

Palm Sunday of the Lord's Passion ~ March 20, 2016

Welcome to St. Mary! If you would like to become a parishioner, we invite you to complete a registration form, which can be found in the information kiosk. You may place the completed form in the collection basket during the Offertory of the Mass or mail it to the Parish Office. You may also request a registration form via our website. If you are moving away from the parish, please call the parish office and notify us so we may remove your name from our registry. Thank you.

PARISH NOTICES:

All Palm Sunday Masses will begin in the gym. We will process with palms to the Church.

There will be no Religious Education classes or Children's Choir practice held on Palm Sunday or Easter Sunday.

The Divine Mercy Novena will begin at 3:30 p.m. on Good Friday and continue daily at 3:00 p.m. through Sunday, April 3 (Sunday of Divine Mercy).

INCENSE NOTIFICATION

Incense will be used during the following Masses:

- Sunday, March 20 at 10:30 a.m. (Palm Sunday)
- Thursday, March 24 at 6:00 p.m. (Holy Thursday)
- Saturday, March 26 at 8:00 p.m. (Easter Vigil)
- Sunday, March 27 at 11:00 a.m. (Easter Sunday)
- Sunday, April 3 at 11:00 a.m. (Divine Mercy Sunday)

SAVE THE DATE!

Fr. Jude Eli

Monday, April 11 - Thursday, April 14
10:00 a.m. - 11:30 a.m.

The Church's Relationship to Islam:
The Sharing of the Same God.



Please see the upcoming bulletins for more information.

The Anacortes Cinemas presents:

THE TEN COMMANDMENTS (1956)

Sunday, March 20 at 2:00 p.m.

If 20 or more people RSVP, a \$2 discount per person will be applied. Please RSVP to the Parish Office.



EUCHARISTIC ADORATION OPEN HOURS AVAILABLE

SUNDAY	2 am; 6 pm
MONDAY	12, 1, 2, 3 am; 11 pm
TUESDAY	1, 2, 3, 4 am
WEDNESDAY	3, 4 am; 11 pm
THURSDAY	12, 1, 2, 3 am
FRIDAY	3 am
SATURDAY	11 pm

Mass Intentions

March 22 Jim Murphy +
March 23 Ray Horn +

Weekly Calendar of Events at the Parish

Sunday, March 20 - Palm Sunday

- 7:30 a.m. Sacrament of Reconciliation, Church
- 8:00 a.m. **Mass**, Church
- 9:00 a.m. Knights of Columbus Pancake Breakfast
- 9:45 a.m. Sacrament of Reconciliation, Church
- 10:30 a.m. **Mass**, Church
- 11:30 a.m. Coffee Hour, Rm. 5, FAC
- 11:30 a.m. Healing Ministry Prayer Team, Rm. 6, FAC
- 3:00 p.m. Cub Scout Pack Meeting, FAC
- 5:00 p.m. Faith Formation, St. Paul
- 5:00 p.m. Sacrament of Reconciliation, St. Paul
- 6:00 p.m. **Mass**, St. Paul, Swinomish Reservation

Monday, March 21

No Mass

- 5:30 p.m. Alpha Marriage Prep Class, Rm. 5, FAC
- 7:00 p.m. Joy of the Lord Prayer Group, Church

Tuesday, March 22

- 3:00 p.m. Healing Ministry Class, Rm. 6, FAC
- 5:30 p.m. Sacrament of Reconciliation, Church
- 6:00 p.m. **Mass**, Church
- 6:45 p.m. Seven Sorrows Rosary, Church
- 7:00 p.m. Blue Knights/Little Flowers Meeting, FAC
- 7:00 p.m. Confirmation Class

Wednesday, March 23

- 8:30 a.m. Sacrament of Reconciliation
- 9:00 a.m. **Mass**, Church
- 10:00 a.m. Steps on a Journey, Rm. 6, FAC
- 6:00 p.m. RCIA, Rm. 6, FAC

Thursday, March 24 - Holy Thursday

- 10:30 a.m. *Revelation*, Rm. 5, FAC
- 6:00 p.m. **Mass**, Church - INCENSE WILL BE USED

