



Holy Cross Parish

2nd Sunday of Advent

Bulletin #2

December 8, 2024

315 Douglas Avenue East, Regina, SK S4N 1H7; Phone: 306-757-1325

www.holycrossregina.ca Email: hc.office@holycrossregina.ca

Contact the office

@ 306-757-1325 for Baptism, 1st Eucharist, Confirmation, Reconciliation, Marriage, Funerals, and other concerns.

We acknowledge that Holy Cross Parish is located on Treaty 4 Territory, the traditional homeland of the Nêhiyawak (Cree), Nahkawé (Saulteaux) and Nakota and homeland of the Métis Nation, Dakota and Lakota.

PARISH STAFF TEAM

Fr. Carlos Jimenez
Pastor

pastor@holycrossregina.ca

Deacon Martin Kondzielewski
Office & Pastoral Assistant
hc.office@holycrossregina.ca

Rita Gareau
bookkeeper.holycross@sasktel.net

Jacob Antony
Caretaker

HC Office Hours:

Monday—Friday, 9:00 a.m. to 12:00 p.m.

Masses

Saturday 5:00pm
Sunday 9:00am
Tuesday 7:00pm
Wed. 9:00am
Thur. 9:00am
Friday 9:00am

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2nd SUNDAY OF ADVENT

Baruch 5:1-9 / Philippians 1:3-6, 8-11 / Luke 3:1-6

MONDAY

December 9
Immaculate Conception of the Blessed Virgin Mary
Gn 3:9-15, 20
Eph 1:3-6, 11-12
Lk 1:26-38

TUESDAY

December 10
Advent Weekday
Is 40:1-11
Mt 18:12-14

WEDNESDAY

December 11
Advent Weekday
Is 40:25-31
Mt 11:28-30

THURSDAY

December 12
Our Lady of Guadalupe
Zec 2:14-17
or Rv 11:19a; 12:1-6a, 10ab
Lk 1:26-38
or Lk 1:39-47

FRIDAY

December 13
St. Lucy, Virgin and Martyr
Is 48:17-19
Mt 11:16-19

SATURDAY

December 14
St. John of the Cross, Priest and Doctor of the Church
Sir 48:1-4, 9-11
Mt 17:9a, 10-13

SUNDAY

December 15
Third Sunday of Advent
Zep 3:14-18a
Phil 4:4-7
Lk 3:10-18



Jerusalem, take off your robe of mourning and misery; put on forever the splendor of glory from God.

BARUCH 5:1

Coming Home

FR. JOSEPH JUKNIALIS

Coming home can take place in many varied ways. Sometimes it's at the end of a long day when we come home to where we can be ourselves without any pretensions. Sometimes it's going back to the neighborhood we grew up in, to the old haunts that remind us of the dreams we had and how they now seem tucked in every niche. Sometimes coming home is what happens after many wanderings, after we've sown our oats and harvested little and now have nowhere else to go. That too is a coming home, back to where it all began, back to where we dare to hope that life might begin again.

All of this is how the Hebrew people found themselves coming home to Jerusalem after eighty years of exile, coming back to start anew with the hope that their God would once again be proud of them, back to where they could be as God intended them to be. All of that is what we do when we decide we will try to be the sort of person we'd always hoped to become. It's when we attempt a second effort at making a marriage work, or a job productive, or maybe simply putting the pieces of our lives back in some sort of order. It's all about coming back home to God's dream for us, a kind of second Advent, when God comes into our lives and is born once again. ●

Reflect

Have you wandered too far from the values of your true home? Can you find your way back?

What's Happening at Holy Cross

CALENDAR RAFFLE WINNER

The winner of the December 1, 2024 draw was Brian Murphy

MASS INTENTIONS FOR THE WEEK OF Dec. 7—15, 2024		
Sat	Dec. 7	PRO POPULO
Sun.	Dec. 8	For the repose of the soul of Lena Proznick (great-aunt of Kristy & Jennifer White), offered by the White Family.
Tues.	Dec. 10	For the repose of the soul of Brenda Achtemichuk, offered by Judy Miazga.
Wed.	Dec. 11	For the repose of the soul of Jim Butchko, offered by Judy Miazga.
Thurs.	Dec. 12	For the repose of the soul of Ike Hornung, offered by Judy Miazga.
Fri.	Dec. 13	For the repose of the soul of Maureen Schmidt, offered by Judy Miazga.
Sat.	Dec. 14	PRO POPULO
Sun .	Dec. 15	For the repose of the souls of Alma and Ted Dizey, offered by the family.

