



### **SUNDAY REFLECTION**

Temptation is part of human life. It is no surprise that Jesus was tempted. Like ourselves He had the possibilities of choice. Some choices are to our advantage and others to our detriment. There is always the danger of being influenced by what is immediately attractive and momentarily satisfying without taking account of what is of more permanent value and benefit. It is easy for us to lose sight of the basic purpose of life and to be drawn to the tinsel of present experience. Sometimes it takes hard and painful decision to counter instinct and feeling that might take us off the road to our true destiny.

We can be in no doubt that Jesus had many a harrowing struggle with Himself. For the high priest we have is not incapable of feeling our weakness with us, but has been put to the test in exactly the same way as ourselves, apart from sin (Heb. 4:16). Not unnaturally Jesus recoiled from tough decision. We can only imagine the mental torture of Gethsemane. We look on in admiration at His 'not My will, but Yours be done'. Luke captures the worry and anguish which He endured in coming to a decision to stay with His Father's will and purpose (Lk. 22:44). In less stressful times He ran the risk of being tripped up by the influential and confident, but inappropriate, persuasions of a man like Peter (Mk. 10:41-45).

The final temptation concerns another basic human weakness, the inappropriate desire for attention. Jesus was asked by Satan to throw Himself from the parapet of the temple, a dramatic eye-catching action demanding an even more sensational intervention of God to save Him.

Jesus rejected each temptation in turn and stayed faithful to His purpose in life, to the role of Messiah entrusted to Him by His Father.

**STEWARDSHIP:** Today's first reading describes the offering of first fruits the people of Israel were to present to the Lord in thanksgiving for their deliverance from Egypt and the gift of the promised land. Is my offering at today's Mass an appropriate response to the many blessings the Lord has given me?

## READINGS SECOND SUNDAY OF LENT

13 MAR '22

**Gen. 15:5-12, 17-18:** The first readings of Lent provide a resume of salvation history. This week we meet Abraham, our father in faith. God's covenant with him is the first of a series of covenants which will culminate in the New Covenant sealed by Christ's death and resurrection.

**Phil. 3:17 – 4:1:** This reading emphasizes the need to make heaven the end of all our strivings – especially those of Lent. For Paul, Roman citizenship, so highly prized by his contemporaries, was of no value set against having “our homeland, our citizenship” in heaven. Christ's transfiguration is a pledge of the transformation that will take place in us when we reach that homeland.

**Lk. 9:28-36:** Each year the gospel for the Second Sunday of Lent focuses on the transfiguration of Jesus. This year we have St. Luke's account which highlights the link between this event and the Paschal mystery.

## SUGGESTED READING FOR LENT

### THE IMITATION OF CHRIST

The idea that thoughts, books, science of an earlier time is inherently inferior to that of the present just because it is “older” was dubbed “chronological snobbery” by C.S. Lewis and Owen Barfield. In fact, when it comes to books, Lewis said that a good rule of thumb was that for every new book we read, we should purposely engage in reading an old book.

I want to encourage you to step back into the early 1400s and consider reading a Christian classic. Before there was Oswald Chambers (*My Utmost for His Highest*) or other noted devotional writers, a disciple longing to follow Jesus would read *The Imitation of Christ* by Thomas à Kempis

Thomas was a German-Dutch monk writing to other monks in pre-Reformation times. He wrote *The Imitation of Christ* between 1420 and 1427 with the first hand-written manuscripts appearing around 1427. By 1779 there were at least 1,800 editions and translations. John Wesley Translated a version in the 1700s.

If you like Oswald Chamber's ability to capture profound truths in compact statements, consider these statements by Thomas:

*We are all frail, but you should think of no one being frailer than yourself.*

*If you desire to benefit from the Scriptures, read with humility, simplicity, and faithfulness – never desire to become known as a Bible scholar.*

*True peace of heart, therefore, is gotten by resisting our passions, not by obeying them.*

*There is no peace of heart of a carnal person, nor the person that is addicted to outward things, but there is peace in the heart of a spiritual and devout person.*

*Yet we must be watchful, especially in the beginning of temptation, for the enemy is more easily overcome in the beginning if he is not allowed to enter the door of our hearts, but is resisted outside the gate, at his first knock. When he is not resisted, little by*

*little he gets complete entrance.*

It has been said that Thomas used or alluded to more than a thousand Scriptures. Often his words read like the Proverbs. His work therefore should not be read like a novel, but in short segments, allowing time for reflection and meditation. I have used *The Imitation of Christ* as a devotional, reading only short passages at each sitting. I've discovered that with every new read, the Spirit brings new things to my mind that I need to consider to be a better follower of Jesus.

