



## AN AID FOR BETTER RECEPTION OF THE SACRAMENT OF PENANCE

**1. PREPARATION:** Before going to confession, take some time to prepare. Begin with prayer, and reflect on your life since your last confession. How have you—in your thoughts, words, and actions—neglected to live Christ’s commands to “love the Lord, your God, with all your heart, with all your soul, and with all your mind,” and to “love your neighbor as yourself” (Mt 22:37, 39)? As a help with this “examination of conscience,” you might review the Ten Commandments or the Beatitudes (Ex 20:2-17; Dt 5:6-21; Mt 5:3-10; or Lk 6:20-26). An Examination of conscience will also be published in the bulletin as a preparation for a fruitful confession.

**2. GREETING:** The priest will welcome you; he may say a short blessing or read a Scripture passage.

**3. THE SIGN OF THE CROSS:** Together, you and the priest will make the Sign of the Cross. You may then begin your confession with these or similar words: “Bless me, Father, for I have sinned. It has been [give days, months, or years] since my last confession.”

**4. CONFESSION:** Name all very serious sins (mortal sins), with some indication of their frequency. Also name the less serious sins (venial sins), though you may be more general for the sake of brevity. If you are unsure what to say, ask the priest for help. When you are finished, conclude with these or similar words: “I am sorry for these and all my sins.”

**5. PENANCE:** The priest will propose an act of penance. The penance might be prayer, a work of mercy, or an act of charity. He might also counsel you on how to better live a Christian life.

**6. ACT OF CONTRITION:** In order to receive absolution, you must have a sincere desire to reject the sinful behaviors confessed and to respond willingly to God’s grace by resolving to avoid all future sin and occasions of sin. After the priest has conferred your penance, pray an Act of Contrition, expressing sorrow for your sins and resolving to sin no more. A suggested Act of Contrition is: 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. (*Rite of Penance, no. 45*)

**7. ABSOLUTION:** The priest will extend his hands over your head and pronounce the words of absolution. You respond, “Amen.”

**8. PRAISE:** The priest will usually praise the mercy of God and will invite you to do the same. For example, the priest may say, “Give thanks to the Lord for he is good.” And your response would be, “His mercy endures for ever” (*Rite of Penance, no. 47*).

**DISMISSAL:** The priest will conclude the sacrament, often saying, “Go in peace.”

### Hours of confessions at Immaculate Conception & Holy Spirit Churches

3:30 PM (SAT.) at ICC; 8:00 AM (M, F) at ICC

5:15 PM (SAT.) at HS; 8:00 AM (T, TH) at HS

**Lenten Penance Service:** March 2, at 5:30 PM at Holy Spirit

**THEME: GOD IS ALWAYS COMPLETELY FAITHFUL TO US AND REWARDS OUR FAITHFULNESS TO HIM.**

In today's difficult first reading, Abraham proves his faithfulness to God, trusting the LORD completely, unlike Adam and Eve, who had turned away. God blesses Abraham with descendants too numerous to count. Each of us is one. Indeed, each of us is blessed because Jesus, God's only Son, made the ultimate sacrifice for us and now intercedes for us. In the Gospel, He is transfigured in glory, a sign of his future place at God's right hand.

Genesis 22:1-2,9a,10-13,15-18    The sacrifice of Abraham, our father in faith.  
Psalm 116                                "I will walk before the Lord, in the land of the living"  
Romans 8:31b-34                        God did not spare His own Son.  
Mark 9:2-10                                This is my beloved Son.



**MASS INTENTIONS**

**Vigil: Second Sunday of Lent**

**February 27, 2021**

4:00 PM            Jerome Schmitz, req. Barb & Ken Winter  
5:30 PM            Jane & David McMahon, req. daughter  
                          Pauline at Holy Spirit

**Second Sunday of Lent**

**February 28, 2021**

8:00 AM            Intentions of Marian Borowiak, req. Pat &  
                          Dick Casseri  
9:30 AM            Jeff Fazzolari, req. Charles & Corinne Leone  
                          at Holy Spirit  
11:00 AM          Marilyn Kogut, req. Sue & Jerry Kopryanski

