

St. Ignatius
1826 Cumber Rd.
Ubly, MI 48475

St. John
4476 N. Washington St.
Ubly, MI 48475



St. Joseph
4940 Ubly Rd.
Argyle, MI 48410

St. Columbkille
3031 McAlpin Rd.
Ubly, MI 48475

MASS SCHEDULE

WEDNESDAY

10:00 a.m. St. John

THURSDAY

7:00 p.m. St. Columbkille

FRIDAY

9:00 a.m. St. John

Adoration following Mass

(on 1st Friday of the month until 4:00 p.m.
with 3:45 p.m. Chaplet)

SATURDAY

4:00 p.m. St. John

SUNDAY

8:30 a.m. St. Joseph

10:30 a.m. St. Columbkille

RECONCILIATION / CONFESSIONS

WEDNESDAY

9:30 a.m. St. John

THURSDAY

After 7:00 p.m. Mass St. Columbkille

FRIDAY

After 9:00 a.m. Mass St. John

SATURDAY

3:30 p.m. (Ask Fr. at door) St. John

OFFICE HOURS

MONDAY – THURSDAY: 8:30 a.m. – 3:30 p.m.

(CLOSED FRIDAY)

OFFICE PHONE: 989-658-8824

RECTORY PHONE: 989-658-8145

ST. JOHN CHURCH OPEN DURING OFFICE HOURS

FATHER NATE HARBURG, Pastor

Tuesday – Thursday: 1:30 p.m. – 3:30 p.m.

nharburg@diosag.org

JUDY BOOMS, Secretary

jbooms@goodshepherd.diosag.org

DAWN STEWART, Coordinator of

Faith Formation/Youth Ministry

dstewart@goodshepherd.diosag.org

KATE WINKEL, Bookkeeper

kwinkel@goodshepherd.diosag.org



APRIL
Month of the
Holy Spirit

MAY
Month of
Mary

➤ *Holy Father's April Intention:*

Let us pray that the use of the new technologies will not replace human relationships, will respect the dignity of the person, and will help us face the crises of our times.

➤ *Holy Father's May Intention:*

Let us pray that through work, each person might find fulfillment, families might be sustained in dignity, and that society might be humanized.

NEW PARISH VISION STATEMENT

Good Shepherd Parish will be a community where every member is on fire with the Truth. We will be guided by the Holy Spirit and will be a force for God's mission. We will be strengthened through our worship, participation in the Sacraments, lifelong faith formation, study of the Word, and fellowship with one another, our neighbors, and beyond. We will show our love by being the hands and feet of Christ and sharing our joy with our community, our diocese, and our world.

BULLETIN DEADLINE: Tues. at 12:00 p.m.

bulletin@goodshepherd.diosag.org

WEBSITE: goodshepherdubly.com

FACEBOOK: [fb.me/goodshepherdubly](https://www.facebook.com/goodshepherdubly)

FLOCKNOTE UPDATES:

Text BESTSHEPHERD to 84576

MAILING ADDRESS:

4470 N. Washington St., Ubly, MI 48475

PHYSICAL ADDRESS:

1935 Hamilton St., Ubly, MI 48475

April 6, 2025
Fifth Sunday of Lent



Masses Canceled Thurs.-Fri.

Mass Readings for the Week

Apr 7 Mon: Lenten Weekday/ John Baptist de la Salle, p, rf

Dn 13: 1-9. 15-17. 19-30. 33-62 or 13: 41c-62/ Ps 23: 1-3a. 3b-4. 5. 6/ Jn 8: 12-20. Optional for any weekday this week: 2 Kgs 4: 18b-21. 32-37/ Ps 17: 1. 6-7. 8b and 15/ Jn 11: 1-45

Apr 8 Tue: Lenten Weekday

Nm 21: 4-9/ Ps 102: 2-3. 16-18. 19-21/ Jn 8: 21-30

Apr 9 Wed: Lenten Weekday

Dn 3: 14-20. 91-92. 95/ Dn 3: 52. 53. 54. 55. 56/ Jn 8: 31-42

Apr 10 Thu: Lenten Weekday

Gn 17: 3-9/ Ps 105: 4-5. 6-7. 8-9/ Jn 8: 51-59

Apr 11 Fri: Lenten Weekday/ Stanislaus, bp, mt.
Day of abstinence from meat (age 14 and up).

