

6.10.2017

## Strategies for Forgiveness Life of No Regrets

*Our Father who art in heaven, hallowed be Thy name, Thy kingdom come. Thy will be done, on earth as it is in heaven, give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. Lead us not into temptation, but deliver us from evil. Amen.*

Just 56 small words. 231 strokes of a pen. First spoken in a culture that was largely illiterate, had no regular publications and told their history from voice to ear. There was no Internet, Cable TV, Cultural Icons, Facebook, Twitter Accounts or Email. No one created a CD, DVD, YouTube or electronic image of the speaking of those words.



Yet, somehow these words have traversed about 2,000 years of Human History that has seen great tragedies, hopes, failures, ascents of the spirit, wars, births, literature, art, music and concepts. These words have survived air travel, boats that crossed oceans on and under the sea, Atomic warfare, and the Space Age.

Forgiveness  
is not an  
occasional  
act. It is a  
permanent  
attitude.

Martin Luther King Jr.

These words speak to our very hearts in a powerful communication to God. He who is all knowing, all powerful and everywhere at once....right now, has been here forever and is infinite into the future. Yet, these tender words speak of forgiveness and mercy.

Henri Nouwen has said that to forgive another person from the heart is an act of liberation. We set that person free from the negative bonds that exist between us. We say, "I no longer hold your offense against you". But there is more. We also free ourselves from the burden of being the "offended one."

As long as we do not forgive those who have wounded us, we carry them with us or, worse, pull them as a heavy load.

Let us pay close attention to Scripture and our presentation. May God bless us with His Wisdom, His Work and the wherewithal to complete the specific mission given to each one of us. Amen. And AMEN.



**Dearest Father** who is everywhere at all moments in time,  
Your name is Most Holy, Most Sacred.  
Your kingdom is come in our Hearts and Minds.  
Your will is throughout the Earth even as it is throughout the universe.  
You fill our needs from day to day,  
and you forgive us our offenses without reservation.  
We must likewise forgive our offenders.  
Let us not be lured by things of this Earth.  
Have Mercy on us always, keeping us separate us from evil, error and sin.  
Because yours are the kingdom, the power and the song of praise.  
From all ages, throughout all ages.  
Sealed in Faith, Trust, Truth and Love. Amen.

*Expanded Aramaic translation by Dr. RA Errico  
Amended by RJ Bradner*

### **Matthew 7:3-5 Look Carefully Into the Mirror**

Why do you notice the splinter in your brother's eye, but do not perceive the wooden beam in your own eye? How can you say to your brother, 'Let me remove that splinter from your eye,' while the wooden beam is in your eye?

You hypocrite, remove the wooden beam from your eye first; then you will see clearly to remove the splinter from your brother's eye.

### **Luke 17:3-4 Forgive as You Wish God Forgives You**

Be on your guard! If your brother sins, rebuke him; and if he repents, forgive him. And if he wrongs you seven times in one day and returns to you seven times saying, 'I am sorry,' you should forgive him."

*Forgiveness does  
not change the  
past, but it does  
enlarge the  
future.*

The Gospel of the Lord.

### **Catechism**

#### **#2840** *Grace Trough Forgiveness*

...this outpouring of mercy cannot penetrate our hearts as long as we have not forgiven those who have trespassed against us. Love, like the Body of Christ, is indivisible; we cannot love the God we cannot see if we do not love the brother or sister we do see. In refusing to forgive our brothers and sisters, our hearts are closed and their hardness makes them impervious to the Father's merciful love; but in confessing our sins, our hearts are opened to his grace.

If we really want  
to love we must  
learn how to  
forgive.

*Mother Teresa Of Calcutta*

meetville.com

#### **#2844** *Forgiveness: the Fundamental Condition of Reconciliation*

Christian prayer extends to the forgiveness of enemies, transfiguring the disciple by configuring him to his Master. Forgiveness is a high-point of Christian prayer; only hearts attuned to God's compassion can receive the gift of prayer. Forgiveness also bears witness that, in our world, love is stronger than sin.

**Modern Comment**  
**Forgiven - Where are You?**  
Formed.org



**Focus Questions:**

1. What are the consequences of my unwillingness to forgive?

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2. Discuss a situation you are familiar with in which forgiveness had a positive impact on the person who did the forgiving.

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3. Who is really paying the price for one's unwillingness to forgive? Explain.

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**7 DEGREES OF FORGIVENESS**

**Crucial Steps to a Life of No Regrets**

(Courtesy of Maimonides, 12th century theologian and physician)

1. To forgive with regret or reluctance
2. To forgive, but not in proportion to the offense
3. To forgive, but not until the person begs for mercy
4. To forgive, but in so doing eliciting avoidable shame
5. To forgive for purposes of bringing self-adulation
6. To forgive in a way that keeps the matter private
7. To forgive in secrecy, moving beyond the issue quietly



Jesus tells us to remove the splinter from our own eyes first and then make peace with our brother. Use the Sacrament of Reconciliation to make that Peace. Go to Holy Communion with a clear slate and Heart."

