



Holy Spirit

Catholic Parish and School

March 3rd, 2019

8th Sunday in Ordinary Time

Worship Centers:

Holy Spirit Catholic Church

201 44th St S; Great Falls, MT 59405

Holy Family Chapel

2800 Central; Great Falls, MT 59401

Parish Office:

Mon-Thur: 8:30-4, Fri: 8:30-noon

201 44th St S; Ph. 452-6491, Fax 452-6495

Email: hsparish@holyspiritgf.org

Website: holyspiritgf.org

Holy Spirit Catholic School

2820 Central Ave, Great Falls, MT 59401

761-5775; Principal: Jim Wichman

Email: jwichman@holyspiritgf.org

Website: holyspiritgfschool.org

Check out FORMED.org.

Parish code: PGMJZ

Mass Schedule:

Weekend Masses:

Saturday 4:30pm

Sunday 8:30 & 11am, 6pm

Week day Masses:

Monday 8:30 am; Holy Spirit

Tuesday 5:15 pm; Holy Spirit

Wednesday 8:30 am; Holy Spirit

*2nd Wed. Park Place, 2:30 pm

*3rd Wed. Highgate, 1:30 pm

Thursday 8:30 am; Holy Spirit

Friday 8:30 am; Holy Family Chapel

Reconciliation:

Saturdays 2-4 pm; Wednesdays 5:30-6:30 pm



Adoration:

Sunday 7 pm -- Tuesday 5 pm

Parish Staff:

Fr. Doug Krings

Pastor

Dcn Bill Medved

Deacon

Dcn Pete Woelkers

Deacon

Mark Meyer

Parish Administrator

Aubrey Rearden

DRE, Worship,

Youth Minister

Cindy Eultgen

Christian Service

Nick Wingerter

Adult Formation,

RCIA

Kody Diekhans

Music,

Elem. Formation

Chuck Osterman

Maintenance

Mary Moore-Wingerter Administrative Asst.

"Lenten practices of giving up pleasures are good reminders that the purpose of life is not pleasure. The purpose of life is to attain to perfect life, all truth and undying ecstatic love - which is the definition of God. In pursuing that goal we find happiness." Ven. Fulton Sheen



Baptism Prep Sessions

If you are expecting a baby or recently had a baby and would like the baby baptized at Holy Spirit, you must attend our baptism Prep. Classes.

The next sessions will be:

Sun. 3/3 @ 1 pm at Sts. P&P

Sun. 3/10 @ 1 pm at Sts. P&P



Ash Wednesday Services

Wednesday March 6th

8:30 am at Holy Family Chapel

12:15 pm at Holy Spirit

6:30 pm at Holy Spirit

Confessions: 5:00-6:00 pm

No Elementary Formation on Wed. March 6!



"Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil is not in vain when it is done in the Lord." The 2019 Care and Share Appeal begins this weekend offering Catholics throughout the diocese the opportunity to Care and Share in the support of critical ministries of our Church that will benefit the more than 38,000 Catholics and innumerable others throughout the 94,500 square miles of our diocese. Please prayerfully consider saying "yes" to supporting this year's Appeal, when you receive your appeal packet later this week, knowing that your generosity will serve to strengthen our Church and faith by helping those who struggle to know "your toil is not in vain."

Due to the

Fat Tuesday Dinner on

March 6th,

we will NOT have a

Fellowship Lunch.

See you on April 2nd!

**DUE TO THE WOMEN'S
DAY OF PRAYER,
THERE WILL NOT BE
BIBLE STUDY 3/3!**



Weekly Happenings~

Mass Intentions:

Mass	Intention	Requested by
Mon 3/4-8:30am	+Cheryl Preciado	Worship Comm
Tue 3/5-5:15pm	+Agnes Lipetzky	T Rausch
Wed 3/6-8:30 (HF)		
-12:15 pm	+John Culliton	P Coolidge
-6:30 pm	Parishioners	
Thu 3/7-8:30am	Members of Our Lady of Snows	
Fri 3/8-8:30 (HF)	+Lowell Anderson	S & K Anderson
Sat 3/9-4:30pm	+Gert Lorang	B Byrnes
Sun 3/10-8:30 am	+Trevor Semenza	N Frame
-11:00 am	+John Verploegen	L Diekhans
-6:00 pm	Parishioners	

