

3. ADVENTNA NEDELJA – 3rd SUNDAY OF ADVENT

15. december 2024 Leto C Št. 51

Nedelja, 15. dec: 3. ADVENTNA NEDELJA

ODPEV: »Velik je med vami Izraelov sveti.«

Shout aloud and sing for joy:

great in your midst is the Holy One of Israel.

8.30 am + Iz družine Marn in Tomšič, druž. Jože Marn

- + Ernest Vrečič Sr. & Jr., družina Vrečič
 - + Francka in Marjan Perko, Jože in Ana Bartol
 - + Mihael in Antonija Prokšer, družina Prokšer
 - + Anton Režek, J.A. Opresnik
 - + Steve Malič, žena
 - + Franc Lebar, sin Branko z družino
 - + Valentin Končan Sr., Helen Lavriša
 - + Tone Jerončič, Danica in Jože Česnik
- Na čast sv. Družini, K. Sterle

10.00 am For parishioners - za župljane

- + Trezika Serec, family Edsid
- + Maria and Stane Lamovšek, children
- + Emily Ulčar, children
- + Antonija Kern, family Ferkul
- + Frank Mate, Mary and Rob Kure
- + Rozalija Štrukelj, family Hanna
- + Jože and Francka Petkovšek, daughters
- + Deceased from family Banovec, Ana Kure

Ponedeljek, 16. dec: ALBINA, mučenka

8.00 am + Matija Godina, Ivan Kreslin z družino

- + Ivan Litrop, žena Olga z družino

Torek, 17. dec: BEGA, vdova-opatinja

8.00 am + Ignac Kersnik, žena Elizabeta z družino

- + Silvi Kolarič, družina

Sreda, 18. dec: GACIJAN, škof

7.00 am do 8.00 am spoved

8.00 am + Peter in Ana Kotze, hčerke

- + Danica Ančimer, D.A.
 - + Anne Sedej, Matija Sedej
 - + Soroknike in dobrotnike, družina Adamich
- V zahvalo, S.A.

6.00 pm do 7.00 pm spoved

7.00 pm + Jože in Angela Glivar, J.A.G.

8.30 – 6 pm Celodnevno češčenje - All day adoration

Četrtek, 19. dec: URBAN V., papež

7.00 am do 8.00 am spoved

8.00 am + Slavica in Willy Godina, Ivan Kreslin z družino

- Za žive in pokojne članice K.Ž.L., Tereza Kreslin
- Za našo mladino, S.A.

6.00 pm do 7.00 pm spoved

7.00 pm + John in Cecilia Bain, J.C.B.

Petek, 20. dec: VINCENCIJ, duhovnik

8.00 am + Ignac Dejak- obl., Maria z družino

- V zahvalo, Stella Adamich



6.00 pm do 7.00 pm spoved

7.00 pm + Leopold, Silva in Mimi Hudovernik, družina

Sobota, 21. dec: PETER KANIZIJ, duh. cerk.učit.

8.00 am + Pepca in Jože Zalar, P.J.Z.

4.00 pm do 5.00 pm spoved

5.00 pm + Konrad Žurbi – 18 obl., družina Žurbi

- + Iz družine Burja, družina Žurbi
 - + Božo Kolenc, družina Žurbi
 - + Matilda Ludvik, Vinko Ludvik in hčerke
 - + Anna Sedej, Vinko Ludvik in hčerke
 - + Starši Ludvik, Vinko Ludvik in hčerke
 - + Starši Sedej, Vinko Ludvik in hčerke
 - + Vida Kiren, Vinko Ludvik in hčerke
 - + Milka Pugel, Vinko Ludvik in hčerke
 - + Angela Telban, Vinko Ludvik in hčerke
 - + Kristina Kocjan, Vinko Ludvik in hčerke
 - + Jože Ludvik, Vinko Ludvik in hčerke
 - + Alos Ludvik, Vinko Ludvik in hčerke
 - + Frank Krmelj, M.B.
 - + Iz družine Pavelnova, Janko in Rozi Berlec z družino
 - + Jožica in Jože Novak, otroci
 - + Mary Ann Simovič, Irena Chipping
 - + Majda Cvelbar, C. Perko
 - + Iz družine Špehar, Mary in Tony Špehar
 - + Cecilija Žizek, Marija Movrin
- Za vse pokojne prijatelje, Ivanka in Ivan Papa
- Za zdravje, Joško in Brigita Novak

Nedelja, 22. dec: 4. ADVENTNA NEDELJA

8.30 am + David Tkaličič, Anita Matešič

- + Iz družine Marko in Ana Horvat, Helena Horvat
- + Vinci Horvat, hčerka Kathy z družino
- + Štefan Bokan, Sidonija z družino
- + Jože in Marija Bartol, Jože in Ana Bartol
- + Tone Režek, Cvetka in Mike Andrejaš
- + Franc Lebar, hčerka Diana z družino
- + Nada Stark, družina Prokšer
- + Rozalija Štrukelj, družina Lango
- + Silvia in Tone Škrajnar, hčerke
- + Iz družine Bedernardi, Olga Bedernardi
- + Iz družine Gorjup, Olga Bedernardi
- + Frank Nagode, Francka
- + Joe in Francka Turk, Francka Nagode
- + Barbara in Stanislav Čemas, I. P. Jakopin
- + Valentin Končan Sr., K. Sterle

