

# OUR LADY OF THE BLESSED SACRAMENT CATHOLIC CHURCH

3570 KING WILLIAM AVENUE, WEST POINT VA 23181



## MASS SCHEDULE

WEEKENDS: SATURDAY 5:30 P.M.

SUNDAY 9:00 A.M.

2:30 P.M. (SPANISH MASS)

WEEKDAYS: 8:30 A.M. Tuesday - Friday

HOLIDAYS: 8:30 A.M. & 7:00 P.M.

## PARISH OFFICES at the MERCY CENTER

207 W. Euclid Blvd., West Point, VA 23181

Phone: 843-3125

Fax: 843-9158

Office Hours: T W Th 10 - 4:30

Parish e-mail : [olbs@olbs-catholic.org](mailto:olbs@olbs-catholic.org)

Parish Web address: [www.olbs-catholic.org](http://www.olbs-catholic.org)

### PASTOR

Rev. Oscar Paraiso

757-778-5118

Rectory

843-4231

Office

843-3125 ext 102

Email: [oparaiso@richmonddiocese.org](mailto:oparaiso@richmonddiocese.org)

### ADMINISTRATIVE ASSISTANT

Pam Watkins

843-3125 ext 101

Hours: T-W-Th 10 - 4:30

Email: [adminassistant@olbs-catholic.org](mailto:adminassistant@olbs-catholic.org)

### BUSINESS MANAGER

843-3125 ext 104

Bob Ryalls

757 207-0125

E-mail: [businessmgr@olbs-catholic.org](mailto:businessmgr@olbs-catholic.org)

### COORDINATOR of CHRISTIAN FORMATION

Lorraine Ryalls

843-3125 ext 103

Email: [DRE@olbs-catholic.org](mailto:DRE@olbs-catholic.org)

### MUSIC DIRECTOR

Leda Zaginaylo

757 870-2516

Email: [music@olbs-catholic.org](mailto:music@olbs-catholic.org)

### PRESCHOOL TEACHER/DIRECTOR

Vangy Lawson

843-4177

Email: [preschool@olbs-catholic.org](mailto:preschool@olbs-catholic.org)

### GOOD NEIGHBOR CENTER

Frances Thornton

843-4339

Hours: M 10 am - 2 pm

W 12:30 pm - 2:30 p.m.

### van den BOOGAARD HALL RENTALS

Janice McGowan

843-2870

Email: [hallrentals@olbs-catholic.org](mailto:hallrentals@olbs-catholic.org)

### SACRAMENT of RECONCILIATION

Saturday 5:00 p.m.

Also by appointment

### EUCCHARISTIC ADORATION

Monday and Tuesday

Mercy Center Chapel

First Friday at the Mercy Center Chapel

6:00 p.m. - 9:00 p.m.

### OUTREACH

A food basket and donation box are in the church entry. Your donations provide the means to give direct help to the needy. We collect food on the first weekend of the month.

### INFANT BAPTISM

Parent preparation classes are required for each couple planning to have their baby baptized. To schedule a preparation session, please call the church office.

### MARRIAGE

OLBS sponsors a preparation program for couples who intend to marry. The Pastor must be contacted at least six months prior to the date of the wedding.

### RECEPTION into the CHURCH

Those inquiring into the Catholic Faith or seeking communion with the Church are invited to contact the Parish Office. Rite of Christian Initiation of Adults (RCIA) is offered.

The mission of Our Lady of the Blessed Sacrament Catholic Church, centered in the Eucharist, is to love God and His people and to extend His love to others through service and prayer.

