

The Catholic Church of the
Immaculate Conception

2540 San Diego Avenue, San Diego, CA 92110 619 295-4141 FAX 619 295-4142
e-mail: parish@ic-sandiego.org Website: www.ic-sandiego.org

July 12, 2015

Rev. Richard L. Perozich, Pastor

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music@ic-sandiego.org 619-295-4141 x 18

Parish Office Hours

Monday: Noon to 4:00 pm
Tuesday-Friday: 9:00 am to 4:00 pm
Saturday & Sunday: Closed

Mass Schedule

Daily Mass: Monday - Saturday at 8:00 am

First Friday Mass & Devotion: 8:00 am

Sunday Masses

Msgr Robert Ecker weekend associate

Saturday Vigil: 5:15 P.M.

Sunday: 8:30 AM, 10:00AM, 11:30 AM. 5:15 P.M.

Holy Day Masses: 8 A.M., 7:00 P.M.

Penance: For daily Mass goes 7:30 AM, For Parish on Saturday: 4:30 to 5:00 P.M., and by appointment

Baptisms & RCIA: *By appointment only.* Please email

Deacon Fitzmorris at rfitzmor@diocese-sdiego.org.

Weddings: By appointment only. Arrangements must be made at least **one year** in advance. Please contact the office

Funerals: *For arrangements, please call the parish office.*



History of Immaculate Conception Parish

It was here in Old Town that Father Junipero Serra celebrated his First Holy Mass in California on July 2, 1769, near the site of the present Immaculate Conception Church, and it was on the hill overlooking Old Town that he planted the cross which marked the site of the Mission and the Presidio.

In 1849, the first parish church was established in Old Town with the name of Immaculate Conception and was dedicated in 1858. It still stands and is known as the Old Adobe Chapel on Conde Street. The cornerstone to the present Immaculate Conception Church was laid in 1868 under the direction of Father Antonio Ubach. With the population swing toward the south, it was not until July 6, 1919, that the church was dedicated by Archbishop John J. Cantwell of Los Angeles.

WE PRAY

MASS INTENTIONS

13	8 AM	St. Henry †Alexander & Jeanette Toczko	RP
14	8 AM	St. Kateri Tekakwitha †Alexander & Jeanette Toczko	RE
15	8 AM	St. Bonaventure †Alexander & Jeanette Toczko	RP
16	8 AM	Our Lady of Mount Carmel †Alexander & Jeanette Toczko	RP
17	8 AM	Weekday †Alexander & Jeanette Toczko	RP
18	8 AM	St. Camillus de Lellis; BVM †Alexander & Jeanette Toczko	RP
19	5:15 PM	Cay & Mike Casey, SI	RP
	8:30 AM	†Alexander & Jeanette Toczko	RP
	10:00 AM	†Jean Allen	RE
	11:30 AM	†William Kennedy	RP
	5:15 PM	People of Immaculate Conception	RP

APOSTLESHIP OF PRAYER

July: Intentions of the Holy Father

Universal: That political responsibility may be lived at all levels as a high form of charity.

Evangelization: That, amid social inequalities, Latin American Christians may bear witness to love for the poor and contribute to a more fraternal society.

PRAY: SEMINARIANS IN THEOLOGY

4th	David Exner North American College Rome,
4th	Brian Frice Mt. Angel Seminary OR
2nd	Oscar Lopez, Mt. Angel Seminary OR
3rd	Nathan McWeeney Mt. Angel Seminary OR
2nd	Eric Tamayo North American College Rome
4th	Corey Tufford North American College Rome,
4th	Derek Twilliger Mt. Angel Seminary OR
3rd	Billy Zondler, Mt. Angel Seminary, OR

PRAY FOR OUR PRIESTS

13	Rev. Msgr. Anthony Chylewski
14	Rev. Robert Clark, SSC
15	Rev. Nicholas Clavin
16	Rev. Ronald Cochran
17	Rev. Donald Coleman
18	Rev. Joseph Colier
19	Rev. James Conte

