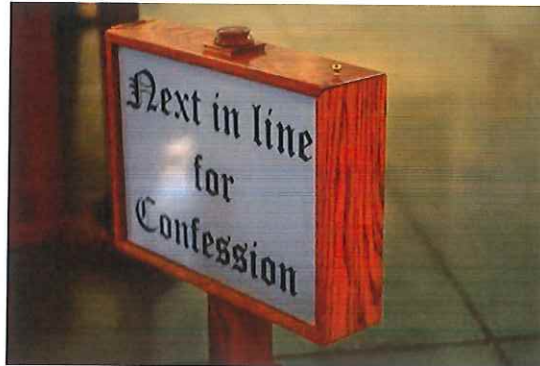


## A Conversation on Confessions



### Where do I even go for Confessions? Do I need to make an appointment?

**Parishioner:** "A lot of surrounding parishes, including Saint Patrick's, typically have confessions the hour before the Saturday evening Mass. Here at St. Patrick's it is from 3-3:45PM. However, I've personally had a hard time making this window due to commitments with young kids. I've also gone several times to the Shrine in Lowell, but that is also sometimes hard to get into downtown and park."

Recently, I preferred the monthly Wednesday night when Father holds confession from 8-9PM or I've even stopped at St. Matthew's in Windham before work at 7:30 AM which works with my schedule."

### A Selection of Confession Times at Some Surrounding Parishes (but not exhaustive)

St Patrick's (Pelham): Sat. 3-3:45PM. Monthly Wed. evening 8-9PM

St Mary & Joseph (Salem): Sat. 3-3:50 PM (Mary Queen of Peace Church)  
Sat. 4-4:50 PM (St. Joseph Church)

St Matthew's (Windham): Mon-Fri 7:30-8:15 AM  
Wed. 6:30-7:00 PM  
Sat. 2:30-3:30 PM

St Kathryn's (Hudson): Wed. 5:30-6:15 PM  
Sat. 9:15-10:00 AM  
Sat. 3:00 - 3:45 PM

St Joseph the Worker Shrine (Lowell):  
<https://www.stjosephshrine.org/mass-and-confession-schedule>

The Diocese of Manchester also has a directory where you can search for confession times:  
<https://directory.catholicnh.org/churchsearch>

## A Conversation on Confessions

### When am I supposed to go to Confession? How often do others go to Confession?

**Parishioner:** "When I was growing up, my pastor at the time recommended that a Catholic go to Confession quarterly or once a season. More recently, I try to go to confession about once a month or every other month. The Church does say that Catholics must go to Confession at least once a year."

**Father Von:** "One of the precepts of the Church (there are five; you can find them in paragraphs 2042-2043 in the Catechism of the Catholic Church) states that 'You shall confess your sins at least once a year.' This precept is meant to prepare our souls to receive Jesus in the Eucharist -- since the Church only requires reception of the Eucharist once a year (at one time many people went years without receiving Communion, even though they went to Mass every week). The reality, though, is that we need Confession much more than once a year, especially if we are receiving Communion every week (or even every day). We need to go to Confession whenever we have serious sin on our souls, especially before we receive Communion. But regular Confession is a good practice, even when you're in a state of grace. I've heard many spiritual masters encourage people to go monthly if you desire to grow closer to God. I go every week -- a practice I started one Lent in college -- and I know that, at times, Pope St. John Paul II went every day. Ultimately, Confession is about continually working on our relationship with Jesus: saying you're sorry when you sin, so you can hear God say, 'I forgive you.' You have to look at your life and decide about how often that is: once a year, during Advent and Lent, once a quarter, every six weeks, once a month, or more. I strongly suggest, though, that you don't leave it to chance, but make a choice about how often you think you should go and put it on your calendar."



## Cluster Penance Service Sunday, March 26<sup>th</sup>

2:00pm

Mary, Queen of Peace Church  
200 Lawrence Rd., Salem, NH

There will be many priests available for  
Confession

Come and experience the Merciful and Healing  
Love of God

Have you considered accepting God's invitation for Reconciliation recently?