For example: Do you remember Satan's question of God concerning Job: "Does Job fear God for nothing?" (Job 1:9). His charge was straightforward: "Look at all the blessings you have given Job, what man or woman would not serve You given this level of rewards?" (my paraphrase).

Having read this passage many times, I never asked myself the question: "Do I serve God for His blessings?" But then I read Kempis: "Where can one be found who is willing to serve God for nothing?" I had to stop and take stock of my attitude toward God. Do I serve Him and love Him for who He is, or for what He has promised me?

The simplicity of the book's language and the direct appeal to the religious sensitivity of the individual in an uncomplicated way are perhaps the primary reasons why this little book has been so widely received and so deeply influential.

### **THE STORY OF A SOUL**

This book by St. Theresa of Lisieux, (The Little Flower) is also worth reading.

No Catholic should be ignorant of the mighty "little" Thérèse or her Little Way. St. Thérèse died at only age 24, after a nine-year hidden life as a cloistered Carmelite nun. Written under obedience, the book conveys her secrets of great holiness achieved in ordinary life, teaching the "Little Way of Spiritual Childhood" - her "elevator" to Heaven, as she called it. This method has been approved and promulgated by Pope Pius XI as a way of holiness for all.

St. Theresa of Lisieux (The Little Flower) has been a highly influential model of sanctity for Catholics and for others because of the simplicity and practicality of her approach to the spiritual life.. Together with Francis of Assisi, she is one of the most popular saints in the history of the church.



### **DAILY REFLECTIONS**

**Monday 7 Mar**

**Lev. 19:1-2k 11-18:** We are called to be holy as God is holy. But there can be no holiness without respecting the rights of others.

**Mt. 25:31-46:** On the last day, at the general judgment, we will be judged in accord with the concern we have shown for others. Christ will say: 'In so far as you did this to one of the least of these brothers or sisters of Mine, you did it to Me.'

Holiness, sanctity, spirituality, and some related terms have in some quarters become offensive words. This is particularly true of the term spirituality, which at times tends to be associated with an elite, or a would-be elite. As if spirituality were about those a cut above the ordinary, setting certain persons apart from the common herd. I have recently heard an eminent theologian say that this term 'spirituality' should be omitted from our vocabulary; let us talk of Christian life, or choose some other term instead.

It is good to be brought back to the language of Scripture as given in today's readings. Here we are far removed from any elitism. Sanctity, holiness, is the humble service of God, to goal to which we are called as creatures and as believers. There is nothing separatist about it either. It is bonding, rather than divisive. There is no holiness, no service of God, without service of our sisters and brothers, a service to be carried out not in any spirit of condescension but simply because these are all as precious in God's eyes as each one of ourselves.

#### **Tuesday 8 Mar**

**Is. 55:10-11:** Through one of His prophets of old God reminds us that He has been always active in human history and will continue to be so. He has addressed His saving message to humanity and His plans will finally succeed.

**Mt. 6:7-15:** The Lord's Prayer. We pray that God's kingdom may come, that His will may be done, and are reminded that God's constant message to us is that we forgive one another.

Humans frequently forget that God is God! We forget that we are made in His image and likeness (Gen. 1:26) and make God into an image of ourselves. 'Word' as used by Isaiah in the First Reading is not simply some utterance or some label which God 'says'. What is expressed by God is already accomplished: it will not be frustrated. All that He begins comes to fruition in His way and in His time.

The same trust is at the core of today's Gospel passage (Mt. 6:7-15): 'Your heavenly Father knows what you need even before you ask Him'.

Lord, 'the eyes of all look to You, and You give them their food in due season. You open wide Your hand, You satisfy the desire of all who live.' Amen.