10.00 am For parishioners - za župljane

- + Jože Kure, family Yakobi
- + Emily Ulčar, children
- + Ana in Miko Špehar, Mary and family
- + Anton and Mia Ferkul, family Ferkul
- + Edi Bric, Viktorija Skrt
- + Frank Kraljič, family Kraljič
- + Jože Kure, Mary and Robert Kure
- + Lojska and Lojze Stajan, children and family
- + Marjan and Mihelca Sevšek, family Sevšek
- + Anica Doma, family Sevšek
- + Frank Vičič, wife and family

+ Deceased from families Simčič and Udovič, *Anka Udovič*
12.30 pm *Spoved in Sv. Maša Holiday Gardens, Pickering*



ŽUPNIJA MARIJA POMAGAJ:

Nedelja, 15. dec: 3. ADVENTNA NEDELJA

10.00 am *For parishioners - za župljane*

- + Matthew Antolin – obl., *Agata Žoldoš*
- + Terezija in Karel Kromar, *otroci*
- + Iz družine Kastelic, *Marija Kastelic z družino*
- + Lojze Petrovčič, *M. Petrovčič*
- + Alojzij Dejak, *Anica Bajt-Kranjec*
- + John in Mary Ljubič, *družina Joe Levstik*
- + Ciril Markelj – obl., *otroci in družina*
- + Jože Žoldoš, *Agata Žoldoš*

Petek, 20. dec: VINCENCIJ, duhovnik

9.00 am do 10.00 am spoved

10.00 am + Anna in Ladislav Likon, *oporoka*

Sobota, 21. dec: PETER KANIZIJ, duh. cerk.učit.

9.00 am do 10.00 am spoved

10.00 am *Za vse žive in pokojne župljane*

Nedelja, 22. dec: 4. ADVENTNA NEDELJA

10.00 am *For parishioners - za župljane*

- + Terezija in Karel Kromar, *otroci*
- + Franc in Mica Demšar, *otroci*
- + Maks in Frančiška Čeligoj, *družina Vrh*
- + Bela Franc, *hčerka Slavica*
- + Katarina Vinčec, *mama Olga*
- + Anton Žižek, *družina Mary Klement*
- + Cecilija Žižek, *družina Mary Klement*
- + Frank Kraljič, *družina Kraljič*
- + Sonja Kokal, *družina*
- + Peter Urbanc, *Sonya*
- + Matilda in Štefan Ritlop, *družina*
- + Ana Kelenc, *Agata Žoldoš*
- + Valerija Zonta, *Vlado in Ann Štaudohar*
- + Terezija Petrič, *Ignac in Matilda Kranjec*
- + Iz družine Arčan, *Dragica*

MARIJA POMAGAJ DUHOVNA OBNOVA pred božičem spored, spovedovanje:

Petek, 20. dec. eno uro pred sv. mašo 9 – 10 am

Sob., 21. dec. eno uro pred sv. mašo 9 -10 am

Srečanje z misijonarjem bo v soboto 21. decembra po maši v dvorani.



CONFESSIONS BEFORE CHRISTMAS - There will be NO CONFESSIONS on December 24th and 25th (except in case of emergency). Please do not wait until the last minute to celebrate the sacrament. Reconciliation is a wonderful way to prepare ourselves for the celebration of the Birth of our Lord. In order to prepare yourself properly, brochures in Slovenian and English are available at the confessional.

- **Our Lady of the Miraculous Medal Church**

IN ENGLISH: Fr. Luigino Santi, CPPS will be here Sunday December 15th and 22nd from 9:30 am to 10 am. Saying

Mass at 10 am.

We thank him for taking time to help spiritually prepare us for Christmas!

Take time to spiritually prepare yourselves for Christ's Birthday.

OLMM DUHOVNA OBNOVA pred božičem spored, spovedovanje:

Sredo 18. dec, Četrtek 19. dec in Petek 20. dec:

Eno uro pred Sv. Mašo zjutraj 7-8 am, maša ob 8 am / zvečer 6-7 pm, masa ob 7 pm

Soboto 21. dec zvečer 4-5 pm, masa ob 5 pm

Priprava za Slovence iz Pickeringa, Ajaxa, Whitbija in Oshawa bo v nedeljo, 22. dec. ob 12.30 pm.

CLEANING THE CHURCH for Christmas is on **Monday, December 23rd** from 9 am. Volunteers needed to help clean the church.

NEW YEAR'S EVE CELEBRATION: Join us on **Tuesday, December 31st** for our New Year's Eve celebration in our parish hall, 739 Browns Line. Music by Ansambel Šibaj. Dinner served at 6.30 pm, prepared by Nancy Dundek. Tickets \$120 are available in the parish office 416-255-2721. Support your parish and make your reservations so we can prepare in time!

C.W.L. POTICA AND COOKIE BAKE SALE is on **December 22nd** from 8.30 - 11 am. Walnut Potica \$40,



Walnut with raisins \$45, Cookies \$15. To order please call 416-255- 2721 or email general@ourladyofmm.com. Orders must be placed by Dec. 16th. **We are asking all our**

parishioners to please bring cookies or baked goods for this sale by December 19th.

NEW MISSALS available in the office for \$7.

MARIJANSKI KOLEDAR 2025 is Slovenije dobite po \$5 v cerkveni veži.

ALL YEAR END CHEQUES AND MAJOR DONATIONS - must be brought to the church office before December 15th, 2024 if you want a tax receipt for 2024. Note cheques have to be cleared at the bank before the donation receipt can be issued. Cash donation will be accepted till Dec. 27th. Donations after December 28th will be registered for 2025. For further information call the parish office 416-255-2721.

