

LENTEN SCHEDULE

Pre-Lent Parish Mission

Guest Speaker Fr. Tom McCarthy

Monday, February 12 – 6:00 pm in the church

Tuesday, February 13 – 6:00 pm in the church

**Mardis Gras Supper on February 13 – details coming soon!*

Ash Wednesday Masses (Lent Begins)

Wednesday, February 14 – 8:30 am, 12:00 noon, 7:00 pm

Stations of the Cross (Every Friday During Lent)

February 16, 23 and March 1, 8, 15, 22 – *6:15 pm in the church

**Immediately following daily Mass.*

Good Friday Stations of the Cross

Friday, March 29 – 3:00 pm in the church

Sacrament of Reconciliation

Fridays from 4:00 – 5:00 pm

Saturdays from 4:00 – 4:45 pm

**There are no confessions after Saturday, March 23 until after Easter. Our RCIA group will have a sign-up for Reconciliation slots, or by appointment.*

Palm Sunday Weekend Masses

Saturday, March 23 – 5:00 pm Vigil

Sunday, March 24 – *7:00 am, 9:00 am, 11:30 am

**Note time change from regular schedule.*

Holy Week Masses

Monday, March 25 – 5:15 pm

Tuesday, March 24 – No Daily Mass (Chrism Mass in Charlotte)

Wednesday, March 27 – No Daily Mass

Thursday, March 28 – Holy Thursday, Mass of the Lord's Supper – 7:00 pm

Friday, March 29 – Good Friday, Veneration of the Cross – 7:00 pm

Saturday, March 30 – Holy Saturday, Easter Vigil Mass – 8:00 pm

Easter Sunday Masses

Sunday, March 31 – *7:00 am, 9:00 am, 11:30 am

**Note time change from regular schedule.*

CONFESSION: STEP BY STEP

STEP 1: PREPARE FOR CONFESSION



Before going to Confession, do an examination of conscience to reflect on what sins you have committed. Say a prayer to the Holy Spirit for guidance. If you are worried you won't remember your sins, it's OK to make a written list and bring it with you to Confession.

It is important that you are truly sorry for your sins (contrition) and that you are determined to try and avoid committing these sins in the future (resolution).

STEP 2: GO TO CONFESSION



When you enter the confessional, you can choose to kneel behind the screen and confess anonymously or to walk over and sit in the chair across from Father to confess face-to-face.

BEGIN WITH THE SIGN OF THE CROSS:

In the name of the Father, and of the Son, and of the Holy Spirit.

CONFESS YOUR SINS:

- Begin by saying, "Bless me, Father, for I have sinned. It has been (# of weeks/months/years) since my last confession. These are my sins." *If you are not doing a face-to-face confession, it can be helpful to the priest to say your age, marital status, or other important characteristics.*
- Next, tell the priest all of the sins you have committed and if possible indicate the number or frequency of the sin. Is this something you do often or was it just once?
- When you have said all your sins, end with, "For these and all my sins, I am truly sorry."

LISTEN TO THE PRIEST:

- Listen closely as the priest talks to you and gives you your penance.
- The priest will ask you to pray an Act of Contrition (see back) out loud.
- When you finish, the priest will extend his hand and say the prayer of absolution: God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. You reply, "Amen."
- Lastly, the priest will dismiss you with a prayer, such as: The Lord has freed you from your sins. Go in peace. You respond, "Thanks be to God" and leave the confessional.

STEP 3: COMPLETE YOUR PENANCE



After leaving the confessional, go into a pew, kneel down and say a prayer of thanksgiving to God for his mercy and love. If the penance given by the priest is to say certain prayers, complete your penance in the church. If your penance is something else, such as making amends with a person, try to complete this as soon as you can.

EXAMINATION OF CONSCIENCE: *THE LORD'S PRAYER*

Our Father who art in heaven, hallowed be Thy name.

Do I think about God every day?

Do I say my prayers?

Do I pay attention and participate at Mass?

Am I reverent and respectful about Holy things.

Thy kingdom come, Thy will be done on earth as it is in heaven.

Am I kind to others?

Do I do what Jesus wants me to do?

Do I share with others?

Am I helpful to my family and friends?

Do I show respect to those with legitimate

Authority over me? Colleagues? And
co-workers?

Give us this day our daily bread

Do I remember to say thank you?

Am I sometimes greedy? Or Jealous?

Do I appreciate the good things I have in my life?

Do I think of ways to help those who have no food? Do I share?

Do I take things that don't belong to me?

