

Sacraments of Healing

Confession or Reconciliation

In the Roman Catholic Church people go to confession to say sorry for the wrong (sin) in their lives and **to experience God's healing through forgiveness**. Confession also permits reconciliation with the Church, which is wounded by the sins people commit. ... Therefore, baptism turns us back to God.

The Confessional hours are as follows:

Wednesday 5pm until 5:50pm

Thursday 5pm until 6pm

Saturday 2:45pm until 4:45pm

Anointing of the Sick

In order to serve the needs of the people of God at Sacred Heart and to be responsible stewards of the gifts given to this parish, Sacred Heart issues the following policy:

1. Suffering and illness have always been among the greatest problems that trouble the human spirit.
 - Although closely linked with the human condition, sickness cannot as a general rule be regarded as a punishment inflicted on each individual for personal sins (Jn 9:3).
 - The Lord himself showed great concern for the bodily and spiritual welfare of the sick and commanded his followers to do likewise.
 - This is clear from the Gospels and above all from the existence of the sacrament of the Anointing of the Sick which He instituted and is made known in the Letter of James.

2. Those who are seriously ill need the special help of God's grace in this time of anxiety, lest they be broken in spirit and, under the pressure of temptation, perhaps weakened in their faith. This is why, through the sacrament of Anointing of the Sick, Christ strengthens the faithful who are afflicted by illness, providing them with the strongest means of support.

3. The sacrament of the Anointing of the Sick may be celebrated:
 - With those whose health is seriously impaired by sickness or old age
 - Near Death
 - Before surgery

Contact the Priest to request the sacrament.