

Novena for a Happy
Marriage starts
Tuesday.

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Please, please! go to
confession NOW. Don't
wait until Sunday Mass.

TIPS ON CONFESSION

Say your act of contrition audibly. Some penitents recite their act of sorrow in the confessional to themselves, that is, silently. In confession there is to be an external sign of your sorrow manifested to the priest. It suffices for you to whisper the act of contrition. You can say it in any language you wish, as long as you say it aloud. It is recommended that you say an act of sorrow before entering the confessional, as part of your preparation for the Sacrament.

Never delay confession after committing mortal sin. This is the biggest mistake a sinner can make. He should make an act of perfect contrition immediately after sinning, and then go to confession the very same day, if possible. Confession forestalls further sin.

Go to confession when temptation is violent. Too many use confession only as a repair shop where they bring their soul after the crash has taken place. It is true that confession forgives sin, but it is also true that through this sacrament Christ adds strength to the soul so that it will be strong against temptation. Impurity, for instance, can be forestalled by confession. If the temptation hangs on for a day or two, go to confession daily. Absolution brings Christ to your defense. Use confession as a preventative.

Don't say, "I'm sorry for sins I can't remember." That has no value in confession. Say rather, "I am sorry for sins of my past life, especially" You may mention the sin of your past in a general way, without going into details, like "My sins of disobedience." Absolution is effective only when your confession contains sins you know you have committed and you mention them as such.

Mention numbers. The penitent has an obligation to tell the number of times mortal sin has been committed. The number of venial sins need not be mentioned; however, that is to be recommended. The number is to be as correct as possible. Don't stretch the figures just to play safe -- that is just as wrong as not to mention numbers when mortal sin is confessed. To make confession of numbers easy, give figures for a short period: "Once a day," "twice a week."

Put a penance on yourself. The penance the priest gives you in confession is never in proportion to your sins. So to show God added proof of your sincerity to conquer your faults, penalize yourself. In reparation for sin, assist at Mass, say an extra rosary, or deny yourself some luxury, like candy or icecream for a day.

Say "Thanks" to your confessor. Before you leave the confessional express your gratitude to the priest. Remember he has done something of great worth for you. And for all you know, he may be doing penance for his penitents and offering Mass for their improvement. Some people have the practice of saying an extra prayer after confession for the priest who counselled them.

The best remedy for the fear of confession is frequent confession.

It's a rare bird who conquers a bad habit by remaining away from confession.

PRAYERS: (deceased) cousin of Jim Conway (Al); friend of Joe Mengden (How); father of Betty and Lois Wyster (Office). (Ill) father of the late Eugene Kelly, '27 (Denver mother of Dave Condon (Dil), hospital. Four Special Intentions.

"Comforter of the afflicted, pray for us."