

Parent Guide: Examen of Conscience & Reflection

Help your child prepare for their first confession (May 12th, 2018, 10am)

Dear Parents :

The Sacrament of Reconciliation can be an intimidating experience and we want all children to practice at home before they do the real thing. This guide helps you and your child reflect deeply, and prepares for the Sacrament of Reconciliation. **Please set aside some time to do this this with your child.**

Instructions (20 minutes)

- What is needed
 - Candle, Quiet Place
 - This Packet
 - Step-by-Step Worksheet in the blank guide (sent home as homework)
 - Step-by-Step Instructions for Confession (available on GiaoLy website)
- 1. Begin in prayer with your child, make the sign of the cross and light the candle.
- 2. Go through the Examen questions. If you desire, add your own questions to each commandment and discuss.
- 3. Have your child write down his or her responses as you go through the Examen. Be as complete as possible. Your child will use these written responses to fill out their homework sheet
- 4. After you have completed this, do a sample walkthrough of confession with them using the Step-by-Step guide.

What will happen on May 12th

We will begin our class directly within the Church. **Due to our class size, we will start immediately at 10am.**

Please bring

1. Completed Examen of Conscience worksheet (included in this packet)
2. Step-by-Step worksheet so your child can use it as a guide (sent home with child)
3. Completed Sheep Drawing (sent home with child)
4. Cheerful encouragement for your child. This is a serious sacrament, but also one that should feel welcoming.

Parents (or Godparents) will be seated next to their child in the pews, and we will begin with a prayer. Then together you both will review the Examen of Conscience worksheet.

At the right time, Catechists will direct the parent and child to confession and the child will enter confession alone. The parent will be nearby for support. After confession, the child will finish, perform their penance, and receive a small gift for them to take to confession in the future. Parent and child will return to your seat.

After all students complete we will conclude with a prayer and exit for lunch. There will be a light reception for lunch (cake & punch) and we will distribute certificates for the Sacrament of Reconciliation at that time.

We are actively looking for parent volunteers to help with the reception. If you have any questions, please email minhquan.trieu@vmpwa.org or call 206-321-9514.

In Christ,

Trieu, Minh-Quan Paul

Ban Giao Ly, Lop 2

Examen of Conscience - Parent Guide for Giao Ly Lop 2

10 Commandment	Questions to ask your child to help with the Examen of conscience
<p>Thứ nhất: Thờ phượng một Đức Chúa Trời và kính mến người trên hết mọi sự</p> <p>I am the Lord you God: you shall not have strange Gods before me.</p>	<ul style="list-style-type: none"> • Do you prioritize God and prayer? Or do you spend too much time idolizing games or screen time? • Do you focus on your faith and seek prayer each night? • Do you attend catechism or faith formation class and understand this is good for you?
<p>Thứ hai: Chớ kêu tên Đức Chúa Trời vô cớ</p> <p>You shall not take the name of the Lord your God in vain.</p>	<ul style="list-style-type: none"> • Have you avoided making the sign of the cross and avoided pray before meals? • Have you cursed or sworn? Do you blame God when you are sad or angry? • Have you ever “promised to God” and did not follow through?
<p>Thứ ba: Giữ ngày Chúa Nhật</p> <p>You shall keep holy the Lord's day</p>	<ul style="list-style-type: none"> • Do you get upset or frustrated when you are to go to mass or spend time with God? • Do you pretend to fall asleep or pretend to be tired to avoid prayer?
<p>Thứ bốn: Thảo kính cha mẹ</p> <p>Honor your father and your mother</p>	<ul style="list-style-type: none"> • Do you understand that we, your parents, seek the best for you (physically, spiritually, and mentally)? • Do you lash out in anger and do not respond respectfully? Do you try to help parents around the home? Do you spend time doing the tasks parents ask them to do?
<p>Thứ năm: Chớ giết người</p> <p>You shall not kill</p>	<ul style="list-style-type: none"> • Are there times where you don't respect your body? Have you used drugs improperly and or hurt yourself to make yourself bleed? • Have you physically hurt others or bullied others out of anger or jealousy? • Have you littered in the environment or failed to take care of nature?
<p>Thứ sáu: Chớ làm sự dâm dục Thứ chín: Chớ muốn vợ chồng người</p> <p>You shall not commit adultery. You shall not covet your neighbor's wife or husband.</p>	<ul style="list-style-type: none"> • Have you failed to care of their own body or failed to treat it like a gift? For example, eating junk food, or avoiding exercise, or avoiding homework or reading to you're your mind? • Have you tried to touch themselves or others improperly? Have others touched you improperly?
<p>Thứ bảy: Chớ lấy của người Thứ mười: Chớ tham của người</p> <p>You shall not steal. You shall not covet your neighbor's goods.</p>	<ul style="list-style-type: none"> • Have you taken something without paying for it? Have you borrowed something and failed to return it or failed to return it in the same condition? • Have you found something and kept it, even though they know it belongs to someone else? (“Finders keepers!”) • Have you ever copied homework or plagiarized another person's work? • Have you been jealous of toys and things that other people receive? • Have you vandalized or destroyed public property or church property? Have you written on the desks at school or at church?
<p>Thứ tám: Chớ làm chứng dối</p> <p>You shall not bear false witness (lie)</p>	<ul style="list-style-type: none"> • Have you been dishonest or not 100% truthful when retelling a story or sharing what happened? • Have you promised to do something without the intention of carrying through? • Have you shared information that isn't true, or gossip about others? • Has someone been hurt because you did not tell the truth? • Have you failed to apologize or correct lies that you have shared?

Examen of Conscience Worksheet for : _____

10 Commandments	An example of where I fell short of this commandment (and sinned):
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<p>Thứ hai: Chớ kêu tên Đức Chúa Trời vô cớ</p> <p>You shall not take the name of the Lord your God in vain.</p>	
<p>Thứ ba: Giữ ngày Chúa Nhật</p> <p>You shall keep holy the Lord's day</p>	
<p>Thứ bốn: Thảo kính cha mẹ</p> <p>Honor your father and your mother</p>	
<p>Thứ năm: Chớ giết người</p> <p>You shall not kill</p>	
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