## THIRD SUNDAY OF LENT

March 6<sup>th</sup> & 7<sup>th</sup>, 2021



Sat	3/6 – Gaetano Buffa (RIP)	Fr. Oscar
	Requested by The Knights of Columbus Father Jakubowski Council #8116	
Sun	3/7– Gaetano Buffa (RIP)	Fr. Oscar
	Requested by The Knights of Columbus Father Jakubowski Council #8116	
Mon	3/8 – No Mass	
Tue	3/9 – Laura Varboncoeur Glidewell (RIP)	Fr. Oscar
	Requested by Theresa Drexler Moody	
Wed	3/10 – All Those Confirmed on March 4 <sup>th</sup>	Fr. Oscar
	Requested by the Duke Family	
Thurs	3/11 – Art West (RIP)	Fr. Oscar
	Requested by Mike & Nancy Pausic	
Fri	3/12 – No Mass Intention	
Sat	3/13 – Joe, Elsie & Johnny Drexler (RIP)	Fr. Oscar
	Requested by Theresa Drexler Moody	
Sun	3/14– Roger Staskiel (RIP)	Fr. Oscar
	Anniversary of Birthday Requested by Donna Geron	

### Collections for February 27<sup>th</sup> & 28<sup>th</sup>, 2021

Parish Operations	\$4,118.00
Supplemental Collection	135.00
Online Giving as of 2/16/2020	150.00
Ash Wednesday	95.00
Easter Flowers	340.00
Parish Heating	445.00
<b>Total</b>	<b>\$5,283.00</b>
<b>Amount needed weekly for Parish Operations is</b>	<b>\$3,940</b>
Restricted, Special Use or Sent out of Parish	
Facilities Repairs & Maintenance	\$565.00
Parish Maintenance Savings Account	\$45.00
Cemetery Fund	\$120.00
OLBS Preschool Assistance	\$70.00

\*\*\*Thank you to all the parishioners who have brought into the office, mailed, or given their weekly contributions at one of the Masses allowing us to continue critical operations. Our parish office remains open for you to be able to bring or mail your weekly donations. To mail your donations, send to: Our Lady of the Blessed Sacrament Catholic Church, 207 West Euclid Blvd., West Point, VA 23181. Or, you can drop your offertory in the white box marked 'Boogaard Hall' located on the back porch of the Mercy Center. You can also give at one of the Masses or temporarily give online at <https://offertory.richmonddiocese.org/>. Choose our Parish through the Drop-Down - OLBS #623. This will ensure the proceeds go only to our parish. Thank you.

### Mass Attendance – February 27<sup>th</sup> & 28<sup>th</sup>, 2021

Saturday, February 27<sup>th</sup> - 5:30pm = 37

Sunday, February 28<sup>th</sup> - 9:00am = 67

Spanish Mass on February 28<sup>th</sup> - 2:30pm = 44

## Masses Continue to be Offered!

**\*\*\*Due to COVID-19, Mass is being live streamed for use on various Diocesan digital media accounts of the Catholic Diocese of Richmond, including, but not limited to, the websites of the Catholic Diocese of Richmond and the Catholic Virginian, and social media platforms of the Catholic Diocese of Richmond. Photography and/or screenshot images from the livestream may be used for the Catholic Virginian print edition. If you do not wish to be captured by live streaming, please refrain from attending that particular Mass time.**

There will be some mandated changes to how we practice our Mass. Effective immediately:

1. You are asked to stay home if you are ill, elderly, anxious, or immunocompromised. Bishop Knestout has dispensed all Catholics in the Diocese from their Sunday Mass obligation.
2. If you have a fever or symptoms of Covid-19, you will not be permitted to enter the building.
3. You should arrive early for Mass to allow time for temperature testing, vetting and being seated by the ushers. The ushers will let each pew know the staggered process for exiting the Church once Mass is over.
4. Everyone shall maintain six feet of social distance from others who are not from the same household at all times while in Church or on Church property.
5. Everyone 5 years and older attending Mass shall wear a Cloth Face Mask. Those who cannot wear a cloth mask may wear a face shield. Be sure the mask covers your nose and mouth. (Face mask should be removed only for Receiving Holy Communion.) **\*\*\*Anyone who comes to any Mass (including daily Mass) without a face covering, will not be admitted to Mass.**
6. Look for direction from the ushers when going up to receive Holy Communion. Holy Communion should be received in the hand until further notice. There will be no distribution of the Blood of Christ until further notice.
7. Refrain from physical contact, such as holding hands during the Our Father and shaking hands during the Sign of Peace.
8. Singing by the congregation is strongly discouraged.
9. Sanitize hands when entering and leaving Church. Bring personal supply of hand sanitizer to use before receiving Holy Communion, if possible.
10. No bulletins will be available at Masses. \*We will continue to make the bulletins available online, through email, and mail bulletins to those without Internet access.



