

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 26, 2015

Rev. Richard L. Perozich, Pastor

parish@ic-sandiego.org 619-295-4141 x 11

Deacon Robert H. Fitzmorris

rfitzmor@diocese-sdiego.org; 858 490-8332

Liz Fielder, Manager, Serra Gifts

fielder@ic-sandiego.org 619-297-3426

Connie Rodriguez, Parish Secretary

parish@ic-sandiego.org 619-295-4141 x 10

Marsha Long, Music

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, retired assisting**

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

27	8AM	<i>Weekday</i> †Martin Morris	RP
28	8AM	<i>Weekday</i> †Dale Pearson	RE
29	8AM	<i>St. Martha</i> Ma. de Jesus Ramos, SI	RP
30	8AM	<i>St. Peter Chrysologus</i> †Leo M. Kelly, Jr.	RP
31	8AM	<i>St. Ignatius of Loyola</i> Rodrigo Murillo, SI	RP
01	8AM	<i>St. Alphonsus Liguori</i> Edna Moore, SI	RP
02	5:15PM	People of Immaculate Conception	RP
	8:30 AM	†Rev. Alphonsus Maloney	RP
	10:00 AM	†James DiEdoardo	RE
	11:30 AM	†William Kennedy	RE
	5:15 PM	Priest's Intentions	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

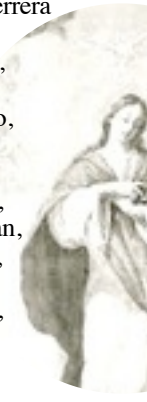
27	Rev. Msgr. William Cuddihy
28	Rev. John Dallmeier, OFM
29	Rev. Kirk Davis, OSA
30	Rev. Ben Davison
31	Rev. Dominic De Lay, OP
01	Pope Francis
02	Bishop Robert McElroy

PRAY THE SCRIPTURES

Monday: Ex 32:15-34; Ps 106:19-23; Mt 13:31-35
 Tuesday: Ex 33:7-11, 34:5b-28; Ps 103:6-13; Mt 13:36-43
 Wednesday: Ex 34:29-35; Ps 99:5-9; Jn 11:19-27 or Lk 10:38-42
 Thursday: Ex 40:16-38; Ps 84:3-11; Mt 13:47-53
 Friday: Lv 23:1-37; Ps 81:3-11; Mt 13:54-58
 Saturday: Lv 25:1-17; Ps 67:2-8; Mt 14:1-12

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, Inez Cerda Bull Joanne Mangiameli Rose McBrien Cosmo Busalacchi Maria Casanova, Steve Stone, Laura Castillo, Edna Moore, Maria Esperanza Kramer Joan Busalacchi Georgiana Ottenheimer
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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. SCPO Desiree S. Hayes, USN
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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 McMahon, 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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OLD TESTAMENT POINTS TO BAPTISM

—*St. Ambrose, bishop*

FROM THE PASTOR

The Apostle teaches you that *our fathers were all covered by the cloud, all passed through the sea, all were baptized into Moses in the cloud and in the sea.* Further, Moses in his canticle says: *You sent your spirit, and the sea overwhelmed them.* You observed that in this crossing by the Hebrews there was already a symbol of holy baptism. The Egyptian perished; the Hebrew escaped. What else is the daily lesson of this sacrament than that guilt is drowned, and error destroyed, while goodness and innocence pass over unharmed?

You are taught that our fathers were covered by the cloud, a cloud of blessing that cooled the fire of bodily passions. A cloud of blessing: it is with a cloud of blessing that the Holy Spirit overshadows those whom he comes to visit. The Holy Spirit came at last upon the Virgin Mary, and the power of the most High overshadowed her, when she conceived for all mankind him who is redemption. This great miracle was prefigured through Moses. If then the Spirit was prefigured, is he not now present in truth, for Scripture tells you that *the law was given through Moses, but grace and truth came through Jesus Christ?*

Marah was a spring of bitter water. When Moses threw wood into it, its water became sweet. Water, you see, is of no avail for future salvation without the proclamation of the Lord's cross. But when it has been consecrated through the saving mystery of the cross, it is then ready for use in the laver of the Spirit and in the cup of salvation. Therefore, as Moses in his role of

prophet threw wood into the spring of Marah, so also the priest sends out into the fountain of baptism the proclamation of the Lord's cross, and the water becomes sweet, ready for the giving of grace.

Do not then believe only what the eyes of your body tell you. What is not seen is here more truly seen, for what is seen belongs to time but what is not seen belongs to eternity. What is not comprehended by the eyes but is seen by the mind and the soul is seen in a truer and deeper sense.