**Monday, March 1, 2021 — Lenten Weekday**

6:30 PM            For the relatives of Pat & Dick Casseri

**Tuesday, March 2, 2021 — Lenten Weekday**

6:30 PM            Father's Day intentions, req. parishioners

**Wednesday, March 3, 2021 — Lenten Weekday**

8:30 AM            Josephine Watterson, req. Sheri Mungovan  
                          and Mary Maryanski

**Thursday, March 4, 2021 — Lenten Weekday**

8:30 AM            Communion Service at ICC  
8:30 AM            Josie Harrington, req. sister Pauline

**Friday, March 5, 2021 — Lenten Weekday (First Friday)**

8:30 AM            Parishioners of Holy Spirit and ICC,  
                          req. Father Dawid

**Saturday, March 6, 2021 — Lenten Weekday (First Sat.)**

8:30 AM            Communion Service at ICC

**Vigil: Third Sunday of Lent**

4:00 PM            Intentions of Ginny Tripi, req. Marilyn  
                          Bowers  
5:30 PM            Joyce McMahon, req. family at Holy Spirit

**Third Sunday of Lent**

**March 7, 2021**

8:00 AM            Aloysius & Lillian Filipiak, req. Steven Ptak  
9:30 AM            Mother's Day intentions, req. parishioners  
                          at Holy Spirit  
11:00 AM          Intentions of Michael Missert, req. Rick &  
                          Diane Zach and Matthew Funnell

**WELCOME TO ICC CHURCH**

We are thrilled to welcome William & Julia Ketterl to our parish. We are so happy you've joined us and pray you will receive many graces and much happiness here.

**LET US PRAY**

We pray for the sick recommended to us, please notify the office when to remove their name: Madilyn Bocchine, Joan Moulthrop, Felice Krycia, Teri Hoeckh, Isabella Phelan, Adrianna Eastman, Sebastian Mecca, Audrey D'Angelo, Tony Andolina, Betty Davies, John Maloney. Thank you for your prayers!

**THIS WEEK AT ICC & HOLY SPIRIT**

**Sunday, February 28, 2021**

8:00 AM & 11:00 AM    Lenten Mass with talk (ICC)  
9:30 AM                Lenten Mass with talk (Holy Spirit)

**Monday, March 1, 2021**

6:30 PM                Lenten Mass with talk (ICC)

**Tuesday, March 2, 2021**

5:30 PM                Penance Service (Holy Spirit)  
6:30 PM                Lenten Mass with talk (Holy Spirit)

**Wednesday, March 3, 2021**

7:00 PM                Lenten Evening of Prayer, Song, &  
                          Reflection with Fr. Bill Quinlivan  
                          (ICC)

**Thursday, March 4, 2021**

8:30 AM                Mass + Eucharistic Adoration (HS)

**Friday, March 5, 2021**

9:00 AM—12:00 PM    Eucharistic Adoration (ICC)  
3:00 PM                Stations of the Cross (Holy Spirit)  
6:30 PM                Stations of the Cross (ICC)

**SECOND COLLECTION**

Our second collection is for our Fuel Offering.

**REMEMBRANCE CANDLE**

The Vigil Candle or Eternal Candle that is always burning by the Blessed Sacrament can be offered for different intentions with the suggested offering of \$10.00. This candle will burn for 7 days and every Saturday will be replaced. Please pray for the intentions of the donors.

For February 27th at **ICC Church** the candle is for Geoff Richter, req. Allison Cardarelli and in the Chapel the candle is for the intentions of Zach Funnell req. Uncle Jerry & Aunt Sue.

For February 27th at **Holy Spirit Church** the candle is for Charles A. Andolina, req. children and grandchildren.

**IN GOD'S ETERNAL REST**

We offer our fervent prayers for the repose of the soul of:

Charles Rizzo

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## **EXAMINATION OF CONSCIENCE**

*Below are suggestions in preparation for a fruitful confession. This examination focuses on the Ten Commandments and gives examples of the kinds of sins that tend to be committed against each Commandment.*

### **I. "I am the Lord, thy God; thou shalt not have strange gods before Me."**

Have I sinned against Religion by seriously believing in New Age, Scientology, Astrology, Horoscopes, Fortune-telling, Superstition or engaging in the Occult? Did I endanger my Catholic Faith or cause scandal by associating with anti-Catholic groups & associations (e.g., the Freemasons)? Have fame, fortune, money, career, pleasure, etc. replaced God as my highest priority? Have I neglected my daily prayers?

