

Sacraments: Preparation & Living the Faith

There are seven sacraments in the Catholic Church grouped into three categories:

- ⇒ **The Sacraments of Initiation.**
- ⇒ **The Sacraments of Healing.**
- ⇒ **The Sacraments of Service.**

Here we intend to provide guidelines for sacramental preparation. These guidelines are not only beneficial for those learning about the sacraments for the first time, but also for those who seek to live a vital, spiritual life rooted in an ever-deepening faith.

Much of this information is from <http://formed.org/>, a Catholic platform subscribed to by our parish and available free to all parishioners. The content includes informative videos, multi-lesson Bible studies, audio books, and streaming movies. You are encouraged to explore the site to find not only those resources listed here on the sacraments, but also the wide-ranging content aimed at strengthening your understanding of our Catholic beliefs, traditions, and practices. Whatever your stage in life or your learning preferences, you're sure to find a good fit!

Simply go to <http://formed.org/>, find "St. Thomas Redmond" and set up your own personal account with an email and password. Then explore at your own pace, searching out areas of interest to you.

Included in our preparation guidelines for the sacraments is additional context provided by the Diocese of Baker documents:

- ⇒ **Pastoral Guidelines.**
- ⇒ **Catechetical Guidelines and Norms for Sacramental Preparation.**



Sacraments of Healing

The Catechism of the Catholic Church provides a context for the sacraments of healing, “Through the sacraments of Christian initiation, man receives the new life of Christ. Now we carry this life ‘in earthen vessels,’ and it remains ‘hidden with Christ in God.’ We are still in our ‘earthly tent,’ subject to suffering, illness, and death. This new life as a child of God can be weakened and even lost by sin” (CCC 1420).

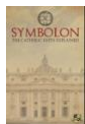
Through these sacraments, we can remember that Jesus Christ, our Lord, is the physician of our souls and bodies (CCC 1421). Viewing the sacraments of healing through this lens can help Catholics to embrace the sacraments, especially the sacrament of Penance and Reconciliation, rather than feeling anxiety over the sacraments. It is beneficial to remember that the sacraments are for us, our healing, and our growth.

Penance and Reconciliation

Concupiscence, and inclination to sin, remains after the new life we obtain at Baptism (CCC1428). In the sacrament of penance and reconciliation we encounter the love and mercy of God (CCC 1428). We are called to conversion, and this sacrament helps us to journey with God as we work to lead a holy life, knowing that we need God’s grace and strength in the process.

Reconciliation at St. Thomas is scheduled on Saturday’s from 3:00-4:30 p.m. and on Wednesday’s from 4:00-5:45 p.m. There are additional Reconciliation times scheduled during Lent and Advent.

“Forgiven,” a program offered on Formed.org, is a production by the Augustine Institute that focuses on Confession. It provides an in-depth look at this sacrament of healing. Similar to the *“Reborn”* program for Baptism, this program shows the connections of Penance and Reconciliation to Scripture and Tradition, as well as what happens step-by-step during the sacrament. It is also available in Spanish.



Session 4 of Symbolon Part 2 focuses on both sacraments of healing as essential and how they impact the lives of Catholics. This is also available in Spanish.