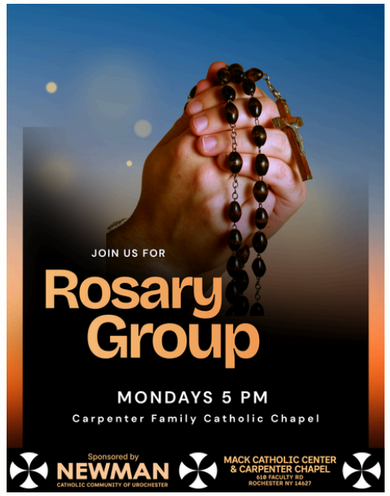






MORE @ NEWMAN



Catholic Mass
Sundays
10:30a
&
7:00p



NEWMAN
Catholic Community at Rochester

September 20, 2026 - Twenty Fifth Sunday of Ordinary Time

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Newman Notes

A big concern for me as Interim director, as I am not a priest, was how to make sure that you all had the Sacrament of Reconciliation available to you. Fr. Peter has graciously agreed to be available before most Sunday Masses when he is here. See the image inside for the upcoming times he is available.

Fr. Bob Kennedy, who is the priest serving the RIT Newman community, has continued his article from last week by sharing some more information about the Sacrament of Reconciliation. Check out our website for a little more info and an Examination on Conscience: https://www.urnewman.org/mass-sacraments-prayer/reconciliation/

Have a wonderful week!
Peace,
Jen

EXAMINING OUR CONSCIENCE

What is a conscience? I call it our internal "board of directors," which helps us discern right and wrong, good and bad, wise and unwise, in our values, motives and actions. It is composed of the voices of our parents and teachers, sacred scripture, the full range of Church teaching, the experience and wisdom of others, and the countless "influencers" on social media we may choose to access (good and bad). A maturing conscience over time chooses which voices we will make regular members of our internal board. And a maturing Christian conscience is shaped by and relies heavily on the teachings and example of Jesus and the official teachings of the Church.

What is sin? The Rite of Penance defines sin as "an offense committed against God, which disrupts our friendship with him." Sin is always relational, never private. Our friendship with God then involves several dimensions:
-our relationship with the Triune God, "the Father who loved us first, with Christ who has given himself up for us, and with the Holy Spirit who has been poured out on us abundantly"
-our relationship with others, with whom we have a "supernatural solidarity" and who are always harmed by our sins, and
-our relationship with the world around us, since in fact, "people often act together to commit injustice." (See Rite of Penance, paragraph #5)

In light of these relationships, the Rite of Penance clearly understands any sins we may commit will fall on a spectrum from venial sin to grave sin. (The Rite doesn't use the word "mortal.") Venial sins can be forgiven in all the ways we strive for holiness: prayer, fasting, works of mercy, celebrating the Eucharist, and of course, the celebration of the sacrament of Penance. However, it is also true that venial sins can move along the spectrum toward grave matter if they are repeated. For example, the regular reliance on AI instead using one's own brain cells for research and thought is a sin against truth and honesty; it is a lie, and offends God who gave us our talents and abilities in the first place. Of course, sin can be grave matter right out of the gate and would need to be confessed. Grave sin at the far end of the spectrum requires that the content of the sin itself is grave matter, that the sinner possesses full knowledge that it is grave, and then gives full consent to committing the sin. For anyone whose basic orientation in life is to do the will of God, however, it would be very difficult to commit such a sin.

How do I examine my conscience? There are basically three strategies.
(1)We can use one of the many published lists of questions that are meant to prompt us in our examination of conscience. These can be helpful, but some are better, some worse. All of them, however, are developed around some pre-determined theme (for example, the Ten Commandments, the Beatitudes, etc.), by someone who is not you, not your conscience. They are often act-oriented (did I do or not do some action?) and fail to probe the motives and values that result in actions. Use these lists prudently.
(2)We can develop a simple daily practice with night prayer of taking a few minutes to examine our conscience: begin by reviewing the events of your day and ask what were the blessings or moments of grace in the day; then ask where there was any failure to cooperate with God's grace. Ask for mercy and forgiveness, but end by thanking God for your day.
(3)Before coming to celebrate the Sacrament of Penance, we must set some time aside in prayer and ask four questions: what is my relationship with God, with others (especially my family, friends and the people I come in contact with), with myself (God has given me this bod and mind which is me, am I caring for myself, physically, spiritually, emotionally, intellectually), and with the larger world around me (am I promoting peace and reconciliation)? This may make the examination of conscience a bit more difficult, but it will active your "board of directors," not someone else's.