CALENDARS - Ridley Funeral Home is giving our parishioners free 2025 calendars. We appreciate their generosity.

PLEASE NOTIFY the parish office if a family member is in a hospital or confined to the home due to sickness or old age. Anointing of the sick and Reconciliation and Communion is also available upon request. Please do not wait until dire situation.

IF ISSUING A CHEQUE TO THE CHURCH it has to be made out to **Our Lady Miraculous Medal** (name of bank account) OR IF FOR **Our Lady Help of Christians** (name of bank account). **IT HAS TO BE IN THE BANK ACCOUNT NAME OR THE CHEQUE WILL BE RETURNED.** You can reference at the bottom of the cheque ShareLife, Dar Misijonar and Building Fund etc.



ŽAREK - THE RAY

INSERT TO THE PARISH BULLETIN

ŽUPNIJA BREZMADEŽNA S ČUDODELNO SVETINJO

ŽUPNIJA MARIJA POMAGAJ



3. ADVENTNA NEDELJA



Dear reader,

Before continuing, let's test your knowledge on the 10 commandments.

What are the 10 commandments (in the right order)?

VESELJE IZHAJA IZ ISKRENE SPRAVE Z BOGOM...

Adventni čas močno zaznamuje radostno pričakovanje Odrešenika. Začeli smo novo liturgično leto, zato advent kliče tudi k požitvi, k spreobrnjenju. **Je odlična priložnost za sveto spoved.** Številka *Žarek* želi prebližati tudi Božje zapovedi v duhu tega Adventa. Zakaj? Ko sprašujem otroke ali mlade o 10 Božjih zapovedi, ugotavljam, da jih velikokrat ne poznajo več. Celo v časih ko se pogovarjam s starejšimi ljudmi ugotavljam, da jih ne poznajo ali ne razumejo. Zato morda se o tem niti ne pogovarjamo, ker nam je nerodno, morda tudi sram... "Nobenega nisem ubil" se lahko sliši v spovednici. Pa morda smo koga uničili s svojo trdo besedo... Kaj pa druge zapovedi? Kako naj se spovedujemo, če jih ne poznamo ali razumemo? Ta številka je tu za to, da nekoliko « popravimo slab vtis » ! K temu nas uvaja prvi članek, ki ga je za nas pripravil naš župljan Milan Vinčec.

Fr Leopold Valant CM

NAVIGATING TOWARDS CHRISTMAS

By Milan Vinčec

We are preparing ourselves for the coming of our Saviour. Having crossed the threshold of a new liturgical year, we find ourselves once again, navigating our increasingly complicated world, as we attempt to avoid negative forces competing for our hearts and minds. They are relentless as ever, as they try to distort the true meaning of the season, and poison our relationship with God. Now more than ever, we need to employ a spiritual strategy that helps us prepare for the imminent arrival of our Messiah. God helps us in this regard, giving us things that facilitate the process.

God's Laws of Love

The **Ten Commandments** are among the most important things! These laws were personally dictated to Moses and are, first and foremost, **God's gift of love to His people.** Many see these laws as irrelevant for our times. Others say that they are too legalistic, and the language archaic-"thou", "false witness", "covet", etc. The Commandments, which by their nature are rules to be obeyed, are often seen as impediments to personal freedoms. I see them as superb guides that help us to conduct ourselves as a "holy people"! Through the eyes of faith, we can see the Commandments as the divine blueprint for true happiness.

Binding Covenant

The Commandments must be understood in the context of the Exodus narrative. God's freeing of the Israelites from the Egyptians preceded the receiving of the Commandments by Moses on Mount Sinai. **The Israelites received them only after committing to**

doing God's will. The Commandments were given in the context of a special relationship-through the establishment of a covenant. The whole deal was ratified, in the affirmative response of the people.

Jesus: The New Moses

In Matthew's gospel, Jesus is the new Moses. He promulgates a **New Law** on a new mountain.

"You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: * You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments."

The Ten Commandments reflect this hierarchy. The first three commandments address our relationship with God, and the last seven address our relationship with others.

Does this new law render the "old law" obsolete? Absolutely not, for Jesus says:

"Do not think that I have come to abolish the law or the prophets. I have come not to abolish but to fulfill...whoever obeys and teaches these commandments will be called greatest in the Kingdom of heaven."

Simply Keep The Commandments

In Mark's gospel we read the story of Jesus' encounter with the rich young man. He asked the Lord this question: **"Good teacher, what must I do to inherit eternal life?"** Our Lord's answer was profoundly simple. He told him to **"keep the Commandments"**.

The man observed the Laws of Moses faithfully, yet was prepared to only do as little as possible. When Jesus challenged him to give up his riches, the young man could not do it, and walked away with a heavy heart. God demands an effective response from us, and is not satisfied with minimal action. He expects us to do as much as we can. Notice the word **"commandment"**. The laws weren't mere suggestions, nor were they optional, nor do we pick and choose which ones suit us best. They are mandatory!

We shouldn't feel discouraged, overwhelmed, nor give up. What God commands, He makes possible by His grace. In other words: **He wouldn't demand it from us if He thought we couldn't do it!**

More Relevant Than Ever

The Commandments help to determine our coordinates on our personal spiritual road. We contemplate them when examining our conscience in preparing for confession. We are able to identify our faults, what we have done right, and what we have failed to do. It is certainly beneficial to engage in such examinations as often as possible.

