Confession Continued…

3. Christian humility grows. Jesuit, Father John Hardon writes in his *Modern Catholic Dictionary* that humility is the "moral virtue that keeps a person from reaching beyond himself. It is the virtue that restrains the unruly desire for personal greatness and leads people to an orderly love of themselves based on a true appreciation of their position with respect to God and their neighbours." Not only does the practice of frequent Confession help us to grow in the important virtue of humility, but the very act of making a good examination of conscience (required before even stepping into the confessional) is humbling — and it helps us to grow in self-knowledge.

4. Spiritual neglect is resisted. Let's say you are struggling to establish the practice of praying the daily Rosary or a daily Chaplet of Divine Mercy, or even just making a Morning Offering upon rising each day. Your failures to practice these devotions would be examples of "spiritual neglects" that cause your spiritual life to suffer. Regular Confession can help you "get back on track," especially if your confessor assigns them to you as a penance and so you begin to carry them out more faithfully on your own. ***To be continued…***

Development & Peace (CCODP)

Through their prayer, fasting and alms giving during Lent, Christians express their desire to turn toward God and all God's children in preparation for Easter. Founded and mandated in 1967 by the Bishops of Canada, and now a member of the ***Caritas International*** network of Catholic agencies ***Canadian Catholic Organization for Development and Peace*** financially supports development and aid projects in Africa, Asia, the Middle East, Latin America, and the Caribbean, as well as informs Canadian Catholics on international social justice questions. *Your support of this endeavor is greatly appreciated.*

Sacrament of Penance

On Saturday, **March 21, 2026** in **every parish church across the diocese,** a priest will be available **from 10:00am – 2:00pm** to hear individual confessions. No matter how long it has been, you are welcome to celebrate the **Sacrament of Penance**.