

CHURCH OF SAINT MARY

91 HOME AVENUE ✦ RUTHERFORD, NEW JERSEY 07070



"Jesus said to her, "I am he, the one (who is) speaking with you." "

We are called to form the Christian Community of **Saint Mary Roman Catholic Church**; we are protected by our Blessed Mother in whose patronage our parish has been placed under her title "**Our Lady of the Rosary**."

Very Rev. Michael J. Kreder, V.F., KCHS ----- Pastor

James J. Guida & Raymond L. Schembri----- *Deacons*

Frank Viteritti----- *St. Mary High School Principal*

Adrian Salazar----- *Parish Catechetical Leader*

Local Safe Environment Coordinator

Donna Shoemaker *Administrative Assistant*

Lisa Considine----- *First Eucharist Coordinator*

Larry Boland----- *Confirmation Coordinator*

Gerard DeMan----- *Director of Sacred Music*

Linda Verdino & Kevin McLean----- *Trustees*

David Valente----- *Finance Committee Chairperson*

Marisa Ackermann----- *Children's Liturgy of the Word*

Stacey Santolli----- *Children's Liturgy of the Word*

----- *Youth Group*

Deborah Moran----- *Administrative Secretary*

< PARISH DIRECTORY >

Parish Office---- 201-438-2200 **Fax**----- 201-438-1098

Web ----- www.stmaryrutherford.org

E-mail ----- parishoffice@stmaryrutherford.org

Facebook-- www.facebook.com/91HomeAvenueRutherford/

St. Mary High School----- 201-933-5220

Religious Formation----- 201-438-2476

Catholic Charities of the Archdiocese of Newark
<http://www.ccannj.com/contact-up.php>

Third Sunday of Lent

March 8, 2026

< OUR SACRAMENTAL LIFE >

EUCCHARIST (*Obligation Masses*)

Saturday----- 5:00 pm (*Sunday obligation*)

Sunday----- 8:00, 10:00, & 12:00 noon

Weekday Schedule

Monday----- 5:00 pm

Tuesday - Thursday ----- 8:30 am

Friday----- 12 noon Prayer Service with Eucharist

Holy Days ----- As listed in the bulletin

RECONCILIATION (*Confession*)

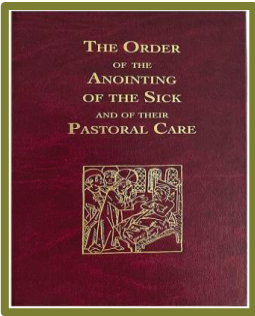
Confessions will be heard at 4:15 pm Saturday evenings.

Baptism: Parents are required to attend the parish Baptism Class and provide the godparent's sponsorship letters **BEFORE** the baptism date can be set. Call the Parish Office at 201-438-2200 for class dates and godparent handbook.

Marriage: According to the N.J. Common Policy couples must register at least **ONE YEAR** in advance.

Anointing of the Sick: Please contact the Parish Office.

Holy Orders: Contact the Vocation Office at 973-497-4365.



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From the Pastor
3rd Sunday of Lent - A
March 8, 2026

Revised Order of the Anointing of the Sick and of their Pastoral Care.

I end my 6-part series on the *Order of the Anointing of the Sick* with reflections on the updated *Thanksgiving Over Blessed Oil* oration and the *Solemn Blessings*. The *Oils* used in the *Sacraments* are usually blessed by a *Bishop* during *Holy Week's Chrism Mass*. We begin *Holy Thursday's Mass of the Lord's Supper* with the 'Rite of Receiving the Holy Oils:' the *Oil of the Sick*, the *Oil of Catechumens*, and the *Sacred Chrism*, which are then enshrined in our *Ambry* case. In an emergency, any *Priest* can bless [only] the *Oil of the Sick*. When he uses *Oil* that had received an *episcopal blessing*, he offers these orations:

THANKSGIVING OVER BLESSED OIL
*Blessed are you, O God, the almighty Father,
for you sent your Son into the world for us
and for our salvation.*
*Blessed are you, O God, the Only Begotten Son,
for by descending to our human condition
you willed to heal our sicknesses.*
*Blessed are you, O God, the Holy Spirit,
the Paraclete, for you strengthen
with your eternal power
the weakness of our mortal frame.*

Calling upon the *Most Blessed Trinity*, we give thanks for their saving action and comforting presence in the world. First, we thank *God the Father*, the *Creator* of the visible, tangible items we use as 'conduits' of divine grace, for sending *Jesus, God the Son*, into the world. While He could have done this in any way, He chose to send *Jesus* as one of us, by which He enhanced our human dignity and graced all we experience: every joy and sorrow, success and failure, life and death. Lastly, we praise *God the Holy Spirit* who literally infuses us with power from on high so that we can rise above our human limitations.