Finally, learn from the readings we have gone through from the books of the Kings. Naaman was a Syrian; he was a leper, and could not be healed by anyone. Then a girl from among the captives said that there was a prophet in Israel who could cleanse him from the disease of leprosy. Taking gold and silver, we are told, he went to see the king of Israel. The king, on learning the reason for his coming, rent his garments, saying that it was really to find an excuse against him, for what he was being asked was beyond the power of a king.

Elisha, however, told the king to send the Syrian to him, and he would learn that there was a God in Israel. When he came, Elisha ordered him to bathe seven times in the river Jordan. Then Naaman began to reflect that the rivers of his own country had better waters, and that he had often bathed in them, and never been cleansed of his leprosy. This gave him pause, and he refused to obey the prophet's instructions. But on the advice and persuasion of his servants he yielded and bathed, and was instantly made clean. He realized then that it is not waters that make clean but grace.

Here was a man who doubted before being made whole. You are already made whole, and so ought not to have any doubt.

AROUND THE PARISH

PARISH MEMBERSHIP COMMITTEE

Have you been thinking of joining our parish? Don't hesitate! You don't have to live near Old Town. Our parishioners come from all parts of San Diego County. It's easy to register -- use the form in the bulletin, print out and complete the registration form on our website www.ic-sandiego.org, call the rectory or sign up on a Registration Sunday—the next one is August 9th. Parishioners interested in joining the Membership Committee and planning new parishioner welcome events, call 619-995-2963.

New Paths to Healing

A free 13-week support group for the separated and divorced will meet on Tuesdays at 6:30 pm from September 22 through December 15, 2015. The series includes a session on Surviving the Holidays and meets at the Ministry Center of Sacred Heart Parish, 655 C Avenue, Coronado 92118. For information, call Martha, 619.435.6136 or Tom, 619.437.6689.

THANK YOU from Fr. Perozich to all who remembered me on my birthday with your presence, prayers, cards, and gifts. May God repay you for your kindness to me.



FRIDAY AUGUST 21, 2015 7:10 PM PADRES VS. CARDINALS



GAME INFORMATION

- Join our fellow Diocese of San Diego parishioners and Fathers in cheering on the San Diego Padres against the Cardinals.
- Wear a White Jersey, T-shirts, Jackets etc. to show our unity.
- Wine Fest at the Park beginning at 5:00 pm.

TICKET INFORMATION

- Tickets \$14.50 for Right Field Lower Reserved Tickets and \$25 for Toyota Terrace Level seats
- To purchase tickets go online to: www.padres.com/catholicnight and follow the instructions on the page.

For more information or to purchase group tickets contact Kimberli Halpin of the San Diego Catholic Adult Community at kimberli@sandiegocac.org



2015 Baptism Schedule

August 03 Class
August 09 Baptisms

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

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.

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 19, 2015

Total Collection: \$5,814.59
Envelopes: \$3,628.00 Plate: \$2,186.59
Total contributing households: 98

5:15 Sat	\$1104.00
8:30 Sun	\$ 1050.91
10:00 Sun	\$2244.55
11:30 Sun	\$ 606.00
5:15 Sun	\$ 385.13
Mailed	\$ 424.00

EXPENSES

July 13-17, 2015

Maintenance Supplies	\$242.97
Music Ministry	\$1110.00
Priest Pension	\$932.91
Property Insurance	\$965.34
Worker's Comp	\$129.29

Total: \$3,380.51

**Vespers in the Extraordinary Form
with Benediction of the Blessed Sacrament
Sunday, August 02, 2015 3:00 PM**

The Brothers of the Little Oratory will sing and minister with Fr. Richard. The service will be chanted in Latin. Booklets with translation will be provided.

**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 _____

NEW HYMNAL

So far parishioners have dedicated 100 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.

THANK YOU!

Holy Family School and Our Lady's School thank the Immaculate Conception parish community for the generous donation of \$1000 per school made through the Quarters and Cans program.

Catholic Charities also thanks the parish community for the gift cards received through Quarters and Cans. The cards totaled \$1,930 to assist families served by Catholic Charities.