Readings for next week~ 1st Sunday of Lent

1st Reading: 1 Deuteronomy 26:4-10

2nd Reading: Romans 10:8-13

Gospel: Luke 4:1-13

Coffee & Rolls Schedule~

March 3: Youth Group Breakfast, **CANCELLED!**

March 10: 8:30: Nowak family; 11:00: Linn; (additional help needed please!)

Bus Schedule~

March 9: Dave Stukey and Therese Griffith

March 10: Jan Olson and Caleb Schaeffer

Calendar of events~

Saturday:	Fair Trade Coffee Sales	
Sunday:	Fair Trade Coffee Sales	
	Youth Group Breakfast!	
	Elem. Formation – 9:45 am	Sts. P&P
	Women's Day of Prayer – 2 pm	Hall
	Youth Group – 7 pm	Sts. P&P
Tuesday:	Fat Tuesday Dinner – 6 pm	Sts. P&P
Wednesday:	Ash Wednesday	
Thursday:	RCIA – 7 pm	Sts. P&P
Friday:	Stations of the Cross – 5:30 pm	
	Divine Mercy Program – 6 pm	
Sunday:	Elem. Formation – 9:45 am	Sts. P&P
	Parish Nurses – 9:45 am	Conf. Rm.
	Bible Study – 1 pm	Hall
	Baptism Prep – 1 pm	Sts. P&P
	Youth Group – 7 pm	Sts. P&P



Please join us to pray the Rosary at 4:45 p.m. on Tuesday at Holy Spirit, 8 a.m. Thursday and Sunday at Holy Spirit, 8 a.m. Fridays at Holy Family and 4:00 p.m. on Saturday at Holy Spirit. The Knights of Columbus Council #9395 will lead the Rosary before the 11:00 Mass on the 5th Sundays of the month

If you could give to Holy Spirit Parish what you would otherwise pay in taxes owed to the State of Montana in 2019, would that interest you? To learn more, contact the Catholic Foundation of Eastern Montana at

406-315-1765 or info@catholicfoundationmt.org.

Liturgical Ministers for March 9, 10~

4:30 PM	8:30 AM	11:00 AM	6:00 PM
★ Sub requested ~ log in to Web Terminal and accept the sub			
Bread Baker		Holy Wash	
	P Kolar H Stubbs	P Fehres	
Sacristan			
A Klundt	J Gort	C Paul	A Rearden
Greeters			
Kasuske family	J & J Christiaens, S & D Barros	Stimac family	
Ushers			
M Thompson J Tamowski	M Van Heel J Collins	N St. Claire	
Cross Bearer			
L Moog	L Hellyer	N Stimac	A Devlin
Altar Servers			
R Moog C Polacek	C Collins K Trottier	J Stimac D Dimke	P Devlin T Devlin
Readers			
R McDunn T Grau	J Van Heel T Katz	M Leaf J Guter	K Nyman-Wendt B Rosendale
Gift Presenters			
P & T Hilgendorf B Lorenz	Warren family	L & M Francis, S Dalen	Nunez family
Ministers of the Eucharist			
B Medved M Lacher S Mayernik M Kasuske F Polacek K Reed K Weinheimer C Grau T Grau E Becker T Gilligan T Stukey F Handwerk M Handwerk R McDunn	P Woelkers K Warren G Drake J Fauque J Fauque H Fauque G Matsko M Nickol I Kelley M Schulte J Schulte N Polk K Prinzing L Durocher J Durocher	P. Woelkers C Christiaens H Houghton D Nicholson P Byrne J Byrne V Flick H Boysun G Boysun M Stimac Z Stimac Q Pray C Huber K Krattiger ★ T Paul	K Jones C Nunez K Heffernan

Care for our Common Home!

Thank you for being a steward of the Earth!



