



**ONE MONTH BULLETIN - February 28, March 7, 14 & 21, 2010**

**PASTOR**

Father Dennis J. O'Brien 978-456-3563  
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**DEACON**

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**PARISH SECRETARY**

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**RELIGIOUS EDUCATION DIRECTORS**

Loretta DiPietro 978-456-8807  
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**RELIGIOUS EDUCATION OFFICE HOURS**

Monday through Thursday  
9:30 A.M. - 4:30 P.M. and by appointment

**DIRECTOR OF MUSIC MINISTRIES**

Stephen Sonia 978-365-2921  
ssoniam2006@verizon.net

**ASSISTANT DIRECTOR OF MUSIC MINISTRIES**

Maryann Zayka 978-779-6536  
craftymom0905@msn.com

**WEEKEND MASS SCHEDULE**

**Saturday Vigil**

5:00 P.M. St. Theresa Church

**Sunday Masses**

8:45 A.M. St. Theresa Church  
10:45 A.M. St. Francis Xavier Church  
5:00 P.M. St. Theresa Church

**Weekday Liturgical Schedule**

9:00 A.M. Mass:

Monday & Tuesday at St. Theresa Church  
Wednesday at St. Francis Xavier Church

**Adoration of the Blessed Sacrament**

Mondays 9:30 - 10:00 A.M. St. Theresa Church  
Wednesday 9:30 - 10:00 A.M. St. Francis Xavier Church

**Holy Day Masses**

9:00 A.M. St. Theresa Church  
7:00 P.M. St. Francis Xavier Church

**CONFESSIONS AT ST. THERESA CHURCH**

Saturdays 4:00 - 4:30 P.M. and by appointment

**CONFESSIONS AT ST. FRANCIS XAVIER CHURCH**

Thursdays 4:30 - 7:00 P.M.

**BAPTISMS**

Please call the Rectory to make arrangements.

**MARRIAGES**

Arrangements *one year* prior to the wedding

**RECTORY OFFICE HOURS**

Monday through Thursday 9:30 A.M. - 4:30 P.M.  
Father Dennis' days off are Thursday and Friday.

**PASTORAL PLANNING COMMITTEE (PPC)**

**Father Dennis O'Brien** [DJPaulinus@aol.com](mailto:DJPaulinus@aol.com) 978-456-3563

**Mary Keville** [marykeville@charter.net](mailto:marykeville@charter.net) 978-456-8906

**Denny Mahoney** [mahoneydp@comcast.net](mailto:mahoneydp@comcast.net); [dennis.mahoney@satcon.com](mailto:dennis.mahoney@satcon.com) 978-779-8920

**Pam Philbin** [pamphilbin@comcast.net](mailto:pamphilbin@comcast.net) 978-779-5475; **Tom Starr** [TMStarr@gmail.com](mailto:TMStarr@gmail.com) 978-779-5159

**Terry Symula** [symula@charter.net](mailto:symula@charter.net) 978-456-3109; **Rick Walsh** [richardwalsh@charter.net](mailto:richardwalsh@charter.net) 978-456-8056

**Saint Francis Xavier Church**

808 Main Street  
Bolton, MA 01740  
[www.stfrancisbolton.org](http://www.stfrancisbolton.org)

**Pastoral Center**

15 Still River Road, P.O. Box 746  
Harvard, Massachusetts 01451  
978-456-3563 - Fax 978-456-8352

**Saint Theresa, The Little Flower Church**

17 Still River Road  
Harvard, MA 01451  
[www.st-theresas.org](http://www.st-theresas.org)

***Mission Statement***

*Nourished by the Word of God and the Eucharist, we create a fully-engaged Catholic community of faith, hope and love. Inspired by the Holy Trinity, we use our time, talent and treasure to carry out Christ's mission by doing small things with great love and big things with great courage.*

***Saint Francis Xavier Church***

<u>DATE</u>	<u>TIME</u>	<u>CELEBRANT</u>	<u>INTENTIONS</u>
Sun., Feb. 28	10:45 A.M.	Father Dennis	The People of Holy Trinity Parish
Sun., Mar. 7	10:45 A.M.	Father Dennis	
Sun., Mar. 14	10:45 A.M.	Father Dennis	Father Edmund F. Falvey (1st Anniv.) req. by his sister
Sun., Mar. 21	10:45 A.M.	Father Dennis	Monks of St. Benedict Abbey