Friday, March 25 - Good Friday

No Mass

- 3:00 p.m. Stations of the Cross, Church
- 3:30 p.m. Divine Mercy Novena, Church
- 4:00 p.m. Seven Sorrows Rosary, Church
- 6:00 p.m. **Celebration of the Lord's Passion**, Church

Saturday, March 26 - Easter Vigil

- 3:00 p.m. Divine Mercy Novena, Church
- 8:00 p.m. **Easter Vigil Mass**
- INCENSE WILL BE USED

Sunday, March 27 - Easter Sunday

- 8:00 a.m. **Mass**, Church
- 11:00 a.m. **Mass**, Church - INCENSE WILL BE USED
- 3:00 p.m. Divine Mercy Novena, Church
- No Mass - St. Paul Reservation**

March 20, 2016

**Archdiocesan Council of Catholic Women
Northern Deanery Meeting
Saturday April 2, 2016**

The Northern Deanery of the Archdiocesan Council of Catholic Women (ACCW) will hold their meeting at Immaculate Conception Church in Arlington, WA. The meeting begins at 10:00 a.m. and will include lunch and a speaker. It will close about 2:00 p.m. A fee of \$5.00 is asked to cover the cost of the luncheon. All are welcome, so please come and meet others from our Northern Deanery parishes.

Faith Formation & Liturgy

Religious Education News:

On Sunday, March 20 (Palm Sunday) and Sunday, March 27 (Easter), there will be no Religious Education classes.

YOUTH GROUP NEWS:

There will be no youth group on Thursday, March 24 in recognition of Holy Thursday.

For questions or further information, please contact Sarah Marks at fform@stmaryanacortes.org or call the Parish Office at 360-293-2101.



**Make Your Marriage a Priority this
Lenten Season**

It's not too late to focus on something positive during Lent – making your marriage everything God intended it to be. Retrouvaille (pronounced retro-vi) can help you rediscover your spouse and move forward in a more positive and loving way. For confidential information about, or to register for our upcoming program beginning **April 8-10, 2016** call **360-671-6479** or visit our website at www.HelpOurMarriage.com.

BELLES OF ST. MARY

Our **Spring Rummage Sale** is **April 21-23, 2016**. The small shed door is open daily from 9:00 a.m. to 5:00 p.m. to accept clean and gently used household items and clothing. Please hold larger items until the week of March 29th when those items can be directly put into the gym.

Thank you for your donations and making past sales very successful!

SAVE THE DATE!

**Iron Sharpens Iron
Seattle Catholic Men's Conference
Manhood in the Year of Mercy**

For Adult Men of All Ages
April 23, 2016
8:00 a.m.—4:30 p.m.

Mary Queen of Peace Catholic Church
1121 228th Ave. SE Sammamish, WA 98075
For more information, visit SeattleMensConference.org.



MARRIED COUPLES – Spend a weekend focused on your relationship without outside distractions (work, TV, Sports, chores, children) Apply for the next Worldwide Marriage Encounter Weekend – it's the best gift you'll ever give to each other and your marriage! Enjoy a **Worldwide Marriage Encounter** weekend at Sheraton Bellevue Hotel in Bellevue on **May 20 – 22, 2016**. Information call 206-772-2344 or apply on-line at www.wmme.org. Additional dates and locations are listed on-line.

Items of interest...

The St. Mary Parish Office has several books available for your purchase:

Be Healed, by Dr. Bob Schuchts. The book is highly recommended by Fr. Straz, and by parishioners who have already purchased it. \$17.

Two books about Our Lady of Kibeho. Proceeds from the sale of these books go toward building a basilica.

- ***Our Lady of Kibeho***, \$14.
- ***If Only We Had Listened***, \$19.

33 Days to Morning Glory, larger print, expanded information. Be ready for the parish consecration to Mary! \$10

My God, my God, why have you abandoned me?
Psalm 22:2a



SAVE THE DATE

**Immaculate Conception Regional School
Annual Big Blue Auction
Friday, April 22**

Through the years, the annual fundraiser provides the Immaculate Conception Regional School with needed funds for staff, students, and families. We greatly look forward to your participation for this year's auction!

