

Purpose of an examination of conscience is to attain freedom from sin through the Mercy of God and the specific application of the Blood of Jesus to our souls. Our Lord commanded that we be perfect as the Heavenly Father is perfect. There is a satisfaction in being morally virtuous, even on the natural plain. However, motivations of this nature usually spring from pride rather than desire to please God. To attain perfection and apply the Sacrament of Penance appropriately most people need to make a good examination of conscience preceded by a request for God's Grace. Having a desire for amendment, creates good will with God. Without the proper disposition, knowledge of our faults will lead to a loss of self esteem. St. Francis de Sales in his book, *Introduction to the Devout Life*, suggests making an examination of conscience before bedtime taking into account the following points: 1) Giving thanks to God for preserving us during the day; 2) Examining our actions during the day and considering whose company we have been in and what effect that had on us; 3) Thanking God for any good we may have done while asking pardon and making a firm purpose of amendment to reform and make a good confession when we have committed evil deeds; and 4) The blessing of God is invoked. This method is similar to that recommended by St. Ignatius Loyola. The examination should then focus upon one particular fault in that experience has shown that it is easier to overcome weaknesses by focusing upon the most serious single fault. A bad habit can be overcome through prayer and by forming a good habit to replace it. A pattern of resistance is formed toward the sinful tendency. In the morning one should resolve to practice a virtue to replace the vice he wishes to eradicate.(cont'd next week)

Continue to pray for our beloved country, our soldiers, those who have died, the injured, those who mourn. Ask Our Blessed Lady, Patron of the United States, under the Title, "Immaculate Conception," to bring peace to our country and to the world. Where there is murder, the devil is always present for he is the father of murderers from the beginning as Jesus Himself told us.

Pray also that the Moslem threat, now in its third millennium, will be turned back, that the Middle East, once Christian, return again to the True Catholic Faith.



Alleluia, alleluia. Holy Mary, the Queen of Heaven and mistress of the world, stood by the Cross of Our Lord, Jesus Christ, full of grief.

Mass Sunday
7:45 a.m.; 9:30 a.m.; 11:00 and 5:30 p.m.
Tuesday Mass: 10:00 a.m.
Friday Mass: 6:30 p.m.

Oratory Of Our Mother Of Perpetual Help

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Prayer: O most merciful Redeemer, I repent with my whole heart for having offended Thee and caused Thee to suffer so much pain. Pardon me, my Savior, that I may never hurt Thee again. Have mercy upon me, Heavenly Father, for the sake of Thy Son. O Mary, refuge of sinners, by the agony thou didst suffer at the foot of the Cross, when standing by thy dying Son, obtain for me true contrition for my sins and grace never more to offend Him. Amen.

Let us especially pray that Our Divine Lord thrust aside the daily attacks against our Holy Church, against the Holy Father, our bishops priests and other religious, as a godless world tries to set aside all His Injunctions, to destroy the family and to establish a satanic society of pleasure and riot not seen since the time of Sodom and Gomorrah.



PerPetual help Weekly Newsletter

Month of the holy Cross, XV Sunday after Pentecost--13 SEP 2009, Vol. 2, No. 37 (09)



lections for today's Holy Mass refer to the tears of Mother Church weeping for the return of the sinner, as if for an only child. This is symbolized by the grief of the Widow whose son was restored to life by Jesus (**Gospel**) "*God visited His people.*" The **Prayer** pleads for God to visit His Church "*continually*" with Divine Life. We act as the children of this Church, reborn and restored to the "*life of the Spirit*" by instructing others in the work in which we have been "*instructed*" and doing "*good to all men*" (**Epistle**); by morning and evening prayers to Him Who is "*King above all the earth*" (**Gradual**) throughout our entire day. The Sacramental Life is our defense against diabolical attack (**Secret and Communion**). A life-long war goes on between the death-dealing flesh and the everlasting spirit; hence the **Postcommunion** counsels us that, not the "*impulses of nature,*" but rather the "*graces of the Eucharist*" should dominate our life.

Last Sunday: Faithful attending totaled 131. Collection was \$1,480.00. Building Fund donation was \$320.00. Advertising donation was \$40.00. May the Sorrowful Heart of the Blessed Virgin Mary and Her Holy and crucified Divine Son lessen the sorrows in your own lives.

Next Tuesday: Feast of the Seven Dolors of the BVM. Mass and Devotions in honor of Our Lady of Guadalupe, 10:00 a.m., followed by silent adoration until 11:15 a.m. **Missionary Image of Our Lady of Guadalupe:** Last visitation of the holy image was a wonderful spiritual experience. She is scheduled for a triumphant return from 9:00 a.m. to 12N. Plan to visit Our Lady.