***Saint Theresa, The Little Flower Church***

<u>DATE</u>	<u>TIME</u>	<u>CELEBRANT</u>	<u>INTENTIONS</u>
Sat., Feb. 27	5:00 P.M.	Father Dennis	Raymond Thibeault req. by Bob and Lucille Hughes
Sun., Feb. 28	8:45 A.M.	Father Dennis	
	5:00 P.M.	Father Dennis	
Sat., Mar. 6	5:00 P.M.	Father Dennis	Steven Johnston (28 Anniv.) req. by the family
Sun., Mar. 7	8:45 A.M.	Father Dennis	Father Normand Gaumond (5th Anniv.)
	5:00 P.M.	Father Dennis	Albert R. Allen (22nd Anniv.) req. by Liz Allen
Sat., Mar. 13	5:00 P.M.	Father Dennis	William O'Brien (15th Anniv.)
Sun., Mar. 14	8:45 A.M.	Father Dennis	Liisa Brown Tucker req. by Paul and Lois Brown and family
	5:00 P.M.	Father Dennis	
Sat., Mar. 20	5:00 P.M.	Father Dennis	Walter Helhowski
Sun., Mar. 21	8:45 A.M.	Father Dennis	
	5:00 P.M.	Father Dennis	



**Weekday Liturgical Schedule 9:00 A.M.**

<u>DATE</u>		<u>MASS INTENTIONS</u>	<u>FEAST</u>
Mon., Mar. 1	St. Theresa	Father Donald Rebokas	
Tues., Mar. 2	St. Theresa		
Wed., Mar. 3	St. Francis	Sister Nancy Regan, PBVM	St. Katharine Drexel
Mon., Mar. 8	St. Theresa		St. John of God
Tues., Mar. 9	St. Theresa	Frank Natale and John Salkaus	St. Frances of Rome
Wed., Mar. 10	St. Francis	Father Dennis Rocheford	
Mon., Mar. 15	St. Theresa	Father John McKenna	
Tues., Mar. 16	St. Theresa	Father Daniel Driscoll	
Wed., Mar. 17	St. Francis	William O'Brien	St. Patrick
Mon., Mar. 22	St. Theresa		St. Toribio de Mogrovjo
Tues., Mar. 23	St. Theresa	Most Rev. Timothy Harrington (13th Anniv.)	
Wed., Mar. 24	St. Francis	Father Robert Killion (9th Anniv.)	



**R.C.I.A. - The Rite of Christian Initiation of Adults**

We have one adult from our parish seeking Confirmation, Eucharist and full Communion with the Catholic Church. On the First Sunday of Lent **Dawn Charlton**, along with her sponsor, journeyed to the Cathedral of Saint Paul in Worcester to be recognized by Bishop Robert McManus and called to continuing conversion through prayer and study. We ask for your prayers and support for Dawn as she continues her faith formation.

The Community of Holy Trinity Parish would like to extend an invitation to anyone who would like more information about this program. For more information contact Janet Hammonds at [janet.hammonds@gmail.com](mailto:janet.hammonds@gmail.com), or at 781-639-4990.

THE SECOND, THIRD, FOURTH AND FIFTH SUNDAY OF LENT

Journey  
of the  
Heart



*Take 5 Lenten Series*

Wednesday, March 3 at 7:00 P.M.  
in St. Theresa Church  
Guest Speaker: Fr. Larry Esposito  
"To Set a Fire on the Earth"

Wednesday, March 10 at 7:00 P.M.  
in St. Theresa Church  
Guest Speaker: Sr. Dorothy Scesny, PBVM  
"We Rise Again from Ashes"

Wednesday, March 17 at 7:00 P.M.  
in St. Theresa Church  
Guest Speaker: Antonella Doucette  
"Journey of the Heart"  
*The Prodigal Son* by Rembrandt

Wednesday, March 24 at 7:00 P.M.  
in St. Francis Xavier Church  
A Presentation based on "His Last Days"

**SACRAMENTAL MOMENTS**

As you know the Diocese is making a concerted effort this Lent to encourage all Catholics to make use of the Sacrament of Penance. We invite you to read through the enclosed flyer on the Sacrament and encourage all to "Come Home" to this beautiful Sacrament of God's mercy, forgiveness, and peace. We encourage families to bring their children, especially those who have not been since their First Reconciliation.