Jer 20: 10-13/ Ps 18: 2-3a. 3bc-4. 5-6. 7/ Jn 10: 31-42

Apr 12 Sat: Lenten Weekday

Ez 37: 21-28/ Jer 31: 10. 11-12abcd. 13/ Jn 11: 45-56

Apr 13 SUN: PALM SUNDAY OF THE LORD'S PASSION

Procession: Lk 19: 28-40. Mass: Is 50: 4-7/ Ps 22: 8-9. 17-18. 19-20. 23-24/ Phil 2:6-11/ Lk 22: 14 - 23: 56

Parish Cemetery Sextons

St. John: Bob Brahmer 989-550-8766

St. Columbkille: Jerry Sweeney 989-550-9664

St. Joseph/St. Ignatius: Rod Walsh 989-996-0512

Weekly Stewardship of Treasure

Let Us Give Thanks!

Envelope Offerings	\$3,177.00
Flocknote Online Giving	\$ 300.00
Loose Offerings	\$ 393.00
Total Offerings	\$3,870.00
Envelopes Used:	99
Envelope Holders:	249
Avg. amount needed weekly	\$5,980.77
Weekly Budget shortfall or overage	-\$2,110.77
Building Fund Donations (Current Project: St. John Window Repair):	\$10,468.15 towards goal of \$36,060

Christ's Mission Appeal-

As of 3/21/25

We have raised \$38,632.00 towards our goal of \$61,716.00. Thank you for your stewardship in the past, and this year! At the end of the appeal, what we have not raised will be taken from parish savings.

Donations:

In loving memory of John Beaudin 11th anniversary on 4/3/2014

By Carol & Family

May God grant him resurrection to eternal Life.

Mass Intentions: April 12 & 13

Saturday at St. John: +Stanley Briolat

Sunday at St. Joseph: All Parishioners

Sunday at St. Columbkille: +William McNish

Liturgical Ministry Schedule

Offertory Counters:

April 7: Luci Kubacki, Lori Uhl, Debbie Osentoski

April 14: Diana Briolat, Ann Ypma, Glorie McCarty

April 22: Ann Ypma, Charlotte Baker, Bonita Guza

4:00pm Mass: Saturday, Apr. 12th - St. John

Lector: Martin/Luci Kubacki

EMHC: Delphine Czewski, Cathy Stacer, Debbie Osentoski

Altar Server: Ricardo Fabian

Sacristan: Delphine Czewski

Ushers: Jim Osentoski, Bob Brahmer, Rich Trepkowski

North Entrance Greeter: Jennifer Booms

8:30am Mass: Sunday, Apr. 13th - St. Joseph

Lector: Lori Uhl/Michelle Stine

EMHC: Paul Guza, Debbie Peruski

Altar Server: Shirley Catalano

Greeter: Bruce Uhl

Sacristan: Bruce/Lori Uhl

Ushers: Bruce Uhl, Arnold Osentoski

10:30am Mass: Sunday Apr. 13th - St. Columbkille

Lector : Lori Osantoski, Kevin Romzek

EMHC: Jerry Sweeney, JaCie Tyrrell, Beth & Joseph VanErp, Michelle Banky

Altar Servers: Laura Romzek, Owen Gentner

Greeters: Roth Family

Gift Bearers: Eli & Emma Gentner

Ushers: Ben Kubacki, Rob Kubacki, Dennis Sweeney

"Lifelong Faith Formation"

(See Parish Vision Statement on cover)

Child Faith Formation (PreK-6):

St. John Ubly: Wednesdays 3:15-5pm

St. Columbkille: Wednesdays 6-7:30pm

Child OCIA: 2nd & 4th Tuesday of the month at 3:30pm at St. Columbkille

Family Night: April 9th dinner at 5:30pm, program at 6:15pm- *format revised for this year!*

Faith Formation Adoration: *All invited! 3rd*

Wednesday of month at St. John- 4:30pm, St. Columbkille- 7pm

Youth Group (7-12 grade): We will meet 1st and 3rd Sundays at 3-5:30 at Parish Center- *check with Dawn for schedule changes*

Youth Mass: April 27th 10:30am Mass at St. Columbkille

Adult Faith Formation Offerings:

Adoration: All day Adoration until 4pm first Friday of every month; Holy Hour every Friday after 9am Mass

Scripture Study: (Meets in Fall & Spring) Mondays 6:30-8pm at St. Columbkille

Prayer Group: 1st & 3rd Thursday of each month in the parish center chapel at 5pm

Adult OCIA: 2nd & 4th Tuesdays of the month at 5:00 pm at St. Columbkille

Parish Lenten Communal Penance

Will be Tuesday, April 8th at 6:30pm at St. John Church in Ubly with a prayer service and individual confessions with multiple priests available. St. Hubert Parish in Bad Axe will be offering a communal penance on Wednesday, April 9th at 5:00pm.