Next Friday: Feast of St. Joseph of Cupertino C. Mass and Devotions in honor of the Eucharistic Heart of Jesus, 6:30 p.m.

Cardinal Rigali is a man of great courage in the Church. He exposed the glib talk denying that the proposed US Government health care plan would fund abortions. The courts have ruled consistently in the past that, if abortion is not specifically prohibited for funding in a bill of Congress, it must be paid. The Cardinal also criticized the euthanasiaproviso, called end of life counseling, as a great evil being insinuated into the legislation. The conscience clauses, which currently prohibit a hospital from forcing a doctor or nurse to participate in unethical procedures against one's moral code, have been voted down several times by the committees. It seems apparent that were such legislation to be passed, it would be the end of all Catholic hospitals in the United States. It would probably be the end of Catholic nurses and doctors being able to practice medicine with Catholic Doctrine as their sure guide and the Hippocratic Code as an everyday guide to patient care. The most important portions of the Hippocratic Code prohibit physicians from performing abortions or doing any harm to a patient. One reads that in medical schools today, many schools reject the Hippocratic Code and try to indoctrinate physician students into acceptance of immoral procedures and euthanasia. They force students to watch abortions being performed, and some require them to perform at least one. These new principals of solving every medical problem by killing patients are not actually new but ex-

isted in pagan times. People will fear going into a hospital or placing a loved one under care if the new pagans get their way. Many atheistic leaders have publicly accepted and recommended what was once regarded as a Nazi idea—that some life is unworthy to be lived and must be liquidated or exterminated. Their thinking is that man is just another animal who can be disposed of as society might dictate. Pray for our Pope, our Bishops and Priests, our One, Holy, Catholic Church who are fighting a battle with the forces of evil to preserve as much of our Christian morality as possible.

Exaltation of the Holy Cross: Of 14 SEP is one of the older and more glorious feast days in the calendar, dating back to the VII Century, and commemorating the return of the Holy Cross by Emperor Heraclius of Jerusalem after defeating the Persians in 629 whereupon the True Cross was returned by the Persian Emperor who had seized it 15 years prior. Emperor Heraclius made the decision to carry the Cross in triumph into Jerusalem but was held back by unseen forces. Taking spiritual advice from the Bishop of Jerusalem, the Emperor shed the rich soft clothing and his crown, replacing it with sackcloth and ashes, whereupon the unseen forces ceased, a great miracle in itself. The update to the liturgy of 1960 combined the unrelated Feast of the Finding of the Holy Cross by St. Helena, due to the confusion of many faithful and even clergy regarding the 2 feasts. Jesus crucified is my model. If I wish to be one of His disciples, I must carry my own cross. I must be nailed to that cross. I wish to follow Him alone, to make reparation to help in Christ's work, so dear to His Most Sacred Heart. He wants generous souls to aid Him. Be one of those.

The Cross of Our Lord and the Sacrifice of Jesus was necessary because of the malice of mortal sin. God is wronged by sin, and He alone knows the infinite malice of sin. We humans believe ourselves to be significant in our blindness and pride, yet are truly insignificant creatures of earth, and God is of such infinite Majesty that when sinners rebel against Him in disobedience and refuse to serve, God is insulted and despised by a creature who is but a handful of dust. The more insignificant the creature offending God, the more terrible the offense. We sell our God for a moment of pleasure, for money, truly for nothing. We should think of Jesus, hanging upon the Cross, and realize He is the only-begotten Son of God, the King of Heaven, who is dying on the Cross of Calvary between two thieves for our sins. Sin was the cause of His Death on the Cross. Jesus took upon Himself all our sins and those of the whole world. That is how much God hates sin. He did not spare His Son because that Son, although without guilt, had taken upon Himself all our sins. What punishment might God assign to those who fail to repent after committing the sins which placed Him upon the Cross. We are cleansed from sin in His Divine Blood, through His Love, shed to save us from eternal misery and suffering in hell. Our King died for his ungrateful children. On the day of the celebration of His Holy Cross let us resolve never to waste His Most Precious Blood by sinning again and crucifying anew our King and Shepherd. Prepare yourself for the next day, Feast of the Seven Dolors of the Blessed Virgin Mary, as she who is without sin stands before the Cross and watches her own dear Son suffer for the sins of the world. How great was her agony as she felt each blow of the hammer that drove the nails into His Hands and Feet. Every blow seemed to strike her own Sorrowful and Immaculate Heart. Our Mother has suffered so much on account of our sins. Pray to our Blessed Mother the Hail Mary three times that we may learn to recognize the malice of sin which made Her Divine Son suffer so greatly.