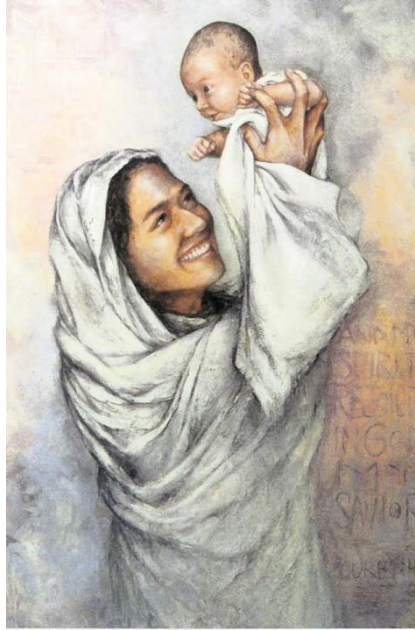


**PREPARATION FOR RECONCILIATION SUNDAY  
- 3rd SUNDAY OF ADVENT – 16/17.12.23**

*CELEBRATING FORGIVENESS IN PREPARATION FOR CHRISTMASTIDE*



**Cardinal Martini**, the wise former Archbishop of Milan who died a few years ago, recommended asking oneself three main questions in preparation for the Sacrament of Reconciliation:

Since my last celebration of reconciliation/in recent months

- ***What do I most thank God for?***
- ***What am I most sorry for?***
- ***Where do I want to ask help and/or healing?***

*You might like to take some time in the coming week to ponder the following questions.*

*Perhaps use a pen and some paper to record your thoughts.*

*Spending time with this reflection is partly about asking God to show you where in your life to look... be open to any surprises....!*

**(A) What do I most thank God for recently? –**

- *and for whom do I most thank God?*
- *how might I show this gratitude?*

**(B) What am I most sorry for?**

- *in my relationships with other people?*
- *in my relationship with myself?*
- *in my relationship with God?*

**(C) In what area of my life do I most want to ask help and healing?**

**(D) And to conclude - *What gift or quality would I like to ask God for this Advent and Christmas?***

*(For example – perhaps? – deepening a sense of wonder and gratitude in my life...)*