

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 #5 - from the revised Order of Penance

O God, most merciful Father,  
like the Prodigal Son, I turn to you and say:  
I have sinned against you;  
I am no longer worthy to be called your child.

O Jesus Christ, Savior of the world,  
like the thief to whom you  
opened the gates of paradise,  
I beg you: Lord, remember me in your Kingdom.

O Holy Spirit, fount of love, with trust I call on you:  
Purify me; make me walk as a child of the light.

**EXAMINATION OF CONSCIENCE  
BASED ON SAINT PAUL'S 'LOVE POEM'**

One of Saint Paul's best-known compositions is often proclaimed at weddings; however, it applies to all of us, at all times. How well do we live by the familiar words?

"Love is patient, love is kind.

It is not jealous, it is not pompous, it is not inflated,  
it is not rude, it does not seek its own interests,  
it is not quick-tempered, it does not brood over injury,  
it does not rejoice over wrongdoing  
but rejoices with the truth.

It bears all things, believes all things, hopes all things, endures all things. Love never fails."

1 Corinthians 13:4-8a

Love is patient. Have I been patient with others? With God? With myself? With the small, slow steps usually required for almost anything in our imperfect world?

Love is kind. Are my words and deeds meant to build up or break down? Heal or hurt? Soothe or sting?

Love is not jealous. Do I put others down to lift up myself? Undermine or sabotage them? Allow my heart and mind to be poisoned by resentment or envy, bitterness or rage, negativity or self-pity?

Love is not pompous. Do I 'put on airs' or exaggerate my own importance? Brag or boast? Overinflate or exalt my own needs or desires?

*Love is not inflated.* Do I do things for others for my own benefit, to be thanked and praised - or do I truly help others simply because they need my help?

*Love is not rude.* Have I been compassionate, gentle, and respectful in all I say or do? Are the words, please and thank you a regular part of my vocabulary?

*Love does not seek its own interests.* Is my main goal to help myself or others? To make myself happy or others? To please God or others or to please myself?

*Love is not quick-tempered.* Do I easily 'fly off the handle' or do I try to temper and properly express my justified anger? Do I 'count to ten' or take a step back so my justified anger does not control what I say or do?

*Love does not brood over injury.* Do I 'nurse my wounds' to help cure them or make them worse? Do I more quickly count 'the wrongs' - or count 'the rights'?

*Love does not rejoice over wrongdoing but rejoices with the truth.* Do I find joy in other's failures or mistakes, sorrows or woes, misfortunes or challenges? Do I love to spread the bad news or brag about my misdeeds?

*Love bears all things, believes all things, hopes all things, endures all things.* Do I allow my doubts that God's love can - and will - conquer everything - even death itself - keep me from being a channel of God's love - to others - and even to myself?

*Love never fails.* Am I "convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord?"

[Romans 8:38-39]



**Knights Of Columbus #4969**  
113 Tennyson Ave. Toms River, NJ  
**2025 Lenten Dinner Menu**  
Meals Served 5:30PM to 7:30PM  
While Quantities last  
Adults \$15.00, Children 7-12 \$7.00

Week 2 **March 14** Shrimp Scampi or Pasta with Marinara Sauce

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*