Weekend	Newspaper	Cardboard
1st (Mar. 1-7)	K of C 9395	C. Jernigan
2nd (Mar. 8-14)	K. Weinheimer	OPEN
3rd (Feb. 15 - 21)	OPEN	R. Shipley
4th (Feb. 22 - 28)	D & P Birkenbuel	C. Nowak

School Paper: Greg Bonilla

School Cardboard: K of C (1st & 5th weeks)

Week starts on Friday

**Call Parish Office for information on RCIA,
Adult Formation or Marriage Preparation**

For all who seek to become Christian believers

Call Nick 868-4770 or come Thurs. at 7 pm in the RCIA room (Sts. Peter and Paul Center) all year round. 3/7: Jay Stenzel, Greg Kushnak, Temptations of Jesus, Who is God the Father?

WANT TO KNOW MORE ABOUT CATHOLICISM?

Come support the RCIA program and grow your faith as well. Open to all parishioners at 7 pm Thursdays meet every week in the RCIA room for prayer and discussion with others who are also curious about our faith.

Youth Ministry

Aubrey Rearden 452-6491 ext. 207 aubrey@holyspiritgf.org
Cell Phone: 868-6713

Youth Group Sunday Nights:

Mass 6:00pm Youth Group 7:00-8:30 pm



NO Youth Group this Sunday due to the frigid temperatures predicted. Our next youth group will be on Sunday March 22nd.



Last call for...CYC Convention -Carroll College-Helena March 22-24, 2019

CYC Convention is a gathering of over 300 Catholic youth from around the state of Montana, it is 36 hours of faith and fun in Helena on the campus of Carroll College & the Cathedral of St. Helena. Registration packets were given out at youth group and emailed to parents this week, they are also available in the book rack in the entrance of the church. Registration forms and fees were due to Aubrey on Sunday February 24, 2019, late registration is available until **March 10 w/ an additional \$30 fee.**

Elementary Faith Formation

Kody Diekhans 452-6491 pianokody@holyspiritgf.org
Elementary Formation (Pre-K - 6th Grade)
& Sacramental Prep (2nd Grade)
Sunday 9:45-10:45am or Wednesday 6:15-7:15pm

Elementary Formation Classes:

Sunday: 9:45-10:45

Wednesday: **NONE**, see Ash Wednesday Service times on the front page.

Vacation Bible School

Kody Diekhans 452-6491 ext. 206 pianokody@holyspiritgf.org



VBS DATE: June 24th—28th

Registration begins March 16th

Check out more information and ways YOU can help in the hallway.

VBS Decorating Supplies Ask!!

Again, we need YOUR help!! We are kicking off our Vacation Bible school for this summer and we NEED YOUR TRASH! We are trying to recycle as much as possible. Handouts are located by the posters in the hallways listing the items we have identified to date. Please pick one up after Mass! Thank you in advance for helping to make this a ROARING good time for our children!!

Holy Spirit School

Jim Wichman - Principal Melissa Hallahan, Vice-Principal
Jackie Wike, Robin Verzuh Administrative Assistants
Colette Longin, Development Director, clongin@holyspiritgf.org
761-5775 www.holyspiritgf.org

We are now registering for the 2019-2020 school year! Our open houses with be **Thursday, February 21st**. Tiny Tots (3 year olds) and Pre-K (4 year olds) Open House happens the 21st from 8am-11am, and the whole school will be open in the evening for interested parents and their students from 5:30-6:30 pm. We invite you to come see for yourself why we're known for our tradition of excellence in education in Great Falls! Our smaller classes mean teachers can accommodate all learning levels and give special attention where needed, while supporting the spiritual growth of their students...and fostering and encouraging the same principles your family values at home. Questions? Please call Colette at 761-5775 or email clongin@holyspiritgf.org.

Did you benefit from the gifts of a Catholic education? Consider making HSCS the beneficiary of a charitable donation today, and help continue the gift for another generation of students! You can even donate online at our website: www.holyspiritgfschool.org.

