

CHURCH OF ST. MARY-ST. JOSEPH

231 CHURCH STREET, POUGHKEEPSIE, NEW YORK 12601 PARISH OFFICE: 845.452.8250 (PH), 845.452.8266 (F) RELIGIOUS EDUCATION OFFICE: 845.471.4747 (PH)



By your help,
we beseech you, Lord our God,
may we walk eagerly
in that same charity
with which,
out of love for the world,
your Son
handed himself over to death.

Through our Lord Jesus Christ,
your Son,
who lives and reigns with you
in the unity of the Holy Spirit,
one God,
for ever and ever.
Amen.

The Opening Collect,
The Fifth Sunday of Lent

The Fifth Sunday of Lent
March 18, A.D. 2018

REV. RONALD PEREZ, *Pastor*

MOST REV. PETER BYRNE, *Auxiliary Bishop of New York, Episcopal Vicar of Dutchess County*

REV. CHARLES HESTON JOSEPH, *Parochial Vicar*

REV. MSGR. JOHN BRINN, *Pastor Emeritus*

WELCOME *Bienvenido* Witamy *Benvenuto* FÁILTE

PARISH OFFICE

Telephone: 845.452.8250 Facsimile: 845.452.8266 Email: D526@archny.org

RELIGIOUS EDUCATION OFFICE

Telephone: 845.471.4747 Email: stmarypkreligious@gmail.com

WELCOME TO OUR NEW PARISHIONERS! / ¡BIENVENIDOS A NUESTROS FELIGRESES NUEVOS!

Each family should register at the Parish Office. / Cada familia debe inscribirse en la Parroquia.

STAFF

MRS. SHARINA CHINAS, *Coordinator of Religious Education*
MRS. SUSAN DEGILIO, *Administrative Assistant*
MRS. GRACE HAACK, *Music Director*
MR. THOMAS PATTI, *Facilities Manager*

HOURS

Sunday: 9:00 a.m. – 2:00 p.m.
Monday: 9:00 a.m. – 12:00 p.m., 1:00 p.m. – 5:00 p.m.
Tuesday: 9:00 a.m. – 12:00 p.m., 1:00 p.m. – 7:00 p.m.
Wednesday: 9:00 a.m. – 12:00 p.m., 1:00 p.m. – 5:00 p.m.
Thursday: 9:00 a.m. – 12:00 p.m., 1:00 p.m. – 7:00 p.m.
Friday: 9:00 a.m. – 12:00 p.m., 1:00 p.m. – 5:00 p.m.
Saturday: 2:00 p.m. – 6:00 p.m.

THE HOLY MASS / LA SANTA MISA

Vigil/Vigilia:

4:30 p.m. (English/Inglés)

Sunday/Domingo:

7:30 a.m. (English/Inglés)

9:30 a.m. (English/Inglés)

12:00 p.m. (Spanish/Español)

Monday – Friday/Lunes – Viernes:

8:00 a.m., 5:30 p.m. (English/Inglés)

Tuesday & Thursday/Martes y Jueves:

7:30 p.m. (Spanish/Español)

Saturday/Sábado:

8:00 a.m. (English/Inglés)

BAPTISMS / BAUTISMOS

Every Third Sunday of the Month in English/
 Cada Tercer Domingo del Mes en Inglés:

2:00 p.m.

Every Third Saturday of the Month in Spanish/
 Cada Tercer Sábado del Mes en Español:

2:00 p.m.

Parents need to make an appointment with the parish office.

It is recommended that preparations for Baptism begin,
 while you are awaiting the birth of your baby.

Los padres deben hacer una cita en la Oficina Parroquial.

Se recomienda iniciar los trámites del Bautismo
 mientras espera el nacimiento de su bebé.

CONFIRMATIONS / CONFIRMACIONES

Youth must be enrolled in our Religious Education program
 in order to be confirmed in 8th Grade.

