

Penance

Whenever we realize that we have hurt someone or “missed the mark” we should make the effort to seek God’s grace in the Sacrament of Penance.

The Sacrament of Reconciliation helps us honor the two great commandments given to us by Jesus. 14

The Sacraments
of Healing
are Penance and the
Anointing of the Sick

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Penance

The sign of this sacrament are the words of forgiveness given by the priest:

“I absolve you from your sins in the name of the Father and of the Son and of the Holy Spirit.”

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Through the
Anointing of the Sick,
Christ reaches out and touches our lives.

It is a sacrament of healing for physical, mental and spiritual sickness.

The sign for this sacrament is the oils.

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