

or by serving those in need?

- Do I habitually compare myself with others in terms of wealth, status, and financial security?
- Am I jealous of the personal qualities of others or envious of their possessions or success?
- Do I keep my finances in order and exercise proper stewardship over what is mine?
 - * Do I support my Church sufficiently?

Source: "The Word Among Us," Box 6003, Gaithersburg, MD, 20897-8403", "A Daily Approach to Prayer and Scripture"

The following leaflets are also available. All of our leaflets are written by Roman Catholic authors:

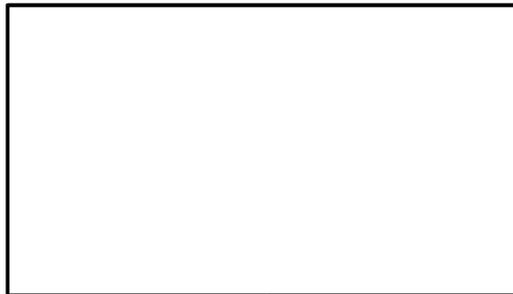
Why Do Catholics Venerate the Blessed Virgin Mary?
Praying the Rosary.
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Why Should I go to Mass on Sunday?
What is the Catholic Church Anyway?
What is the Holy Eucharist?
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NOTE: If you would like to know more about the Roman Catholic Church, simply look up the one nearest to you, under "Churches" in the Yellow Pages of any phone book, and enquire about the adult information courses that are available and offered without any obligation at all to the enquirer.

You may freely photocopy and distribute this leaflet. Alternatively you can log on to our website above and download a fresh copy for printing.

Local Contact:



CATHOLIC MISSION LEAFLETS
P.O. Box 10, Ingleside,
ON, K0C 1M0,

A MEMORY AID FROM THE TEN COMMANDMENTS



The following is meant as a memory aid for someone who is preparing for Confession. It draws on the Ten Commandments (Exodus 20:1-17) but is not literal rendition of them.

1. I am the Lord your God, you shall have no other gods beside me.

- Do I worship God in spirit and truth and give God the praise due him?
 - Am I angry with God or resentful toward him because of illness or other misfortunes?
 - Do I make a god out of my work, my possessions, my money or my image in the eyes of others so that these rule my life instead of God?
 - Have I tried to grow in the knowledge of God through daily prayer and scripture reading?
 - Have I dabbled in the occult or given credibility to horoscopes, ouija boards, channelling, tarot cards, or fortune telling?
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2. You shall not take the name of the Lord your God in vain.

- Have I been hypocritical by adhering to a ritualistic observance while my heart has been far from God?
- Have I resorted to profane language by cursing and swearing?
- In conversation, have I passively allowed slander and jokes aimed at demeaning religion, the Church or God's authority?

3. Remember the Sabbath day, to keep it holy?

- Have I allowed myself to become so dominated by my work or chores that I have not set aside Sunday for spiritual and family activities?
- Have I attended Mass every Sunday?
- In my prayer and attendance at the liturgy, am I content with a passive observance rather than devoting myself to genuine worship of the Lord?

4. Honor your father and your mother.

- As a young person in the family home, do I listen to, respect, and obey my parents when they instruct me?
- As an adult, do I visit and care for my parents in their old age?
- Do I harbor short-term or long-standing resentments toward my parents?
- Do I blame my parents for my own shortcomings?

5. You shall not kill.

- Have I ever struck anyone in anger, intending to injure the person?
- Have I ever had an abortion, or advocated abortion, either through my opinions in conversation or by actively assisting someone in procuring one?
- Have I ever endangered myself or the life of another person through the taking of drugs, abuse of alcohol or the reckless use of an automobile?

6. You shall not commit adultery.

- Have I engaged in sexual activity outside of marriage.?
- Have I been involved in a homosexual relationship?
- Have I given my mind over to lustful thoughts or fantasies?
- Have I read pornography or watched indecent movies or television shows?
- In conversation, have I told or enjoyed lewd or obscene jokes and stories?

7. You shall not steal.

- Have I taken anything that did not belong to me?
- Have I been dishonest in the payment of my taxes or in the submission of expense accounts in my business?
- Have I wasted time and cheated my employer

by not doing a full day's work for my wages?

- Have I been extravagant in my manner of life, to the neglect of the poor at home and abroad?
- Have I been irresponsible and neglected the needs of my family by wasting money on gambling or betting?

8. You shall not bear false witness against your neighbour.

- Have I defamed the good name of another person by taking part in gossip or slander?
- Have I injured the reputation of other by speaking about their failures and sins with little desire or intention to help them?
- Have I condoned prejudice and hatred toward people of other nationalities, races or religions?

9. You shall not covet your neighbors wife.

- Have I sought the affections of another's spouse (husband/wife)?
- Have I contemplated infidelity to my spouse?
- Have I upheld the dignity of my spouse in all circumstances?
- Have I rejected my family in my heart, wishing to distance myself emotionally and personally from them?

10. You shall not covet your neighbors goods.

- Do I have and express concern for those who are suffering by giving generously to the poor