Lenten Communal Penance Services in the Area

St. Hubert- Sacred Heart, Bad Axe- April 9th at 5pm
Annunciation of the Lord- St. Mary, Kinde April 2nd at 7pm, St. Michael, Port Austin-April 10th at 7pm.

Scripture Study

We will be starting our Scripture Study on March 10th and ending May 12th. All are welcome to attend. We will be studying Ignatius Catholic Study Bible, The Letters of St. Paul to the Philippians, Colossians and Philemon. We will meet on Monday's at 6:30-8 pm. at St Columbkille. If you have any questions please call Valerie Fischer 989-553-3088, Lori Osantoski 989-375-4281, or Karen Heleski 989-315-1267.

Charismatic Prayer Group

Next meeting: Thursday, Apr. 16th, Parish Center chapel at 5pm. Call Bonnie Guza for details at 810-358-8444.

Halls for Rent

St Joseph hall in Argyle, St Ignatius hall in Freiburg, and Good Shepherd parish center in Ubly are available for rent, including their kitchens. Please call the office for parishioner and non-parishioner rates.

Coordinator of Faith Formation and Youth Ministry: Position Opening

We are looking to fill the Coordinator of Faith Formation and Youth Ministry position for Good Shepherd Parish. If interested in this part-time position, please call the office.

MINISTRY OPPORTUNITIES

Seeking Vocations Team Leader: Bishop Gruss has asked each parish to begin a Vocations Team to implement activities and prayer to build a culture of vocations in the parish and in family homes. Fr. Nate has a book chock full of ideas; contact him to see it. Please pray about it!

St. Joseph Altar Society Euchre Parties

will be held at the St. Joseph hall in Argyle on the following dates: *April 27*
Play begins promptly at 1 PM. Cost: \$10 per person
Prizes are awarded and a "Share the Wealth" drawing is held. A hot meal and beverages are included. Come and have some fun!

Implementation Team Update

(The entire parish is now the Implementation Team, since we need everyone to implement these plans)

What goals are you drawn to help achieve? Please ask the Lord about it. Please pray that we reach our goals, because they are very important!

Parish Priority: "Sunday Experience": Opportunities

Goal #4: Every parishioner will invite at least one person to Mass annually by December 2025.

Plan #4: "Project 99" – Bringing Lost Sheep Home

We are laying the foundation to welcome back those who have drifted away. "Project 99" is an easy way to invite back loved ones to encounter Jesus present in our parishioners and in the Eucharist!

Parishioners are invited to sign up lost sheep, pray for them, and ultimately extend a heartfelt invitation to return. Think of those you'd love to see beside you at Mass again. There are three ways to enroll the "lost sheep":



1-Scan the barcode to add those we miss in our parish OR

2-Email the name of the person you would like to invite back, your name, and your email address to GoodShepherdParish-Ubly@outlook.com OR

3- call the office with the information.

All information is **kept confidential**. You will receive weekly updates and prayers as we join forces to bring back lost sheep.

Daughters of Isabella Circle #608

Is having a euchre card party on the following dates:

Sunday, April 6, 2025, Sunday, May 4, 2025

They're held at the Senior Center 150 Nugent Road Bad Axe starting 1:00pm.

Pancake Breakfast

Sunday, April 6, 2025 serving 8am-12pm. TVO Hall 2153 Bingham Street Ubly. Adults \$10.00, Children (6-12) \$5.00, 5 & under-Free. Takeouts available- call Steve (989) 315-1226. Proceeds to support Area Veterans.

Ruth K of C Euchre Party

Is Sunday, April 13, 2025 Starting at 1:00pm at Ruth K of C Hall. Cash Prizes and hot lunch included. Admission \$6.00. Come join us!



STATIONS OF THE CROSS

Please join us each week during lent as we reflect on the Passion of Christ.

We will be praying the Stations of the Cross at St. John Church on Thursdays at 7pm.

On April 10.