#### **Wednesday 9 Mar**

**Jon. 3:1-10:** This reading speaks of the prophet Jonah preaching to the population of the pagan city of Nineveh. Recalling this, Jesus said: 'As Jonah became a sign to the Gentiles ...' The sign that Jonah was to the Gentiles is that when he preached, the people of Nineveh actually repented as is recounted here.

**Lk. ;11:29-32:** Jesus reproaches the crowds because they do not respond to His preaching. In contrast, the people of Nineveh responded to the words of Jonah, and the Queen of the South responded to the words of Solomon. But Jonah is not the only sign to be

given to this particular generation: they – and we – have also received another sign, ‘a sigh that is to be rejected,’ (Lk. 2:34).

We all know the story of the tortoise and the hare – and that it is a true story, even though it never happened. The Gook of Jonah is not historical, but a cautionary tale, with amusing details like even the farm animals being on hard tack for the general fast. But Jesus uses it to call for repentance in his hearers. (The queen of Sheba was historical, possibly on the ancient spice caravan route.) A valuable Lenten exercise is to receive the sacrament of Reconciliation, or even without that, seriously to examine our consciences about our lives and how we are living them. Need for change?

#### Thursday 10 Mar

**Esth. 4:17:** The Prayer of Esther. This is an example of genuine prayer, of the kind Jesus will speak in today’s Gospel reading. It is the humble prayer of one of the most courageous and imaginative women of the Jewish people.

**Mt. 7:7-12:** ‘Ask and it will be given to you ...’ The Old Testament has its own way of saying things; one of them is using the passive it will be given to you it will be opened to you. By whom? By Him who is not to be named. Ask and God will give to you. Knock and God will open the door to you. Note, however, that Jesus does not specify here what we will be given. He merely says that our Father in heaven will give good things to those who ask Him.

The Book of Esther is a moving story set in the court of a Persian king who makes an exiled Jew his wife. It has all the drama and fantasy of the *Arabian Nights*, with the king’s pompous vizier Haman who plots to exterminate all the Jewish exiles. Esther desperately begs God’s help – and the tables are turned on Haman.

Jesus tells us to beg earnestly for God’s help. Some people think my prayer of petition will change me, to understand and accept God’s will (rather than changing God’s mine).

Whatever the truth, today’s Word encourages us to pray fervently and expectantly for God’s care.

#### Friday 11 Mar

**Ezek. 18:21-28:** A divine message from one of Israel’s prophets: God does not take pleasure in the death of a sinner. He calls on all to repent and return true life.

**Mt. 5:20-26:** Jesus reminds us that God will not forgive us our sins unless we forgive our enemies and are reconciled with them.

Most people when asked whether Jesus was for or against the scribes and Pharisees will tell you that he was against them! But here, He’s not against them – His difficulty is that their righteousness is only superficial. In the first reading Ezekiel points in the same direction: ‘if the upright man renounces his integrity ... ‘Such superficiality or lack of integrity excludes from the kingdom!’ Not realizing that murder has its root in anger, not realizing that the gift brought to the altar without the one who offers being reconciled with their neighbor. By going to the depth of things, Jesus transformed more or less fundamentally {the values of

the world around Him}. This means that in its entirety, though not in all its parts, a new way has been opened up within the Jewish world. This way which never achieved a full integration within that world, was destined to become, with further distinctions, the way of the Church.

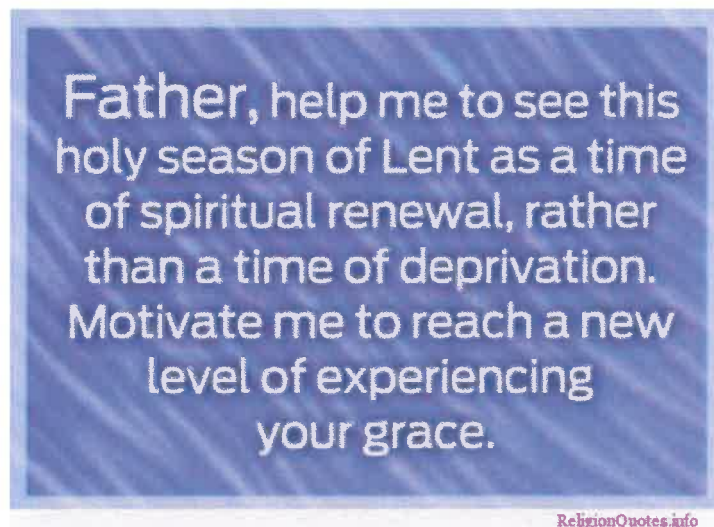
Lord, help us move below life's surface. In discovering our true selves may we begin to find the way to You. Amen.