**St Mary Stewardship of Treasure
March 12-13, 2016**

Offering Envelopes	\$6,061
Loose Collection	\$875
Online Collection	\$2,005
Total	\$8,941
Weekly Income Budget	\$9,500

Good Leaders, Good Shepherds
donations to date: \$7,030

Dear Parishioners,

Last Week's Word: *Shame and guilt is a very common problem that priests are presented with. How do we deal with the guilt and shame of our past, especially when we still feel guilty after receiving the Lord's forgiveness in the Sacrament of Reconciliation?*

While the terms are often used interchangeably, let's consider guilt as awareness of the wrong that we have done and shame as considering myself a bad person because of what I have done. Notice the difference: one is a fact, the other is a condemnation. We know that God's nature is Mercy and Jesus condemns no one, but the devil's name is the "Accuser." When guilt is not properly dealt with, it turns into shame.

Sometimes guilt over what we have done can make us want to crawl into a cave and never come out. This should flag us that the guilt is turning into shame, which is not healthy. One priest once advised someone in this way, "Your past is no longer your condemnation, but your teacher; now that you are forgiven this sinful act can no longer condemn you, but it can now teach you how to change your life and to be more compassionate to others."

Pope Francis recently spoke about guilt and shame in relation to the Sacrament of Confession. He said Confession is not about what I have done wrong, but it's about how Jesus can show me Mercy and make things right. In other words, "It's not about you, it's about Jesus!" When we come to the Cross this Holy Week, let's bring Jesus our guilt and shame and leave it there at the foot of the Cross, to be covered by Christ's Merciful Blood. Let us only take with us Jesus Mercy, and leave the guilt and shame behind!

Stewardship of Time for God: Eucharistic Adoration.

Lent and Easter are the times that we focus in a special way on how much Time we give to God. At St. Mary's, we are especially focusing on Eucharistic Adoration at the St. Peter Julian Eymard Chapel at St. Mary's. Please prayerfully consider spending some time with Jesus in Eucharistic Adoration this year!

Good Leaders Good Shepherds

THANK YOU to so many for your generous support of my participation in **Good Leaders, Good Shepherds!** Please see the bulletin for updates on our goal to continue to provide Leadership Formation to our priests and lay leaders.

Holy Week Schedule in Bulletin. We again welcome St. Paul's to our Triduum and Easter Liturgies!***NEW! Community of Mary – Family of the Gospel***

Some will remember that shortly after I arrived last July, the **Bishop of Assisi Italy, Bishop Domenico Sorrentino** made a brief visit to St. Mary's with a new community of Sisters he founded in Italy: **Sr. Benedetta Maria and Sr. Angela of the Ardent Disciples of Jesus Crucified**. The trio visited our Archdiocese for almost a month last summer, hosted by Fr. Ed White of **St. Stephen the Martyr Parish in Renton**, with the **welcome of our Archbishop Peter Sartain**. Together this "Italian Contingent" presented to us the proposal of Bishop Sorrentino's family-based initiative, ***The Community of Mary – Family of the Gospel***. This is a small-faith community outlined by Bishop Sorrentino in his book *The Church as Family*, which has yet to be translated into English (hopefully soon by Ignatius Press).

The **Family of the Gospel** consists of groups of individuals, including families, singles and widowed/divorcees, meeting 2-4x a month to learn about Consecration to Jesus through Mary and to study the Gospel together, while sharing and supporting each other in daily life. Sr. Benedetta Maria conducts the first stage of formation via Skype from Italy. Currently there are 5 groups in our Archdiocese with the Blessing of Archbishop Sartain.

Sr. Benedetta Maria will be in Anacortes on Easter Wednesday, March 30th to meet with those who are interested in entering into the formation program for the Family of the Gospel. All are welcome. Those interested should **contact Heather Mack or Kelly Buyske** for more information and to sign up for the March 30th gathering.

NEW! Evangelization Committee

Last week I met with an enthusiastic group of volunteers who would like to start an **Evangelization Committee** here at St. Mary's. If you are interested in joining, please contact Sarah Marks at the Faith Formation Office, x104.

