

# PRAYERS IN THE PEW™ MONTHLY

## FAITH IN ACTION CALENDAR / HIGHLIGHTS

SATURDAY <b>AUG 13</b>	Feast of Blessed Michael J. McGivney
MONDAY <b>AUG 15</b>	The Assumption of Mary
SUNDAY <b>AUG 29</b>	The Beheading of St. John the Baptist

*Faith Formation Companion to Prayers in the Pew™*

### ➤ MONTHLY SYNOPSIS ◀

*August 2022 – During the summer month of August we go “back to basics” with a focus on the central reality of our faith, the Eucharist, and our need to worship the Lord with sincere devotion. That devotion may take the form of liturgical services like Mass and Adoration or more personal forms like prayers, novenas, and holy hours. Most importantly, a Eucharist-centered spirituality is the actual spirituality of Our Lady and of the Church itself.*

## THE ACT OF CONTRITION

The devil has great power to tempt us into sin – *however* – the Catechism reminds us that his power is not infinite (CCC, 395). God gives each of us a guardian angel to protect us and He’s also provided an instant way to break sin’s power over us: through repentance. Repentance is the *antidote* to sin.

That’s why repentance is a necessary element of the Church’s Sacrament of Penance. The four elements of a sacramental confession are contrition (repentance); confession of sin; absolution by a priest; and penance in reparation for our sin.

To help us spiritually, the Church gives us a prayer we can easily memorize as our way to express repentance. We call this prayer the Act of Contrition, and all of us (hopefully!) learned some form of this prayer in our catechism classes as children or from our parents.

If not, there is no time like the present. Here is a traditional form of the Act of Contrition, which is both a personal expression of sorrow and a prayer to God.

*O my God, I am heartily sorry for having offended you, and I detest all my sins, because I dread of the loss of heaven and the pains of hell; 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 confess my sins, to do penance, and to amend my life. Amen.*

There are slightly different versions of this prayer, but essentially, any good “act of contrition” expresses these seven elements:

1. We address our prayer to God because our sin offends Him specifically.
2. We are “heartily” sorry, meaning that our repentance is from the heart, not just an idea in the mind or a superficial sentiment.
3. We hate (“detest”) sin because it is the devil’s work, not God’s. Note that this is not a hatred of ourselves but of our sinful acts.
4. We also humbly acknowledge the truth that mortal sins can buy us a direct ticket to hell if we do not repent of them.
5. We understand that the love of God is the primary reason we repent – we regret offending Him “who is all good” and who deserves a better response from us.
6. We make a firm act of the will (“firmly resolve”) to get our moral lives back on track and never to sin again as we repent and confess. And finally,
7. We declare that we cannot possibly fight the devil on our own without the “help of His grace.”

This is the perfect prayer for our spiritual lives, and we should pray it every day. Why is it perfect? Because it puts the essential virtue of humility in the place of the sin of pride that causes both angels and humans to separate themselves from God.

## SPIRITUAL CHALLENGE

This month I challenge you to place the highest possible priority on developing a Eucharist-centered spirituality. This may take the form of visiting the Lord directly in your parish’s adoration chapel, or attending a daily Mass of possible, or just making a visit to a Catholic church to pray. A Eucharist-centered spirituality is the actual spirituality of Our Lady and of the Church itself.

– CA State Chaplain, Father John P. Grace, OSA



**Matthew 11:25-26** "At that time Jesus said in reply, 'I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to the childlike. Yes, Father, such has been your gracious will.'"

**Ephesians 3:20-21** "Now to him who is able to accomplish far more than all we ask or imagine, by the power at work within us, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen."

**Revelation 4:8** "The four living creatures, each of them with six wings, were covered with eyes inside and out. Day and night they do not stop exclaiming: 'Holy, holy, holy is the Lord God almighty, who was, and who is, and who is to come.'"

## FAITH FUNDAMENTALS



## Two Types of Sin

There are many ways to sin but only two *types* of sin. "All wrongdoing is sin," says the Apostle John, "but there is sin that is not deadly" (1 John 5:17). John's teaching is the biblical basis for the Church's understanding of the two types of sin: mortal and venial.

