

PAULINE EXAMEN AID

NAME: _____

DAILY EXAM (3 times, 3 minutes approx. each)

YES NO

APOSTOLATE: One's normal occupation in the home or other places:

_____ THOUGHTS Good _____

_____ WORDS Fair _____

_____ ACTIONS Bad _____

MEDITATION:

If there is limited time this can be INVOCATIONS

SPIRITUAL READING/LISTENING:

May be Institute materials only.

MONTHLY RECOLLECTION:

Main purpose is to look back over the previous 30 days and see if they have been well spent.

DO NOT RETURN THIS PAGE!

- Distinguish between FEELINGS - ignore them - and CONSENT (be **sure** you consented)
- Mark also GOOD feelings, thoughts, words and actions (you can use other color pen)

EXAMINATION OF CONSCIENCE:

Following the Pauline method (Truth, Way, and Life), we examine our

- **MIND (Truth):** thoughts revolving around the Capital sins (write down the number of times)

• Pride	
• Avarice	
• Lust	
• Anger	
• Gluttony	
• Envy	
• Sloth	

This longer exam is NOT for every day but is intended as a help in finding one's major fault. Once decided what the fault is, we examine ourselves on that fault, leaving the others (if there are any!) till we have made some progress in correcting Fault No 1. This method is recommended also in the Preface to our larger Prayer Book.

- **WILL (Way):** speech and actions

• Pride	
• Avarice	
• Lust	
• Anger	
• Gluttony	
• Envy	
• Sloth	

Nothing is more important than the regular exam. The value of your life is-YOU, not so much what you DO, and especially the YOU which gradually gets better as the years pass.

- **HEART (Life):** feelings we consented to

• Pride	
• Avarice	
• Lust	
• Anger	
• Gluttony	
• Envy	
• Sloth	

Notes:

SHARE THE WORD ABOUT THE HFI!

Older members will recall that our original Report had a page for the names and addresses of people “evangelized”. That is the way the early Church grew and all the great Movements, secular and religious. Let’s resume this good practice. You can use any method: direct approach with booklet, phone-call, letter, email, etc., one person or more.

IN THE MONTH OF I/We contacted

NAME/ADDRESS:

NAME/ ADDRESS:

NAME/ADDRESS:

The Provincial Delegate will write to the families/individuals you list. Remember, just ONE new candidate a year! Also let the Delegate know WHY people are not interested in or refuse membership.