

7. *You shall not steal.*
10. *You shall not covet your neighbor's goods.*
 - Did I take something that doesn't belong to me?
 - Did I deface, destroy, or lose another person's property without making restitution?
 - Did I cheat on a test, on my taxes, or in business?
 - Do I pay employees a living wage, or fail to give a full-day's work for a full-day's pay?
 - Did I take advantage of another's hardship or ignorance by charging more for a product than it is worth?
 - Have I squandered money in compulsive gambling?
 - Am I envious of others because of their possessions?
 - Have I misused natural resources?
 - Do I contribute my time, talents and money to support the poor, my parish, and the work of the Church?

8. *You shall not bear false witness against your neighbor.*
 - Have I deceived another by lying?
 - Did I perjure myself under oath?
 - Am I guilty of passing on gossip?
 - Am I guilty of detraction, destroying a person's reputation by telling others about his/her faults for no good reason?
 - Am I guilty of slander or calumny, telling lies about another person in order to destroy his/her reputation?
 - Am I guilty of rash judgment, assuming the worst of another person based on circumstantial evidence?
 - Have I failed to make reparation for a lie I told, or for harm done to a person's reputation?
 - Did I betray another's confidence through speech?

How to Go to Confession

Begin by making the Sign of the Cross and saying:

"Bless me Father for I have sinned. It has been (how long?) since my last confession. These are my sins ..."

Then list your sins and the number of times you committed them as best you can. Conclude by saying

"Father forgive me for all of my sins."

(If you do not know how to confess your sins or you are uneasy, ask the priest to help you.)

After you have listed your sins, the priest may then offer some advice and will assign you a penance to be performed after you leave the confessional.

The priest will then ask you to recite an Act of Contrition:

O my God I am heartily sorry for having offended you, and I detest all of my sins because of Your just punishments, but most of all because they offend you my God who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin. Amen.

The priest will then grant you absolution which concludes with the blessing "in the name of the Father, and of the Son, and of the Holy Spirit."

Respond: *"Amen."*

The priest will then say: "Your sins have been forgiven, go in peace."

Respond: *"Thanks be to God."*

Christ the King- St. Anthony Parish Guide to Confession



Schedule of Confession at St. Anthony

Saturday

9:00 am—10:00 am
3:00 pm—3:45 pm

Monday

7:30 pm—8:00 pm

Anytime by Appointment

St. Anthony Church
305 Flynn Ave.
Burlington, Vermont 05401
802-864-0478

Examination of Conscience with the 10 Commandments

1. *I am the Lord your God: You shall not have strange Gods before me.*

- Have I denied the existence of God?
- Does someone or something other than God influence my choices?
- Have I doubted or denied my faith?
- Have I rejected the Christian faith, associating myself with another religion?
- Have I received communion at a non-Catholic service?
- Have I engaged in superstitious or occult practices?

2. *You shall not take the Name of the Lord your God in vain.*

- Have I used the name of God in cursing or blasphemy?
- Have I failed to keep the vows or promises I have made to God?
- Have I spoken about the Church, the saints, or sacred things with irreverence, hatred or defiance?
- Have I watched television or movies or listened to music that treated God, the Church, the saints or sacred things irreverently?
- Have I been disrespectful in my behavior in church?

3. *Remember to keep holy the Lord's day.*

- Have I set aside time each day for prayer to God?
- Have I missed Mass on Sunday or other Holy Days of Obligation?
- Did I habitually come late to and/or leave early from Mass without a good reason?
- Have I fasted an hour before receiving Communion?
- Have I received a Sacrament while in the state of mortal sin?

- Did I do unnecessary shopping and business on Sunday and the other Holy Days of Obligation?
- Did I do unnecessary labor on Sunday and the other Holy Days of Obligation?
- Do I do penance every Friday?
- If I am 14 years or older, did I abstain from meat on Ash Wednesday and the Fridays of Lent?
- If I am between the ages of 18 and 59, did I fast on Ash Wednesday and Good Friday?

4. *Honor your father and mother.*

- If still under the care of my parents, did I obey all that they reasonably asked of me?
- Have I neglected the needs of my parents in their old age or in their time of need?
- Do I live in humble obedience to those who legitimately exercise authority over me?
- Have I provided for the religious education and formation of my children for as long as they are under my care?
- Have I broken the law?

5. *You shall not kill.*

- Have I intentionally killed a human being?
- Have I procured, performed, cooperated, or advised another in the intentional killing of an unborn child through abortion?
- Have I seriously considered or attempted suicide?
- Have I unjustly inflicted bodily harm on another person?
- Have I inflicted another person with verbal or emotional abuse?
- Have I failed to forgive?
- Have I harbored hatred, anger or resentment?
- Am I prejudiced or have I unjustly discriminated against others because of their race, color, nationality, gender or religion?
- Did I, by my actions, recklessly endanger my life or health or that of another person?

- Have I gotten drunk or abused other drugs?
- Do I risk my health by not eating right or exercising?
- Have I encouraged others to sin by giving scandal?

6. *You shall not commit adultery.*

9. *You shall not covet your neighbor's wife.*

- Have I committed adultery, having sexual relations with someone who is married or not my spouse?
- Have I committed fornication, having sexual relations with someone of the opposite sex when neither of us is married?
- Have I committed sodomy, having sexual relations with someone of the same sex?
- Have I raped someone?
- Have I committed masturbation (impurity with myself)?
- Have I engaged in sexual foreplay reserved for marriage?
- Have I used artificial means of birth control?
- Have I undergone an operation to render myself sterile for contraceptive purposes?
- Have I willfully entertained impure thoughts?
- Have I purchased or made use of pornography in any form?
- Have I watched movies or television that involve sex and nudity?
- Have I listened to jokes or music that are harmful to purity?
- Have I set out to seduce someone, or allowed myself to be seduced?
- Have I made uninvited or unwelcome sexual advances toward another?
- Have I purposely dressed immodestly?
- Am I living in a valid and licit marriage according to the laws of the Catholic Church?
- Have I given scandal by living with a member of the opposite sex without the benefit of marriage?