Consider attending daily Mass during the Season of Lent. What a wonderful way to begin your day spending 30 minutes in communion with Jesus, and other Catholics. We had over thirty five people at Mass this morning (Tuesday, Feb. 23). Come and join us at 9:00 A.M. Monday and Tuesday at Saint Theresa Church and Wednesday at Saint Francis Church.



*His Last Days*

The Take 5 Wednesday Lenten series at Holy Trinity Parish, Harvard/Bolton, MA will culminate in a dramatic musical presentation based on *His Last Days* by Dallas Holm and *Glory in the Cross* by Dan Schutte. The Holy Trinity Music Ministry will lead a meditation on the last days of Jesus on earth: Palm Sunday, the Agony in the Garden, the Betrayal, the Crucifixion, and the Resurrection. Other parishioners will take part in narrations and the dramatization of these scenes. This program will be held at St. Francis Xavier Church, Main Street, Bolton, MA on Wednesday, March 24, 2010 at 7:00 PM.

All are welcome, and admission is free to the public.  
We highly recommend this to all the families of our parish.



Each Wednesday evening before the presentation, a simple supper of soup and bread will be served in Deacon Hall at St. Theresa's Church in Harvard beginning at 6:00 P.M. with the exception of March 24, when the supper will be held in the Parish House at St. Francis Xavier in Bolton.



**FINANCIAL REPORT**

<u>Jan. 31</u>		<u>Feb. 14</u>	
Loose Contributions	\$1,411.00	Loose Contributions	\$1,616.00
143 Envelopes	\$4,251.00	111 Envelopes	\$4,105.00
<b>Total:</b>	<b>\$5,662.00</b>	<b>Total:</b>	<b>\$5,721.00</b>
<b>Catholic Home Missions</b>	<b>\$1,484.00</b>	<b>Parish Improvements for February</b>	<b>\$2,028.00</b>
<u>Feb. 7</u>		<u>Feb. 21</u>	
Loose Contributions	\$2,458.00	Loose Contributions	\$1,342.00
115 Envelopes	\$3,519.00	141 Envelopes	\$4,152.00
<b>Total:</b>	<b>\$5,975.00</b>	<b>Total:</b>	<b>\$5,494.00</b>
<b>Annual Fuel</b>	<b>\$3,380.00</b>	<b>Church in Latin America</b>	<b>\$1,504.00</b>

**The grand total of our donations to Catholic Relief Services for HAITI was \$22,792.00!** This is an extraordinary amount of money, considering the size of our parish. Many thanks, to all who made this generous gift to the Haitian people possible.

Thank you very much for your faithful support of our parish operational budget and its many ministries. The second collection the weekend of Mar. 7 is for Catholic Relief Services; Mar. 14 for Parish Improvements; and Mar. 21 for Easter Flowers.

A new boiler was installed this past week in Saint Francis Xavier Church. It cost \$6,000. Thanks to your generosity to our monthly parish improvement collection we had enough money saved in our DEF (Diocesan Expansion Fund) account to cover the cost of this unexpected, but certainly necessary expense. The boiler we replaced was installed in 1954! I think we got our money's worth from the old one. A new boiler was installed at Saint Theresa's Church two years ago so we should be warm in both churches for our immediate future. Thank you everyone!

*There is an appointed time for everything, and a time for every affair under the heavens.* - Eccl 3:1

It is time for me to move on to a new phase in my life. I am retiring from my ministry as Director of Religious Education here at Holy Trinity Parish. I take this time to say thank you to this community. God has certainly blessed our time together.

It has been my privilege and honor to serve our parish family over the years. It has been a particular honor for me to be a part of our children's lives and to watch them mature. I have seen many of our children grow into fine young adults. They are our future. I find great hope in having spent this time with them.

