

SAINT FRANCIS EXCHANGE

The Newsletter and Bulletin of the Oratory of Saint Francis of Assisi

MARCH 2017 - LENT

LETTER FROM THE MONSIGNOR

NOW therefore saith the Lord: Be converted to Me with all your heart, in fasting, and in weeping, and in mourning; and rend your hearts, and not your garments, and turn to the Lord your God: for He is gracious and merciful, patient and rich in mercy, and ready to repent of the evil. — Joel 2:12 – 13

LENT is now upon us and Heaven calls us to repent: *rent your hearts* commands the Prophet Joel, *with fasting and weeping, and all mourning.*

Who can deny that we are a wicked and unprofitable generation, in great need of repentance and reform? The majority of this world have turned from God and His Laws, both natural *and* supernatural; and have taken themselves as the supreme arbitrator of morality...fools! The Holy Prophet Ezechiel chastises us: *But trusting in thy beauty, thou playedst the harlot because of thy renown, and thou hast prostituted thyself to every passenger, to be his* (Ezechiel 16:15).

The Holy Church has been visited with great sorrow and misery; and why? Because the faithful have rejected the pure and unchanging doctrines given to us by God Himself. The wicked hierarchy of the NewChurch put aside the Holy Faith a generation ago, and

worship man the creature rather than God the Creator...fools!

The faithful flock might be excused for following the shepherds, at first, but certainly not now when we see that the *de-formation* of the Church by the Liberals and Modernists make the revolution of Martin Luther look so much-to-do-about-nothing. This is why all these pseudo prelates and mitred heads can “celebrate” the 500th *perverse-ary* of Luther’s opening the gates of hell.



We have had enough time living and recreating in luxury, without a care for our souls. This is the time to truly repent: not the petty symbolism of “giving up” coffee or some sweet treat for Lent. We need to *truly* make a sacrifice worthy of the Sacrifice made for us. Put an end to all “social media” and other impure entertainments; attend Holy Mass *every* Friday during Lent (better yet go for *all* 40 days).

Since the First Saturday of Lent is also the First Saturday of the month it is most appropriate to have our **Lenten Day of Recollection**, whose theme is **Sacrifice and**

Repentance on that day. Let us truly make a difference this Lent; we need to, for the sake of our souls. This is also the year to not only convert our own selves but convince-and-convert our loved ones. Our parents, siblings, children and friends *will not make it to heaven* just because we might save our own souls...they need to also repent and be converted so that their sins may be blotted out (cf. Acts 3:19). We must also be heroic for their sakes, by pious example, prayers and sacrifices...there is no such thing as a selfish saint!

I will be making sacrifices not only in reparation for my own past sins, but for all of you: whose souls are precious to me. Let us ascend to heaven together and for one another, remembering the call of S. Paul: *And let us consider one another, to provoke unto charity and to good works: not forsaking our assembly, as some are accustomed; but comforting one another, and so much the more as you see the day approaching* (Hebrews 10:24–25).

As always, I am most grateful for your prayers and support. Be assured of my paternal benediction and prayers, especially at Holy Mass. I remain,

In Christ the King,

Monsignor ✠ Thomas JF Sebastian

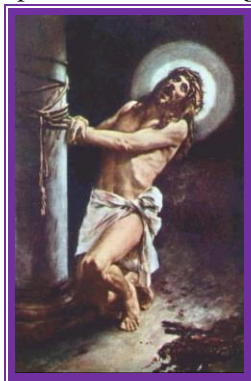


QUESTIONS AND ANSWERS

Q: Monsignor, when our Lord Jesus Christ entered into His Passion, did He feel human pain; or since He is GOD did He block some of the pain that humans feel?

In Christ, Alfredo Cortes, C.A. This was the last question submitted before Mr. Cortes' passing.

A: THIS is such a thoughtful question! In 1986 I had this exact conversation with my Spiritual Director, and since I vividly remember the conversation it shows how it affected (and still affects) me. When the Second Person of the Most Holy Trinity, the Word, was made flesh He assumed the fullness of humanity united to His Divinity: *for in Him dwelleth all the fullness of the Godhead corporeally* (Colossians 2:9). The Lord JESUS is fully God and fully man, and therefore felt every bit of pain during His Passion. In order to take on our sin (cf. I Peter 2:24) Our Lord did not "block" any form of suffering from Himself, but rather, bore all of His pain in an even greater and more aware manner. In Him God felt human pain and suffering.



Our Lord Scourged at the Pillar

If you have a question, please feel free to e-mail:

info@stfrancisratory.org



**S. Joseph
(19th of March):
Pray for us!**

PRAYER REQUESTS

YOUR continued prayers are requested for the sick, especially Mr. Eugene Dinnocente, Mr. David Damits, Mrs. Dorothy Smith, Mrs. Antoinette Mangan, Mr. Joseph Bremmer, Mr. Frank Calderon, Mr. Alfred Smith, Mr. & Mrs. William Schiermeyer, Mrs. Denise Huizenga, Mr. John Owen, and Mrs. Maria Gomez. Please also remember in your prayers the souls of those who have died, especially for Mr. Alfredo "Freddy" Cortes†. *If you know of someone unable to attend Holy Mass due to sickness please be sure to let one of the priests know so they can arrange for a sick call.*

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FIRST FRIDAY AND FIRST SATURDAY

OUR First Friday devotions will be on the 3rd of MARCH, and our First Saturday devotions will be on the 4th of MARCH. First Friday Mass is at 7:00 p.m., followed by Benediction of the Most Blessed Sacrament; First Saturday will be at 8:00 a.m., followed by the Devotions to the Immaculate Heart.