We will be praying the Stations of the Cross at St. Columbkille Church on Wednesday at 7:30pm. on April 9.

Mats for the Homeless Workshop

You're invited to join us! We turn plastic bags into mats for the homeless every Tuesday at the parish center starting at 9am. Come see what it's all about and a good time to beat the winter doldrums. Idle Hands? We have an elderly couple that cuts strips for us their home. You could help out by typing/looping the strips into the plarn balls (plastic yarn) for the crocheters. They work so fast we can't keep up! Once you see how to do it (which only takes minutes to learn) you can do this at your home while watching tv. Contact Lori Osentoski for instructions (989) 375-4281

Knights of Columbus

Ubly/Sheridan Council #12850

All meetings are at 7:00pm at the Parish Center on the Second Wednesday of the month. We are always looking for New Members – call Dave Keller at 989-670-3107. Our **food pantry** is available for anyone in need, located in Ubly at the parish center. This is confidential and anonymous – Call Jeff Maurer at 989-553-4224.

Dave Keller - Grand Knight

Respect Life Quote of the Week

"Virgin of Guadalupe, Patroness of unborn children, we implore your intercession for every child at risk of abortion. ... Guide our public officials to defend each and every human life through just laws. Inspire us all to bring our faith into public life, to speak for those who have no voice. We ask this in the name of your Son, Jesus Christ, who is Love and Mercy itself. Amen."

Representatives from Bethlehem Christian Families (Wafa AlSahouri) with The Shepherd And The Lost Sheep 🐑)

will be with us on April 12 & 13, 2025, to ask for your help and blessing for the native people of the Holy Land in Bethlehem. These families, sixty years ago, made up 18% of the population. Due to recent events in the Middle East, it has caused these families to face devastating economic strain and caused the population to decrease to less than 1% in the Holy Land. These families have relied on the income from their religious hand carved olive wood artifacts to tourist. So, we have come to the USA to try to help support these families by bringing their artifacts here to sell in the USA. All the proceeds from sales will be sent back to the families of the Holy Land so that they may be able to keep their homes and provide for their families. The last few years were very tough for the Christian families, and this is the only source of income.

Good Shepherd Christian Mothers & Women

April 8, 2025 meeting time is changed to 5:30 so we do not conflict with the Communal Penance Service scheduled for 6:30.

PLEASE NOTE THE TIME CHANGE FOR THE APRIL 8TH MEETING TO 5:30!!

Attention: There are ladies who have not paid their dues for this year. Please contact Carolyn Peruski at 989 658-8135.

Good Shepherd Christian Mothers offering College Textbook Award

Applications are available to all parish high school graduating seniors. Forms are available at the main entrance of each parish, by calling the parish office 989-658-8824

or jbooms@goodshepherd.diosag.org Deadline to return application is April 23, 2025. Recipients will be announced at Graduation Mass.

The Detroit Province Council of Catholic Women

All Catholic women are invited to join the Council of Catholic Women for a statewide convention, with the theme of *Rejoicing in Glorious Hope*, to be held on Friday afternoon and Saturday, April 25-26, 2025, in Grand Rapids at the Sheraton Airport Hotel.

Details are on the website: www.dpccw-mi.com. For information, please call Rita Maher at 989-635-7072 asap before the deadline! Make it a Girls Night Out!

Catholic Community Foundation

The Catholic Community Foundation of Mid-Michigan is looking for committee members! Since 2006, the Catholic Community Foundation has been financially supporting the spiritual, educational, and social needs of our Catholic community. Serving on a committee is your chance to use your talents and give back to your community. We are seeking representation from all five vicariates of the Diocese of Saginaw, particularly for our Grants and Marketing committees. If interested, please contact the Executive Director, Kristin Smith, at 989.303.9201.

Young Adult Retreat

At this retreat, you will have the opportunity to jumpstart your prayer life, learn and practice how to hear God's voice more clearly and start a daily prayer habit, dive deeper into workshops on devotions, praying with scripture, and contemplative prayer, and encounter Jesus through Mass, Adoration, worship, and silence. Join dozens of other young adults at this retreat on Saturday, April 12, from 10:00 AM – 5:00 PM, at the Center for Ministry, 5802 Weiss St, Saginaw. The cost is \$25 and includes lunch and beverages. To register, go to:

<https://www.surveymonkey.com/r/4-12-25>

The deadline to register is April 10. For questions, contact Taylor Piotrkowski at tpiotrkowski@diosag.org.

