



St. Mary of Lourdes Catholic Church

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Frequently Asked Questions About Reconciliation

How often and why should I go to confession?

First, anyone in the state of mortal sin should receive the Sacrament of Reconciliation as soon as possible. With that said, the forgiveness of mortal sin is not the only reason to receive the Sacrament. As Confession is a Sacrament, it is a means of receiving God's grace. This alone should be reason enough to receive the Sacrament as often as possible. Specifically, Catholics are asked to receive the Sacrament of Reconciliation at least twice a year, but might go as often as once a week.

What if I forget to confess something?

If you legitimately forget to confess a sin, it is still forgiven provided you are truly sorry for it and do your penance.

How about the “unforgivable sin”?

The unforgivable sin (referred to as blaspheming against the Holy Spirit in Matthew's Gospel, see Chapter 12), is not accepting God's forgiveness. In order for God to forgive our sins, we must accept His power to do so.

Where and when can I go to Confession?

Most churches hold the Rite of Reconciliation of Individual Penitents on a weekly basis. This means that you approach the confessional on your own. At St. Mary of Lourdes, Reconciliation is scheduled each Saturday from 3:30-4pm or by appointment. The Reconciliation Room is the room on the right side of the church altar. During Lent and Advent, there are additional times to receive the Sacrament of Reconciliation. These times will be listed on the Parish Calendar and in the bulletin beforehand.

