

The Six Effects of Confession (by Bro. Joseph Hagan)

During Lent, many Catholics return to the sacrament of Penance, some after a few weeks, others after many years. Most of us approach Confession seeking forgiveness of sin and the alleviation of a guilty conscience. Perhaps to our surprise, the sacrament has even more to offer.

In **one succinct paragraph**, the *Catechism* lists six spiritual effects of the sacrament of penance. Let's briefly examine each one.

Effect #1: Reconciliation with God by which the penitent recovers grace. This first effect reveals the real horror of sin. By mortal sin, we separate ourselves from God and refuse His grace. By Confession, we are reunited with God. God dwells in us through grace, and by that grace, our souls **magnify the Lord**. And should we have sinned only in small, venial ways, the sacrament of Penance wipes those away too.

Effect #2: Reconciliation with the Church. Sin also separates us from the Church. This separation is often experienced on a very basic level. Sin pulls us away from our families. It isolates us from our friends. It sours our relationships at work. By Confession, God restores us to the Church. We return to our families and friends with more love to give.

Effect #3: Remission of the eternal punishment incurred by mortal sins. By mortal sin, we condemn ourselves to hell. Thankfully, through Confession, God freely pardons this punishment. It would be wrong to imagine that God is stingy with such a pardon. As our loving, merciful Father, He delights in pardoning us. He even gives us the very grace to draw us to Confession. At the words of absolution ("I absolve you..."), all the angels and saints rejoice at this remission. They await our entrance to the heavenly banquet.

Effect #4: Remission, at least in part, of temporal punishments resulting from sin. By our sins, whether venial or mortal, we suffer in this present life. Every sin contains some disorder, and this disorder is the sin's own punishment. If I overindulge my desire for cheese, I'll soon feel quite uncomfortable. God usually allows us to drink these dregs of our own folly, especially when we are unrepentant. When we humble ourselves and confess, God remits this punishment, at least in part. Whether we choose the easy way or the hard way, God wants to teach us how to love.

Effect #5: Peace and serenity of conscience and spiritual consolation. Many think of devout Catholics as harboring guilt complexes. Such a caricature ignores the power of Confession. This sacrament truly brings peace, even if unfelt in the moment. Anecdotally, it is the repeated experience of the faithful that we leave Confession light-hearted, joyful, and renewed in God's

love.

Effect #6: An increase of spiritual strength for the Christian battle. Whether we recognize it or not, the Christian life is a battle. We all fight our inner old man, certain of whose tendencies linger after our baptism. Everyday, we are tempted to forget the true God, to use our neighbors, and to seek our selfish pleasure. In this daily battle, even the saints stumble and fall, even if only in small ways. Confession forgives these failures, and it also strengthens us to overcome vices with virtue. Ultimately, Christ is the true victor, our strength and our salvation.

Confession—Prepare Your Heart to Meet Christ

Will you let Jesus clean your heart during this Lenten season before we celebrate Easter? 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, morbidity
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, "drama queen," 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, 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, all 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 (conjuración), 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.

The First Five Saturdays Devotion

On the first Saturday during 5 consecutive months, the devotion consists of (in reparation for the sins committed against the Immaculate Heart of Mary):

1. Going to Confession,
2. Receiving the Sacrament of Holy Communion,
3. Saying five decades of the Rosary,
4. Meditating for 15 minutes on the mysteries of the Rosary.

History

During the third apparition on July 13, 1917, Our Lady revealed that she would come to ask for the consecration of Russia to her Immaculate Heart and for the Communion of Reparation of the Five First Saturdays. Consequently, she asked for the devotion in 1925 and the

consecration in 1929.

While staying at the House of the Dorothean Sister in Pontevedra, Portugal, Sister Lucia received a vision on December 10, 1925 where the Blessed Mother appeared alongside a Boy who stood over a luminous cloud. Our Lady rested one hand on the Boy's shoulder while she held on the other hand a heart pierced with thorns around it.

Sister Lucia heard the Boy say, "Have pity on the Heart of your Most Holy Mother which is covered with thorns with which ingrate men pierce it at every moment with no one to make an act of reparation to pull them out."

Our Lady expressed her request in the following words, "See, my daughter, My Heart surrounded with thorns with which ingrates pierce me at every moment with blasphemies and ingratitude. You, at least, make sure to console me and announce that all those who for five months, on the first Saturdays, go to confession, receive Communion, say five decades of the Rosary and keep me company for 15 minutes meditating on the mysteries of the Rosary, with the purpose of making reparation to Me, I promise to assist them at the hour of death with all the graces necessary for the salvation of their souls."

