

Before coming to Confession on FRIDAY, APRIL 4 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 #10 - from the revised Order of Penance**

**Lord Jesus, Son of God,  
have mercy on me, a sinner.**

**EXAMINATION OF CONSCIENCE BASED ON  
THE BEATITUDES: MATTHEW 5:3-12**

*Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.*

Do I truly recognize my complete dependence on God? Have I been proud, arrogant or self-righteous, selfish, greedy, possessive or self-seeking? Do I crave status, recognition, power, material possessions or wealth?

*Blessed are they who mourn, for they will be comforted.*

Do I endure difficulties and afflictions with faith and patience? Do I have compassion for the poor, the hungry, the addicted, the sick, the lonely, the sinful?  
Am I truly sorry for my own sins and faults?

*Blessed are the meek, for they will inherit the land.*

Am I gentle with others, or am I harsh in my behavior? Do I seek to dominate others at home, school, work, church and elsewhere? Do I lose my temper, nurse hatred in my heart or the desire for revenge?

Am I impatient, resentful, bitter, unforgiving, insulting or abusive? Do I try to love my enemies?

*Blessed are they who hunger and thirst for righteousness, for they will be satisfied.*

Do I thirst for holiness? Do I truly yearn for God's will to be done, in my life and in all things? Do I try to cultivate a righteous and holy life through prayer, fasting, almsgiving, worship, the reading of Holy Scripture, frequent Confession and Communion? Am I lukewarm in my faith, lazy, negligent or apathetical?

*Blessed are the merciful, for they will be shown mercy.*

Do I turn away from those who need my help? Turn my back on the poor, hungry, rejected, lonely and needy?

Do I strive to understand and forgive others? Am I indifferent or judgmental?

*Blessed are the clean of heart, for they will see God.*

Do I love purity and honesty? Am I dishonest in my speech or actions? Are the motives or intentions of my actions evil or selfish? Have I given way to lust, impure thoughts, words or deeds - prejudice, hypocrisy, pretense or self-indulgent, sinful passions?

*Blessed are the peacemakers,  
for they will be called children of God.*

Am I at peace with God? Do I have God's peace in my heart? Have I been angry, aggressive or impatient? Do I foster peace at home, work, church and community?

Have I been irritable or bold? Have I caused division and discord? Is my criticism harmful and disruptive, or does it build up others in charity?

*Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.*

Have I complained when persecuted for God's sake? Prayed for my enemies? Failed to defend others for fear of humiliation or persecution? Have I had the courage to stand up for the truth despite criticism, ridicule or persecution? Am I afraid to witness my faith in Jesus and His Church?

*Blessed are you when they insult you and persecute and utter every kind of evil against you falsely because of me, for your reward will be great in heaven.*

Is the joy of Christ in my heart, even in trying moments? Do I give thanks to God at all times, in every circumstance, or do I complain often? Have I been pessimistic, negative, despondent, or despairing? Have I truly delighted in the promise of God's treasures in heaven?

**AREA LENTEN PENANCE SERVICES**

St. Joseph Church—Tuesday, March 25, 7:00pm

Saint Maximilian Kolbe Church—Wed., April 2, 12:30pm

**St. Justin the Martyr Church—Friday, April 4, 5:30 to 7:00pm**

Saint Luke Church—Tuesday, April 15, 6:30pm

**Knights Of Columbus #4969113 Tennyson Ave. Toms River,  
2025 Lenten Dinner Menu  
Meals Served 5:30PM to 7:30PM While Quantities last  
Adults \$15.00, Children 7-12 \$7.00**

Week 3 **March 21** Stuffed Shells, Penne w/Vodka Sauce or Linguini w/Clams.

Week 4 **March 28** Cajun Shrimp Pasta (Mild) or Pasta w/Marinara Sauce.

Week 5 **April 4** Eggplant Rollatini, Linguini w/Clam or Marinara Sauce. Bread, Salad, Vegetable Soup,

Week 6 **April 11** Broiled Cod with Mixed Veggies and Potatoes or Penne w/Vodka Sauce *All Meals served with Soup, Salad, Bread, Coffee, Tea, Dessert*