Fr. Straz

St. Mary & St. Paul Lent and Easter Calendar
Palm Sunday, March 19-20
All Masses Begin in gym and process to the Church

Holy Week

Holy Thursday, March 24

6:00 p.m. **Mass of the Lord's Supper**
Followed by Adoration until midnight in
Room 4 of the FAC

Friday, March 25—Good Friday

3:00 p.m. **Good Friday Stations of the Cross**
 3:30 p.m. **Divine Mercy Novena begins**
 4:00 p.m. **Seven Sorrows Rosary**
 6:00 p.m. **Veneration of the Cross with Communion**

Easter

Saturday, March 26—Easter Vigil

8:00 p.m. **Mass, Easter Vigil**
 3:00 p.m. **Divine Mercy Novena**

Sunday, March 27—Easter Sunday

8:00 a.m. **Mass**
11:00 a.m. Mass
12:00 Easter Egg Hunt
 3:00 p.m. **Divine Mercy Novena**

March 28 through March 31: No Daily Mass

March 28 through April 3

3:00 p.m. **Divine Mercy Novena Continues**

April 1—First Friday

9:00 a.m. **Mass**
 Adoration in the Church

April 2

10:00 a.m. **First Saturday Benediction and Mass**
 3:30 p.m. **Sacrament of Reconciliation**
 5:00 p.m. **Vigil Mass**

Sunday, April 3—Divine Mercy Sunday

7:30 a.m., **Sacrament of Reconciliation**
 8:00 a.m., **Mass**
 9:45 a.m., **Sacrament of Reconciliation**
11:00 a.m. Mass
 3:00 p.m. **Holy Hour of Mercy with sung Divine Mercy**
Chaplet. Adoration and Benediction of the
Blessed Sacrament.

5:00 p.m. **Sacrament of Reconciliation, St. Paul**

6:00 p.m. **Mass, St. Paul**

Monday, April 4 - Feast of the Annunciation of the Lord

6:00 p.m. **Mass, Church**

Stewardship Reflection

Is 50: 4-7; Ps 22: 8-9, 17-20, 23-24; Phil 2: 6-11; Lk 22:14 – 23:56



Today, Palm Sunday, is the sixth and last Sunday of Lent and marks the beginning of Holy Week for us. Officially the Church calls this day Palm Sunday of the Lord's Passion. There is a dichotomy in this name that we must acknowledge for it reflects, in many ways, who we are and how we sometimes act.

On the one hand is Palm Sunday, a time of celebration that marks Jesus' triumphant entry into Jerusalem. It is a time of joy and celebration and we all festively raise our palms in salute to our King. However, as the readings continue, the mood turns somber with the reading of the Passion of the Lord.

As we stand for this Gospel, and play a part, we call out, "Crucify him! Crucify him!" What a change, beginning with Hosanna! and ending with condemnation. Although we may be intellectually aware that we are playing the part of the people of Jesus' time, we really must reflect on whether this also represents how we can be today.

Do we glorify Christ at one moment, but then condemn him through our own actions, our own inability to fulfill His expectations for us? Of course we do. As Lent culminates and Easter comes upon us, it is time for us to admit our sins and to vow as good stewards to live out the love to which the Lord has called us. Jesus made His sacrifice for us with determination to save us. Should we not show the same fortitude in converting our lives?

What you give up for LENT
changes LIVES

Turn your Lenten alms
into HOPE

CRS RICE BOWL



Bring your CRS Rice Bowl this week during Holy Week and Easter Sunday. Thank you!

Safe Environment Class

St. Mary will offer a Safe Environment Class on Saturday, April 16. If you volunteer in **any** capacity with minors or vulnerable adults, adult faith formation, serve as greeter/usher, sacristan, are new to the parish, or have not taken a class in over a year, you may be required to do so. Please call the office if you are uncertain of your certificate status, or have other questions about the Safe Environment Program. Call Ruth at 360-293-2101. To register for the class, visit www.virtus.org



BEGINNING ON EASTER SUNDAY

St. Mary will have a new Sunday Mass schedule:

Sunday Morning: 8:00 a.m.
 Sunday Morning: 11:00 a.m.



Knights of Columbus
Pancake Breakfast
Sunday, March 20
after the 8:00 a.m. Mass



Easter Sunday, March 27
12:00 noon, Parish
Grounds. If it's raining,
the hunt will be in the
Father Auer Center.