You have welcomed me into your lives and have helped me to grow as a person, "fully alive" in God. You have supported both me and my family when life took unexpected turns, sharing in our sorrows and our joys. For that we are especially grateful. I have appreciated all of the experiences we have shared.

Once again I thank you for your support these past fifteen years. The staff, the volunteers and the parish family have helped make our Religious Education program one which makes us all proud.

Finally, I ask your prayers as I transition to this new and exciting phase in my life and I assure you with these words of Saint Paul, *"I give thanks to my God every time I think of you, which is constantly, in every prayer I utter, with joy; I will always rejoice at the way you have all continually helped to promote the Gospel from the very first day."*

*Loretta DiPietro*

**Sunday, April 11, 2010 at 5 P.M.** Bishop Rueger will preside at a special Mass of Thanksgiving at which Loretta's years of service to our parish family will be celebrated. Following Mass there will be a reception in Deacon Hall with Loretta and her family. All are invited to attend.

**SAVE THE DATE!**

**PLEASE NOTE: This schedule is for one month - February 28 through March 22.**



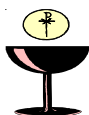
### RELIGIOUS EDUCATION CLASSES

All classes at both sites will be held at their regularly scheduled times unless otherwise indicated.

#### GRADE 2 - FIRST EUCHARIST RETREATS

Sat., Mar. - 6 - 9:30 A.M. - 12 Noon in Harvard  
(Snowdate Mar. 13)

Sat., Mar. 13 - 9:30 A.M. - 12 Noon in Bolton



**A REMINDER - FIRST EUCHARIST FEE OF \$25 IS DUE.**



The re-enactment of the Passion will take place again this year at the **Palm Sunday Mass on March 28th at 10am. PLEASE NOTE: This year, the location will be at Florence Sawyer School in Bolton.**

Rehearsal dates have been set, and we will have access to the school for all of the rehearsals. The

schedule is as follows: Saturday, March 13 from 10 - 11:30 A.M., Thursday, March 18 from 6:00 - 7:30 P.M., Thursday, March 25 from 6:00 - 7:30 P.M. and Saturday, March 27 from 12 - 2:00 P.M. **This is open to ALL Holy Trinity students in grades 5-8. A cast of AT LEAST 25-30 is needed.** Sign-up sheets are in the back of both churches. If there are any questions, **please contact Maryann Zayka at 978-779-6536 or [craftymom0905@msn.com](mailto:craftymom0905@msn.com).**

### IMPORTANT CLASS TIMES FOR GRADE 9 & CONFIRMATION

#### GRADE 9 CLASS

Sunday, February 28 - 6:15 - 8:00 P.M.

**Please note:**

**Make-up class - Sunday, March 7 - 6:15 - 8:00 P.M.**

Sunday, March 14 - 6:15 - 8:00 P.M.

Sunday, March 28, 6:15 - 8:00 P.M.

All Grade 9 classes will take place in Deacon Hall, Harvard.

#### CONFIRMATION CLASS

**Please note change:**

**Sunday, March 7 - 6:15 - 8:00 P.M.**

**This class will be held at St. Francis Xavier in the Parish House, Bolton.**

**Retreat - Saturday, March 20 9:30 A.M. - 4:00 P.M. in Deacon Hall**

**Class - March 21, 6:15 - 8:00 P.M. in Deacon Hall**

#### Confirmation Rehearsal

Friday, April 16 - 6:30 P.M. (with pizza)  
Rehearsal 7:00 - 9:00 P.M.

St. Isidore Church, Stow

#### Confirmation Ceremony

Saturday April 17, 10:30 A.M.  
St. Isidore Church, Stow

**A REMINDER - CONFIRMATION FEE OF \$50 IS DUE.**



### I WILL GIVE YOU LIVING WATER...

On Tuesday evening March 2 at 7:30 P.M. and again on March 3 at 10:30 A.M. in Deacon Hall, parishioner Ellen Harasimowicz will give a digital slide presentation of her recent trip to Uganda. We encourage all our parishioners, and your neighbors and friends, to come and hear about how we can help the people of Uganda in their dire need for a deep well and hand pump.



