M

## First Reading <u>Is 63:16-17; 64:1. 3-8</u>

A reading from the prophet Isaiah

Oh that you would tear the heavens apart and come down.

You, Lord, yourself are our Father, Our Redeemer is your ancient name. Why. Lord, leave us to stray from your ways and harden our hearts against fearing you? Return, for the sake of your servants, the tribes of your inheritance. Oh, that you would tear the heavens open and come down - at your Presence the mountains would melt. No ear has heard, no eye has seen any god but you act like this for those who trust him.

You guide those who act with integrity and keep your ways in mind. You were angry when we were sinners; we had long been rebels against you. We were all like men unclean, all that integrity of ours like filthy clothing. We have all withered like leaves and our sins blew us away like the wind. No one invoked your name or roused himself to catch hold of you. For you hid your face from us and gave us up to the power of our sins. And yet, Lord, you are our Father; we the clay, you the potter, we are all the work of your hand.

The Word of the Lord (R.) Thanks be to God

# Responsorial Psalm Ps 79:2-3. 15-16. 18-19

## (R.) Lord, make us turn to you, let us see your face and we shall be saved.

- 1. O shepherd of Israel, hear us, shine forth from your cherubim throne. O Lord, rouse up your might, O Lord, come to our help. (R.)
- 2. God of hosts, turn again, we implore, look down from heaven and see. Visit this vine and protect it, the vine your right hand has planted.
- 3. May your hand be on the man you have chosen, the man you have given your strength. And we shall never forsake you again: give us life that we may call upon your name.

#### Second Reading: 1 Cor 1:3-9

A reading from the first letter of St Paul to the Corinthians

## The revelation we looked for, Christ Jesus our

May God our Father and the Lord Jesus Christ send you grace and peace. I never stop thanking God for all the graces you have received through Jesus Christ. I thank him that you have been enriched in so many ways, especially in your teachers and preachers; the witness to Christ has indeed been strong among you so that you will not be without any of the gifts of the Spirit while you are waiting for our Lord Jesus Christ to be revealed; and he will keep you steady and without blame until

the last day, the day of our Lord Jesus Christ, because God by calling you has joined you to his Son, Jesus Christ; and God is faithful.

> The Word of the Lord (R.) Thanks be to God

## Gospel Acclamation: Ps 84:8 Alleluia, alleluia!

Lord, show us your mercy and love, and grant us your salvation. Alleluia!

FIRST SUNDAY OF ADVENT

Gospel: Mk 13:33-37

A reading from the holy Gospel according to Mark Stay awake! You never know when the Lord will

Jesus said to his disciples: 'Be on your guard, stay awake, because you never know when the time will come. It is like a man travelling abroad: he has gone from home, and left his servants in charge. each with his own task; and he has told the doorkeeper to stay awake. So stay awake, because you do not know when the master of the house is coming, evening, midnight, cockcrow, dawn; if he comes unexpectedly, he must not find you asleep. And what I say to you I say to all: Stay awake!'

> The Gospel of the Lord (R.) Praise to you Lord Jesus Christ

Communion Antiphon: Ps 84:13

The Lord will bestow his bounty, and our earth shall yield its increase.

## **Prayer After Communion**

May these mysteries, O Lord, in which we have participated, profit us, we pray, for even now, as we walk amid passing things. you teach us by them to love the things of heaven and hold fast to what endures. Through Christ our Lord.

## CONFESSIONS

Before Saturday Vigils - and all Sunday Masses

Wednesdays 4.00-4.30pm St Anne's Bindoon.

