

Bulletin: Lent 01 A March 5, 2017

ANNOUNCEMENTS

Prayer Tips: The “little black book” for March 5, 2017 gives us tips on how to pray. One example they use is the Mona Lisa. Please let me know if you need a Little Black Book. Each daily meditation takes about 3-5 minutes each day. What a great way to prepare for the most holiest day of the year, Easter.

Rev Chris Arockiaraj, PSS Will be in Dillingham, Alaska for Holy Week.

Here are some links about Fr Chris:

<https://www.stpsu.edu/academic/faculty>

<https://paloaltocatholic.net/news/catholic-priest-provides-psycho-spiritual-counseling>

Priest Convocation: Our Priest convocation is March 13 – March 17, it will be in Anchorage and all priests from Juneau, Fairbanks, and Anchorage dioceses will be in attendance.

HOMILY

SINS FORGIVEN DURING MASS

Many of you probably do not know that sins can be forgiven during the celebration of Mass. They are forgiven during the Penitential Act. When the priest says “Brothers and Sisters let us acknowledge our sins and so prepare ourselves for the Sacred Mysteries” there should be a short pause afterward. At this time we offer up our venial sins.

DISTINGUISH BETWEEN VENIAL AND MORTAL

Here is how we distinguish between a venial sin that can be forgiven during the Penitential Act and mortal sins that we need to confess during the Sacrament of Reconciliation.

Our Catechism does not have a list of sins that are venial and mortal. It leaves sin up to the individual to determine how grave it is. Our Catechism does however give us some guidelines. Here are a few ways to determine if a sin is venial (can be absolved during the Penitential Act) or Grave (requires confession).

Example 1:

1. You did not plan to say that cuss word, it just happened (Venial).
2. You make a plan to cuss the boss out tomorrow and do it (Confession).

Example 2:

1. Accidentally taking a pen at work and not returning it (Venial).
2. Planning to steal a pen from work and lying about it (Confession)

Example 3:

1. The sin was unplanned and you consider it minor (Venial)
2. The sin was planned and/or one of the 10 commandments (Confession).

ALL SIN COULD BE MORTAL

Any sin could be a mortal sin that needs to be confessed during the Sacrament of Reconciliation. However, things like accidentally telling white lies, catching yourself gossiping and stopping, and swearing without planning to are probably considered venial sins. Also, ask yourself, and be honest, is this a grave problem? Is the sin really bothering me? If the answer is no, then consider it a venial sin and offer it up during the Penitential Act. If the sin does make you feel bad, and you know in your heart you have gravely wronged God, then go to confession.

CATECHISM: VENIAL AND MORTAL

Our catechism says, "Venial sin allows charity and love to exist, even though it offends and wounds it. Mortal sin destroys charity and love in the heart of people by a grave violation of God's law. It turns Man away from God by preferring an inferior good to him" (CCC 1855).

MORTAL SIN

Mortal sin must be of a grave matter, for example, an offense against the 10 commandments. Mortal Sins are committed with full knowledge of how grave the sin is. It is done with deliberate consent, for example, you know it's wrong but you still do it.

GOSPEL: FOCUS ON GOD

The Gospel gives us a great lesson about sin. Focusing on ourselves leads to sin. When we focus on ourselves the devil starts to win. The devil tempts Jesus several times. Every temptation tries to get Jesus to think only of himself. Jesus refused to put himself first and thus he could hear his calling from God and fulfill it. Here is our slogan for Lent: Say no to self and yes to God (524 Words).

