

Confessions for January
graduates, main church,
4:00--6:00 p.m. this....

University of Notre Dame
Religious Bulletin
January 19, 1950

....coming Saturday. From
7:30 p.m. on in Cavanaugh and
Dillon chapels.

General Confession: Part II.

A general confession is useful or made out of devotion before taking some important step in life. For example--before marriage, before entering a seminary or a religious order, before graduating from college. This general confession, if none has been made before, should be made "once and well and once for all."

"Must I Confess Venial Sins?"

To avoid making this general confession, or any confession for that matter, a fierce, nerve-racking experience, it is well to keep in mind that unconfessed mortal sins as to their kind and number must always be confessed. In other words, unconfessed mortal sin is the only necessary matter.

There is no positive obligation in any confession to confess venial sins--unless there are no mortal sins to mention. The Council of Trent states: "Venial sins may without guilt be omitted in Confession and expiated by a variety of other means" outside of confession. This does not mean venial sins may not be confessed. For the Sacrament of Penance is the most effective way of having venial sins forgiven provided there is true sorrow for them. Even if venial sins are deliberately omitted in confession, that fact alone does not make the confession bad. It is still good and meritorious. The confession of venial sins is to be highly recommended but not rigorously demanded as obligatory. Deliberate venial sins do decrease, although they do not destroy, the love of God in the soul. Any act of virtue, however, which increases that love of God undoes the harm caused by venial sin.

Preparation For General Confession.

Note: Penitents who have been told they are scrupulous should not without the advice of their regular confessor consider making a general confession.

Begin tonight to prepare. Go to your chapel, say a prayer to the Holy Ghost for guidance, then begin the general review of your entire life. If this confession is not necessary but devotional only, it will not be obligatory to determine the exact number of mortal sins. If you have been guilty of grave sin (already confessed), the approximate number may be mentioned for greater peace of soul or if you wish to unload the whole burden of your conscience-life. After the examination use your own words in expressing to God how sorry you are for all the sins of your life. Tell Him why you are sorry. Spend time in planning your amendment of life. Beg God's help to measure up to your God-given responsibility to live and grow habitually in the state of grace. Promise Him frequent confession--once a week or every two weeks. Resolve to be more devoted to Mass and Holy Communion. Then wind up your last few days at Notre Dame as a daily communicant.

IN THE CONFESSIONAL: (Before entering pray to the Holy Ghost, briefly review what you have prepared, make another act of sincere contrition.) In the confessional tell the priest that you want to make a general confession, that you have (or have not) made one before. He will probably ask you if this confession is necessary or devotional. Tell him what you think...First confess the sins since your last good confession...Then swing into the story of your conscience-life from your youth...But take your own sweet time...If you get stuck, say so...Don't worry about grammatical constructions--this isn't an examination in English. Be conversational...After you are finished, the confessor may ask a few questions...If you have any particular worries--speak up...After absolution for all the sins of your life, spend not a few minutes thinking God for His Mercy and for the true peace of soul you now possess. Amen.

Prayers: (deceased) uncle of Paul Coogan (Ly); father of James E. Campau, ex-'31; III: (daily remembrance) father of J. Howell (DII); mother of Harry Quinn (Sor); grandfather and grandmother of F. Tupodi (Alu). Special Intentions--8.