Adults must be enrolled in our Rite of Christian Initiation of Adults
 process (English or Spanish) in order to be confirmed at Easter.

Los jóvenes deben estar inscritos en nuestro programa
 de Educación Religiosa
 para ser confirmados en el 8vo Grado.

Los adultos deben estar inscritos en nuestro proceso
 de Rito de Iniciación Cristiana de Adultos (inglés o español)
 para ser confirmados en la Pascua.

CONFESSIONS / CONFESIONES

Thursday/Jueves:

8:00 – 8:45 p.m.

Saturday/Sábado:

3:30 – 4:15 p.m.

Monday – Friday/Lunes – Viernes:

By Appointment / Por Cita

MARRIAGES / MATRIMONIOS

Couples need to consult one of the parish priests
 at least 6 months before wedding date.

La pareja debe hacer una cita con el sacerdote
 con seis meses o más de anticipación de la fecha propuesta.

ANOINTING OF THE SICK / UNCIÓN

Available by appointment to the seriously infirmed and the aged.
 Disponible por cita a los seriamente infirmed y los ancianos.

DEVOTIONS / DEVOCIONES

**First Friday Adoration of the Blessed Sacrament/
 Primera Adoración del Viernes del Santísimo Sacramento**

8:30 a.m. – 5:00 p.m., 8:00 p.m. – 9:00 p.m.

Miraculous Medal Novena/Novena Medalla Milagrosa

Mondays after Holy Mass/Lunes después de la Santa Misa

Rosary/Rosario

Weekdays at 7:30 a.m. and 5:00 p.m. /
 Días de semana a las 7:30 a.m. y 5:00 p.m.

Saturdays at 8:30 a.m. /

Sábados a las 8:30 a.m.

Chaplet of Divine Mercy/Coronilla de la Divina Misericordia

Fridays at 6:00 p.m./Viernes a las 6:00 p.m.

15TH BIRTHDAY / QUINCEAÑERAS

The birthday celebrant must make an appointment with the priest
 six months or more in advance of the proposed date.

El celebrante del cumpleaños debe hacer una cita con el sacerdote
 seis meses o más antes de la fecha propuesta.



MASS INTENTIONS FOR THE WEEK

SATURDAY, MARCH 17

8:00 Agnes Burnes †
4:30 The People of the Parish

SUNDAY, MARCH 18

7:30 Fr. Joseph D'Agostino †
9:30 Virginia Cervone †
12:00 Ofelia Ezperanza Merlin †

MONDAY, MARCH 19

8:00 Agnes Burnes †
5:30 Joseph Pilato †
7:30

TUESDAY, MARCH 20

8:00
5:30
7:30

WEDNESDAY, MARCH 21

8:00
5:30 Agnes Burnes †

THURSDAY, MARCH 22

8:00
5:30
7:30

FRIDAY, MARCH 23

8:00 Elizabeth T. Polhamus
5:30 Agnes Burnes †

SATURDAY, MARCH 24

8:00 Sharon Marie Kallo †
4:30 The People of the Parish

SUNDAY, MARCH 25

7:30 Henry D. Cragan Sr. †
9:30 Thomas Whearty †
12:00 Maria Altagracia Castro †

LIFE IN OUR PARISH

RELIGIOUS EDUCATION CLASSES

Grades 1-6 Sundays at 10:30 a.m., St. Mary's School
Grades 7-8 Wednesdays at 7:00 p.m., St. Mary's School

BAPTISM PREPARATION CLASSES

English 1st Monday of the Month at 7:30 p.m.
St. Mary's School
Spanish 1st and 3rd Sunday of the Month at 1:00 p.m.
St. Mary's Church

BIBLE STUDY

2nd and 4th Wednesdays at 7:00 p.m., Rectory Conference Room

CHARISMATIC PRAYER GROUP

Wednesdays at 7:00 p.m., St. Mary's Parish Center
Fridays at 7:00 p.m., St. Mary's Church

