

First Reconciliation Notebook



Fall 2023 – Spring 2024

"His mercy is on those who fear Him from generation to generation." (Luke 1:50)

Parish Mission - We, St. Scholastica Catholic Parish, follow Jesus Christ and His Church in obedience to His command: "Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit, teaching them to observe all that I have commanded you." (Mt 28:19) Grounded in the eternal love of the Most Holy Trinity, we evangelize the people of Erie Colorado, revealing the Kingdom of God on earth as it is in heaven!

First Reconciliation Notebook

Table of Contents

Welcome Letter.....	4
Interview Check-off Lists.....	5
Paperwork:.....	5
Preparing for the sacrament at home:.....	5
First Reconciliation Interview Checkoff List.....	6
Interview Expectations.....	7
For virtual interviews:.....	7
Virtual Classroom Expectations.....	7
Study Materials for First Reconciliation Interview.....	8
1) Should have a sense of prayer and a need for God.....	8
Prayer from the Heart.....	8
Sign of The Cross.....	8
Our Father.....	8
Hail Mary.....	8
Glory Be.....	8
2) Should desire to build a relationship with Jesus Christ.....	9
Theological Virtues:.....	9
Cardinal Virtues:.....	9
Grace.....	9
3) Know about Original Sin and its effects on our relationship with God and one another.....	10
What is original sin:.....	10
What happened when Adam and Eve fell?.....	10
Imperfections.....	10

First Reconciliation Notebook

7 Deadly Sins also known as Vices.....	10
First Three Precepts of the Church	10
4) Know what sin is and the difference between venial and mortal sin. Know how sin breaks our love for God and neighbor.	11
Sin	11
Types of Sin.....	11
5) Should have a sense of sorrow for their sins.	11
Act of Contrition	11
Examination of Conscience	11
6) Know the 10 Commandments.....	12
The Ten Commandments.....	12
Mercy and Works of Mercy.....	12
Corporal Works of Mercy.....	13
Spiritual Works of Mercy.....	13
7) Know how God offers us forgiveness in reconciliation through the role of the priest.....	13
Why do we go to a priest to have our sins forgiven?	13
What is special about a priest compared to other people?.....	13
How is the Sacrament of Reconciliation Celebrated?	14
8) Should have experience with Lectio Divina	14
Bible Basics	14
5 Steps of Lectio Divina.....	15
Appendix - Archdiocese of Denver First Reconciliation Sacramental Objectives Cross Reference.....	16

First Reconciliation Notebook

Welcome Letter

August 26th, 2023

To the Parents and students who are preparing to receive the Sacrament of First Reconciliation,

First reconciliation is an experience of God's mercy and the Joy and Peace that Jesus gave to His disciples on the day of His Resurrection. According to the Catechism of the Catholic Church, the abundant spiritual effects of the sacrament of Penance include: reconciliation with God by which the penitent recovers grace; reconciliation with the Church; remission of the eternal punishment incurred by mortal sins; remission, at least in part, of temporal punishments resulting from sin; peace and serenity of conscience, and spiritual consolation; an increase of spiritual strength for the Christian battle.

Despite the benefits received, the frailty and weakness of human nature and the inclination to sin that tradition calls concupiscence is not abolished. Because of His endless mercy, the Lord never ceases to call us to conversion and direct us toward holiness and eternal life. The Sacrament of reconciliation is a foundational pathway that God calls us to as a part of our relationship with Him! Hopefully, you are thinking and praying about how God's power through the sacrament of reconciliation affects your life! To help you and your child throughout the year, and to prepare for life with the benefits of the sacrament of reconciliation, the following information is outlined below: first reconciliation interview information, required paperwork, and parental requirements. The teacher will also be sending updates via Flock Note.

First Reconciliation Interviews

To ensure that you are ready to receive the sacrament, you must complete an interview with Father Wedow by April 22nd, 2023. Please talk with him or contact the office to schedule a date and time. To assist your preparation, this notebook contains the required theology and prayers that 2nd graders and/or their parents should understand. Additionally, if you would like to study at home, instructions for accessing the Our Lady of the Rosary Family Catechism follow the list of required paperwork on the next page.