Palm Sunday

THE GOSPEL OF MERCY

Lenten Reflection for the Year of Mercy

The Passion of the Lord

Luke 19:28-40; Luke 22:14-23:56

On Palm Sunday, we have two distinct Gospels, each with its own unique feeling. The first Gospel and today's procession prepare us to hear the proclamation of the Passion and to celebrate Holy Week.

Within our Christian liturgies, we have many instances of processions. Today's procession with palms isn't only about Jesus; it isn't just a reenactment of something that happened a long time

ago. In this procession, we engage our whole selves, even physically moving from one place to another, to symbolize our own journey — our Lenten journey, our lifelong journey. The Paschal Mystery — Jesus' life, suffering and death, and resurrection — is also lived by each of us, not only at the end of our lives but also in our daily struggles and pain, the everyday dyings and risings.



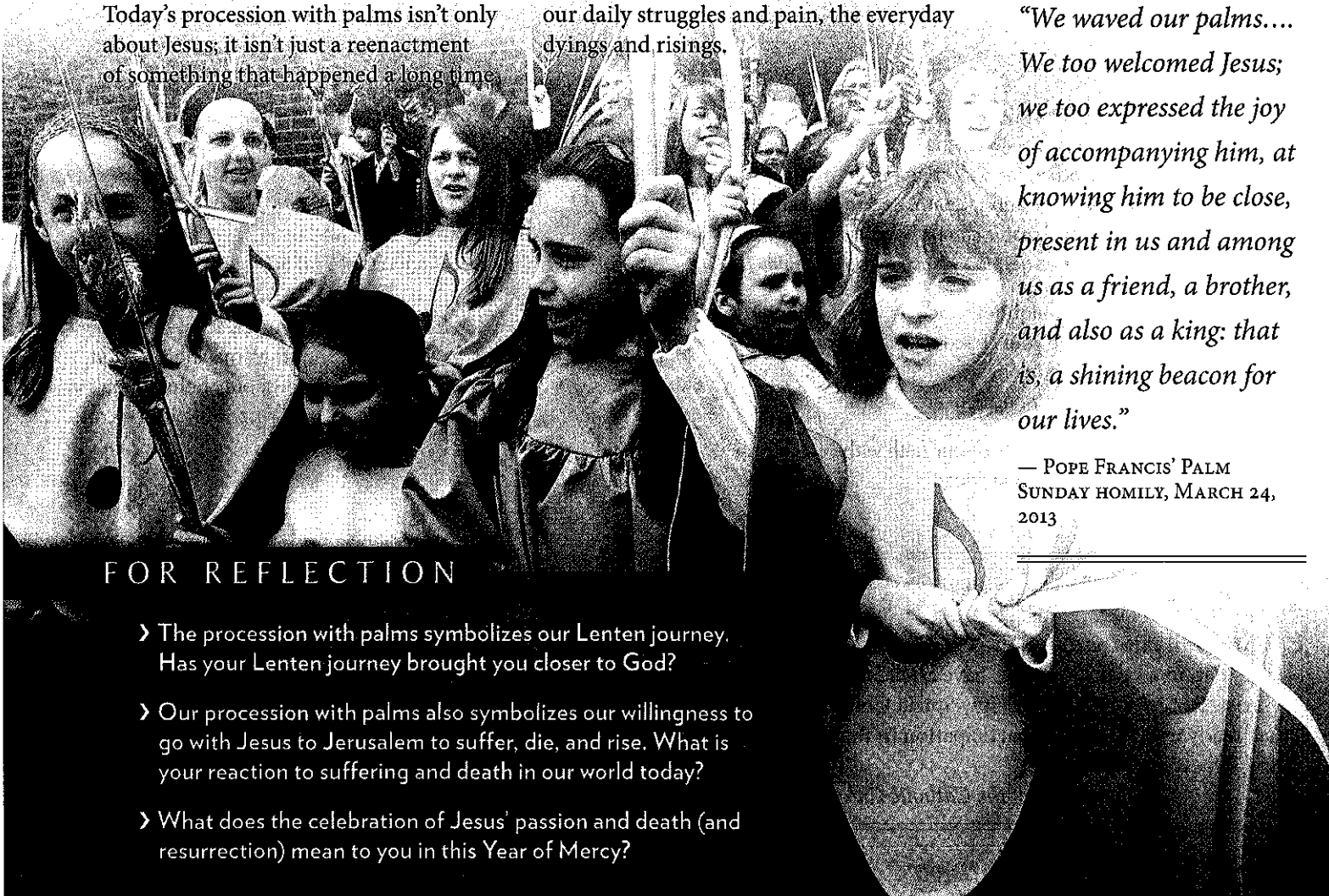
Paul Haring/CNS, Karen Callaway

"We waved our palms... We too welcomed Jesus; we too expressed the joy of accompanying him, at knowing him to be close, present in us and among us as a friend, a brother, and also as a king: that is, a shining beacon for our lives."

— POPE FRANCIS' PALM SUNDAY HOMILY, MARCH 24, 2013

FOR REFLECTION

- › The procession with palms symbolizes our Lenten journey. Has your Lenten journey brought you closer to God?
- › Our procession with palms also symbolizes our willingness to go with Jesus to Jerusalem to suffer, die, and rise. What is your reaction to suffering and death in our world today?
- › What does the celebration of Jesus' passion and death (and resurrection) mean to you in this Year of Mercy?



symbols of the season

Palms

In ancient times, palm branches symbolized goodness and victory. They were often depicted on coins and important buildings. Solomon had palm branches carved into the walls and doors of the Temple (see 1 Kgs 6:29). Regarded as sacred from early Semitic times, they were carried by the Jews as a sign of triumphant rejoicing. In the Book of Revelation (7:9), people from every nation raise palm branches to honor Jesus.

