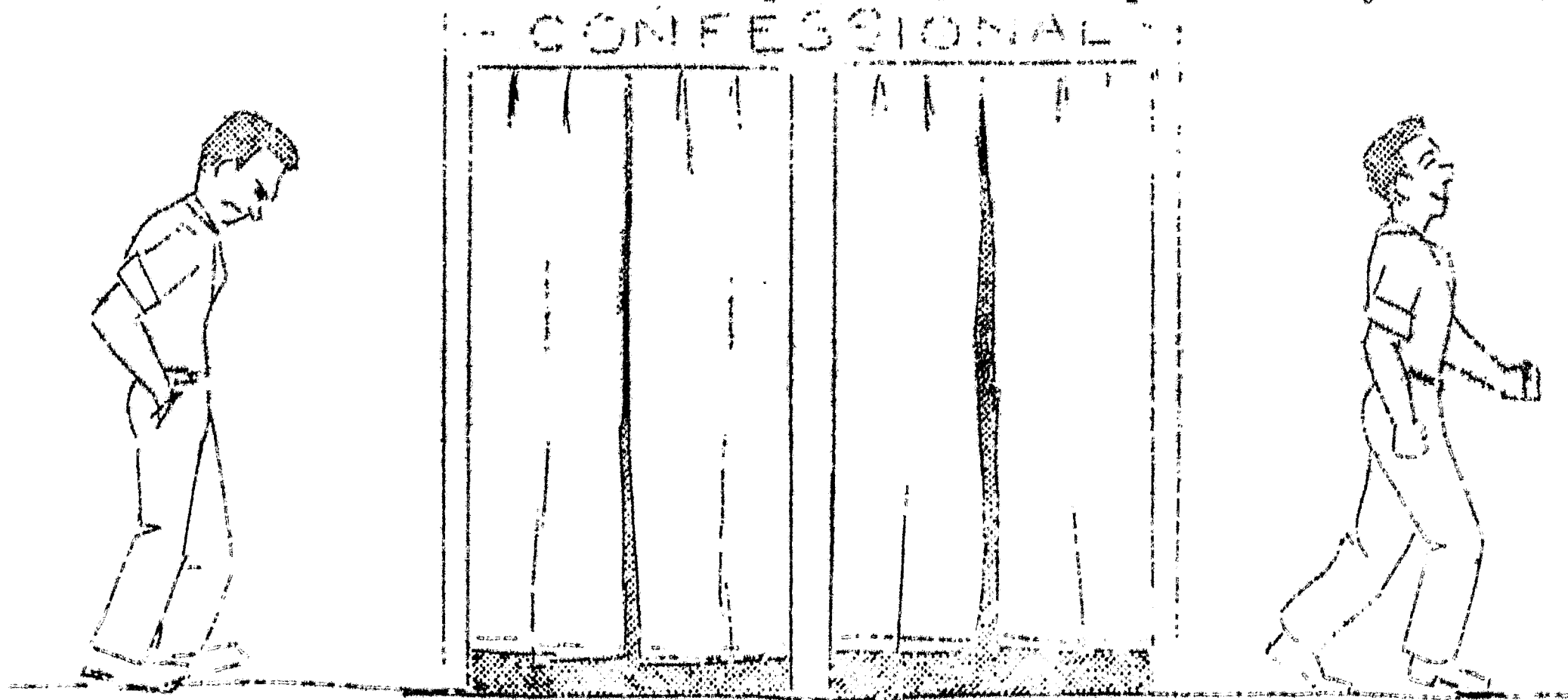

Cure For Carelessness And Routine.

Before you enter. Even if your previous confession has been very recent, take time to prepare well. Don't ever go to confession in a careless, routine manner. Kneel down in the chapel where you will not be distracted and mentally run over the commandments, dwelling carefully upon those against which you have sinned most often in the past....If you have mortal sins on your soul, determine as accurately as possible their number and kind. Take pains to rouse yourself to real sorrow. Make up your mind definitely to break, once and for all, with every mortal sin and in particular with the ones you are about to confess. All sins have their causes and conditions; all sinners must be wary of certain occasions. Find out which causes or conditions bring about your falls. Then make up your mind honestly, with courage and conviction, to avoid such causes and conditions. Thus you will improve. Make a good act of contrition before you enter the confessional, attending to the meaning of the words "heartily sorry" "detest" and "firmly resolve never to sin again."....If you have only venial sins to confess, better not spend a long time trying to arrive at exact numbers. Rather, put your time on contrition and purpose of amendment. Choose two or three kinds of venial sins that seem to be most harmful and that you commit most deliberately; for these you can most easily arouse yourself to sorrow and to amendment.

Inside. If you have mortal sins to confess, mention them, first of all, clearly, frankly and humbly, according to their number and kind. Don't try to smuggle them in amidst your venial sins. Tell your confessor briefly the factors that you believe have brought your mortal sins about. Frankly ask advice regarding the resolutions you have taken to prevent their recurrence....Next, go to your venial sins, mentioning those which in your examination of conscience, outside, you determined to eliminate. (There is no obligation to tell all your venial sins.) Here again, seek your confessor's advice on the best means of eliminating your most harmful venial sins....Then always mention some sin that you have confessed in your past life and that you are specially sorry for. If you think you are not improving as you should from confession to confession, speak out. "I took this resolution in my last confession, Father, but I kept it only so many days, or only in this regard. Can you help me?" After the priest advises you and tells you your penance, make your act of contrition and your purpose of amendment deliberately, and mean it.

And after. Say your penance immediately. You are now, once again, as Chesterton says, only a few moments old. You are a new experiment, at new peace with your God. Revel



in that peace. Tell God of your joy and of your determination to maintain this new friendship at all costs. Thank Him for His great mercies. Recall these white moments frequently throughout the day, especially in the time of temptation. And you will find the strength and grace to keep the promises you have made like a man in the sacred tribunal.