Pro-life Oratory Contest

The Huron County Right to Life is sponsoring a High School Oratory Contest on April 12th at 2pm at the Bad Axe Free Methodist Church. Students in grades 9-12 are to research, write, and present an original 5-7 minute pro-life speech on the issue of abortion, infanticide, euthanasia, or embryonic stem cell research (including human cloning). Please contact Debra Ramento at 918-902-7881 for rules and an application. Three local prizes of \$300, \$200, and \$100 will be awarded. The entry deadline is April 10, 2025.

“Life with Christ is a wonderful adventure”

(Pope St. John Paul II)

Dear Disciple, Happy Lent!

Philip Rivers, retired NFL Quarterback for the Chargers and the Colts, Catholic father of ten children, often wears shirts and hats that say “Nunc Coepi” and has been saying this phrase out loud for years. Nunc Coepi, pronounced “Noonk Chepee”, is a Latin phrase that means “Now I begin”, from Psalm 77:10. He said in an interview, “It was shared to me by a priest friend years ago. If you ask any of my children, ‘What is dad’s favorite phrase? What is our family phrase?’ They would say [Nunc Coepi] immediately. I really try to apply it to my life all the way through as a dad, as a husband, in my faith, on the football field as a quarterback, as a teammate – anything you do you are always beginning again.” ... “What it ends up being about... God’s mercy... He’s there for us to call out to Him, to begin again... my question to Jesus, to God, is what do you want of me? I believe, to get to heaven and take as many people with us as we can, and you do that daily, you do that in your words, you do that in your actions... let’s not just put our toe in the water... let’s grow in your faith, in your relationship with Jesus...”

Maybe you have had a tough Lent, or a so-so Lent, or a great Lent. Maybe you have been very faithful to your resolutions, maybe not. No matter what, you can begin again with Christ, today. Tell Jesus, “Jesus, nunc coepi, now I begin, with Your help!” Nunc Coepi was the powerful, hope-giving spirituality of Venerable Bruno Lanteri, a priest who founded the Oblates of the Virgin Mary in 1816 in Sardinia. He said, “If I should fall [i.e. sin] even a thousand times a day, a thousand times, with peaceful repentance, I will say immediately, Nunc Coepi [Now I begin]”

Father Lanteri, through his writing, preaching and example, prepared the way for the moral theology and spirituality of St. Alphonsus Liguori to take hold on the Catholic Church in France. His theology and spirituality, along with that of St. Therese of Lisieux, led to the defeat of the demonic heresy of Jansenism

that was a spiritual “plague” infecting much of France at that time.

The “plague” of Jansenism led to an oppressive, dark, hope-destroying, anti-Gospel spirituality. It denied many truths of the Gospel. The necessity of free will was denied. The infallibility of Church teachings and the authority of the pope was denied. The truth that God created human beings as very good and worthy of His love and forgiveness was denied. The incredible gift and value of frequent reception of Holy Communion, and Jesus’ desire for us to receive Him frequently in Holy Communion, even daily, was denied. The teachings of Jansenism lasted for several centuries, especially in France. It was formally outlawed in 1712, but many Jansenist ideas and practices continued, and still continue today in some places.

In contrast to the spirit of Jansenism, Father Lanteri said, “A saint is not someone who never sins but one who sins less and less frequently and gets up more and more quickly.” In a Letter to Sister Leopolda Mortigliengo, he wrote, “Say with courage: Nunc Coepi – Now I Begin and walk always in the service of God. Do not keep stopping to look back, because he who looks back cannot hasten forward. Do not content yourself with beginning this year. Begin every day, because each day and for each hour of the day the Lord taught us to say in the ‘Our Father:’ Forgive us our trespasses. Give us this day our daily bread. And do you not see that the enemy seeks to take away your tranquility and confidence in God, two dispositions so necessary for praying well? Take there the counsel of St. Teresa, “Let nothing disturb you”, not even your spiritual miseries, because these are the object and the foundation of the infinite mercy of God, which surpasses the malice of all the sins of the world!”

Some Holy Humor: A cat and a mouse died on the same day and went up to Heaven. At the top they met God and he asked them ‘How do you like it so far?’ The mouse replied ‘It’s great, but can I get a pair of roller skates?’ God said ‘Sure’, and he gave him a pair of roller skates. The next day God saw the cat and asked him ‘How do you like it up here so far?’ and the cat replied ‘Great, I didn’t know you had meals on wheels up here!’

