

How to Go to Confession...

May the Passion of Our Lord Jesus Christ,
the intercession of the Blessed Virgin Mary and of all
the saints,
whatever good you do and suffering you endure,
heal your sins,
help you grow in holiness,
and reward you with eternal life.
Go in peace.

—*Rite of Penance*, no. 93

- 1 PREPARATION:** Before going to confession, take some time to prepare. Begin with prayer, and reflect on your life since your last confession. How have you—in your thoughts, words, and actions—neglected to live Christ’s commands to “love the Lord, your God, with all your heart, with all your soul, and with all your mind,” and to “love your neighbor as yourself” (Mt 22:37, 39)? As a help with this “examination of conscience,” you might review the Ten Commandments or the Beatitudes (Ex 20:2-17; Dt 5:6-21; Mt 5:3-10; or Lk 6:20-26).
- 2 GREETING:** The priest will welcome you; he may say a short blessing or read a Scripture passage.
- 3 THE SIGN OF THE CROSS:** Together, you and the priest will make the Sign of the Cross. You may then begin your confession with these or similar words: “Bless me, Father, for I have sinned. It has been [*give days, months, or years*] since my last confession.”
- 4 CONFESSION:** Confess all your sins to the priest. If you are unsure what to say, ask the priest for help. When you are finished, conclude with these or similar words: “I am sorry for these and all my sins.”
- 5 PENANCE:** The priest will propose an act of penance. The penance might be prayer, a work of mercy, or an act of charity. He might also counsel you on how to better live a Christian life.

- 6 ACT OF CONTRITION:** After the priest has conferred your penance, pray an Act of Contrition, expressing sorrow for your sins and resolving to sin no more. A suggested Act of Contrition is:

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.

(*Rite of Penance*, no. 45)

- 7 ABSOLUTION:** The priest will extend his hands over your head and pronounce the words of absolution. You respond, “Amen.”
- 8 PRAISE:** The priest will usually praise the mercy of God and will invite you to do the same. For example, the priest may say, “Give thanks to the Lord for he is good.” And your response would be, “His mercy endures for ever” (*Rite of Penance*, no. 47).
- 9 DISMISSAL:** The priest will conclude the sacrament, often saying, “Go in peace.”

If it has been a while since your last confession, remember, “Do not fear” (Is 41:10). The priest will help guide you. And feel free to take this how-to guide with you! (For more information, visit www.usccb.org/confession.)

One does not have to be in the state of grave or serious or even mortal sin to go to Confession. Think of the Popes who went to confession every day. The Graces of the Sacrament go a long way in helping us to reach the high goal set for us by Jesus; “Be perfect, just as your heavenly Father is perfect.” Mt 5:48

Mon. 04/29 **A Day of Prayer for Victims of Cancer**
Feast Saint Catherine of Siena, Virgin and Doctor
 8:00 AM Mass Bernard Hennigan, *Chuck and Ceil Hennigan*

Tues. 04/30 **A Day of Prayer for Victims of Heart Diseases**
Feast Saint Pius V, Pope
 8:00 AM Mass Joe Milliron, *Carol Smith*

Wed. 05/01 **A Day of Prayer for Victims of Arthritis**
Feast Saint Joseph the Worker
 8:00 AM Mass Father J.D. Zatalava, *Birthday, Staff*

Thur. 05/02 **A Day of Prayer for Victims of Nervous Disorders**
Feast Saint Athanasius, Bishop and Doctor of the Church
 8:00 AM Mass Michael F. Zaczek, *Health and Birthday, Carol Smith*

Fri. 05/03 **A Day of Prayer for Victims of Emotional Disorders**
Feast Saints Phillip and James, Apostles
 8:00 AM Mass Cecelia Galant, *Stan and Sue Galant*

Sat. 05/04 **A Day of Prayer for Victims of Diabetes**
Feast Sixth Sunday of Easter
 4:30 PM Mass Zerbee Ivory, *B/day, Paul and Adaline Cassarly*

Sun. 05/05 **A Day of Prayer for Victims of Addictions**
Feast Sixth Sunday of Easter
 9:00 AM Mass Pour Souls in Purgatory, *Carol Smith*
 11:00 AM Mass Our Lady of Fatima Parish Family

