

# Respect Life News

(Copied from an article found on the Supreme Council website at kofc.org)

## Remarks by Supreme Knight Carl A. Anderson at the 2008 March for Life

(Washington, DC - January 22, 2008)

Thank you, Nellie, for your tireless energy and devotion to the prolife cause.

We first met 30 years ago at the March for Life and I am proud that thousands of Knights of Columbus have volunteered to help stage this march over the years.

We have followed your example. We help organize Marches for Life all across North America - at the West Coast March for Life three days ago in San Francisco, in Mexico City last fall, and in the Canadian capital of Ottawa each May.

We gather here today at the beginning of another election year, a year in which almost all of the candidates promise "change." But we have been coming to Washington for 35 years asking for change - asking to change Roe v. Wade.

Thirty-five years ago, the Supreme Court imposed a change on our nation that is at odds with our history, our Constitution and our humanity. And it is time to change Roe v. Wade.

Abortion is wrong because abortion hurts everyone. It takes the life of the innocent unborn child. It victimizes the mother and the father. It compromises doctors and nurses. It undermines respect for judges. It implicates the taxpayer who pays for it. It coarsens the society that tolerates it.

No woman should feel that she must have an abortion. We can find a better way. We can build a society in which every woman and child can find the support and care they deserve. We can build a culture of life. We can give hope to every woman and every child.

Today I see thousands of helping hands ready to make this hope a reality and I know there are millions more. Together we can bring change. Together we can build a new culture of life in our hearts, in our homes, and in our laws.

## The Sacrament of Confession

### Common Misunderstandings:

Confession is one of the least understood sacraments in the Catholic Church. In reconciling us to God, it is a great source of grace, and Catholics are encouraged to take advantage of it often.

- What is Confession?
- What is its purpose and its effects?
- What are its requirements?
- Can we confess our sins directly to God, or must we go through a priest?

### Confession as a Sacrament:

The Sacrament of Penance, commonly called Confession, is one of the seven sacraments recognized by the Catholic Church. Catholics believe that all of the sacraments were instituted by Jesus Christ himself. In this case, of Confession, that institution occurred on Easter Sunday, when Christ first appeared to the apostles after his Resurrection. Breathing on them, he said "Receive the Holy Spirit. For those whose sins you forgive, they are forgiven; for those whose sins you retain, they are retained" (John 20:22-23).

### The Marks of the Sacrament:

Catholics also believe that the Sacraments are an outward sign of an inward grace. In this case, the outward sign is the absolution, or the forgiveness of sins, that the priest grants to the penitent (the person confessing his sins); the inward grace is the reconciliation of the penitent to God (which is why the sacrament is also called the Sacrament of Reconciliation).

### The Purpose of Confession:

The reconciling of man to God is the purpose of Confession. When we sin, we deprive ourselves of God's grace. And by doing so, we make it easier to sin some more. The only way out of this downward cycle is to repent of them, and to ask God's forgiveness. Then, in the Sacrament of Confession, grace can be restored to our souls, and we can once again resist sin.

### What is required?

Three things are required of a penitent in order to receive the Sacrament worthily:

1. He must be contrite or, in other words, sorry for his sins.
2. He must confess those sins fully, in kind and in number.
3. He must be willing to do penance and make amends for his sins.

### How Often should you go to Confession?

While Catholics are only required to go to Confession when they are aware that they have committed a mortal sin, the Church urges the faithful to take advantage of the sacrament often. A good rule of thumb is to go once per month. (The Church strongly recommends that, in preparation for fulfilling our Easter Duty to receive communion, we go to Confession even if we are aware only of venial sin.)

The Church especially urges the faithful to receive the Sacrament of Confession frequently during Lent to help them in their spiritual preparation for Easter.

### Why is Confession Necessary?

Non-Catholics, and even many Catholics, often ask whether they can confess their sins directly to God, and whether God can forgive them without going through a priest. On the most basic level, of course the answer is yes, and Catholics should make frequent acts of contrition, which are prayers in which we tell God that we are sorry for our sins and ask for his forgiveness.

But the question misses the point of the Sacrament of Confession. The sacrament, by its very nature, confers graces that help us to live a Christian life, which is why the Church requires us to receive it at least once per year.

Moreover, it was instituted by Christ as the proper form for the forgiveness of our sins. Therefore, we should not only be willing to receive the sacrament, but we should also embrace it as a gift from a loving God.

Yours in Christ - Ray Foster, State Church Director

## Supreme Knight's New Book - *A Civilization of Love*

Supreme Knight Carl Anderson has written a new book titled, *A Civilization of Love: What Every Catholic Can Do to Transform the World*. The book, which is published by HarperOne went on sale in bookstores on Tuesday, March 25. George Weigel (Pope John Paul II's biographer) calls it "a bracing call to a new American revolution: a revolution of virtue . . . Give this book to friends who say there's nothing to be done to heal a wounded culture." Veteran Vatican correspondent John Allen says the book is "a rare specimen indeed: a practical guide for idealists." Princeton Professor Robert George says that the book is "brimming with insights into the transforming power of Christian faith." The United States Ambassador to the Vatican, Mary Ann Glendon, says, "Few elements of Catholic social teaching have been more forcefully stated, or more regularly ignored, than our calling to bring Christian teachings to bear on social, political, and economic issues. Carl Anderson, the dynamic leader of the largest Catholic laymen's organization in the United States, seeks to bring that message home." Learn more about the book at this special [www.acivilizationoflove.com](http://www.acivilizationoflove.com).