

St. Elizabeth Ann Seton

Catholic Church

6646 Addicks Satsuma Road

Houston, Texas 77084

281-463-7878

www.SeasCatholic.org



Mass Schedule



Anticipated Masses (Saturday)

5:00 p.m.	English
6:30 p.m.	Español
8:00 p.m.	Tiếng Việt

Sunday Masses

7:00 a.m.	English
8:30 a.m.	English
10:30 a.m.	English
12:15 p.m.	English
2:00 p.m.	Español
5:30 p.m.	English
7:30 p.m.	Español

*See the next page for
the Holy Week Schedule*

Monday, Wednesday and Friday

6:30 a.m.	English
9:00 a.m.	English

Tuesday and Thursday

9:00 a.m.	English
7:00 p.m.	English

Miércoles (Wednesday)

7:30 p.m.	Español
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Thứ sáu (Friday)

7:00 p.m.	Tiếng Việt
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Saturday

9:00 a.m.	English
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Confession Schedule

Mon., Wed. and Fri.

7:10 a.m.

Tuesday and Thursday

6:15 p.m.—6:45 p.m.

Wednesday

5:45 p.m.—6:45 p.m.

Friday

5:45 p.m.—6:45 p.m.

Saturday

3:00 p.m.—4:30 p.m.

First Friday

8:00 a.m.—8:45 a.m.
5:45 p.m.—6:45 p.m.

Ash Wednesday Mass

6:30 a.m.	English
9:00 a.m.	English
Noon	English
3:30 p.m.	English
5:00 p.m.	Español
6:00 p.m.	Tiếng Việt *
7:00 p.m.	English
8:00 p.m.	Tiếng Việt *
9:00 p.m.	Español

* Vietnamese Masses will be in the
Cardinal DiNardo Hall (CDH).

Ash Wed. Confession

6:00 a.m.—Noon
3:00 p.m.—9:00 p.m.

Lenten Fish Fry information on back cover.

The Season of Lent

Lent is a forty day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter.

During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ.

Fast and Abstinence

Ash Wednesday (March 2) and Good Friday (April 15) are days of fast and abstinence. All Fridays in Lent are days of abstinence from meat and food products made from meat.

See page 8 for a more detailed explanation of these Biblical practices.

Many know of the tradition of abstaining from meat on Fridays during Lent, but we also practice self-discipline and fast in other ways throughout the season. Contemplate the meaning and origins of the Lenten fasting tradition in this reflection.

In addition, the giving of alms is one way to share God's gifts—not only through the distribution of money, but through the sharing of our time and talents. As St. John Chrysostom reminds us: "Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs." (*Catechism of the Catholic Church*, no. 2446).



Escuela de Biblia del verano para los niños. Mas información en pagina 7.



The Way of the Cross is prayed every Friday during Lent. Schedule on back page.



St. Joseph Altar information on page 10. This devotion will take place on March 20.



Examination of Conscience and **guide to confession** are found on pages 12-13.

Holy Week

Holy Thursday: April 14

9:00 a.m. Morning Prayer

7:30 p.m. Mass of the Lord's Supper

Prayer before the Blessed Sacrament until midnight (FLC)

Good Friday: April 15

Today is a day of fast and abstinence (see page 8).

Confession: Noon—9:00 p.m.

9:00 a.m. Morning Prayer (FLC)

10:00 a.m. Stations of the Cross (outside)

2:00 p.m. Vía Crucis viviente (fuera de la Iglesia)

4:00 p.m. La Pasión del Señor y la Veneración de la Cruz

6:00 p.m. The Passion of the Lord and Veneration of the Cross

7:30 p.m. Nghi Thức tưởng niệm Cuộc Khổ Nạn của Chúa Giêsu và Suy Tôn Thánh Giá (CDH)

8:00 p.m. La Pasión del Señor y la Veneración de la Cruz

Holy Saturday: April 16

9:00 a.m. Morning Prayer in the chapel of reservation (FLC)

8:30 p.m. Easter Vigil

*The Easter Vigil is the **only** Saturday evening Mass.*

Easter Sunday: April 17

English: 7:00 a.m., 8:30 a.m., 10:30 a.m., 12:15 p.m. & 5:30 p.m.

