

## **MISSION ECCE HOMO**

### ***“Create in me a clean heart, O Lord.” (Psalm 51)***

Thank you for your interest in St. Anne’s MISSION ECCE HOMO for men. If you missed Fr. Sergio’s full explanation of the five components of the mission and the related commitments that all mission members will make, please read it [here](#) or watch it [here](#) (90 min). Although it is lengthy, it is highly recommended that you prepare for the mission by understanding the meaning and goal of each component, which together point toward the overall goal of the mission.

Below is a very brief summary of the components and related commitments all members make.

If, upon considering the commitments, you discern that you cannot undertake Mission Ecce Homo at this time, please notify the English mission director, Stephen Phelan before February 14 at [stephencphelan@outlook.com](mailto:stephencphelan@outlook.com) so we can remove you from the email lists.

### **1) Sacramental life – Encounter with Christ, present in his sacraments**

- a. Eucharist: participation in the Holy Mass increasing the weekly attendance at a Mass more than what is usual for each man (for those who go to Mass only on Sunday, the second Mass would be Tuesday in Spanish, or Wednesday in English).
- b. Confession: active war on sin. For this, confession at least twice during Lent (beginning and end) or as soon as possible if we are aware of having committed a serious sin.

### **2) Prayer life - "Without me, you can do nothing." (Jn 15:5)**

- a. Read the readings of the day at the beginning of the day (sent every morning via Flocknote), retaining ONE verse and meditating on it during the day.
- b. Daily reading / meditation of a chapter of The Way, by Saint Joseph María Escrivá de Balaguer (sent daily via Flocknote), retaining ONE phrase and meditating on it during the night and the next day.
- c. Fifteen minutes of silent meditation.
- d. Rosary: start with a mystery each week, and increase until reaching the five daily mysteries, after five weeks, through the end of the mission.
- e. Adoration: 30 minutes per week (progressively increasing: 10 minutes, 20 minutes, 30 minutes). Reading of Conformity with the Will of God before the Blessed Sacrament.

### **3) Ascetic life (exercise of the virtues—particulars)**

- a. Daily examination of conscience
- b. Life of self-denial—more information to be provided by Fr. Sergio on Ash Wednesday.

### **4) Fraternal life**

- a. Participation in Holy Mass at 6:15pm on Tuesdays (Spanish) and Wednesdays (English)
- b. Consecration to Saint Joseph following Father Calloway’s book. You can do the consecration on your own or joining other men via video chat at 5pm daily. During the chat we will do the first part of each day, and the second part you will do on your own. On Tuesdays, the consecration

will be prayed in the Church in Spanish, and on Wednesdays in English (at 6 pm). The consecration will culminate on March 19.

- c. Mass and talk after for three consecutive days with a special presenter, February 22,23, and 24.

#### **5) Spiritual accompaniment/accountability**

- a. Every participant will keep a journal in which you can record the phrases taken from the daily readings, his examination of conscience, any notes from the weekly homilies and special three-day mini-mission, any thoughts on the ascetic practices, or other as inspired during the mission.
- b. Meeting once for fifteen minutes each week with a spiritual guide for accountability, encouragement, etc.

***Lord Jesus Christ, Son of God, have mercy on me, a sinner.***