PARISHIONERS' CORNER

Happy birthday to Dolores Pentz today, Sunday.

May the Lord bless you and keep you! The Lord let His Face shine upon you, and be gracious to you! The Lord look upon you kindly and give you peace.

It's the CWL Bake Sale this weekend. We hope you are able to pick up some good homemade baking (and maybe cabbage rolls, whose "scent" has been wafting throughout the Gerein Centre and church the last couple of days).

Bill and Jan Genert are still waiting for a date for his heart surgery this month.. Your prayers are requested for strength for the family, a successful surgery and speedy recovery..

We have another sad and shocking event. Terry Fink passed away in hospital in the early morning of Monday, Dec. 2nd. His funeral is scheduled for Holy Cross on Saturday, Dec. 7 at 1:00 pm. Yvonne is asking her choir to provide the music. Deacon Martin will presenting the homily.

As was announced earlier, Huntley O'Connor's funeral will not be until Dec. 30 at 1:00 pm as there are people expected to attend from as far away as Jamaica, New Zealand, Australia and the USA. He was a lovely man.

Anna Ollenbeger's funeral was at Little Flower on Thursday, Dec. 5 at 1:00 pm.

2025 Calendar raffle tickets are available for sale at both entrances to the church each Sunday now until New Year's Eve. Or let us know and we can make ourselves available for you at another time.

Advent Reconciliation is this Friday, Dec. 13 at 7:00 pm. Fr. Carlos tells us it will be very simple—no reading or service, but adoration and an Examination of Conscience.

Don't forget the Advent Recollection at 9:00 am Saturday with Deacon Eric Gurash from the Archdiocese. His presentation is entitled "*Discovering Peace and Hope this Advent*". There will also be Liturgy of the Hours, adoration and benediction.

Holy Cross

CALENDAR RAFFLE 2025

Tickets \$20

Includes a 2025 Catholic memo calendar



52 weekly winners of \$25

4 special draws of \$100—

New Year's Day, Easter Sunday
Exaltation of the Holy Cross, Christmas Day

All draws open to every ticket holder

Lottery license #24- 2925

Please let us know about any parishioner news so we can pass it on to others for prayers in need or in celebration. Contact Martin at 306-347-0929 or pastoral.assistant@holycrossregina.ca or Joyce Murphy at 306-789-1983 or byapple@sasktel.net.

2025 DONATION ENVELOPES

Are now available for pick up from the table
in the Gerein Centre.

What's Happening at Holy Cross 2



PRO-LIFE NEWS

The greatest destroyer of peace today is abortion, it is a war against the child, a direct killing of an innocent child. And if we accept that a mother can kill even her own child, how can we tell other people not to kill one another?

St. Mother Theresa

True stories from real people around the world.

Each individual has experienced an event known as an *Illumination of Conscience*, a review of their life as God sees it.

\$3 a copy. Available in the Gerein Centre.

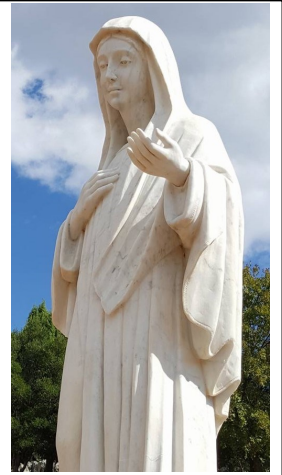


MEDJUGORJE PILGRIMAGE

Thinking of one day going to Medjugorje?
Join us in early April for a pilgrimage there.

Daily Mass at St. James Church
Rosary on Apparition Hill
Stations of the Cross on Cross Mountain
Visit Cenacola—rehab for young men
Professional guide

For more information call Cathleen Devraj at 306-789-0705 or email cdevraj48@gmail.com. Leave your name and contact information. You will be contacted once the dates are in place.



