



April 27, 2020

Dear Parishioners and School Families,

Great News! While we are still not able to celebrate Masses yet, Bishop Brennan has announced that we will be able to begin offering the Sacrament of Confession on a restricted basis. He will soon publish on the Diocesan Website various locations in the diocese in which priests will be available for confessions. St. Michael Parish is one of those locations. The setting of celebration of the sacrament will be in Marian Hall. I ask that you **please read the attached instructions carefully** and, in a spirit of faith and cooperation, to adhere to them when seeking the Sacrament.

Please know of our continued prayers for you and the hope we share that one day soon we will be able to gather again as a community of faith to celebrate the Eucharistic Sacrifice. May God continue to strengthen you and your families during this trying time, and may you continue to live in His hope.

God bless you all!



Fr. Anthony A. Dinovo, Jr., Pastor

## Instructions for scheduling Confessions

- 1) The Sacrament of Confession will be offered **by appointment only**. At St. Michael Parish you may call the parish office (614-885-7814) to set up an appointment with either Fr. Dinovo or Fr. Herge through the parish office staff. **Please call during normal business hours 8:30am – 3:30pm** to set up your appointment.
- 2) When calling to make an appointment, **you should not give your name**. Simply state that you would like to make an appointment with a priest for confession. The office staff will give you some options of availability and mark the appointment down for the priest in an anonymous way.
- 3) **Do not “show up” without an appointment** in fairness to everyone who scheduled their appointments in advance.
- 4) **STAY AT HOME if you are ill with anything contagious**, especially if you are showing symptoms of the COVID-19 coronavirus AND, **if you are of an age or have other factors that put you in the “high risk” category** for getting the COVID-19 coronavirus There will be other opportunities to have your confession heard when you are well.
- 5) **Take your temperature before leaving home** for confessions; if you have a temperature **above 100.4 degrees Fahrenheit** (the threshold “symptomatic” temperature for potential coronavirus) please **do not come to confession; wait until you are healthy**.
- 6) **Wear a mask and use your own hand sanitizer**.
- 7) **Prepare for your confession at home** through an examination of conscience (**see attachment**) – **you will only have 5 MINUTES** to have your confession heard given these extraordinary times.
- 8) **Arrive no more than 5 minutes before** your confession appointment in order to avoid starting a line.
- 9) **A volunteer will be there** to greet you and to let you in Marian Hall at the proper time. You will be instructed to **enter through one door and exit through another**.
- 10) When you enter, avoid touching the surfaces of anything in the room. Stand on the spots marked with an “X” for your confession. You may go anonymously or face-to-face. Speak in a clear normal speaking voice so as to be heard by the priest.
- 11) **Keep your confession brief** – succinctly confess your sins (**5 MINUTE TIME LIMIT**).
- 12) **Please do not use this time for counselling, but only for the forgiveness of your sins**. If you need to speak with a priest about counselling on a particular issue in your life, please make an appointment to discuss this with him outside the confession setting.
- 13) Once the priest gives you absolution, **you should leave Marian Hall immediately to do your penance afterward**. The Church will be locked, so you will not be permitted to go into the church after your confession.

## **An Examination of Conscience Based on the Seven Deadly Sins**

*(based on an examination from My Catholic Life!)*

**Pride:** “Pride is an untrue opinion of ourselves, an untrue idea of what we are not.” Have I a superior attitude in thinking, or speaking or acting? Am I snobbish? Have I offensive, haughty ways of acting or carrying myself? Do I hold myself above others? Do I demand recognition? Do I desire to be always first? Do I seek advice? Am I ready to accept advice? Am I in any sense a “bully”? Am I inclined to be “bossy”? Do I speak ill of others? Have I lied about others? Do I make known the faults of others? Do I seek to place the blame on others, excusing myself? Is there anyone to whom I refuse to speak? Is there anyone to whom I have not spoken for a long time? Am I prone to argue? Am I offensive in my arguments? Have I a superior “know-it-all attitude” in arguments? Am I self-conscious? Am I sensitive? Am I easily wounded?

**Envy:** “Envy is a sadness which we feel, on account of the good that happens to our neighbor.” Do I feel sad at the prosperity of others? At their success in games? In athletics? Do I rejoice at their failures? Do I envy the riches of others?

**Sloth:** “Sloth is a kind of cowardice and disgust, which makes us neglect and omit our duties, rather than to discipline ourselves.” Have I an inordinate love of rest, neglecting my duties? Do I act lazily? Am I too fond of rest? Do I take lazy positions in answering prayers? Do I kneel in a lounging way? Do I delight in idle conversation? Do I fail to be fervent in the service of God?

**Lust:** “Lust is the love of the pleasures that are contrary to purity.” Have I desired or done impure things? Have I taken pleasure in entertaining impure thoughts or desires? Have I read impure material, listened to music with impure lyrics, or looked at impure images, whether in photos or on television or in movies/videos or on the internet? Have I aroused sexual desire in myself or another by impure kissing, embracing, or touching? Have I committed impure actions alone? Do I dress immodestly or am I too concerned with the way I look? Do I use vulgar language or tell or listen to impure jokes or stories? Have I given into sexual desires (e.g. fornication, adultery) even in my imagination? Have I had sexual relations with a person outside of marriage? Have I participated in sexual activity with persons of the same-sex?

**Covetousness:** “Covetousness is a disordered love of the goods of this world.” Do I dispose of my money properly or selfishly? Do I discharge my duties in justice to my fellow man? Do I discharge my duties in justice to the Church?

**Gluttony:** “Gluttony is a disordered love of eating and drinking.” Do I eat to live or live to eat? Do I drink to excess? Do I get drunk? Do I misuse prescription drugs? Do I use illegal drugs? Have I allowed myself to become addicted to alcohol and/or drugs?

**Anger:** “An emotion of the soul, which leads us violently to repel whatever hurts or displeases us.” Am I prone to anger? Does practically any little thing arouse my temper? Am I what is generally

termed “a sore-head”? Do I fail to repress the first signs of anger? Do I fail to get along well with everybody? Do I ponder over slights or injuries and even presume them? Do I rejoice at the misfortunes of others? Do I think of means of revenge? Of “getting even”? Am I of an argumentative disposition? Have I a spirit of contradiction? Am I given to ridicule of persons, places, or things? Am I hard to get along with? Do I carry grudges, remain “on the outs” with anyone? Do I talk about the faults of others? Do I reveal the faults or defects of others? Do I reveal the faults of others from the wrong motive?

“For these and all the sins that I have committed during my life, I am truly sorry.”

#### **ACT OF CONTRITION**

O my God, I am heartily sorry for having offended You, and I detest all 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 occasion of sin. Amen.

***Please depart quietly, remove your mask only when you are in your car, do your penance at home.  
Thank you for your cooperation!***