

Our Lady of the Sacred Heart Church Newsletter  
December 6, 2020

**My Dear Parishioners,**

**Here we are in the Second Weekend of Advent and now only 3 weeks until Christmas. How time flies! It seems like we just finished up our Thanksgiving leftovers, and now we are rushing to make all of our preparations to celebrate the Nativity of Our Lord and Savior Jesus Christ.**

**Along with the many other traditions surrounding our preparations for Christmas, there is one that we do, but usually do quietly, and that is to make an Advent Confession.**

**There are many definitions of sin: a violation of God's Law, an aversion of the eyes, a mis-use of free will. These are all good and true. However, I recently heard a little different description of sin: a sin can be a distraction to us from what we *should* be doing. In other words, we can distract ourselves, or allow ourselves to be distracted, by things that in themselves are not sinful but that keep us from doing something even more productive, even more important, even more pleasing to God.**

**Which brings us to an integral part of Confession, and that is contrition. Contrition is accepting that something has to change. Contrition is being tired of making the same old mistakes and wanting to do better. Contrition motivates us to stop sliding backwards, or simply just running in place, and to start moving forward again. Contrition keeps us climbing upward to God and our final reward.**

**Which then brings us to the next step of making a good Confession, and that is an honest Examination of Conscience. I have including one based on both the Ten Commandments and the Beatitudes. I pray that it helps all of you make even greater progress toward Heaven.**

**This Tuesday is the Feast of the Immaculate Conception. We will have Masses in honor of our Blessed Mother at 6:30 AM, 9:00 AM, and 7:00 PM. At the 7:00 PM, Deacon Vince will be our homilist as he begins a very inspiring Advent series for our parish.**

**Along with the Examination of Conscience, I have included a teaching on the Immaculate Conception from *the Glories of Mary*, by St. Alphonsus Liguori.**

**Through the intercession of the Immaculate Conception and with our Rosaries and Chaplets, may the pandemic quickly come to an end.**

**Most Sacred Heart of Jesus, have mercy on us!**

**Our Lady of the Sacred Heart, pray for us!**

**Fr. Michael J Pawelko**



## Excerpts from *the Glories of Mary* on the Immaculate Conception by St. Alphonsus Liguori

It was fitting that the eternal Father should create her in his grace, [free of all sin], since He destined her for the restorer of the lost world, and Mediatrix of peace between man and God; and thus the holy Fathers name her, and especially St. John Damascene, who thus addresses her. Oh blessed Virgin, thou art born to procure the salvation of the whole world !

St. Bernard says that Mary was already prefigured in the ark of Noah; for as by the ark men were saved from the deluge, so by Mary we are saved from the ship wreck of sin; but with this difference, that by means of the ark few only were saved, but by means of Mary the whole human race has been redeemed.

Hence it is that Mary is called by St. Athanasius: The new Eve, the mother of life: Nova Eva, mater vitae. A new Eve, because the first was the mother of death, but the most holy Virgin is the mother of life.

St. Theophanes, Bishop of Nice, exclaims: Hail to thee, who hast taken away the sorrow of Eve. St. Basil calls her: the peacemaker between God and men. St. Ephrem: The peacemaker of the whole world.

Now, certainly he who treats of peace should not be an enemy of the offended person, still less an accomplice of his crime. St. Gregory says, that to appease the judge his enemy certainly must not be chosen, for instead of appeasing him he would enrage him more. Therefore, Mary was to be the Mediatrix of peace between God and man, there was every reason why she should not appear as a sinner and enemy of God, but as His friend, and pure from sin.

Besides, it was fitting that God should preserve her from original sin, since He destined her to bruise the head of the infernal serpent, who, by seducing our first parents, brought death upon all men, as our Lord predicted: "I will put enmities between thee and the woman, and thy seed and her seed; she shall crush thy head." Now, if Mary was to be the strong woman brought into the world to crush lucifer, surely it was not fitting that she should first be conquered by lucifer, and made his slave, but rather that she should be free from every stain, and from all subjection to the enemy.....

But it was especially fitting that the eternal Father should preserve His daughter from the sins of Adam, because He destined her for the mother of His only begotten Son. Thou wast preordained in the mind of God, before every creature, to bring forth God himself made man. If for no other reason, then, at least for the honor of His Son, who was God, the Father would create her pure from every stain.

The angelic Doctor St. Thomas says, that all things ordained by God must be holy, and pure from every defilement. If David, when he was planning the temple of Jerusalem with a magnificence worthy the Lord, said; "Not for man a house is prepared, but for God;" now, how much greater cause have we to believe that the great Creator, having destined Mary to be the mother of His own Son, would adorn her soul with every grace, that it might be a worthy habitation for a God.