Español: 2:00 p.m. & 7:30 p.m.

Tiếng Việt: 9:00 a.m. (CDH)

Parish Apostolates

American Heritage Girls

We are a ministry for girls that provides an alternative to traditional scouting programs. We are open to girls age 5-18. Girls earn badges, go camping, participate in service projects, learn servant leadership and have lots of fun all within a Christian framework. Email ahgtx1283@gmail.com for specific location at SEAS or for more information. Visit our website at: www.americanheritagegirls.org.

Blood Drive

Save the following dates for the 2022 SEAS blood drives: Sunday, March 13, Sunday June 12, Sunday, September 4, Sunday, December 4, Come, Give and Help Save a Life! Criteria for donating blood can be found at giveblood.org. Contact Barbara Hassig at 832-524-3035 or Aulie Johnson at 281-855-8831 for appointments.

Canavox

Are you interested in the latest and greatest research (philosophical and sociological) regarding marriage and the family? Canavox, a reading group, discusses all topics of marriage and family, is coming to the Cypress area. Email Jennifer DellaCrosse at dellacrosse@gmail.com for more information.

Formed.org

Free on-line faith resources are found at: Formed.org. Our parish code is: **9466ca**. Log-on for free movies, e-books, Lenten resources, and more.

Grief Share Support Group

Join us in this Christ-centered support group for those grieving the loss of a loved one. We meet on the second and last Sunday of the month from 3:00 pm - 4:30 pm. Your loss may be very fresh, and you may be struggling with how to get through each day, or your



loss may have been years ago, but the grief is still there. Come for any number of meetings throughout the year. For specific dates or to register please visit our webpage using the QR code.

Helping Hands Ministry

We assist families in pre-planning for funerals. To schedule an appointment, please call Beth Wood at 281-413-9682. Bereavement support in the form of printed care notes specific to a family's need is provided at the time of a Funeral or Memorial Mass.

Homeschooling

Consider joining the Holy Family Homeschool Support Group in west Houston: holyfamilyhomeschoolers.org

Knights of Columbus Council 8096

As a Knight, you have the opportunity to support your parish, give back to your community, grow in your faith plus many more benefits. We meet on the first and second Wednesdays at 7:00 p.m. Grand Knight: Tom Theriot (tomtheriot.seas8096@gmail.com) Deputy GK Jorge Nevares: (nevaresj@gmail.com). Visit us at **KofC8096.org**.

Ladies Auxiliary

We assist the Knights of Columbus and promote fellowship among KC families. We may also provide support to the parish and to other organizations. Members must be female (18 years or older), and a relative of a KC member and/or a member of SEAS.

We meet on the second Tuesday of the month. Please contact: Jeanne Davis, President at 713-305-6560; Dolores Nevares, Membership Chair at 713-582-3100; or Sandy Janda, Treasurer at 281-463-1819.

Lay Carmelites

We seek to live the Gospel in our daily lives. We study and meet together once a month. For information,

contact Yajaira Ayala at 832-330-6092 or Kathy Schutz at 936-203-7954.

Learn English

Free English Class Mondays, Starting Sept. 13, 9-11:00AM and 7-9:00PM Copperfield Church, 8350 Highway 6 North. Contact-Jan Garza 832-443-4248, jan.garza@comcast.net. Must be 18 or older. (NO baby-sitting provided). Join us any week!

Millennial Men Basketball

We are starting a Young Adult Men's Basketball League. On Monday evenings at 7:00 p.m. in the Cardinal DiNardo Hall (CDH), we will play basketball and finish around 8:30 p.m. with a group Rosary. You may contact Fr. Chad Henry at frchenry@seascatholic.org or call him at the parish office. Please call or e-mail for the latest schedule.

Nursing Ministry

The Parish Nursing ministry is comprised of health care professionals and others who have the health of our parishioners at heart. We are nurses, therapists, educators, and experts in the fields of health promotion. We work to coordinate care for parishioners in their time of need. Please feel free to call Kim (832-746-1135) for more information.