A few days afterward, Sister Lucia detailed this vision in a letter addressed to Monsignor Manuel Pereira Lopes, her confessor when she resided in the Asylum of Vilar in the city of Oporto, Portugal.

There will be First Saturday Masses available at OLS May to Oct. On May 6 at OLS, Rosary, meditation, and confession begin at 8:30 a.m. followed by a Mass (funeral for John Murphy) at 10 a.m.

Holy Thursday and Good Friday at OLS and StP

-Thursday, Apr 13, Mass of the Lord's Supper, 6:30 p.m.
--Confession, 7:45 p.m.; Adoration, 8-10 p.m.
-Friday, Apr 14, The Lord's Passion, 6:30 p.m.
--Confession afterward; begin **Divine Mercy Novena**

Easter Schedule

Easter Vigil Masses at Our Lady and St. Peter
-Saturday, Apr 15, Easter Vigil (2+ hours), **8:15 p.m.**

Easter Sunday Masses, April 16
-Saint Bernard, 7 a.m. AND 9 a.m. (Two Masses)
-St. Anne, 8 a.m.
-Our Lady, 9:30 a.m.
-Saint Ignatius, 1 p.m.

Friday Meatless Suppers and Stations of the Cross

-**St. Peter:** Stations, 6:30 p.m.; soup/bread supper, 7:35 March 31; April 7

(Stations are bilingual at St. Peter)

-**St. Bernard:** Soup supper, 5:30 p.m. Stations, 6:45 April 7

-**Our Lady:** Soup/bread supper, 5:30 p.m. Stations, 6:45 March 31

March 25—Last Saturday Evening Mass at St. Bernard until June 17. Possible new Time

Totus Tuus Vacation Bible School; July 23 – 28

Save the date! \$20 donation to offset the cost.
Grades 1-6: Mon – Fri, 9 a.m. – 2:30 p.m.; grades 7-12: Sun – Thur, 7:30 – 9:30 p.m.

Save the Date: Sports-Bible Camp 2016; July 20-21

-Days: Thursday-Friday

-Time: 8:30 a.m. – 2:30 p.m.

-Where: Fraser Valley Sports Complex.

-For boys and girls: kindergarten completed through 6th grade completed.

Calendar of Events

-**Apr 14.** Good Friday. Begin Divine Mercy Novena

-**Apr 23 (Sun).** The Sacrament of Confirmation given at Mass at Our Lady of the Snow, 9:30 a.m.

-**May 7 (Sun).** First Communion at Our Lady, 9:30 a.m.

-**Jun 17 (Sat).** Mass resumes at StB. Watch for start time

-**Jul 20-21 (Thu-Fri).** Sports-Bible Camp in Fraser

-**Jul 23-28 (Sun-Fri).** Totus Tuus Vacation Bible School

Mass Collections, March 18 – 19

St. Anne	\$ 1540
St. Bernard	3023
Our Lady of the Snow	1177
St. Peter	474
St. Ignatius	1233
Total	\$ 7447

Vocations Prayer Calendar

Please pray for our seminarians every day.

Sat--Miguel Mendoza & Samuel Munson

Sun--Red Braz & Joe Bui & Luis Mendes

Mon--Sean Conroy & Anthony Davis

Tue--Ryan Kent & Sile Kone & Michael Tran

Wed--Carlos Velasquez & Peter Srich

Thu--John Stapleton & Patricio Chuquimarca

Fri--Increase in vocations to priesthood/religious life

Mass Intentions and Schedule for StA, StB, and OLS

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

OLS = Our Lady of the Snow

-Sat, Mar 25, StA, 5 p.m., Parishioners and visitors
-Sat, Mar 25, StB, 7:30 p.m., Peter/Mary K. Savarie
-Sun, Mar 26, StB, 7 a.m., James and Martha Willits
-Sun, Mar 26, OLS, 9:30 a.m., Steven and Fran White

Weekday Masses

-Mon, Mar 27, StA, 8:30 a.m., Dale and Becky Redeker
-Tue, Mar 28, OLS, 7:30 a.m., Margaret Ledezma
-Wed, Mar 29, StB, 8:30 a.m., Barry/Aimee Kroneberger
-**Fri, Mar 31, OLS, 8:30 a.m., Sherri Peterson**

Mass Intentions and Schedule for StP and StI

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

-Sat, Mar 25, StI, 4 p.m., Tim and Barb Lytle
-Sun, Mar 26, StP, 10 a.m., Larry and Janice Gross