

Confession—It Does A Heart Good

Will you let Jesus clean your heart, just as He forgave the woman who humbly came to him at Simon's house in the Gospel this weekend? Most think, "I really never sin. I haven't killed anyone. I haven't cheated on my spouse. I'm a pretty good person." We priests think that you are pretty good, but we want you to become great and holy. We want you to become saints. We priests need forgiveness from Jesus; so do you. We all must go to Confession.

Consider examining your conscience based on the following strong emotions and dispositions and other items. By purposely holding on to these emotions, we let them get in the way of our relationship with God. They block us from receiving His love and from loving God and our neighbor. When we come to Confession, it is best to confess the kind of sin and the number of times it was committed. For example, "Bless me, Father, for I have sinned. It has been two months since my last confession. I got drunk three times."

These strong emotions or dispositions may come in groups or clusters. Many times we have bitterness, which then harbors resentment and un-forgiveness. Let Jesus heal you in the confessional, or else negative emotions and attitudes will become a spiritual cancer.

Examination:

1. Bitterness, resentment, hatred, un-forgiveness, violence, temper, anger, retaliation
2. Rebellion, self-will, stubbornness, disobedience, anti-submissiveness
3. Strife, family strife, hatred of parents, hatred of siblings, hatred of children, hatred of spouse, contention, bickering, argument, quarreling, fighting, yelling, racism
4. Control, manipulation, possessiveness, dominance
5. Retaliation, destruction, spite, hatred, violence, sadism, hurt, cruelty, meanness
6. Accusation, judging, criticism, faultfinding
7. Rejection, fear of rejection, rejection of self, abandonment, isolation, hatred
8. Insecurity, inferiority, self-pity, loneliness, timidity, shyness, inadequacy, ineptness
9. Jealousy, envy, suspicion, distrust, selfishness
10. Withdrawal, pouting, daydreaming, fantasy, pretending, unreality
11. Escape, indifference, stoicism, passivity, sleepiness, alcohol, drugs
12. Passivity, indifference, listlessness, laziness, funk
13. Depression, despair, despondency, discouragement, defeatism, negativism, dejection, hopelessness, insomnia, morbidness
14. Heaviness, gloom, burden, disgust
15. Worry, anxiety, fear, dread, apprehension
16. Nervousness, tension, headache, nervous habits, nail-biting, restlessness, excitement, insomnia
17. Sensitiveness, preoccupation with self, fear of man, fear of disapproval
18. Fear of persecution, unfairness, fear of judgment, fear of condemnation, fear of accusation, fear of reproof, sensitiveness, abandonment, isolation
19. Paranoia, jealousy, envy, suspicion, distrust, fear of persecution, confrontation
20. Confusion, frustration, incoherence, forgetfulness
21. Doubt, unbelief, skepticism
22. Indecision, procrastination, compromise, confusion, forgetfulness, indifference
23. Self-deception, self-delusion, pride
24. Confusion, fear of man, fear of failure, involvement in occult practices
25. Intellectualism, rationalization, pride, egotism
26. Fears of all kinds (hysteria, phobias)
27. Fears of authority, lying, deceit, manipulation, intimidation
28. Pride, egotism, vanity, self-righteousness, superiority, self-importance, haughtiness, arrogance
29. Affectation, theatrics, playacting, sophistication, pretending, immodesty
30. Covetousness, stealing, material lust, greed, discontent, selfishness
31. Perfectionism, (false) pride, vanity, egotism, frustration, criticism, irritability, intolerance, anger
32. Competition, driving, pushy, argumentative, pride, egotism
33. Impatience, agitation, frustration, intolerance, resentment, criticism
34. False burden, false responsibility, false compassion
35. Grief, sorrow, heartache, heartbreak, crying, sadness, cruel, over-grieving the loss of a loved one
36. Fatigue, tiredness, weariness, laziness [because of not taking care of oneself]
37. Hyperactivity, restlessness, driving spirit, (lots of) pressure, "workaholism"
38. Cursing, blasphemy, gossip, criticism, backbiting, mockery, belittling, railing
39. Addictive and compulsive, sugar (food/alcohol), nicotine, alcohol, drugs, medications, caffeine, gluttony, sleeping (to avoid life's difficult situations), overeating, over-gambling, over-shopping
40. Gluttony, nervousness, compulsive eating, resentment, frustration, idleness, self-pity, self-reward