Prayer Blanket Ministry

We bring comfort to those in need of support and prayer. Small lap-sized blankets are crocheted, sewn, or knitted. The blankets are blessed by a priest, and given to those in need.

- Crochet, knit, or sew a prayer blanket;
- Donate to help defray the cost of materials;
- Donate yarn or fleece for the blankets;
- Pray over the blankets with the team.

For more information or to give or receive a prayer blanket, please contact Marian Salway: weare4mar@gmail.com

R.C.I.A.

The Rite of Christian Initiation for Adults (RCIA) is for people who are thinking about the possibility of becoming Catholic. It is for the un-baptized, people of other faiths or people who have been baptized Catholic but did not complete the sacraments of Initiation. We explore the beliefs of the Catholic Church and discern, over a period of many months, if they desire to become Catholic. If you are interested please call: Becky at 281-463-7878.

Respect Life Committee

For information about upcoming pro-life activities, you are invited to contact James Pinedo at his personal e-mail: jamespinedo@gmail.com or by phone at 281-912-4342.

St. Vincent de Paul Society

Thank you for your continued support of the SEAS St. Vincent de Paul Ministry (SVdP). Volunteers, who are called Vincentians, are blessed to use your donations to support our local community's needy. Vincentian's duties are office work- answering phone calls 1x/week on M-W-F and/or being a member of 2-person Home Visit team, who assesses individuals/family's needs. Additionally, SVdP hosts a monthly Food Drive at SEAS and partners with MESA Outreach, who distributes the food. We invite you to join our mission. Please call our office at 281-463-4560 if you wish to volunteer.

That Man is You!

TMIY honestly addresses the pressures and temptations that men face in our modern culture, especially those relating to their roles as husbands and fathers. The program harmonizes current social and medical science with the teachings of the Church and the wisdom of the saints to develop the vision of man fully alive! We meet on Wednesday morning from 5:30 a.m.—7:00 a.m. in the Community Life Center (CLC). Questions? Call Carlos Alatorre at 832-265-7708.

Apostolados Parroquiales

AMSIF

Atraves de su programa, capacita y promueve el desarrollo personal, refuerza la autoestima y fomenta la cultura de las mujeres participantes, transformando su realidad, compartiendo lo aprendido con su familia y la comunidad. Nos reunimos cada Martes a las 9:00 am. En el salón FLC A y B. Puedes contactar a la Coordinadora de nuestro centro Vilma Mejía (201) 359-2028 para mas información.

Aprendan Ingles

¡Gratis! Clases de Ingles para Adultos Los Lunes, Comienza 13 de Sept., 9-11:00 A.M. and 7-9:00pm (Puede empezar cualquier semana) Copperfield Church, 8350 Highway 6 North Contacto: Jan Garza 832-443-4248 o jan.garza@comcast.net Tiene que tener 18 años o más. No hay servicios de niñera.

Grupo de Apoyo para Los Fieles en Luto

¿Sufres la pérdida de un ser querido?
¿Cómo estás haciendo para enfrentar tu dolor? Tu pérdida puede ser reciente, y quizás estas luchando para superar cada día, o tu pérdida puede haber sido años atrás, pero el dolor sigue allí. Se ofrecen reuniones de acompañamiento en particular por Zoom una vez al mes a lo largo del año. Para más información comunícate con Dra. Mary Jove 713-855-9652



SCAN ME

Legión de María

Contactos: Patricia Romo 713-302-1272; Liliana Diaz 281-723-2328; Marlene Rocha 832-410-5273

Planificación Familiar Natural

Aprenden como respetar el plan de Dios por el don de fertilidad. Contactar nuestros coordinadores a JessicaBromwell88@gmail.com

Retiro de ACTS en Español para Mujeres

Queridas hermanas en Cristo, se les hace una cordial invitación a un encuentro más cercano con Dios nuestro padre. El retiro se llevará a cabo del jueves 21 al 24 de abril del 2022. Para más información co-

municarse con la directora Natalia Cuadra 281-948-2045 o colíderes Amalia Guerrero 832-407-0000, Mary Tobías 713-884-9871 o en la oficina parroquial. Con \$50.00 reserva tu lugar.

