

# St. Joan of Arc Catholic Church

118 S. Seventh Street

Oberlin, LA 70655

Presents

## Parish Lenten Mission

*Presented by*

### Father Ted Broussard

Thursday, March 28th and Friday, March 29th

6:00 PM

The 7 Last Words of Christ from the Cross & ...



... Reflections on the 7 Capital Sins

<b>OVERCOME</b> the <b>7 DEADLY SINS</b>	<b>Lust</b> Unrestrained sexual craving	<b>Gluttony</b> To over-indulge, especially by over-eating	<b>Pride</b> Inflated sense of one's accomplishments
	<b>Be pure.</b> Guard your heart. Give yourself a project, exercise when you're bored.	<b>Be moderate.</b> Exercise regularly, avoid excess in eating and drinking.	<b>Be humble.</b> You need God and others. Pray and serve.
<b>Sloth</b> Laziness, lack of effort	<b>Wrath</b> Uncontrolled feelings of hatred and anger	<b>Greed</b> The excessive desire for material things	<b>Envy</b> Jealousy towards another's happiness
<b>Be diligent.</b> Have a schedule, don't let your life revolve around resting.	<b>Be patient.</b> Moderate your emotions, take deep breaths before reacting.	<b>Be generous.</b> Donate something you like but don't need to the poor.	<b>Be thankful.</b> Thank God everyday for what you have and don't have.