Examination of Conscience from the website Ukrainian Catholic = [www.royaldoors.net](http://www.royaldoors.net)

*Begin your examination with the time of your last confession. Try to recall whether you omitted anything from fear of embarrassment that needs to be confessed. With the help or the self-examination provided, call to mind all the sin you have committed since your last confession.*

# The Ten Commandments

**I. Putting God First:** *I am the Lord your God; you shall not have other gods before me.* Has God been the source, center and hope of my life? Have I put myself, anyone or anything before God? Have I given to anyone or anything the love, honor and worship that belongs to God alone? Have I made an idol of any person, idea, occupation or thing? Have I failed to trust in God, His love and mercy? Have I failed to pray to God and to worship Him faithfully? Have I been thankful for God's blessings? Have I doubted the Christian faith? Have I tried to serve God and keep His Commandments faithfully? Have I murmured or complained against God in adversities?

**II. Respect for God:** *You shall not take the Name of the Lord your God in vain.* Do I have a deep and sincere respect for God and His Holy Name? Have I shown disrespect to God, either in word or deed? Have I dishonored God's Name in any way? Have I sworn a false oath? Have I broken any solemn promise or vow that was done before God? Have I cursed or used foul language?

**III. Respect for the Lord's Day:** *Remember to keep holy the Sabbath day.* Have I worshiped God faithfully on Sundays and major holy days? Have I helped others to do the same, or have I discouraged them? Have I worked or shopped unnecessarily on Sundays or major holy days? Have I caused others to do so? Have I spent the Lord's Day in wholesome and edifying ways? Have I made time for family and friends?

**IV. Respect for Parents and Authority:** *Honor your father and mother.* Have I loved and respected my parents as I should? Have I neglected them, or failed to help them? Have I disobeyed them, deceived them or caused them pain by my words and deeds? Have I treated my family members with patience and love? Have I respected my teachers, superiors, employers (those who are in authority) as I should? Have I disobeyed or deceived them by my words or deeds? Have I treated fairly all those who have worked for me?

**V. Respect for Human Life:** *You shall not kill.* Have I caused the harm, injury or death of anyone? Have I wished my own or anyone's harm or death? Have I caused others to sin? Have I abused my health or the health of others by evil and intemperate living (i.e. drugs, alcohol, etc.)? Have I given way to anger or hatred? Have I failed to forgive anyone or harbored evil thoughts against them? Have I been cruel to anyone? Have I encouraged someone in procuring an abortion? Have I had an abortion?

**VI. & IX. Respect for Marriage:** *You shall not commit adultery. You shall not covet your neighbour's wife.* Have I committed any sin of lust, alone or with others (masturbation, fornication, adultery)? Have I caused others to commit impure acts? Have I sinned by giving way to impure thoughts, words or conversations? Have I read immoral books or magazines, or delighted in obscenity of any kind? Have I associated with bad company or frequented places of ill-repute? Do I maintain modesty and decency in dress? Have I practiced birth control/contraception?

**VII. & X. Respect for Private Property:** *You shall not steal. You shall not covet anything that belongs to your neighbour.* Have I taken or kept anything that was not mine? Have I cheated anyone? Have I caused others to steal or cheat? Have I tried to find the owners of lost things I have found? Have I damaged or destroyed anything that belonged to another? Have I defrauded anyone of their rightful wages? Have I paid my debts? Have I worked honestly and conscientiously for my wages? Did I spend beyond my means? Do I give alms according to my capacity? Have I looked with envy, jealousy or hatred toward the possessions, talents or achievements of others? Have I desired the downfall or loss of others out of evil intent that I might benefit? Have I grieved that God has bestowed greater blessing on others than on me?

**VIII. Respect for Truth:** *You shall not bear false witness.* Have I given false testimony against anyone? Have I spoken evil, told lies, or spread rumors about anyone? Have I unjustly accused someone? Have I disclosed to anyone the sins and faults of another? Have I betrayed the confidence of another? Have I made careless statements or done anything else to harm the good name and reputation of another person? Have I engaged in idle gossip, (discussing that which is doubtful as if it were true), hearsay and backbiting?

# The Beatitudes



**Blessed are the poor in spirit, for theirs is the kingdom of heaven.**

Have I truly recognized my complete dependence on God? Have I been proud, arrogant and self-righteous? Have I been selfish, greedy, possessive and self-seeking? Have I sought after status, recognition, power, material possessions and wealth?

**Blessed are those who mourn, for they shall be comforted.**

Have I endured difficulties and afflictions with faith and patience? Do I have compassion for the poor, the hungry, and addicted; the sick the lonely and the sinful of the world? Have I truly been sorrowful for my sins and faults?

**Blessed are the meek, for they shall inherit the earth.**

Am I gentle with others, or am I harsh in my behavior? Do I seek to dominate others at home, school, work, office, church and elsewhere? Have I lost my temper? Have I nursed hatred in my heart or the desire for revenge? Have I been impatient, resentful, bitter, unforgiving or insulting and abusive to others? Have I loved my enemies?