Sociedad de San Vicente de Paul

La Sociedad de St. Vincent de Paul (SVdP) sirve los pobres en nuestra comunidad. Los voluntarios, que se llaman *Vicentinos*, tienen la bendición de usar sus donaciones para apoyar a los necesitados de nuestra comunidad local. Los deberes de los Vicentinos son trabajo en la oficina: contestar llamadas telefónicas 1 vez por semana los Lunes, Miércoles y Viernes, y/o ser miembro del equipo de visitas domiciliarias de 2 personas, que evalúa las necesidades de las personas / familias. Además, SVdP organiza una colecta de alimentos mensual en SEAS y se asocia con MESA Outreach, quien distribuye los alimentos. Te invitamos a unirte a nuestra misión. Llame a nuestra oficina al **281-463-4560** si desea ser voluntario

Horas Oficina: Lun-Mierc-Vier 9 am- 12 Mediodía

Guía de confesión está ubicada en pagina 12.

Movimiento Familiar Cristiano Católico – USA
Federación Houston Santa Elizabeth

Inscripciones abiertas, Únete a las más de 120 familias de esta comunidad que han descubierto como mejorar su vida familiar y de pareja



Romualdo y Narcedalia Sepúlveda
Presidentes

mfcc.hse@gmail.com

Regístrate o pide informes
Romualdo y Narce Sepúlveda

(832)368-5457

Vía Crucis

Acompáñenos a orar y meditar en la Pasión y Muerte de Nuestro Señor. Todos los viernes durante Cuaresma a las 5:00 p.m. en el Templo.

Fecha	Patrocinado por
4 de Marzo	Grupo Apóstoles de la Divina Misericordia, Proclamadores y Matachines
11 de Marzo	Coro, Monaguillos, Jóvenes, AMSIF
18 de Marzo	Ministerio de Hospitalidad, Grupo Carismático
25 de Marzo	Ministros Extraordinarios de Comunión y Movimiento Cursillo
1 de Abril	Movimiento Familiar Cristiano y Estudio de Biblia
8 de Abril	Legión de María, Encuentro Matrimonial, Pequeños discípulos de Jesús y María



Estudio de Biblia en Español



Esta cordialmente invitado a unirse a estudiar las Sagradas Escrituras, y lo esencial de nuestra Fe Católica todos los Martes de 12:00 - 2:00pm en el FLC, salón: Prayer Room. Para más información comunicarse con: Guadalupe Ortiz 281-620-8308

Anuncios

St. Elizabeth Ann Seton
Invitamos a los niños a
Spanish VBS 2022



Cuando: 13-17 de Junio, 2022
Hora: 5:00PM -8:00PM

Para niños de 3 años a Quinto Grado
¡La mejor semana del verano!

Los niños escucharán y aprenderán sobre la Biblia, los Santos, tendremos música increíble y mucho más. También vamos a colaborar en un proyecto donde los niños aprenderán a compartir con los mas necesitados

***Fecha limite para registrar es el 15 de Mayo**

Formas de inscripción en la oficina parroquial
Para más información contacte a Lucia
(281)463-7878 Ext 320 o
lrveda@seascatholic.org



Announcements

Abstinence

The law of abstinence requires a Catholic 14 years of age to abstain from eating meat on Fridays in honor of the Passion of Jesus on Good Friday. Meat is considered to be the flesh and organs of mammals and fowl. Also forbidden are soups or gravies made from them. Salt and freshwater species of fish, amphibians, reptiles and shellfish are permitted, as are animal derived products such as margarine and gelatin which do not have any meat taste. On the **Fri-days outside of Lent** Catholics in the US to substitute a penitential, or even a charitable, practice of their own choosing. They must do some penitential or charitable practice on these Fridays. For most people the easiest practice to consistently fulfill will be the traditional one, to abstain from meat on all Fridays of the year. **During Lent** abstinence from meat on Fridays is obligatory.

