

## **5<sup>th</sup> Sunday of Lent**

Cycle B, 3.21.21  
Jeremiah 31:31-34/Hebrews 5:7-9/  
John 12:20-33

### **Act of Contrition**

*My God, I am sorry for my sins  
with all my heart.  
In choosing to do wrong  
and failing to do good,  
I have sinned against you  
whom I should love above all things.  
I firmly intend, with your help,  
to do penance, to sin no more,  
and to avoid whatever leads me to sin.  
Our Savior Jesus Christ suffered and died  
for us. In his name, my God, have mercy.*

### **Examination of Conscience**

*(based on Pope Francis' 15 admonitions to  
the Vatican Curia (2014) – ailments or sinful  
tendencies that can afflict us all.)*

#### **1. The ailment of feeling 'immortal' or 'essential'**

It is the ailment of those who 'turn into masters and feel superior to everyone rather than in the service of others. It's often called the "Messiah complex" – an exaggeration of my own importance. The Lord calls us to humility.

#### **2. The ailment of excessive activity**

It is the ailment of those who, like Martha in the Gospel, lose themselves in their work, inevitably neglecting "what is better," sitting at Jesus' feet. Jesus called his disciples to "rest a little" because neglecting necessary rest brings anxiety and stress.

#### **3. The ailment of over-planning**

Good planning is necessary but without falling into the temptation of wanting to block or steer the freedom of the Holy Spirit. Life without spontaneity is a prison.

#### **4. The ailment of rivalry and vainglory**

When outward appearances and personal success become the primary objectives of life we can lose our authenticity and become very superficial. The Lord isn't concerned with the "outside;" God looks into the heart of each person.

#### **5. The ailment of gossip and chatter**

Talking about others in a negative way can ruin the reputation of colleagues, family members, co-workers, fellow students. It is the ailment of cowards, who do not have the courage to speak upfront and so talk behind one's back.

#### **6. The ailment of indifference to others**

When we think only of ourselves we lose the truthfulness and warmth of human relationships. There are so many ways we can help the people around us – even just by a kind word or a listening ear. Like those leaders in the gospel story who walked by the man beaten on the road to Jericho, we fail to be like the Good Samaritan who went out of his way to help.

#### **7. The ailment of the fun(er)al face**

It is the ailment of people who are scowling and unfriendly and think that, in order to be serious, they must show a strict face and treat others - especially those, whom they think are inferior – with rigidity, harshness and arrogance. In reality, people like that are usually fearful and insecure about themselves. The follower of Jesus strives to be polite, serene, enthusiastic and joyful. A healthy dose of humor can benefit everyone! Pope Francis shows how true that is in his own life.

### 8. The ailment of worldly profit

To relentlessly seek to increase our power or personal profit can lead us to defame, slander and discredit others. We see it every day in newspapers and magazines, in partisan politics, in corporate greed. It isn't only on a grand or public scale that this happens, however. It can happen in competition among students in a classroom, at work with colleagues in the boardroom, even among brothers and sisters. Jesus said: "Seek first the Kingdom of God and God's justice, and all these things shall be given to you."

### 9. The ailment of closed circles

When belonging to a clique becomes more important than belonging to the greater community and, in some situations, than belonging to Christ himself, we cut ourselves off from others or put ourselves above others. It can even foster discrimination and bigotry. There is so much to be gained by interacting with all sorts of people. The world (and the people in it) is a garden with all kinds of beautiful flowers. God wants us to enjoy them all.

### 10. The ailment of hoarding

When the followers of Jesus seek to fill an existential void in our heart by hoarding material possessions – not because of necessity, but only to feel secure – we lose our balance and perspective. We spend precious time and energy on material possessions and less time on matters of faith and love. Jesus urged his disciples to "travel lightly" so they could be free to proclaim the Kingdom and announce God's good news.

## EUCCHARIST AS PRIMARY SACRAMENT OF RECONCILIATION

Throughout the entire celebration of the Mass forgiveness is prayed for and given:

- Kyrie eleison (**Lord have mercy; May almighty God have mercy on us, forgive us our sins...**)
- Confiteor (**I confess to almighty God...**)
- Gloria (**You take away the sins of the world, have mercy on us**)
- Liturgy of the Word (**many passages from Isaiah, the Prophets, St. Paul, the Gospels are stories that are about reconciliation**)
- Eucharistic Prayer (**Take this cup and drink...poured out for you... for the forgiveness of sins**)
- Lord's Prayer (**forgive us our trespasses...deliver us, Lord, from every evil**)
- Sign of Peace (**look not on our sins, but on the faith of your Church...**)
- Breaking of the Bread (**Lamb of God, you take away the sins of the world, have mercy on us.**)
- Invitation to Communion (**Behold the Lamb... who takes away the sins... I am not worthy... say the word and my soul shall be healed**)

