

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 #9 - from the revised Order of Penance

Have mercy on me, O God, according to your merciful love; turn your face from my sins and blot out all my guilt; create a pure heart in me, O God, renew an upright spirit deep within me.

**EXAMINATION OF CONSCIENCE
BASED ON CATHOLIC DOCTRINES**

These questions express specific Catholic doctrines - but remember three things: 1] These questions get at what good Catholics should try their best to do; good Catholics cannot be perfect, otherwise only God could be a good Catholic; fidelity to doctrine is a life-long challenge, for which God has provided the Sacrament of Confession. 2] To one extent or another, everyone finds Catholic doctrine challenging; the problem is not the doctrine but our fallen human nature. 3] It is never too late to start becoming faithful to a doctrine.

1. Do I seek the objective truth about all things?
2. Do I recognize and appreciate objective truth, goodness, and beauty outside the Catholic Church as revelations or reflections of the one true God?
3. Do I live to be in union with the one, true God who is three Divine Persons of Father, Son, and Holy Spirit and to share in Their perfect love?
4. Do I accept that the one, true God has most fully revealed Himself in Jesus Christ, who is God the Son?
5. Do I accept that Jesus Christ has most fully revealed Himself in His Death and Resurrection?
6. Do I accept that Jesus Christ is best known or revealed in the Sacred Scripture and Sacred Tradition of the Catholic Church, which Christ Himself founded?
7. Do I accept that only the Magisterium has the God-given authority to interpret Sacred Scripture and Sacred Tradition and thus to define the Catholic Faith in doctrines that are always and everywhere true?

8. Do I accept the doctrine and discipline taught by the Magisterium while knowing that I do not have to agree with their social analysis and prudential judgments?
9. Do I respect the office of the Magisterium even when it is held by sinful men?
10. Do I accept Catholic doctrine about salvation: Heaven, Hell, Purgatory, and Judgment?
11. Do I accept that the Catholic Faith alone has the fullness of the means of salvation - the most complete creed, worship, morality, and prayer?
12. Do I try to act according to Catholic moral doctrine, which is based on the New Testament's two Great Commandments to love God and love neighbor, and the Old Testament's Ten Commandments? Do I love God more than anything else? Do I love others by treating them as I would want to be treated? Do I obey all of God's Commandments?
13. Do I worship according to Catholic liturgical teachings, especially by participating in Mass every week on the Lord's Day and on Holy Days of Obligation (or their vigils) and by going to Confession regularly?
14. Do I pray daily and try to discover the many forms of prayer in the Catholic Faith?
15. Am I developing a unique personal relationship with God that never contradicts Catholic doctrine?
16. Do I support the Church, especially a Parish, to the degree my time, talent, and treasure allow?
17. Am I a Catholic 24/7? Is my Catholic identity what most defines me - more than race/ethnicity, economic class, gender, sexual orientation, culture, family, personality, physical appearance, job, or anything else?
18. Do I try to convert/invite non-Catholics to the Catholic Church, while respecting the religious freedom of others, by proposing and not imposing what can only be known by Faith?

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 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**