### **Saturday 12 Mar**

**Deut. 26:16-19:** This is the concluding exhortation of a long exposition of the statutes and ordinances found in Deuteronomy 12:26 and which seek to express a way of doing God's will in everyday life.

**Mt. 5:43-48:** Jesus tries to counteract the dangers inherent in such an approach in today's Gospel (Mt. 5:43-48), an extract from the Sermon on the Mount.

One might look at both of today's readings from the perspective of perfection! How many suffer under other people's expectation of being the perfect mother, the perfect priest, the perfect parent, the perfect religious, manager, superiors, daughter, son, the perfect believer. Is Jesus also part of this chorus? Jesus Himself, later on in the Gospel, tells us what it means to be perfect: to the rich man Jesus says, 'If you want to be perfect, go, sell what you possess and give to the poor, and you will have treasure in heaven, and come, follow me' (Mt. 19:21).



### **FIRST WEEK OF LENT 6 MARCH - 13 MARCH 2022**

**Saturday 5 Mar Saturday after Ash Wednesday**

**Confirmation Retreat On the Grounds No Morning Mass**

**5:00 p.m. Vigil 1<sup>st</sup> Sunday Lent**

**Mass Proper of Day, Creed, Preface 1<sup>st</sup> Sunday Lent, Eucharistic Prayer III  
(Intention: Nancy Beesley RIP)**

**6:30 p.m. - Confirmation Retreat Benediction & Dinner**

**Sunday 6 Mar First Sunday of Lent**

**7:00 a.m. Mass Proper of Day, Creed, Preface 1<sup>st</sup> Sunday Lent, Eucharistic Prayer II  
(Intention: Parish of St. Stephen, Martyr)**

**8:30 a.m. Mass Proper of Day, Creed, Preface 1<sup>st</sup> Sun. Lent, Eucharistic Prayer III  
(Intention: Sylvia Nobles RIP)**

**11:30 a.m. Mass Proper of Day, Creed, Preface 1<sup>st</sup> Sun. Lent, Eucharistic Prayer III  
(Intention: Kate McDonald RIP)**