SOCIAL ACTION COMMITTEE

ADOPT A FAMILY

Your Social Action Committee has decided to adopt a family this Christmas season. They are a single mother, Nadia, and sons, Aidan and Austin.

We have decided to gather a food hamper and possibly buy each member a gift or two for Christmas.

A Christmas tree is set up in the Gerein Center and we have placed gift tags on it containing suggestions for hamper items or gifts. If you are interested in joining this endeavour, just grab a tag, buy the item you have selected and return it to the office by December 20th.

Thanks for your help and have a very merry and blessed Christmas.

Christmas Flowers for Holy Cross Parish

Christmas flowers are purchased from donations by parishioners in honour of deceased or living members of their families. If you wish to make a contribution, please fill out the form below and place it in the collection baskets. Tributes will be published in the Christmas bulletin. **TIBUTES ARE DUE WED DEC18**

PARISHIONER'S NAME: _____ ENV. # _____

Mailing Address: _____

Phone No. _____ Amount Enclosed: _____

Paid by ___ cash, ___ cheque, or ___ e-Transfer (bookkeeper.holycross@sasktel.net—
(Christmas flowers)

Publish my gift in the Christmas Bulletin: ___ Yes ___ No

In Memory of: (Name of deceased loved one) In Honour of: (Name of living loved one)

Through the kindness of: _____



What's Happening at Holy Cross 3



CWL NEWS

CWL Christmas Party was held last Tuesday.

The Marian Centre staff were our guests and gifts presented to them from CWL members. And a total of \$100 was also collected for Teen Parents. Christal Monckton was the winner of a large Christmas fruitcake. She was also the best dressed for the Christmas party in her Santa Claus poncho.

Last but not least, 34 doz. muffins were collected for Sacred Heart School. Thank you to our members and parishioners who have been faithful to this mission each month.

Over Thursday and Friday last week ladies were busy making cabbage rolls for this weekend's Christmas Bake Sale. They sold out by pre-order with a list of hopefuls besides. These have been so popular that they will be made again for Easter. Thanks again to our members and parishioners for their help. And kudos to Marie Lebersback for her leadership of this committee.

The Holly Jolly Christmas Market in early November was a another success. 36 tables were rented with a profit of **\$1,750**. Another trade show is scheduled for May 9 and 10 in the new year. Thanks to Melanie and Megan Fenrick.

CWL memberships of \$42 are now being collected for 2025. Please place your cash or cheque (made out to Holy Cross CWL) in an envelope marked CWL Fees. Include your name, any change of mailing address, email, or phone number. Place the envelope in the designated basket marked "CWL" in the church or drop it off at the office.

Please consider joining our membership, as we continue our charitable ministry and service to our community. We meet the first Tuesday of the months of October – December and February – June.



KNIGHTS KORNER
36 Years of Service to Holy Cross
1988-2024

CHRISTMAS DINNER & SOCIAL

All Gerein Council members and their families are invited to attend the 2024 Christmas Dinner & Social on Saturday, Dec. 14 following the 5 pm mass. Executive Knights will be contacting members about their intentions to attend. We look forward to the fraternity and having a joyous time!

K OF C 2024 CAROL FESTIVAL

It is with great appreciation that we thank all Holy Cross parishioners who attended and contributed to this year's KofC Carol Festival held Nov. 25 and 26 at the Knox-Met Church. Also, a great big THANK YOU to all Gerein Council Knights who unselfishly volunteered during the Festival.

The second year as the KofC Carol Festival was successful, with donations increasing over 2023, reaching nearly \$12,500. This will greatly benefit the four supported organizations, including Access Communication Children's Fund, Carmichael Outreach, Chili for Children, and KofC Coats for Kids program.

DECEMBER EVENTS

Fri. Dec. 13—7:00 pm Parish Advent Reconciliation

Sat. Dec. 14—

9:00 am to 12:00 noon, Parish Recollection

10:00 am to 6:00 pm, Salvation Army Kettles,
Vic Square Safeway

6:00 pm. Christmas Dinner/Social.