Saturdays after 9am Mass. Divine Mercy Church

If we say we have no sin, we deceive ourselves, and the truth is not in us (1 Jn 1:8). The Church teaches that by frequent Confession "genuine self-knowledge is increased, Christian humility grows, bad habits are corrected, spiritual neglect and tepidity are resisted, the conscience is purified, the will strengthened, a salutary self-control is attained, and grace increased in virtue of the Sacrament itself. The weapon against Goliath (the devil), are your 5 little stones:

- 1. Prayer (e.g. Rosary)
- 2. Holy Mass (as well as, during the week if you can)
- 3. Holy Bible
- 4, Fasting
- 5. Monthly Confession

Readings Next Week - 10th December 2023 SECOND SUNDAY OF ADVENT - YEAR B First Reading Is 40:1-5. 9-11

A reading from the prophet Isaiah Prepare the way for the Lord.

### Responsorial Psalm Ps 84:9-14. R. v.8

(R.) Lord, let us see your kindness, and grant us your salvation.

### Second Reading 2 Pt 3:8-14

A reading from the second letter of St

We wait for new heavens and a new earth.

## Gospel Acclamation Lk 3:4.6 Alleluia, alleluia!

Prepare the way of the Lord, make straight his paths: all people shall see the salvation of God.

## Alleluia!

Gospel Mk 1:1-8

A reading from the holy Gospel according to Mark

Make straight the paths of the Lord.



During the **Advent** season families should spend time together preparing for the approaching celebration of the birth of Christ. An Advent wreath can be a great focal point for family prayers and holiday celebrations.

An Advent wreath is a wreath of laurel, spruce or similar foliage with four candles that are lighted successively in the weeks of Advent to symbolise the light that the birth of Christ brought into the world. Traditionally three of the candles are purple, the colour of kings and of penance. A rose-coloured candle is used to mark the Third Sunday of Advent as a time to rejoice over the closeness of Christmas and the coming of Christ. Children love the beauty of the simple traditional ceremony. Lighting candles in an Advent Wreath is a simple way to start a tradition of family worship in the home.

Those who participate will cherish the experience all their lives.

The family that prays together, stays together. A family at prayer is a family at peace!



St Anne's Bindoor



#### THE TEN COMMANDMENTS

- I am the Lord your God: You shall not have strange Gods before me
- You shall not take the name of the Lord you
- Remember to keep holy the Lord's Day
- Honour your father and mother
- You shall not kill
- You shall not commit adultery.

Saint Nicholas, Bishop

Our Lady of Guadalupe

23 Saint John of Kanty - Priest

26 Saint Stephen, The First Martyr

27 Saint John, Apostle & Evangelist

29 Saint Thomas Becket, Bishop & Martyr

3 First Wednesday of month Mass

5 First Friday of month Mass

6 First Saturday of month Mass.

31 The Holy Family of Jesus, Mary & Joseph YearB

1 SOLEMNITY OF MARY, THE HOLY MOTHER OF GOD

2 Saints Basil The Great & Gregory Nazianzen, Bishops & Drs of Church

18 Men's Group DMC (on 3rd Thurs) 7.45pm cuppa and 8pm start!

19 Prayer Crusade, H/Hour, Benediction DMS 7.30pm - 8.30pm

28 The Holy Innocents, Martyrs

Saint Lucy, Virgin & Martyr

Saint Juan Diego Cuauhtlatoatzin

- You shall not steal.
- You shall not bear false witness against your
- You shall not covet your neighbour's wife.
- You shall not covet your neighbour's goods.



**COMING EVENTS &** 

**UPCOMING PILGRIMAGES** 

PERPETUAL ADORATION AT MARYVILLE

Come: Sign up for Holy Hour - Roster inside main doors!

Carols by Candlelight 6.30pm IHC Oval. All welcome. Food vans onsite.

Men's Group DMC (on 3rd Thurs) 7.45pm cuppa and 8pm start!

Weekly - Mon to Fri: IMMACULATA PRAYER WARRIORS

Saint John Damascene, Priest & Doctor of The Church

The Immaculate Conception of The Blessed Virgin Mary

First Wed Mass. Prayer to St Joseph at 2 pm

Sunday - two Holy Masses 9.30am and 11.30am.