The leftover palms from Palm Sunday are saved in many churches to be burned the following year to make ashes used in Ash Wednesday services. The blessed palms are sacramentals (sacred signs which remind us of God's presence).



Merciful Moments

- › The entire family of God, indeed all creation, continually lives the Paschal Mystery (suffering, death, and resurrection). *Is there some place in the world that is currently experiencing deep suffering and grief? Is there something you could do to help?*
- › Take a walk around your neighborhood. As you walk, think about the people who share your space on this journey or procession of life. *Is there someone who needs your compassionate mercy, your gentle care, your thoughtful attention?*
- › Plan to celebrate the key events of our faith with your parish community during the Triduum services.

Catechism CONNECTION

“Christ will raise us up ‘on the last day’; but it is also true that, in a certain way, we have already risen with Christ. For, by virtue of the Holy Spirit, Christian life is already now on earth a participation in the death and Resurrection of Christ.”

— *Catechism of the Catholic Church*, 1002

Faithful Family

Wave
Those
Palms



Placing palms in a vase or jar in the center of your table keeps them central in your home. You may also want to adopt customs from other countries: In Italy people offer palms as a token of reconciliation and peace to those with whom they have quarreled or lived on unfriendly terms. In the Slavic countries, farmers place blessed palms in their fields and buildings, asking God's blessing on the year's harvest and all their possessions.

- › As we approach Easter, commit yourself anew to using the Sign of the Cross: bless one another, making the Sign of the Cross on each other's foreheads; pray before meals in restaurants, making the Sign of the Cross; and place a cross in your home.

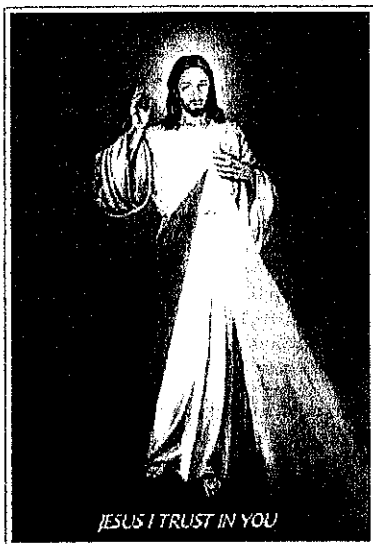
Lenten Prayer

Jesus, our brother, you taught us how to live and how to die. Sharing in your passion, we also share in your resurrection. Make me more aware of how I walk your journey, of how compassionately you walk with me in my faith journey.



The Sunday after Easter is Divine Mercy Sunday!