41. Self-accusation, self-hatred, self-condemnation, self-pity
42. Guilt, condemnation, shame, unworthiness, embarrassment
43. Sexual impurity, lust, fantasy lust (sexual daydreams) pornography, masturbation, promiscuity, sexual acts that are not open to life (not what God intended sex to be)
44. Most R-rated movies, X-rated movies
45. Cults, Lodges, secret societies, Freemasonry
46. Occult (trying to gain supernatural power or knowledge apart from God—very dangerous to the soul), Ouija board, palm reading (palmistry), handwriting analysis, automatic handwriting, ESP, hypnotism, horoscope, astrology, levitation, fortune telling, water witching, tarot cards, pendulum, witchcraft, Wicca, black or white magic, conjuring spirits (conjunction), incantation, charms of protection, crystals or crystal balls, trolls, yoga (which is a way of practicing Hinduism; the First Commandment tells us to love God with all our being, so we do not practice non-Christian religions), tai chi, Reiki, Feng Shui, transcendental meditation, energy healing, séance, table or body lifting, reincarnation, Dungeons & Dragons, channeling, mental telepathy, psychic healing or hotline, books on witchcraft or new age, voodoo, fascination with demons or occult, Edgar Cayce, mind control, magic spells, satanic pacts or worship, family or relatives in occult, visited non-Christian shrine, Freemasonry, self-sufficiency, superstition, Course in Miracles, dream catcher
47. Legalistic mindset, doctrinal error, afraid of God, fear of going to Hell, fear of losing salvation, scrupulosity, religiosity
48. Music with lyrics that leads us away from God, heavy metal, black metal, acid rock, etc.

A Plea for Intolerance

(By Bishop Fulton Sheen, 1931)

America, it is said, is suffering from intolerance. It is not. It is suffering from tolerance: tolerance of right and wrong, truth and error, virtue and evil, Christ and chaos. Our country is not nearly so much overrun with the bigoted as it is overrun with the broad-minded. The man who can make up his mind in an orderly way, as a man might make up his bed, is called a bigot; but a man who cannot make up his mind, any more than he can make up for lost time, is called tolerant and broad-minded.

A bigoted man is one who refuses to accept a reason for anything; a broad-minded man is one who will

accept anything for a reason—providing it is not a good reason. It is true that there is a demand for precision, exactness, and definiteness, but it is only for precision in scientific measurement, not in logic. The breakdown that has produced this natural broad-mindedness is mental, not moral. The evidence for this statement is threefold: the tendency to settle issues not by arguments but by words, the unqualified willingness to accept the authority of anyone on the subject of religion, and lastly the love of novelty.

The science of religion has a right to be heard scientifically through its qualified spokesmen, just as the science of physics or astronomy has a right to be heard through its qualified spokesmen. Religion is a science despite the fact that some would make it only a sentiment. Religion has its principles, natural and revealed, which are more exacting in their logic than mathematics. But the false notion of tolerance has obscured this fact from the eyes of many who are as intolerant about the smallest details of life as they are tolerant about their relations to God.

More Bishop Sheen continued...

A Passion for Novelty

Another evidence of the breakdown of reason that has produced this weird fungus of broad-mindedness is the passion of novelty, as opposed to the love of truth. Truth is sacrificed for an epigram, the Divinity of Christ for a headline in the Monday morning newspaper. Many a modern preacher is far less concerned with preaching Christ and Him crucified than he is with his popularity with his congregation. A want of intellectual backbone makes him straddle the ox of truth and the ass of nonsense, paying compliments to Catholics because of “their great organization” and to sexologists because of “their honest challenge to the youth of this generation.” Bending the knee to the mob rather than God would probably make them scruple at ever playing the role of John the Baptist before a modern Herod. No accusing finger would be leveled at a divorce or one living in adultery; no voice would be thundered in the ears of the rich, saying with something of the intolerance of Divinity: “It is not lawful for thee to live with thy brother’s wife.” Rather would we hear: “Friends, times are changing!” The acids of modernity are eating away the fossils of orthodoxy.

Belief in the existence of God, in the Divinity of Christ, in the moral law, is considered passing fashions. The latest thing in this new tolerance is considered the true thing, as if truth were a fashion, like a hat, instead of an institution like a head.

Gems of Wisdom from the *Diary* of Saint Faustina

837. December 21, [1936]. The radio is always playing in the afternoon, so I feel the loss of silence All morning long, there is ceaseless talk and noise. My God, I was looking forward to being in silence, happy that I should be talking only with the Lord, and here it is just the opposite. Yet, nothing disturbs me now, neither the talking nor the radio. In a word—nothing. By the grace of God, when I am praying I do not even know where I am; I know only that my soul is united with the Lord. And thus I pass my days in this hospital.