Bulletin Sponsor of the Week:

C. Briolat Farms, Inc. (back of bulletin)

Thank you to all bulletin sponsors funding the printing of our bulletins by purchase of bulletin ads! *Whenever you call/visit one of the bulletin sponsors, please tell them you saw their ad in our bulletin!*

Pray for our parish OCIA disciples

Pray for Lea, Taylor, and Aubree preparing to encounter Jesus for the first time in the Easter Sacraments. Consider attending the Easter Vigil, especially if you have never been to one! It's beautiful! It starts at 9pm, Saturday April 19.

STORIES WANTED

How will you use the little Jesus and little Mary figurines to evangelize? Here's an example: a young parishioner's parent ordered a bunch of figurines for her child as he wanted to share them with his classmates at public school! Thank you Jesus in advance for what you'll do through these simple gifts! If you need another set, find them at the office for free. *Spread the joy of Jesus and Mary!*

This poem I wrote is related to Lent:

In The End, All That Matters

In the end, all that matters
Is not money, is not cars
At life's close, all that counts is
Found in One who counts the stars (Ps. 147:4)

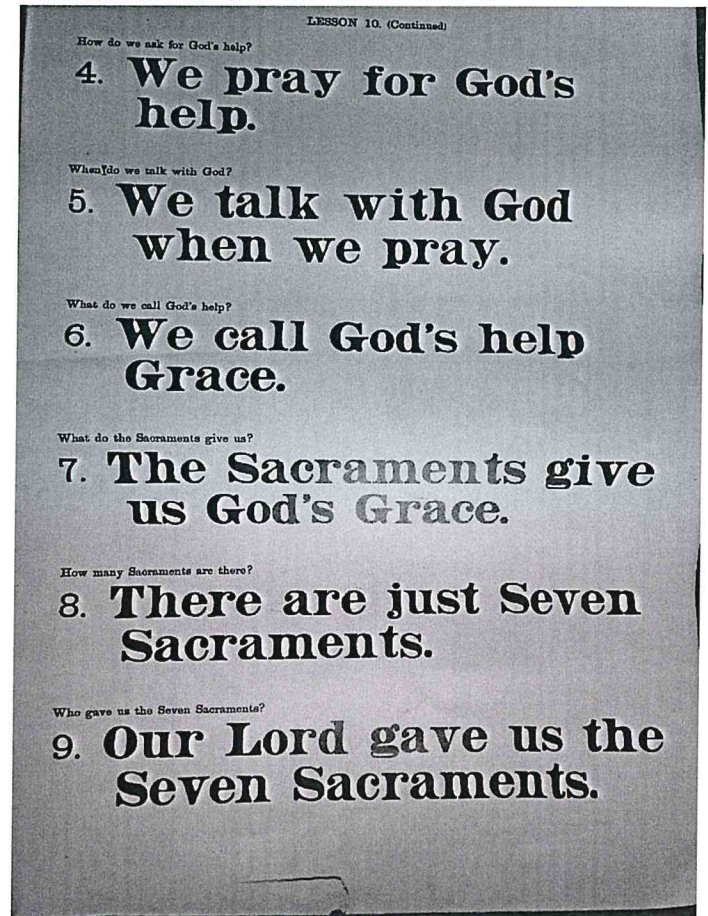
In this life, all our visions
All our plans, may not happen
All that counts, is the plan of
Him who did not count the cost (Phil. 2:6)

When at last, all our loved ones
Will have passed, made brand new
Through their trust, in the Savior (Jn. 3:16)
And His death and rising too (1 Jn. 1:7)

In the end, Christ will conquer
Satan's ploys, death and loss (1 Jn. 3:8)
Heaven's joys, will be shared in
By the bearers of His Cross (Mt. 16:24)



Above: Youth and Young Adult Adoration and Praise Service at our St. John Church with Fr. Kevin exposing Jesus in the Blessed Sacrament for Adoration, offering Jesus' truth and love in His preaching, Fr. Nate offering Jesus' forgiveness in confession, and various disciples offering Jesus' "love-made-edible" by bringing refreshments!
Below: old catechism scroll I found:



-Love, Fr. Nate

EXAMINATION OF CONSCIENCE

Preparing for Reconciliation

Confession (or "Reconciliation") is the Sacrament where you meet the Risen Jesus, who gave the Apostles -- the first priests -- the power to forgive sins in his name (Jn.20:23). First, ask the **Holy Spirit** to come into your heart to give you knowledge of your sins and courage to bring them to our Lord. He loves you, and deeply desires for you to come to him in humility so that he can free you of the burden of sin in your life -- that which is weighing you down. Reconciliation gives you the joy and consolation of God's love; it strengthens your relationship with Jesus Christ and his Church.