We can do this at any time during the liturgical year, either individually or collectively. We can determine what course of action is necessary in reconciling with God, and our neighbours. **So the Commandments are more relevant today than ever before!**

A Deep Relationship

God intends to lead us into a deeper relationship with Him each time we read, or reflect on the Ten Commandments. He reveals Himself as loving, and caring God. He is no longer the angry bearded old man, that archaic image of our youth. Through His grace, we become better equipped to overcome challenges, and to grow spiritually. Such growth can be fostered through things such as prayer, hard work, and the support of our families and faith communities!

Promises Kept

The Israelites were delivered from slavery. It was God's unbreakable promise to them. God will keep His promise to us. We will not be disappointed, for our Saviour will be born! Our own salvation narrative will begin when we pledge total fidelity to Him who reassures us: "Trust me, and I will take care of you!"

Trust was essential for the Israelites in their deliverance. It is equally essential for Catholics today, who await the coming of their deliverer!

A Foundation for the Good and Holy

The Commandments have been foundational for all who try to live a good and holy life. It would serve us well to consider them during this Advent season. They are invaluable as we ask ourselves some very pertinent questions. **How prepared are we? How much do we love and trust God above all else? How far are we from loving our neighbours as we should? Are we ready to accept the precious gift of our Saviour?**

Love Alone

We ask Jesus: **"Lord, what must we do this Advent season so that we can be ready when You enter our lives? What must we do so we can live forever with You?"**

"Keep the Commandments," He responds, **"and don't forget that the greatest of these is love."**

Love alone can prepare our hearts for Jesus



Kaj pomaga zdravo telo in učenja
glava, če je srce hudobno?

Anton Martin Slomšek

OBRAZ

Ne pozabi, da je tvoj obraz namenjen drugim, da ga morajo gledati, in da ni nič tako odvratnega, kot uro za uro in dan za dnevno gledati zlovoljen, teman obraz. Tvoj obraz naj bo več od lepe fasade. Stori kaj za svoj obraz, ne le zaradi sebe, da si boš bolj všeč v zrcalu, ampak predvsem zaradi drugih. Najboljša nega obraza ni, da se mažeš s kremo, si puliš obrvi in jih nato rišeš s črtalom. Stori kaj za svoj obraz od znotraj: naj se ti oči lesketajo od veselja, ki ga prinaša neobremenjeno srce, usta naj se ti razširijo v nasmeh, ki bo govoril, da te nobena stvar ne razžira od znotraj, na obrazu naj se ti zrcali prijaznost dobrega človeka. To ti bo uspelo, če boš temeljito očistil svoje srce in iz njega pometel vse, kar te gloda in žalosti, ko se boš osvobodil greha in zla. Pokaži svoj najlepši, najboljši in najprijaznejši obraz, potem te ne bo težko imeti rad.



Gracious God,
how often we settle for a 'glittery greeting card'
kind of peace,
or the worn-out kind of peace that lingers
when all the wrapping paper has been recycled
and the good-byes have been said.
But in our hearts, we long for something more,
a strong and lasting peace:
when families are reconciled,
when the world's divisions are healed,
and human dignity is restored to all.
We dream of a peace to come
when all people will love mercy,
seek justice,
and walk humbly with you each day.
Heavenly One, forgive our tendency
to make this season about shopping for gifts
rather than the priceless gift of grace, peace,
and reconciliation
you have already provided.
In your mercy, hear our prayers...
The peace of Christ surpasses our
understanding;
receive it, celebrate it and live into it
with joy!



rejoice!
Rejoice!
Rejoice!



PRIPRAVA NA SPOVED

MOLITEV ZA IZPRAŠEVANJE VESTI

O Bog, kličeš me iz teme v svojo čudovito svetlobo, od laži k resnici, iz smrti v življenje. Podari mi svojega Svetega Duha, ki naj odpre moja ušesa in opogumi moje srce, da bom spoznal, kako je z menoj, in se trdno držal tvoje poti ter zares živel kot kristjan. Amen.

(Po rimskem obredniku)

Pogoji za dobro opravljeno spoved

- Dobro si izprašati vest
- Grehe iskreno priznati spovedniku
- Obuditi kesanje svojih grehov
- Narediti trden sklep o poboljšanju
- Opraviiti naloženo pokoro

Pred sveto spovedjo premisli:

- Ali grem vsaj enkrat na leto k spovedi ali pa menim, da nimam nobenega greha?
- Kdaj sem bil nazadnje pri sveti spovedi?
- Ali sem kakšen večji greh pozabil povedati?
- Sem kak greh namerno zamočal?
- Sem vestno opravil pokoro, ki mi je bila naložena pri zadnji spovedi?
- Sem po svojih močeh povrnil škodo, ki sem jo povzročil s svojimi grehi?
- Sem se trudil, da ne bi več grešil?
- Sem se varoval tudi grešne priložnosti?
- Kateri greh največkrat ponavljam in zakaj?
- Sem se morda na kak greh že navadil?
- Sem se trudil za rast v duhovnem življenju?
- Na kaj bom moral biti v prihodnje posebej pozoren?
- V čem je moj trdni sklep o poboljšanju?

