

## 7-STEP EXAMEN

1. What things keep showing up on my "list" in the confessional? (What habits, behaviors, vices, do I seem to have most trouble changing?)
2. What are the root problems that are making it hard for me to make progress in these areas?
1. What areas of my life have I not yet submitted to the Lordship of Christ?
2. What wounds do I have that need healing? Where am I hurting?
3. What person, situation, or event am I still resentful, bitter, or angry about? Who do I need to forgive (God, myself, others)?
4. Confession calls for a "radical reorientation" of my entire life. In what way(s) am I most unlike Jesus? What do I need to change?
5. What one thing can I resolve to change right now, trusting in God's grace?
6. From 7 Secrets of Confession

### Suggestions for Lent:

**+Fast and Abstinence:** From the earliest days of the Church, an important devotional practice has been that of fasting and abstinence from meat during Lent. These practices direct our attention to our yearning for the life that is to come and remind us of our hungering for the lord, as well as our unity with those who are hungry and suffering throughout the world. Fasting is required on Ash Wednesday and Good Friday for those 18-59 unless there is an illness. Abstinence is required beginning at 7 years of age on Ash Wednesday and all Fridays of Lent.

### Additional Suggestions for Lent:

- +Pray the Via Matris daily
- +Pray the Rosary daily
- +Pray the Stations of the Cross daily
- +Help at a Soup Kitchen
- +Donate to a charity
- +Read the Passion in all the Gospels
- +Attend a daily Mass at least one time each week.
- +Begin eating a healthy diet as good stewardship of the body.

## Opportunities for Penance

St. Aloysius, Littlestown Prior to Mass

March 20: Annunciation BVM 7pm

April 2: Sacred Heart 10am

April 4: St. Francis, G-Burg 7pm

April 7: St. Joseph, Bonneauville 7pm

April 12: Immaculate Heart 7pm

April 13: St. Joseph, Hanover 7pm