**2:00 p.m. Mass Brig**

**Monday 7 Mar Lenten Weekday 1 Sts. Perpetua & Felicity Day Off**

**6:30 a.m. Mass Proper of Saints, Lenten Preface I, Eucharistic Prayer II  
(Intention: Caroline Winslow)**

**7:00 – 8:30 a.m. Confessions**

**8:30 a.m. Mass Proper of Saints, Lenten Preface I, Eucharistic Prayer II  
(Intention: JoAnn Mooney RIP)**

**Tuesday 8 Mar Lenten Weekday I St. John of God**

**6:30 a.m. Mass Proper of Saint, Lenten Preface II, Eucharistic Prayer III**

**7:00 – 8:30 a.m. Confessions**

**8:30 a.m. Mass Proper of Saint, Lenten Preface II, Eucharistic Prayer III  
(Intention: Anthony Nicolosi RIP)**

**10:30 a.m. Mass Georgian Manor**

**Wednesday 9 Mar Lenten Weekday I St. Frances of Rome**

**6:30 a.m. Mass Proper of Saint, Lenten Preface III, Eucharistic Prayer III  
(Intention: Brent Haladyna RIP)**

**7:00 – 8:30 a.m. Confessions**

**8:30 a.m. Mass Proper of Saint, Lenten Preface III, Eucharistic Prayer III  
(Intention: Gertrude Young RIP)**

**10:00 a.m. Mass Willow Creek**

**12:00 p.m. Mass Portsmouth Naval Hospital**

**Thursday 10 Mar Lenten Weekday I**

**6:30 a.m. Mass Proper of Day, Lenten Preface IV, Eucharistic Prayer II**

**7:00 – 8:30 a.m. Confessions**

**8:30 a.m. Mass Proper of Day, Lenten Preface IV, Eucharistic Prayer II  
(Intention: Irene Boulais RIP)**

**4:00 – 6:30 p.m. Confessions**

**6:30 p.m. Mass Proper of Day, Lenten Preface IV, Eucharistic Prayer II  
(Intention: Gertrude Young RIP)**

**Friday 11 Mar Lenten Weekday I**

**6:30 a.m. Mass Proper of Day, Lenten Preface IV, Eucharistic Prayer III**

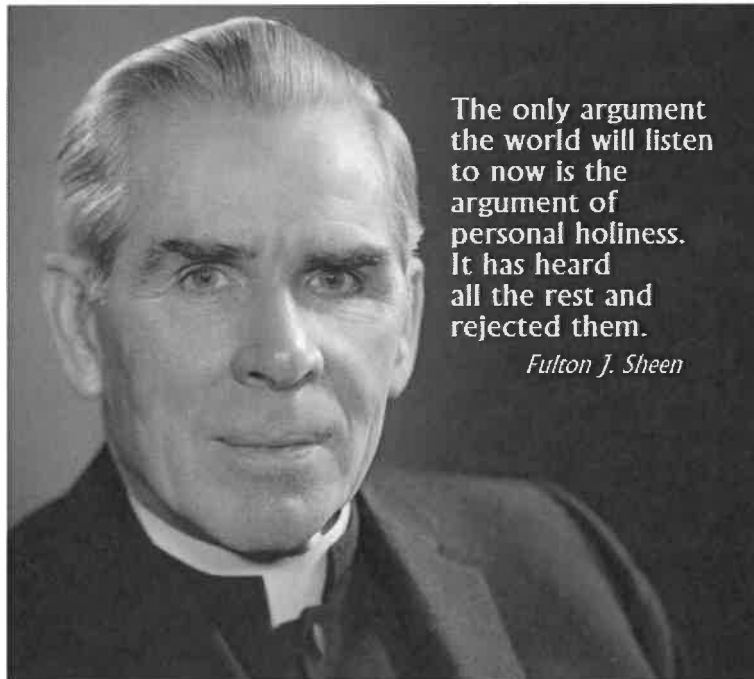
**7:00 – 8:30 a.m. Confessions**

**8:30 a.m. Mass Proper of Day, Lenten Preface IV, Eucharistic Prayer III  
(Intention: Teresa MacDonald RIP)**

**12:00 p.m. Mass Portsmouth Naval Hospital**

**4:00 – 7:00 p.m. Confessions**

7:00 p.m. Stations of the Cross  
Saturday 12 Mar Lenten Weekday I  
8:30 a.m. Mass Proper of the Day, Lenten Preface II, Eucharistic Prayer II  
(Intention: Roger Rix RIP)  
1:00 – 4:30 p.m. Confessions  
5:00 p.m. Vigil Mass Second Sunday of Lent  
Proper of Day, Creed, Preface 2<sup>nd</sup> Sunday of Lent, Eucharistic Prayer III  
(Intention: Barbara Mytych)  
Sunday 13 Mar Second Sunday of Lent  
7:00 a.m. Mass Proper of Day, Creed, Preface 2<sup>nd</sup> Sunday of Lent, Eucharistic  
Prayer III  
(Intention: Parish of St. Stephen, Martyr)  
8:30 a.m. Mass Proper of Day, Creed, Preface 2<sup>nd</sup> Sunday of Lent, Eucharistic  
Prayer III  
(Intention: Evelyn Subueto RIP)  
11:30 a.m. Mass Proper of Day, Creed, Preface 2<sup>nd</sup> Sunday of Lent, Eucharistic  
Prayer III  
(Intention: Holy Souls in Purgatory)  
2:00 p.m. Mass Brig



The only argument  
the world will listen  
to now is the  
argument of  
personal holiness.  
It has heard  
all the rest and  
rejected them.

*Fulton J. Sheen*



## Examination of Conscience How to Go to Confession...

First, take a little time to pray quietly and read through the examination of conscience below. Take as much time as necessary.

