

FORGIVEN

THE TRANSFORMING POWER OF CONFESSION

Lenten Adult Faith Formation Sessions

The Sessions for our two adult faith formation gatherings this Lent will come from the program entitled **Forgiven: The Transforming Power of Confession**. This program is offered through the **FORMED** Catholic Faith On Demand website. **Forgiven: The Transforming Power of Confession**, is the latest addition to the Augustine's Institute's library sacramental preparation programs. **Forgiven** explores the grace and healing offered in Confession and shows how this sacrament of mercy reveals the depth and bounty of God's love. By looking at God's revelation of His mercy in Scripture, and making a step-by-step examination of the Rite itself, **Forgiven** communicates God's invitation to each one of us to come experience His indescribable love in the Sacrament of Reconciliation. While there are five sessions to this series, together we will explore Sessions 2 and 3.

Embraced in Mercy: The Rite Explained

Wednesday, February 28, 7:00 PM – 8:30 PM Monsignor Woods Hall

On **Wednesday, February 28**, there will be a 35 minute video presentation entitled: *The Rite Explained*. Whether we go to Confession regularly or a decade ago, this session guides us step-by-step through the deeper meaning of every aspect of the Rite – what is it, why we do it, and how it impacts our life. The video presentation will provide an understanding of the order and various steps of the Rite of Penance and what they mean and accomplish. This video presentation will also help us understand why we shouldn't be afraid or embarrassed to go to Confession. We will learn in the presentation how to prepare for the Sacrament of Reconciliation by making an examination of conscience. Following the video presentation, we will have the opportunity to discuss the video in small groups.

An Encounter with Mercy

Wednesday, March 7, 7:00 PM – 8:30 PM, Monsignor Woods Hall

On **Wednesday, March 7**, there will be a 30 minute video presentation entitle: *An Encounter with Mercy*. We will come to know that we are not defined by our mistakes. In confession, Jesus invites us to encounter His mercy and be healed by His love. When He tells us "Go and sin no more," He also gives us the grace to do so. The video presentation will help us understand that we encounter Christ Himself in the Sacrament of Reconciliation and that God wants to heal the root causes of our sin in Confession. Following the video presentation, we have the opportunity to discuss the video in small groups.

A Soup Supper

Before both Sessions, a **Soup Supper** will be provided from **6:00 PM – 6:40 PM** in the Monsignor Woods Hall. Two varieties of soup will be offered each week along with a roll and choice of coffee, tea and water.