PRAY THE SCRIPTURES

Monday: Ex 1:8-22; Ps 124:1-8; Mt 10:34-11:1
 Tuesday: Ex 2:1-15; Ps 69:3-34; Mt 11:20-24
 Wednesday: Ex 3:1-12; Ps 103:1-7; Mt 11:25-27
 Thursday: Ex 3:13-20; Ps 105:1-27; Mt 11:28-30
 Friday: Ex 11:10-12:14; Ps 116:12-18; Mt 12:1-8
 Saturday: 12:37-42; Ps 136:1-24; Mt 12:14-21

PRAY FOR HEALING

Jesus, we ask you to bring your peace and healing touch to those who are ill, afraid or worried. Amen

Esther Fitch, Lydia Castillo Herrera Margaret Kelly, Patricia Kennedy, Dorothy Kleint, Deena Marchiano, Dena Mendoza, Jean Miller, Patricia O'Grady, Mary Jane Tiernan, Marguerite Vorst, Marie Whitman, Martha Zamudio, Carlos Amaya, Fred Levine, Mike Rodriguez, Lisa Becerra, Maguire Fitzpatrick, Tony Jenkins, Peter Nalwalker,		Bob Witt, Frank Garay, Frances Garcia, Socorro Pacheco, Linda Lee, Amparo Valenzuela, Robby Witt, Phyllis Altomare, Denise Cooney, Alicia Ambrose, Shirley Pearson, Diego Cárdenas. Inez Cerda Bull Joanne Mangiameli Rose McBrien Cosmo Busalacchi Maria Casanova, Steve Stone, Laura Castillo, Edna Moore
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PRAY FOR OUR DEPLOYED MILITARY

Jesus, protect all who serve our country.

Sgt. Ahmed John Alexander, Natalie Augustine, Major Jerry Bloomquist, Col. Mike Bodkin, Danny Carpenter, USMC, LTJG Joseph Colangelo, USN, Cpl. Samuel James Comer, Daniel Dinglebeck, USN, PFC, David Eley, USMC, Micah Emery, Sgt. Christopher Escalona, Capt. Pedro Esquivel, 1Lt. Cortez Fabia, Juan Carlos Galazza, SSGT. Vincent Charles Lucario,	Robert Clinton Long, MC2, Sgt. Adriana Matizel, Wendell Miculob, LTJG Joe F. Morales, USN; LCPL Matthew A. Pena, Sgt. Richard Pierce, Sgt. William Paul Powers and Cinco, CPL Wilson Santiago; Alfred Tello, Ricky Thibeault, Tony Tulloss, PFC Travis Vliet; & 3rd Marine Aircraft Wing.
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†PRAY FOR OUR DECEASED †

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace Amen.

William Kennedy, Robert McMahan, David Diaz, Margie Gautier, Patrick Piggot, Rodney Serrano, Concepción Garza, Richard Solís Moreno, Laura Marks, Alvin Weaver, William Bethel, Lillian Sinclair, Olga Hritz, Imelda Hoeckelmann, Angelina Olivarez,	Alice Perry, Joseph Moreno, Louie Serrano, Gustavo Sosa, Floyd Watson, Iola Torre, Thomas Briggs, Emilie Graham, Angela Cordova, Ramiro Moreno, Alexander Toczko Jeannette Toczko José Teofilo Solorio Ray Jackson Betty Jackson
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VATICAN SUPPORTS 'MORALITY CLAUSES' FOR CATHOLIC SCHOOL TEACHERS, STUDY FINDS

FROM THE PASTOR

"Morality clauses" and high standards for Catholic school teachers are not radical new policies as portrayed by secular news media, but simply implement what the Vatican has been demanding for several decades, reveals a timely new report from The Cardinal Newman Society.

"The Vatican has consistently recognized that teachers—lay, clerical or religious—have an essential role in Catholic education and must serve as witnesses to the faith, in both word and deed," writes Dr. Jamie Arthur, director of the Newman Society's Catholic Education Honor Roll, in her study titled, *The Call to Teach: Expectations for the Catholic Educator in Magisterial Teaching*.

