

DAY 1 - April 3 - MONDAY OF HOLY WEEK

RECONCILIATION MONDAY

Focus: Be courageous...even with our reconciliation

Scripture: Deuteronomy 31:6

*Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.” Then Moses summoned Joshua and said to him in the presence of all Israel, “Be strong and courageous, for you must go with this people into the land that the LORD swore to their ancestors to give them, and you must divide it among them as their inheritance. The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”*

[Alternate Reading: John 12:1-11]

*Though he must suffer and die, the Suffering Servant  
will not cry out, or the Lord is his refuge.”*

Call to Prayer: “Psalm 95: If Today You Hear His Voice” by Rawn Harbor

Reflection:

Sometimes we don't feel as strong as we need to be when difficulties or challenges come into our lives. What is most important is that we recognize from where we get our strength. When we are struggling sometimes we give up just when God is ready to step in with a miracle. Throughout the scriptures, we have many examples of those who thought that everything was gone, and God walks in with healing in his hands. We must remember that God is in control. God will never bring us into a situation and abandon us. It is often said that “If God brings you to a situation, God will bring you through it.”

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Song of the Day: "God Is" by James Cleveland

Meditation Questions:

- ◆ Do we recognize our need to allow God to lead us during times when our faith is being challenged?
- ◆ Do you ever think your faith is weak when you don't have control over the outcome of every circumstance in your life?

Optional Liturgical Activities for Today:

- ◆ Attend Mass at your local Church or a church near your work or school (check their website for times)
- ◆ Participate in Adoration of the Blessed Sacrament at St. Patrick's Cathedral at 1:30pm
- ◆ Mass from St. Patrick's Cathedral at 7:00am (EST) LIVESTREAM or via their Prayer Line at 631-359-8543


We invite you to join us for the following during this week's Retreat:

- ⇒ Reconciliation Monday, whereby confession will be offered in all Parishes throughout the entire Archdiocese of New York, Diocese of Brooklyn, and the Diocese of Rockville Centre on Monday, April 3, 2023, from 2:00 PM to 4:00 PM and 6:00 PM to 9:00 PM in preparation for Easter. Learn more CLICK HERE.
- ⇒ Recitation of the Rosary, with singing and special prayers, will take place on

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- ⇒ the Prayer Line (720-820-1469) on Monday, Wednesday & Friday at 12:15pm (EST).
- ⇒ Feel free to join the Prayer Line for Morning Prayer (720-820-1469) on Tuesday & Thursday at 7:30am (EST) - "Hosting the Holy - Parts 1 & 2" with Br. Sean Moffett, CFC.
- ⇒ Vespers / Evening Prayer, via Zoom, with reflections by Fr. Gregory Chisholm, S.J. will be held on Wednesday, April 5th at 7:30pm (EST). (Zoom meeting details will be shared with registered participants).






reconciliation  
**MONDAY**

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**April 3**  
2:00 PM – 4:00 PM  
6:00 PM – 9:00 PM

Visit a Catholic church near you during our extended Confession hours. To find a church and experience God's grace and mercy, visit:

Archdiocese of New York – [archny.org](http://archny.org)  
Diocese of Brooklyn – [dioceseofbrooklyn.org](http://dioceseofbrooklyn.org)  
Diocese of Rockville Centre – [drvc.org](http://drvc.org)

 ARCHDIOCESE OF NEW YORK     DIOCESE OF BROOKLYN  
SERVING BROOKLYN AND QUEENS     THE ROMAN CATHOLIC DIOCESE OF  
ROCKVILLE CENTRE



# A GUIDE TO CONFESSION

(take this with you ... it's really okay)



## BEFORE YOU GO

Examine your conscience, that is, reflect on what sins you've committed. To guide you, just Google "examination of conscience" and you'll find resources to help you. It's even all right to make a list to bring with you if that helps.



## INTRODUCTION

When you come before the priest, begin by making the Sign of the Cross (praying the words out loud), and continue by saying, "Bless me, Father, I have sinned. It has been (how long) since my last confession. These are my sins..."



## CONFESSION

List the sins you've committed that came to mind during your examination of conscience. Don't be too general ("I haven't been a good person"), but a lot of detail isn't necessary (you don't need to tell the whole story of how a sin came about). If you're not sure if something is a sin, ask the priest. This isn't counseling, so unless you ask, the priest likely won't give you advice. He'll just move on to ...



## PENANCE

The priest will suggest something for you to do or pray as a response to God's mercy. You'll have to remember what this is and do it after the confession is over, so pay attention.



## ACT OF CONTRITION

The priest will then ask you to pray out loud your "Act of Contrition," to demonstrate your sorrow for your sins: "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."



## ABSOLUTION

Don't get up to leave after that prayer, because the best part is yet to come: The priest will extend his hands in your direction and he will pray the Prayer of Absolution: "God, the Father of Mercies, through the death and resurrection of his Son, has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins. Through the ministry of the Church, may God grant you pardon and peace. And I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen." You respond: "Amen."



## CONCLUSION

The priest will then likely say something like, "God has freed you from your sin. Go in Peace." To which you can respond: "Thanks be to God." Don't forget to do your penance. If it is saying certain prayers, it's best to do it right away in the church before you forget.