



# Going Deeper: Go to Confession!

The Catechism reminds us that "Sin is before all else an offense against God, a rupture of communion with him. At the same time it damages communion with the Church. For this reason conversion entails both God's forgiveness and reconciliation with the Church, which are expressed and accomplished liturgically by the sacrament of Penance and Reconciliation" (1440). Consequently, the Church has declared receiving the Sacrament of Reconciliation one of her five precepts (i.e., minimum obligations for all of her members). The Catechism says, "The second precept ("You shall confess your sins at least once a year") ensures preparation for the Eucharist by the reception of the sacrament of reconciliation, which continues Baptism's work of conversion and forgiveness."

At St. Gertrude, we are blessed with Dominican friars who hear confessions six days of the week. Here's the schedule:

- Monday-Friday at 4 PM
- Wednesdays at 7:30 PM
- Saturdays at 3:30 PM

So, here's your challenge: During the month of November, go to the Sacrament of Reconciliation as a family. (Note: This does NOT mean you would all be in the confessional at the same time...that would be weird.)