Bishops around the United States have been putting the Vatican norms into practice with changes to employee contracts and handbooks that more explicitly describe Catholic morality and expectations that Catholic teachers model good behavior. While these changes have been well-received in most dioceses, protests in San Francisco against Archbishop Salvatore Cordileone have promoted claims that he is out of step—even with the Catholic Church.

Dr. Arthur's new study explodes that myth. Her extensive review of a century of Vatican and U.S. bishop teachings on Catholic education finds that Archbishop Cordileone and bishops who are implementing high standards for teachers are simply doing what the Vatican has repeatedly endorsed. Instead, it is the sometimes lax teacher standards of the last few decades that may have been contrary to Vatican expectations.

"Often what is perhaps fundamentally lacking among Catholics who work in a school is a clear realization of the identity of a Catholic school and the courage to follow all the consequences of its uniqueness," warned the Vatican's Sacred Congregation for Education in 1977, as faculties in Catholic schools shifted from primarily religious sisters and priests to lay teachers. Dr. Arthur reports "a steady but gradual transition away from clergy and religious—now just 2.8 percent of Catholic full-time professional staff, according to the National Catholic Educational Association."

In that 1977 document, *The Catholic School*, the Vatican explained clearly that lay teachers are expected to uphold the Catholic character of the Church's schools, no less than sisters and priests:

The integration of culture and faith is mediated by the other integration of faith and life in the person of the teacher. The nobility of the task to which teachers are called demands that, in imitation of Christ, the only Teacher, they reveal the Christian message not only by word but also by every gesture of their behavior. This is what makes the difference between a school whose education is permeated by the Christian spirit and one in which religion is only regarded as an academic subject like any other.

Meanwhile, the Vatican has called for improved preparation of lay teachers in "secular and religious knowledge" and spiritual formation, even as studies have shown that fewer Catholics today know their faith and adhere to its key tenets, especially with regard to sexual morality.

"The formation of personnel will allow the Gospel message and the living presence of Jesus to permeate the entire life of the school community and thus be faithful to the evangelizing mission," proposed the U.S. Conference of Catholic Bishops in 2005, in *Renewing Our Commitment to Catholic Elementary and Secondary Schools in the Third Millennium*.

Teacher formation is an important response to the present "educational emergency," the Vatican said last year in its document preparing for this year's 50th anniversary of the Vatican II declaration on Catholic education, *Gravissimum Educationis*. Pope Paul VI implored in that declaration, "Intimately linked in charity to one another and to their students and endowed with an apostolic spirit, may teachers by their life as much as by their instruction bear witness to Christ, the unique Teacher." Last year's planning document, *Educating Today and Tomorrow: A Renewing Passion*, repeated the point that Catholic teachers need to share a "specific evangelical identity" and "consistent lifestyle."

But in addition to proper formation, dioceses need to acknowledge the contemporary "crisis of values" and ensure that they are hiring teachers who are "competent, convinced, and coherent educators" and whose model is Jesus Christ Himself. That was among the key recommendations of the Vatican in its 1997 document, *The Catholic School on the Threshold of the Third Millennium*.

Dr. Arthur finds that the Church's "multidimensional criteria for teaching in a Catholic school surpass the standards typically associated with educational credentialing," consistent with the high moral expectations of many dioceses today. That message is clear even in the Church's canon law, which states, "The instruction and education in a Catholic school must be grounded in the principles of Catholic doctrine; teachers are to be outstanding in correct doctrine and integrity of life" (Canon 803).

Ensuring that teachers meet these standards will generally mean that Catholic schools strive to hire faithful Catholics to faculty positions, the U.S. bishops said in 2005. Dioceses should strive to "recruit teachers who are practicing Catholics, who can understand and accept the teachings of the Catholic Church and the moral demands of the Gospel, and who can contribute to the achievement of the school's Catholic identity and apostolic goals," pronounced the U.S. bishops conference in its *National Directory for Catechesis*.