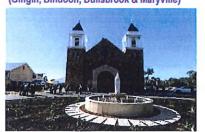
Saint John of The Cross, Priest & Doctor of The Church

Saint Peter Canisius, Priest & Doctor Of The Church

25 The Nativity of The Lord (Christmas) Day

6pm - 7pm---Adoration Chapel, Divine Mercy Shrine Maryville.

Welcome to: OUR LADY OF THE VISITATION PARISH (Gingin, Bindoon, Bullsbrook & Maryville)



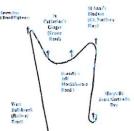
PARISH PRIEST: FR. PAUL FOX 34 Santa Gertrudis Drive, Lower Chittering Tel: 9571 8068 www.ginginchitteringparish.org.au

www.divinemercychurchwa.com.au

Children's Catechism Classes

(during school term)

Tel: IHC 9571 8135



**OUR PARISH SCHOOL** 

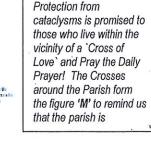
Immaculate Heart College

(PreK-12)

34 Santa Gertrudis Drive Lower Chitterin

Ph. 9571-8135

www.ihc.wa.edu.au



Welcome to the Holy Sacrifice of the Mass! Please kneel for the Fatima prayer (see below) Please stand for the opening hymn

Fatima Prayer Most Blessed Trinity, Father, Son and Holy Spirit, I adore You profoundly and I offer You the most Precious Body, Blood, Soul and Divinity of Our Lord Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifference with which He Himself is surrounded, through the infinite merits of His most Sacred Heart and the Immaculate Heart of Mary, I beg the conversion of all poor sinners. Amen.

PRAYER FOR THE HOLY SOULS Eternal Father, I offer You the most precious blood of thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the universal Church, for those in my own home, and in my family. Amen St. Gertrude the Great was told by Our Lord that each time she piously recited this prayer, it would release 1,000 souls (or a vast number) from their suffering in purgatory.

#### **REAL PRESENCE IN THE EUCHARIST**

In the Mass the elements of bread and wine are changed through the words of Consecration and Jesus becomes fully present. Body, Blood, Soul and Divinity. It is the same Jesus as born of the Virgin, and is now seated at the right hand of the Father in heaven who is contained in the Sacrament, "... Whoever eats the Bread or drinks the cup...in an unworthy manner will be quilty of profaning the Body and Blood of the Lord" (1 Cor 11:27). Anyone who eats and drinks without discerning the Body, eats and drinks judgement upon himself (1 Cor 11:29)

### I GIVE YOU THE WEAPON AGAINST YOUR GOLIATH. HERE ARE YOUR FIVE STONES

- 1 Prayer with the heart: Rosary
- 2 Eucharist
- 3 Holy Bible
- 4 Fasting
- 5 Monthly Confession

## **SUNDAY MASS TIMES**

Gingin (St Catherine's) Rosary 4.30pm SAT Vigil 5.00 pm Bindoon (St Anne's) 7.30 am 6.45 pm

Maryville (Divine Mercy Shrine) " Adoration prior to Mass & Rosary SAT Vigil 9.30 am

" Latin Mass 11.30am 2nd Sunday of Month (New Missal)

## **WEEKDAY MASS TIMES**

Prayers precede daily 3.30 Mass from 3pm Divine Mercy Lower Chittering

3.30 pm TUES

JANUARY 2024

8.00 am & 3.30pm WED 3.30 pm

THURS 8.00 am & 3.30 pm 8.45 am College Mass & 3.30 pm FRI

SAT 9.00 am St Anne's Bindoon

4.30 pm Adoration. 5.00 pm Mass

BULLETIN -3rd December 2023 FIRST SUNDAY OF ADVENT YEAR B

PLEASE PRAY FOR THE SICK: Dorothy, Walter, Emma-Kate, Teena, Pat, Edie, Vera, Peter White, Maria, Logan, Julian, Maree, Doris, Jean, Pam Barnett, Albert, Brooke, Ken Keefe & Shirley Green, Tam, Maree Rooney,

