



RECALL NOTICE:

- ① The Maker of all human beings (GOD) is recalling all units manufactured, regardless of make or year, due to a serious defect in the primary and central component of the heart. This is due to a malfunction in the original

prototype units code named Adam and Eve, resulting in the reproduction of the same defect in all subsequent units. This defect has been technically termed "Sub-sequential Internal Non-Morality," or more commonly known as S.I.N., as it is primarily expressed.

③ Some of the symptoms include :

1. Loss of direction
2. Foul vocal emissions
3. Amnesia of origin
4. Lack of peace and joy
- ④ 5. Selfish or violent behavior
6. Depression or confusion in the mental component
7. Fearfulness
8. Idolatry
9. Rebellion

⑤ The Manufacturer, who is neither liable nor at fault for this defect, is providing factory-authorized repair and service free of charge to correct this defect.

⑥ The Repair Technician, **JESUS**, has most generously offered to bear the entire burden of the staggering cost of these repairs. There is no additional fee required.

⑦ The number to call for repair in all areas is:
P-R-A-Y-E-R.

⑧ Once connected, please upload your burden of **SIN** through the **REPENTANCE** procedure. Next, download **ATONEMENT** from the Repair Technician, **Jesus**, into the heart component.

⑨ No matter how big or small the **SIN** defect is, **Jesus** will replace it with:

1. Love
2. Joy
3. Peace
4. Patience
- ⑩ 5. Kindness
6. Goodness
7. Faithfulness
8. Gentleness
9. Self control

⑪ Please see the operating manual, the **B.I.B.L.E.** (Basic Instructions Before Leaving Earth) for further details on the use of these fixes.

⑫ **WARNING:** Continuing to operate the human being unit without correction voids any manufacturer warranties, exposing the unit to dangers and problems too numerous to list and will result in the human unit being permanently impounded.

⑬ For free emergency service, call on **Jesus**.

⑭ **DANGER:** The human being units not responding to this recall action will have to be scrapped in the furnace.

⑮ The SIN defect will not be permitted to enter Heaven so as to prevent contamination of that facility. Thank you for your attention!

⑯ **GOD**

⑰ P.S. Please assist where possible by notifying others of this important recall notice, and you may contact the Father any time by 'Knee mail'!

18 **Because He Lives!**

A SUGGESTED EXAMEN

On Unfreedoms and "Inordinate Affections"

In the presence of the Lord, prayerfully reflect upon the "two laws" described by St. Paul: 1) *Romans* 7:14-25

2) *Ephesians* 4:17 - 5:20

also: 3) *Deuteronomy* 30:15-20

Now, prayerfully ask the light of the Holy Spirit and reflect upon your ongoing life. Questions such as the following and others that you may think of might be helpful "triggers" for this reflection:

• Where do I feel that I am NOT yet free?
NOT yet indifferent?

• What are my idols?

• What do I feel that I could NOT let go of ... people? places? things?
... work? position? etc.?

• Which "law" governs my daily routine of life --
— "the law of the Spirit"?
.. or — "the law of darkness"?

• What moments of "the law of darkness" do I LET move within me:
... envy? jealousy? anger?
... self pity? discouragement? etc.? *fear*

• Whom am I NOT free to listen to, because of spontaneous dislike or rash judgement?

• Whom do I NEVER listen to?

• What are my FEARS?

• Whom do I NOT trust? ... myself?
... others?
... God?

WHY?

• Is there anyone I have NOT YET forgiven?

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Confession:

The Hidden Treasure of the Catholic Church

By Fr. Bob Werth, CSB '63

On two occasions this school year, once during Advent and once during Lent, the students of Aquinas Institute were provided the opportunity to go to Confession or receive Spiritual Counseling during Theology class. As one of the Priests who offered the Sacrament of Reconciliation on those two days, I will tell you that it was a phenomenal experience!

Each student, male and female, was open, honest, reverent, sincere, and serious about their Spiritual Journey. There was very little nervousness or anxiety, and it appeared that the students had a positive and freeing experience.

Why Confess?

As you begin to read this article, I would ask you to call to mind the last time you shared one of your spiritual hungers - purpose for existence, identity, forgiveness, death - with someone you would consider a trusted friend.

Is it not true that the majority of our conversations center around weather, politics, sports, food, our latest ache or pain and, at the end of the day, when we lay our head down to sleep, we are no better off and no more peaceful and free than when we started our day. I believe by not feeding our spiritual hungers appropriately, physical symptoms could also show forth.

Did you ever think that your need to forgive or be forgiven for example, could result in headaches, sleepless nights, or even anxiety, depression or anger? There is a need in each of us, or a longing, to be listened

to in a sincere, non-judgmental manner.

Confession provides a very unique opportunity to nourish our spiritual hungers in a very sincere and respectful, non-judgmental way. It provides almost immediate relief from those thoughts and feelings that could be eating us up, or possibly manifesting themselves with physical or psychological symptoms.

There is a principle in psychology which says if you name your pain, it begins to lose some of its power. Similarly, in a spiritual sense, if you name your sin, it begins to lose some of its power, and the effects are almost instantaneous! The unfortunate reality is that we are very much controlled by the guilt and shame of our past and fear of the future. Once again, Confession to the rescue!

Preparation for Confession

The proper disposition for Confession involves two main elements, sorrow for our sins and what is called a firm purpose of amendment.

Regarding sorrow for our sins, I presume this to be true. Why? Because if a person has made the effort, and in some cases, actually makes an appointment and then sits down and confesses, that certainly qualifies.

The firm purpose of amendment could be one of the reasons people don't confess. Why? Because they feel that they are not ready or are not able to give up their particular sin or sinful pattern of behavior. Let this not stop you! Remember what I said earlier, in the very act of naming the sin, it begins to lose some of its power. In addition, Jesus provides us with many graces to "fight the good fight."

How to Begin and What to Say.

Please do not have anxiety over this. It is a simple, gentle, and sincere conversation with Jesus in the person of the Priest.

Begin by saying "Bless me Father, for I have sinned. My last Confession was (how long ago) and these are my sins." Continue on by confessing specific sins or sinful patterns of behavior, whatever it might be that is causing a strain on your relationship with God, and/or your neighbor.

The Priest will then give you a penance, either a prayer or some act to help you reverse or address something which you have confessed. The Sacrament concludes when you make an Act of Sorrow known as the Act of Contrition and the Priest absolves you from your sins.

The Ultimate Gift of Confession is that Jesus Delivers Us...

From fear: "Fear not, little flock."

From anxiety: "Trust in God. Trust also in me."

From self-preoccupation: "Love one another."

From a poor self-image: "You are worth more than many sparrows."

From loneliness: "I call you friends."

-Sr. Melannie Svoboda, SND



Aquinas alumni Priests joined us during Advent and Lent to offer Aquinas students and employees the Sacrament of Reconciliation. L-R: Fr. Robert Kreckel '46, Fr. Bob Werth '63, Fr. John Gagnier '69, Fr. Kevin Mannara '81, and Fr. Anthony Amato '05.
Not pictured: Fr. Bill Leone '65 and Fr. Ronald Antinarelli '65.