

Before coming to **Confession** on **FRIDAY, MARCH 22** between 5:30 - 7:00 PM, examine your conscience; each week a different 'Examen' will be provided. To celebrate the **Sacrament**, start with your state in life [i.e., I'm married, single, parent, etc.] and approximate time since your last Confession; then list all grave, serious, major [mortal] sins by number and kind; a general admission of sinfulness suffices for less serious [venial] sins: i.e., impatience, intolerance, stinginess, lack of charity, forgiveness, etc. After the Priest offers a penance, listen to the **Prayer of Absolution**; please pray one of the **revised Acts of Contrition** PRIVATELY **BEFORE** or **AFTER**.

Act of Contrition #2 - from the revised Order of Penance

Remember, Lord, the compassion and mercy you showed long ago.
Do not recall my sins and failings.
In your mercy remember me, Lord,
because of your goodness.

**EXAMINATION OF CONSCIENCE
BASED ON THE BAPTISMAL PROMISES**

Do you renounce sin, so as to live in the freedom of the children of God?

Have I sought the good life, not only for myself, but for **all** my brothers and sisters? Have I always acted as a child of God, as another Christ, for all the world to see? Have I shown in my attitudes and actions, in my example and priorities, that I am a Christian? As a child of God, do I speak regularly to my God, my loving Father, in prayer? Do I listen to and heed God's voice as He speaks to me in sacred Scripture and at holy Mass?

Do you renounce the lure of evil, so that sin may have no mastery over you?

Have I given into my temptations? Have I failed to help build God's Kingdom on earth? Have I allowed the idols of money, or property, or color, or class, or position to get in the way of loving others? Have I tried to live by God's truth as taught: in the Ten Commandments; in Gospel values; in Church teaching; and by the dictates of my conscience, God's Spirit within me?

Do you renounce Satan, the author and prince of sin?

Have I given up my struggle against sin, or lost hope that God can, and will, help me to 'sin no more?' Have I tried to seek peace and to live in peace as part of one human family? Have I allowed Satan's prejudices to create a barrier to unity and peace? Have I given my attention and deeper trust to money, superstition, or other false gods? Have I voiced my opposition to all forms of darkness: abortion and euthanasia; all types of abuse and injustice; an 'anything goes' mentality?

Do you believe in God, the Father Almighty, Creator of heaven and earth?

Do I see myself, and others, as children of the one Father, who loves us and cares for us? Do I see the hand of God in all created things: in myself; in my neighbor; in the gift of nature? Have I generously used God's gifts of time, health, strength, fortune, and talent in service for the Gospel? As a co-creator of the world with God, have I tried to further establish His Kingdom in my family, at my workplace or school, and among my relatives and friends?

Do you believe in Jesus Christ His only Son, our Lord, who was born of the Virgin Mary, was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father?

Do I believe "God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life" [John 3:16] - which includes me? Do I feel unloved, or uncared for, by God? Have I patiently accepted my disappointments and sorrows by which "in my flesh I am filling up what is lacking in the afflictions of Christ?" [Colossians 1:24] Do I try to 'make it on my own,' forgetting that Jesus is at God's right hand, interceding and pleading for me?

Do you believe in the Holy Spirit, the holy Catholic Church, the Communion of Saints, the forgiveness of sins, the Resurrection of the Body and life everlasting?

Have I ignored the Spirit of God who dwells within the Church, who dwells within me? Have I forgotten that we are all connected by Faith to one another and to the whole Church, here on earth and in heaven? Am I so centered on the things of this world that I have forgotten we are created to share eternal happiness with God in heaven for all eternity? Have I lived as a temple of God's Spirit and a channel of God's love for all to see?



Week One | Restore: Lent with Sr. Miriam James Heidland, SOLT

In the Week One video for the Restore Lent series, Sr. Miriam James Heidland, SOLT, reflects on the theme of the week—the desert. She explains that Jesus is inviting you to move beyond your comfort zone and into the deepest places of your heart with him. It is Jesus who helps you root out the sin, sickness, and self-hatred in your life. Sr. Miriam assures us that we can look to him for comfort, love, and healing.

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