FELIX VARELA INSTITUTE

Tuesdays at 7:00 p.m., St. Mary's School

KNIGHTS OF COLUMBUS – FLORENTINE COUNCIL

2nd Wednesdays at 7:30 p.m., Rectory Basement

LEGION OF MARY

Tuesdays at 3:00 p.m., Rectory Conference Room

MUSIC MINISTRY

English/Polish Choir Mondays at 6:30 p.m., St. Mary's Church
Spanish Choir Sundays at 11:00 a.m., St. Mary's Church
Tuesdays at 6:30 p.m., Rectory Basement
Youth Choir Tuesdays at 7:30 p.m., Rectory Basement

PARKING LOT FUNDRAISER

Pancake Socials 1st Sundays from 8:00 a.m. – 11:30 a.m.
St. Mary's Parish Center
Lunch Socials 1st Sundays from 11:30 a.m. – 2:00 p.m.
St. Mary's Parish Center
Saturday Suppers 3rd Saturdays from 5:30 p.m. – 8:00 p.m.
St. Mary's Parish Center

RITE OF CHRISTIAN INITIATION OF ADULTS

English (RCIA) Mondays at 7:30 p.m.,
Rectory Conference Room
Spanish (RICA) Fridays at 7:30 p.m., St. Mary's School

ST. VINCENT DE PAUL SOCIETY

1st and 3rd Thursdays at 6:00 p.m., Rectory Conference Room

YOUTH GROUP

Fridays at 7:30 p.m., St. Mary's School Gym

WEEKLY COLLECTION

Sunday Regular Collection

March 11, 2018	\$4391.00
March 12, 2017	\$5040.00
Second Collection: Catholic Relief Services	
March 11, 2018	\$1209.00

**THANK YOU, AND MAY GOD BLESS YOU
FOR YOUR GENEROUS SUPPORT OF OUR PARISH!**

TODAY'S READINGSLECTURAS DE HOY**First Reading: Jeremiah 31:31-34**

The Lord comforted his people, who were exiled to Babylon, by telling them of the new covenant he planned to make with them. The Lord declared he would write his law upon their hearts, and that he would forgive their evil and forget the sins they had committed in the past.

Second Reading: Hebrews 5:7-9

Though God could have heeded his Son's prayers and spared him suffering, Jesus accepted his Father's will. Through his suffering, he learned obedience and became the source of eternal salvation for all people.

Gospel: John 12:20-33

Jesus was afraid of the suffering he knew he must face. Yet he explained just as a grain of wheat must die to be harvested, he had to face his hour of suffering to glorify his Father's name. Jesus explained that once he was lifted from earth, he could draw all people to himself, lifting them to eternal life.

Primera Lectura: Jeremías 31:31-34

El Señor consoló a su gente, quienes habían sido exilados de Babilonia, y les dijo sobre el nuevo pacto que haría con ellos. El Señor declaró que escribiría su ley en sus corazones y que perdonaría el mal y los pecados que habían cometido en el pasado.

Segunda Lectura: Hebreos 5:7-9

A pesar de que Dios pudo haber escuchado las oraciones de su Hijo y librarlo del sufrimiento, Jesús aceptó la voluntad de su Padre. A través del sufrimiento aprendió obediencia y se convirtió en la fuente de salvación eterna para toda la gente.

Evangelio: San Juan 12:20-33

Jesús temía el sufrimiento que iba a afrontar. Sin embargo explicó que así como un grano de trigo debe morir al ser cosechado, El tenía que afrontar su hora de sufrimiento para gloria del nombre de su Padre. Jesús explicó que una vez que fuera elevado de la tierra, podría atraer a toda la gente hacia El, elevándolos a la vida eterna.