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

21. In the bishops, therefore, for whom priests are assistants, Our Lord Jesus Christ, the Supreme High Priest, is present in the midst of those who believe. For sitting at the right hand of God the Father, He is not absent from the gathering of His high priests, but above all through their excellent service He is preaching the word of God to all nations, and constantly administering the sacraments of faith to those who believe, by their paternal functioning. He incorporates new members in His Body by a heavenly regeneration, and finally by their wisdom and prudence He directs and guides the People of the New Testament in their pilgrimage toward eternal happiness. These pastors, chosen to shepherd the Lord's flock of the elect, are servants of Christ and stewards of the mysteries of God, to whom has been assigned the bearing of witness to the Gospel of the grace of God, and the ministration of the Spirit and of justice in glory.

For the discharging of such great duties, the apostles were enriched by Christ with a special outpouring of the Holy Spirit coming upon them, and they passed on this spiritual gift to their helpers by the imposition of hands, and it has been transmitted down to us in Episcopal consecration. And the Sacred Council teaches that by Episcopal consecration the fullness of the sacrament of Orders is conferred, that fullness of power, namely, which both in the Church's liturgical practice and in the language of the Fathers of the Church is called the high priesthood, the supreme power of the sacred ministry. But Episcopal consecration, together with the office of sanctifying, also confers the office of teaching and of governing, which, however, of its very nature, can be exercised only in hierarchical communion with the head and the members of the college.

PARISH & COMMUNITY

Parish Calendar

July

26 Building Fund Collection

August

02 Vespers with Benediction	3:00 p.m.
03 I.C. Seniors Luncheon	11:00 a.m.
Baptism Class	7:00 p.m.
04 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.
12 Choir Practice	5:30 p.m.
15 Feast of the Assumption of the Blessed Virgin Mary (Holy day; obligation dispensed)	
19 Choir Practice	5:30 p.m.

NOTE: Laura Hathaway, gentle exercise instructor, regrets that due to unforeseen circumstances, the class is canceled until further notice.

FROM LAUDATO SI- Pope Francis

MAN WITH GOD, NATURE, NEIGHBOR

99. In the Christian understanding of the world, the destiny of all creation is bound up with the mystery of Christ, present from the beginning: "All things have been created through him and for him" (Col 1:16). The prologue of the Gospel of John (1:1-18) reveals Christ's creative work as the Divine Word (Logos). But then, unexpectedly, the prologue goes on to say that this same Word "became flesh" (Jn 1:14). One Person of the Trinity entered into the created cosmos, throwing in his lot with it, even to the cross. From the beginning of the world, but particularly through the incarnation, the mystery of Christ is at work in a hidden manner in the natural world as a whole, without thereby impinging on its autonomy.

100. The New Testament does not only tell us of the earthly Jesus and his tangible and loving relationship with the world. It also shows him risen and glorious, present throughout creation by his universal Lordship: "For in him all the fullness of God was pleased to dwell, and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross" (Col 1:19-20). This leads us to direct our gaze to the end of time, when the Son will deliver all things to the Father, so that "God may be everything to every one" (1 Cor 15:28). Thus, the creatures of this world no longer appear to us under merely natural guise because the risen One is mysteriously holding them to himself and directing them towards fullness as their end. The very flowers of the field and the birds which his human eyes contemplated and admired are now imbued with his radiant presence.

Rite of Christian Initiation

Each year on Holy Saturday during the Easter Vigil, thousands of people are baptized into the Catholic Church in the United States. Parishes welcome these new Catholics through the Rite of Christian Initiation of Adults (RCIA).

If you are interested in becoming a baptized member of the Church, consider participating in the RCIA process which will begin in September.

For information, please contact the parish office, parish@ic-sandiego.org.

Pray as though everything depended on God. Work as though everything depended on you.

— Saint Augustine

Serra Gifts . . .

**Street Level of
Fr. Serra Hall
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Open 7 days a week
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Saturday 10:00 to 4:00
Sunday 9:30 to 3:00

Serra Gifts offers a beautiful assortment of religious items for your home, for your family and friends.

New items arrive weekly.

Remember, your purchases help to support our parish.

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

WHO IS YOUR GOD?

The saying that, "When you point your finger at someone, remember that you have three fingers pointed back at you" applies to me, Fr. Richard Perozich. When I exhort you to belief in the Holy and Immortal Trinity, and to live your life with the Trinity on earth through the Holy Catholic Church as the only way to peace, please know that while I may judge people's actions as right or wrong according to the teachings of the church, I also am looking at my own response.

In my self perception I understand myself as a human being, born in original sin just like you. As a baptized Catholic, the guilt has been removed; the iniquities remain, and I must fight them all my life with the grace of Jesus to grow into the man into which God is remaking me into his own image through my understanding, desire, and actions.

To do this, I ask myself always, "Who is your God, Richard?"

