

---

## HEART SPEAKS TO HEART: THE GIFT OF RECONCILIATION

### GLOSSARY

<b>Absolution</b>	The act by which a priest grants forgiveness of sins in the name of Jesus Christ.
<b>Baptism</b>	The Sacrament of rebirth and welcome into God's Church.
<b>Canaan</b>	The land which God promised to His people and where Jacob lived with his sons.
<b>Catholic</b>	The worldwide Church founded by Jesus Christ, united in communion with the Pope; the word 'catholic' means 'universal'.
<b>Church</b>	The people who are called and gathered together by God and who are united in their faith and by their Baptism into Jesus Christ and in their celebration of the Eucharist (Holy Mass).
<b>Commandments</b>	Teachings and rules given by God to help us to live the best lives that we can.
<b>Confession</b>	A word which means admitting that we have done wrong. 'Confession' is another name we use for the Sacrament of Reconciliation.
<b>Confessional</b>	A large, wooden box-like piece of church furniture, divided into two by a screen. On one side the priest sits to hear confessions; on the other side the penitent kneels to make their Confession.
<b>Conscience</b>	A special sense of right and wrong (like a voice guiding us in our hearts) which helps us to make good choices.
<b>Contrition</b>	Feeling and saying sorry when we have done something wrong; saying sorry for our sins.
<b>Conversion</b>	A turning from sin and towards Christ.

---

<b>Easter Candle</b>	A large candle blessed and first lit at Easter (also known as the Paschal Candle: 'Paschal' is another word for 'Easter'). The Easter Candle is lit during baptisms, funerals and the season of Easter.
<b>Eucharist</b>	A word which means 'thanksgiving' and is another word used to describe Holy Mass. We usually speak about the Sacrament of the Eucharist.
<b>Examination of Conscience</b>	Taking time to consider what we have done; in particular, what we have done wrong and how we could make right choices in the future.
<b>Forgiveness</b>	The action by which we draw close again to someone who has hurt us, not holding their actions against them but allowing a restoration of our friendship with them.
<b>Grace</b>	A gift from God to help us to live a life of love in friendship with Jesus Christ. By grace, God forgives our sins and makes us like Himself, drawing us into His life through the Holy Spirit.
<b>Holy Communion</b>	The part of Holy Mass where we receive the Body and Blood of Christ. The term 'Holy Communion' is sometimes used to describe the whole of Holy Mass.
<b>Holy Oils</b>	Special oils blessed by the Bishop during Holy Week before Easter. There are three Holy Oils:  <b>The Oil of BAPTISM:</b> for strengthening the person preparing for Baptism to turn away from evil and sin. The proper name for this oil is the <b>Oil of CATECHUMENS</b> (a Catechumen is someone preparing for Baptism).  <b>The Oil of CHRISM:</b> for anointing the newly baptised with the Holy Spirit. The Oil of Chrism is also used during Confirmation and during the Ordination of bishops and priests.  <b>The Oil of the SICK:</b> for anointing the sick and those who are near to death.
<b>Merchants</b>	People who buy and sell goods in large quantities.

---

<b>Original Sin</b>	The sin of Adam and Eve by which we are deprived of original holiness and closeness to God.
<b>Parish</b>	A small area of the Church run by a priest who is known as the Parish Priest.
<b>Penance</b>	A good deed to make up for past wrongs; an outward expression of repentance. The Sacrament of Reconciliation is more properly called the Sacrament of Penance.
<b>Penitent</b>	A person who repents of their sins and seeks forgiveness; someone who comes to celebrate the Sacrament of Reconciliation.
<b>Priest</b>	A man set apart (or 'ordained') to 'preside' at Holy Mass (by leading the prayers and blessing the bread and wine so that they become Christ's Body and Blood). Many priests lead the Church in a particular parish.
<b>Prodigal</b>	Someone who spends money recklessly.
<b>Reconciliation</b>	The Sacrament in which we admit (or 'confess') our sins and receive the forgiveness of God. Reconciliation means restoring friendly relations.
<b>Repentance</b>	A sincere regret for what we have done wrong and the resolve to do better in the future.
<b>Sacrament</b>	One of seven moments of transforming encounter with Jesus Christ when we receive His grace and which happen through the Church. Through words and signs we receive these seven gifts from God.
<b>Sin</b>	Doing something which we know is wrong on purpose; a deliberate act of wickedness. There are two main types of sin: mortal sin and venial sin.  <b>Mortal Sin:</b> a grave sinful act (like murder) which separates us from God's saving grace.  <b>Venial Sin:</b> a sin less grave than a mortal sin which still weakens our relationship with God.
<b>Temptation</b>	A strong desire to do something wrong.