

WHY GO TO CONFESSION?

If we are honest with ourselves when we look into our souls and examine how we live, each of us become aware of our sins - our failures, imperfections, our selfishness, our weakness. This can be a hard thing to face, but deep in our tradition, we have always believed it is an important thing to do because if this self examination is accompanied by repentance-sorrow for what we have done - we open the door to growth and the healing of God's forgiveness and grace (loving help). We believe that every time you admit your sins and ask God's forgiveness you receive it because Jesus sacrifice on the cross freed all of us from our sins. Other important aspects are; the commitment to do better with God's help and to make up for our wrong doing whenever possible. So why the sacrament of Reconciliation (confession)? Because this is a "Special Way" of receiving God's forgiveness, in which we receive our help and healing. The priest DOES NOT forgive us - God does. The priest is there as a representative of the community (because our sin affects other people) and Jesus, who uses the priest as his instrument for forgiveness. Catholic Christians receive the sacrament at least once a year, but it is good to receive it *more often*.