How appropriate that the Sunday after Ellen's presentation the Gospel will be the one where Jesus encounters a Samaritan woman at a well and promises her life giving water. As we all know, access to clean water is critical for survival. A deep well

which we can help provide will produce 2,800 gallons of clean water day to benefit as many as 300 people. **To give water is to give life.** Clean water can cut a community's child mortality rate in half. It means food for families whose crops are failing due to drought. It saves livestock. It gives parents a powerful way to improve the health, hygiene, well-being of children. The cost of a deep well and hand pump which can be provided by World Vision costs \$14,000.00.

Parishioner **Tom Lynch** has once again donated his wonderful carpenter skills to create a visual reminder of this important endeavor to help raise money throughout the Lenten Season for Uganda.



Tom built a well (which is really a collection box) for each of our Churches. We are hoping that as people continue to go without their favorite things during Lent (Dunkin Donuts, chocolate, soda, candy, etc.) that they might consider donating to the well what they would normally be spending on these things each week. Perhaps some of our young people could come up with other creative ways of raising some money for the well.

Come and hear Ellen on March 2 or March 3 and perhaps after seeing her presentation and hearing her real life stories you may be inspired to do something that will make the dream and desire for life giving water a reality in Uganda as Jesus did 2000 years for the Samaitan woman at the well in Sychar. We encourage the young people of our parish to attend this presentation as well as all our adults.

### 10TH ANNIVERSARY WORCESTER DIOCESAN CATHOLIC MEN'S CONFERENCE

SATURDAY, MARCH 20, 2010  
THE DCU CENTER, WORCESTER  
[www.firstmensconf.org](http://www.firstmensconf.org)

Holy Trinity Parish Coordinator - Denny Mahoney  
978-779-8920; [mahoneydp@comcast.net](mailto:mahoneydp@comcast.net);  
[dennis.mahoney@satcon.com](mailto:dennis.mahoney@satcon.com)

### Dismas House – An Opportunity to Serve



Ed and Margaret Murphy, members of our social justice/charity committee, are looking for volunteers to help them in an important endeavor: **servicing a meal once a month at Dismas House.**

Dismas House is a residential program for former prisoners. Its mission is to reconcile former prisoners with society and society with former prisoners through the creation of a supportive community. At Dismas House there is a saying: "Dismas is family." At no other time is this philosophy more evident than at the dinner table. Since it first opened in 1988, volunteers began helping to make the mission of Dismas House a reality by preparing meals on a monthly basis. Dismas House provides a safe, family atmosphere where people of all ages get a chance to help others. The volunteer cooks for Dismas House come, with families, children, church groups, classmates, students or friends. Dinner is served at 6:00 p.m. Monday through Friday. Meals are prepared to serve 20 people plus the members in the group. Some groups bring food already prepared. Others choose to bring ingredients and cook the meal in the Dismas House kitchen. The kitchen is fully equipped. Dismas House was begun by the Diocese of Worcester in 1988 and there has never been an issue or problem with the safety of the volunteers. While the residents are ex-prisoners they have been chosen on the basis of their demonstrated desire to reform their lives (just like the good thief on Good Friday, now Saint Dismas!). Ed and Margaret guarantee that volunteers for this new ministry will have a rewarding and enjoyable experience.

*This weekend Ed and Margaret will be available after all the Masses to answer questions. There will also be a sign-up list available for anyone who might be interested in becoming a volunteer.*

### Next KofC Pasta Dinner - Sat., Mar. 13 in Deacon Hall at St. Theresa Church following the 5 P.M. Mass.



Donations. Proceeds will go to Seminarian, Chris Aubrey. Because of your generous donations, we were able to present Chris with a check in the amount of \$500 from the last dinner.



### 50+ Mardi Gras Thank you!



Thanks to Steve Keville and the Yankee Doodle Dixieland Band for the great entertainment, to Rosemary Theriault for the festive decorations, to the cooks and to all who brought the wonderful appetizers and desserts. It was a fun evening! We look forward to seeing you at the next event. Ideas for theme and main dish are welcomed and can be sent to Ruthann at [prifty@rcn.com](mailto:prifty@rcn.com).