And forgive us our trespasses as we forgive those who trespass against us.

Do I say I'm sorry when I have been wrong?

Do I forgive and forget when someone does something bad to me?

Do I help solve problems between my friends or do I cause more trouble?

Do I say bad things about people who have hurt me?

Am I faithful in my relationships?

Lead us not into temptation, but deliver us from evil.

Do I play fairly in sports and games?

Do I cheat or encourage others to do so?

Do I tell the truth? Do I exaggerate?

Do I set a good example by my kindness?

Do I let others tempt me to do things I know I shouldn't do?

Do I avoid the things, the situations and the people that lead me to sin?

EXAMINATION OF CONSCIENCE: THE BEATITUDES

(Matthew 5) When Jesus saw the crowds, He went up on the mountain; and after He sat down, His disciples came to Him. He opened His mouth and began to teach them, saying,

Blessed are the poor in spirit.

Am I humble enough to acknowledge my total dependence on God?

Am I able to admit that I don't have all the answers?

Can I admit mistakes without blaming others?

Blessed are those who mourn.

Do I stop to examine my losses, or do I miss the opportunity to be closer to God?

Do I figure out why I fail to do good?

Do I take my broken promises to God?

Do I turn to God when facing death or loss of a loved one?

Do I console and help those who mourn and suffer?

Have I been able to say: "I am sorry" and really mean it?

Blessed are the humble.

Do I align my desires with God's will?

Do I serve my neighbors? ALL of them. Even the ungrateful? Even the people I don't like?

Am I able to affirm others rather than criticize them?

Am I a good listener?

Blessed are those who hunger and thirst for righteousness.

Do I yearn for God's justice or for material goods?

Do I work for the triumph of love, peace and justice?

Do I understand that every person is just as important as me?

Do I listen with attention and devotion to the Word of God proclaimed?

Am I hungry for Eucharist?

Blessed are the merciful.

Do I choose to forgive or do I hold a grudge?

Do I forgive when it's easy AND when it's hard?

Do I forgive the unforgiveable?

Do I give others the benefit of the doubt?

Am I sensitive to others' needs?

Do the needs of others come before my own?

Blessed are the pure of heart.

Am I a person of integrity and sincerity?

Am I honest about my own faults and failings?

Do I do what is truly right or do I compromise because it's easier?

Do I look for instant gratification?
Do I recycle to keep God's world pure?
Do I keep myself pure in mind, body, and soul?
Have I allowed a particular sin or vice to distract me from God?

Blessed are the peacemakers for they shall be called children of God.

Am I a person of reconciliation, peace and mercy?
Do I hold grudges or seek revenge?
Am I at peace with myself, with my family, friends, and those with whom I live and work?
Do I bring peace to my world?

Blessed are those who are persecuted for the sake of justice.

Do I examine myself and my conduct in light of the Gospel call to be a disciple?
Do I follow Christ's example and stand up for what is right?
Am I only a Christian when it is convenient for me, or socially acceptable?
Am I able to suffer in silence or am I always complaining about something?

BONUS: Blessed are those who trust in God.

Do I take the time for God in my life through personal and private prayer?
Do I bring my choices to God?
Do I talk to God about my important decisions, my family & friends, and how I spend my time?

EXAMINATION OF CONSCIENCE: *THE TEN COMMANDMENTS*

I am the Lord your God: you shall not have strange Gods before me.

Have I treated people, events, or things as more important than God?

You shall not take the name of the Lord your God in vain.

Have my words, actively or passively, put down God, the Church, or people?

Remember to keep holy the Lord's Day.

Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation?

Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body?

Do I look for ways to spend time with family or in service on Sunday?

Honor your father and your mother.

Do I show my parents due respect?

Do I seek to maintain good communication with my parents where possible?

Do I criticize them for lacking skills I think they should have?

You shall not kill.

Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?

You shall not commit adultery.

Have I respected the physical and sexual dignity of others and of myself?

You shall not steal.

Have I taken or wasted time or resources that belonged to another?

You shall not bear false witness against your neighbor.

Have I gossiped, told lies, or embellished stories at the expense of another?

You shall not covet your neighbor's spouse.

Have I honored my spouse with my full affection and exclusive love?

You shall not covet your neighbor's goods.

Am I content with my own means and needs, or do I compare myself to others unnecessarily?

THE 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.
Amen.***

O my God,
I am heartily sorry for having offended Thee,
and I detest all my sins because of thy just punishments,
but most of all because they offend Thee, my God,
who art all good and deserving of all my love.
I firmly resolve with the help of Thy grace
to sin no more and to avoid the near occasion of sin.
Amen.

