

The Beatitudes proclaim how to be fortunate, blessed. In this sense, they are at the heart of human desires, for, as St. Augustine writes: “we all want to be happy. No one in the whole human race would deny that he wants to be happy, even if he is not sure what to be happy means.”

St. Pier Giorgio Frassati writes: “True happiness does not consist in the pleasure of this world, or in earthly things, but in peace of conscience, which we only have if we are pure of heart and mind.”

Our parish is blessed to have Confession offered every day except Sunday, something that was begun before I arrived at Corpus Christi. Confession is one important way that we receive peace of conscience, as it helps us to attain both purity of heart and mind.

Every Catholic is obliged to confess his or her sins once a year, though confessing one’s sins once each month, or once every two or three months, is a very helpful practice.

When preparing for Confession, we might consider the “Three Bs”: Be brief, be brutal, and begone. Be brief: In Confession, we have only to name our sins; if the priest needs more background or more detail to understand the severity of the sin, he will ask. Be brutal: It is important that we name our sins in Confession and not talk around them; Jesus wants everything from us, even our sins. Begone: Know that God forgives our sins as far as the east is from the west; after we have received Absolution, we can leave the confessional certain of God’s forgiveness and mercy.

“Blessed are the clean of heart, for they will see God” (Matthew 5:8).

Father Frei