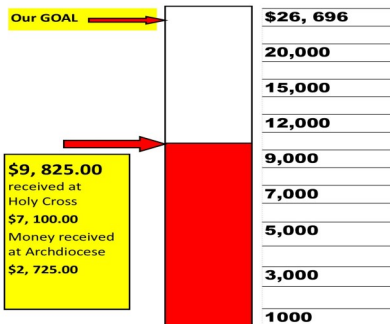
Tues. Dec. 17—7:30 pm monthly Council meeting

Sat. Dec. 28—5:00 pm—5th Sunday Mass ministries

What does it take to become a Knight of Columbus?

Find out by filling out an information request ballot at the K of C information table located in the Gerein Centre of the Church. You will be contacted by a Knight from the Gerein Council.

**Archbishop's Appeal
2024 Our Holy Cross
Goal**
Collection as of Nov 30 2024



\$9,825.00
received at
Holy Cross
\$7,100.00
Money received
at Archdiocese
\$2,725.00

Thank you very much. We have donated **\$9,825** or 37% of our goal.

Revised Dec 5, 2024



HOLY CROSS PARISH ADVENT RECOLLECTION



Deacon Eric Gurash

9:00 am Saturday, Dec. 14

9:00 am Opening Remarks

Adoration: Exposition

Liturgy of the Hours - Deacon Martin

Introduction of speaker Deacon Eric Gurash

Deacon Eric—*Discovering Peace and Hope this Advent.*
"We'll focus on ways that we can develop a contemplative attitude amid the hustle and bustle so that we do not miss our King when he comes."

period of silence, Benediction

11:00 am Mass

Lunch and fellowship.

ALL ARE WELCOME!



OUR LADY OF GUADALUPE

The Feast of Our Lady of Guadalupe, patroness of all the Americas, and primary intercessor for the unborn, is celebrated on December 12.

Most of us have heard about Our Lady of Guadalupe, the beautiful lady with native features, skin coloring and dark hair and dress, who appeared to the poor Aztec Indian Juan Diego in December of 1531 in Guadalupe, Mexico. She told him that she was the ever-virgin Mary, mother of the true God and that she desired a church in this place where his people could experience her compassion. She told him to go to the bishop and tell him all that he had seen and heard.

The bishop didn't believe Juan Diego but after he came to the bishop a second time, the bishop told Juan to ask the lady for a sign as proof of who she was. She told Juan to go to the top of the hill and pick the roses he found there and take them to the bishop. He did so, carrying them in his tilma, a poncho-like cape made of cactus fibre.

When he went back to the bishop and opened his tilma to remove the flowers there also was the image of the Blessed Virgin imprinted on it. The bishop fell to his knees and believed. A church was built, enlarged, and now a basilica where the tilma with Our Lady's image is framed and on display in what is now Mexico City. Within six years of this apparition, six million Aztecs had converted to Catholicism. The tilma shows Mary as the God-bearer - she is pregnant with her Divine Son.

Many scientists have examined the miraculous tilma's image of Our Lady of Guadalupe, including from NASA using infrared photography and digital enhancement techniques. Here are a few interesting findings about the image:

- It is proven not to be painted by human hands. No natural or animal mineral colorings, or paint, are found on it. The image itself is iridescent, and cannot be produced by hand; the method used to create the image is still unknown.
- The image and fabric have miraculously lasted in the original condition for nearly 500 years. The weak cactus fiber, of which the tilma was made, should have decomposed within 15-20 years of being woven.

- On Mary's neck is a small black cross, identifying her with the Catholic missionary priests and over her womb on her dress is a four-petal flower—the Aztec symbol of life and divinity. A doctor once heard a heartbeat coming from the image when he placed a stethoscope over the womb.
- In the image Mary is "clothed with the sun" with "the moon at her feet" as described in Revelation 12:1. Mary stands on a crescent moon, the same crescent moon that was in the sky on the day of her apparition.
- Her mantle is a constellation map, the same constellations that were in the sky as on the day of her apparition, but looking from outside the universe, a reverse image.
- The constellations tell the story of the Gospel with the arrangement of "Leo" in the womb of "Virgo". Our Lady's garment is a topographic map of the geographic location of her apparition.
- Mary's eyes on the Image have the refractory characteristics of human eyes. When examined through a microscope, they reflect the images of the witnesses present at the tilma's unveiling, including Juan Diego and the bishop.

There, of course, have been nay-sayers, mainly that there was no written documentation of the apparition from the 1600's.

