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St. John Vianney Catholic Church

*"I will show you the way to heaven."
– St. John Vianney*



April 8, 2020

SJV Newsletter – Wednesday

Brothers and Sisters in Christ,

We will soon enter into the Sacred Triduum (Holy Three Days) from the evening of Holy Thursday to the evening of Easter Sunday. These are special days that should take our focus from the worldly activities and be spent reflecting upon the tremendous love that God has for us and how He reveals His love. Although this Sacred Triduum will be experienced differently, look for the newness that God reveals to you. There are many online devotions and reflections. Take advantage of the FORMED.ORG subscription that our parish has (parish code: TYRDMZ) and check out their 30 minute reflections called *Triduum: A Spiritual Pilgrimage*. FORMED.ORG also has many great videos and bible studies for Holy Week and the Triduum.

On Good Friday be sure to reflect upon the image of the crucifix and the extent of suffering that God undergoes so that you will be certain of His love to you and love in return. All the faithful are invited to join Archbishop José H. Gomez of Los Angeles, president of the U.S. Conference of Catholic Bishops, at 12n/11a CT on Good Friday in the Litany of the Sacred Heart. Details can be found at <http://lacatholics.org/sacred-heart>. Let us join as one family of God here in the United States in asking our Lord for his mercy.

Please especially remember to set aside 3pm on Good Friday for a time of prayer as that is the time when Jesus gave up His spirit on the cross. Jesus spoke while hanging from the cross crucified what are referred to as the 7 last words (or phrases). Can you recall those seven last words? A friendly reminder that Good Friday is a day of fasting and abstinence.

There are many good reflections and prayers for the Stations of the Cross. If you are looking for a video version of it, the following is a good 40-minute reflection. <https://www.youtube.com/watch?v=wW1t7M8HKT8>,

I know that many are struggling with not having the sacraments accessible as in the recent past. There are graces that God will give us through the sacraments, but God Himself is not bound to the sacraments (ref. CCC 1257). In regards to the sacrament of reconciliation, I invite you to strive towards a "perfect" act of contrition. Recall these words from the Catechism of the Catholic Church:

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.

1453 The contrition called "imperfect" (or "attrition") is also a gift of God, a prompting of the Holy Spirit. It is born of the consideration of sin's ugliness or the fear of eternal damnation and the other penalties threatening the sinner (contrition of fear). Such a stirring of conscience can initiate an interior process which, under the prompting of grace, will be brought to completion by sacramental absolution.

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By itself however, imperfect contrition cannot obtain the forgiveness of grave sins, but it disposes one to obtain forgiveness in the sacrament of Penance.

Please see this image for a recommendation from the Diocese on how to make a perfect act of contrition.

Currently there are no new directives from Bishop Doherty. His March 27 letter is the latest update which can be read at <https://www.dol-in.org/covid-19-updates>. A reminder that Bishop Doherty has mandated the suspension of all public celebrations of the Mass, other liturgical services and gatherings of the faithful effective Wednesday, March 18, 2020 until further notice. The dispensation from the obligation to attend Sunday Mass from March 13, 2020 continues until further notice. It is not a permanent dispensation.

Allow me to close with a prayer that Bishop Doherty has given approval for praying on Good Friday:

Let us pray, dearly beloved, for a swift end to the coronavirus pandemic that afflicts our world, that our God and Father will heal the sick, strengthen those who care for them, and help us all to persevere in faith.

**Almighty and merciful God,
source of all life, health and healing,
look with compassion on our world,
brought low by disease;
protect us in the midst of the grave challenges
that assail us
and in your fatherly providence
grant recovery to the stricken,
strength to those who care for them,
and success to those working to eradicate this scourge.
Through Christ our Lord.
Amen.**

In Christ,

Fr. Tony Rowland





HOW TO MAKE
AN ACT OF PERFECT CONTRITION

DETACHMENT

 An act of perfect contrition must be made with full detachment from sin and the firm resolution to avoid the occasions of sin.

LOVE OF GOD

 An act of perfect contrition should arise from the love of God above all else and a desire to follow God's perfect will -- not just the fear of Hell.

COMMITMENT TO RECONCILIATION

 Those who make an act of perfect contrition must resolve to receive absolution through the Sacrament of Reconciliation as soon as possible.

PRAY AN ACT OF CONTRITION

 O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of Heaven and the pains of Hell, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace to confess my sins, to do penance and to amend my life. Amen.

 DIOCESE
of
LAFAYETTE-IN-INDIANA
Office of Catechesis