



COVID19 – 9 – 27 March 2020

## What to do when you can't get to confession

### Pope Francis said this week:

"Return to your father who is waiting for you. The God of tenderness will heal us; he will heal us of the many, many wounds of life and the many ugly things we have done. Each of us has our own!" God welcomes every repentant sinner with open arms. It's like going home." Lent is a special time to let God wash us, purify us, to let God embrace us and the best place for that is the confessional. But many people today would tell me, 'Father, where can I find a priest, a confessor, because I can't leave the house? And I want to make peace with the Lord, I want him to embrace me, I want the Father's embrace.'" "Do what the Catechism (of the Catholic Church) says. It is very clear: If you cannot find a priest to confess to, speak directly with God, your father, and tell him the truth. Say, 'Lord, I did this, this, this. Forgive me,' and ask for pardon with all your heart." Make an act of contrition and promise God, "'I will go to confession afterward, but forgive me now.' And immediately you will return to a state of grace with God." The Catechism of the Catholic Church, N. 1452, says: "When it arises from a love by which God is loved above all else, contrition is called 'perfect' - contrition of charity. Such contrition remits venial sins; it also obtains forgiveness of mortal sins if it includes the firm resolution to have recourse to sacramental confession as soon as possible. As the catechism teaches," Pope Francis said, "you can draw near to God's forgiveness without having a priest at hand. Think about it. This is the moment."

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### Forms of the Act of Contrition

O my God, because you are so good, I am very sorry that I have sinned against you, and with the help of your grace, I will try not to sin again. Amen.

O my God, I am heartily sorry for having offended thee, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of thy grace to confess my sins, to do penance, and to amend my life. Amen.

I love thee, Jesus, my Love, above all things. I repent with my whole heart for having offended thee. Never permit me to separate myself from thee again. Grant that I may love thee always; and then do with me what thou wilt.

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin.

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*And don't forget :*

### REDEDICATION OF ENGLAND AS THE DOWRY OF MARY.

This will take place in all our cathedral with our bishop on Sunday 29 March, Fifth Sunday of Lent, at 11am, as in all the Cathedral of England. See the special texts in yesterday's sheet CoVid19-6.

See live streaming at [northamptoncathedral.org](http://northamptoncathedral.org)

or from Walsingham : <https://www.walsingham.org.uk/live-stream/>

The prayer follows.

**Sunday 29 March, *The Act of Entrustment of England to the Virgin Mary:***

**Prayer**

O Blessed Virgin Mary, Mother of God and our most gentle Queen and Mother, look down in mercy upon England thy "Dowry" and upon us all who greatly hope and trust in thee.

**Response**

We your faithful people assembled here offer you this country in which we live. Once it was yours, all its children were your children and you were honoured throughout England as its Protectress and its Queen. Again do we consecrate it as your Dowry, and entrust it to your maternal care.

**Prayer**

By thee it was that Jesus our Saviour and our hope was given unto the world; and He has given thee to us that we might hope still more.

**Response**

To you we entrust the Church, which invokes you as Mother. On earth you preceded her in the pilgrimage of faith. Comfort her in her difficulties and trials. Make her always the sign and instrument of intimate union with God and of the unity of the whole human race. To you, Mother of the human family, and of the nations, we confidently entrust the whole of humanity with its hopes and fears. Let it not lack the light of true wisdom. Guide it to seek freedom and justice for all. Direct its steps in the ways of peace. Enable all to meet Christ, the Way, the Truth and the Life.

**Prayer**

Plead for us thy children, whom thou didst receive and accept at the foot of the Cross, O sorrowful Mother.

**Response**

Pray, O Holy Mother of God, for the conversion of heart of the people of England, restoration of the sick, consolation for the troubled, repentance of sinners, peace to the departed. Queen of Peace, pray for us and give to the world the peace for which all peoples are longing, peace in the truth, justice and charity of Christ. Give peace to the nations and to the souls of all, that in peace, the Kingdom of God may prevail.

**Prayer**

Intercede for our separated brethren, that with us in the one true fold they may be united to the supreme Shepherd, the Vicar of thy Son.

**Response**

May your prayers bring back this country to the fullness of its ancient faith. May your intercession lead us to a closer union with your divine Son. We offer you all the people of this land, especially those who know you so little or not at all. May all in our country know Christ, the light of the world and its only Saviour

**Prayer**

Pray for us all, dear Mother, that by faith fruitful in good works we may all deserve to see and praise God, together with thee, in our heavenly home.

**Response**

May we who follow your Son, be fruitful in the good work of building a culture of life in our world, where all human life is treasured and the gift of God's creation is respected and cared for, so that all may share the fruits of God's generous love

V: Pray for us O Holy Mother of God

R: That we may be made worthy of the Promises of Christ.

O alone of all women, Mother and Virgin, Mother most happy, Virgin most pure, sinful as we are, we come to see you who are all pure, we salute you, we honour you as how we may with our humble offerings. May thy Son grant us, that imitating thy most holy manners, we also, by the grace of the Holy Spirit may deserve spiritually to conceive the Lord Jesus in our inmost soul, and once conceived never to lose Him. Amen.