May God Bless You.  
St. Hilary Men's Group

### ACTION PLAN

This week I will do my best to listen to God's will in my life by:

Creating a daily prayer practice

Seeking God in prayer and being quiet in His presence

Forgiving those in our lives as God has forgiven us and as God intends

Asking Jesus for help in becoming a better servant

### Act of Contrition

Oh my God, I am heartily sorry for having offended thee, and I detest all my sins not merely because of the loss of Heaven and the pains of Hell, but most of all because they offended 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, do penance, and amend my life. Amen

**Bitterness combined with resentment is a slow acting Poison you force yourself to drink.**

RJ Bradner

### Men's Group Calendar

**6/24/2017**

Leadership Meeting

8 AM Sacred Heart Library

**7/8/2017**

**Men's Group**

**7 AM Mass**

**7/22/2017**

Leadership Meeting

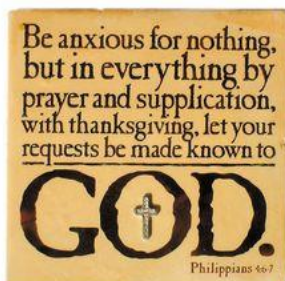
8 AM Sacred Heart Library

**8/12/2017**

**Men's Group**

**7 AM Mass**

A Man who never quits is Never Defeated.  
We are ordinary men who labor for Christ.



**"Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them."**

Mark 11:24





**Lord, God and Savior, by your love you draw me to yourself. Forgive me – the sinner that I am, and fill me with every good thing, not withholding even the gift of your most beloved son. Come dwell in my heart.**

**Send forth your Holy Spirit to guide me in your path. Make me worthy of your love, and teach me how to forgive as you forgave.**

**Thank you for your tender mercies. I ask you to Bless my family, friends and those who I meet on this path. Where there is joy, give them continued joy. Where there is pain or sorrow, give them your peace and mercy. Where there is self-doubt, give them a renewed confidence. Fill their every need with your Holy Grace.**

**You are indeed my Lord, God and Savior.  
Amen. And AMEN.**



## **DAILY EXAMEN OF CONSCIOUSNESS**

### **How Aware am I of God's Presence**

Twice Daily

- 1. Practice Gratitude for some current Blessing.**
- 2. Offer Petition or Prayer to God.**
- 3. Discern whether you are in Consolation (with) or Desolation (without) God.**
- 4. Forgive someone.**
- 5. Make a Resolution for rest of Day.**

Jesus wants us to make choices that reflect His presence in our hearts.

Life constantly presents us with opportunities to choose to love and serve one another.

It is not about us.

It is about reaching out in love.

Go to the Author of Life often.



***Litany of Saints***

<b>Lord, have mercy: Lord, have mercy.</b>	<b>Saint Vincent de Paul: Pray for us.</b>
<b>Christ, have mercy: Christ, have mercy.</b>	<b>Saint Elizabeth: Pray for us.</b>
<b>Lord, have mercy: Lord, have mercy.</b>	<b>Saint Therese &amp; Saint Joan of Arc: Pray for us.</b>
<b>Holy Mary: Pray for us.</b>	<b>Saint John Vianney: Pray for us.</b>
<b>Michael, Gabriel, Raphael: Pray for us.</b>	<b>All holy men and women: Pray for us.</b>
<b>Angels of God: Pray for us.</b>	<b>Lord, be merciful: Lord, save your people.</b>
<b>Abraham, Moses, and Elijah: Pray for us.</b>	<b>From all harm: Lord, save your people.</b>
<b>Saint Joseph: Pray for us.</b>	<b>From every sin: Lord, save your people.</b>
<b>Saint John the Baptist: Pray for us.</b>	<b>From all temptations: Lord, save your people.</b>
<b>Holy prophets: Pray for us.</b>	<b>From everlasting death: Lord, save your people.</b>
<b>Saint Peter and Saint Paul: Pray for us.</b>	<b>By your coming among us: Lord, save your people.</b>
<b>All Holy Apostles: Pray for us.</b>	<b>By your death and rising to new life:</b>
<b>Saint Mary Magdalene: Pray for us.</b>	<b>Lord, save your people.</b>
<b>All disciples of the Lord: Pray for us.</b>	<b>By the gift of the Holy Spirit:</b>
<b>Saint Stephen: Pray for us.</b>	<b>Lord, save your people.</b>
<b>Saint Perpetua and Saint Felicity: Pray for us.</b>	<b>Be merciful to us sinners: Lord, hear our prayer.</b>
<b>Saint Agnes: Pray for us.</b>	<b>Guide and protect your holy church:</b>
<b>Saint Boniface: Pray for us.</b>	<b>Lord, hear our prayer.</b>
<b>Saint Thomas More: Pray for us.</b>	<b>Bring all peoples together in trust and peace:</b>
<b>Saint Hilary: Pray for us.</b>	<b>Lord, hear our prayer.</b>
<b>All Holy Martyrs: Pray for us.</b>	<b>Strengthen us in service: Lord, hear our prayer.</b>
<b>Saint Augustine: Pray for us.</b>	<b>Jesus, Son of the living God: Lord, hear our prayer.</b>
<b>Saint Basil and Saint Gregory: Pray for us.</b>	<b>Christ, hear us: Christ, hear us.</b>
<b>Saint John Chrysostom: Pray for us.</b>	<b>Praise the Lord, who is so good: God's love endures forever.</b>
<b>Saint Catherine: Pray for us.</b>	<b>Praise the God of gods: God's love endures forever.</b>
<b>Saint Teresa d'Avila: Pray for us.</b>	<b>Praise the Lord of lords: God's love endures forever.</b>
<b>Saint Patrick and Saint Barbara: Pray for us.</b>	<b>Lord Jesus, hear our prayer:</b>
<b>Saint Benedict: Pray for us.</b>	<b>Lord Jesus, hear our prayer.</b>
<b>Saint Ignatius: Pray for us.</b>	<b>Amen. And AMEN.</b>
<b>Saint Clare and Saint Ann: Pray for us.</b>	
<b>Saint Francis Xavier: Pray for us.</b>	

**You are God's representative on Earth. When  
you Bless and encourage the people in your  
life, you are revealing God's love for them.**