

What the saints say about confession

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Lent is a time when Catholics are especially encouraged to take advantage of the sacrament of reconciliation. In the Archdiocese of Baltimore, many churches will offer the sacrament March 27 from 3 to 8 p.m as part of the “Light in On for You” campaign., in addition to their regular parish confession schedules. Contact a parish near you or visit archbalt.org for more information.

Saints on confession:

“The beginning of good works is the confession of evil works.”

- St. Augustine

“Do you want to become saints? Here is the secret: confession is the lock; confidence in your confessor is the key. This is how you open heaven’s gates.”

- St. John Bosco

“Our Lord himself I saw in . . . this venerable sacrament. I felt as if my chains fell, as those of St. Peter, at the touch of the divine messenger.”

- St. Elizabeth Ann Seton

“Confess your sins and acknowledge them readily, repenting of them abundantly. And through this confession of the heart and contrition of the soul, you will find cleanliness. ...”

- St. Angela of Foligno

“If you have an ugly toad inside you, my son, let it out! As I have always advised you, the first thing you must mention is what you wouldn’t like anybody to know. Once the toad has been let out in confession, how well one feels.”

- St. Josemaria Escriva

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