

Weekly check-in:

Based on the seven goals above, please briefly share your journey and struggles of the last week. Do so just in general terms; details may be an Occasion of Sin for another in the group.

Weekly discussion topic:

Based on leader provided reading topic, engage in discussions of the material as it pertains to our daily struggles and how we can live a more fulfilling life modeled as Christ as the perfect man.

1. Please be prepared by pre-reading the topic.
2. Have prayerful insight into the readings.
3. Develop through the conversation, how this can help your life and struggles.
4. Commit to a change of life, even if minor, based on the prayerful insight and discussion.

Memorare, O piissima Virgo Maria, non esse auditum a saeculo, quemquam ad tua currentem praesidia, tua implorantem auxilia, tua petentem suffragia, esse derelictum. Ego tali animatus confidentia, ad te, Virgo Virginum, Mater, curro, ad te venio, coram te gemens peccator assisto. Noli, Mater Verbi, verba mea despicere; sed audi propitia et exaudi. Amen.

Remember, O most gracious Virgin Mary, that never was it known, that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence, we fly unto thee, O Virgin of virgins, our Mother. To thee we come, before thee we stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not our petitions, but in thy mercy, hear and answer us. Amen.

If a chaplain is present, end with a blessing and Confession being available.

Clean Of Heart Meeting Guide

[Print Weekly Reading Material Here](#)

Begin with Prayer: Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

PATER noster, qui es in cœlis; sanctificetur nomen tuum: Adveniat regnum tuum; fiat voluntas tua, sicut in cœlo, et in terra. Panem nostrum cotidianum da nobis hodie: Et dimitte nobis debita nostra, sicut et nos dimittimus debitoribus nostris: et ne nos inducas in tentationem: sed libera nos a malo.

Recite meeting rules:

1. **Anonymity & Confidentiality** - Everything shared in the group stays in the group. The identities of those in the group are not discussed outside the group meetings. Meeting times and locations are not shared.
2. **Judgement** - Judgement is left to God alone... meetings are considered a safe place to talk about one's weaknesses.
3. **Crosstalk** - 'Sharing' is a group activity; avoid exclusive conversations until after the meeting.
4. **Sharing Details** - Do not share more than what is necessary. Details of sexual acts, website names or addresses, and/or elaborate descriptions of people are not helpful to anyone.
5. **Sharing Time** - Keep your sharing to a reasonable time, according to the number of men present--don't dominate the meeting.
6. **Sharing Focus** - Keep your sharing focused on your own issues.
7. **Meeting Time** - Start and stop meetings on time.

Recite Goals:

1. To live a chaste life, moderating sexual pleasures to live in accordance with the Roman Catholic Church's teachings and traditions on chastity for our state in life.
2. To fully accept and embrace the divine origin of human sexuality as a pure expression of love that is beyond our fallen human state, making our expression of sexuality a sacred task.
3. To recognize the beauty and sacredness of the human body, as a Temple of the Holy Spirit, and avoid the objectification of any person for the sake of stimulating or exciting our sexual appetite.
4. To reject all deviations of sexual conduct, as taught by the Church, including, but not limited to pornography, masturbation, illicit fantasy, promiscuity, fornication, prostitution, voyeurism, homosexuality, transgenderism, or contraception.
5. To avoid the occasions of sin, especially regarding sexuality; practicing custody of the eyes and as much as possible, avoiding websites, locations, people, and behaviors that tend to lead us away from purity.
6. To develop and continue a sacramental life in the Catholic Church, praying daily, receiving the sacraments of Reconciliation and Holy Eucharist often, and reading and meditating on scripture and the writings of the church fathers.
7. To support other men who share this endeavor, to refrain from judging others who struggle with chastity, to avoid scrupulosity, to attend meetings as often as possible in order to show solidarity with fellow men, to seek support in times of weakness, to show support in times of strength.