Required Paperwork for the interview – before scheduling your interview, please be certain to complete the required paperwork found in the last section of the notebook and submit it to the office: registration forms (available online), the baptismal certificates.

Parental Requirements:

Parents, you are your children's best teachers of the faith, this is the long-standing tradition and practice in the Church. We are honored that you have entrusted us to help in this process! To help you at home, you are invited to attend class with your child. The goal of the catechesis is to form spiritual champions, so that at the end of their life your child and your entire family will proclaim like Saint Paul "I have competed well; I have finished the race; I have kept the faith (2 Timothy 4:7).

May the Peace of Christ fill your heart with Joy!

Fr. Robert Wedow
Pastor

First Reconciliation Notebook

Interview Check-off Lists

Paperwork:

- Registration Form*
- Photo Release Form*
- Parental/Guardian Consent and Liability Waiver Form*
- Baptismal Certificate

*Available by clicking on the registration link of the website

Preparing for the sacrament at home:

To access the Our Lady of the Rosary Family Catechism (OLRFC) at home, [click here to sign-up for a free account](#). Each lesson contains a video and a packet that consists of the Baltimore Catechism questions and lesson activities. To skip ahead a lesson, advance the lesson video to play the last second or two, then answer “yes” to all the quiz questions. Please note that the Cardinal Virtues are not explained in the videos. For these and all elements please refer to this notebook when preparing for your interview. The following interview check-off list indicates which OLRFC lesson to view and study for each piece of the required theology.

First Reconciliation Notebook

First Reconciliation Interview Checkoff List

Theology	OLR Lesson	Date Achieved
✠ Imperfections	5	
✠ Original Sin	5	
Vices or Seven Deadly Sins	5	
Mortal and Venial Sin	6	
Sin	6	
Grace, sanctifying grace, and actual grace	10	
The cardinal virtues	10	
The theological virtues	10	
The Sacrament of Holy Orders	17	
Act of Contrition	18	
✠ Examination of conscience	18	
Corporal and Spiritual Works of Mercy	19	
The Sacrament of Reconciliation	19&20	
5 Steps of Lectio Divina	n/a	
Bible Basics	n/a	
Know: Our Father, Hail Mary, Glory Be, Sign of the Cross	28 (also 1&2)	
Prayer from the heart	28	
Ten Commandments	29	
The 1 st , 2 nd , and 3 rd precept	35&36	

✠ Only tested in the Sacrament of First Reconciliation (other theology is also tested in the sacraments of Confirmation and 1st Eucharist)

First Reconciliation Notebook

Interview Expectations

To both ensure that virtual meetings and in-person meeting are the best encounter possible, and that students internalize the meaning of the sacrament of holy orders (they are meeting with Christ's representative), please consider the following interview preparation suggestions:

1. Schedule your appointment in advance
2. Practice with the online quizzes and flashcards
3. Review and discuss materials from the notebook, Mass, and other ways that you encounter Christ
4. Conduct a practice interview in your home
5. Contact your teacher if you would either like him/her help understanding a concept or for him/her to conduct a practice interview with you.

For virtual interviews:

1. Set up a quiet place in your home with good lighting to eliminate distractions for the virtual interview,
2. Ensure that your child is able to remain stationary during the interview
3. Put other activities aside

Virtual Classroom Expectations

If the class meets virtually, to ensure that class time is focused on learning, students will be reminded that the virtual classroom is a real classroom. It is a formal setting, and virtuous behaviors are expected both in the chat box, on the microphone, and on video feeds. This provides them with both an opportunity to demonstrate that they understand virtue, and to practice for other school settings that they are a part of. Additionally, the class may be recorded for several purposes including: absent student viewing, student review, or to publish a presentation to the parish website. Please follow the guidelines listed above for virtual interviews. This will help ensure that video productions capture the best of both your child and your home. Your support is greatly appreciated.

First Reconciliation Notebook

Study Materials for First Reconciliation Interview

Following are the study materials for First Reconciliation which are organized by Archdiocesan objective:

1) Should have a sense of prayer and a need for God.