THE SUNDAY OBLIGATION Vatican II "Catechism of the Catholic Church" teaches about the Sunday Obligation and Holy Communion. 2181 The Sunday Eucharist is the foundation and confirmation of all Christian practice, for this reason the faithful are obliged to participate in the Eucharist on days of obligation (e.g., Sundays, Assumption, Christmas), unless excused for a serious reason (e.g., illness, the care of infants) or dispensed by their own pastor. Those who deliberately fail in this obligation commit a grave (mortal) sin. 1385 Anyone conscious of a grave(mortal) sin must receive the sacrament of Reconciliation before coming to Communion. 1387 To prepare for worthy reception of...Communion., the faithful should observe the fast required (one hour). Water and medicine are permitted. Whoever eats the Bread or drinks the Cup in an unworthy manner will be guilty of profaning the Body and Blood of the Lord (1 Cor 11:27). Canon Law 222 Christ's faithful have the obligation to provide for the needs of the Church, so that the Church has available to it those things which are necessary for divine worship, for works of the apostolate and of charity and for the worthy support of its ministers. Sunday work "Sunday is the property of the good God; it is His own day, the Lord's day. He made all the days of the week; He might have kept them all; He has given you six and has reserved only the seventh for Himself. What right have you to meddle with what does not belong to you? You know very well that stolen goods never yield any profit.... I know two infallible ways to become poor, and they are: Sunday work and taking other people's property" St John Vianney

## ADORATION OF THE BLESSED SACRAMENT

Come and spend an hour with the lord Jesus! He won't be outdone in generosity!!

St Catherine's Gingin

Saturday 4.30 to 4.55 pm (before Mass)

Divine Mercy Church 34 St Gertrudis Drive, Maryville Sundays 9.00 am to 9.25 am (before Mass)

St Anne's Bindoon

Wednesday 4.30pm - 4.55pm

Divine Mercy Church 34 St Gertrudis Drive, Maryville

Adoration on Sundays before 9.30am Mass, during Rosary after weekday Masses. Adoration available 24/7

(please see Fr Paul about access to the Church).

Please remember to make a sign of reverence before receiving Holy Communion or a Blessing. If you don't receive Holy Communion or a Blessing whilst kneeling, you are required to either make a genuflection or profound bow from the waist.

| Corporal Works of Mercy To feed the hungry;   | opposing Virtues Mass                 |   | for Sunday<br>Mass.                                       |
|---|---------------------------------------|---|---|
| To give drink to the thirsty; To clothe the naked; To shelter the homeless; To visit the sick; To ransom the captive; To bury the dead. | Capital Sin<br>Pride<br>Greed<br>Envy | Virtues Humility Charity Kindness                   | "dress up"<br>not "dress<br>down" The<br>Lord<br>deserves |
| Spiritual works of mercy To instruct the ignorant; To counsel the doubtful; To admonish sinners;  | Lust                                  | Forgiveness<br>Purity<br>elf-Restraint<br>Diligence | our Sunday<br>Best!.                                      |

| Parisii Nuster    | Neauers   |           |  |
|-------------------|-----------|-----------|--|
|                   | 3 DEC     | 10 DEC    |  |
| <u>Bindoon</u>    | Craig     | Carolyn   |  |
| Maryville (Vigil) | Volunteer | Volunteer |  |
| Maryville 9.30 am | Paul A.   | Teena     |  |
|                   |           |           |  |

| Parish Community Contacts                   | Music<br>Paul Wright                        | Bulletin<br>Joy Fletcher | Readers Kathy Crofts 9571 1593 |  |
|---|---|--------------------------|--------------------------------|--|
| Gift Shop                                   | Events Coordinator / Parish Secretary       |                          | Cleaning                       |  |
| Caroline Toh dmcwashop@gmail.com            | Lydia Stanley gingin.chittering@outlook.com |                          | Lee-Anne McDonnell             |  |
| Youth Liaison Officer                       | Food bank                                   |                          | Morning Tea                    |  |
| Elinor Wright                               | Bec Clements 0400 231 004                   |                          | Troy Toh dmcwashop@gmail.com   |  |
| Marketing / Special Events                  | Adoration / Legion of Mary                  |                          | Acolytes / Altar servers       |  |
| Lydia Stanley gingin.chittering@outlook.com | Priscilla O'Gorman PriscillaLungu@mail.com  |                          | Ray Issa - and Mike Tranter    |  |
| Lara Jeffries <u>laracn@live.com.au</u>     |   |                          | 950                            |  |

To bear wrongs patiently;

To comfort the afflicted;

To forgive offences willingly;

To pray for the living and the dead.