### The Rosary

The Rosary will be said in the church at 6:30pm every Friday with Stations of the Cross to follow during Lent. The Rosary will be led by Father Oscar & Stations of the Cross will be led by members our Hispanic Community on Friday, March 12<sup>th</sup>.



**PRAYERS FOR HEALING AND GOOD HEALTH**

Emily Adams	Elizabeth Alley	Camb Ashley
Candace Barefoot	Virginia Becker	Linda Blevins
Ron Blevins	Joan Buehler	Linda Burch
Kathryn Carson	Kevin Carson	Lucy Carson
Tim Collier	Meredith Crowe	Eric Crump
Vincent D'elia	Denise DePompeo	Dale Dippre
Dexter Dix	Larry Dzula, Jr.	Michelle Eshelman
Amanda Fincher	Natalee Franzysphen	Kelli Gaeta
Margaret Geron	Jim Gregory	Pat Hinkle
Kelly Hipple	Tom Hollowak	Mary Ann Hooper
Gail Justin	Bob Kay	John Kellam
Bill Kessler	Gloria Kojcsich	Bonnie Kopacki
Joyce Kostrzewa	Gordon Langston	Patricia Lanuza
Ashley Larson	Henry Lasch	Tracy Lasch
Melissa Leger	Lanci McCloud	Kenny McGinley
Beverly McGowan	Patrick McGowan	William Madigan III
Baby Vivian Mallis	Diane Agnes Martin	Ron Martz
Clara Morrow	Randy Morrow	Specialist Mullins
Larry Newtzie	Desiree Page	Ka'varus Penticolas
Brett Pickens	Pam Rigsby	Mark A. Roane
Vickie Roane	Leonard Romano	Debbie Royals
Joanna Ryalls	Jack Scaife	Barbara Schafer
James Simmons	Allen Smith	The Solak Family
Levi Sturtz	Jim Tokarz	Mae Touray
Chris Vincent, Sr.	Gloria Wajciechowski	Linda Webster
Emmett White	James Wills	Andrea Berberich Wilson
Lois Wilson	Robert 'Bobby' Wilson	Jody Zogran

**PRAYERS FOR THOSE IN THE MILITARY**

Major Jonathan Culberson (Afghanistan)

**Church Cleaning Schedule**

- 3/1 thru 3/7 – Our Hispanic Community
- 3/8 thru 3/14 – Dan Gibbs Family
- 3/15 thru 3/21 – Teresa Nguyen & Nguyen Sisters



- 3/6 – Joe Drexler, Dan Gibbs & David Seckora
- 3/7 – Tuan Nguyen, Jim Pyne & Craig Smith
- 3/13 – Bob Ryalls, Jim Vadas & David Seckora
- 3/14 – David Haviland, Dawson Haviland & Tuan Nguyen



- 3/6 – Jim Vadas & Pattie Vadas
- 3/7 – Scott Rae & Colleen Rae
- 3/13 – Jackie Silvia & Lorraine Ryalls
- 3/14 – Kim DiLandro & Kay Shaw



- 3/7 – Sarah Rae
- 3/14 – Jim Pyne

**QUESTION OF THE WEEK**

We call Sunday the Lord's Day, but for many of us this, too, is a day in need of some cleansing and reorganizing. While many of us try to squeeze in Mass between many other activities each Sunday, we are called to make the celebration of the Eucharist the cornerstone around which other events should be planned. It is the most important activity in which we and our families will participate each week, so we should treat our Sunday schedule as such. We must also consider how we keep holy the rest of our Sundays, which can easily get cluttered with unnecessary work and activities that pull us away from our families and our prayers. Perhaps we can consider sanctifying our Sundays with reading Scripture or making a pilgrimage to a holy site to pray. In this way, we can turn our eyes toward the Lord and truly call it the Lord's Day.

