**SEALED. 2. Session 3 – The Sacraments of Healing**

**Teen Reflection:**

From the readings about the Sacraments of Reconciliation and Anointing of the Sick, what teaching stands out to you most? Why?

When is the last time you went to Confession?

**Parent and Teen Reflection:**

Parents, take some time to reflect upon your own struggles in life (i.e. sickness, emotional or physical wounds, broken relationships, your own tendency toward sin) and share a story from your life with your teen about a time that you experienced healing from God. How did that healing come about? Why was it so important for you to bring God into your struggle/suffering?

**FAMILY CHALLENGE:** Pick a day to go to confession together with your family. Go to dinner together after.

**American Martyrs Church Reconciliation (Penance) Times**

Tuesday      7:00am - 7:15am

Wednesday 5:30pm - 6:00pm

Thursday     7:00am - 7:15am

Friday          5:30pm - 6:00pm

Saturday      8:30am - 9:00am and 4:00pm - 4:30pm

Eves of Holy Days 4:00pm - 4:30pm

*Confessions by request anytime. Call the Rectory for appointment, 310-545-5651.*