Prayer from the Heart

Prayer from the Heart – the lifting up of your heart and mind to God in praise of his glory (see Catechism of the Catholic Church, glossary).

Sign of The Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Our Father

Our Father, who art in Heaven; hallowed by Thy name;
Thy kingdom come; Thy will be done on earth as it is in Heaven.
Give us this day our daily bread;
and forgive us our trespasses as we forgive those who trespass against us,
and lead us not into temptation; but deliver us from evil. Amen

Hail Mary

Hail Mary, full of grace, the Lord is with you.
Blessed art thou among women and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen

Glory Be

Glory be to the Father, to the Son and to the Holy Spirit.
As it was in the beginning is now and ever shall be, world without end, Amen.

First Reconciliation Notebook

2) Should desire to build a relationship with Jesus Christ

According to the Catechism of the Catholic Church paragraph 1496, the abundant spiritual effects of the sacrament of Penance include:

1. reconciliation with God by which the penitent recovers grace;
2. reconciliation with the Church;
3. remission of the eternal punishment incurred by mortal sins;
4. remission, at least in part, of temporal punishments resulting from sin;
5. peace and serenity of conscience, and spiritual consolation;
6. an increase of spiritual strength for the Christian battle.

Theological Virtues:

Faith, Hope, and Charity

Cardinal Virtues:

prudence, justice, fortitude, and temperance.

Grace

Grace - Grace is The Divine Life in Our Soul, the free and undeserved gift that God gives us to respond to our vocation to become his adopted children.

Sanctifying Grace - The divine life in our soul that enables us to live with God and to act by his love.

Actual Grace - The help God gives us to conform our life to his will.

First Reconciliation Notebook

3) Know about Original Sin and its effects on our relationship with God and one another

What is original sin:

According to the glossary of the Catechism of the Catholic, original sin is Adam and Eve's abuse of human freedom in disobeying God's commandment not to eat of the tree of knowledge of good and evil.

What happened when Adam and Eve fell?

As a result of this, human nature became disordered, original holiness and justice were lost, humans became subject to the law of death, sin became universally present in the world, and every one of their descendants are born into this condition.

Imperfections

1. Our bodies are corruptible (Romans 8:3)
2. Our darkened minds (Romans 1:21)
3. The inability to obey God without grace (Romans 8:8-10)
4. Our inclinations toward sin (Romans 7:25)

7 Deadly Sins also known as Vices

Vices are habitual violations of the proper norms of human morality as defined by God and His Church they are labeled pride, avarice (greed), envy, wrath, lust, gluttony, and sloth or acedia.

First Three Precepts of the Church

1. You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least once during the Easter season.

First Reconciliation Notebook

4) Know what sin is and the difference between venial and mortal sin. Know how sin breaks our love for God and neighbor.

Sin

Sin is a deliberate thought, word, deed, or omission contrary to the Eternal Law, Natural Law and/or Divine Law. Sin happens when I offend God or the reason, truth, and right conscience that He has created in me.

Types of Sin

Mortal Sin – in order for an action to be a mortal it must meet the following three criteria: (1) you must know it's a sin and very serious (such as: a violation of the 10 Commandments, sins that cry out to God), (2) you must plan or take time to think about doing it, (3) you do it.

Venial Sin – an action which violates or weakens our love for God and/or others and makes it harder for us to practice virtue or good behavior.

5) Should have a sense of sorrow for their sins.

Act of Contrition

O my God, I am heartily sorry for having offended You. I detest all my sins because I dread the loss of Heaven and the pains of Hell, but most of all because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

Examination of Conscience

Should be familiar with the Laudate app as it has examinations of conscience by age group, which demonstrates that as you mature your examination of conscience also needs to mature.

First Reconciliation Notebook

6) Know the 10 Commandments

The Ten Commandments

Exodus 20:2–17, or
Deuteronomy 5:6–21, or
A Traditional Catechetical Formula

1. I am the LORD your God: you shall not have strange gods before me.
2. You shall not take the name of the LORD your God in vain.
3. Remember to keep holy the LORD'S Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

Mercy and Works of Mercy

Mercy - The loving kindness, compassion, or forbearance shown to one who is less than perfect (e.g., the mercy of God to us sinners) (1422, 1829). See Works of Mercy.