What place should the Sacrament of Penance have in my life? First, note that the Church has never required confession before sharing Holy Communion. Yes, it has taught that, if we are conscious of grave sin, we should seek out the Sacrament of Penance as soon as possible. However, if the sacrament is not available, we should make a sincere act of contrition and draw on the strengthening, reconciling power of the Eucharist, and then confess at the next opportunity. Church law requires Catholics to celebrate the Sacrament of Penance at least once a year. Beyond that, let your conscience be your guide: twice a year before Christmas and Easter, or four times a year at the change of seasons, or monthly? If you are seeking the Penance more frequently than monthly, ask yourself two questions. Am I taking enough time to examine my conscience thoroughly; and, more importantly, am I taking enough time and practice to renew and rebuild my harmed or broken relationships with God, others, myself, and the world around me?Do I realize it takes more than the moment of confession to cooperate with God's mercy and reconciliation?

Hope this helps, Father Bob • Fr.robert.kennedy@dor.org

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Newman Laughs



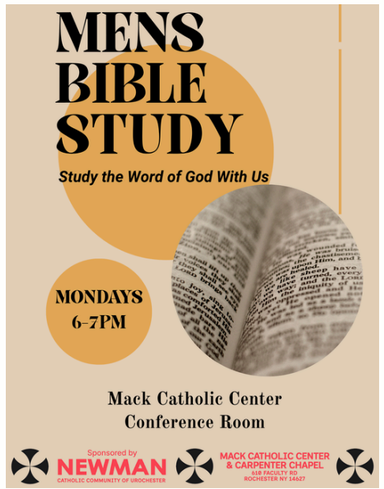
Thank you for giving to our Collection

Newman relies on the generous support of Alumni, Parents, Local Residents, and Students for 90% of our programming budget. Your support of our Sunday collection is deeply appreciated!

Collection Report		
09/13/26		
Weekly Actual	Weekly Goal	Variance
$93	$414	-$321
Y-T-D Actual	Y-T-D Goal	Variance
$12,609	$4,554	$8,055

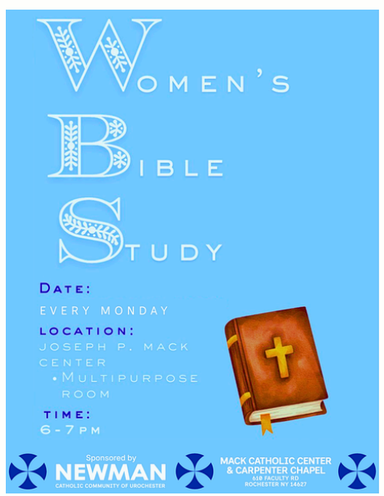
Y-T-D is Financial Year July 1-June 30

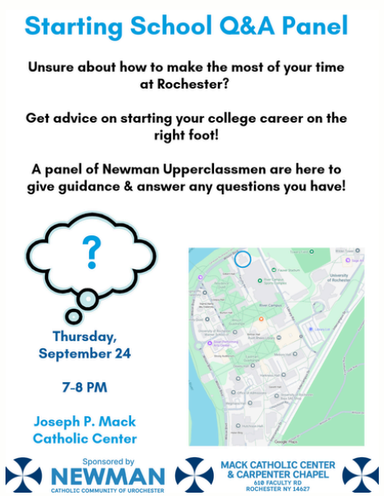












Notice this banner at the bottom of these posters?
This is how you will know an event is hosted by the Catholic Newman Community when you see the poster outside of our bulletin! Other groups and communities can hold events at the Mack Catholic Center, but all Newman sponsored events will have this banner on the bottom of the poster when advertising around campus

Stay Connected with Newman! Register today!

WEEKLY EVENTS

SUN	10:30AM MASS - EVERY SUN 7:00PM MASS - During the semester
MON	ROSARY GROUP 5pm, Chapel WOMEN'S BIBLE STUDY 6pm, MP Room MEN'S BIBLE STUDY 6pm, Conference Room
WED	OCIA SESSIONS TBD INSTAMASS - 9pm
THU	DAILY MASS - 5:30pm starting 9/24 NEWMAN NIGHT DINNER - 6pm every week!
FRI	ADORATION - 5-6pm, starting 9/25

September Mass Minister Sign ups



Sign up in advance for Minster roles during Sunday Mass such as

- Cross Bearer
- Lector
- Eucharistic Minister
- Gift Bearer

Scan the QR code to go to SignUpGenius for September or use website below

https://tinyurl.com/SeptMassMinister

Questions or need training?
Contact Jen Hughes at jhugh25@ur.rochester.edu



NEWMAN IMPORTANT LINKS

REGISTER

CCC

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