Prayer to Our Lady Before Confession:

Mary, Mother of Jesus,
Your words in Scripture are:
"Do whatever he tells you."
Help me always strive
to please your Son.

Facing sin in my Life

The world in which we live has lost its sense of sin. That which is evil is sometimes held to be something "good." Sin can have the power in our lives to blind us from seeing reality. If we examine our hearts, and ask the Holy Spirit to guide us, we begin to see ourselves as God sees us, and we recognize our need for forgiveness.

The Lord has a plan for your life. He has destined you for heaven! He has already moved you to look at this pamphlet! Take confidence then, when you examine your conscience, because God has sent his Son, Jesus Christ, to bring you back to Himself and to know His love and mercy.

Sin is the deliberate choice of something opposed to God's law of love in one's thoughts, words or deeds. God loves us and desires our holiness. He wants to give Himself to us...but we say "no" to Him through our sins. Sin is its own worst punishment. There are two kinds of sin: mortal and venial. **Mortal** (or serious) sin destroys love. It turns one away from

God and community. It is a grave violation of God's Law. In order for a sin to be serious, the sinful act must be serious; the person had to have understood that it was seriously wrong; and the person had to have been free in committing the sin. So I cannot commit a serious (mortal) sin if the matter is not serious, if I did not know what I was doing, or if I did not act in full freedom. **Venial** sin is a minor offense against God that hurts our friendship with Him but does not destroy it.

When we go to **Confession**, the Lord strengthens us in our weakness, and our hearts are opened to receive the grace & mercy God desires to give us. Regular (or at least monthly) confession is an effective means in growing closer to Jesus Christ. Each time we celebrate this sacrament, we come to know more intensely what it means when St. Paul tells us we are "dead to sin and alive to God is Christ Jesus" (cf. Rom. 6:11).

Sorrow for Sin

We need to be sorry for our sins, yet confident in God's loving mercy when receiving the Sacrament of Reconciliation. This sorrow should include the resolve to avoid the sins committed as well as the persons, places and things that lead us to sin in the first place. If you know you have sinned but you lack sincere sorrow, consider the sufferings Jesus endured out of love for you. If you don't understand why something is actually sinful, ask the priest and he will help you.

Act of Contrition

"My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy."

How to go to Confession

A) Examine your conscience using this guide and call upon the Holy Spirit, be truly sorry for your sins, and resolve to change your life.

B) Go to the priest, make the sign of the cross saying, "**In the name of the Father and of the Son and of the Holy Spirit. Amen.**" It is then customary to tell the priest how long it has been since your last confession. The priest may respond by welcoming you. (It is helpful to then tell the priest your "state in life" -- e.g. single, married, teenager, etc.).

C) Tell the priest about your sins. Tell him how you have sinned, and how often it happened. If you are not sure whether something is a sin, ask the priest. Tell him about your serious sins. It is also good to confess any of your less serious (venial) sins.

D) Listen to the priest. He may offer you a verse from Scripture. If you have any questions about the Faith, how to grow in holiness, or whether something is a sin, feel free to ask him. The priest will then give you a penance, which is the first act of your "new life" after the Sacrament of Reconciliation.

E) Pray an act of contrition. Try to tell God "from your heart" that you are sorry and that you intend to sin no more (see sample "Act of Contrition" or you can make this prayer in your own words).

F) Listen as the priest absolves you of your sins and enjoy the fact that God has truly freed you from all your sins.

G) Do the penance the priest gives you. God's mercy does endure forever! Thank Him for what He has done for you.

If you are not sure of what to do, tell the priest and he will make it easier for you.