How should we prepare for this great Feast of Mercy?



Jesus told St. Faustina that this Feast of Mercy would be a very special day when **“all the divine floodgates through which graces flow are opened”**. (Diary 699) Our Lord made a great promise to all those souls who would go to Confession and then receive Him in Holy Communion on the Feast of Mercy, on the Sunday after Easter, which is now called Divine Mercy Sunday throughout the Catholic Church.

Jesus promised that **“The soul that will go to Confession and receive Holy Communion shall obtain the complete forgiveness of sins and punishment.”**(Diary 699) He went on to say **“I want to grant a complete pardon to the souls that will go to Confession and receive Holy Communion on the Feast of My Mercy.”** (Diary 1109)

We want to encourage everyone to take advantage of this incredible promise and the additional Plenary Indulgence on this great Feast of Mercy “Divine Mercy Sunday”. We want you to benefit fully from these promises, and we also want you to notify all of your family and friends about them too and urge them to return to the practice of their faith!

The Image of The Divine Mercy, which Our Lord requested to be solemnly blessed and venerated on this day, will be on display in our church. Pope John Paul II said that the image portrays the Risen Jesus Christ bringing Mercy to the whole world. Our Lord said **“I want the image to be solemnly blessed on the first Sunday after Easter, and I want it to be venerated publicly so that every soul may know about it. I promise that the soul that will venerate this image will not perish”**. (Diary 341, 48) Please take the time to visit with this Image of The Divine Mercy and venerate Jesus.

Jesus said to St. Faustina **“I am offering people a vessel with which they are to keep coming for graces to the fountain of mercy. That vessel is this image with the signature: Jesus, I trust in You”**. (Diary 327) **“The two rays denote Blood and Water. The pale ray stands for the Water which makes souls righteous. The red ray stands for the Blood which is the life of souls. These two rays issued forth from the very depths of My tender mercy when My agonized Heart was opened by a lance on the cross. ...Happy is the one who will dwell in their shelter, for the just hand of God shall not lay hold of him.”** (Diary 299)

About the feastday “Divine Mercy Sunday”, Jesus said **“...tell the whole world about My inconceivable mercy. I desire that the Feast of Mercy be a refuge and shelter for all souls, and especially poor sinners. On that day the very depths of My tender mercy are open. I pour out a whole ocean of graces upon the souls who approach the Fount of My Mercy. On that day all the divine floodgates through which graces flow are opened. Let no soul fear to draw near to Me, even though its sins be as scarlet... Mankind will not have peace until it turns to the Fount of My Mercy”**. (Diary 699)

Our Lord said **“When you go to confession, to this fountain of My mercy, the Blood and Water which came forth from My Heart always flows down upon your soul...”** and **“Every time you go to confession, immerse yourself entirely in My mercy with great trust, so that I may pour the bounty of My grace upon your soul. When you approach the confessional, know this, that I Myself am waiting there for you. I am only hidden by the priest, but I Myself act in your soul. Here the misery of the soul meets the God of mercy”** (1602) **Make your confession before Me. The person of the priest is... only a screen. Never analyze what sort of a priest that I am making use of; open your soul in confession to Me, and I will fill it with My light.”** (1725)

It is required of all Catholics to confess their serious sins at least once every year. If you haven't yet met this obligation then take advantage of this outstanding opportunity to receive an outpouring of an ocean of graces that Jesus promises on this day. Those who have already confessed their sins should make room for others.

The Church allows for one to go to Confession for up to about 20 days, before or after Divine Mercy Sunday.

How to make a Good Confession

Five Steps For a Good Confession

1. Examine your conscience.
2. Be sincerely sorry for your sins.
3. Confess your sins to a priest.
4. Resolve to amend your life.
5. After your confession, do the penance the priest assigns.

Procedure in the Confessional

You say:

"Bless me, Father, for I have sinned. It has been - (state the length of time) - since my last confession. These are my sins."

Then tell your mortal sins and the number of times committed. If you have no mortal sin to confess, then confess the venial sins you have committed since your last confession. When you have finished telling your sins, you should say:

"For these and all the sins of my past, I am truly sorry."