THE SOLEMN BLESSINGS. Almost all *Solemn Blessings* are threefold: three invocations or petitions, followed by the trinitarian formula; or a brief *Prayer Over the People* may precede the *Final Blessing*. However, in the *Anointing of the Sick*, the *Solemn Blessing* is extended. In *Option A*, each *Person* of the *Blessed Trinity* is called upon individually to bless, heal or shed light upon the sick person; followed by petitions for protection of body and soul, and the grace needed to rise above the human condition:

SOLEMN BLESSING - A
May God the Father bless you. Amen.
May the Son of God heal you. Amen.
May the Holy Spirit shed light upon you. Amen.
*May God guard your body
and save your soul. Amen.*
*May he enlighten your heart
and lead you to life on high. Amen.*
*And may almighty God bless you, the Father,
and the Son, + and the Holy Spirit. Amen.*

Option B is totally *Christological*: three petitions, each beseeching *Jesus* to continue what He *once* did in His *Body* while here on earth, and *now* does through the *Sacraments*, the *Church's Rites* and *Rituals*, the *Ordained* and all those *Baptized TO BE* His presence, in the world today:

SOLEMN BLESSING - B
*May the Lord Jesus Christ
be with you to defend you. Amen.*
*May he go before you to lead you
and behind you to guard you. Amen.*
*May he look upon you, keep you safe
and bless you. Amen.*
*May almighty God bless you, the Father,
and the Son, + and the Holy Spirit. Amen.*

May my six reflections on the revised *Order of the Anointing of the Sick* enable us all to know *Christ's healing presence* in our lives today.

With God's love and my prayers,

Father Mike

Very Rev. Michael J. Kreder, VF, KCHS

Third Sunday of Lent

**Worship in Spirit
and Truth**

March 8, 2026

SATURDAY, MARCH 7, 2026

5:00 pm Jetty L. Jaeger

SUNDAY, MARCH 8, 2026

8:00 am Gunnar J. Bigley

10:00 am Edward Jasko

12 noon Gilbert Mojena

MONDAY, MARCH 9, 2026

5:00 pm Joey Travers

TUESDAY, MARCH 10, 2026

8:30 am Addie Robertson

WEDNESDAY, MARCH 11, 2026

8:30 am Elvira DeGennaro

THURSDAY, MARCH 12, 2026

8:30 am Laura B. Rojas

FRIDAY, MARCH 13, 2026

12:00 noon Prayer Service with Eucharist

SATURDAY, MARCH 14, 2026

5:00 pm Mary Pollio Fernandez

SUNDAY, MARCH 15, 2026

8:00 am Phyllis Skvarla

10:00 am Ann Sorbera

12 noon Hugo Rojas Bueno

PRAY FOR OUR SICK



Grant our brothers and sisters, **comfort** in their suffering. When they are afraid, give them **courage**. When **afflicted**, give them **patience**. When **dejected**, afford them **hope**. And when **alone**, assure them of the **support** of your holy people.

Salvatore Anselmi, Frank Cornacchiulo,
Jean Marie VanDyk, Weston Greenwood,
Leslie Maculso, James Murray, Santo Perez,
Manuel Reiriz, Allison Russell,
Gina Sbrocco, Frank Seibert, Heather Shaw,
and Jeannie Steinel.

Next Sunday's Scripture Readings:

Fourth Sunday of Lent



1 Samuel 16:1b, 6-7, 10-13a (31A)

Psalms 23:1-3a, 3b-4, 5, 6

Ephesians 5:8-14

John 9:1-41 or 9:1, 6-9, 13-17, 34-38

SANCTUARY OFFERINGS

The **SANCTUARY LAMP** which burns near the Tabernacle in Church, the reminder of the Lord's Presence in the Most Holy Eucharist, will burn in memory of **NOEL SERPES**.

Requested by Floyd and Jessica Rebello.

The **ALTAR BREADS** which will become the Body of our Lord Jesus Christ at the Masses celebrated in Church during the week will be offered in memory of **ELVIRA DEGENNARO**.

Requested by Gina and Michele DeGennaro.

Please keep Noel, Elvira and their families in your prayers.