HIS WORD TODAY by Rev. William ReillySU PALABRA HOY por el Rev. William Reilly

“Some Greeks who had come to worship at the Passover Feast came to Philip who was from Bethsaida in Galilee and asked him ‘Sir we would like to see Jesus.’ Philip went and told Andrew, then Philip and Andrew went and told Jesus. Jesus answered them ‘the hour has come for the Son of Man to be glorified. Amen, amen I say to you, unless a grain of wheat falls into the ground and dies, it remains just a grain of wheat, but if it dies, it produces much fruit.’”

“Unos griegos que habían subido para adorar durante la fiesta de Pascua, se acercaron a Felipe, el de Betsaida de Galilea, y le dijeron: ‘Señor, queremos ver a Jesús’. Felipe fue a decírselo a Andrés, y ambos se lo dijeron a Jesús. El les respondió: ‘Ha llegado la hora en que el Hijo del hombre va a ser glorificado. Les aseguro que si el grano de trigo que cae en la tierra no muere, queda solo; pero si muere, da mucho fruto.’”

It is not rare for someone to use another to get help to get a job, admission to school, or even just to meet someone of importance. In the political field we call them lobbyists. Today we find some Gentiles using Philip, and he another apostle to gain access to Jesus. The same Andrew is the one who told Peter he had met Jesus and we know how important that meeting was.

No es raro que alguien pida la ayuda de otro para conseguir un trabajo, admisión a una escuela, o para ser presentado a alguien importante. En el campo político se les llama grupos de presión. Hoy encontramos a unos gentiles usando a Felipe, y éste a otro apóstol para ganar acceso a Jesús. El mismo Andrés es quien le dijo a Pedro que había encontrado a Jesús y ya sabemos cuán importante ese encuentro fue.

How many other persons are seeking Jesus, today without knowing it or Him. They have need for access to the Lord. Our restless world turns, but people do not know to whom to turn. Each one of us can assume the role of Philip or Andrew, to bring them to Jesus or Jesus to them. The grain of wheat will then produce much fruit.

Cuántos buscan a Jesús hoy sin saberlo o sin conocerlo. Tienen necesidad de acceso al Señor. Nuestro inquieto mundo gira, pero la gente no sabe a quién volcarse. Cada uno de nosotros puede asumir el papel de Felipe o Andrés, para traerlos a Jesús, o Jesús a ellos. El grano de trigo dará mucho fruto.

PRAY FOR THE INFIRMED / OREMOS POR LOS ENFERMOS

Watch, O Lord, with those who wake, or watch, or weep tonight, and give your angels charge over those who sleep. Tend your sick ones, O Lord Christ. Rest your weary ones. Bless your dying ones. Soothe your suffering ones. Pity your afflicted ones. Shield your joyous ones. And for all your love's sake. Amen. - Saint Augustine



Miguel De La Llana, Elijah Espina, Anthony Imperatrice, Tracy Kirkpatrick, Thomas Kirkpatrick, Gerard Mulcahy, Yolanta Niece, Angela Patti, Donna Patti, Gloria Patti, Jose Quezada, Rev. Phil Tran, Oscar Valencia, Paul E. Williams, Gertrude Wtulich, Suzette Bulay, Patrick Neville, Jenny Barbagallo, Thomasina Henry, Daniel Hines, William Holland, Christina Mulligan, Santamae Theyson, Gary Fister, Robert Lamberti, Barbara Mayorhofer, Edmond Modugno, Betty Salerno, Jackie Schoenbacher, and William Strubing, Dorothy Antonano, Robert Brunell, James Carlton, Ellen Davis, Lidia Paulino, David Quetglas, Rafael Robles, Anna Sylvester, Howard Kraemer, and Dorothy Russell, Roberto Morelli, John Darcy, Anthony Fahy, Stephen Gleason, Cecile Merto, Patrick Sheehy, Rose Capozzi, Rev. Thomas D'Angelo, Sebastiana U., Robert Campbell, Anne Landisi, Teresa Mendez, Lorraine Napolitano, Paul Pitt, Nicholas Purchia, Clarence R., and Cheska Delos Reyes.