**ONE MONTH  
BULLETIN!!!**

Mailing Label



**Please remember in your prayers...**

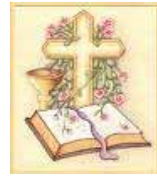
Abbot Gabriel, Ella Broskowitz, John Sheehan, Liz Allen, Marc Dancause, Helen Buckley, Gerry Bouchard, Pauline Northern, Richard Ginty, Heather Hoveland, Charlotte O'Shea, "Z" Opalka, Stuart John, Meg James, James J. Golden, Danielle LaPlante, Steve Sonia, Alex DiBuono, Kristen Barrett, Fr. William McGovern, Daryl Pelland, Pat Peer, Kat Duffey, Paul Leger, Ernie Stackpole, Rachel Pasqua, Austin Mahoney, Michael Martin, Missy Pelletier, Len and Eric Staats, Kevin Riordan, Betty Connolly, Dave Dakin, Kathy Baltzer, Sharon Hardaway, Joseph Tower, Avallana Rogeth, Jenny Sroka, Tyler Tierney, Mary Mullen, Ruth Gallagher, Don Ginty, Brandon Brazeau, Josephine Wood, Carole Belleville, Emilia Benzoni, Evelyn Millani, Scott Holt, Mary Allen, Mary Harris, Kurt Walter, Greg Vrettos, Ian MacLellan, Liza Prowley, Joseph Cormier, Helga Palmatier, Joe E. Mitchell, Lauren Holt, Fiona Kennon, Judy Dempsey, Mary McHugh, Ruth Diego, John James O'Keefe, Bob and Dave DeMilia, Paul Athaide, April Dreschmeyer, Diane Anderson.

**Pray for the safety of ...**Kyle McFarland serving in Afghanistan.



**Congratulations**

...to Derek and Jennifer Stern on the baptism of their daughter, Sadie Isabel. Sadie's proud grandparents are Marilyn and Jim McCauley;  
...to Richard and Julie Cote on the baptism of their daughter, Lily Kathleen.



**Condolences**

...to Joanne Helhowski and family on the death of her father, Walter Helhowski; to Mina Femino and family on the death of her mother, Immaculata Fustolo; to the Androski family on the death of Joseph C. Androski, Jr.; to Betty Madigan and family on the death of her husband, John C. "Jack" Madigan, Jr.; to Claire L'Heureux, and family on the death of her husband, Robert C. L'Heureux; to Marie Porteus and family on the death of her father, Norman Thibault; and to Beth Roy and family on the death of her father, John Hyer. *May they rest in peace.*

The **Prayer Shawl Ministry** will meet on Wed., Mar. 3 at 10:00 A.M. in Deacon Hall Library. We welcome all who would like to join us. Yarn and patterns are available as well as knitting lessons. For more information please contact Ruthann at 486-4228 or prifty@rcn.com.



**Bible Study** is Monday evenings 7:00 - 8:00 P.M. in Deacon Hall Library at St. Theresa Church. All are welcome to join us at any time. For more information call Connie Grabowy at 978-456-6822.

**MUSTARD SEED - Thurs., Mar. 25**

Volunteers: Penny and Paul Bauer, Pat and Jim DeZutter, Denyse and John Cox, and Diane Lynch



**James 2:15 Kitchen - Wed., Mar. 31**

A spaghetti and meatball lunch is served on the last Wednesday of every month at this soup kitchen in Clinton. For more information about this ministry, please contact Bob Walrath at 978-897-9088 or [RobertWalrath@aol.com](mailto:RobertWalrath@aol.com).



# Come Home To God's Mercy

GO TO CONFESSION THIS LENT

AND FIND OUT WHAT PEACE REALLY IS!

