

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.

MEMORARE TO OUR LADY OF LA SALETTE

REMEMBER, OUR LADY OF LA SALETTE, TRUE MOTHER OF
SORROWS, THE TEARS YOU SHED FOR US ON CALVARY.
REMEMBER ALSO THE CARE YOU HAVE TAKEN TO KEEP US
FAITHFUL TO CHRIST, YOUR SON. HAVING DONE SO MUCH
FOR YOUR CHILDREN, YOU WILL NOT NOW ABANDON US.
COMFORTED BY THIS CONSOLING THOUGHT,
WE COME TO YOU PLEADING, DESPITE OUR INFIDELITIES AND
INGRATITUDE. VIRGIN OF RECONCILIATION, DO NOT REJECT
OUR PRAYERS, BUT INTERCEDE FOR US, OBTAIN FOR US THE
GRACE TO LOVE JESUS ABOVE ALL ELSE. MAY WE CONSOLE
YOU BY A HOLY LIFE AND SO COME TO SHARE THE ETERNAL
LIFE CHRIST GAINED BY HIS CROSS. AMEN.

OUR LADY OF LA SALETTE, RECONCILER OF SINNERS, PRAY
WITHOUT CEASING FOR US WHO HAVE RECOURSE TO YOU.



EXAMINATION OF CONSCIENCE



*WITH THE MESSAGE OF
OUR LADY OF LA SALETTE*

IN OUR PREPARATION FOR THE SACRAMENT OF RECONCILIATION, THE FOLLOWING QUESTIONS ARE MEANT TO HELP US DELVE INTO NOT ONLY THE WORDS OF OUR LADY, BUT ALSO INTO OUR HEARTS.

† GREAT NEWS

Our Lady said: "I am here to tell you great news." *Do I try to learn more about the message of "great news" of Our Lady of La Salette? Our Catholic Faith and its teachings? Do I put these into practice in my life?*

† PRAY WITHOUT CEASING

Our Lady of La Salette explained her ongoing efforts to reconcile her people with God: "If I would not have my Son abandon you, I am compelled to pray to him without ceasing." *Have I done my share in the work of the reconciliation of sinners? Do I pray for those whom I know are having difficulties in their faith, relationships or other responsibilities of life? Have I given good example to those around me of reconciliation-in-action? And, lastly, have I reconciled myself with God, myself or others, realizing full well that I too am a needy sinner?*

† CONCERN

The Beautiful Lady was concerned about Maximin's father who worried about having enough food to feed his family. *Am I genuinely concerned for others, as Mary showed at La Salette? Do my thoughts and actions show concern for the dignity of all God's children? Or am I mostly concerned with my own problems and welfare?*

† SUBMIT

The Virgin spoke of submission and obedience to God's will saying, "If my people will not submit..." *In my daily life, do I try to act according to God's will and God's law? How well do I listen to what the Catholic Church teaches? Do I live out the teachings of the Church? How well do I listen to those around me, my family and friends?*

† GRATITUDE

Mary mentioned: "You will never recompense the pains I have taken for you." *Do I often thank the Blessed Virgin for her intercession, her care for my faith and and my life's challenges? Do I recognize and give thanks for the many blessings God has given me?*

† EMOTION

Our Lady explained her efforts at protecting her children: "The arm of my Son... is.. so heavy, that I can no longer withhold it." *Have I added to this weight by my negligence to observe the second commandment ("You shall not take the name of the Lord your God in vain.")? Do I swear, using the Lord's name in vain? Do I try to avoid using the Lord's name when I am angry? Do I ask for help in expressing my emotions appropriately and with concern for others?*

† SUNDAY

Concerning Sundays, Mary said: "Six days I have given you to labor, the seventh I have kept for myself; and they will not give it to me." *Am I one who are doesn't pay much attention to the third commandment ("Remember to keep holy the Lord's day.")? Do I work unnecessarily on Sunday? Do I think only about my rest and forget to give to the Lord even part of the seventh day?*

† PRAYER

Mary asked about the place of prayer in the children's lives: "Do you pray well, my children?" *How faithfully have I have said my morning and evening prayers? Do I pray hurriedly and allow too many distractions? How often do I first thank God before I mention my own needs? Do I consistently remember in prayer those whom I know need God's help?*

† FASTING

Mary mentioned that some people neglect the observances of Lent. *Do I keep the days of fast and abstinence? During Lent, if I am not obliged by my age to fast or abstain, do I sacrifice in others ways? Do I do something extra to express the true spirit of Lent? Do I find ways throughout the year to offer sacrifices and give alms?*



† MASS

Our Lady noted that some people went to Mass without much attention or faith. *Since the celebration of the Eucharist is central to our Catholic faith, have I made a serious effort to participate fully at Mass? Do I criticize more than listen to the homily? Do I miss Sunday Mass often? Do I ever make the effort to go to daily Mass? Do I contribute my time, talent and treasure to my parish community or other worthwhile efforts?*

† MINISTRY

Our Lady of La Salette concluded her message by saying: "Well, my children, you will make this known to all my people." *Have I made any effort to "make her message known" by sharing the simple story of the apparition of Our Lady of La Salette. Have I put forth effort to learn Her message? Do I pray, study and serve in the spirit of La Salette?*