



THE COMPLEXITIES OF SELF-FORGIVENESS, POSTSCRIPT II:

I recently completed 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 challenges with self-forgiveness. This too is a complex topic but I offer a second postscript to conclude my two-part reflection on this topic and the series.

[Part I](#) [Part II](#) [Part III](#) [Part IV](#) [Postscript I](#)

Last week I noted the top four contexts which often trigger a struggle with self-forgiveness, how guilt, shame, and feeling unworthy of love can factor into this struggle, and the importance of believing what Jesus Christ accomplished for us and makes available to us on the cross. Below are some additional dynamics that can make self-forgiveness challenging.

Some people feel that the fact they repeatedly need to forgive themselves disincentivizes them from actually forgiving themselves. They know they'll be back in the place where forgiveness and self-forgiveness is required and think, "What's the point?" This can especially be the case if they're perfectionistic and/or dealing with an addiction or compulsion. Remember: no one is perfect except Jesus. Addictions/compulsions can be remediated with the help of others. No one is stuck permanently in them.

Some people can actually become paralyzed by their misdeeds, blunders, and bad choices. They conclude that their actions define who they really are. As a result, they get stuck in the past and cannot move forward. This leads to a real struggle to forgive themselves because they're stuck in the past and misunderstand who they really are, a son or daughter of a merciful and all-loving God, something that can never be lost. It's important to know or remember that we are all worthy of good things in the future and that the past never freezes us in the past unless we allow it to. This calls for us to let the past go and to stop beating ourselves up about it.


Sometimes I hear people confess past sins that have already been forgiven by God in the Sacrament of Reconciliation (i.e., Confession). Remember that when you confess your sins, God forgives you and never gives it a second thought. Now there is residual damage at the human level that remains after receiving absolution, what we call the temporal dimension. The penance we receive from a priest in this sacrament is meant to address that damage. Sometimes the penance is to go to someone we have offended and apologize, offer restitution, etc. Sometimes the penance is substitutionary (e.g., perform an act of charity in lieu of selfish behavior that led to a sin being confessed). Once we have completed our penance, the sin(s) associated with the penance is/are dealt with at the temporal level. Knowing that God forgives and moves on with us and that our penance repairs the damage our actions have caused another can make self-forgiveness easier.

Fr. Michael

Bishop's Annual Appeal: [Click on the link](#) to strengthen the vulnerable, our faith, our youth, our vocations and HIS Presence. [Click here for an update](#)

Employment Opportunities

We have the following openings in at The Franciscan School for the 2023-2024 Academic Year: Language Arts Teacher (Gr.6), Social Studies Teacher (Gr. 6), Teacher (Gr. 2), Teacher (Gr. 4), Instructional Teaching Assistants. In addition, the Church is recruiting for a Coordinator of Liturgy and Sacraments, and Director, Justice and Peace. For more details, please see our website: <https://www.stfrancisraleigh.org/jobs/>

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

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**April 1-9
Palm Sunday-Easter Sunday schedule**



**April 2
Coffee and Donuts**

Scout Led in Fellowship Hall after 9:00am Mass

**April 3
Faith Formation Registration 2023-2024**

Programs OPEN on Monday, April 3.

[Register your children through Realm.](#)

**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 11
"THE CHOSEN" Resumes**

In Padua Room. Every Tuesday thru May 30, 9:45am - 10:30am Contact Person: Tina Morgan

Email: tandmmorgan@earthlink.net

**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/minis->

Need for Volunteer Weekend Receptionists

All dates, all Masses - After training, a weekend receptionist will stand at the door of the church office. They will answer questions, give directions, register people and be a welcoming presence. Our volunteer schedule is active on St Francis Serves. Contact Person: MaryLou Holloway Email: mlholly10@gmail.com

Blood Drive Thank You!

Our Blood Drive held by the Knights of Columbus last Saturday, March 25th, led to 92 units of blood for the American Red Cross to save those experiencing serious health issues. Thank you for your support and commitment to save precious lives in our community!



Love Through Advocacy

[Click here to read story](#)



holy week

April 2- April 9

Palm Sunday of the Lord's Passion, April 1-2

Saturday 5:30pm

Sunday 7:15am, 9:00am, 11:45am, and 5:30pm

Tuesday of Holy Week, April 4

No Parish Morning Mass

10:30am-Christm Mass at the Cathedral

Wednesday of Holy Week, April 5

Tenebrae, 8:00pm, Chapel

Holy Thursday, April 6

No Morning Mass on Holy Thursday

Evening Mass of the Lord's Supper at 7:00 pm

Reposition in Fellowship Until Midnight

Night Prayer, 11:45pm

Good Friday, April 7

Morning Prayer at 9:00am

Good Friday of the Lord's Passion, 3:00pm

7:00pm: Stations of the Cross: outdoor with TFS artwork

Holy Saturday, April 8

Morning Prayer, 9:00am

Easter Food Blessing 9:45am

Vigil 8:15pm

Easter Sunday, April 9

Sunrise Mass, 6:00am in the Memorial Garden

7:15am Church

9:00am Church

9:00am Fellowship Hall

11:45am Church

11:45am Fellowship Hall

Adult Bible Study -

The Eucharist In Scripture (Virtual) by Little Rock Bible Study

2 sessions: [Tuesdays PM](#): 6:30-8:00pm, May 23-June 27 (or)

[Wednesdays AM](#): 10:00-11:30am May 24-June 28

We will explore the biblical theme of meals being shared in faithful fellowship and covenant relationship with God. Register through Realm- no fee. Participants purchase books once registered. Barbara Efir, Cindy Cardello & Diane Rosendahl, Co-Facilitators

Contact Person: Janie Hebert at 919-847-8205X237

Email: janie.hebert@stfrancisraleigh.org

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.

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, in the inner city of Philadelphia, is a soup kitchen and thrift store for those who find themselves poor, alienated, food insecure and homeless. Youth and chaperones are transformed through the Franciscan spirit of service.

Contact Person: Becky Cawley

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

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

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