A god that human beings choose is sometimes a force, a spirit, an object outside the self that the person looks to for satisfaction of some perceived emptiness in himself.

This god is seen as providing the attention, affection or approval that the person seems to need in safety, belonging, self expression.

If the self perception conforms with God's creation of us as he has revealed it, then God will be for us the true God, and we will worship Him in Spirit and in Truth in the Catholic Church.

If the self perception is incorrect, the god will be a false god rather than the Father, Son, and the Holy Spirit.

For most Catholics we acknowledge the Trinity as the one true God. At the same time I contend that we also have other gods because we do not always have a good self perception.

Many of you delighted in my words about politicians following false gods and being the prophets of these gods, leading us away from truth toward evil, because someone finally put into clear words ideas that were stewing in you that you did not yet have words to express.

I, however, did not delight in these words. It is painful to criticize, and to be criticized myself for criticizing others, even though it may be necessary for me to do so out of my authority as an priest ordained to teach, guide, and sanctify.

Now that the one finger has been pointed toward politicians, let's look at the other three fingers pointing back to us.

Jesus says that where your treasure lies, so lies your heart. That means what you desire is what you find to be important. If you want to know who your god really is, then look at what you think, read, say, and do. If it is the one true God, you will pray several times a day, read scripture extensively, confess frequently, attend Mass more than only on Sunday. You will adore that God through attitudes, understandings, desires, and behaviors of humility, meekness, generosity, temperance, diligence, chastity, magnanimity.

Otherwise, you can substitute your own name as the prophet and priest of the gods below. If this is how you behave, then these are your gods first, with the one True God a distant second in the race.

Pride is my god, and I am his prophet. My emptiness is a lack of appreciation of my self in relation to others. Thus I think I know more than everyone else. I

don't listen to any voice other than my own. I tout my accomplishments, ignore my failures, and point out others' faults. My church is myself. I am the priest who offers the sacrifice of other's failures in order that I may place myself above them. The promises of pride are that I feel good about me by making myself better than you. Pride, however, only delivers shame.

Ire is my god and I am his prophet. My emptiness is a lack of peace in my conscience. I am frequently angry and lash out in violence at people in abusive language and action. My church is the media and friends that share my rage. My priests are media hosts like Keith Olbermann and Jerry Springer who encourage unbridled hate with no rational thought. My sacrifice is your reputation, your dignity, and your honor. Ire promises me lots of attention. It delivers isolation, avoidance, and scorn by others instead.

Envy is my god and I am his prophet. My emptiness is a lack of awareness of my uniqueness from God and how important I am. I bristle when others get attention, affection, approval or have more of something than I do. My church is the church of fairness and equality. My priests are those who steal hard earned respect and goods from others so I don't feel so bad about myself. Envy's promise is equal attention, affection, and approval for me regardless of how I behave, especially when I try to take what is yours so I can feel better about me. It delivers a soul that is completely impoverished and empty in comparison to others.

Avarice (greed) is my god and I am his prophet. My emptiness is a spirit devoid of trust in the almighty. I seek control of life through money and possessions. My churches are any place where I can get more money and goods. My priests are those who offer to me more of these. Avarice's promise is satisfaction. It delivers only more emptiness and continued striving for more things or for more control which cannot satisfy me.

Sloth is my god and I am his prophet. My emptiness is a absence of an awareness of God's love and work in my life. My churches and altars are television, "work-a-holism", and avoidance of prayer. My priests are those who provide me diversions. Sloth's promise is peace of mind. Sloth delivers a frenetic activity or laziness and depression which fail to satisfy the soul.

Gluttony is my god and I am his prophet. My emptiness is a lack of attention, affection, and approval for my being. My churches are restaurants, the refrigerator, food, bars, drugs, and other things to try to fill my body and calm its real desires. Its priests are those who urge me to eat, drink, abuse, or otherwise fill my body to try to satisfy my soul. Gluttony promises me peace from the demons which taunt me. It delivers a moment of relief, and a greater emptiness afterward.

Lust is my god and I am his prophet. My emptiness is a lack of connection with my own gender, with the opposite sex, with my authentic self. My churches are pornography, sexual fantasy, sexual release without fecundity, with others of the same or opposite sex outside of the sacrament of marriage. My priests are sex workers, promoters of pornography, legislators promoting licentiousness. Lust promises completion. It delivers a momentary connection, leaving deeper alienation.

Real satisfactions away from false gods is a relationship with the true God in humility, meekness, magnanimity, generosity, diligence, temperance, and chastity. Let these three fingers point these back to you to fulfill your life with the Trinity.