Lent and Easter at the Church of St. Mary-St. Joseph

FASTING AND ABSTINENCE DURING LENT

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

Fasting

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal.

Abstinence

The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

Members of the Eastern Catholic Churches are to observe the particular law of their own *sui iuris* Church.

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

- *USCCB, United States Conference of Catholic Bishops*

ASH WEDNESDAY

Holy Mass and Distribution of Ashes

February 14, 2018

8:00 a.m., 12:10 p.m., and 5:30 p.m. (English/Polish)
7:30 p.m. (English, Spanish)

Stations of the Cross

Every Friday

6:00 p.m. (English), 6:30 p.m. (Spanish),
7:00 p.m. (Polish)
Good Friday
10:00 a.m. (Spanish)

Lamentations in Polish

Every Sunday Before the 9:30 a.m. Mass (English)

Lenten Bible Study by Fr. Charles

Every Wednesday, Rectory Conference Room
7:00 p.m.

40-Hour Devotion

March 24 (8:00 a.m.) – 26 (7:00 a.m.), 2018

Divine Mercy Novena

March 30 – April 8, 2018

Good Friday: 4:00 p.m.

Holy Saturday: 3:00 p.m.

Easter Sunday: 10:30 a.m.

Easter Monday – Easter Friday: 6:00 p.m.

Easter Saturday: 5:30 p.m.

AYUNO Y ABSTINENCIA DURANTE LA CUARESMA

El Miércoles de Ceniza y el Viernes Santo son días obligatorios de ayuno y abstinencia para los Católicos. Además, los Viernes durante la Cuaresma son días obligatorios de abstinencia.

Ayuno

Ayuno para los miembros de la Iglesia Católica Latina, las normas sobre el ayuno son obligatorias desde los 18 años hasta los 59 años. En ayunas se permite comer una comida completa y dos comidas más pequeñas que no equivalen a una comida completa.

Abstinencia

Las normas relativas a la abstinencia de la carne son vinculantes para los miembros de la Iglesia Católica Latina a partir de los 14 años.

Los miembros de las Iglesias Católicas Orientales deben observar la ley particular de su propia Iglesia *sui iuris*.

Si es posible, el ayuno del Viernes Santo continúa hasta la Vigilia Pascual (el sábado santo) como "ayuno pascual" para honrar el sufrimiento y la muerte del Señor Jesús, y prepararnos para compartir más plenamente y celebrar más fácilmente Su Resurrección.

- *USCCB, United States Conference of Catholic Bishops*

MIÉRCOLES DE CENIZA

Santa Misa y Distribución de las Cenizas

14 de febrero de 2018

8:00 a.m., 12:10 p.m. y 5:30 p.m. (Inglés, Polaco)
7:30 p.m. (Inglés, Español)

Estaciones de la Cruz

Cada viernes

6:00 p.m. (Inglés), 6:30 p.m. (Español),
7:00 p.m. (Polaco)
Viernes Santo
10:00 a.m. (Español)

Lamentaciones en Polaco

Todos los domingos antes de la misa
de las 9:30 a.m. (Inglés)

Cuaresma Estudio Bíblico del P. Charles

Cada miércoles, Sala de Conferencias de la Rectoría
7:00 p.m.

Devoción de 40 Horas

24 (8:00 a.m.) - 26 (7:00 a.m.) de marzo, 2018

Novena Divina Misericordia

30 de marzo – 8 de abril, 2018

Viernes Santo: 4:00 p.m.

Sábado Santo: 3:00 p.m.

Domingo de Pascua: 10:30 a.m.

Lunes de Pascua - Viernes de Pascua: 6:00 p.m.

Sábado de Pascua: 5:30 p.m.

