



THE COMPLEXITIES OF SELF-FORGIVENESS, A POST SCRIPT:

I offered four reflections on the complexity of forgiveness and was asked by a couple of people who read the series if I would offer some insights on the struggle with self-forgiveness. While this too is a complex topic, I thought I would take this week and next to offer some thoughts on this issue.

An expert on this topic finds that one of four dynamics is often at play in the struggle for self-forgiveness: 1) we have failed at some major life task (e.g., making our marriage work); 2) we have hurt someone and regret it; 3) we have hurt ourselves by the life we've led (e.g., self-destructive behavior like excessive drinking); or 4) we didn't do something we thought we should have, usually seen through the rearview mirror of life (e.g., go to college). These strike me as insightful albeit not exhaustive.

Guilt and shame can exacerbate the difficulty we have forgiving ourselves. Guilt is the feeling I have when I do something wrong (e.g., I took something that didn't belong to me). Shame is the feeling that results from my self-perception of who I am (e.g., I'm a bad person because of what I did). It is fairly common that we grow up as children in an environment where we are made to feel guilty for what we did or shameful because of who we have been told we are. I've done my share of misdeeds as a child and got rightfully punished for them. Restriction to my room usually did the job in making me feel guilty for what I did. I've also been shamed by others who thought that attacking my identity (a bad boy) would change me or at least put me in my place. If we don't mature in how we process guilt and shame as we grow or if the tapes of our childhood continue to play in our psyche, we can remain stuck in a child's worldview of guilt and shame which can make self-forgiveness difficult.

Feeling worthy of love is critical for us. We all commit blunders, make bad choices, do bad things, etc. All of us are imperfect. If we get bogged down by these experiences, the feeling that we are unworthy of love can increase and make self-forgiveness difficult. In such cases, it is important to remember that all of us possess an inherent dignity that can never be revoked by our sins and imperfections because it is given to us for eternity by God.

Some may have done something quite terrible and believe they cannot be forgiven. For the Christian, believing in what Jesus Christ accomplished for us on the cross is an important antidote. He suffered death to overcome anything we might have done that is sinful. There is no sin too terrible that is beyond the embrace of his death and resurrection and made available to us in baptism and the sacrament of reconciliation.

Fr. Michael

Bishop's Annual Appeal: [Click here to make your pledge](#)

Moments of Grace Blog

Want to hear how God is working through our various ministries? Then check out the Moments of Grace Blog to hear from your fellow parishioners about their encounter of Christ through service.

Contact Person: Tim Fasano
tim.fasano@stfrancisraleigh.org
<https://stfrancisraleigh.galaxydigital.com/blog/>

Employment Opportunities

We have some exciting career opportunities available on our campus including: Director of Justice and Peace, Director of Parish Life, Coordinator of Middle School Formation, Social Studies Teacher (6th grade), 4th Grade Teacher, Part-time After School staff. [Check out our website](#) for more details.

Contact Person: Trish Adamkowski
 Email: trish.adamkowski@stfrancisraleigh.org

March 26

Service Sunday - Pack Meals

Sign-up on [St. Francis Serves](#)



March 28

"THE CHOSEN" Season 1

In Padua Room. Every Tuesday thru May 30

Event Time(s): 9:45am - 10:30am

Contact: tandmmorgan@earthlink.net

March 29

Refugee Support Circle Information Session

[Click for more information](#)

Friday, March 31,

Stations of the Cross , 7:00pm

March 31

Veggie Box Registration Deadline

[For more information, click here.](#)

[To register, click here.](#)

April 1

Spirits with the Spirit - Young Adult Ministry

Wine and snacks after Saturday 5:30pm Mass.

Contact young.adults@stfrancisraleigh.org

April 1-9

Palm Sunday-Easter Sunday schedule

April 7

Social Justice Way of the Cross

Good Friday, April 7, 12:00 noon to 2:00 pm. at the State Capital in Raleigh

Alice Stanford, stanfordalice1@gmail.com

April 15

Cong Le's Ordination to the Transitional Diaconate

Register to attend at

<https://dioceseofraleigh.org/ordinations>

April 15/16

Migrant Ministry Donation Drive

After all Masses / Contact Person: Tim Fasano

Email: tim.fasano@stfrancisraleigh.org

Link: <https://stfrancisraleigh.galaxydigital.com/ministries/migrant-ministry-collection-drive/>



Imitation of Christ is the Heart of the Franciscan Message

"All saints point to Christ, but we focus on the saint. We aren't supposed to live 'Francis' but are supposed to live Christ." So stated Father Steve Kluge when he visited St. Francis recently to present his thoughts on ... ([Click here to read more.](#))