The priest now gives the necessary advice, assigns your penance and asks you to say the Act of Contrition (in some form). Then wait and listen as the priest gives the absolution

Then say ***"Thank you, Father"***, then leave the confessional and then perform the penance assigned by the priest.

The Differences in sins

There are two kinds of actual sin, mortal and venial.

Mortal sin is a horrible offense against God, so horrible that it destroys the life of grace in the soul. Three simultaneous conditions must be fulfilled for a mortal sin: (1) the act must be something very serious; (2) the person must have sufficient understanding of what is being done; (3) the person must have sufficient freedom of the will. So I cannot commit a mortal sin if the matter is not serious (e.g., if I stole a small amount of money from my employer), or if I did not know what I was doing (e.g., if I were to hurt someone accidentally or unthinkingly), or if I did not act with full freedom (e.g., I was under physical or emotional pressure).

A Catholic should know well the difference between mortal and venial sins. Deliberately missing Sunday Mass without sufficient cause is to be considered a very serious mortal sin.

Examination of Conscience

1. **I am the Lord your God. You shall not have strange gods before me.**
Do I give God time every day in prayer?
Do I seek to love Him with my whole heart?
Have I been involved with superstitious practices (horoscopes or ouija boards) or have I been involved with the occult?
Do I seek to surrender myself to God's Word as taught by the Church?
Have I ever received Communion in the state of mortal sin?
Have I ever deliberately told a lie in Confession or have I withheld a mortal sin from the priest in Confession?
2. **You shall not take the name of the Lord your God in vain.**
Have I used God's name in vain: lightly or carelessly?
Have I been angry with God?
Have I wished evil upon any other person?
Have I insulted a sacred person or abused a sacred object?
3. **Remember to keep holy the Lord's Day.**
Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
Have I not kept Sunday as a family day and a day of rest?
Do I do needless work on Sunday?
Do I make others work on Sunday?
4. **Honor your father and your mother.**
Do I honor and obey my parents?
Have I neglected my duties to my spouse and children?
Have I given my family good religious example?
Do I try to bring peace into my home life?
Do I care for my aged and infirm relatives?
Do I respect my elders?
Do I respect my pastor, bishop, and the Pope?
5. **You shall not kill.**
Have I had an abortion or encouraged anyone to have an abortion?
Have I physically harmed anyone?
Have I abused alcohol or drugs?
Did I give scandal to anyone, thereby leading them into sin?
Have I been angry or resentful?
Have I harbored hatred in my heart?
Have I been sterilized for reasons of birth control?
Have I encouraged or condoned sterilization?
6. **You shall not commit adultery.**
Have I been faithful to my marriage vows in thought and action?
Have I engaged in any sexual activity before marriage or outside of marriage?
Have I used any method of contraception or artificial birth control?
Has each sexual act in my marriage been open to the transmission of new life?
Have I respected all members of the opposite sex, or have I thought of other people as objects?
Have I been guilty of any homosexual activity?
Do I seek to be pure in my thoughts, words and actions?
Am I careful to dress modestly, so as not to tempt others?
Have I been guilty of masturbation with myself.

7. You shall not steal.

Have I stolen what is not mine?
Have I returned or made restitution for what I have stolen?
Do I waste time at work, school or at home?
Do I gamble excessively, thereby denying my family of their needs?
Do I pay my debts promptly?
Do I seek to share what I have with the poor?

8. You shall not bear false witness.

Have I lied?
Have I gossiped?
Have I harmed someone's reputation?
Have I spoken behind someone else's back?
Am I critical, negative, or uncharitable in my thoughts of others?
Do I keep secret what should be kept confidential?

9. You shall not desire your neighbor's wife.

Have I consented to impure thoughts? Have I caused them by impure television, movies, books, magazines or internet?
Do I pray at once to banish impure thoughts and temptations?
Do I listen to, or engage in, impure conversations or jokes?

10. You shall not desire your neighbor's goods.

Am I jealous of what other people have?
Do I envy other people's families or possessions?
Am I greedy or selfish?
Are material possessions the purpose of my life?
Do I trust that God will care for all of my material and spiritual needs?

An Act of Contrition

"O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven, and the pains of hell, but most of all because they offend Thee, my God, Who art all good and deserving of all My love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin. Amen."