Works of Mercy - Charitable actions by which we come to the aid of our neighbors in their bodily and spiritual necessities. When we practice the corporal and spiritual works of mercy, we are fulfilling commandments to love God and to love our neighbor.

First Reconciliation Notebook

Corporal Works of Mercy	Spiritual Works of Mercy
<ol style="list-style-type: none">1. Bury the dead.2. Clothe the naked3. Feed the hungry.4. Give drink to the thirsty5. Shelter the homeless6. Visit the imprisoned7. Visit the sick.	<ol style="list-style-type: none">8. Admonish the sinner.9. Bear wrongs patiently10. Comfort the sorrowful11. Counsel the doubtful12. Forgive all injuries13. Instruct the ignorant14. Pray for the living and the dead

7) Know how God offers us forgiveness in reconciliation through the role of the priest.

Why do we go to a priest to have our sins forgiven?

The Sacrament of Reconciliation

Only God forgives sins. Since he is the Son of God, Jesus says of himself, "The Son of man has authority on earth to forgive sins" and exercises this divine power: "Your sins are forgiven." Further, by virtue of his divine authority he gives this power to men to exercise in his name. (see John 20:19)

Christ has willed that in her [The Church's] prayer and life and action his whole Church should be the sign and instrument of the forgiveness and reconciliation that he acquired for us at the price of his blood. But he entrusted the exercise of the power of absolution to the apostolic ministry which he charged with the "ministry of reconciliation." The apostle is sent out "on behalf of Christ" with "God making his appeal" through him and pleading: "Be reconciled to God." (CCC 1441-1442)

What is special about a priest compared to other people?

The Sacrament of Holy Orders

This sacrament configures the man to Christ by a special grace of the Holy Spirit, so that he may serve as Christ's instrument for his Church. By ordination one is enabled to act as a representative of Christ, Head of the Church, in his triple office of priest, prophet, and king.

The sacrament of Holy Orders confers an *indelible spiritual character* and cannot be repeated or conferred temporarily. (CCC 1581-1582)

First Reconciliation Notebook

How is the Sacrament of Reconciliation Celebrated?

According to [the USCCB](#), there are four primary actions in the celebration of the Sacrament of Reconciliation, all of which contribute in some way to the healing that takes place: **confession** of sin; expression of **contrition** or sorrow for sin; doing **penance** ("satisfaction"), which expresses a desire to avoid sin; and **absolution** from sin. Essentially there are two "movements" in the sacrament: our movement toward God and God's toward us.

The steps in going to confession include:

- 1) **PREPARATION:** Before going to confession, take some time to prepare. Begin with prayer and reflect on your life since your last confession. How have you—in your thoughts, words, and actions—neglected to live Christ's commands to "love the Lord, your God, with all your heart, with all your soul, and with all your mind," and to "love your neighbor as yourself" (Mt 22:37, 39)? As a help with this "examination of conscience," you might review the Ten Commandments and/or the Beatitudes (Ex 20:2-17; Dt 5:6-21; Mt 5:3-10; or Lk 6:20-26).
- 2) **GREETING:** The priest will welcome you; he may say a short blessing or read a Scripture passage.
- 3) **THE SIGN OF THE CROSS:** Together, you and the priest will make the Sign of the Cross. You may then begin your confession with these or similar words: "Bless me, Father, for I have sinned. It has been [give days, months, or years] since my last confession."
- 4) **CONFESSION:** Confess all your sins to the priest. If you are unsure what to say, ask the priest for help. When you are finished, conclude with these or similar words: "I am sorry for these and all my sins."
- 5) **PENANCE:** The priest will propose an act of penance. The penance might be prayer, a work of mercy, or an act of charity. He might also counsel you on how to better live a Christian life.
- 6) **ACT OF CONTRITION:** After the priest has conferred your penance, pray an Act of Contrition, expressing sorrow for your sins and resolving to sin no more.
- 7) **ABSOLUTION:** The priest will extend his hands over your head and pronounce the words of absolution. You respond, "Amen."
- 8) **PRAISE:** The priest will usually praise the mercy of God and will invite you to do the same. For example, the priest may say, "Give thanks to the Lord for he is good." And your response would be, "His mercy endures for ever" (Rite of Penance, no. 47).
- 9) **DISMISSAL:** The priest will conclude the sacrament, often saying, "Go in peace."