Rachel's Vineyard of Colorado, Post-Abortion Healing Retreat in Denver, July 15-17

The stories of others who have chosen abortion or were pressured to do so can help us to understand that they, too, have experienced many of our same spiritual, emotional, and sometimes physical traumas.

They give us a window into the freedom available to us if we seek healing through Christ our Savior.

After abortion, the sorrow can be healed, even years later.

Let go of your silence, your secret, and your sorrow. Receive consolation at a Rachel's Vineyard post-abortion healing retreat.

Contact Edie at 303-775-4108. All inquiries are strictly confidential.

Totus Tuus Vacation Bible School; June 19 – 24

\$20 donation to offset the cost.

-Grades 1-6: Mon – Fri, 9 a.m. – 2:30 p.m.

-Grades 7-12: Sun – Thu, 7:30 – 9:30 p.m.

Original Olive Wood Handicrafts from Bethlehem July 2nd & 3rd after all Masses (StA, StB, OLS);

Nativity Sets – Creches – Rosaries – Statuettes – Christmas Ornaments – Home, Office, Church Décor

From Bethlehem in the Holy Land, the Bannoura family of Bethlehem Handicrafts imports products from the Christian community of Bethlehem. They are pleased to share their family story and trade to all those who will be present after all Masses at StA, StB, and OLS on July 2nd and 3rd.

As Joseph taught Christ the trade of carpentry in Nazareth, the Bannoura family passed the trade of olive wood artisanship from generation to generation until the present. They take great pride in this distinct and traditional craft, which is one of the principal sources of income for the small but resilient Christian community.

Each item for sale is handcrafted from olive wood with care and precision. Any number of items ranging from Nativity sets to Christmas ornaments will make ideal Christmas gifts for family, friends and coworkers. Other items such as statuettes and rosary beads will make for excellent Baptismal, First Communion and Confirmation

gifts throughout the year.

For more information and to view available products, please visit www.bethlehemhandicrafts.com.

Decline to Sign: Physician-Assisted Suicide

Outside interests are currently funding an effort to get Physician-Assisted Suicide laws added to our ballots here in Colorado. To do so, they are paying people to collect signatures in our communities throughout the summer. We need everyone to know they should not sign any petition that would put physician-assisted suicide on the ballot in November. Be reminded, often signature gatherers can mislead the public about the details of each law, using words such as “compassion,” “choice,” or “dignity.” It's important that we alert our communities that physician-assisted suicide is a dangerous proposition that we should avoid.

Calendar of Events

-Jun 19-24. *Totus Tuus* Vacation Bible School

-Jul 12 (Tue). *Catholic Women Today*, OLS, 5:30 p.m.

Mass Collections, June 4 – 5

St. Anne	\$ 1834
St. Bernard	1536
Our Lady of the Snow	2689
St. Peter	224
St. Ignatius	(to be counted)
Total	\$ 6283

Vocations Prayer Calendar

Please pray for our seminarians every day.

Sat--Chad Smith & John Stapleton

Sun--Manuel Alarcon & Peter Srsich

Mon--Ryan Kent & Sean Conroy

Tue--Sile Wilfred Kone & Tony Davis

Wed--Yaroslav Cherniavskiy & Francesco Basso

Thu--Christian Mast & Christopher Marbury

Fri--Men and women applying for formation

Mass Intentions and Schedule for StA, StB, and OLS

KEY: StA = St. Anne; StB = St. Bernard;

OLS = Our Lady of the Snow

-Sat, Jun 11, StA, 5 p.m., Parishioners and visitors

-Sat, Jun 11, StB, 7:30 p.m., Steven and Lisa Bush

-Sun, Jun 12, StB, 7 a.m., Keith and Debbie Morrison

-Sun, Jun 12, OLS, 9:30 a.m., Scott and Megan Ledin

Weekday Masses (see extra Masses listed in bold)

-Mon, Jun 13, StA, 8:30 a.m., Patrick and Lisa Hayes

-Tue, Jun 14, OLS, 7:30 a.m., Joseph & Annette Burbach

-Wed, Jun 15, StB, 8:30 a.m., Ken and Trudy Rozas

-Thu, Jun 16, OLS, 8:30 a.m., +Fr. Gabriel Webber

-Fri, Jun 17, OLS, 8:30 a.m., +Fr. Patrick Kennedy

Mass Intentions and Schedule for StI and StP

KEY: StI = St. Ignatius (Walden); StP = St. Peter

-Sat, Jun 11, StI, 4 p.m., Spencer Gardner

-Sun, Jun 12, StP, 10 a.m., Parishioners and visitors