**Blessed are they who hunger and thirst for righteousness, for they shall be satisfied.**

Do I thirst for holiness? Do I truly yearn for God's Will to be done, in my life and in all things? Have I tried to cultivate a righteous and holy life through prayer, fasting, almsgiving, worship, the reading of Holy Scripture, frequent Confession and Communion? Have I been lukewarm in my faith? Have I been lazy, negligent or apathetical?

**Blessed are the merciful, for they shall obtain mercy.**

Have I been merciful to others? Have I turned away from someone who needed my help? Have I turned my back on someone poor, hungry, rejected, lonely and needy? Have I tried to understand and to forgive others? Have I been indifferent or judgmental?

**Blessed are the pure in heart, for they shall see God.**

Do I love purity and honesty? Have I been dishonest in my speech or actions? Have the motives or intentions of my actions been evil or selfish? Have I given way to lust, impure thoughts, words or deeds? Have I been guilty of prejudice? Have I been hypocritical, pretentious or self-indulgent to sinful passions?

**Blessed are the peacemakers, for they shall be called children of God.**

Am I at peace with God? Do I have His peace in my heart? Have I been angry, aggressive or impatient? Do I foster peace at home, work, church and community? Have I been irritable or polemical? Have I caused division and discord? Is my criticism harmful and disruptive, or does it build up others in charity?

**Blessed are those who are persecuted for righteousness sake, for theirs is the kingdom of heaven.**

Have I complained when persecuted for God's sake? Have I prayed for my enemies? Have I failed to defend people who are fight for fear of humiliation or persecution? Have I had the courage to stand up for the truth despite criticism, ridicule or persecution? Am I afraid to witness my faith in Christ Jesus?

**Blessed are you when they revile you and persecute you on my account; rejoice and be glad, for your reward is great in heaven.**

Is the joy of Christ in my heart, even in trying moments? Do I give thanks to God in all circumstances, or do I complain often? Have I been pessimistic, negative, despondent or despairing? Have I truly delighted in the promise of God's treasures in heaven?



# Sunday Mass Readings

## Second Sunday of Advent

### Reading 1: [Isaiah 40:1-5, 9-11](#)

Comfort, give comfort to my people, says your God. Speak tenderly to Jerusalem, and proclaim to her that her service is at an end, her guilt is expiated; indeed, she has received from the hand of the LORD double for all her sins. A voice cries out: In the desert prepare the way of the LORD! Make straight in the wasteland a highway for our God! Every valley shall be filled in, every mountain and hill shall be made low; the rugged land shall be made a plain, the rough country, a broad valley. Then the glory of the LORD shall be revealed, and all people shall see it together; for the mouth of the LORD has spoken. Go up on to a high mountain, Zion, herald of glad tidings; cry out at the top of your voice, Jerusalem, herald of good news! Fear not to cry out and say to the cities of Judah: Here is your God! Here comes with power the Lord GOD, who rules by his strong arm; here is his reward with him, his recompense before him. Like a shepherd he feeds his flock; in his arms he gathers the lambs, carrying them in his bosom, and leading the ewes with care.

### Responsorial Psalm: [Psalms 85:9-10, 11-12, 13-14](#)

R. (8) Lord, let us see your kindness, and grant us your salvation.

► I will hear what God proclaims; the LORD—for he proclaims peace to his people. Near indeed is his salvation to those who fear him, glory dwelling in our land. R.

► Kindness and truth shall meet; justice and peace shall kiss. Truth shall spring out of the earth, and justice shall look down from heaven. R.

► The LORD himself will give his benefits; our land shall yield its increase. Justice shall walk before him, and prepare the way of his steps. R.

### Reading 2: [2 Peter 3:8-14](#)

Do not ignore this one fact, beloved, that with the Lord one day is like a thousand years and a thousand years like one day. The Lord does not delay his promise, as some regard

“delay,” but he is patient with you, not wishing that any should perish but that all should come to repentance. But the day of the Lord will come like a thief, and then the heavens will pass away with a mighty roar and the elements will be dissolved by fire, and the earth and everything done on it will be found out. Since everything is to be dissolved in this way, what sort of persons ought you to be, conducting yourselves in holiness and devotion, waiting for and hastening the coming of the day of God, because of which the heavens will be dissolved in flames and the elements melted by fire. But according to his promise we await new heavens and a new earth in which righteousness dwells. Therefore, beloved, since you await these things, be eager to be found without spot or blemish before him, at peace.

### Alleluia

R. Alleluia, alleluia.

► Prepare the way of the Lord, make straight his paths: All flesh shall see the salvation of God.