Sources: An amalgamation from various sites, including National Catholic Register, Catholics Online, Simply Catholic, Catholic Company, Franciscan Media, Catholic Insight.



What's Happening in the Archdiocese

ARCHBISHOP'S APPEAL

Bulletin Reflection

As Advent begins, Jesus urges us to be vigilant, preparing our hearts for His coming. This season is a time of hopeful anticipation and active readiness. Contributing to the Archbishop's Appeal is a meaningful way to prepare, supporting ministries that bring Christ's light to others. Our unified generosity ensures that the message of hope reaches those who need it most. By staying awake and attentive through acts of kindness and support, we not only ready ourselves but also help prepare the world to receive the joy of the Savior's birth.

Prayer of Intercession

We lift up our clergy in prayer, asking for strength and guidance in their ministry. May they lead their parishioners toward unity in faith, and may those discerning a call to the priesthood find clarity and encouragement.

The Archbishop's Appeal Canada Post Strike

Because of the current Canada Post strike, the Archbishop's Office has asked that you drop off your donations to the Archbishop's Appeal in the regular collection at your parish. That will be forwarded to the Archdiocese so that you will be able to claim your donation for the 2024 tax year.

Alternatively, you can check with archreginask.ca/grouppage/donate-archbishops-appeal for other donation methods if you so desire.

Thank you to all who have already contributed to this year's Appeal and to those who are still prayerfully discerning their gift. Your support helps us continue the vital work of ministry and outreach in our Archdiocese.

Advent Recollection:

Reconciliation, Adoration, and Healing

Sunday, Dec. 15, 5 pm to 7:30 pm
Third Sunday of Advent (Gaudete Sunday)
St. Cecilia Parish, 5020 7th Avenue

In the holy Advent season, experience a time of enlightenment through adoration and healing with Jesus who brought light to the world. During this busy time of preparing for Christmas, pause and take advantage of this recollection opportunity.

Led by Fr. Francis (Prince) Kurisinkal, Sacred Heart of Jesus, Montmartre.

- Holy Mass – 5 pm.
- Adoration and individual Reconciliation – 5:45 pm.
- Release prayer for personal healing, from darkness to light – 7 pm.

Join the Campion community on Dec. 8 at 2:30 p.m. in the beautiful 2nd-floor Campion College Chapel, located on the University of Regina campus, for a soul-stirring performance by the Musica Sacra Cecilia Voices, conducted by the talented Dr. Melissa Morgan, Music Dept. Head at U of R. Don't miss out on this unforgettable event!



A Holy Hour for Mental Health

Join us at Christ the King Parish in Regina on Thursday, Dec. 19, from 7:00 to 8:00 pm for a Holy Hour of Adoration and Prayer focused on mental health during this Christmas season. The Christmas season can be a particularly challenging time for anyone living with mental health challenges. While the public focus of the season is on joy, peace, and hope; depression, anxiety, and other mental health challenges can be exacerbated by the additional stress and even loneliness that some experience.

All are welcome to join us for this hour of quiet reflection and communal prayer with the Blessed Sacrament as we unite in faith and seek consolation, peace, and support.

TF #430: Meet the Archivist with Rae Horseman - Part 1

This week on Thinking Faith we dust off the stacks and pour through ancient tomes as we step into the fascinating world of history, records and storytelling with Rae Horseman, the Archivist for the Archdiocese of Regina. In this two-part series, Rae shares captivating stories from the archives, explains how historical records shape our understanding of faith and community, and highlights the importance of preserving the legacy and stories of our local Church for future generations.

thinkingfaith.libsyn.com/meet-the-archivist-with-rae-horseman-part-1

What's Happening in the Archdiocese 2

Stewardship Bulletin Bit

“And this is my prayer: that your love may increase ever more and more in knowledge and every kind of perception, to discern what is of value.” (Philippians 1:9-10)

During the Christmas shopping season it is easy to get caught up in the frenzy of buying gifts. But, is that “gift” truly an expression of your love for the other person. Or, are you just fulfilling your “obligation” to give them something? To grow in friendship with someone, you need to spend time with them and learn what is of value to them. Maybe this year, buy less “stuff” and spend more time with those you love.