The U.S. bishops made a similar plea more than 30 years earlier in their statement, *To Teach as Jesus Did*: "The integration of religious truth and values with the rest of life is brought about in the Catholic school not only by its unique curriculum, but, more important, by the presence of teachers who express an integrated approach to learning and living in their private and professional lives."

That is the clear intention behind diocesan efforts today to strengthen teacher employment documents and ensure that teachers are well-informed of the Church's moral standards and vision for Catholic education.

Dr. Arthur's full study, *The Call to Teach: Expectations for the Catholic Educator in Magisterial Teaching*, is posted online at The Cardinal Newman Society's website.

- See more at: <http://www.cardinalnewmansociety.org/CatholicEducationDaily/DetailsPage/tabid/102/ArticleID/4259/Vatican-Supports-%E2%80%98Morality-Clauses%E2%80%99-for-Catholic-School-Teachers-Study-Finds.aspx?sthash.qzbF4Ex.dpuf>

AROUND THE PARISH

July is the month of the Precious Blood of Jesus.
Pray the Litany each day with your family.

LITANY OF THE MOST PRECIOUS BLOOD OF JESUS

Lord, have mercy on us. Christ, have mercy on us.
 Lord, have mercy on us. Christ, hear us. Christ, graciously hear us.
 God the Father of Heaven, Have mercy on us.
 God the Son, Redeemer of the world, Have mercy on us.
 God the Holy Spirit, Have mercy on us.
 Holy Trinity, One God, Have mercy on us.
 Blood of Christ, only-begotten Son of the Eternal Father, save us.
 Blood of Christ, Incarnate Word of God, save us.
 Blood of Christ, of the new and Eternal Testament, save us.
 Blood of Christ, falling upon the earth in the Agony, save us.
 Blood of Christ, shed profusely in the Scourging, save us.
 Blood of Christ, flowing forth in the Crowning with Thorns, save us.
 Blood of Christ, poured out on the Cross, save us.
 Blood of Christ, Price of our salvation, save us.
 Blood of Christ, without which there is no forgiveness, save us.
 Blood of Christ, Eucharistic drink and refreshment of souls, save us.
 Blood of Christ, river of mercy, save us.
 Blood of Christ, Victor over demons, save us.
 Blood of Christ, Courage of martyrs, save us.
 Blood of Christ, Strength of confessors, save us.
 Blood of Christ, bringing forth virgins, save us.
 Blood of Christ, Help of those in peril, save us.
 Blood of Christ, Relief of the burdened, save us.
 Blood of Christ, Solace in sorrow, save us.
 Blood of Christ, Hope of the penitent, save us.
 Blood of Christ, consolation of the dying, save us.
 Blood of Christ, Peace and Tenderness of hearts, save us.
 Blood of Christ, Pledge of Eternal Life, save us.
 Blood of Christ, freeing souls from Purgatory, save us.
 Blood of Christ, most worthy of all glory and honor, save us.
 Lamb of God, Who takest away the sins of the world, Spare us, O Lord.
 Lamb of God, Who takest away the sins of the world, Graciously hear us, O Lord.
 Lamb of God, Who takest away the sins of the world, Have mercy on us.

V. Thou hast redeemed us, O Lord, in Thy blood, R. And made of us a kingdom for our God.
 Let Us Pray
 Almighty and Eternal God, Thou hast appointed Thine only-begotten Son the Redeemer of the world, and willed to be appeased by His Blood, Grant, we beseech Thee, that we may worthily adore this Price of our salvation, and through its power be safeguarded from the evils of this present life, so that we may rejoice in its fruits forever in Heaven. Through the same Christ Our Lord.

WEST SIDE STORY



Join fellow seniors on a trip to Coronado to see West Side Story at Lamb's Players Theater on Wednesday, **July 22**, at 2 p.m. A limited number of tickets are available at half-price: \$31 each.

Carpool from the parish or join Fr. Richard's tour on the San Diego Trolley and bus! Contact Sue Sullivan via email: ssullivan@sandiego.edu or call 619-886-1057.


