

## *Steps for Reconciliation*

1. Examine your conscience
2. Go to a priest. Greet him with a “*good morning*” or “*good afternoon.*” Make the sign of the cross.
3. Tell him this is your first confession or how long it has been since your last confession “*This is my first confession and these are my sins*” or “*It has been one month since my last confession and these are my sins.*”
4. Tell our sins. When you are finished say, “*That is all Father.*”
5. Father talks to you and gives you your Penance.
6. Say the Act of Contrition:  
“*O, my God, I am very sorry for all my sins because they displease You, Who are all-good and deserving of all my love. With Your help I will sin no more. Amen*” or the Act of Contrition you know.
7. The Priest gives you Absolution. You make the Sign of the Cross.
8. Say “*Thank you Father.*” Leave and do your Penance.