

Reconciliation (confession)

Phone or check parish bulletin for times

Enter the confessional booth, kneel and say “**Bless me father for I have sinned, it has been _____ months/years since my last confession.**”

The priest gives a brief blessing and you continue “**these are my sins**”.

Tell your sins and end with “**this is my confession father**”.

The priest will ask you to say an act of contrition:

**“My God I am sorry for having offended you,
who I should love above all else.
I resolve, with your help to avoid sin,
and whatever leads me into sin.”**

The priest will give you absolution (God’s forgiveness), assign you an act of penance (prayer usually) and dismiss you. The sacrament of reconciliation is completed when you perform your assigned penance. All past sins not remembered and not confessed are forgiven; the confession is invalid if we deliberately fail to confess a sin.

HAVE I

- denied God, made success, status, or things the focus of my life
- cursed in any way or used God’s name in a frivolous manner
- conducted the Lord’s day (Sunday) as an ordinary, or work day
- dishonored or disobeyed father or mother, abandoned aged parents
- unjustly killed, aborted a child, hurt, threatened, or endangered anyone
- committed adultery or homosexuality, dressed immodestly, used pornography, masturbated, had unmarried sex, misused sex in any way
- stolen, damaged, defrauded, been negligent or deceitful in work
- lied in any form, helped others in deceit, broken confidentiality
- consented to lustful desires, viewed unwholesome or violent television
- engaged in greedy or envious thought or action, disregarded charity
- failed to obey Church laws or to attend mass on Sunday or holy days
- used artificial birth control, obtained a civil divorce
- used fortune telling, psychics, horoscopes, or similar devices
- neglected my duty in the spiritual and moral upbringing of my children
- been impatient, angry, hateful, revengeful
- misused food, alcohol, drugs, been immoderate
- given bad example, judged others, or talked idly or poorly of others
- married outside the Church, failed to be remarried in the Church *
- failed to help, defend, respect, or forgive others

Note: This is not a complete list, and advising others to act sinfully, or permitting sin (according to position) is also a sin.

* Every marriage is valid; God expects the marriage covenant to be cherished. Catholics who marry however are expected to have a Catholic sacramental marriage.

Catholic Daily Prayer

Our Father

Our Father, who art in Heaven, hallowed be thy name; Thy kingdom come; Thy will be done on earth as it is in Heaven.

Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace; the Lord is with thee. Blessed are thou among women, and blessed is the fruit of thy womb, Jesus.

Holy Mary, mother of God, pray for us sinners, now and at the hour of our deaths. Amen.

Litany to all saints

God the Father, God the Son, God the Holy Spirit.....*your image is found in your saints*

- All you Angels.....*pray for us*
- All you patriarchs.....
- All you matriarchs.....
- All you prophets.....
- All you holy kings and judges.....
- All you keepers of the law.....
- All you apostles.....
- All you disciples.....
- All you martyrs.....
- All you desert Fathers.....
- All you holy women.....
- All you priests and religious.....
- All you penitents.....
- All you souls in purgatory.....
- All you holy innocents.....
- All you holy people.....
- All you saints.....*pray for us. Amen.*

For souls in Purgatory

Eternal rest grant to them, O Lord, let perpetual light shine upon them. May they rest in peace...Amen.

Eternal Father, I offer you the precious blood of your divine Son, Jesus, in union with the Masses said throughout the world today for all the holy souls in purgatory. Amen

Prayer for priests

Jesus, I pray for all your priests, those faithful and fervent; those unfaithful and tepid; those lonely and old; those sick and dying; those in purgatory.

Sustain and guide your priests on earth and lead them to the everlasting life of the resurrection...Amen

Prayer to St. Michael

Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray, and do thou O prince of the heavenly host, by the power of God, cast into Hell, Satan and all the evil spirits who prowl about the world seeking the ruin of souls...Amen



We observe our soul by observing our actions, are we patient, moderate, chaste, forgiving? Motivation for spiritual growth is our greatest aid, we call to mind the resurrection in which our state of soul will give form to our person for all eternity. Personal shortcomings large or small take effort to overcome, they are actually deformations of our soul (due to original sin) giving rise to imperfect actions. The first step in spiritual advancement is to control what we feed our soul. Anything we consent to, good or bad forms our soul - television, videos, websites, prayer, patience.

The soul, once free of sin may work toward freedom from self (Mt 16:24). Self satisfaction, pity, glory, and any form of self necessarily limits the indwelling of the Holy Spirit. We no longer eat, sleep, work, enjoy according to our will but God’s.

Litany of the Blessed Virgin Mary

Lord, have mercy on us;
Christ, have mercy on us;
Lord, have mercy on us;
Christ, hear us;
Christ, graciously hear us;

God the Father of Heaven,
.....*have mercy on us*
God the Son,
Redeemer of the world
.....*have mercy on us*
God the Holy Spirit
.....*have mercy on us*
Holy Trinity, one God,
.....*have mercy on us*

Holy Mary.....*pray for us*
Holy Mother of God.....
Holy Virgin of virgins.....
Mother of Christ.....
Mother of Divine Grace.....
Mother most pure.....
Mother most chaste.....
Mother inviolate.....
Mother undefiled.....
Mother most amiable.....
Mother most admirable.....
Mother of good counsel.....
Mother of our Creator.....
Mother of our Savior.....
Virgin most prudent.....
Virgin most venerable.....
Virgin most renowned.....
Virgin most powerful.....
Virgin most merciful.....
Virgin most faithful.....
Mirror of justice.....
Seat of wisdom.....
Cause of our joy.....
Spiritual vessel.....
Vessel of honor.....
Singular vessel of devotion.....
Mystical Rose.....
Tower of David.....
Tower of Ivory.....
House of gold.....
Ark of the covenant.....