READINGS

Genesis 2:7-9&3:1-7

The LORD God formed man out of the clay of the ground and blew into his nostrils the breath of life, and so man became a living being. Then the LORD God planted a garden in Eden, in the east, and he placed there the man whom he had formed. Out of the ground the LORD God made various trees grow that were delightful to look at and good for food, with the tree of life in the middle of the garden and the tree of the knowledge of good and bad. Now the serpent was the most cunning of all the animals that the LORD God had made. The serpent asked the woman, "Did God really tell you not to eat from any of the trees in the garden?" The woman answered the serpent: "We may eat of the fruit of the trees in the garden; it is only about the fruit of the tree in the middle of the garden that God said, 'You shall not eat it or even touch it, lest you die.'" But the serpent said to the woman: "You certainly will not die! No, God knows well that the moment you eat of it your eyes will be opened and you will be like gods who know what is good and what is bad." The woman saw that the tree was good for food, pleasing to the eyes, and desirable for gaining wisdom. So she took some of its fruit and ate it; and she also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they realized that they were naked; so they sewed fig leaves together and made loincloths for themselves.

Romans 5:12-19

Therefore, just as through one person sin entered the world, and through sin, death, and thus death came to all, inasmuch as all sinned -- for up to the time of the law, sin was in the world, though sin is not accounted when there is no law. But death reigned from Adam to Moses, even over those who did not sin after the

pattern of the trespass of Adam, who is the type of the one who was to come. But the gift is not like the transgression. For if by that one person's transgression the many died, how much more did the grace of God and the gracious gift of the one person Jesus Christ overflow for the many. And the gift is not like the result of the one person's sinning. For after one sin there was the judgment that brought condemnation; but the gift, after many transgressions, brought acquittal. For if, by the transgression of one person, death came to reign through that one, how much more will those who receive the abundance of grace and of the gift of justification come to reign in life through the one person Jesus Christ. In conclusion, just as through one transgression condemnation came upon all, so through one righteous act acquittal and life came to all. For just as through the disobedience of one person the many were made sinners, so through the obedience of one the many will be made righteous.

Matthew 4:1-11

Then Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread." He said in reply, "It is written: 'One does not live by bread alone, but by every word that comes forth from the mouth of God.'" Then the devil took him to the holy city, and made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down. For it is written: 'He will command his angels concerning you and 'with their hands they will support you, lest you dash your foot against a stone.'" Jesus answered him, "Again it is written, 'You shall not put the Lord, your God, to the test.'" Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." At this, Jesus said to him, "Get away, Satan! It is written: 'The Lord, your God, shall you worship and him alone shall you serve.'" Then the devil left him and, behold, angels came and ministered to him.

INTERCESSIONS

Celebrant

We bring our prayers to the Lord, who is close at hand.

Lector

That in this Lenten season we may find time to reflect on and pray about the meaning of our baptism, we pray to the Lord.

For those who struggle with pain and sickness: may they be filled with a sense of hope and experience the comforting presence of Christ, we pray to the Lord.

For the catechumens and candidates: may they share with others the joy they have found in their friendship with Jesus, we pray to the Lord.

For those who have died: may they reap the rewards of their labors and come to the glory of the resurrection, we pray to the Lord.

In Silence let us now add our own intentions for our community and for the world.....We pray to the Lord.

Celebrant

God our Father, during Lent free us from anxiety, and help us to live in peace and joy as we prepare to celebrate Easter. We ask this through Christ our Lord.

Penitential Act Options for the Priest

FORM A

Recite: Confiteor, "I confess to almighty God, and to you my....."

Absolution: May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

Sing: Lord Have Mercy, Christ Have Mercy, Lord Have Mercy

FORM B

Priest: Have Mercy on us, O Lord.

People: For we have sinned against you.

Priest: Show us, O Lord, your mercy

People: And grant us your salvation

Absolution: May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

Sing: Lord Have Mercy, Christ Have Mercy, Lord Have Mercy

Form C

The priest, in these or similar words, says:

Priest: You were sent to heal the contrite of Heart: Lord Have Mercy

People: Lord Have Mercy

Priest: You came to call sinners: Christ Have Mercy

People: Christ Have Mercy

Priest: You are son of God and Son of Mary: Lord Have Mercy

People: Lord Have Mercy

Absolution: May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.