How do we know for sure whether *a particular sin* is mortal or venial? The Church gives us three criteria for evaluating sin.

## Mortal Sin

We can know an act is *mortally* sinful if it consists of:

1. Grave matter – namely, a serious violation of God's commandments.
2. Full knowledge – that is, an understanding of the wrongness of the act.
3. Deliberate consent – meaning that one is not forced by people or circumstances to commit it.

## Venial Sin

When an act is a *venial* sin, it lacks one or more of these criteria, or it is much less serious in any of these three areas.

## THE SCHOOL OF SAINTS



"Holiness does not consist in doing extraordinary things. It consists in accepting, with a smile, what Jesus sends us. It consists in accepting and following the will of God." ~ *Mother Teresa of Calcutta*

"The devotion to the Eucharist is the most noble, because it has God as its object; it is the most profitable for salvation, because it gives us the Author of Grace; it is the sweetest, because the Lord is Sweetness Itself." ~ *Pope St. Pius X*

"We regard falling from God's friendship as the only thing dreadful, and we consider becoming God's friend the only thing worthy of honor and desire. This, as I have said, is the perfection of life." ~ *St. Gregory of Nyssa*

## CALENDAR OF FAITH | AUGUST

<b>AUG 1</b> <i>Mon</i>	St. Alphonsus Liguori, Priest and Doctor
<b>AUG 4</b> <i>Thu</i>	St. John Marie Vianney, Priest
<b>AUG 5</b> <i>Fri</i>	Dedication of the Basilica of St. Mary Major in Rome
<b>AUG 6</b> <i>Sat</i>	Feast of the Transfiguration
<b>AUG 8</b> <i>Mon</i>	St. Dominic, Priest
<b>AUG 10</b> <i>Wed</i>	St. Lawrence, Deacon and Martyr
<b>AUG 11</b> <i>Thu</i>	St. Clare, Virgin
<b>AUG 12</b> <i>Fri</i>	St. Jane Frances de Chantal, Religious
<b>AUG 13</b> <i>Sat</i>	Sts. Pontian, Pope and Martyr, and Hippolytus, Priest and Martyr
<b>AUG 13</b> <i>Sat</i>	Feast of Blessed Michael J. McGivney
<b>AUG 15</b> <i>Mon</i>	The Assumption of Mary
<b>AUG 19</b> <i>Fri</i>	St. John Eudes, Priest
<b>AUG 20</b> <i>Sat</i>	St. Bernard of Clairvaux, Abbot and Doctor
<b>AUG 21</b> <i>Sun</i>	St. Pius X, Pope
<b>AUG 22</b> <i>Mon</i>	The Queenship of Mary
<b>AUG 24</b> <i>Wed</i>	St. Bartholomew, Apostle
<b>AUG 25</b> <i>Thu</i>	St. Louis, Confessor
<b>AUG 27</b> <i>Sat</i>	St. Monica, Widow
<b>AUG 28</b> <i>Sun</i>	St. Augustine, Bishop and Doctor
<b>AUG 29</b> <i>Mon</i>	The Beheading of St. John the Baptist

## CATECHISM CONNECTION



**1452** When it arises from a love by which God is loved above all else, contrition is called "perfect" (contrition of charity). Such contrition remits venial sins; it also obtains forgiveness of mortal sins if it includes the firm resolution to have recourse to sacramental confession as soon as possible.

## — FAITH IN ACTION —

## FEATURED PROGRAM

## HOLY HOUR/ EUCHARISTIC ADORATION

In the history of the Church, the Holy Hour holds pride of place for Eucharistic devotion. In the Holy Hour we recall the agonized words of the Lord Jesus in the Garden of Gethsemane, when He asked the sleeping apostles, "Could you not spend one hour with me?" The Holy Hour of Eucharistic Adoration organized by the Knights of Columbus may include a reflection, a communal rosary, prayers for the intercession of St. Joseph or the Knights of Columbus founder, Blessed Michael McGivney. Eucharistic Adoration usually ends with the service of Benediction (a blessing with the Eucharist) and the recitation of the Divine Praises. However, even if we cannot participate in an organized program, the Church highly encourages us to spend time before the Blessed Sacrament in Eucharistic Adoration. Never was an hour better spent.