SPAGHETTI DINNER



July 19, 2015
 1:00 p.m. - 3:00 p.m.
 Friends and Family welcome.

Tickets on sale in Serra Hall after Mass.
 Adults \$5, children \$2 (under 10 years of age)

2015 Baptism Schedule



August 03 Class
August 09 Baptisms

(See ic-sandiego.org for more dates.)

Immaculate Conception Choir



Parishioners who can sing are invited to lend your voices to IC Choir under the direction of Dr Marsha Long. Rehearsals on Wednesday evenings, sing with choir at the 10 a.m. Mass on Sundays and special events.

Contact the parish office: 295-4141 or parish@ic-sandiego.org.

FAMILY ENTERTAINMENT

Older Catholics remember when the church guided us for the moral content of movies, condemning those with sex, perversion, nudity and bad language.

Fr. Perozich recommends **MAX**. If you liked Lassie and Rin Tin Tin, it is a heartwarming story of a boy and his dog without the offensive parts that Hollywood has put into so many other films.

AROUND THE PARISH

Gifts of Treasure

With gratitude for the gifts we have received, parishioners and visitors made a joyful return to the Lord.

July 5, 2015

Total Collection: \$6,289.23
Envelopes: \$3,729.00 Plate: \$2,560.23
Total contributing households: 99

5:15 Sat	\$ 633.80
8:30 Sun	\$1629.00
10:00 Sun	\$1345.00
11:30 Sun	\$1384.00
5:15 Sun	\$ 754.93
Mailed	\$ 542.50

EXPENSES

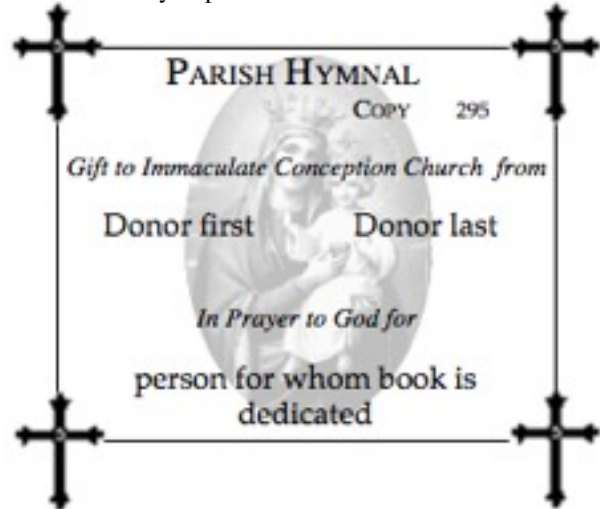
June 29-July 3, 2015

Cable Service	\$ 107.16
Copier Lease	\$265.28
Diocesan Tax	\$4269.14
Health Insurance	\$1515.62
Music Ministry	\$1110.00
Office Equipment	\$244.13
Office Supplies	\$159.71
Pest Control	\$ 100.00
Waste Disposal	\$367.18

Total: \$8,138.22

NEW HYMNAL

So far parishioners have dedicated 50 of the 200 hymnals for loved ones, living and deceased. Donations for dedication are \$20/hymnal Your name may be printed as donor (or it can be left blank) and you may have the name of a person living, or add a † if deceased. Submit name and donation to rectory or put into collection basket.



**SECOND VATICAN COUNCIL: LUMEN GENTIUM
 THE MYSTERY OF THE CHURCH**

#19 The Lord Jesus, after praying to the Father, calling to Himself those whom He desired, appointed twelve to be with Him, and whom He would send to preach the Kingdom of God; and these apostles He formed after the manner of a college or a stable group, over which He placed Peter chosen from among them. He sent them first to the children of Israel and then to all nations, so that as sharers in His power they might make all peoples His disciples, and sanctify and govern them, and thus spread His Church, and by ministering to it under the guidance of the Lord, direct it all days even to the consummation of the world. And in this mission they were fully confirmed on the day of Pentecost in accordance with the Lord's promise: "You shall receive power when the Holy Spirit comes upon you, and you shall be witnesses for me in Jerusalem, and in all Judea and in Samaria, and even to the very ends of the earth". And the apostles, by preaching the Gospel everywhere, and it being accepted by their hearers under the influence of the Holy Spirit, gather together the universal Church, which the Lord established on the apostles and built upon blessed Peter, their chief, Christ Jesus Himself being the supreme cornerstone.