Lent and Easter at the Church of St. Mary-St. Joseph

HOLY WEEK

PALM SUNDAY OF THE LORD'S PASSION
March 25, 2018
4:30 p.m. Vigil, 7:30 a.m., and 9:30 a.m. (English/Polish)
12:00 p.m. (Spanish)

HOLY MONDAY
Lenten Confessions
March 26, 2018
3:00 p.m. – 9:00 p.m. (English, Spanish, Polish)

HOLY THURSDAY
March 29, 2018
Tenebrae: Liturgy of the Hours
8:00 a.m.
Mass of the Lord's Supper
7:30 p.m. (English, Spanish, Polish)

GOOD FRIDAY
March 30, 2018
Tenebrae: Liturgy of the Hours
8:00 a.m.
Living Stations of the Cross (Youth Group)
10:00 a.m. (Spanish)
Liturgy of the Lord's Passion
12:00 p.m. (Spanish), 3:00 p.m. (English/Polish)

HOLY SATURDAY
March 31, 2018
Tenebrae: Liturgy of the Hours
8:00 a.m.
Blessing of the Food
12:00 p.m.
Confessions
3:30 p.m. – 4:30 p.m.

EASTER:
THE RESURRECTION OF THE LORD JESUS CHRIST
March 31 – April 1, 2018
7:30 p.m. Vigil (English, Spanish, Polish)
6:00 a.m. (Polish, preceded by Procession)
7:30 a.m. (English)
9:30 a.m. (English)
12:00 p.m. (Spanish)

DIVINE MERCY SUNDAY
April 8, 2018
1:00 p.m. – 3:00 p.m.

SOLEMNITY OF ST. JOSEPH
Novena: March 11 – 19, 2018
Dinner: March 18, 2018, St. Joseph's Hall
4:00 p.m.
Adoration: March 19, 2018, St. Joseph's Church
12:00 p.m. – 6:45 p.m.
8:30 p.m. – 10:00 p.m.
Mass: March 19, 2018, St. Joseph's Church
7:30 p.m.

SEMANA SANTA

PALMA DOMINGO DE LA PASIÓN DEL SEÑOR
25 de marzo de 2018
4:30 p.m. Vigilia, 7:30 a.m. y 9:30 a.m. (Inglés/Polaco)
12:00 p.m. (Español)

LUNES SANTO
Cuaresma Confesiones
26 de marzo de 2018
3:00 p.m. - 9:00 p.m. (Inglés, Español, Polaco)

JUEVES SANTO
29 de marzo de 2018
Tenebrae: Liturgia de las Horas
8:00 a.m.
Misa de la Cena del Señor
7:30 p.m. (Inglés, Español, Polaco)

VIERNES SANTO
30 de marzo de 2018
Tenebrae: Liturgia de las Horas
8:00 a.m.
Estaciones de la Cruz (Grupo de Jóvenes)
10:00 a.m. (Español)
Liturgia de la Pasión del Señor
12:00 p.m. (Español), 3:00 p.m. (Inglés/Polaco)

SÁBADO GLORIA
31 de marzo de 2018
Tenebrae: Liturgia de las Horas
8:00 a.m.
Bendición de la Comida
12:00 p.m.
Confesiones
3:30 p.m. - 4:30 p.m.

PASCUA DE RESURRECCIÓN:
LA RESURRECCIÓN DE SEÑOR JESUCRISTO
31 de marzo - 1 de abril de 2018
7:30 pm Vigil (Inglés, Español, Polaco)
6:00 a.m. (Polaco, precedido por Procesión)
7:30 a.m. (Inglés)
9:30 a.m. (Inglés)
12:00 p.m. (Español)

DOMINGO DE MISERICORDIA DIVINA
8 de abril de 2018
1:00 p.m. – 3:00 p.m.

SOLEMNIDAD DE SAN JOSÉ
Novena: Del 11 al 19 de marzo de 2018
Cena: 18 de marzo de 2018, Sala de Iglesia de St. Joseph
4:00 p.m.
Adoración: 19 de marzo de 2018, Iglesia de St. Joseph
12:00 p.m. - 6:45 p.m.
8:30 p.m. - 10:00 p.m.
Misa: 19 de marzo de 2018, Iglesia de St. Joseph
7:30 p.m.