- Adults: What in your life is distracting you from proper worship of the Lord?
- Children: What keeps you from praying to Jesus as you should?

**SAINT OF THE WEEK**

On March 9th, we celebrate St. Dominic Savio, the patron saint of boys, children's choirs, falsely accused people and juvenile delinquents. Dominic, one of 10 children of a blacksmith and a seamstress, was born in 1842 in Italy. His mentor was Saint John Bosco. He lived the fullest and holiest life that he could. He encouraged his friends to come with him to visit the Blessed Sacrament and taught catechism to younger children. He went to confession every week and received Holy Communion daily, even forming a club called the Sodality of the Immaculate Conception to encourage frequent reception of the Eucharist. He died from bad health at the age of 15, seeing visions of Heaven awaiting him.

## DO YOU KNOW?

It is estimated that between 18,000 and 20,000 victims are trafficked into the United States every year. Children are more vulnerable than adults. They're easier to control, cheaper, and less likely to demand working conditions, researchers explained. More than 300,000 young people in the U.S. are considered "at risk" of sexual exploitation.



To our couples with anniversaries in March: Shawn & Erin Lazar – 3/6/2004 and David & Donna Haviland – 3/7/1998.

### COVID Guidelines for use of Hall

There are cleaning supplies on the cart by the side door to the Hall. Please use these to sanitize the chairs and tables that are used during any meetings held in the Hall as the children will use these same tables and chairs during CCD Classes on Sundays and sanitizing them afterwards, as well. Thank you for helping us maintain the area for our children and catechists.



**ARE YOU IN NEED OF PRAYER? DO YOU KNOW SOMEONE IN NEED OF PRAYER?** Please contact the prayer chain to request any prayers needed. Anonymous Prayer Requests accepted. Contact: On Tuesdays, Wednesdays & Thursdays, please contact Pam Watkins at the Church office at 804-843-3125 from 10:15am through 4:30pm. Any other times, please contact Pam Watkins at 919-820-1986 (cell phone).



**Pope Benedict XVI on Life:** "In the light of my recent Encyclical Letter on Christian love, I would like to underline the importance of the service of love for the support and promotion of human life. In this regard, even before active initiatives, it is fundamental to foster a correct attitude towards the other: the culture of life is in fact based on attention to others without any forms of exclusion or discrimination. Every human life, as such, deserves and demands always to be defended and promoted." – Address on February 5, 2006 (Priests for Life)

\*\*\*If we don't stand up and speak out for God's children in the womb, who will? Now, more than ever, it is extremely important to pray for and speak out for an end to abortion in our country and the world. Over sixty-two million children just from America cry out from beyond the grave for our help in giving them a voice. Visit [www.TenStepsToEndAbortion.com](http://www.TenStepsToEndAbortion.com) to learn what you can do.