ROSARY ALTAR SOCIETY



Saint Mary Rosary Altar Society is happy to announce that Deacon James J. Guida will be our speaker on Saturday, March 21, for our Day of Recollection.

The morning will begin at 9:30 AM in Madonna Hall. Deacon Jim always provides us with inspiring reflections and meaningful "food for thought" to enrich our Lenten experience.

The presentation will last approximately one hour, and refreshments will be served. Everyone is warmly invited to attend. If you have any questions, please contact Valerie Bowen at 973-524-1916. We look forward to seeing you there!

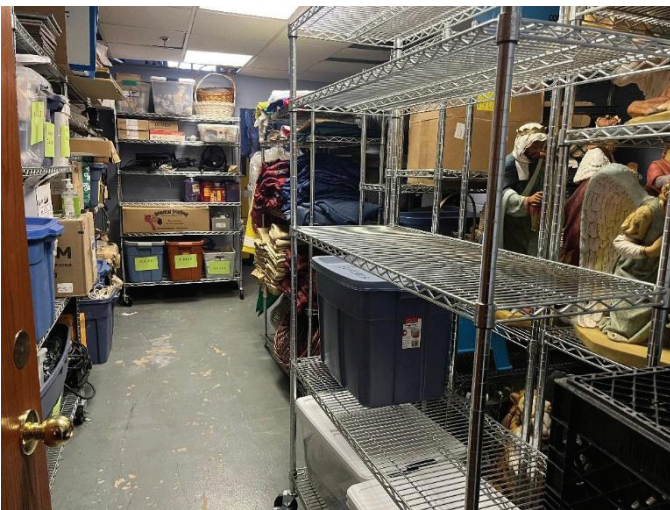
And our 1st meeting of the new year is this Tuesday, March 10 at 6:30 PM in Madonna Hall. We will start by reciting the Rosary followed by refreshments and the meeting. This is an important meeting to discuss all the upcoming dates for the spring season. We also need to catch up with our members and spend time together. Hope to see you on March 10th.

PARISH CENTER CLOSETS



BEFORE

AFTER



I'm sure we all have a storage closet that could use a serious clean-out! Just ask John Celio, Ernie Schneck, and Linda Verdino — they recently took on the walk-in closet and got it organized (again!).

When there's a daunting task that needs tackling, they're the team to call. Their willingness to jump in, sort through the chaos, and bring order back to the space is truly appreciated.

Thank you, John, Ernie, and Linda. We can always count on you!

THANK YOU, FRANK AND JOAN TIDONA

Thank you, Frank and Joan Tidona, for arranging the replacement of our flags after the harsh winter storm. Thanks to your generosity, our American and Vatican flags are once again proudly flying. We are deeply grateful for your continued kindness and for all that you do for Saint Mary Church.



THE ORDER OF CHRISTIAN INITIATION OF ADULTS:

Are you thinking about becoming a member of the Catholic Faith Family?

Have you experienced Jesus calling you into a closer relationship with Him?

The Order of Christian Initiation of Adults (OCIA) is intended for:

- + Unbaptized adults
- + Adults who have been baptized into a non-Catholic denomination
- + Adults who have been baptized Catholic but never received First Eucharist or Confirmation

NOW IS THE TIME TO FIND OUT MORE!

Come to an Inquiry Session – on Sundays from 11 to 12:15 pm in Madonna Hall. A commitment is not required to attend these sessions. Contact Adrian at religiousformation@stmaryrutherford.org

Confessions are heard on

SATURDAYS at 4:15 pm

ALL MUST ARRIVE AT THE START TIME

as Confessions MUST END 15 MINUTES BEFORE the Saturday Mass time!

Or contact Fr. Mike to make an appointment.

NO Confessions will be heard during Holy Week, from Palm Sunday [03/29] until AFTER Easter, so come to Confession early!

RELIGIOUS FORMATION

Registration for **RF 2026-27** has begun. Families SHOULD register for Summer OR Fall-Spring RF in the parish office. Please note that the **early registration fee** goes on **UNTIL** June 1st.

Summer dates are:

June 24, 25, 26, 29, 30

July 1, 2, 3.

For those registering for the Summer program, please make sure you are:

1. registered at the parish
2. are submitting weekly envelopes
3. and that your child is participating in this year's (2025-26) RF program (Summer or Fall-Spring).