Thank you to everyone who supported Great Falls Catholic Schools and our inaugural event The BALL! We had over 500 people attend this wonderful evening to benefit our students and schools.

Christian Service

Cindy Eultgen 452-6491 ext. 208 cindy@holyspiritgf.org

This Weekend: Fair Trade Coffee, Tea, and Chocolate sales

after Mass in the Hall.

Volunteers:

4:30 PM Mass Lorraine Jenkins & Marilyn Miner

8:30 am Frank and Rosanne Olszewski

11:00 am Melissa Frazier-Harris Family



Your purchase of cup of Equal Exchange goods supports a trade system that empowers farmers, strengthens communities, and benefits the environment. Find out more and volunteer: Be a part of a chain that helps small farmers with less 'middle person' to support a just system and provide scholarships for students in Uganda.

THANK YOU TO EVERYONE WHO HELPED WITH THE FELLOWSHIP DINNER last week, we served 110. we work toward increasing awareness and response to justice: "the conscience is called by this social teaching to recognize and fulfill the obligations of **justice** and **charity** in society." COMPENDIUM OF THE SOCIAL DOCTRINE OF THE CHURCH, NO. 83

Pick up a bowl on Ash Wednesday Catholic Relief Services invites us to pray for those in need around the world and in our community with Rice Bowls. The three pillars of Lent are Prayer, Fasting, and Almsgiving. Consider how your family will incorporate your Lent to make an impact around the world.



All women welcome TODAY!

Women's Day of Prayer "Gaze Upon Christ"
Sunday, March 3 from 2-5 pm in the Parish Hall

Stewardship

Pope Francis reminds us that the Lord shares our burden: "There is no cross, big or small, in our life which the Lord does not share with us." The Gospel for today reminds us to pay attention to our own hearts and avoid judging the hearts of others. The Spirit of Jesus directs us to live a life of forgiveness toward both ourselves and our neighbors. Compassionate understanding requires our full attention if we are to love well. At the Monsignor House we strive to be good listeners for our guests as well as our volunteers.

If you would like a tour of the Monsignor House at 2810 Central, or want to learn more about Family Promise Holy Spirit give Kathie Malby a call at 781-5033 and leave a message. She will return your call as soon as she can.


Service Opportunities

Anyone with an interest in science and kids is invited to become a judge for the Montana Region II Science and Engineering Fair. Judges are needed to judge the high school **or** middle school fairs on Friday, March 8 **and** the elementary fair on Thursday, March 7. Each judge will evaluate between 6-8 projects. You can review the full schedule and see the judging criteria at <http://gfcmsu.edu/sciencefair/judges.html>. If you are interested contact Charla Merja at 771-4301 or charella.merja@gfcmsu.edu.

The C.M. Russell Museum is looking for hard-working volunteers to help out with different aspects of The Russell :An Exhibition and Sale to Benefit the C.M. Russell Museum. The auction runs from March 17-24. You can see all the different positions we have available at our volunteer event page <https://signup.com/group/827012613749798028>. You can also call Cayce Richards at 406-727-8787 ext. 339 or at crichards@cmrussell.org.

Worship


Aubrey 452-6491 ex. 207 aubrey@holyspiritgf.org



There will be a collection basket in the entrance of the church to deposit last year's blessed palms.

Music

Kody 452-6491 ex. 206 pianokody@holyspiritgf.org



Choir practice: NONE due to Ash Wednesday!

Mass parts can be found in the white pamphlet in the pews!
You can also LISTEN to the Mass parts on our website!

Parish Council of Catholic Women

PCCW will meet on Monday March 11 at 1 pm in the parish Conference Room. All women are welcome to attend.

Milestones

Holy Spirit Parish welcomes Katie Tercek who joined our parish recently. Welcome!

Saint Michael Radio ~
***FM 97.1**

"Sharing the Splendor of Truth"

Courtesy Announcements

You are invited to come and see who we are as Secular Franciscans. We see to pattern our lives after Christ in the Spirit of St. Francis of Assisi. Date: March 30th Saturday. Time: 2-4 pm. Place: Poor Clare Monastery 3020 18th Ave S. All are welcome! Any questions call Rita at 799-3815.

