

Religious Bulletin
January 27, 1931

Do You Know How To Go To Confession?

Each year the Religious Survey turns up a surprising nest of ignorance. The prize this year goes to the answers submitted to the question, "How do you prepare for confession?"

You must have learned in your catechism, unless you were absent that day, that there are five things to remember in connection with the Sacrament of Penance:

1. Prayer to the Holy Ghost;
2. Examination of conscience;
3. Contrition, with firm purpose of amendment;
4. Confession, with absolution;
5. Satisfaction.

You were told also (you must have been) that of these five points the most important on the part of the penitent is contrition. Unless there is sorrow in the will, with purpose of amendment, the Sacrament is invalid -- and at least materially sacrilegious.

But -- it seems that when you go to confession what you think about is the examination of conscience. Here is the score on the answers to that question:

By examination of conscience.....	521
By prayer.....	256
By prayer to the Holy Ghost.....	72
By exciting contrition.....	90
By saying the Act of Contrition.....	141
By arousing a purpose of amendment.....	35

It would seem that what you need is an examination of conscience of the way you go to confession. A good rule for a frequent communicant to follow would be this: If you have five minutes in which to prepare for confession, devote one minute of that time to examination of conscience, and the other four to exciting contrition. If you have ten minutes, make the proportion one and nine.

If a penitent is not making sufficient progress in his fight against sin, it is well for him to look to his purpose of amendment. If he has any will power, there is the place for its exercise. Don't look upon the Sacrament as a whitewash, or as a fire escape.

Prayer and Cheating Won't Mix.

If you are asking God to help you in your examinations, let the matter rest there. You cancel your plea for help if you cheat.

The Poor Are With Us.

"The poor you have always with you, and when you will you may do them good." Our Lord told us that when Judas protested against Magdalen's use of precious ointment to anoint her Divine Master. That when is now. Investigators recently found a poor family in the neighborhood eating a dog. The fund for the poor is still open.

Bengal.

Additional contributions since the Third Sunday collection amount to \$57.50.