2025 HERITAGE PILGRIMAGE TOUR TO POLAND



JUNE 17th to JULY 1st 2025

INFORMATIONAL MEETING

Sunday, December 15th, 2024 at 4:00 pm

In St. Anthony's church basement – 2275 Atkinson Street

Escorted by Society of Christ Fathers, Fr. Gerry Grupczynski of Las Vegas, Fr. Richard Philiposki of Saskatoon & Fr. Karol Twarowski from Regina.



**BOLESŁAWIEC • LEGNICA • WROCLAW • AUSCHWITZ • BIRKENAU • WADOWICE • ZAKOPANE
LUDZIMERZ • KRAKOW • LAGIEWNIKI • WIELCZKA • CZESTOCHOWA • WARSAW • GDANSK
NIEPOKALNOW • LICHEN • POZNAN • SWIEBODZIN • FRANKFURT**

Price per person is approximately \$4,300 (double occupancy), and includes transportation, accommodations, daily breakfast and dinner, admissions to attractions, tour guide and local guides, driver and pastoral services of priest chaplains.



PAROISSE
SAINT-JEAN-BAPTISTE



SALE OF TOURTIÈRES 2024 (FRENCH CANADIAN MEAT PIES)

a tourtière makes a wonderful meal anytime - a thank you gift for friends and neighbors - for co-workers or your boss - as a hostess gift ...

WHAT?

Tourtières, white or whole wheat crust



COST?

large tourtière – 20\$
small tourtière – 9\$



WHERE TO ORDER, PAY, AND PICK UP YOUR ORDER?

Paroisse Saint Jean-Baptiste, 2517, 25th Avenue, Regina
(306) 586-5006

(306) 539-5086

baptiste@accesscomm.ca

to pay through INTERAC use baptiste@accesscomm.ca

Christmas Concert and International Foods Potluck Lunch

Gluten free available

St. Peter Parish Hall
100 Argyle St., Regina

Sunday, Dec. 15
11:15 a.m.

Please call 306-525-5507
to R.S.V.P.

Donations for parish
buildings and grounds
expenses are
gratefully accepted.

Everyone is welcome!

AMICI SINGERS

present

SING ME TO WINTER

Featuring: *The Tuesdays*

Music Director | Corinne Groff
Collaborative Pianist | Barbara Flaten-Orr
Woodwinds | Jennifer Tenford
Percussion | Jared Dormer
Storyteller | Jim Tenford

Knox-Met United Church
2340 Victoria Avenue, Regina

December 14, 2024 | 3 pm

TICKETS: \$20 ADULT | 18 AND UNDER FREE

BUY IN ADVANCE FROM AMICI MEMBERS, EMAIL US AT
MUSICLESSONS@SASKTEL.NET OR CASH AT THE DOOR.

**SCHEDULE OF ADVENT AND CHRISTMAS EVENTS
DECEMBER 2024**



Light up for Christ!

Lighting of the Christmas Creche

Tuesday, Dec. 3 following 7:00 pm mass

Christmas Novena Masses

Day 1	9:00 am	Monday, Dec. 16
Day 2	7:00 pm	Tuesday, Dec. 17, following adoration at 6 pm
Day 3	9:00 am	Wednesday, Dec. 18 11:00 am at Queen Victoria Estates, preceded by reconciliation
Day 4	9:00 am	Thursday, Dec. 19
Day 5	9:00 am	Friday, Dec. 20
Day 6	9:00 am	Saturday, Dec. 21
Day 7	9:00 am	Sunday, Dec. 22
Day 8	9:00am	Monday, Dec. 23
Day 9	9:00 am	Tuesday, Dec 24

Parish Advent Reconciliation

7:00 pm Friday, Dec. 13

Parish Advent Recollection

9:00 am Saturday, Dec. 14

9:00 am Opening Remarks

Adoration: Exposition

Liturgy of the House - Deacon Martin

Introduction of speaker Deacon Eric Gurash

Deacon Eric—presentation, period of silence, Benediction

11:00 am Mass

Lunch and fellowship

Christmas Masses

Tues. Dec. 24	8:30 pm	Christmas Vigil Mass
Wed. Dec. 25	9:00 am	Christmas Day Mass
Tues. Dec. 31	7:00 pm	New Year's Eve Mass (Adoration at 6:00 pm)
Wed. Jan. 1	9:00 am	New Year's Day Mass





