

### *Culture of Death sins*

- Contraception (the birth control pill, condoms, any method of unnaturally preventing conception such as the nuvaring, contraceptive mentality/lack of openness to life etc.)
- Using Natural Family Planning (NFP) for reasons which are not grave
- Abortion
- Morning after Pill (Plan B pill)
- Sterilization (getting your tubes tied for women, vasectomy for men)
- Selling your eggs
- Selling sperm
- Freezing your eggs, or embryos
- Surrogacy
- In-Vitro Fertilization
- InvoCell
- Artificial insemination
- Euthanasia
- Cloning
- Designer babies
- Embryonic stem cell research (adult stem cell research is okay)
- Gender reassignment surgery/Hormone “therapy” for trans
- Suicide

### *Sexual sins*

- Premarital sex/Cohabitation/free unions/sexual acts outside of marriage
- Extra-marital sex/Adultery/Divorce-remarriage outside the Church
- Lust/Objectification (**indulging** impure thoughts, masturbation, pornography, sex trafficking, any kind of sexual abuse, sexting)
- Homosexual **actions** (not the attraction or inclination)
- Selling sex (prostitution)
- Polygamy

### *Further reading:*

*Catechism of the Catholic Church:* Paragraphs: 2258-2317

*Compendium of the Catholic Church:* Paragraphs: 466-479 and 487-502