WELCOME TO IMMACULATE CONCEPTION!

To register at the parish, please fill out the form below, and drop it in the basket or call the office at 295-4141.

NAME _____

STREET _____

CITY/ ZIP _____

PHONE _____

PARISH & COMMUNITY

Parish Calendar

July

12	Parish Pancake Breakfast	9:30 a.m.
	Baptisms	2:00 p.m.
14	Gentle Stretch Class - Canceled	5:00 p.m.
15	Choir Practice	5:30 p.m.
19	Parish Spaghetti Dinner	1:00 p.m.
21	Gentle Stretch Class	5:00 p.m.
22	I.C. Seniors-West Side Story	2:00 p.m.
	Choir Practice	5:30 p.m.
26	Building Fund Collection	
28	Gentle Stretch Class	5:00 p.m.

August

03	I.C. Seniors Luncheon	11:00 a.m.
	Baptism Class	7:00 p.m.
04	Gentle Stretch Class	5:00 p.m.
	Pastoral Council	6:00 p.m.
05	Choir Practice	5:30 p.m.
09	Parish Registration Sunday	
	Parish Pancake Breakfast	9:30 a.m.
	Baptisms	2:00 p.m.
11	Gentle Stretch Class	5:00 p.m.
12	Choir Practice	5:30 p.m.
15	The Assumption of the Blessed Virgin Mary (Holy day: Obligation dispensed)	

FROM LAUDATO SI- Pope Francis

MAN WITH GOD, NATURE, NEIGHBOR

#66. The creation accounts in the book of Genesis contain, in their own symbolic and narrative language, profound teachings about human existence and its historical reality. They suggest that human life is grounded in three fundamental and closely intertwined relationships: with God, with our neighbor and with the earth itself. According to the Bible, these three vital relationships have been broken, both outwardly and within us. **This rupture is sin.** The harmony between the Creator, humanity and creation as a whole was disrupted by our presuming to take the place of God and refusing to acknowledge our creaturely limitations. This in turn distorted our mandate to “have dominion” over the earth, to “till it and keep it”. As a result, the originally harmonious relationship between human beings and nature became conflictual. It is significant that the harmony which Saint Francis of Assisi experienced with all creatures was seen as a healing of that rupture. Saint Bonaventure held that, through universal reconciliation with every creature, Saint Francis in some way returned to the state of original innocence. This is a far cry from our situation today, where sin is manifest in all its destructive power in wars, the various forms of violence and abuse, the abandonment of the most vulnerable, and attacks on nature.

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Fr. Serra Hall
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Sunday 9:30 to 3:00

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Remember, your purchases help to support our parish.

See our online catalog at:
<http://www.ic-sandiego.org/gift-shop>

To confess my personal feelings, when I reflect on all these blessings I am overcome by a kind of dread and numbness at the very possibility of ceasing to love God and of bringing shame upon Christ because of my lack of recollection and my preoccupation with trivialities.

—*Basil the Great*

SEVEN PALLBEARERS THAT KILL CHARACTER

By Mary Ann Kreitzer

Fulton Sheen wrote a wonderful book called *Lift Up Your Heart*. In it he provides practical guidelines for knowing oneself, an absolute necessity for growing in the spiritual life. He introduces the book by discussing the "ego" and the "I." The "ego" is who each one of us thinks he is. The "I" is who I actually am. Because of our fallen natures, self-knowledge is difficult and self-delusion is easy. It's essential to understand where our personalities sink into egotism because "[e]gotism — an inordinate love of self — is the basic cause of all sins and of all unhappiness which lacks a rational cause."