SPRAŠEVANJE VESTI

1. Veruj v enega Boga

► Mi je Bog prva in najvišja vrednota ali pa so mi druge stvari: denar, imetje, kariera, ugled, oblast, ugodje, televizija, šport... pomembnejše kot Bog? ► Sem zaradi strahu, sramu ali koristoljubja kdaj zatajil vero? ► Sem brezbrizen do duhovne izobrazbe in si mislim: "Če kaj ne

delam prav, me bodo že drugi poučili?" ► Berem in premišljam Sveto Pismo, berem verske knjige, časopise? ► Skrbim za versko vzgojo otrok? Tudi s svojim zgledom? ► Si prizadevam za družinsko molitev? ► Zmorem izročiti svoje življenje Bogu kakor Marija, ki je rekla: "Zgodi se mi po Tvoji besedi!" ► Ali zvesto spolnjam Bogu dane (za)obljube in stanovske dolžnosti? ► Kako sprejemam življenjske križe: trpljenje, osamljenost? Ali neprestano sitnarim in godrnjam? ► Mi vera pomaga premagovati vsakdanje stiske, težave in razočaranja ali pa sem prav zaradi njih izgubil zaupanje v Boga? ► Znam prinašati krščansko veselje in optimizem ali pa sem nad življenjem razočaran? ► Sem poskušal kdaj narediti samomor? ► Sem kdaj iskal rešitve pri bioenergetikih, vedeževalcih, čarovnikih? ► Sem se sam ukvarjal z okultnimi stvarmi: magijo, čaranjem, napovedovanjem prihodnosti (iz kave, dlani, kart ipd.), klicanjem duhov, astrologijo, horoskopom, bioenergijo. ► Sem nepremišljeno uporabljal nihalo? ► Nosim ali imam v hiši kakršnekoli amulete (predmete, podobe, tekočine, praške za srečo)? ► Sem kdaj sodeloval v prireditvah, ki povečujejo zlo (Satana) ali poslušal takšno glasbo? ► Sem kdaj sramotil Boga ali svete osebe (svetnike), svete kraje (cerkve), svete stvari (hostijo, oltar)? ► Sem kdaj prisostvoval ali dejavno sodeloval pri nekrščanskih obredih (npr. v sektah)?

2. Ne skruni Božjega imena

► Sem po nepotrebnem izgovarjal ali celo preklinjal Boga, Božjo Mater, svetnike? ► Kličem v jezi imena hudega duha (Vrag, Satan)? ► Ali to opravičujem z izjavo: »To je moja navada?« ► Se postim zapovedane postne dni?

3. Posvečuj Gospodov dan

► Ali ob nedeljah in zapovedanih praznikih najdem čas za sveto mašo? ► Ali pridem pravi čas v cerkev, ali pa se ne morem odvaditi zamujanja? ► Sodelujem pri sveti maši, ali pa sem zgolj naveličani gledalec, ki si zapomni samo to, kje se je kdo kaj zmotil? ► Kako prejemam sveto obhajilo - ali sem spovedan vseh velikih grehov? ► Sem šel k spovedi in obhajilu vsaj za veliko noč in božič? ► Ali se maša in sporočilo Božje besede nadaljujeta tudi v mojem vsakdanjem življenju?

► Si ob nedeljah in praznikih vzamem čas za molitev, družinski pogovor, razvedrilo, ali pa tudi takrat delam?

4. Spoštuješ očeta in mater...

► Spoštujem svoje starše, sestre, brate, otroke? ► Jim rad pomagam, ko potrebujejo pomoč? ► Ali svoje starše kdaj izkoriščam? ► Sem bil kdaj do starejših nepotrpežljiv? ► Spoštujem vse ljudi, tudi drugače misleče, drugih narodnosti... ► Se norčujem iz slabosti drugih? ► Ali moram imeti jaz vedno prav? ► Sem kdaj komu vsiljeval svojo voljo? ► Znam poslušati sogovornika? ► Ali spoštujem svoje predpostavljene? ► Molim tudi za domovino in njene voditelje? ► Sem na volitvah šel voliti? ► Ali mi je bilo vseeno za usodo bližnjih?

5. Ne ubijaj

► Sem se z bližnjimi kaj kregal? ► Sem bil do koga nasilen (pretep)? ► Sem kdaj koga prekel ali drugi mene? ► Ali še komu nisem odpustil? ► Ali koga preziram ali celo sovražim? ► Privoščim ali želim komu slabo? ► Sem koga zavedel v greh? ► Ali sem kdaj iz samoljubnega namena opustil obrambo nedolžnega? ► Mi je življenje (tudi še nerojenega otroka) najvišja vrednota? ► Sem sodeloval ali pomagal pri splavu, sem ga odobral? ► Se zavedam posledic uporabe sredstev za uravnavanje spočetja (ki so v večji meri abortivna)? ► Skrbim dovolj za svoje zdravje in počitek? ► Škodujem sebi in drugim s prekomernim pitjem alkohola, kajenjem ali drugimi drogami? ► Ali pretiravam v hrani? ► Spoštujem prometne predpise? ► Kakšen je moj odnos do narave - jo varujem ali neodgovorno uničujem?

6. Ne nečistuj

► Spoštujem svoje telo kot svetišče Svetega Duha? ► Poslušam, berem ali gledam stvari, ki imajo nespoštljiv odnos do človekove spolnosti? ► Ali živim v izvenzakonskem razmerju? ► Sem bil sozakoncu zvest v mislih, besedah in odnosih do drugih ljudi? ► Se samozadovoljujem? ► Imam spoštljiv odnos do drugega spola? ► Sem koga s svojim vedenjem pohujšal? ► Se varujem slabe družbe?