All 2nd grade and 7th grade registrants must submit a \$50 dollar sacramental fee for First Communion or Confirmation. Incoming 1st graders must submit a copy of their baptismal certificate upon registration. Registration forms can be submitted at the parish office with the attention of the religious formation office. Forms are on our parish website – stmaryrutherford.org under religious formation OR can be picked up in the office. Any questions can be directed to religiousformation@stmaryrutherford.org

PRAY FOR OUR MILITARY



Continue to pray for all the brave men and women defending our country. Keep them safe from all attacks and warn them of danger. Give them wisdom and strength in battle, and help them to stay focused, sharp, and alert. Strengthen our troops spiritually, physically, mentally, and emotionally and bring them safely home to their Families.

Brendan Scott Ahearn, Corporal, USMC
Nicole Conti, SPC Nazar Fedorko,
Paul Fedorisin, SSGT, Kyle McAuley,
Kevin Mustac, Drew Napoli,
Brendan J. Nestor, US Navy
CPT Patrick O'Grady, US Army, Michael Rogers,
2LT Jake Shoemaker, Sgt. Angelo Mangione USMC,
Ch (Cpt) Fr. Peter Koziolkiewicz

APRIL 18, 2026

CONFIRMATION RETREAT

2 PM – 6 PM – PARISH CENTER

**All candidates must have
an adult present with them – either
sponsor or parent.**

FLOWER MEMORIAL

If you wish to **REMEMBER YOUR LOVED ONES** by memorializing them in our Easter Flower donations, the envelopes can be found by the doors of the church. The names of the person and the person requesting the remembrance will be included on ONE line to be published in the bulletin after Easter. Please PRINT and be legible.

2026 – MASSES

Sanctuary Offerings available through
the parish office

Many are calling or stopping in to reserve Masses for 2026. Our mass book is filled – there are NO available masses and we are unsure at this time when the 2027 book will open. We encourage you to consider a Sanctuary Offering for 2026. Cards are available and this is posted in the weekly bulletin.

ANNUAL APPEAL ²⁰²⁶

Through your support of the Annual Appeal, the Archdiocese of Newark can form the next generation of leaders, welcome those on the margins, and finally provide the resources so that our parishes can flourish. Your gift to the Annual Appeal is and always will be used for the reasons intended, to **SERVE THE MISSION OF THE CHURCH** and nothing more. There are many ways to make a gift to the annual appeal, including their website: rcan.org/sharing. There, you can also see the areas your gift will support and learn more about our programs and ministries.

Our goal of **\$91,037.56** can only be reached through your generosity and sacrifice. If you have not yet made your gift, we invite you to prayerfully consider doing so today. In-Pew Weekend, **March 7th and 8th.**

SECOND COLLECTION

Black and Indian Missions/Catholic Relief Services

The National Collection for Black and Indian people continues as the embodiment of the Church's concern for evangelizing the Black and Indian peoples of the United States. The funds are distributed as grants to dioceses throughout the United States, supporting and strengthening evangelization programs which otherwise would cease. This second collection will be taken next weekend.

TAIZE PRAYER SERVICE

A Taize Prayer Service will be held on Wednesdays during Lent from 7 to 8 pm. Taize is a meditative prayer form that provides elements of Scripture readings, prayers of praise and contemporary chants based on Psalms. This service will be held in our Chapel. Please enter the door (on the plaza) to the right over the CHAPEL awning. The main church doors **WILL NOT** be unlocked for entering. We hope you will join us!

4TH SUNDAY OF LENT

On Laetare Sunday, which is the Fourth Sunday of Lent, priests have the option to wear rose-colored vestments, a lighter shade of violet, instead of the traditional purple, signifying a glimpse of the joy of Easter and a break from the penitential tone of Lent. Let's ALL wear **PINK** next week as a sign of the joy that comes with the promise of Easter.

BIBLE STUDY

The Church of Saint Mary is excited to announce the formation of a NEW Young Adult Bible Study!

WHEN: Wednesdays
TIME: 6:00–6:45 PM
Where: Parish Center

Young adults ages 18–25 are invited to join us each Wednesday evening as we dive into the Gospel of Matthew, Chapters 5–7 (The Sermon on the Mount). Come grow in faith, build community, and explore Scripture together! For more information, please contact: Gabe Mendez – 201-249-3337
Adrian Salazar – 201-814-4316
asalazar@stmaryrutherford.org - We look forward to seeing you there

STATIONS OF THE CROSS FRIDAY EVENINGS AT 7:30 PM GOOD FRIDAY: 7:30 PM

The church is usually open on weekdays from **7:00 am** [use the single door left of the main doors] to **4:00 pm** for private praying of the venerable *Stations of the Cross*. At 7:30 pm on *Lenten Fridays*, our *Knights of Columbus* will carry the *Cross* and *Candles* as various forms of the *Stations of the Cross* will be led by:

March 13: Readers

March 20: Rosary Altar Society

March 27: Spiritual Life Committee

On *Good Friday* at **7:30 pm** we will conduct our **28th annual 'Walking the Stations'** in which parishioners share their personal reflections on how we, the *Body of Christ*, the *Church*, must die and rise to new life each day.