Egotism, Bp. Sheen says, leads to self-hatred. "A man can hate himself in two ways: either by hating the vanity, conceit, and self-glorification which do injury to his soul — and this is the way of purification — or by hating whatever in him interferes with his pretense of being God — and this is the way of self-destruction, one of hell that exists on earth." We need to know the difference. How? By growth in self-knowledge through self-examination. One way he offers is by examining what he calls the "Pallbearers of character," the seven deadly sins that make us egotists and destroy our integrity. By recognizing the signs and symptoms of the seven deadly sins, one can recognize his own greatest temptations and work to develop the opposing virtues. Bishop Sheen says, "Character grows by leaps and bounds as soon as one has ferreted out the master egotisms. ... As we depress the ego and face our own predominant fault, the neighbor who before seemed hateful takes on a new loveableness. By losing our own pride and vanity, we gain a world of friends."

So let's examine the seven deadly pallbearers of character that threaten to kill our integrity.

The First Pallbearer: **Pride**

Definition: "too great admiration for oneself. The ultimate stage of pride is to make oneself his own law, his own judge, his own morality, his own god."

Signs of pride: boasting, love of publicity (conceit), hypocrisy (pretending to be what you are not), hardheadedness (stubborn adherence to one's own opinions), quarreling when challenged, discord (refusing to give up your own will), and disobedience (not accepting any authority other than self).

The Second Pallbearer: **Avarice**

Definition: "Perversion of the natural right of every man [to own] things which minister to the needs of his body and his soul. ... [D]esiring wealth as an end rather than a means, disregarding the rights of others in the way wealth is acquired and used."

Signs of avarice: harshness, indifference to the suffering and needs of others, anxiety and

restlessness of soul, excessive love of luxury, always wanting more, acquiring and protecting possessions through dishonest means.

The Third Pallbearer: **Envy**

Definition: sadness at another's good

Signs of envy: snobbishness, jealousy, possessiveness, backbiting, gossip, tale-bearing, seeking to lower the reputation of another, resentment.

The Fourth Pallbearer: **Lust**

Definition: Inordinate love of the pleasures of the flesh. "No passion ... more quickly produces slavery than lust [because its] perversions more quickly destroy the power of the intellect and the will."

Signs of lust: selfishness, narcissism, boredom, divorce, infidelity, intellectual blindness, inability to see the truth, imprudence, rashness, inconstancy, thoughtlessness, hatred of God and religion, denial of immortality

The Fifth Pallbearer: **Anger [Ire]**

Definition: A violent desire to punish others (distinct from righteous anger)

Signs of anger: lowest degree — touchiness, undue sensitivity, impatience at small slights, grumbling; second degree — flaring up, violent gestures, throwing things, redness of face; third state — physical violence against another, hatred that seeks to "get even," doing physical harm to others.

The Sixth Pallbearer: **Gluttony**

Definition: abuse of lawful pleasure attached to eating and drinking

Signs of gluttony: taking more than necessary, too luxurious a manner of consumption, using food or drink at inappropriate times. Moral effects of gluttony are "despair, a weakening of the will, and the materialization of life."

The Seventh Pallbearer: **Sloth**

Definition: "Malady of the will which causes neglect of one's duty ... a distaste of the spiritual."

Signs of sloth: procrastination, laziness, idleness, lukewarmness in prayer, contempt for self-discipline, careless execution of work, listlessness, aversion for effort, negligence in works of piety.

Do you recognize yourself among these "pallbearers?" If you do, you are making progress toward self-knowledge. Once a person recognizes his root vice, he can work on developing the corresponding virtue. He can begin to put the ego in its place and let the "I," the image of the great I AM, shine forth.

A number of years ago I used *Lift Up Your Heart* for a two-day personal retreat. I found it a time of self-awakening and challenge. It was a grace that left a few important points stamped on my mind and heart. Bishop Sheen himself once said, "Any book which inspires us to lead a better life is a good book." I can't think of a better description for this one.