7. Ne kradi

► Sem koga okradel, ogoljufal, kaj poneverjal ali bil nepravilen pri prodaji in kupovanju? ► Sem si krivično prisvajal tuje stvari - doma, v službi, drugod? ► Ravnam odgovorno s tujo lastnino? ► Sem vrnil izposojene stvari? ► Opravljam pošteno svoje dolžnosti (v službi, šoli) ali pa sem malomaren? ► Ali pošteno plačujem davke in obveznosti do sodelavcev? ► Sem komu naredil krivico? ► Sem poravnal škodo, ki sem jo morebiti povzročil? ► Kako uporabljam svoj čas – ali lenarim? ► Zapravljam svoj čas s prekomernim gledanjem televizije, igranjem

računalnika? ► Ali prav uporabljam talente, ki mi jih je Bog dal? ► Se vključujem v življenje župnije? ► Sem bil v zadnjem času komu v stiski pomoč in v žalosti veselje?

8. Ne pričaj po krivem

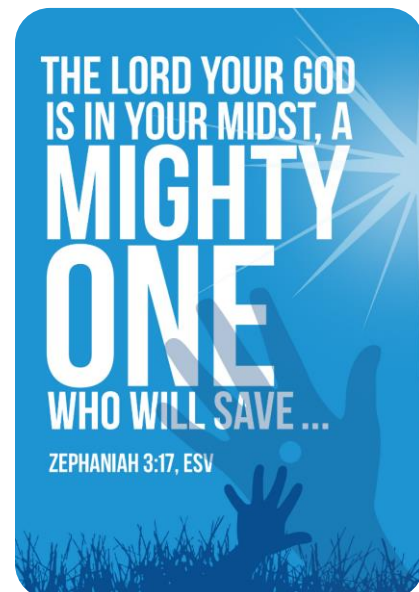
► Ali kdaj lažem, tudi če za šalo? ► Sem komu z govorjenjem povzročil škodo? ► Sem kdaj izdal čigavo zaupanje? ► Sem kdaj lažno prisegel ali obljube ne spolnil? ► Se pred ljudmi delam lepši kot sem (hinavščina)? ► Ali rad druge opravljam (razširjam o kom resnično slabost) ali obrekujem (razširjam o kom izmišljeno slabost)?

9. Ne želi svojega bližnjega žene

► Ali imam urejene odnose s partnerjem (cerkvena poroka)? ► Sprejemam svojega zakonskega partnerja z vsemi njegovimi dobrimi in slabimi lastnostmi? ► Sem bil do sozakonca kdaj sebičen, nespoštljiv, maščevalen? ► Je moja ljubezen do sozakonca, otrok in sorodnikov, iskrena ali pa koga odklanjam? ► Sem pravičen do svojih otrok? Sem do njih prestrog ali jih pa razvajam? ► Si vzamem dovolj časa za družino?

10. Ne želi svojega bližnjega blaga

► Ali krotim slaba nagnjenja, kot so zavist, napuh... ► Ali težko prenašam če ima kdo čega več kot jaz? ► Se veselim uspeha drugih, ali pa jim zavidam imetje, družbeni položaj, uspeh? ► Znam biti hvaležen Bogu in ljudem? Ali to kdaj tudi izrazim: z besedo, dejanjem? ► Se znam čemu tudi prostovoljno odreči? ► Sem po svojih zmožnostih daroval kaj za uboge? ► Sem pozoren do tistih, ki nimajo hrane, dela, stanovanja?

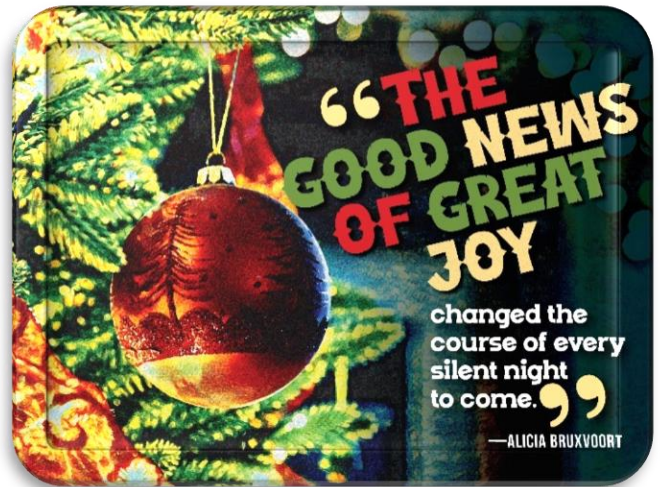


NEKAJ MORAM SPREMENITI. KAJ?