### Individual Examination of Conscience

#### Individual Examination of Conscience – 10 Commandments

*(Or, for examination using the 7 Deadly Sins scroll down below)*

**First Commandment: “I am the Lord your God, you shall not have strange gods before Me.”**

Have I denied God? Have I been ashamed of or denied my faith in front of others? Have I ridiculed the teachings or practices of the Church? Have I neglected my prayers? Have I used witchcraft, Wicca, or other Occult practices? Have I practiced various forms of superstition such as fortune tellers, mediums, ouija boards, tarot cards?

**Second Commandment: “Do not take the name of the Lord in vain.”**

Do I use God’s name carelessly, in anger, or in surprise? Have I called down evil upon anyone or anything?

**Third Commandment: “Keep holy the Sabbath Day.”**

Have I, through my own fault, failed to come to Mass each Sunday and every Holy Day of Obligation? Do I arrive at Mass late or leave early without good reason? Do I allow myself to be distracted at Mass?

**Fourth Commandment: “Honor your father and mother.”**

Have I disobeyed my parents or treated them with disrespect? Am I disrespectful, impolite, or discourteous toward my family? Have I neglected my work or my studies? Have I been helpful in my home? Have I failed to study seriously and with diligence? Have I missed an exam at school because of laziness? Am I disrespectful toward the elderly? Am I disobedient to the civil law or to those in authority such as the police?

**Fifth Commandment: “You shall not kill.”**

Did I have an abortion or help another to have an abortion? Have I mutilated my body or another’s body? Did I attempt suicide or seriously consider thoughts of suicide? Do I act violently by fighting or hitting others? Have I had thoughts of hatred toward another? Have I taken illegal drugs or abused prescription drugs? Have I sold or distributed illegal drugs? Do I neglect to take proper care of my body? Do I eat too much, or sleep too much? Do I drink beer or other alcoholic beverages in excess? Have I allowed myself to become intoxicated? Am I too concerned about my health or appearance? Do I deliberately harbor unkind and revengeful thoughts about others? Have I taken revenge? Have I used harsh or abusive language toward another? Do I act rudely, impolitely, or ridicule others? Have I been guilty of the sin of racism? Am I cruel to animals?

**Sixth & Ninth Commandments: “Do not commit adultery. Do not covet your neighbor’s wife.”**

Have I desired or done impure things? Have I taken pleasure in entertaining impure thoughts or desires? Have I read impure material, listened to music with impure lyrics, or looked at impure images, whether in photos or on television or in movies or on the Internet? Have I aroused sexual desire in myself or another by impure kissing, embracing, or touching? Have I committed impure actions alone, i.e., masturbation? Have I committed homosexual acts or other unnatural acts? Do I use artificial contraception whether surgical, barrier or chemical methods? Have I dressed immodestly or been too concerned with the way I look? Do I use vulgar language or tell or listen to impure jokes or stories?

**Seventh and tenth Commandments: “You shall not steal. Do not covet your neighbor’s goods.”**

Have I taken anything that was not my own? Have I damaged private or public property or defaced it by vandalism? Have I been guilty of shop-lifting? Have I accepted or bought stolen property or helped someone to steal? Have I bribed someone? Do I gamble excessively? Have I borrowed something without the owner’s permission? Have I failed to return something I borrowed? Do I waste money or spend it extravagantly? Have I harbored a greed for money or worldly possessions? Have I made of money, or any possession, a false god? Do I waste goods or food? Have I cheated on tests or schoolwork? Have I cheated in games or sports?

**Eighth Commandment: “You shall not bear false witness against your neighbor.”**

Have I lied deliberately? Have I sworn to do something sinful or illegal? Have I slandered others by attributing to them sins they did not commit or of which I had no evidence? Do I gossip about others or listen to gossip? Have I told a secret I was asked to keep? Have I betrayed someone’s trust? Have I criticized anyone uncharitably? Do I make rash judgments and harbor false suspicions about others? Have I deliberately misled or deceived anyone? Have I refused to forgive someone or held a grudge against him or her? Have I failed to apologize or make amends to someone I offended?

**Other considerations:** Am I greedy or selfish or do I indulge in self-pity? Am I proud or vain or do I show off? Am I superficial and worldly? Do I desire to be praised by exaggerating my success? Am I touchy and hypersensitive? Do I magnify the least oversight or thoughtlessness into an insult or deliberate slight? Have I been boastful? Have I been arrogant with others? Have I obstinately defended actions which are sinful, either my own or other’s? Am I rebellious? Have I spent useless time planted before the TV when I could be doing more constructive things? Am I envious of someone’s possessions and do I inordinately desire them to be my own? Do I take delight in the misfortunes of others?