"A Spa Day for the Soul"

Catholic Women's Conference

"Come to me all you who labor and are burdened, and I will give you rest." - Matthew 11:28

April 27th, 2019

Marriott-Colonial, Helena MT

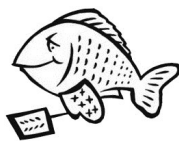
Visit HelenaCWC.com

for more information and registration.

Flyers are available in the parish office.

*Save
the
Date*

LOST! A Ziploc baggie with about 10 rosaries in it. The rosaries are all different colors and have tags with names on them. If you find them, please call the church office.



Knights of Columbus Fish Fry at the Knights of Columbus Hall, 906 Central Ave W. Dinner will be served March 1, 15, 29 and April 12.

Adults: \$10.00, ages 6-12 \$5, 5 and under FREE!

Go Boxes for home bound are available.

Come join us for this wonderful Lenten tradition!

"Candy Bars from Heaven" is what the inmates at the County Jail and the Stateside prison refer to when volunteers from St. Dismas Prison Ministry visit the facility every Wednesday (jail) and twice on Thursday (stateside) every month bringing candy bars, paper (writing and drawing), plus soap for personal use and laundry. The ministry is in need of candy bars/candy to supplement what we are able to provide. We are having a Candy Drive and have baskets at the entry of Church for donations.



HOPE AND HEALING AFTER AN ABORTION ~
Rachel's Vineyard of Montana

Are you or someone you know suffering from a post abortion experience? There is hope and healing!

Please consider attending the next Rachel's Vineyard Retreat!

Next retreat: March 15-17, 2019.

Participation is completely confidential.

Contact Linda at 406-366-6062 or lindapeterson238@yahoo.com

A retreat is also scheduled for this fall.

Help! We are trying to update our Parish records!!!

Please update your information with the parish.

Have you dropped your land line?

Have you changed your address?

Do you have a new email address?

Please call the parish office with any changes, 452-6491, or email hsparish@holyspiritgf.org

Roar some more!

at

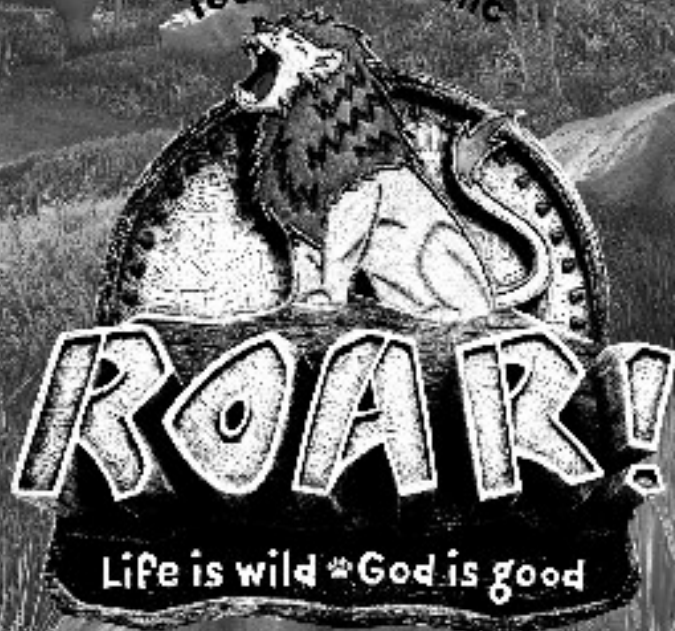
Holy Spirit's Vacation Bible School!!!

SAVE THE DATE

June 24-28, 8:30 to Noon

Registration
begins
March 17th.