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

GAINING A PLENARY INDULGENCE

Through the authority Christ gave to his Church, she prescribes the works we need to earn indulgences. They are stated here in general. A plenary indulgence can be earned only once a day.

To gain indulgences, whether plenary or partial, it is necessary that the faithful be in the state of grace at least at the time the indulgenced work is completed.

There are four works to earn one plenary indulgence that can be performed in any order:

The first three are called the Three Constants. These must be performed every time we work for plenary indulgence. These are Sacramental Confession, Eucharistic Communion, and Prayers for the Pope's Intentions.

1. Confess your sins in the Sacrament of Reconciliation. The confession can be made about 20 days before or after the required work. One confession is good to earn several plenary indulgences. The interior disposition is to detach oneself from all sin.
2. Receive Holy Communion. One does not need to attend mass (especially in places where there are a lack of priests to celebrate daily mass,) but it is suggested.
3. Pray for the intentions of the pope. One Our Father, and one Hail Mary will satisfy this requirement.
4. Do any of the **prescribed works**. See the Visual Reference below.

Works No. 1, 2, and 3 above can be done twenty days before or after work No. 4. However, it is fitting that receiving Holy Communion and praying for the pope is done on the same day that work No.4 is done.

List of Plenary Indulgences for the Easter Triduum:

March 28 – Mass of Our Lord's Supper
March 29 – Good Friday
March 30 – Easter Vigil

Sing the *Tantum Ergo*
Make a pious Way of the Cross
Make a Renewal of Baptismal Vows

GAINING A PARTIAL INDULGENCE

When a partial indulgence is gained, it removes some temporal punishment that a person has to suffer that resulted from sin. One can gain several partial indulgences each day.

Through the authority Christ gave to his Church, she prescribes the works we need to earn partial indulgences. These are...

1. A partial indulgence is granted to the Christian faithful who, while carrying out their duties and enduring the hardships of life, raise their minds in humble trust to God and make, at least mentally, some pious invocation. This can mean that when one faces difficulty or suffering during his or her daily life, a partial indulgence is earned when he or she says a prayer such as, "Lord, have mercy," or "Lord, I trust you," or "Lord, I unite my suffering with your Passion."
2. A partial indulgence is granted to the faithful who, led by the spirit of faith, give compassionately of themselves or of their goods to serve their brothers in need. This can mean giving of food, drink, clothing, housing, medicine, employment, education to those who need them. Instruction for the comfort of the soul is also an example. A good guide are ***The Seven Spiritual Works of Mercy***: To counsel the doubtful, To instruct the ignorant, To admonish sinners, To comfort the afflicted, To forgive offenses, To bear wrongs patiently and To pray for the living and the dead; and ***The Seven Corporal Works of Mercy***: To feed the hungry, To give drink to the thirsty, To clothe the naked, To shelter the homeless, To visit the sick, To visit those in prison, and To bury the dead.
3. A partial indulgence is granted to the Christian faithful who, in a spirit of penance, voluntarily abstain from something that is licit for and pleasing to them. In giving up something that gives us comfort or pleasure (in some form of *mortification* so that we learn to conform our bodies to Christ's poverty and suffering.
4. A partial indulgence is granted to the Christian faithful who, in the particular circumstances of daily life, voluntarily give explicit witness to their faith before others. This can be in the form of explaining the faith to others or correcting misconceptions about the faith, or teaching someone how to pray.

Aside from the four general grants listed above, the Church gives specific grants through the following concessions:

- Teach or Study Christian Doctrine or Scripture
- Eucharistic Adoration and Procession
- Eucharistic and Spiritual Communion
- Examination of Conscience and Act of Contrition
- Month of Recollection
- Week of Prayer for Christian Unity
- Use of Articles of Devotion
- Mental Prayer
- Listening to Sacred Preaching
- Prayers to the Blessed Virgin Mary
- Prayer to one's Guardian Angel
- Prayers in honor of St. Joseph
- Prayers in honor of the Apostles Peter and Paul
- Prayers in honor of the Saints and Blesseds
- Novenas, Litanies, and the Little Offices
- Prayers of the Eastern Churches
- Prayers for Benefactors
- Prayers for Pastors
- Prayers of Supplication and Acts of Thanksgiving
- Profession of Faith and Acts of the Theological Virtues
- Prayers for the Faithful Departed
- Visiting Sacred Places