Fasting

The law of fasting requires a Catholic from the 18th to the 59th birthday to reduce the amount of food eaten from normal. The Church defines this as one meal a day, and two smaller meals which if added together would not exceed the main meal in quantity. Such fasting is obligatory on Ash Wednesday and Good Friday. The fast is broken by eating between meals and by drinks which could be considered food (milk shakes, but not milk). Alcoholic beverages do not break the fast; however, they seem to be contrary to the spirit of doing penance.

Those who are excused from fast or abstinence

Besides those outside the age limits, those of unsound mind, the sick, the frail, pregnant or nursing women according to need for meat or nourishment, manual laborers according to need, guests at a meal who cannot excuse themselves without giving great offense or causing enmity and other situations of moral or physical impossibility to observe the penitential discipline.

GIVE BLOOD.ORG

St. Elizabeth Ann
Seton

Sunday, March 13
8:00 am - 2:00 pm
Donor Coach

**FREE T-SHIRT & A FREE
TICKET TO BIG RIVERS
WATER PARK &
ADVENTURES!**

Questions? Contact:
Lisa Hodges
(281) 467-2882
Sponsor Code: 1349



FORMED
THE CATHOLIC FAITH.
ON DEMAND.

Go to www.Formed.org
Parish code for FREE access:
9466ca

Diocesan Services Fund 2022



"The Diocesan Services Fund is a way in which the Archdiocese, as one family, as the Body of Christ, comes together."

Your gift to the DSF is a rich contribution to spreading the Good News."

- H.E. Daniel Cardinal DiNardo
Archbishop of Galveston-Houston

**Scan here to
make your
gift today!**



www.archgh.org/dsf

ST. ELIZABETH ANN SETON
CATHOLIC SCHOOL
EXCELLENCE THROUGH CLASSICAL LEARNING

ANNUAL GOLF
TOURNAMENT
in support of
CATHOLIC EDUCATION
4.4.22

Priests Basketball Game

The fifth annual priest/ seminarian basketball game will be on **Friday, April 29** at Rice University.

Tailgating begins at 4:00 p.m.
with tip-off at 7:00 p.m.

Tickets go on sale at Noon on
March 19 at:

online@HoustonVocations.com

Our own Fr. Chad Henry graduates to the priest's team this year, to be joined by Fr. Preston Quin-tela and other clergy all-stars.

Join us with your whole family!

SVDP Report

We thank you for your continued support of our St. Vincent de Paul Ministry. Our mission is truly a blessing to all whom we serve. Here is a summary of our activity for January.

Le agradecemos por su continuo apoyo a nuestro ministerio de San Vicente de Paúl. Nuestra misión es verdaderamente una bendición para todos a quienes servimos. Aquí hay un resumen de nuestra actividad por enero:

Number of visits:	32
Food Collected	2,840 lbs.
Rent/Renta	\$ 9,616.24
Utilities/Utilidades	\$ 2,094.48
Other	\$ 750.00
Twinning	\$.00
Total	<u>\$ 12,460.72</u>
Expenses/ Gastos	\$ 276.66
Church Collection	\$ 12,279.22

Twinning is the donation of funds to a conference who needs additional support. For questions, volunteering, or assistance please call us.

Phone: 281-463-4560 Hours: M-W-F 9 am – 12 noon
Horas Oficina: Lun-Mierc-Vier 9 am - 12 mediodía

Scam Alert

Some parishioners have reported receiving text or e-mail messages from the parish clergy or staff, asking for gift cards or other forms of financial assistance. These are scams! Be Alert!

No one from the parish will ever send you a message asking for money. If in doubt, contact the clergy or staff directly by phone. The parish office number is 281-463-7878.

You have the right to report scams to the Office of the Attorney General of Texas. The webpage is: TexasAttorneyGeneral.gov/consumer-protection.