*Lord
 Jesus
 Christ
 Son
 Of
 God
 Have
 Mercy
 On
 Me
 A
 Sinner*

Happy Birthday:

05/01 Fr. James Zatalava
 05/03 Bob Simanski
 David Stein
 05/04 Sharon Byrne
 Amanda Clark
 Tom Riggleman
 Eileen Starr

Wedding Anniversaries

05/04 Stanley and Rita Sral



**Our Lady of Fatima Pleaded That
 we pray the Holy Rosary
 Daily
 At O.L.F. before each Mass
 and privately from 8:30am to 7:00pm**

MONEY MATTERS
Fourth Sunday of Lent, (April 21, 2013)
 171 people Celebrated Liturgy at O.L.F. contributing \$2,169.00 of which \$ 107.00 accounted for non-envelope contributions.

# Envelopes In Circulation	190	# Used	89	# Unused	101
-----------------------------------	------------	---------------	-----------	-----------------	------------

Memorials received for Joe Milliron = \$125.00

FAITH CHAT

with James & John

What Harms Our Relationship With The God Who Loves Us?

Know This...

God created Adam and Eve to share in His holiness and glory forever. He gave them stainless souls full of grace. He created them without conflict between right reason and desires of the flesh. When Satan convinced Adam and Eve that they would not die if they ate from the tree of good and knowledge, they lost these two gifts for all of us.



John: Sin and death entered the world through Adam's disobedience. Our attraction to sin harms our relationship with God.

James: When Adam and Eve listened to Satan, man lost communion with God. The essence of sin is rebellion against God and opposition to Him.

John: God's original plan for us included perpetual happiness, perfect health, companionship, food, and dominion over His creation. It did not include pain, suffering, and death.



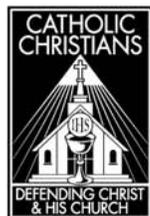
James: There are two types of sin. Original sin is the absence of grace in our soul. Actual sin is a free, conscious, and informed personal act to ignore God's love and will.

John: There are two gravities of actual sin. Venial sin is disobedience against God that does not involve serious moral matter. Mortal sin involves serious moral matter and destroys all the divine life of grace in our soul.

James: When we sin, we surrender to temptation and reject God's will, laws, and love. If we die in a state of mortal sin, we condemn ourselves to hell.

Deacon John Beckmann and Deacon James Russell are permanent deacons in the Archdiocese of St. Louis.

Please visit: www.catholicchristians.com for more insight into the teaching of Jesus Christ and His Church.



Jesus uses exaggeration to stress the deadliness of sin. "If your hand causes you to sin, cut it off; it is better for you to enter into life maimed than with two hands to go to hell, to the unquenchable fire. And if your foot causes you to sin, cut it off; it is better for you to enter life lame than with two feet to be thrown into hell. And if your eye causes you to sin, pluck it out; it is better for you to enter the kingdom of God with one eye than with two eyes to be thrown into hell, where their worm does not die, and the fire is not quenched." Mk 9:43, 45, 47-48

"Sin is an offense against God as well as a fault against reason, truth, and right conscience. Sin is a deliberate thought, word, deed, or omission contrary to the eternal law of God." ccc Glossary "Everyone who sins dies. Every man fears the death of the flesh, few the death of the soul. In regard to the death of the flesh, which without a doubt must someday come, all guard against its coming; that is the reason for their labors. Man, destined to die, labors to avert his dying; and yet, destined to live in eternity, does not labor to avoid sinning."

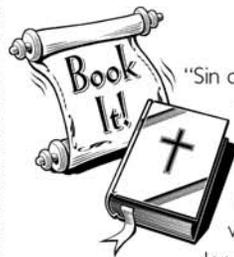
St. Augustine, Homilies on the Gospel of John



BE ATTITUDES



"You should permit yourself to be tormented by every kind of martyrdom before you allow yourself to commit a mortal sin." St. Louis, King of France "To sin is human, but to persist in sin is devilish." St. Catherine of Siena "Do not imitate those who deceive themselves by saying, 'I will sin and then go to confession.' How do you know that you will have time to make your confession? Is it not madness to wound oneself, in the hope that a doctor will be found to heal the wound?" St. John Bosco