*(For examination on 7 Deadly Sins scroll down below)*

Once you have had time to reflect on your sins, simply go to the confessional and celebrate the sacrament of Reconciliation in the following way:

Go into the confessional and say, *In the Name of the Father, and of the Son, and of the Holy Spirit. Amen. Forgive me, father, for I have sinned. It has been* (how long?) *since my last confession and these are my sins...*(confess all your sins...be not afraid!).

Father will give you a penance and then ask you to pray the Act of Contrition. Feel free to use this one:

#### ACT OF CONTRITION

**O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin. Amen.**

The priest will then say the prayer of forgiveness (absolution).

If your penance was to say some prayers please immediately go back to your seat and say your prayers.

That's it! You're forgiven!

### **Individual Examination of Conscience – 7 Deadly Sins**

**Pride:** "Pride is an untrue opinion of ourselves, an untrue idea of what we are not." Have I a superior attitude in thinking, or speaking or acting? Am I snobbish? Have I offensive, haughty ways of acting or carrying myself? Do I hold myself above others? Do I demand recognition? Do I desire to be always first? Do I seek advice? Am I ready to accept advice? Am I in any sense a "bully"? Am I inclined to be "bossy"? Do I speak ill of others? Have I lied about others? Do I make known the faults of others? Do I seek to place the blame on others, excusing myself? Is there anyone to whom I refuse to speak? Is there anyone to whom I have not spoken for a long time? Am I prone to argue? Am I offensive in my arguments? Have I a superior "know-it-all attitude" in arguments? Am I self-conscious? Am I sensitive? Am I easily wounded?

**Envy:** "Envy is a sadness which we feel, on account of the good that happens to our neighbor." Do I feel sad at the prosperity of others? At their success in games? In athletics? Do I rejoice at their failures? Do I envy the riches of others?

**Sloth:** "Sloth is a kind of cowardice and disgust, which makes us neglect and omit our duties, rather than to discipline ourselves." Have I an inordinate love of rest, neglecting my duties? Do I act lazily? Am I too fond of rest? Do I take lazy positions in answering prayers?

Do I kneel in a lounging way? Do I delight in idle conversation? Do I fail to be fervent in the service of God?

**Lust:** "Lust is the love of the pleasures that are contrary to purity." Have I desired or done impure things? Have I taken pleasure in entertaining impure thoughts or desires? Have I read impure material, listened to music with impure lyrics, or looked at impure images, whether in photos or on television or in movies or on the Internet? Have I aroused sexual desire in myself or another by impure kissing, embracing, or touching? Have I committed impure actions alone, i.e., masturbation? Do I dress immodestly or am I too concerned with the way I look? Do I use vulgar language or tell or listen to impure jokes or stories? Have I given into desires of adultery even in my imagination?

**Covetousness:** "Covetousness is a disordered love of the goods of this world." Do I dispose of my money properly or selfishly? Do I discharge my duties in justice to my fellow man? Do I discharge my duties in justice to the Church?

**Gluttony:** "Gluttony is a disordered love of eating and drinking." Do I eat to live or live to eat? Do I drink to excess? Do I get drunk? Do I misuse prescription drugs? Do I use illegal drugs? Have I allowed myself to become addicted to alcohol and/or drugs?

**Anger:** "An emotion of the soul, which leads us violently to repel whatever hurts or displeases us." Am I prone to anger? Does practically any little thing arouse my temper? Am I what is generally termed "a sore-head"? Do I fail to repress the first signs of anger? Do I fail to get along well with everybody? Do I ponder over slights or injuries and even presume them? Do I rejoice at the misfortunes of others? Do I think of means of revenge? Of "getting even"? Am I of an argumentative disposition? Have I a spirit of contradiction? Am I given to ridicule of persons, places, or things? Am I hard to get along with? Do I carry grudges, remain "on the outs" with anyone? Do I talk about the faults of others? Do I reveal the faults or defects of others? Do I reveal the faults of others from the wrong motive?