



“I CAN DO ALL THINGS

THROUGH CHRIST WHO

STRENGTHENS ME.”

June 11, 2021

African American Community of the Diocese of Phoenix

Dear brothers and sisters in Christ,

Next Saturday we will celebrate Juneteenth or Freedom Day. It is considered the oldest known celebration commemorating the ending of slavery in the United States. As African Americans we love and value our freedoms. We have fought hard for our civil liberties and continue to fight hard to keep them. However, we must never forget to fight just as hard for our spiritual and moral freedoms as sons and daughters of God.

The slavery of sin is real. The Lord Jesus told his disciples, “Truly, truly, I say to you, everyone who practices sin is a slave to sin.” (John 8:34) Jesus Christ gave us a sacrament to free us always from the power of sinful habits. We call this sacrament Confession or the Sacrament of Penance.

Jesus Christ gave us this powerful sacrament to keep us free. He forgives us our sins through this sacrament that we may walk always as children of the light. For this reason, the Church recommends frequent confession as a most powerful means of holiness. Blessed Pope Paul VI stressed 9 spiritual blessings of frequent Confession:

1. Conscience is purified
2. Grace is increased
3. The will is strengthened
4. Self-knowledge is increased
5. More rapid growth in virtue takes place
6. Humility grows
7. Helps overcome bad habits
8. Overcomes spiritual mediocrity or lukewarmness
9. Greater self-control is achieved in daily living

As your chaplain, I invite all of you to enjoy frequently the blessings of a good Confession. Jesus Christ gave us this great sacrament to grow in holiness. To make the blessings of this great sacrament available to all of you, I will be hearing Confessions before the Gospel Unity Mass at 11:00 a.m. to 11:45 a.m. in the St. Pius X parish hall, starting on Sunday, June 20th. As many of you know, June 20th is Father’s Day. I cordially invite all fathers to make a good confession to be spiritually prepare to lead their families on the path of righteousness. The gift of Confession will help our fathers to be true men of God.

May Our Lady, Mama Mary, take all of us by the hand and lead us to the Confessional that we may be set free of our sins. Let the Church say AMEN!

With my priestly blessing,

Fr. Andrew McNair,

Chaplain for the African American Community for the Diocese of Phoenix

Phone: 910 389-0317

Email: [letthechurchsayaamen@gmail.com](mailto:letthechurchsayaamen@gmail.com)