GET 'FORMED' FOR LENT!

Now that many have become familiar with many methods to teleconference, telecommute, and take part in distance education and social relations, it's time to try - or return to - the dynamic *Catholic* online platform called *FORMED*. *Saint Mary Church GIFTS* every parishioner with 24/7 access to the best *Catholic* content, including bible studies, movies, talks, and books. It is totally **FREE**; here's how to register:

1. Go to formed.org and then select **'SIGN UP'**
2. Select **'Sign up as a parishioner'**
3. In the **'Find Your Parish'** box type: *Church of Saint Mary 91 Home Avenue Rutherford NJ*
4. Then select **'Next'**
5. Type in your name **[first last]**
6. Type in your **personal email**
7. Select from numerous options and enjoy

Once you set up your profile, you can access the material at any time. **PROGRAMS** include: Salvation; Forgiven; Presence; Footprints of God: Jesus. **TALKS** include: Daily Lenten Reflections; My Beloved Son: Meditations for Lent; Walk the Walk: Following Christ as His Disciple; The Case for Jesus; Glimpses Along the Way of the Cross; Jesus the Bridegroom; Holy Week.

Lenten Examination of Conscience #1 of 5

Before coming to *Confession* on **SUNDAY, MARCH 22** between **4:00 - 5:30 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 #2 - from the revised Order of Penance

Remember, Lord, the compassion and mercy
you showed long ago.
Do not recall my sins and failings.
In your mercy remember me, Lord,
because of your goodness.

EXAMINATION OF CONSCIENCE BASED ON THE BAPTISMAL PROMISES

*Do you renounce sin, so as to live
in the freedom of the children of God?*

Have I sought the good life, not only for myself, but for all my brothers and sisters? Have I always acted as a child of God, as another Christ, for all the world to see? Have I shown in my attitudes and actions, in my example and priorities, that I am a Christian? As a child of God, do I speak regularly to my God, my loving Father, in prayer? Do I **listen to and heed God's voice** as He speaks to me in sacred Scripture and at holy Mass?

*Do you renounce the lure of evil,
so that sin may have no mastery over you?*

Have I given into my temptations? Have I failed to help build God's Kingdom on earth? Have I allowed the idols of money, or property, or color, or class, or position to get in the way of loving others? Have I tried to live by God's truth as taught: in the Ten Commandments; in Gospel values; in Church teaching; and by the dictates of my conscience, God's Spirit within me?

Do you renounce Satan, the author and prince of sin?
Have I given up my struggle against sin, or lost hope

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that God can, and will, help me to 'sin no more?' Have I tried to seek peace and to live in peace as part of one human family? Have I allowed Satan's prejudices to create a barrier to unity and peace? Have I given my attention and deeper trust to money, superstition, or other false gods? Have I voiced my opposition to all forms of darkness: abortion and euthanasia; all types of abuse and injustice; an 'anything goes' mentality?

*Do you believe in God, the Father Almighty,
Creator of heaven and earth?*

Do I see myself, and others, as children of the one Father, who loves us and cares for us? Do I see the hand of God in all created things: in myself; in my neighbor; in the gift of nature? Have I generously used God's gifts of time, health, strength, fortune, and talent in service for the Gospel? As a co-creator of the world with God, have I tried to further establish His Kingdom in my family, at my workplace or school, and among my relatives and friends?

*Do you believe in Jesus Christ His only Son, our Lord,
who was born of the Virgin Mary, was crucified,
died, and was buried, rose from the dead,
and is now seated at the right hand of the Father?*

Do I believe **"God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life"** [John 3:16] - which includes me? Do I feel unloved, or uncared for, by God? Have I patiently accepted my disappointments and sorrows by which **"in my flesh I am filling up what is lacking in the afflictions of Christ?"** [Colossians 1:24] Do I try to 'make it on my own,' forgetting that Jesus is at God's right hand, interceding and pleading for me?

