressions. Thoroughly wash away my guilt; and from my sin cleanse me. For I know my transgressions; my sin is always before me.

- **The words of the Psalm express sorrow and forgiveness for our sins.**
- **An “Act of Contrition” is a special prayer that expresses sorrow and forgiveness.**

Go to the link below to the puzzle. Put the puzzle together, and read the Act of Contrition.



<https://www.jigsawplanet.com/?rc=play&pid=3db51e4c5390&pieces=24>

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.

FILL IN THE BLANK TO COMPLETE THE PRAYER

ACT OF CONTRITION

My _____, I am _____ for my _____ with
all my _____. In choosing to do
_____ and failing to do _____, I have
_____ against you whom I should
_____ above all things. I firmly intend,
with your _____, to do _____, to _____
no more, and to _____ whatever _____
me to sin. Our _____ Jesus Christ
_____ and died for us. In His _____,
my God, have _____. Amen



Activity Three: Feeling Sin and Forgiveness

For this activity you'll need to be in a somewhat open space. Stand close together, then watch the video.

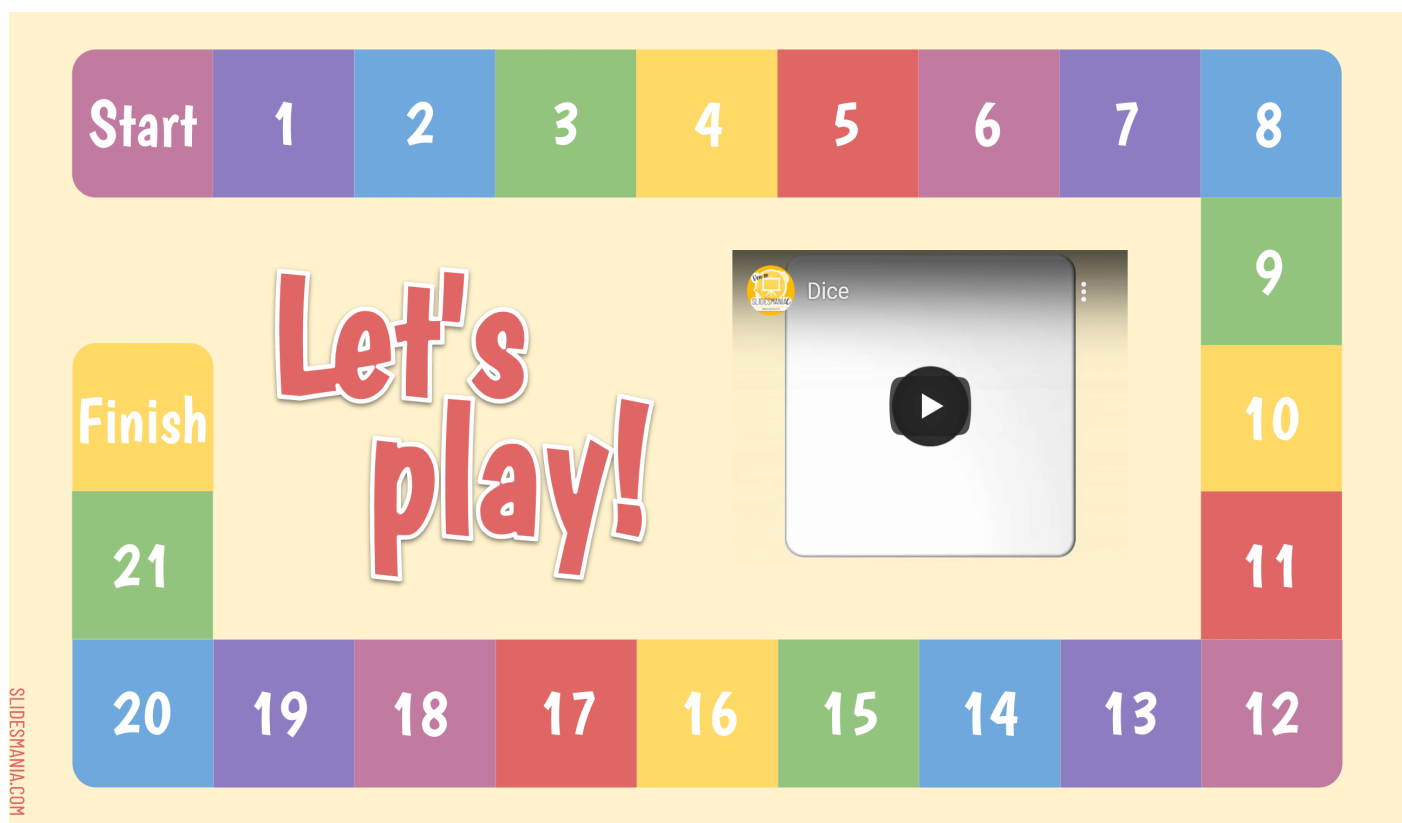
<https://youtu.be/Yb-RivfaeFw>

Sin & Forgiveness

Activity Four: Reconciliation Game

Watch the video and learn how to play:

<https://youtu.be/-LiUHqPrzmU>



Activity Five: Practicing Reconciliation

Parents, share a story about your First Reconciliation. What do you remember?

Using the script below, take turns being the priest and penitent. “Penitent” means the person coming to confession.

Steps for First Reconciliation

Greet the priest and introduce yourself.

1. Make the sign of the cross and say “Bless me Father for I have sinned, this is my first Confession.
2. “These are my sins....” here you will tell your sins that you prayed about to the priest, and if you can remember, how many times. (For example, I lied three times, I talked back to my teacher two times, I disobeyed my parents four times...)
3. After you tell all your sins to the priest, you can say “Father, I am sorry for all my sins and for those I cannot remember.
4. The priest will talk to you about your sins and give you some ways that you can do better! He will then give you a task, or your Penance, that you will complete when you are finished with your confession to show God you are sorry.
5. The priest gives you absolution, which means your sins are forgiven. He will stretch his hand and say a prayer over you. At the end he will make the sign of the cross over you, and you should make the sign of the cross on yourself too. You respond “AMEN.”
6. The priest will tell you that you may go in peace, and that your sins are forgiven. You say “Thank you, Father!”

Leave the priest and return to your pew to pray your penance and thank God for His mercy and love.

Closing Prayer

We begin our prayer in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Watch the video below in the order listed below



<https://youtu.be/fhphVKNUX8k>

https://youtu.be/eQTcUAWzF_U

<https://youtu.be/aPn6r7GVjYE>

Closing Prayer

Share one thing you learned today, then pray together.

We begin our prayer in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Dear Lord, I trust in you. Help me grow closer to you each day. In the name of the Father, and of the Son and of the Holy Spirit.