

How To Make A General Confession

A general confession should be of interest to graduating seniors, to June grooms, and to those about to enter military service. Whenever we move from one phase of our life into a new phase, it is a salutary practice to go into a huddle with ourselves, God, and the 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. A little time must be taken for reflection. Don't make it torture for yourself. Merely let the remembrance of 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. 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 lakes 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, nor 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. During this interval, talk over the past and future with Christ in the Eucharist; and in His Presence 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 when you enter the confessional.

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 so; and he will gladly cover the matter for you. Most penitents like to tell their prepared story first, in their own way, and then wait for the confessor to ask questions to help clarify matters, if that is 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, etc." Forget little details in your 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.

In all this world, there is no substitute for peace of mind and heart. That's what you want above all things. A general confession is the key to that happy existence.

WANTED, WANTED, WANTED, WANTED ...

A very few individuals who haven't as yet made their Easter Duty, to remember that Sunday is the deadline for fulfilling this important obligation. You'll be on the road, next week. That's an added hazard -- an added reason for being prepared!!

PRAYERS Deceased: uncle of Joe Denniston of Farley; cousin of Frank Lill of Badin; uncle of Professor Smith (Philosophy); father of Don Dorini of Lyons. Ill: friend of Don Schaefer of Lyons.