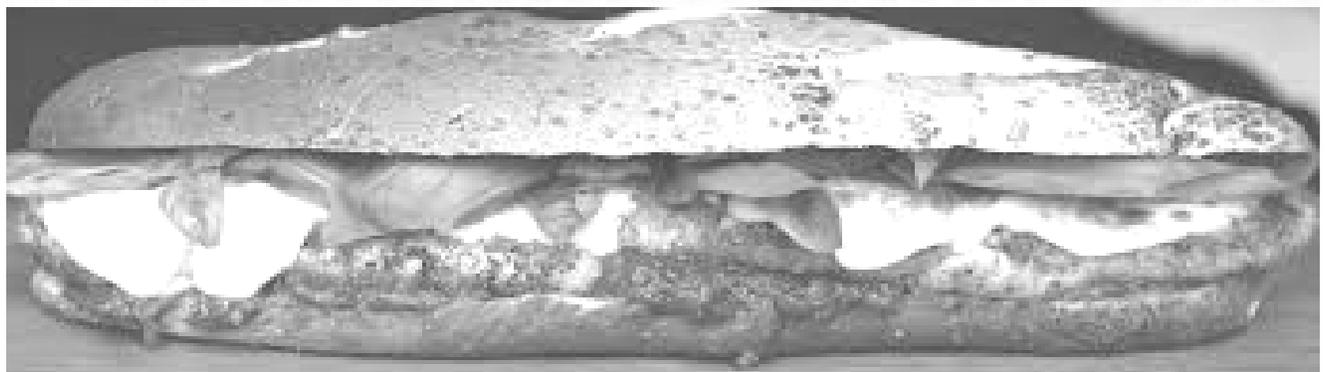


"Sin came into the world through one man and death through sin, and so death spread to all men." Rom 5:12 St. Paul struggled with sin. "I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. So then it is no longer I that do it, but sin which dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin which dwells within me." Rom 7:15-20



Heavenly Father, when I sin I harm our relationship and weaken my desire to please You. I will not find peace and happiness in this life if I continue to sin. Help me resist attachment to the things of this world, desires of the flesh, and Satan. Through the Holy Spirit, give me the strength and wisdom to serve You always and to reject sin whenever it tempts me. I ask this through Your Son, Jesus. Amen.

LAST CHANCE



To

**Help the pastor celebrate
his 69th birthday on**

Wednesday, May 1, 2013

Sell and/or buy a ton of

The Famous O.L.F. Hoagies

(both the classic or the new healthy heart choice)

Still only \$6.00 per sandwich

Sign the clipboards in the pews or call 942-0371

**Annual Catholic Appeal 2013
Goal for Our Lady of Fatima Parish
\$14,855.00**

**Pledged to Date
\$ 9,845 or 66% of Goal ***

Ms Connie Andros	Ms Helen Glashauser	Ms Mildred Maucieri	M/M Alfred J Sisto
Ms Constance Angeski	M/M Charles Hennigan	M/M James McKnight	Ms Caroline Smith
M/M Ron Biem	M/M Tom Hofer	M/M Joseph Milliron	M/M David Smith
Mrs Marian Boslet	Ms Cecelia Hollern	Mr Tim O'Connor	M/M Jerry Smith
M/M Vincent Burr	M/M James Hosgood	Ms Catharine Mincin	M/M Thomas A Smith
M/M Thomas Byrne	Ms Erma Iannaello	Ms Genevieve Musto	M/M Bryan Starr
M/M Greg Brannan	M/M Joseph Ianniello	M/M John Noonan	Mr Herbert E Summers
Mr Anthony Bruno	Mr John G Kasun, Sr	M/M Joseph Pufka	Ms Jeanne C Summers
M/M Wilson Carper	M/M Stephen Kasun	Mr Jared F Pufka	M/M Michael Wall
M/M Paul G Cassarly	M/M Ray Kelly	Ms Sara Quinlan	Mrs Helen Watters
M/M David Conrad	Mr Shawn Kelly	Ms Carol Riggelman	Ms. Jill Watters
Ms Freida Conrad	M/M Joseph Knott	M/M David Riley	Ms Bernadette Weakland
M/M Jack Corle	Mr Stanley J Krish	Mr James R Riley	Father James D Zatalava
M/M John Douglass	M/M Michael Long	M/M Paul Rose	Anonymous (2)
Ms Eileen Edwards	M/M Michael Malligan	Ms Lorraine Shuma	

- The figures posted above represent only 37% of Parish Participation. Use either your imagination or your higher math skills to figure out what that Pledge number would be if the Participation number were 100%***

It probably won't affect the decision to leave us open or close us down if we don't make our goal for the first time in the eight years I've been pastor of OLF, but why should we give our real or imagined enemies potentially live ammunition?