Totally Catholic



Life is wild * God is good

Cum Christo 4th Day Renewal Weekend

22-24 March at St Ann's Cathedral Heisey Center



"Act justly, love tenderly, and walk humbly with your God." Micah 6:8

After the hustle and bustle of the holidays and feeling the need for a spiritual recharge, come to the **Cum Christo Renewal weekend, March 22 – 24, 2019**, for both **men and women** who have made a **Cum Christo** or **Cursillo** weekend. We are trying to energize our movement in Great Falls and hope you can spare a couple of days with your fellow 4th Dayers for a Spirit filled weekend which begins at 4 Pm on Friday and ends about 1 PM on Sunday. You can stay overnight at the Heisey Center at St Ann's or at your OWN HOME. All meals will be provided at the retreat. We will listen to talks and have discussion about "the Cum Christo Experience", Eucharistic adoration, Mary, Jesus, Changing Sense of Sin, Healing and Forgiveness, Why Pray, Evangelization, and the Holy Spirit. We will have Mass each day as well as other spiritual activities. Come spend this weekend with the team of experienced Cum Christo presenters from across the diocese and Bishop Michael Warfel who will be joining us.

Time is running short to sign up!! Don't let procrastination and a worldly apathy get in your way. Take charge and be recharged in your Spirit-filled walk with Christ.

NAME _____ Phone _____

Address _____ e-Mail _____

City _____ Zip _____

Staying OVERNIGHT at Heisey Center Yes _____ No _____

Year & Location of your Cum Christo Weekend _____

PLEASE NOTE: Suggested donation is \$50 per person. Make checks payable to: GF Big Sky Cum Christo. Please mail your completed form to Big Sky Cum Christo Renewal, PO Box 1399, Great Falls, MT 59403

For More Information Contact Deacon Pete Woelkers at (406) 899-7383 or pwoelkers@diocesegfb.org

Growing in FAITH™

Discovering **hope and joy** in the Catholic faith.

March 2019

One Minute Meditations

St. Matilda

From early on, St. Matilda was known for her beauty, holiness and intelligence. She was happily married to Henry the Fowler and had five children. Beloved by her subjects, she was known for donating generously to the poor. When Henry died, Matilda's sons, Otto and Henry the Quarrelsome, fought over the crown. After a failed rebellion, Henry died and Matilda left to live in a convent. Upon her death, she donated everything she owned, including her burial shroud.



Opportunities for holiness

It often seems that everyday life can't allow for a deep connection with God. When we are at work, or play, or at rest, we can do all things in a holy way. Each hour brings its chances for patience, kindness, unselfishness, and other virtues.

"Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need"

(Hebrews 4:16).



The new you

Lent is our chance to leave our old ways behind and adopt a new way of life. When Easter comes, what will the new you be like?

Be a more positive thinker. This is the keystone habit that will help you form the other important habits. Squash negative thinking and trust that God will work with you to accomplish goals you set that are in harmony with his will.

Focus on what's important. First, identify what is most important to you – family, friends, faith, and so on. Then eliminate everything else. Not only will you be free to focus on what is most important, this habit will spill over into other areas of your life, such

as tasks, projects, and communication.

Find a powerful prayer routine. The best prayer routines are the ones we follow every day. A firm, daily routine helps you focus on what's important, not just what comes up. Make sure to concentrate on Scripture and add time to listen, too.

Add kindness.

Kindness is genuinely caring for others, wanting the best for them, and taking action to demonstrate that caring. Each day,

make a decision to add an act of kindness to your day. Let someone go ahead of you in line, give a sincere compliment to a stranger, praise a coworker's effort, greet a passerby.



Why Do Catholics Do That?

Why do Catholics bow at the names of Jesus and Mary?

Bowing is a sign of honor given to royalty and to others of high status. Jesus is the Son of God and our king. Therefore, Mary, his mother, is the Mother of God and our queen. "A bow of the head is made when the three



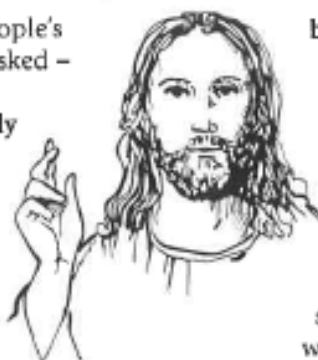
Divine Persons are named together and at the names of Jesus, of the Blessed Virgin Mary, and of the Saint in whose honor Mass is being celebrated" (*General Instruction of the Roman Missal*, #275a).

