



Nativity of Our Lady Catholic Community

221 Daly Avenue, San Luis Obispo, CA 93405
Phone 805.544.2357 Website www.NativitySLO.org

Reverend Matthew Pennington, Pastor

TURN TO ME

**Turn to me, O turn, and be saved,
says the Lord, for I am God;
there is no other, none beside Me.
I call your name.**

1. I am God, who comforts you;
who are you to be afraid
of flesh that fades,
is made like the grass of the field
soon to wither.

2. Listen to Me, My people;
give ear to Me, My nation:
a law will go forth from Me,
and My justice for a light
to the people.

3. Lift up your eyes to the heavens,
and look at the earth down below.
The heavens will vanish like smoke,
and the earth will wear out
like a garment.

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PSALM 103 RESPONSE

Loving and forgiving are You, O Lord,
slow to anger, rich in kindness,
loving and forgiving are You.

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YOU ALONE

**You alone are holy
You alone are Lord
You alone are worthy
To be honored and adored
Mercy You have given
Kindness You have shown
Love is You alone**

1. Who of us is sinless in this place
Who of us deserves Your saving grace
Who of us is good at all
Without Your blessed love
That falls upon our hearts
To heal our brokenness

2. What is there to do
but thank You then
For the gift that we might call You friend
Greater love has not been known
Than that for which You gave
Your only Son
That You might see us pure and blessed

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Examination of Conscience ~ What Kind of Person am I Becoming?

You Shall Love the Lord Your God...

† Is God the center of my life – or has money, work or pleasure taken God's place?
† Is my faith and understanding of Jesus' message & the church's teaching growing or fading?
† Do I celebrate Mass each Sunday & holyday? † Are my prayers and practice of the Faith routine?
† Do I reverence the name of God and Jesus?

You Shall Love Your Neighbor...

† Do I treat others as I would like to be treated? † Do I ever 'use' or manipulate others?
† Do I harbor resentment & hold a grudge? † Have I been generous with time or money to the less fortunate?
† Am I prejudiced? † Do I value human life – unborn, young and old, disabled?
† Am I a good member of my family, loving, respectful, caring about the others – or do I take them for granted?

† Do I tell the truth? Gossip? Slander? Judge rashly? † Do I steal or damage property?
† At work do I honestly fulfill my role? † Am I a good citizen or oblivious of national and world issues?
† Do I pay taxes? † Do I, as a Catholic, give good or bad example?
† Do I participate in the life of the parish, contributing in ways I am able?
† Am I grateful?

...As You Love Yourself...

† Have I used my gifts & time well? † Am I lazy? † Do I regard my body and others' as the temple of the Holy Spirit?
† Have I used the gift of sexuality as God plans or have I been involved in adultery, fornication and other acts and plans which lead me & others away from God?
† Do I take good care of myself – emotionally, physically and spiritually – or put myself down, acting self-destructively?
† Have I sought healing from envy & jealousy? † Am I faithful to my informed conscience?

Act of Contrition

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. Amen.

Penance Prayer ~ Prayer for Granting Forgiveness to Myself ~ by Father Edward Hays

My God, You who perpetually pardon
all who are sincere in their sorrow,
help me as I seek to forgive myself.
I realize, my Lord, that unless I can forgive myself
I cannot fully forgive those who have offended me.
Humble my heart
so that I can embrace all that is hidden within me.

You, Lord of Creation,
have divided time into day and night.
My life is likewise divided
between light and darkness, good and bad.
When these dark, negative needs are excessive
and out of balance with the positive,
they become destructive to others, and to myself as well.

I forgive myself for becoming impatient
because I was too busy, too particular or in a hurry.
I forgive myself for this failing
as I forgive others who are impatient, too.
I forgive myself for making mistakes,
for being too quick to act or to speak,
for not taking time to think;
I forgive myself as well as others
who make their own mistakes.
I forgive myself for being stupid in sinning, for falling into
the same errors which injure others and myself.
I forgive myself for those small sins
that irritate others and cause me shame.
For a smallness of mind in my thoughts,
for a narrowness of heart in my actions,
I forgive myself and forgive others who act and think as I do.

Compassionate Lord, I know how I sin most easily;
help me to understand and to correct this failing.

I grant myself pardon and forgiveness
so that my darkness may fuel the goodness within me,
a goodness which You, my God,
have placed in great deposit within me.

Amen.

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