Stewardship

February 6: 5th Sunday in Ordinary Time

- Regular offertory \$ 30,863

February 13: 6th Sunday in Ordinary Time

- Regular offertory \$ 25,800

February 20: 7th Sunday in Ordinary Time

- Regular offertory \$ 26,258
- St. Vincent de Paul *unavailable*

February 28: 8th Sunday in Ordinary Time

- Not available at time of publication.*

Monthly Faith Direct

- February (through Feb. 27) \$ 53,228

Diocesan Services Fund

- Goal \$ 229,000
- Pledged *unavailable*
- Paid \$ 1,570
- Participants 13

To give on-line go to: FaithDirect.net

Parish code: **TX417**

St. Joseph Altar

During a terrible famine, the people of Sicily prayed to St. Joseph for relief. He answered their prayers, and the famine ended. In gratitude, they prepared a table with foods they had harvested, which were shared with the poor.

The SEAS Italian Club will host a St. Joseph altar in the CLC, on **Sunday, March 20** beginning at 10:30 a.m. A traditional pasta dinner will be served from **11:00 a.m.—2:30 p.m.** Donations will be accepted in exchange for the meal but there will be a modest charge for dessert. To-go orders are accepted. Proceeds go to feed the poor in our community.

Prayer Groups

Friday Charismatic Prayer Group

Looking for something to refresh your soul and re-energize your spirit after a long week? You are invited to stop by Prayer Group on **Friday nights from 7:30pm to 9pm** to worship in song, listen to God's word, connect His word to your life, learn about the Saints and enjoy fellowship. All are welcome!

For more information or to be added to our weekly email invitation which provides the location of our meeting along with the topic that will be discussed, please contact:

- Samy Ghattas at: sbghattas@gmail.com or
- Joanna Porche at: joanaporche@gmail.com



REGISTRATION IS NOW OPEN!

Life in the Spirit Seminar

**Friday, March 25 (7pm-9pm) and
Saturday, March 26 (8am-3:30pm)**

Jesus promised to send an advocate, the Spirit to guide and help us. We have received the Holy Spirit in sacraments such as Baptism and Confirmation. The Life in the Spirit Seminar helps stir the Holy Spirit within us.

Come and encounter Jesus Christ through the Holy Spirit and grow in your relationship with Him!

Register on-line today!

Deadline is March 20 - Space is limited

Fee of \$10 per person includes breakfast pastries and lunch.

Presented by the English Charismatic Prayer Group

Christ the King Catholic Charismatic Group

Christ the King Catholic Charismatic Prayer Group invites you to their weekly fellowship, prayer/Bible study, praise and worship every Friday from 7:00 p.m. – 9:00 p.m. in Temp 3 room 6. Vigil night is every last Friday of the month from 10:00 p.m. – 12 midnight. Contact: sister Ukay Nnagha (346-434-3191) or sister Evelyn Chukwu (832-212-8333).

Family Adoration

A special time of Eucharistic adoration set aside for families, especially those with young children. We meet every Friday from 4:00 p.m.—5:00 p.m. in the Family life Center (FLC). We pray the Rosary and other prayers and devotions that are geared towards children. We do not meet on Good Friday.

Men's Morning of Recollection

The men of the parish are invited to participate in a Lenten Morning of Recollection on **Saturday, March 12**. We begin with the Holy Mass at 9:00 a.m., followed by a preached meditation, the Holy Rosary, and time for confession. There will be a talk on some virtue, concluding with lunch.

Perpetual Adoration

You are welcome to spend time before the Lord in prayer and silent adoration. The chapel is always open, twenty-four hours a day.

We are in need of adorers at the following hours:

- Tuesdays: 8:00 p.m.—9:00 p.m.
- Thursdays: 3:00 p.m.—4:00 p.m.
- Fridays: 3:00—4:00 a.m. & 9:00 —10:00 p.m.

Women's Morning of Recollection

We meet every fourth Saturday of the month in the church. Mass is at 9:00 a.m., followed by a preached meditation, time for confession, time for silent prayer and reflection, and a talk on some Christian virtue. The next meeting is **March 26**.

Como Confesarse Bien

Antes de confesarnos realizamos un examen de conciencia. Vamos a un lugar tranquilo, preferiblemente ante el sagrario, para orar. Solo Dios puede iluminar nuestra realidad y darnos los medios para responder a la gracia. La confesión solo puede hacerse ante un sacerdote.