Gate of Heaven.....
Morning star.....
Health of the sick.....
Refuge of sinners.....
Comforter of the afflicted.....
Help of Christians.....
Queen of Angels.....
Queen of Patriarchs.....
Queen of Prophets.....
Queen of Apostles.....
Queen of Martyrs.....
Queen of Confessors.....
Queen of Virgins.....
Queen of all Saints.....
Queen conceived without original sin.....
Queen assumed into Heaven.....
Queen of the most holy Rosary.....
Queen of peace.....

Lamb of God, who takes away the sins of the world
.....*spare us O Lord*
Lamb of God, who takes away the sins of the world,
.....*graciously hear us O Lord*
Lamb of God, who takes away the sins of the world
.....*have mercy on us*

Grant us Lord, health of mind and body, and by the intercession of blessed Mary ever virgin, deliverance from present sorrow, and entrance into the eternal joy of Heaven...Amen

Novena to the Holy Spirit
(recite for nine days)

Most Holy Spirit; God; breath of life, virtue, and all creation. You breathe where you will...how much more on those who ask.

Grant me fullness of your gifts, I will walk the path on which they are found. In your goodness, Holy Spirit, I also ask that you grant _____.

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Litany against moral corruption

O God, our Father, hear our plea.

For our own sins and faults
.....*grant forgiveness and guidance*

On those who dress immodestly
.....*grant modesty*

On those who view immodest, and violent books and videos
.....*grant reform*

On those tempted to adultery
.....*grant chastity*

On those tempted to abortion
.....*grant safety to mother and child*

On those in anger and despair
.....*grant peace*

On those who deny and blaspheme God
.....*grant illumination*

On those addicted and obsessed
.....*grant relief*

On those tempted to sin
.....*grant strength*

On those of power and influence
.....*grant a holy conscience*

On those who have no moral example or upbringing
.....*grant moral knowledge*

On those who give a worthy example
.....*grant wider influence*

On those dying in mortal sin
.....*grant mercy and salvation*

On our families
.....*grant your blessing*

God most holy, grant the Holy Spirit to breathe on us always, forming our conscience in your image...Amen

Universal Prayer of Pope Clement XI

O my God, I believe in you, increase my faith. I trust in you, strengthen my trust. I love you with my whole heart, let me love you more and more. I am sorry for my sins, deepen my sorrow. I worship you as my first beginning, I long for you as my last end. I praise you as my constant benefactor, and call on you as my sovereign protector.

Guide me with your wisdom, correct me with your justice, comfort me with your mercy, defend me with your power. To you I consecrate all, my thoughts to be fixed on you; my words to have you as my theme; my actions to reflect my love for you; my sufferings to be endured for your greater glory. I want to do what you ask, in the way you ask, for as long as you ask, because you ask it. I beg of you to enlighten my understanding, strengthen my will, purify my heart and make me holy.

Give me strength O my God, to expiate my offenses, to overcome my temptations, to subdue my passions, and to acquire the virtues proper for my state. Let me love you, my Lord and God, and see myself as I really am; a pilgrim in this world, a Christian called to respect and love all whose lives I touch, those in authority over me or those under my authority, my friends and my enemies.

Help me to conquer sensuality by mortification, anger with gentleness, avarice by generosity, apathy by fervor. Help me to forget myself and reach out toward others. Make me prudent in planning, courageous in dangers. Make me patient in suffering, humble in prosperity. Keep me Lord, attentive at prayer, temperate in food and drink, diligent in my work, firm in good intentions. Let my conscience be clear, my conduct without fault, my speech blameless, my life well ordered. Put me on guard against my human weaknesses. Let me cherish your love for me, keep your law and come at last to your salvation.

Teach me to realize that this world is passing, that my true future is the happiness of Heaven, that life on earth is short, and the life to come eternal. Help me to prepare for death with a proper fear of judgment, but a greater trust in your goodness. Lead me safely through death to the endless joy of Heaven. Grant this through Christ our Lord...Amen.

The Ten Commandments

I am the Lord your God. You shall have no other gods.
You shall not use the name of the Lord in vain.
Keep holy the Lord's day.
Honor your father and mother.
You shall not kill.
You shall not commit adultery.
You shall not steal.
You shall not bear false witness.
You shall not covet your neighbor's wife.
You shall not covet your neighbor's goods.

Gifts of the Holy Spirit

(CCC 1831)

Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, Fear of the Lord

Fruits of the Holy Spirit

(CCC1832)

Charity, Joy, Peace, Patience, Kindness, Goodness, Generosity, Gentleness, Faithfulness, Modesty, Self Control, Chastity,

The Cardinal Virtues

(CCC 1805)

Prudence, Justice, Fortitude, Temperance,

Seven Capitol Sins

(CCC 1866)

Pride, Avarice, Envy, Wrath, Lust, Gluttony, Sloth,

Sacraments

(CCC 1113)

Baptism, Confirmation, Eucharist, Penance, Anointing the Sick, Holy Orders, Matrimony,

Corporeal Works of Mercy

Feed the hungry, Give drink to the thirsty, Clothe the naked, Shelter the homeless, Visit the sick, Visit the imprisoned, Bury the dead

Spiritual Works of Mercy

Instruct the ignorant, Counsel the doubtful, Admonish the sinner, Comfort the sorrowful, Forgive injuries, Bear wrongs patiently

Do not simply take communion, participate in the sacrifice. Offer the sacrifice for the salvation of souls, an intention, spiritual growth. Attend daily Mass if possible.