

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 #8 - from the Rite of Penance

Lord Jesus Christ, Lamb of God,
 who take away the sin of the world,
 through the grace of the Holy Spirit
 be pleased to reconcile me with your Father;
 cleanse me in your Blood from every fault
 and make me fully alive to the praise of your glory

**EXAMINATION OF CONSCIENCE USING
 SAINT FRANCIS OF ASSISI'S PEACE PRAYER**

Lord, make me an instrument of your peace.

Have I allowed the Spirit of Jesus into my life, or have I been busy about many things, seeking peace elsewhere? Have I sought to find my peace and escape my responsibilities through such things as alcohol, drugs, self-centered pleasures, etc.? Have I allowed God to love and forgive me?

Where there is hatred, let me sow love.

Am I willing to take that extra step needed to bring bitterness and resentment to an end? Do I have the courage to love my family, my friends, my neighbors, even myself - the way Jesus loves - sacrificially? Would someone see in my relationships the words: "See how these Christians love one another?"

Where there is injury, pardon.

Have I built bridges between people? Or do I fan the flames of discord, enjoying the little sarcasms and petty feuds that bedevil the world? Is there someone in my life who cannot feel healed and made whole until I say, "I forgive you?"

Where there is doubt, faith.

Have I been the sort of person in whom someone can believe? Do I make possible the kind of experiences of personal faith that set the stage for faith in God? Am I willing to put my own faith on the line, even at the risk of being mocked or put down? Am I willing to share my faith, through prayer and involvement?

Where there is despair, hope.

Do I project the image of a hopeful person? Am I optimistic? Or am I a grouch, able to see only the deficiencies of human nature and not the grace of God at work within us? Am I willing and able to listen to the person who needs me to hear? Do I care and take time to listen with the ear, but also with the heart?

Where there is darkness, light.

Do I seek to live and act in the light or would I rather hide under cover of darkness? Am I an apostle of God's Light? Or have I created shadows and gloom in the lives of people, treating them as objects rather than as persons, hurting their feelings, and damaging their good name by gossip or slander?

Where there is sadness, joy.

Am I a joyful person, or a prophet of gloom? Am I able to laugh, even at myself, and see the humor that exists at the heart of our pilgrim experience? Are people enriched and gladdened or diminished and saddened whenever they meet me?

O Divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love.

Have I discovered what it means to be, like Jesus, a person for others? Do I believe that the more I give in love, the more I have to give?

For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.

In what way am I a prisoner of self today, held captive by fear or guilt or doubt or sin? What is there in me that must die, if I am to live and breathe free, and know that I am loved by God? Will I be reborn this Lent through the confession of my sins?

AREA LENTEN PENANCE SERVICES

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 #4969

113 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

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