Ask Fr. James

What are the deadly sins?

In 590 AD, Pope Gregory I in The Book of Pastoral Rule named seven mental activities or states of the mind or thought that the Catholic Catechism #1866 considers as deadly or capital sins. They are:

1.Pride: Over-estimation of one's self, an inflated ego that blocks one from seeing one's own failings or limitations.

2.Envy: Chronically being resentful of what others have and to complaining about how unfairly one has been treated by God, others, or life itself. Excessive comparing, contrasting, and measuring of oneself against one's neighbor.

3.Anger: Quick out of control, quick, reactive, and excessive, out of proportion reaction to a situation, leading to wrath, rage and violence and using swear words or   coarse language.

4.Sloth (Laziness): physical laziness, but also a mental and spiritual laziness, a laziness of mind, body, and spirit. It also includes apathy or a lack of motivation.

5.Greed: The excessive desire to own or possess more and more and out of proportion to one's legitimate needs or what one is entitled to by one's own work.

6.Gluttony: The excessive craving for food and drink, over-consumption, and over-indulgence to the point of waste and of denying others their fair share of available food and drink.

7.Lust: The excessive desire for sexual experiences and treating others solely as objects to be used for one's gratification.

On March 9, 2008, Pope Benedict because of concern that "we are losing the notion of sin," reminded us of another 7 deadly sins and encouraged us to go to confession regularly: They are:

1.Destroying the environment – wrecking or polluting the environment

2.Genetic manipulation - experiments that manipulate DNA or harm embryos

3.Obscene wealth -

4.Creating poverty

5.Drug trafficking

6.Immoral scientific experimentation

7.Violation of the fundamental rights of human nature

You may email/send your faith questions to Fr. James and he would answer them in our Sunday Bulletins.