**A CONFESSOR IS AVAILABLE  
IN EVERY PARISH THROUGHOUT LENT  
IN THE DIOCESE OF WORCESTER  
ON TUESDAY EVENINGS FROM 7 -8:30 P.M.  
(February 23, March 2, 9, 16, 23 & 30)**

## **Why do we need the Sacrament of Penance?**

Because of human weakness Christians 'turn aside from their early love (cf. Rev 2:4) and even break off their friendship with God by sinning. The Lord, therefore, instituted a special Sacrament of Penance for the pardon of sins committed after baptism, and the Church has faithfully celebrated the sacrament throughout the centuries—in varying ways, but retaining its essential elements. This sacrament is a tangible experience of God's forgiveness and our reconciliation with the Church.

## **What happens in the Sacrament of Penance?**

In the Sacrament of Penance, "the sinner who by grace of a merciful God embraces the way of penance comes back to the Father who first loved us (cf. 1 Jn 4:19), to Christ who gave

himself up for us, and to the Holy Spirit who has been poured out on us abundantly. Likewise, those who by grave sin have withdrawn from the communion of love with God are called back in the sacrament of penance to the life they have lost. And those who through daily weakness fall into venial sins draw strength from a repeated celebration of penance to gain the full freedom of the children of God.

## **What if I haven't been to confession in a long time?**

Welcome home! The priest is waiting to welcome you with patience and joy. He will gently lead you through your confession. Don't worry about remembering anything. He will help you to receive this wonderful sacrament of mercy and peace.



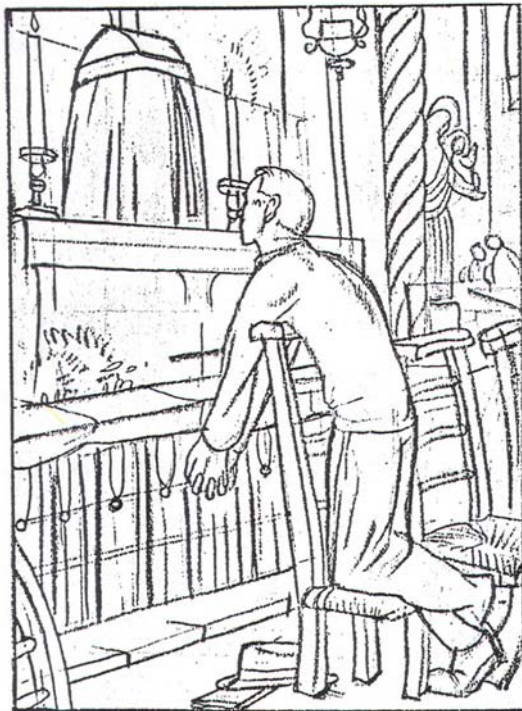
*Maybe you know someone who's been afraid to come back to confession for a long time. Invite them to Come Home to God's Mercy in the Sacrament of Penance so that they can confess their sins and be forgiven by God. Christ waits for them with his mercy and his peace.*

# TWO ACTS OF CONTRITION

O 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. (*Rite of Penance, no.45*)

or

O my God, I am heartily sorry for having offended thee, and I detest all my sins because I dread the loss of heaven and the pains of hell; but most of all, because they offend thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of thy grace, to confess my sins, do penance, and amend my life. Amen. (*traditional*)



Learn more about how the  
Sacrament of Penance  
can bring peace into your life.

Visit

[www.worcesterdiocese.org](http://www.worcesterdiocese.org)

today.

**1. Preparation**—Before going to confession, compare your life with the Ten Commandments, the Beatitudes, and the example of Christ and then pray to God for forgiveness. (*for other ideas for an Examination of Conscience, visit [www.worcesterdiocese.org](http://www.worcesterdiocese.org)*)

**2. Confessing**—After the Priest welcomes you, both of you make the sign of the cross. The Priest may read a short verse from the Bible. Then, after you tell the Priest how long it has been since you last went to confession, confess all of your sins. The priest will then offer suitable advice and impose a “penance,” which may include prayer, self-denial, or works of mercy.

**3. Act of Contrition**—The Priest will then invite you to pray a short prayer asking God for forgiveness. You can pray in your own words, or pray the “Act of Contrition” found on the other side of this sheet.

**4. Absolution**—The Priest prays the prayer of absolution, making the sign of the cross over your head during the final words. You answer, “Amen.”

**5. Dismissal**—Confession is completed when the Priest says *God Bless You*, or *Peace be With You*.