
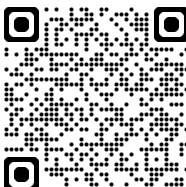





# SACRAMENT OF RECONCILIATION

Often referred to as confession, the Sacrament of Reconciliation is a gift from God. The name says it all – this is a Sacrament, one of seven sacraments, instituted by Christ, to give us grace. Still have questions? Numerous resources are available with a quick online search. Here are a few highlights:

EXAMINATION OF CONSCIENCE	CONFESSION APPS	VIDEOS
<p>Prepare for confession by examining your conscience. USCCB has links to various examinations of conscience.</p>	<p>For those interested, apps are available that include examinations of conscience as well as step-by-step instructions on going to confession.</p>	<p>Ascension Press has videos available on a variety of topics, including confession.</p>
<p><a href="#">Examinations of Conscience</a> from the USCCB</p> 	<p><a href="#">Catholic Aptitude</a> provides a brief overview of several confession apps that may be helpful.</p> 	<p><a href="#">Ascension Press</a> there are several videos available to browse.</p> 
MORE HELPFUL INFO...		
	<p>Are you afraid of confession? Here's a <a href="#">video by Fr. Brian Alford</a> of the Diocese of Springfield, Illinois that may help.</p> 	<p>This video from <a href="#">Fr. Mike Schmitz</a> explains how confession is a gift and not a burden.</p> 