

## Q&A

*Q: Fr. Alex, where can we find a list of all the sins, to make it easier to prepare for Holy Confession?*

The classic “list” is the 10 Commandments. I have a print-out of these that I can share with our parishioners—and it includes annotations that make each commandment a bit more approachable through thoughtful extensions and modern examples. I encourage people to ask me for this before they come to Confession; it’s a great way to prepare and help you gather your thoughts before coming to lay it all at the Lord’s feet. We should never feel funny or strange about coming to Confession with this type of reflective list or any other list that might be helpful. Everybody functions in a different way. My goal at Confession is to make our parishioners feel comfortable—it’s only then that they can truly feel free to open up before our Lord and have an honest, open conversation with Him.