Examination of Conscience

1. **"You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind."**
 - Do I strive to have a personal love relationship with God?
 - Does God truly hold the first place in my life?
 - Do I "compartmentalize" God in my life? Am I a Christian on Sundays but something else during the week?
 - Where your treasure is, there will your heart be also (Lk 12:34). Do I place undue value & time on gaining & possessing those things the world considers important? Am I materialistic in my attitude & outlook in regard to money?
 - Have I participated in the occult, witchcraft, fortune telling, ouija boards, seances, tarot cards, good luck charms? Have I actually believed in horoscopes?
 - Have I received Communion in a state of mortal sin?
 - Have I told a lie in Confession or deliberately withheld confessing a mortal sin?
 - Have I ever denied a truth of the Catholic faith out of embarrassment?
 - Have I ever despised of God's love for me?
 - Have I sinned presuming that God would forgive me afterwards?
 - Do I seek to be with God in prayer regularly?
2. **You shall not take the name of the Lord your God in vain.**
 - Have I insulted God's holy name or used it lightly or carelessly?
 - Have I wished evil on anyone?
3. **Remember to keep holy the Lord's Day.**
 - Have I missed Mass deliberately on Sundays or Holy Days of obligation?
 - Do I show God indifference by not taking Mass seriously? Do I leave early or come late deliberately or without good reason?
 - The sabbath is a day of solemn rest, holy to the Lord (cf. Ex. 31:15). Have I avoided unnecessary work on Sundays?
4. **Honor your father and your mother.**
 - Do I honor and obey my parents? Have I cursed at my parents or harmed them in any way?
 - Do I honor and obey my legitimate superiors?
 - Have I neglected my family responsibilities?

5. **You shall not kill.**
 - Have I deliberately hurt anyone?
 - Have I had an abortion? Have I encouraged or assisted anyone in any way to have an abortion?
 - Have I abused drugs or alcohol?
 - Do I have unresolved issues of hatred, anger or resentment? Bring this to the priest to "talk through it."
 - Have I given scandal to anyone by my sins, thereby leading them to sin?
 - Have I attempted suicide or seriously considered it?
6. **You shall not commit adultery.**
 - For married persons... Am I faithful to marriage vows in thought and action?
 - Was I married outside of the Church without proper permission of the Church? (ask the priest if you are not sure)
 - Have I used artificial birth control, or been sterilized? (for more information see *)
 - For those not married... Have I been sexually active with anyone – male or female?
 - Have I engaged in any activity with the intention of becoming sexually aroused or sexually active, such as impure touching or overly passionate kissing?
 - Have I masturbated?
 - Have I indulged in pornographic magazines, videos or internet websites?
 - Have I used impure language or told impure jokes?
 - Am I modest in dress?
7. **You shall not steal.**
 - Have I taken what is not mine? Destroyed property belonging to someone else? Knowingly accepted stolen goods?
 - Jesus teaches us to have a special love for the poor. Have I neglected those in need or ignored the poor? Am I generous with the material possessions I have?
 - Have I cheated?
 - Have I stolen anything from an employer or employee?
 - Have I illegally copied CD's or computer software?
8. **You shall not bear false witness against your neighbor.**
 - Have I lied or sworn falsely?
 - Have I gossiped or ruined anyone's good name?
 - Have I revealed information about anyone that should have been kept confidential?

9. **You shall not desire your neighbor's wife.**
 - Have I deliberately and consciously permitted sexual thoughts about someone to whom I am not married? Do I try to control my imagination?
 - Am I responsible in the books I read and the movies I watch? Have I watched shows, videos, plays, or movies that contain impure scenes with the deliberate intention of watching those impure scenes?

10. **You shall not desire your neighbor's goods.**
 - Am I envious of the possessions, talents, and successes of others?
 - Have I acted out of jealousy of someone's gifts or talents?

- You shall love your neighbor as yourself.**
- Do I love my neighbor? Are there persons who I do not love or refuse to love? Have I ridiculed or humiliated others? Am I prejudiced?
 - Do I seek to help and assist others in need – especially the poor that live around me?
 - Do I seriously try to love others as Jesus wants?
 - Do I forgive from my heart those who have hurt me? Do I pray for my enemies?
 - Do I love myself as God loves me? Do I care for my physical, emotional and spiritual health?

- Precepts of the Church**
- Do I go to Confession at least once a year when I have serious sins to confess?
 - Do I receive Holy Communion at least once during Easter time? Do I fast for one hour before receiving communion?
 - Do I abstain from meat on Fridays during Lent (for those 14 and over) and fast on one meal on Ash Wednesday and Good Friday (for those 16-59)?

(*) – for more information about new medically proven alternatives to contraception contact One More Soul (800)307-7685 or the Couple to Couple League (513)471-2000

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— Romans 8:28