Examen de Conciencia:

- ¿He rechazado o abandonado mi fe? ¿Me he preocupado por conocerla mejor? ¿La he defendido, o me he avergonzado de ella? ¿Hay algún aspecto de la fe que no acepto?
- ¿He tomado el nombre de Dios en vano? ¿He hecho espiritismo o he confiado en adivinos u horóscopos? ¿He mostrado falta de respeto por las personas, lugares o cosas santas?
- ¿He faltado voluntariamente a Misa los domingos o días de precepto?
- ¿He recibido al Señor en la Sagrada Comunión teniendo algún pecado grave en mi conciencia?
- ¿Le he recibido sin agradecimiento o sin la debida reverencia?
- ¿He sido impaciente, he tenido celos o me he enfadado?
- ¿He albergado rencores o he estado poco dispuesto a perdonar?
- ¿He sido violento con otras personas verbal o físicamente?
- ¿He cooperado o alentado a alguien a abortar, destruir embriones, a la eutanasia o a otro medio para acabar con la vida humana?
- ¿He tenido odio o he hecho juicios críticos de pensamiento o de obra? ¿He menospreciado a otros?
- ¿He hablado mal de otros?
- ¿He tomado alcohol en exceso? ¿He consumido drogas?
- ¿He mirado vídeos o páginas web pornográficas? ¿He cometido actos impuros conmigo mismo o con otras personas? ¿Vivo con alguien como si estuviéramos casados sin estarlo?
- Si estoy casado, ¿procuro amar a mi cónyuge por encima de cualquier otra persona? ¿Pongo mi matrimonio en primer lugar? ¿Y mis hijos? ¿Tengo una actitud abierta a nuevas vidas?
- ¿Permito que mi trabajo ocupe tiempo y energías que corresponden a mi familia o amigos?
- ¿He sido soberbio o egoísta de pensamiento o de obra? ¿He desatendido a los pobres o a los necesitados? ¿He gastado dinero para mi comodidad o lujo personal olvidando mis responsabilidades hacia otros y hacia la Iglesia?
- ¿He dicho mentiras? ¿He sido honesto y diligente en mi trabajo? ¿He robado o engañado a alguien en el trabajo?
- ¿Me he dejado llevar por la pereza? ¿He preferido mi comodidad personal al servicio a los demás? ¿He desatendido mi responsabilidad de acercar a los demás a Dios con mi ejemplo y mi palabra?

Pasos básicos para confesarse

Antes de nuestra confesión, examinemos nuestra conciencia, pidiendo por la ayuda de Dios para conocer y arrepentir de nuestros pecados.

Penitente: Ave María Purísima.

Sacerdote: Sin pecado concebida.

Penitente: Bendígame padre porque he pecado. Hace ... de mi última confesión. Mis pecados son...

Confiesa todos los pecados desde tu última confesión.

No es necesario ilustrar detalles de lo ocurrido.

Por ejemplo: "Ofendí gravemente a mis padres de palabra" en vez de: "Íbamos en el carro y papa sacó una vieja conversación.... me habló de una novia... reaccioné....entonces..."

Confiesa tus propios pecados y no los ajenos. El confesionario no es para desahogarse contando lo que nos han hecho otros.

Sacerdote ofrece algún consejo e imparte la penitencia.

Penitente reza el Acto de Contrición, por ejemplo:

Pésame Dios mío y me arrepiento de todo corazón de haberte ofendido. Pésame por el infierno que merecí y por el cielo que perdí; pero mucho mas me pesa porque pecando ofendí un Dios tan bueno y tan grande como vos; antes querría haber muerto que haberle ofendido, y propongo firmemente ayudado por tu divina gracia, no pecar mas y evitar las ocasiones próximas de pecado. Amen

Sacerdote imparte la absolución con estas palabras: "Dios, Padre de misericordia..." y despide al penitente en paz.

How to go to Confession

Before confession we examine our conscience, asking God's help to know our sins and to be truly sorry for them.

Rite of Reconciliation

Priest: In the name of the Father and of the Son and of the Holy Spirit.

Penitent: **Amen.**
Bless me, Father, for I have sinned.
It has been (say how long) **since**
my last confession.
My sins are (confess your sins).