Do you believe in the Holy Spirit, the holy Catholic Church, the Communion of Saints, the forgiveness of sins, the Resurrection of the Body and life everlasting?

Have I ignored the Spirit of God who dwells within the Church, who dwells within me? Have I forgotten that we are all connected by Faith to one another and to the whole Church, here on earth and in heaven? Am I so centered on the things of this world that I have forgotten we are created to share eternal happiness with God in heaven for all eternity? Have I lived as a temple of God's Spirit and a channel of God's love for all to see?

Lenten Examination of Conscience #2 of 5

Before coming to *Confession* on **SUNDAY, MARCH 22** between **4:00 - 5:30 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 nine official *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?

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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]

Lenten Examination of Conscience #3 of 5

Before coming to *Confession* on **SUNDAY, MARCH 22** between **4:00 - 5:30 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 nine official *Acts of Contrition* PRIVATELY BEFORE or AFTER.

Act of Contrition #10 - from the Order of Penance

Lord Jesus, Son of God,
have mercy on me, a sinner.

EXAMINATION OF CONSCIENCE BASED ON
THE BEATITUDES: MATTHEW 5:3-12

*Blessed are the poor in spirit,
for theirs is the kingdom of heaven.*

Do I truly recognize my complete dependence on God? Have I been proud, arrogant or self-righteous, selfish, greedy, possessive or self-seeking? Do I crave status, recognition, power, material possessions or wealth?

Blessed are they who mourn, for they will be comforted.

Do I endure difficulties and afflictions with faith and patience? Do I have compassion for the poor, the hungry, the addicted, the sick, the lonely, the sinful? Am I truly sorry for my own sins and faults?

Blessed are the meek, for they will inherit the land.

Am I gentle with others, or am I harsh in my behavior? Do I seek to dominate others at home, school, work, church and elsewhere? Do I lose my temper, nurse hatred in my heart or the desire for revenge? Am I impatient, resentful, bitter, unforgiving, insulting or abusive? Do I try to love my enemies?

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Do I thirst for holiness? **Do I truly yearn for God's** will to be done, in my life and in all things? Do I try to

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cultivate a righteous and holy life through prayer, fasting, almsgiving, worship, the reading of Holy Scripture, frequent Confession and Communion? Am I lukewarm in my faith, lazy, negligent or apathetical?

Blessed are the merciful, for they will be shown mercy.

Do I turn away from those who need my help? Turn my back on the poor, hungry, rejected, lonely and needy? Do I strive to understand and forgive others? Am I indifferent or judgmental?

Blessed are the clean of heart, for they will see God.

Do I love purity and honesty? Am I dishonest in my speech or actions? Are the motives or intentions of my actions evil or selfish? Have I given way to lust, impure thoughts, words or deeds - prejudice, hypocrisy, pretense or self-indulgent, sinful passions?

*Blessed are the peacemakers,
for they will be called children of God.*

Am I at peace with God? Do I have **God's** peace in my heart? Have I been angry, aggressive or impatient? Do I foster peace at home, work, church and community? Have I been irritable or bold? Have I caused division and discord? Is my criticism harmful and disruptive, or does it build up others in charity?

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Have I complained when persecuted for God's sake?

Prayed for my enemies? Failed to defend others for fear of humiliation or persecution? Have I had the courage to stand up for the truth despite criticism, ridicule or persecution? Am I afraid to witness my faith in Jesus and His Church?

Blessed are you when they insult you and persecute and utter every kind of evil against you falsely because of me, for your reward will be great in heaven.

Is the joy of Christ in my heart, even in trying moments? Do I give thanks to God at all times, in every circumstance, or do I complain often? Have I been pessimistic, negative, despondent, or despairing?

Have I truly delighted in the promise of God's treasures in heaven?

Lenten Examination of Conscience #4 of 5

Before coming to *Confession* next **SUNDAY, MARCH 22** between **4:00 - 5:30 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 nine official *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

Very Reverend Michael J. Kreder, V.F., KCHS

- 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?

Lenten Examination of Conscience #5 of 5

Before coming to *Confession* **THIS SUNDAY, MARCH 22** between **4:00 - 5:30 PM**, use the following to examine your conscience. 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; 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 the *Act 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?”

Very Reverend Michael J. Kreder, V.F., KCHS

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?

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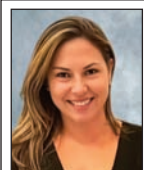
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