Kdo je Jezus? Sam se je Janezu Krstniku takole legitimiral: »Slepi spregledujejo, hromi hodijo, gobavi se očiščujejo, ubogim se blagovest oznanja...« Ob tem je Janez Krstnik ljudi ob Jordanu lepo pripravljaj na Jezusovo delovanje. Klical je: »**Spreobrnite se in delajte pokoro!**« Ljudje različnih stanov so ga poslušali prihajali k njemu in ga spraševali: »**Kaj naj storimo?**« Naročal jim je, naj opravljajo dobra dela, naj se odrečejo nasilju, krivicam in lažem. **Vsak je v svoji duši čutil, da mora nekaj spremeniti. Kaj?**

Klemen je bil vnet motorni dirkač. Že od mladih let je sodeloval na mnogih moto dirkah. Ko se je poročil, ga je žena vedno svarila, naj preneha s tekmovanji, ker je ta šport drag in zelo nevaren. Nekega dne se je odločil. Motor je prodal in ni hotel več tekmovali. Ko so ga prijatelji spraševali, kaj to pomeni, je odgovoril: »Pričakujem otroka in ta situacija spreminja moje življenje. Jaz sem otrokov oče in družine. Nimam več pravice igrati se s svojim življenjem.«

Kakor Klemen moramo tudi mi zaradi otroka Jezusa spremeniti svoje življenje, ko pričakujemo njegovega rojstva o Božiču. Zato moramo postati boljši ljudje. Kako bomo to dosegli, ne bomo hodili spraševat Janeza Krstnika k Jordanu. **Odpreti moramo srce, oči in roke, pa bomo v svojih družinah našli dovolj razlogov za spremembo.** Doma imamo stare in onemogle starše, ki jih zanemarjamo, čeprav so nam izročili svoje premoženje, v nekaterih družinah so razdvojeni, ni prave ljubezni. Tudi ni dovolj, če smo jih spravili v dom ostarelih, da imajo udobnost, varnost in prehrano, nismo pa do njih pozorni. Premalo jih obiskujemo. V nekaterih družinah otroci zaman čakajo na ljubezen svojih staršev itd. **Take zadeve moramo kristjani reševati in svet bo postajal boljši.**



WHAT IS AN EXAMINATION OF CONSCIENCE?

The basic requirement for a good confession is to have the intention of returning to God with your whole heart, like the prodigal son (in Luke 15), and to acknowledge your sins with true sorrow before the priest, who is there to remind you of Christ.

Modern society has lost a sense of sin. As Catholic followers of Christ, we must make an effort to recognize sin in our daily actions, words and omissions. An examination of conscience helps us do just that. To make a good examination of conscience and to live a life in right relationship with God, His laws, and the happiness He desires for us, it is also critical for each of us to develop a well-formed conscience.

An examination of conscience is a review of one's past thoughts, words and actions for the purpose of discerning their conformity with or unconformity with the moral law (NewAdvent.org). In other words, an examination of conscience helps you identify the moments in your life when you've pleased God with your virtue—the good things you've done or said—or when, conversely, you have fallen into sin. If you examine your conscience in order to uncover and reflect on your sins, you can then bring those uncovered sins before God in the Sacrament of Confession and ask for His forgiveness.

THE TEN COMMANDMENTS

Take time to reflect on the Ten Commandments and how they relate to everyday sins in your life. You can and should use these commandments as a guide to examine your conscience and make a good Confession!

1. I, the Lord, am your God. You shall not have other gods besides me.

Denying the existence of God, rejecting the Catholic Faith, loving something or someone more than God (**money**, power, sex, etc.), engaging in superstition or divinization, involving oneself in the occult, sacrilege, materialism, atheism.

2. You shall not take the name of the Lord God in vain

Cursing, blasphemy, speaking about things of the Catholic Faith with irreverence or hatred, belittling others in your speaking, perjury, using the name of God or the saints in vain or irreverently, breaking vows or promises to God, distracting others in Mass by excessive talking.

3. Remember to keep holy the Lord's Day

Missing Mass on Sunday, doing unnecessary servile work, engaging in unnecessary commerce, receiving Communion in a state of mortal sin, Coming late and leaving early at Mass habitually, eating or drinking within one hour of Communion (without medical reason).

4. Honor your father and your mother

Disobedience to parents, neglecting elderly parents in need, not providing for the religious education and formation of your children, not praying with and for your children, disobedience to authority figures, provoking or insulting your parents, being inconsiderate of a spouse's faults, neglecting to take care of your family due to laziness or shyness.

5. You shall not kill

Murder, abortion, aiding someone in obtaining an abortion, euthanasia, suicide, fighting, hatred, desires of revenge, verbal or emotional abuse, abusing alcohol or drugs, gluttony, serious anger, losing control of your temper, animal cruelty, taking pleasure in another person's suffering.

6. You shall not commit adultery

Being unchaste, lust, using artificial birth control, participating in in vitro fertilization or artificial insemination or sterilization, entertaining impure thoughts, committing adultery, committing fornication or masturbation, engaging in homosexual activity, engaging in sexual foreplay outside of marriage, engaging in prostitution, dressing immodestly

7. You shall not steal

Stealing, petty theft, plagiarizing, cheating, keeping borrowed or lost items without attempting to return, tax evasion, business fraud, paying unjust wages, excessive gambling or betting, not honoring contracts or promises.

8. You shall not bear false witness

Lying, boasting, bragging, exaggerating, hypocrisy, slander, spreading rumors, criticizing others, gossiping, rash judging, revealing secrets, lying, deceiving others.

9. You shall not covet your neighbor's wife

Being unchaste, lust, entertaining impure thoughts, committing adultery, committing fornication or masturbation, engaging in homosexual activity, engaging in sexual foreplay outside of marriage, engaging in prostitution, dressing immodestly.

10. You shall not covet your neighbor's goods

Envy, jealousy, greed (all can apply to unhealthy desires to your neighbor's material goods or to their talents, achievements, etc.)

The Ten Commandments are the cornerstone of Catholic morality and ethics. They were given by God to Moses on Mount Sinai and are an essential guide for living a virtuous life. As Catholics, we are called to follow these commandments and embrace them as part of our daily lives.