Fellow procrastinators, it's crunch time!

Father Z

Gaeto Construction Co.

Builders & Remodelers

Call us for all Your Remodeling Needs

Kitchens • Bathrooms • Garages • Windows • Doors

"Area's Leading Addition Specialist"

*"Adding to your family" * Call us to add to your house"*

(814) 944-9233

Fully Insured HIC #PA002981 In Our 30th Year

Owner: Joseph E. Gaeto

Pennsylvania Single Catholics



CatholicMatch.com/myPA

Altoona MEMORIAL STUDIO

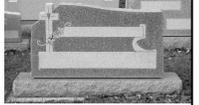
When Only The Best Will Do

814-942-0101

1006 Pleasant Valley Blvd.

Altoona, PA 16602

Corner of 10th & Pleasant Valley Blvd.



J. Kirk Kling

ATTORNEY AT LAW

Criminal Law • DUI

Social Security • Wills • Estates

941-6699

630 PLEASANT VALLEY BLVD., STE. B

You Name It...
We Do It!
814-944-0561
Vince's Auto Body
State
Inspection,
Emission,
Mechanical Work
1318 Mill Run Rd. • Altoona

RILEY INC.

Since 1933

**PLUMBING & HEATING
CONTRACTOR**

814-942-6772

JOE MERRITT REMODELING

Roofing • Siding • Soffit & Facia

Interior & Exterior • Window Installation

Fully Insured • Over 20 Yrs. Experience

(814) 942-6784

STOP! If you live alone,
you NEED Lifewatch!

Simply press your waterproof pendant or wristband, and speak
"hands-free" with our exclusive EMT-certified care center, 24/7.



PERSONAL CARING SERVICE SINCE 1980

www.lifewatch-usa.com

You're never alone with Lifewatch!

800.998.5601

LIMITED TIME OFFER!

\$19.95 a month

FOR FIRST 3 MONTHS*

*After introductory offer expires, \$24.95/month will be billed quarterly.

WHY IS IT

A man wakes up after sleeping
under an ADVERTISED blanket
on an ADVERTISED mattress
and pulls off ADVERTISED pajamas
bathes in an ADVERTISED shower
shaves with an ADVERTISED razor
brushes his teeth
with ADVERTISED toothpaste
washes with ADVERTISED soap
puts on ADVERTISED clothes
drinks a cup
of ADVERTISED coffee
drives to work
in an ADVERTISED car
and then
refuses to ADVERTISE
believing it doesn't pay.
Later if business is poor
he ADVERTISES it for sale.

WHY IS IT?

ISB Investment Savings Bank

814-944-0843 1201 Eighth Ave. • Altoona



Consider
Remembering
Your Parish in
Your Will.

For further information,
please call the Parish Office.

MEDICAL ALARM PROTECTING CATHOLIC SENIORS NATIONWIDE



Push



Talk



Help is on
the way

- ✓ 25+ Yrs. in Business
- ✓ Lifetime Warranty
- ✓ Made in the USA
- ✓ Dr. Recommended
- ✓ Monitored in the USA
- ✓ Price Guarantee
- ✓ A+ Rated with BBB
- ✓ Tax Deductible*

\$19.95*/Mo. - Holiday Special

Toll Free: **1-877-801-8608**

*First three months only *Check with your accountant



✓ Waterproof Button



Jesus A to Z

Michael O'Neill McGrath, OSFS

A colorful Catholic ABC
book for kids and families! Includes a
glossary of questions to help adults pass on
their Catholic faith.

007199 9 x 12 Hardcover

\$16.99 each • Special Offer — 2 for \$25.00!

800-566-6150 www.wlpmusic.com



ARC
Federal Credit Union

ARC is Your Catholic Credit Union

all Our Lady of Fatima parishioners are eligible to join

www.arccfu.org • 814-946-0857