

*in my thoughts*

“You have heard that it was said, ‘You shall not commit adultery.’ But I say to you, everyone who looks at a woman with lust has already committed adultery with her in his heart.” (Matt 5:27-28)

*and in my words,*

“But I say to you, whoever is angry with his brother will be liable to judgment, and whoever says to his brother, ‘Raca,’ will be answerable to the Sanhedrin, and whoever says, ‘You fool,’ will be liable to fiery Gehenna.” (Matt 5:22)

*in what I have done*

These are the sins of commission, things that we have done to harm others or ourselves.

*and in what I have failed to do,*

These are the sins of omission, things I should have done that I didn’t.

*through my fault, through my fault, through my most grievous fault;*

This is the translation of the familiar Latin: “*Mea culpa, mea culpa, mea maxima culpa,*” which has been a part of this prayer since at least the 9<sup>th</sup> century. The threefold repetition is a Scriptural way to say that we really mean it (think “Holy, Holy, Holy” and Peter’s threefold confession of love in John 21:15-17). The rubrics say that at this point the people are “striking their breast.” A simple fist touching your chest suffices. A gentle touch with finger tips doesn’t quite get the same point across, but a gorilla chest thump is too much. This penitential action can also be seen by the tax collector in Luke 18:13.

*therefore I ask blessed Mary ever-Virgin,*

Given to us as our Mother from the Cross (John 19:26-27), what mother would not continue to intercede for us in heaven?

*all the Angels and Saints,*

We continue to ask all of the saints to pray for us, including our guardian angels.

*and you, my brothers and sisters,*

The social nature of sin is overcome by the social nature of praying for each other.

*to pray for me to the Lord our God.*

The Veneration of the Saints continues to be confusing to non-Catholics, who believe that we “worship” the saints along with God. We do not. Just as our loved ones cared for us and prayed for us while on earth, this love continues as they speak to God about us in heaven. The saints are the same.

- Fr. Scott Kopp

Next week: Kyrie