## From Fr. Banive Peralte in Haiti

Greetings from Saints Peter and Paul Parish. I hope you are well and it has been a great weekend for you and your loved ones. For my part, thank God I'm fine. But I must also tell you that I feel very stressed because of the situation in my parish and my country. Although we are at peace in Marmont but the economic situation of the parish is zero. We have debts that we cannot pay. AS you know, we cannot live without the support of our partners when since the beginning of this year we have not yet received any help from them. This is why our economic capacity to operate the pastoral activities of the parish is difficult right now. As far as Haiti is concerned, this country is on the brink of abyss due to political unrest. Currently the country is on the verge of explosion, the daily life of the people is made up of deaths, murders, impunity, insecurity. At the origin of this political crisis, it is the effective date of the start of Jovenel Moise's mandate that is disputed. According to Jovenel Moise his mandate will end on February 7, 2022. But his opponents believe that in accordance with the Constitution, he ended on February 7, 2021. Despite pressure from the opposition who has appointed a new interim president, Jovenel Moise refuses to leave power, as provided for in the Constitution. In addition to the severe crisis affecting domestic politics, there are economic problems and a dramatically deteriorating security situation. This is the situation Haiti is currently in. Please pray for us. Thank you for your effort you make to help us. Please say hello to all the faithful of your parish. I thank them all for their solidarity and generosity. Also, I want to take the opportunity to wish you all a good entry into the Lenten season. May God bless you all.

## Missionaries of the Holy Family

The Missionaries of the Holy Family are sponsoring Food Packets for the Poor. Each \$21.00 Food Packet includes cheese, powdered milk, meat products, flour, rice, and canned food, and it feeds a family of four for two weeks.

Vocations are growing in Indonesia, Poland, and Madagascar, and the missionaries are eager to fulfill your Mass Requests. Many of them depend upon Mass Offerings for food and clothing. Mass Offerings are recommended at \$10.00 per Mass. The minimum offering for a set of Gregorian Masses (30 consecutive Masses for a Holy Soul in Purgatory) is \$200.00. You can also send an unrestricted gift for medicine and immunizations for mission children, etc.

Please mail any Mass Requests or Donations to:

**Missionaries of the Holy Family**  
3014 Oregon Avenue  
Saint Louis, MO 63118

## Mass Readings: Third Sunday of Lent

### **A reading from the Book of Exodus**

In those days, God delivered all these commandments: "I, the LORD, am your God, who brought you out of the land of Egypt, that place of slavery. You shall not have other gods besides me. You shall not carve idols for yourselves in the shape

of anything in the sky above or on the earth below or in the waters beneath the earth; you shall not bow down before them or worship them. For I, the LORD, your God, am a jealous God, inflicting punishment for their fathers' wickedness on the children of those who hate me, down to the third and fourth generation; but bestowing mercy down to the thousandth generation on the children of those who love me and keep my commandments. "You shall not take the name of the LORD, your God, in vain. For the LORD will not leave unpunished the one who takes his name in vain. "Remember to keep holy the sabbath day. Six days you may labor and do all your work, but the seventh day is the sabbath of the LORD, your God. No work may be done then either by you, or your son or daughter, or your male or female slave, or your beast, or by the alien who lives with you. In six days the LORD made the heavens and the earth, the sea and all that is in them; but on the seventh day he rested. That is why the LORD has blessed the sabbath day and made it holy. "Honor your father and your mother, that you may have a long life in the land which the LORD, your God, is giving you. You shall not kill. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbor. You shall not covet your neighbor's house. You shall not covet your neighbor's wife, nor his male or female slave, nor his ox or ass, nor anything else that belongs to him."

#### **The Word of the Lord**

#### **Responsorial Psalm**

**R. Lord, you have the words of everlasting life.**

The law of the LORD is perfect, refreshing the soul; The decree of the LORD is trustworthy, giving wisdom to the simple.

**R. Lord, you have the words of everlasting life.**

The precepts of the LORD are right, rejoicing the heart; the command of the LORD is clear, enlightening the eye.

**R. Lord, you have the words of everlasting life.**

The fear of the LORD is pure, enduring forever; the ordinances of the LORD are true, all of them just.

**R. Lord, you have the words of everlasting life.**

They are more precious than gold, than a heap of purest gold; sweeter also than syrup or honey from the comb.

**R. Lord, you have the words of everlasting life.**

#### **A reading from the First Letter to the Corinthians**

Brothers and sisters: Jews demand signs and Greeks look for wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are called, Jews and Greeks alike, Christ the power of God and the wisdom of God. For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.