### **II. "Thou shalt not take the name of the Lord thy God in vain."**

Have I committed blasphemy by using the name of God and Jesus Christ to swear rather than to praise? Have I committed sacrilege by showing disrespect to holy objects (crucifix, rosary) or contempt for religious persons (bishop, priests, deacons, women religious) or for sacred places (in Church). Have I committed sacrilege by going to Holy Communion in the state of mortal sin without first going to confession e.g., after missing Mass on Sunday or a Holy Day? Did I violate the one-hour fast before Communion? Did I break the laws of fast and abstinence during Lent? Did I neglect my Easter duty to receive Holy Communion at least once? Have I neglected to support the Church and the poor by sharing my time, talent and treasure?

### **III. Remember to keep holy the Sabbath day.**

Did I miss Mass on any Sunday or Holy Day of Obligation? (Bad weather and being sick do not count) Have I shown disrespect by leaving Mass early, not paying attention or not joining in the prayers? Did I do unnecessary work on Sunday which could have been done the day before? Have I been stingy in my support for the Church? Do I give of my time and talent?

### **IV. Honor thy Father and Mother.**

*Parents:* Have I set a bad example for my children by casually missing Mass, neglecting prayer, or ignoring my responsibility to provide a Catholic education by either sending my children to parochial school or to C.C.D. (Religious Education Program)? Do I show little or no interest in my children's faith and practice of it? Have I showed disrespect for those in authority, government or church? Have I not expressed my moral values to them?

*Children:* Have I been disobedient and/or disrespectful to my parents or guardians? Did I neglect to help them with household chores? Have I caused them unnecessary worry and anxiety by my attitude, behavior, moods, etc.?

### **V. Thou shalt not kill.**

Did I consent, recommend, advise, approve, support or have an abortion? Did I realize that there is an excommunication for anyone who procures an abortion? Did I actively or passively cooperate with an act of euthanasia whereby ordinary means were stopped or means taken to directly end the life of an elderly or sick person? Have I committed an act of violence or abuse (physical, sexual, emotional or verbal)? Have I endangered the lives of others by reckless driving or by driving under the influence of drugs or alcohol? Do I show contempt for my body by neglecting to take care of my own health? Have I been mean or unjust to anyone? Have I held a grudge or sought revenge against someone who wronged me? Do I point out others' faults and mistakes while ignoring my own? Do I complain more than I compliment? Am I ungrateful for what other people do for me? Do I tear people down rather than encourage them? Am I prejudiced against people because of their color, language or ethnic-religious background?

### **VI. Thou shalt not commit adultery.**

#### **IX. Thou shalt not covet thy neighbor's wife.**

Did I have any sex before or outside of marriage? Do I view pornographic material (magazines, videos, internet, hot-lines)? Have I gone to massage parlors or adult book stores? Did I commit the sins of masturbation and/or artificial contraception? Have I not avoided the occasions of sin (persons or places) which would tempt me to be unfaithful to my spouse or to my own chastity? Do I encourage and entertain impure thoughts and desires? Do I tell or listen to dirty jokes? Have I committed fornication or adultery?

### **VII. Thou shalt not steal.**

#### **X. Thou shalt not covet thy neighbor's goods.**

Have I stolen any object, committed any shoplifting or cheated anyone of their money? Did I knowingly deceive someone in business or commit fraud? Have I shown disrespect or even contempt for other people's property? Have I done any acts of vandalism? Am I greedy or envious of another's goods? Do I let financial and material concerns or the desire for comfort override my duty to God, to Church, to my family or my own spiritual well-being?

### **VIII. Thou shalt not bear false witness against thy neighbor.**

Have I told a lie in order to deceive someone? Have I told the truth with the purpose and intention of ruining someone's reputation (sin of detraction)? Have I told a lie or spread rumors which may ruin someone's reputation (sin of calumny or slander)? Did I commit perjury by false swearing an oath on the Bible? Am I a busybody or do I love to spread gossip and secrets about others? Do I love to hear bad news about my enemies?

### **ST. VINCENT DE PAUL SOCIETY NEWS**

After all Masses this weekend, we will be at the doors of the Church receiving your donations for the St. Vincent de Paul Society. Thank you for your continued support!



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