When you are done, the priest will give you spiritual advice and assign a penance. He will then ask you to pray an Act of Contrition, for example:

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

- or -

O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven and the pains of hell; but most of all because they have offended Thee, my God, Who art all good and deserving of all my love. I firmly resolve with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

The Priest then says the Prayer of Absolution while the penitent listens. At the conclusion of the prayer, make the sign of the Cross and say, "Amen."

Priest: Go in peace
Penitent: **Thanks be to God**

Complete your penance as soon as possible. If you were given prayers to say, try to pray them in church before departing.

How to Make a Good Confession

Confession is not difficult, but it does require preparation. We should begin with prayer, placing ourselves in the presence of God, our loving Father. We seek healing and forgiveness through repentance and a resolve to sin no more.

Then we review our lives since our last confession, searching our thoughts, words and actions for that which did not conform to God's command to love Him and one another through His laws and the laws of His Church. This is called an examination of conscience.

Examination of Conscience

Ask God to help you make a good confession. In quiet reflection ask yourself: Since my last confession...

- Did I pray to God, daily and from my heart?
- Did I live and witness to my Catholic faith, joyfully & courageously? Did I take God's name in vain? Did I curse anyone or make false oaths? Did I engage in superstitious or occult practices?
- Did I attend and participate actively at Mass on Sundays and holy days of obligation? Did I fast & abstain on prescribed days?
- Did I respect people in authority? My employer? Did I honor my parents?
- Was I violent or unnecessarily aggressive (e.g., physically, verbally, psychologically, etc.) with anyone?
- Was I prideful, stubborn, or rude with anyone? Did I hold a grudge?
- Did I abuse alcohol, prescription medications, or illegal drugs? Did I overindulge in food?
- Did I consent to, recommend, advise, or actively take part in an abortion? Did I use abortifacient drugs?
- Did I view pornography, entertain lustful thoughts, conversations or actions?
- Was I unloving to my spouse? Did I engage in adulterous activity (e.g., sexual, emotional, virtual, etc.)? Did I use contraceptives?
- Was I neglectful of the spiritual, intellectual, emotional, or physical needs of my spouse, children, or family?
- Did I steal or damage another's property? Was I honest and just in my business relations? Did I waste time at work?
- Did I contribute to the needs of the spiritually and materially poor with my time and resources?
- Did I engage in gossip? Did I lie? Did I speak poorly of others? Did I judge anyone unfairly?
- Did I envy anyone? Was I jealous of others or covet another's belongings?

Prayer Requests

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If you know anyone who is sick or in need of prayer support, please call 281-463-7878.

Comuníquese al teléfono anterior si conoce algún enfermo que necesita el apoyo de la oración de nuestra familia parroquial.

Bulletin Information

The bulletin is published seasonally. All submissions must be submitted in an MSWord document, using Century Gothic font, size nine. Please do not add any formatting to the document (bold, italics, text boxes, etc.) . All submissions are subject to editing.

The next edition of the bulletin will be the Easter edition. **Submissions are due by March 21.** The current plan for publication is:

- **Easter** (published on April 10)
- **Summer** (published on June 5)
- **September** (published on Aug. 28)

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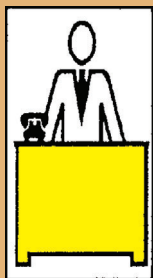


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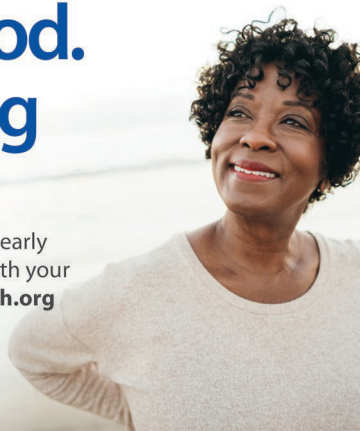
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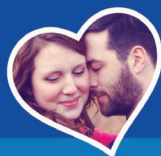
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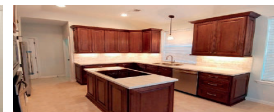
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