(from: <https://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/upload/Bulletin-Insert-Penance-ENG.pdf>)

8) Should have experience with Lectio Divina

Bible Basics

1. The name of the two testaments: old and new

First Reconciliation Notebook

2. The names of the four gospel writers: Matthew, Mark, Luke, and John
3. Finding Passages – how do you find a passage in the bible?

5 Steps of Lectio Divina

According to Pope Benedict XVI in the post-synodal Apostolic Exhortation, [*Verbum Domini*](#) (nos. 86-87), *lectio divina* is broken down into the following steps named in Latin:

1. *Lectio* (reading),
2. *Meditatio* (meditation),
3. *Oratio* (prayer),
4. and *Contemplatio* (contemplation).
5. Then, as a result of the encounter with God in Scripture, we are also called to *Actio* (action).

Each of these steps together form a process by which we encounter God in his sacred word and respond to his grace. They form parts of a larger whole, but each one comes with a certain set of skills for us to master (from <https://www.thereligionteacher.com/lectio-divina-steps/>

First Reconciliation Notebook

Appendix - Archdiocese of Denver First Reconciliation Sacramental Objectives Cross Reference

AOD Objective	Potential questions	Theology	OLR Lesson
1. Should have a sense of prayer and a need for God.	<ol style="list-style-type: none"> 2. Why is it important to pray? 3. What does it mean to you to pray to the Father? To the Son? To the Holy Spirit? 	<ol style="list-style-type: none"> 1. Know: Our Father, Hail Mary, Glory Be, Sign of the Cross, 2. Prayer from the heart 	28
2. Should desire to build a relationship with Jesus Christ.	<ol style="list-style-type: none"> 4. Why do you want to receive the sacrament of reconciliation? 5. Tell me what you think about Jesus 6. How would receiving the sacrament of Reconciliation help you to know and follow Jesus? 	<ol style="list-style-type: none"> 3. The theological virtues 4. The cardinal virtues 5. Grace, sanctifying grace and actual grace 	10 10 10
3. Know about Original Sin and its effects on our relationship with God and one another.	<ol style="list-style-type: none"> 7. What is Original Sin? 8. What happened when Adam and Eve fell? 9. How does Adam and Eve's sin affect us today? 10. How is life different for us now than it was for Adam and Eve? 	<ol style="list-style-type: none"> 6. Original Sin 7. Imperfections 8. Vices or Seven Deadly Sins 9. The 1st, 2nd, and 3rd precept 	5
4. Know what sin is and the difference between venial and mortal sin. Know how sin breaks our love for God and neighbor.	<ol style="list-style-type: none"> 11. What is sin? 12. Are all sins the same? 13. What are the two main categories of sin and how are they different from each other? 	<ol style="list-style-type: none"> 10. Sin 11. Mortal and Venial Sin 	6

First Reconciliation Notebook

AOD Objective	Potential questions	Theology	OLR Lesson
5. Should have a sense of sorrow for their sins.	14. Have you ever been sorry for doing something wrong?	12. Act of Contrition 13. Examination of conscience	18
6. Know the 10 commandments.	15. What are the 10 Commandments? 16. What rules has God given us to help us live good lives?	14. Ten Commandments 15. Corporal and Spiritual Works of Mercy	29 19
7. Know how God offers us forgiveness in reconciliation through the role of the priest.	17. Why do we go to a priest to have our sins forgiven? 18. What is special about a priest compared to other people? 19. How is the Sacrament of Reconciliation celebrated?	16. The Sacrament of Holy Orders 17. The Sacrament of Reconciliation	17 19 20
8. Should have experience with lectio Divina.	20. Do you pray? 21. Do you read the Bible? 22. What is your favorite Bible story? Why?	18. Bible Basics 19. 5 Steps of Lectio Divina	28