#### LOCAL NEWS

- CHRISTMAS RAFFLE PARISH FUNDRAISER We have three wonderful prize bundles to be won, including a beautiful Christmas cake made by a parishioner, gift vouchers and various gifts & food items ready for Christmas! Tickets \$2 for one; \$5 for three and are available in Gift Shop after Mass every Sunday. Raffle drawn on Sunday, 17th Dec - end of the 9.30am Mass. Winners notified by phone.
- LEGION OF MARY meet on the 1st, 3rd and 5th Wed of each month from 2pm-3pm in Our Lady's Chapel. All welcome.
- HOUR OF GRACE Friday 8th December DMS, Prayer Psalm 51, 3 times. Nothing will be refused in that hour.
- Fr Paul & parishioners offer sincere condolences to Alison Cockayne on the recent passing away of her mother in England: Mrs Margaret Offler. May she rest in peace!
- IMMACULATA PRAYER WARRIORS Monday to Friday 6pm 7pm---Adoration Chapel, Divine Mercy Shrine.
- Please sign up for a life-changing Holy Hour at Maryville Adoration Chapel, DMC! Roster is inside the main door!
- Media Links https://taylormarshall.com and Youtube.com: Dr Taylor Marshall



## The Fifteen Promises of the Blessed Virgin Mary to those who recite the Holy Rosary daily

- Whoever shall faithfully serve me by the recitation of the Rosary, shall receive signal graces.
- I promise my special protection and the greatest graces to all those who shall recite the Rosary.
- The Rosary shall be a powerful armour against hell, it will destroy vice, decrease sin, and defeat heresies.
- It will cause virtue and good works to flourish; it will obtain for souls the abundant mercy of God; it will withdraw the hearts of people from the love of the world and its vanities, and will lift them to the desire of eternal things. Oh, that souls would sanctify themselves by this means.
- The soul which recommends itself to me by the recitation of the Rosary, shall not perish.
- Whoever shall recite the Rosary devoutly, applying himself to the consideration of its Sacred Mysteries shall never be conquered by misfortune. God will not chastise him in His justice, he shall not perish by an unprovided death; if he be just, he shall remain in the grace of God, and become worthy of eternal life.
- Whoever shall have a true devotion for the Rosary shall not die without the Sacraments of the Church.
- Those who are faithful to recite the Rosary shall have during their life and at their death the light of God and the plenitude of His graces; at the moment of death they shall participate in the merits of the Saints in Paradise.
- I shall deliver from purgatory those who have been devoted to the Rosary.
- 10. The faithful children of the Rosary shall merit a high degree of glory in Heaven.
- 11. You shall obtain all you ask of me by the recitation of the Rosary.
- 12. All those who propagate the Holy Rosary shall be aided by me in their necessities.
- 13. I have obtained from my Divine Son that all the advocates of the Rosary shall have for intercessors the entire celestial court during their life and at the hour of death.
- 14. All who recite the Rosary are my children, and brothers and sisters of my only Son, Jesus Christ.
- 15. Devotion of my Rosary is a great sign of predestination.