»PRIDI IN SE SPRAVI Z MENOJ!«,

Včasih se nam zdi, kakor, da bi v nas bivala dva človeka. Eden, ki naredi vse prav in ga kažemo zunanjemu svetu, in drugi, ki se ga sramujemo.

V mnogih ljudeh opazimo to globoko razklanost. Srečujemo ljudi, ki kljub največjemu prizadevanju znova zapadejo v staro zlo. Ljudi, ki bi radi v redu živeli, pa vendar počenjajo stvari, ki jih nočejo.

Zakaj je tako?

Ker človek ni Bog, niti ni angel ali kakšno nadnaravno bitje, ampak le majhen romar na dolgi poti. In vendar je človek čudovito bitje. Izkušstvo lastne grešnosti mu omogoča, da razume soljudi. Kdor si nikoli noče priznati napak, postane farizejski in trd kot kamen. Srce mu zakrni in ni več zmožno tolažiti in opogumljati drugih, jih razumeti in jim odpustiti.

Naj te tvoje lastne slabosti, ki si si jih v tem spraševanju vesti priklical pred oči, ne dotolčejo. To ni bil namen spokornega bogoslužja. Namen spraševanja vesti izraža naslednja misel pesnice Elisabeth Lucas:

»Če samo tožim nad zlom, zla zaradi tega ne bo nič manj, toda pozornost vseh se obrne vanj.

In ko ljudje vidijo, kako kažem le na slabo, jim upade pogum, da bi se bojevali za dobro.

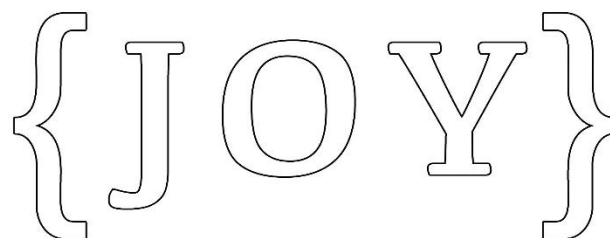
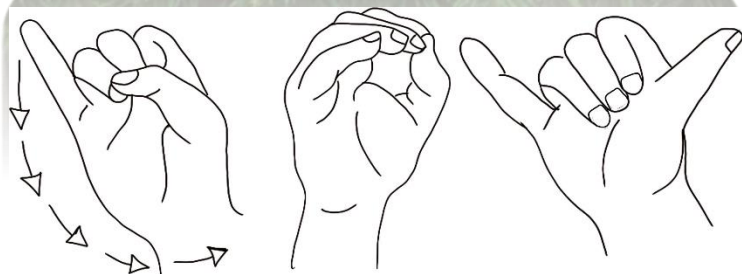
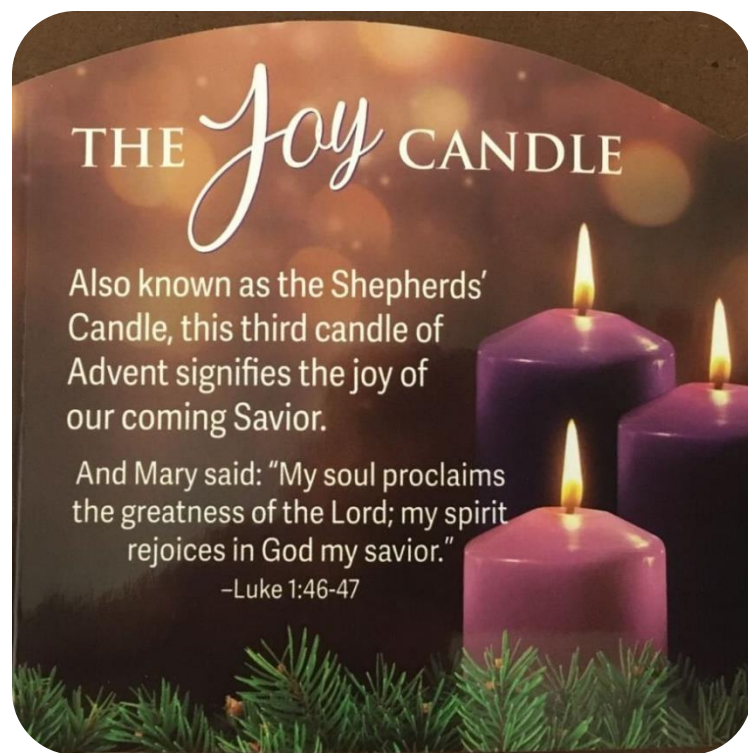
Če sem na dobro pozoren, dobrega zaradi tega ne bo nič več, toda upanje vseh se usmeri naj. In že tisto malo dobrega, ki ga uzro, jih navduši v boju proti zlu«.

Vest smo si torej spraševali, da bi uzrli dobro v sebi in se navdušili zanj. Vedi pa, da pri tem navdušenju nisi sam: spremljajo te molitve in prijateljstvo naše skupnosti, naše župnije.

Pa ne samo naše, tudi Bog te spremlja z prijazno naklonjenostjo in z obljubo, da ti bo pomagal vstati in hoditi naprej, zato ne odlašaj, ko te vabi:

»Pridi in se spravi z menoj!«,

saj boš tako napravil odločilen korak k novemu, boljšemu človeku!



Prepared by Fr. Leopold Valant CM. For this insert »Žarek-The Ray« I used pictures from: Istockphoto.com (customer number: 27107868), www.pintarest.com and www.churchart.com