A click away *If you are receiving a paper copy, visit the parish website at www.stfrancisraleigh.org.*

[Website](#) / [Realm](#) / [St. Francis Serves](#) / [Prayer Request](#) / [Listing of Prayers of the Faithful KBL series](#) / [Bulletins](#) / [Employment Opportunities](#) / [St. Francis TV](#) / [Giving Staff](#) / [Parishioner Business Ads](#) / [Questions? Ask Chris](#) / [Franciscan School](#) / [Preschool](#) /

Refugee Support Circle Information Session

March 29, 7:00pm

Want to be part of a support circle for a resettled refugee family? We are looking for a group of 8-10 parishioners to help with welcoming the family at the airport and bringing them to their apartment, helping with transportation, securing food assistance, assisting families with paperwork, working on financial literacy, and being on call for other support and assistance. Come to this info session to learn more about the particularities of the commitment and answer any questions.

Contact Person: Heather Scanlon

Email: 7scanlons@gmail.com

Link:

https://stfrancisraleigh.galaxydigital.com/need/detail/?need_id=788007

Mercy Camp – Middle School and 9th Graders

June 12-16

8:30am-3:00pm

Teens gain an understanding, appreciation, and hands-on opportunity to perform many of the Corporal Works of Mercy throughout the community. Join us in making a difference in the lives of the vulnerable. Register through [Realm](#).

“I’ve done Mercy Camp for a few summers and I love it! Going to all the service sites and helping people in need feels good. And all the games and activities with the other kids are really fun! I made some new friends at Mercy Camp too!”

Contact Person: Becky Cawley

Email: becky.cawley@stfrancisraleigh.org

Register through [Realm](#)

Mission Mercy

June 26-30, 9:00am-6:00pm

Relational ministry experience for teens serving as camp counselors for Pequeños Gigantes at the Hispanic Family Center that helps low-income Hispanic families integrate and flourish in the community. In the evening the youth return to campus for prayer, spiritual experience, and fun social events.

Contact Person: Becky Cawley

Email: becky.cawley@stfrancisraleigh.org / Register through [Realm](#)

St. Francis Inn

June 19-23, 9:00am-5:00pm

St. Francis Inn located in the inner city of Philadelphia is a soup kitchen and thrift store for fold who find themselves poor, alienated, food insecure and experiencing homelessness. Throughout the week, youth and chaperones are transformed through the Franciscan spirit of service.

Contact Person: Becky Cawley

Email: becky.cawley@stfrancisraleigh.org / Register through [Realm](#)

Women’s Ministry Caring Casseroles

April 20, 7:00pm - 9:00pm in Fellowship Hall

Women’s Ministry members will bring ingredients and will gather in Fellowship Hall from 7pm-9pm to prepare a couple casseroles together as a group to fill the freezers for Feed the Need. A St Francis Serves link will go out before the event to sign up for specific ingredients and supplies.

Contact Person Jessica Kelly

Email: sfawomensministry@gmail.com

[Registration link](#)

Registration: March 22 - April 14 (Capped at 25 registrations)

RCIA Inquiry Session

Wednesday, April 19, 6:30pm-8:30pm

Interested in Exploring a Possible Call to be a Catholic?

Consider Joining our Inquiry Sessions held in Anthony Hall Founders Room. Begin your faith journey in our community.

Contact Person: Jeanne M. Lewin

Email: jeanne.lewin@stfrancisraleigh.org

Link: www.stfrancisraleigh.org/rcia

Social Justice Way of the Cross

Good Friday, April 7

12:00 noon to 2:00 pm. at the State Capital in Raleigh

The stations of the cross will celebrate social justice themes as participants circle the State Capital and process down Salisbury street. Sponsored by Witness For Peace S E.

Contact Person: Alice Stanford

Email: stanfordalice1@gmail.com

Come & See Season 1 of “THE CHOSEN” in Padua Room

Every Tuesday thru May 30

9:45am - 10:30am

Opportunity to watch season 1 of THE CHOSEN with others in our community. Angel Studios: “THE CHOSEN is the first-ever multi-season series about the life of Christ. It’s the free show that tens of millions of people won’t stop talking about.”

Contact Person: Tina Morgan

Email: tandmmorgan@earthlink.net

Parishioner Owned Businesses

If you are a parishioner of St. Francis and own your own business, now you can advertise it in the parish bulletin and website to increase your exposure and brand awareness. Click on the link below to view a sample of our new parishioner business page.

Email: diogenes.ruiz@stfrancisraleigh.org

Link: <https://www.stfrancisraleigh.org/parishioner-businesses/>

The parish is mortgage free - [Click here to view letter from the Diocese](#)