An Advent Examination of Conscience

*I will praise you, Lord, with all my heart.
I will delight and rejoice in you. (Ps 9:2-3)*

- Am I loving and serving God with my heart, mind, and strength? Or have I become the slave of something else? What is that other thing? How can I change this situation?
- Have I **given priority** to God on Sundays and Holy Days of Obligation by attending Mass and making a special effort to seek a stronger relationship with Christ and His Church?
- When at Mass have I **actively participated** in true worship of God? Do I pray, sing and pay attention?
- Do I appreciate the great gift of the Eucharist and the many other treasures of my Catholic faith? Do I prepare to receive Holy Communion worthily?
- Do I give Jesus Christ a say in the way I spend my time, money, and other resources? Am I using these gifts to build His kingdom? Have I **supported** my local parish and its ministries and work?
- Do I **show respect** for God's holy name and for all that is holy. Do I curse or swear? Have I spoken badly about God's holy Church, its beliefs and priests?

Rejoice in hope, endure in affliction, and persevere in prayer. (Rom 12:12)

- Have I been faithful to prayer, meditation and Scripture reading, opening myself to God's love and direction every day?
- Do I seek to grow in knowledge of Christian faith through study and prayerful meditation? Have I sought to **form my conscience** according to the teachings of the Gospel and the Church?
- Do I **pray regularly** for others, our beloved dead, the needs of the church and the world?
 - Have I allowed myself to slide into sinful habits out of boredom, inattention, laziness, or frustration? Am I praying and working to break the power of these habits?
- What trials and difficulties are causing me the most pain right now? Am I **keeping faith** and trusting in God and his promises?

To practice justice is a joy for the just. (Prov. 21:15)

- How am I working for the coming of Christ's kingdom of justice and peace?
 - Is God calling me to take a stand against some particular injustice? Have I sought His guidance about how to respond to the many challenges and issues of our modern society?
 - Am I helping to build a world where human life is valued and respected through all stages of life? Have I **defended the rights** of the unborn, the old and the disabled in my speech, my actions or my participation in the democratic process?
- Have I stolen anything or cheated on my income taxes? Do I need to make restitution for such acts?

- How have I **helped care** for the poor, less fortunate, sick, and suffering? Have I readily shared with those in need from the many blessings that God has given me?

Complete my joy by being of the same mind, with the same love, united in heart. (Phil 2:2)

- How am I doing in my relationships with the people God is calling me to love and serve; family members, friends, coworkers, neighbors, fellow parishioners? Am I treating them with respect and compassion?
- Have I **encouraged**, either actively or through my silence, another to sin? Am I living up to my Christian responsibility to help others whom I know are in sinful relationships or addicted to sinful habits?
- Are there ways in which my words, attitudes, or actions have caused disunity in my relationships? Have I **gossiped** and hurt the good name and reputations of others. Why do I do this? What restitution have I made in such circumstances?
- Have I always **spoken the truth**? Have I kept secrets and promises? Have I divulged the hidden sins of others?
- Am I harboring any anger, resentment, hatred or prejudice against someone? Is there anyone I need to forgive? Is there anyone whose forgiveness I need to ask?
- If I am married, how am I working at loving and supporting my spouse and building my marriage? As a parent, do I **give good example** and direction to my children in Christian living?

Do you not know that your body is a temple of the Holy Spirit within you...? Therefore, glorify God in your body. (1Cor 6:19-20)

- Do I treat my body with respect? Or have I abused it through the willful misuse of drugs, alcohol, or food?
- Do I work too much that I neglect my family, my health and my responsibilities to the community?
- Am I **following Christ's teachings** on sexual morality? Do I indulge in lustful thoughts and sexual fantasies? Have I committed sins of impurity? Have I looked at pictures, the internet, movies or magazines that lack respect for the human body and the gift of human sexuality?
- Have I opened myself to unhealthy media and societal influences that influence the way I think, the words I use, or the choices I make?

Holy Spirit, help me to examine my heart. Lead me to yourself and to the joy that no one can take away!