Jesus always gives more than we ask

During his time on Earth, Jesus exceeded people's expectations. He always gave more than was asked – but exactly what was needed.

A paralyzed man sought a cure for his body but Jesus cured his soul (Mark 2:1-12). A man's friends brought him to Jesus to heal his body, but Jesus forgave his sins. As God, Jesus has the power to heal. As man, he identifies with our deepest needs and gives us what is required to overcome them.

A widow needed strength to bury her son



but Jesus gave him life (Luke 7:11-17). God's love for us is bigger than we can imagine and moves him to shower us with miracles.

Invited to attend a wedding, he elevated the marriage to a Sacrament (John 2:1-12). At his Mother's request, Jesus blessed a new marriage by replenishing their empty wine stocks with better refreshment than they could have imagined. When we ask for her help, she makes sure her Son gives us what we need and more than we can imagine.

from Scripture

Luke 15:1-3, 11-32. Jesus promises we can always return home.

In this Gospel reading, Jesus told the story of the Prodigal (or reckless) Son. It goes like this. One day, the younger son demanded his father to give him his share of the estate. He left to squander it far from home.

When his money was gone, his situation grew desperate and he returned to his father, humbled and asking for mercy. The father was overjoyed to have his son back and threw a huge party. The older son, however, resented his brother's welcome and complained to his father that he didn't

get half the amount of celebrating for his work—and he was the "good one!"

Jesus promised that when we approach God with a truly repentant heart, we can always come home. It's not that God wants us to feel bad, but, like any

parent, he wants us to understand we did something wrong and be willing to change. Through this parable, Jesus shows us that God is a loving, generous Father whose deepest nature is merciful, forgiving love. We are reminded that we can always come home.



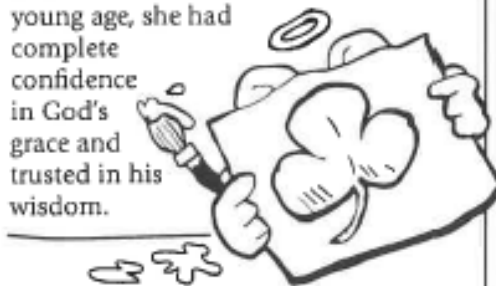
Feasts & Celebrations

March 6 – Ash Wednesday. The first day of Lent. Ashes from the burnt palms of the previous Passion Sunday are blessed and placed on the foreheads as a sign of penance. Ash Wednesday is a day of abstinence from meat and fasting—eating one simple meal and two smaller meals that together don't equal a full meal.

March 9 – St. Frances of Rome (1440). Although she preferred a life of service, Frances' wealthy parents required that she marry. With a sister-in-law, Vannozza, Frances formed a group of women dedicated to serving

the poor. Frances honored her husband, cared for her children until their deaths, and served the poor and sick. She even converted her house into a hospital.

March 25 – The Annunciation of the Lord (1st century). The angel Gabriel visited the Blessed Virgin Mary with the extraordinary news of her role as the mother of God. Even at her young age, she had complete confidence in God's grace and trusted in his wisdom.



Q What is saintly & advice for A Confession?

It can be tempting to approach Confession like it's just another (unpleasant) obligation. In fact, Confession is more than "checking items off the list." It's an encounter with God's mercy. Try these timely tips from the saints to make the most of Confession:



St. John Bosco – Be regular and consistent: "Go to confession once a month, and not oftener than once a week, unless your confessor advises it." Also, "Once we have chosen a confessor, we must go to him steadily [or else] he cannot advise us."

St. Francis de Sales – Be intentional: "However small the sins you confess may be, always have sincere sorrow for them together with a firm resolution to correct them in the future." Also, "Don't be satisfied with confessing [only] your venial sins...accuse yourself of the motive that led you to commit them."

St. Faustina Kowalska – Don't limit God's mercy: "Each one can become a great saint, so great is the power of God's grace. It remains only for us not to oppose God's action."

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[Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible]

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