R. Alleluia, alleluia.

### Gospel: [Mark 1:1-8](#)

The beginning of the gospel of Jesus Christ the Son of God. As it is written in Isaiah the prophet: *Behold, I am sending my messenger ahead of you; he will prepare your way. A voice of one crying out in the desert: “Prepare the way of the Lord, make straight his paths.”* John the Baptist appeared in the desert proclaiming a baptism of repentance for the forgiveness of sins. People of the whole Judean countryside and all the inhabitants of Jerusalem were going out to him and were being baptized by him in the Jordan River as they acknowledged their sins. John was clothed in camel’s hair, with a leather belt around his waist. He fed on locusts and wild honey. And this is what he proclaimed: “One mightier than I is coming after me. I am not worthy to stoop and loosen the thongs of his sandals. I have baptized you with water; he will baptize you with the Holy Spirit.”

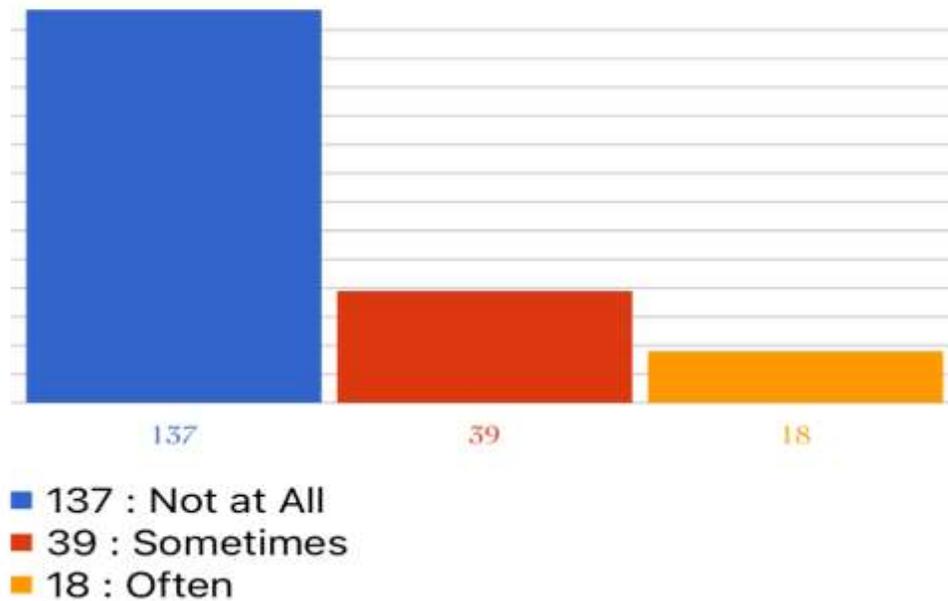
# FORMED SURVEY

## Results

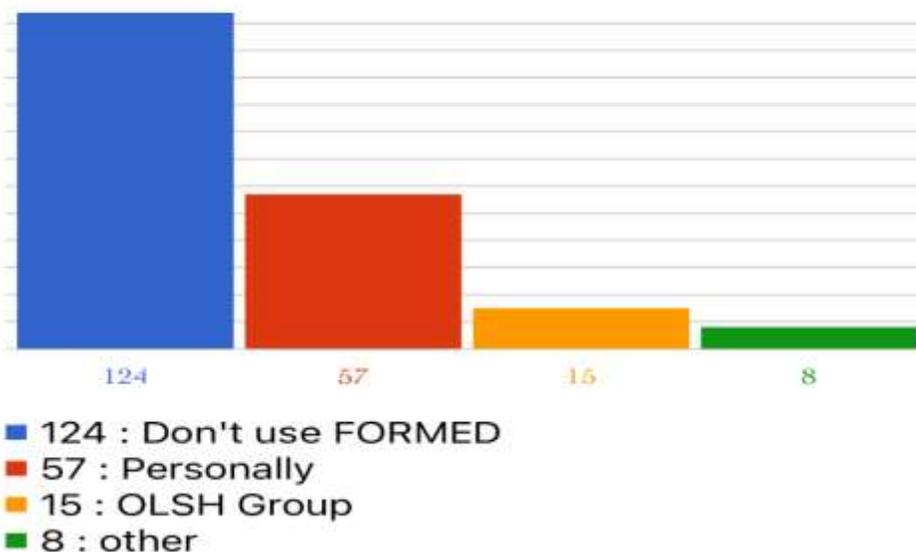
Thank you to all who participated in our FORMED Survey. We send out 1,300+ emails blast. We will discuss the responses at the December Pastoral Council and make a decision to renew the subscription for another year.

Total Responses: 194

### 1. Do you use FORMED?



### 2. For what purpose do you use FORMED?





*Immaculate Conception  
of the Blessed Virgin Mary*

*Mass Schedule*

Tuesday, December 8<sup>th</sup>

6:30 AM, 9:00 AM and 7:00 PM - Church