BULLETIN -3rd December 2023 FIRST SUNDAY OF ADVENT YEAR B

#### ADVERTISEMENTS

| DC | NATIONS: www.ginginchitteringparish.org.au. Some items to be donated include: |    |       |                           | (   |
|----|---|----|-------|---------------------------|-----|
| 1  | Stained Glass to Side Chapels   | ea | 2     | \$6,000                   |     |
| 2  | Windows Large   | ea | 45    | \$3,000                   |     |
| 3  | Windows Small   | ea | 55    | \$1,500                   |     |
| 4  | Advance purchase of Niche in the Divine Mercy Columbarium                     | ea | 1,000 | \$1,000 or \$1,800 (Dble) | - 1 |
| 5  | Oil Painting of Saints in arches over Confessionals                           | ea | 4     | \$7,000 ea                |     |
| 6  | Contribution to Verandas and Gazebo of \$1,000                                | ea |       | Total cost \$90,000       | (   |

## Parish Choirs at Divine Mercy Church

Choir Master: Emma Oorschot

Venue: Parish Admin Meeting Room Divine Mercy Presbytery. Every Wednesday of school terms (Fees apply) 4:00pm - 4:40pm - children's choir (5 - 10 years)

4:45pm - 5:45pm - teen choir (11 - 15 years)

7:30pm - 9:00pm - adult choir (16 years and up) Contact - Emma - eoorschot96@gmail.com for more info.

PARISH PLANNED GIVING (2nd Collection)

Banking details: Direct pay -Acc Name: Gingin-Chittering

Parish BANK: **BENDIGO BANK** BSB: 633 000

Acc No: 158396804

PIPE ORGAN FUND - tax deductible donations can now be made to OHTA for our Pipe Organ. OHTA Trust Account\*: ANZ - 013-035 Account - 2940 70724 \*Please ensure that in the description/reference section of your payment that you type your Name and "Chittering Appeal" so we can clearly identify you. For other donations: https://gofund.me/5ff4e85b

COMPENDIUM OF THE CATECHISM OF THE CATHOLIC CHURCH in relation to this Sunday's readings (Our Lord teaches us in and through His Church and gives us the word of the Father. Hence, our submission to the Church's teaching is not submission to mere human opinions, but to the very word of God (cf. Thes 2:3). An upright and true moral conscience is formed by education and by assimilating the Word of God and the Teaching of the Church. It is supported by the gifts of the Holy Spirit and helped by the advice of wise people. Prayer and an examination of conscience can also greatly assist one's moral formation.

Natural Family Planning (NFP) Planning or postponing Pregnancy Simply, Naturally, Effectively tel 9399-4394 or 1800 819 841 "Billings Method". NFP (unlike contraception and sterilization) is in harmony with Church Teaching. NaProTechnology is the church approved answer to IVF. www.fertilitycare.com.au 

**Marian Movement Cenacles** Cenacles are prayed in Our Lady's Chapel at Maryville 6-7pm Mon-Fri; after Saturday Morning Mass, Tuesday Men's Rosary and after

some other Masses. All welcome! Ave

THE SAFEGUARDING PROGRAM was introduced to the Archdiocese of Perth in 2014 by Archbishop Timothy Costelloe to ensure the safety of children, young people & the vulnerable in our parishes. If you would like info. about this programme or a copy of the Safeguarding Handbook, please phone:9221 7762

3. How is it possible to know God with only the light of human reason? 31-36 46-47 Starting from creation, that is from the world and from the human person, through reason alone one can know God with certainty as the origin and end of the universe, as the highest good and as infinite truth and beauty. 35. What are the most important symbols of the faith? 193-195 They are the Apostles' Creed which is the ancient baptismal symbol of the Church of Rome and the Nicene-Constantinopolitan Creed which stems from the first two ecumenical Councils, that of Nicea (325 A.D.) and that of Constantinopolitan Creed which stems from the first two ecumenical Councils, that of Nicea (325 A.D.) and that of Constantinopolitan Creed which stems from the first two ecumenical Councils. A.D.) and which even to this day are common to all the great Churches of the East and the West.

133. How does the Lord Jesus now reign? 668-674 680 As the Lord of the cosmos and of history, the Head of his Church, the glorified Christ mysteriously remains on earth where his kingdom is already present in seed and in its beginning in the Church. One day he will return in glory but we do not know the time. Because of this we live in watchful anticipation, praying "Come, Lord" (Revelation 22:20).

