

The Sacrament of Penance (III of VII): the Part called Contrition

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Of the Parts of Penance (contrition, confession, satisfaction), the first needing attention is contrition which “demands careful explanation”; for as often as we sin or recall a past sin “should our hearts be pierced with contrition.” (Roman Catechism)

The Fathers of the Council of Trent define contrition: “**A sorrow and detestation for sins committed, with a firm purpose of sinning no more.**” Further, they state: “If joined with a confidence in the mercy of God & an earnest desire of preforming whatever is necessary to the proper reception of the Sacrament, it thus prepares us for the remission of sin.”

Sorrow

When we go to the Sacrament of Confession we must have sorrow for our sin, all of them. This sorrow is a willed act, not a feeling, albeit we may feel bad too.

The word “contrition” means, “breaking into pieces.” When someone offends us, we say, “You broke my heart.” In contrition, we will to break our heart, hardened by sin. Thus, the Church Fathers termed it: *contrition of heart*, *compunction of heart*; and, through His prophet put it: “Be converted to me, with all your hearts in fasting, weeping, in mourning, and rend your hearts.” (Joel 2:12)

Again, as sin (mortal sin) is the worst evil, so our contrition for it must be supreme. No other sorrow, not the death of parents or children or any calamity is properly, therefore, called contrition. “Contrition” uniquely expresses a willed sorrow for having freely forfeited God’s grace & our innocence.

Detestation

Another word for “detestation” is hatred. When we go to the Sacrament of Confession, we must bring a hatred for our sin, all of them. “Whosoever shall keep the whole law, but offend in one point, is guilty of all.” (Jm 2:10)

A firm purpose of sinning no more

With our sorrow and hatred for all our sins committed, we must bring to the Sacrament of Confession “a firm purpose of sinning no more.”

If we had a perfect sorrow and perfect hatred for our sin, we would naturally have an aversion towards sin (e.g., like the food or restaurant that poisoned you); it is because we often have an imperfect sorrow and hatred for sin that this clause is necessary to complete the definition.

To end, on its discussion on contrition, the Catechism states a needful gem for both the Sacrament of Confession and our everyday Catholic life.

It states: contrition is not simply a decision to sin no more, “it supposes, first of all, a hatred of one’s ill-spent life and a desire of atoning for past transgressions.”

This “desire of atoning” is partly fulfilled by the penance given in Confession, but it does not end there. A perfect contrition for sin will want to atone outside the Sacrament as well. Oh, if we only understood this better! We must suffer many things in this life. In each, God gives us many opportunities to atone for our past sin. Alas, what do we do? We mummer, complain, seek revenge, swear to God, etc. when we should have suffered in patience. Do we ever think about this?



St Francis de Sales Catholic Church

An apostolate of the Priestly Fraternity of St. Peter in the Archdiocese of Atlanta preaching the Gospel & sanctifying souls according to the liturgical books of 1962.

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21st Sunday after Pentecost

October 18, 2026, A.D.

Pastor: Fr Chris Hathaway, FssP – pastor@fsspatl.com

Parochial Vicar: Fr. Joseph Favole, FssP – assistant@fsspatl.com

Fr. Brian Austin, FssP, - in residence

Rev. Mr. Doug Anderson, Deacon

Office Manager: Ms. Julieta Sanchez – officemgr@fsspatl.com

Church Office Hours: 8:15 am to 4:15 pm, Monday – Friday

Bookstore Hours: Sundays from 9:45-10:15 am, 12:15-12:45 pm, & 2:15-2:30 pm.

Baptism: Contact the parish three months before a birth.

Marriage: Contact the parish six months before a wedding.

Inquiring about the Catholic Faith? Call the office.

Daily Mass Times

Mon. & Wed.: 6:30 am & 9 am.

Tues. & Thurs.: 6:30 am & 12 noon.

Fri.: 6:30 am & 7 pm (followed by Holy Hour).

Sat.: 7 am & 9 am.

Sunday Mass Times

7 am low Mass

8:30 am low Mass

10:30 am high Mass

1 pm low Mass

Confessions are heard in the confessional box ½ hour before each Mass.

Church Hours

Mon.-Thurs.: 6 am - 5 pm

Fri.: 6 am - 9 pm

Sat.: 6:30 am - 5 pm

Sun.: 7 am - 5 pm

Office Hours

Monday - Friday:

8:15 am – 4:15 pm.