How to Make 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. Do the assigned penance.

In the Confessional, you say: "Bless me, Father, for I have sinned. It has been [length of time] since my last confession. These are my sins."

Then confess any mortal sins and the number of times committed. If you have no mortal sins to confess, then confess any venial sins you have committed since your last confession.

Then say: "For these and all the sins of my past, I am truly sorry." The priest may give advice on avoiding sin, then he assigns your penance.

Next, say an Act of Contrition.

Listen as the priest absolves you from all your sins, and then say "Thank you, Father" and leave the confessional.

There are two kinds of actual sin: mortal and venial. **Mortal sin** is an act that is so gravely immoral before God as to be entirely incompatible with true love of God and neighbor. To be an actual mortal sin, the act must be gravely immoral, and be chosen with full knowledge of its grave immorality and with full freedom of choice. Only actual mortal sin takes away the state of grace received at Baptism.

Venial sin is contrary to the true love of God and neighbor, but only to a substantially limited extent. Venial sins do not deserve eternal punishment, nor do they take away the state of grace.

An Examination of Conscience from the Ten Commandments

1. You shall worship the Lord your God, and serve him alone. Do I love God above all else? Do I worship God by prayer, selfdenial, and works of mercy? Do I faithfully adhere to the teachings of Tradition, Scripture, and the Magisterium?

2. You shall not take the name of the Lord your God in vain. Have I misused God's name or violated an oath? Am I guilty of sacrilege against a Sacrament or any holy person, place, or object?

3. Keep holy the Sabbath. Have I deliberately missed Mass on a Sunday or Holy Day without a just reason? Have I kept Sunday as a day for rest and the worship of God? Do I work needlessly on Sunday? Do I make others work needlessly on Sunday?

4. Honor your father and your mother. Do I honor my parents? Have I neglected my duties to my spouse and children? Have I been a good example to my family? Do I care for my aged and infirm relatives? Do I respect persons in authority over me, including my pastor, my bishop, and the Pope?

5. You shall not murder. Have I deliberately harmed myself or others? Have I obtained or condoned abortion, or used abortifacient contraception? Have I chosen hatred or malice in my heart or mind? Have I abused alcohol or drugs?

6. You shall not commit adultery. Have I engaged in sex outside of marriage? Have I been faithful to my marriage vows? Have I used contraception? Have I committed any unnatural sexual acts in my marriage? Has each sexual act in my marriage been unitive and procreative? Have I committed sins of masturbation or pornography? Have I committed homosexual sins? Have I treated other persons as sexual objects? Do I seek to be pure in thought, word, and deed?

7. You shall not steal. Have I committed any type of theft? Do I misuse my money, so as to deny my family their needs? Do I pay my debts? Do I share what I have with those in need?

8. You shall not bear false witness against your neighbor. Have I lied for any reason? Have I used words to cause harm? Am I uncharitable in thought or word? Am I an honest person?

9. You shall not covet your neighbor's wife. Have I committed the grave sin of lust or any interior sexual sins? Have I led anyone else into sexual sin? Am I chaste and modest in thought, word, and deed?

10. You shall not covet your neighbor's goods. Am I jealous of what other people have? Do I envy other people's employees or possessions? Am I greedy or selfish? Do I give my possessions greater importance than they deserve? Do I trust that God will care for all of my material and spiritual needs?

Act of Contrition

☩ my God,
I am heartily sorry
for having offended You.
I detest all my sins
because I dread
the loss of heaven
and the pains of hell,
but most of all
because they offend You,
my God,
Who are all good
and deserving of all my love.
I firmly resolve,
with the help of Your grace,
to confess my sins,
to do penance,
and to amend my life.
Amen.

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