

Prof. Roberts of the Law School is very ill after a heart attack.

University of Notre Dame  
Religious Bulletin  
January 20, 1948

(deceased) father of Fathers Edward and Paul Shea, CSC.

How To Make A General Confession  
(Of special interest to graduating seniors)

What is a General Confession? It is simply a huddle with yourself, God and your confessor, all for the purpose of burying the past forever and of planning a more virtuous future.

The Huddle with Yourself. Your object here is to get a good picture of your sinful past and your problems. This will take a little time. There will be no lasting profit from a General Confession made after a preparation of five or six minutes. The huddle with yourself should extend over two or three days. During these days carry the remembrance of your past about with you peacefully and without mental effort, letting your past sins and worries return as they will. Two or three big matters may bubble to the top; these are the items you should bring to the confessor. The things which float to the surface of your mind may be past sins which continue to disturb you, or a worry about how to face a weakness or situation in the future -- anything that is disturbing your peace of heart is a subject for this confession. Only important details are necessary; don't bother with useless facts. Pick the spot you like best for this huddle. Some like the chapel, others prefer to walk about the lake reflecting with the aid of a cigarette or pipe.

The Huddle with God. The General Confession will be a failure if one gets a good picture of himself and then makes no acts of sorrow, no firm determination to avoid the cause of his sins, no workable resolutions about the use of prayer and the Sacraments. So, for the success of the Confession, a huddle with God is necessary. This can be done in the solitude of the chapel, say for ten minutes on two or three days. During these visits talk over the past and future with Christ in the Eucharist, and before Him make some practical promises about your life. A preparation of this kind will be most satisfying to you. You will feel a new spiritual zip even before you go into the confessional box.

The Huddle with the Priest. Seek out your confessor when you know he won't be obliged to hurry you through this General Confession. If you have a regular confessor, make an appointment with him. There is nothing difficult about the procedure in the confessional. If you want the priest to suggest the sins to you, tell him; he will gladly cover the matter for you. Most penitents like to tell their prepared story first, in their way, and then wait for the confessor to ask questions to help clarify matters, if necessary.

Don't worry about the number of times you have committed some sin. Give a general answer, like "once a week," "twice a month." Forget little details in the confession, and give your attention to your principal sins and their causes, your fears and problems. The confessor will take care of omissions. He will answer all your questions; so don't hesitate to speak up. The confessor will close by giving you absolution for all your sins. When you leave the confessional you will feel as if a load has been taken off your shoulders. You will be most grateful to Christ for His forgiveness, and you will be determined to serve God in the future with all your heart.

PRAYERS: (deceased) father of Mr. John Doherty, CSC; Gloria and James Myers, friends of Arthur Paluso (Sor); Mrs Michael Halloran, grandmother of Ray Fitzgerald (Ly); aunt of Ed Denning (Morr); grandmother of Tom Giordana (How); uncle of Thomas (Far) and Richard (Morr) Digan. (Ill) mother-in-law of Mr. Dooley (Alumni Office); father of Jerry Concannon (OC). Two Special Intentions. One Thanksgiving.