134. How will the coming of the Lord in glory happen? 675-677 680 After the final cosmic upheaval of this passing world the glorious coming of Christ will take place. Then will come the definitive triumph of God in the parousia and the Last Judgment. Thus the Kingdom of God will be realised.

150. What is the mission of the Church? 767-769 The mission of the Church is to proclaim and establish the Kingdom of God begun by Jesus Christ among all peoples. The Church constitutes on earth the seed and beginning of this salvific Kingdom.

165. In what way is the Church holy? 823-829 867 The Church is holy insofar as the Most Holy God is her author. Christ has given himself for her to sanctify her and make her a source of sanctification. The Holy Spirit gives her life with charity. In the Church one finds the fullness of the means of salvation. Holiness is the vocation of each of her members and the purpose of all her activities. The Church counts among her members the Virgin Mary and numerous Saints who are her models and intercessors. The holiness of the Church is the fountain of sanctification for her children who here on earth recognize themselves as sinners ever in need of conversion and purification.

232. What is the relationship between the sacraments and everlasting life? 1130 In the sacraments the Church already receives a foretaste of eternal life, while "awaiting in blessed hope, the appearing in glory of our great God and sayiour Christ Jesus" (Titus 2:13).

294. Why is the Eucharist a "pledge of future glory"? 1402-1405 The Eucharist is a pledge of future glory because it fills us with every grace and heavenly blessing. It fortifies us for our pilgrimage in this life and makes us long for eternal life. It unites us already to Christ seated at the right hand of the Father, to the Church in heaven and to the Blessed Virgin and all the saints. In the Eucharist, we "break the one bread that provides the medicine of immortality, the antidote for death and the food that makes us live forever in Jesus Christ." (Saint Ignatius of Antioch)

300. What is interior penance? 1430-1433 1490 It is the movement of a "contrite heart" (Psalm 51:19) drawn by divine grace to respond to the merciful love of God. This entails sorrow for and abhorrence of sins committed, a firm purpose not to sin again in the future and trust in the help of God. It is nourished by hope in divine mercy.

309. Is a confessor bound to secrecy? 1467 Given the delicacy and greatness of this ministry and the respect due to people every confessor, without any exception and under very severe penalties, is bound to maintain "the sacramental seal" which means absolute secrecy about the sins revealed to him in

310. What are the effects of this sacrament? 1468-1470 1496 The effects of the sacrament of Penance are: reconciliation with God and therefore the forgiveness of sins; reconciliation with the Church; recovery, if it has been lost, of the state of grace; remission of the eternal punishment merited by mortal sins, and remission, at least in part, of the temporal punishment which is the consequence of sin; peace, serenity of conscience and spiritual consolation; and an increase of spiritual strength for the struggle of Christian living.

590. What does the Church ask for when she prays "Thy Kingdom come"? 2816-2821 2859 The Church prays for the final coming of the Kingdom of God through Christ's return in glory. The Church prays also that the Kingdom of God increase from now on through people's sanctification in the Spirit and through their commitment to the service of justice and peace in keeping with the Beatitudes. This petition is the cry of the Spirit and the Bride: "Come, Lord Jesus" (Revelation 22:20). 563. How does the Church pray to Mary? 2676-2678 2682 Above all with the Hail Mary, the prayer with which the Church asks the intercession of the Virgin. Other Marian prayers are the Rosary, the Akathistos hymn, the Paraclesis, and the hymns and canticles of diverse Christian traditions, 594. Why do we say "Forgive us our trespasses as we forgive those who trespass against us"? 2838-2839 2862 By asking God the Father to pardon us, we acknowledge before him that we are sinners. At the same time we proclaim his mercy because in his Son and through the sacraments "we have redemption, the forgiveness of sins" (Colossians 1:14). Still our petition will be answered only if we for our part have forgiven first.