Closed on Holy Days

Liturgical Calendar for the Upcoming Week

DATE	FEAST	CLASS/COLOR	COMMEMORATION
Sun 10-18	21st Sunday after Pentecost	2/W	Propagation of the Faith;
Mon 10-19	St Peter of Alcantara, <i>Confessor</i>	3/W	St Luke
Tues 10-20	St John Cantius, <i>Confessor</i>	3/W	
Wed 10-21	St Hilarion, <i>Abbot</i>	3/W	St Ursula & Comp.
Thu 10-22	Feria	4/G	
Fri 10-23	St Anthony M. Claret, <i>Bishop & Confessor</i>	3/W	
Sat 10-24	St Raphael the Archangel	2/W	
Sun 10-25	Christ the King	1/W	

Mass Intentions for the Upcoming Week

Sun 10-18	(7 am) <i>Pro-populo</i> (8:30 am) Carla Molina + (10:30 am) Wacław Jagiellowicz + (1 pm) Thanksgiving Prayer answer	rb K Repucci rb C Jagiella rb Anonymous
Mon 10-19	(6:30 am) Guillermo Torres (9 am) Louis & Christina Cardoza +	rb I Lavelle rb A-M Fernandes
Tues 10-20	(6:30 am) Mike Mevers (12 pm) Confraternity of Christian Mothers	rb C Conger rb CE
Wed 10-21	(6:30 am) Noemi Cardenas (9 am) No Mass	rb N Cardenas
Thu 10-22	(6:30 am) Paula Kidd (12 pm) Father Michael Sherleza +	rb Christina rb
Fri 10-23	(6:30 am) Noemi Cardenas & son Jonathan (7 pm) Marko Ivanzicevic	rb N Cardenas rb L Chancey
Sat 10-24	(7 am) Vincent & Alexandra Insinga (not at SFdS) (9 am) Patricia & Linus Saldanha +	rb Insinga family rb A-M Fernandes
Sun 10-25	(7 am) <i>Pro-populo</i> (8:30 am) Frank Reilly + (10:30 am) Nancy Calta + (1 pm) Justin Longtin & Kathy Dellajo	rb T & E wells rb S & C Calta rb C Longtin

Fr Hathaway thanks you for your prayers in his travels to visit his parents. He thanks Fr Favole, too, for holding down the fort!

Today, CCD (9:30-10:15 am) & the bookstore is closed.

This week, Monday, staff meeting 1 pm; **Wednesday,** (Deacon Leonard away until 11/7), **Inquiry Class** (7 pm); **Friday,** 7 pm Mass & holy Hour; **Saturday,** no 7 am Mass, FNE campout & Mass (frf, who will offer the 7 am Mass intention elsewhere).

Last week's collection: cash \$6,630.52; online \$5,188.00; total: \$11,818.52.

Attendance: 7 am-Mass 79; 8:30 am-211; 10:30 am-387; 1 pm no Mass; 677 total souls.

On Hell

One day, Fr Favole rode his nice blue bike around the neighborhood to the store. He stopped at a red light where some construction workers were filling a hole. One of these, a young fellow, wanted to draw the priest into an argument. He got his chance when a fellow worker let out the word "O hell!" He said, "Be careful, Joe, or people will think you believe in hell like the good Father here."

With his winning smile, the priest answered, "Don't you believe in hell?"

"Why, no," came the enthusiastic reply. "In fact, I disagree with you completely on that point. You say the wicked will go into everlasting punishment. I don't think so. Let's argue it out."

Slowly and deliberately, the priest responded, "Well, my boy, it is not a disagreement between you and me; it's a disagreement between you and Jesus Christ. Argue it out with our Lord." Then the light turned green and he whisked away on his nice blue bike which, in this story which never happened, could use streamers on the handles and a squeeze horn on the bar.

Confirmation Day at SFdS is May 15, 2027, at 6 pm with Bishop Schlesinger presiding with a reception following at 7 pm with the bishop. Special Confirmation classes will be taught by Fr Hathaway, beginning in 2027, on Sundays after the 1 pm Mass (2:30-3:30 pm) on Jan. 3 (testing) & 17, Feb. 7 & 21, March 7, April 4 & 18 (testing), and May 2 (practice). Father will cover Confirmation and other material; if he discovers he has stellar students on things Catholic, he will reduce the number of classes. Meanwhile, candidates for Confirmation are expected to attend the normal Sunday CCD until the special classes begin. Again, this year, those 13.5 years old or older, at the time of confirmation, may be a candidate. During these classes, Fr Favole will teach and test the 1st communion candidates.

Please pray for (posted for a month): Firoz Hirji, Kenneth & Anna Firoz, Arely Sanchez, Baby Ezra Castillo (10/11); Jana Touns (Deacon Leonard's sister)(10/4), Jamie & Baby Graebner, Tommy Kinsella (10/4) & Leslie Riney (9/20).

November 1, after the 10:30 am Mass, there will be an All-Saints Party on the church lawn with crafts, activities, treats & fellowship. Come as your favorite saint! But not as Fr Favole it may go to his head! The priests will try & guess the saint you are. In case of rain, we will meet in the social hall.

All Souls Weekend at Georgia's oldest Catholic cemetery will be November 6-8 at Heritage. For more information & to register, visit heritageGA.org/events.

November 15, after the 10:30 am Mass, parish potluck! Bring a dish to share!

Maxim of St Francis de Sales

Let us raise up our hearts and behold that the God of all goodness & love, loves us. Let us adore & blessed His will in all things, let Him prune, let Him cut where He will, for we eternally His.