#### **The Word of the Lord**

#### **Verse before the Gospel**

God so loved the world that he gave his only Son, so that everyone who believes in him might have eternal life.

#### **A Reading from the Holy Gospel according to John**

Since the Passover of the Jews was near, Jesus went up to Jerusalem. He found in the temple area those who sold oxen, sheep, and doves, as well as the money changers seated there. He made a whip out of cords and drove them all out of the temple area, with the sheep and oxen, and spilled the coins of the money changers and overturned their tables, and to those who sold doves he said, "Take these out of here, and stop making my Father's house a marketplace." His disciples recalled the words of Scripture, *Zeal for your house will consume me*. At this the Jews answered and said to him, "What sign can you show us for doing this?" Jesus answered and said to them, "Destroy this temple and in three days I will raise it up." The Jews said, "This temple has been under construction for forty-six years, and you will raise it up in three days?" But he was speaking about the temple of his body. Therefore, when he was raised from the dead, his disciples remembered that he had said this, and they came to believe the Scripture and the word Jesus had spoken. While he was in Jerusalem for the feast of Passover, many began to believe in his name when they saw the signs he was doing. But Jesus would not trust himself to them because he knew them all, and did not need anyone to testify about human nature. He himself understood it well.

#### **The Gospel of the Lord**

#### **Spiritual Communion Prayer**

**My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there, and unite myself wholly to You. Never permit me to be separated from You. Amen.**

#### **Eater Food Basket Collection**

**It is that time of year, again! We will be collecting funds for Easter Food Baskets for those in need this Easter. We are starting off with some leftover funds from Christmas, but would like to be able to give enough groceries to help families get through more than just one week. To give, you can put your donation in an envelope clearly marked, "Food Baskets" and drop in the collection box; drop off at the office; or see Erin Hayden, Deidra Kopacki, Sandy Lam or Pam Watkins after one of the Masses to give them your donation. Please include your envelope number so your donation can be recorded to your offertory history. Anyone interested in helping with the shopping and packaging of the food baskets can contact Pam Watkins at the Parish Office or at 919-820-1986.**

# WELCOME NEW PARISHIONERS

New members are asked to register at the Parish Office in the Mercy Center.

We invite all parishioners to join a ministry.  
Contact the Chairperson of the ministry or call the Parish Office at  
804.843.3125

<b>ALTAR LINENS</b> Kim diLandro	814-8148
<b>ALTAR SERVERS</b> Joe Drexler	843-2541
<i>liturgychair@olbs-catholic.org</i>	
<b>ARTS &amp; ENVIRONMENT</b> Rowena & Tom Fauber	725-6110
<i>artsenvironment@olbs-catholic.org</i>	
<b>BELL CHOIR</b>	
<b>CANTORS/CHOIR</b> Leda Zaginaylo	757 870-2516
<i>music@olbs-catholic.org</i>	
<b>CEMETERY COMMITTEE</b> Gary Silvia	757-303-8576
<i>cemetarychair@olbs-catholic.org</i>	
<b>CHURCH HISTORIAN</b> Linda Drexler	843-2451
<i>historian@olbs-catholic.org</i>	
<b>CLEANING COORDINATOR</b>	

<b>FACILITIES COMMITTEE</b> Jim Pyne	
<i>facilitieschair@olbs-catholic.org</i>	
<b>FINANCE COMMITTEE</b> Richard Duke	843-3125
<i>financechair@olbs-catholic.org</i>	
<b>HISPANIC MINISTRY</b> Nanci Hernandez Jose Velasquez	
<i>hispanicministry@olbs-catholic.org</i>	
<b>HOSPITALITY</b> Glenn & Kay Shaw	843-3476
<b>JUSTICE &amp; PEACE</b>	
<b>KNIT, PURL &amp; PRAY</b>	
<b>LAWN MOWING COMMITTEE</b> Eric Ellingson	843-2184
<i>ericellingson@verizon.net</i>	

<b>LIBRARY</b> Linda Drexler	843-2541
<i>vintagenotes@verizon.net</i>	
<b>LITURGY COMMITTEE</b> Joe Drexler	843-2541
<i>liturgychair@olbs-catholic.org</i>	
<b>MINISTRY SCHEDULING</b> Pattie Vadas	843-4082
<i>pbv0806@yahoo.com</i>	
<b>OFFICE VOLUNTEERS</b> Margaret Varboncoeur	843-2867
<b>PARISH COUNCIL</b> Phil Liberato	512-9701
<i>parishchair@olbs-catholic.org</i>	
<b>SACRISTAN</b> Marguerite Sturtz	843-2175
<b>YOUTH MINISTRY</b> Lorraine Ryalls	843-3125 ext 103
<i>dre@olbs-catholic.org</i>	

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# LENTEN MENU

## HEALTHIER THAN A FISH FRY

Every Friday during Lent, The Catholic Virginian is offering two healthy servings of spiritual nourishment at [www.catholicvirginian.org](http://www.catholicvirginian.org). Prepared by Catholic News Service's finest writers, we invite you to try one of the following.

### Catholic Social Teaching

An overview on a different aspect of Catholic Social Teaching, this is excellent fare for personal reflection and/or group discussion.

### This Week in Lent

Much about which to think and pray as you journey through each week of Lent.

Plenty here, so you'll want to share.

[WWW.CATHOLICVIRGINIAN.ORG](http://WWW.CATHOLICVIRGINIAN.ORG)

SPIRITUAL NOURISHMENT THROUGHOUT LENT

## **Lenten Penance Service Wednesday, March 10, 2021**

Due to Covid-19 Restrictions, we will not have programs at our Lenten Penance Service. Please review the Examination of Conscience before coming to the Penance Service.

**Our Father knows all of our failings, but asks us to call them to mind so that we may seek out His forgiveness.**

**Am I attentive to God's presence in prayer and worship?**

- Do I pray daily?
- Do I receive the Sacraments regularly?
- Do I keep Sundays and Holy Days sacred?
- Do I fulfill my commitments as a member of my faith community?
- What is my attitude toward the Sacrament of Reconciliation?
- Have I tried to grow in the life of the Spirit through prayer and the reading of the Word of God?
- Do I trust God's goodness and providence, even in times of crisis and doubt?

**In my daily living, do I act as a child of God?**

- Do I respect my own body as a gift from God?
- Do I control my vices, including abuses of food and drink?
- Have I made good use of the gifts God has given me?
- Do I work too hard and too long? Do I neglect my family and health?
- Have I been lazy and given too much time to leisure or entertainment?

**Do I reflect the mercy of God in my relationship with others?**

- In my household, have I contributed to the well-being and happiness of the rest of the family?  
Am I patient? Am I loving?
- Do I treat my parents with respect?
- Am I ever angry with those I love?
- Have I been faithful in my relationships?
- Have I imposed my will on others without respecting their freedom and rights?
- Am I intolerant of others' ideas or needs?
- Have I perpetuated racism, prejudices and stereotypes?
- Do I treat people with disabilities with respect?

**Do I bring the love of God to the world?**

- Do I share my time and my treasure with others in need?
- Do I fail to speak out on behalf of the poor or oppressed?
- Have I accepted suffering as a share in the suffering of Christ?
- Have I indulged in reading, conversation, or entertainments that are contrary to Christian decency and respect for human life?
- Do I use the earth's resources wisely?
- Do I purchase a lot of material goods that I don't really need?

**Will I accept the forgiveness of God and change my way of life?**

- Am I ever afraid to act in a Christian manner, afraid of what others might think?
- Is the hope of eternal life my inspiration for all I do?
- Do I sincerely want to be set free from sin, turn to God, and resolve to begin again?
- Do I forgive others who have offended me?