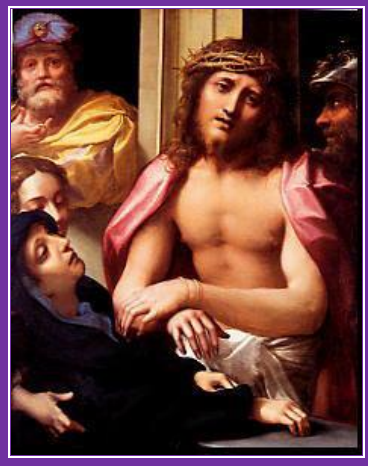
The HOLY LEAGUE also meets at 6:45 pm on First Friday.

LENTEN DAY OF RECOLLECTION

OUR annual LENTEN DAY OF RECOLLECTION will follow our First Saturday devotions. A meatless luncheon will follow at noon: this year's theme is **SACRIFICE AND REPENTANCE**. Be sure to invite your friends and family.



THE LENTEN OBSERVANCE



A practical guide for those who take serious their obligations during the Holy Season of Lent

Many of the faithful find the sacrifices and obligations of the Lenten Season confusing and burdensome; even those who remain faithful to Holy Tradition. This unfortunate and unnecessary attitude should be tackled by zealous Pastors everywhere, and the sublime Mysteries and bountiful graces fully explicated so that all the faithful can unite themselves intimately with the sufferings and supreme Sacrifice of Our Heavenly King. The forty days of Lent, intended to commemorate the forty days Our Blessed Lord spent fasting in the desert, begin on **Ash Wednesday** and last until **Holy Saturday**¹. The last two weeks of Lent are called, respectively, *Passion Week* and *Holy Week*.

During these two weeks the Church, in her liturgy especially, follows the end of Our Lord's mortal life very closely.

The faithful are expected to refrain from worldly amusements and distractions during this solemn season, and so for us modern Catholics it would not be unreasonable to refrain from television time and the watching of movies and other amusements such as "texting", unnecessary telephone conversations, computer time (including e-mails and "on-line" time), video games, frivolous reading, excessive music listening, and needless shopping. Now these things are suggestions (*strong suggestions*), and *not* obligatory – but every Catholic who is serious about his faith and the salvation of his soul, should take to heart the seriousness of these recommendations.

Also important are the *Ember Days* of Lent. The Ember Days (Wednesday, Friday and Saturday) are cherished by the Western Church and are very ancient. Four times a year (Advent, Lent, Pentecost and month of September) the Church devotes these days to prayer and penance. The readings and Mass parts of the Ember days of Lent are especially focused on prayer, penance and sacrifice. On these days, even outside of Lent, the faithful are bound, under pain of mortal sin, to abstain from meat.

Sundays of Lent, they are not counted among the penitential days.

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The current Laws of Fast and Abstinence (for the United States) are absolutely binding (unless lawfully excused or dispensed) for *all* the faithful. All baptized Catholics, seven years of age or older, are bound to **abstain**. The two types of abstinence are **complete** and **partial**. *Complete abstinence* forbids the eating of meat, and soup or gravy made with or from meat², is required all Fridays throughout the year, Ash Wednesday, Holy Saturday, the Vigil of All Saints, the Vigil of the Immaculate Conception, and the Vigil of Christmas. *Partial Abstinence*, which permits meat, and soup or gravy made from meat, to be eaten *only* at the main meal, is required on Ember Wednesday and Ember Saturday and the Vigil of Pentecost.



Fasting and Prayer are central to the Lenten observance.

The laws of **Fasting** are for all baptized Catholics, from ages 21 through 59, inclusive. The days of fast are the weekdays of Lent, the Ember days and the Vigils of Pentecost, the Immaculate Conception and Christmas. On the days of fast only one full meal is allowed (with meat, except on Fridays) with two smaller *meatless* meals, which

¹ This actually makes forty-six days, but since we do not fast or abstain on the six

² "Meat" means the flesh from all animals, except seafood. For further clarification one may inquire of one's Pastor.

together do not equal one full meal. The eating of food or snacks between meals is forbidden; however the drinking of liquids, including milk and juice, are allowed.

For reasons of health one may seek the reduction or even dispensation from the fast from one's Confessor. However, one should never simply dispense one's self from these obligations; and should one be lawfully dispensed from these obligations, he should strive to find another type of *approved* penance that can be satisfactory to Almighty God.

Please remember that there is no obligation to fast or abstain on Holy Days of Obligation, *even* when they fall on a Friday. The Church commands us to fast and to abstain in order that we focus our minds and bodies towards God, to make satisfaction for sin, and to control and mortify our flesh. As Saint Paul reminds us, *I chastise my body and bring it into subjection lest perhaps after preaching to others I myself should be rejected* (1 Corinthians 9:27)

When we meditate upon the sufferings of Our Lord, and offer that in union with our fast and abstinence, we offer true contrition for our past sins. And when we couple these penances and sacrifices with good and pious works, we are examples to many of the truth and goodness of Our Lord and King Jesus Christ.

We must also be on guard not to carry these penances to excess, which may cause injury to our body; to cause purposeful injury to our bodies is a sin against the

commandments, and does not please God at all.

We hope that this brief explanation of the Lenten observance answers your questions, and will aid you in making your Lent a meaningful and holy exercise.

If you have a Catholic topic that you are interested in learning more about, send your request to "info@stfrancisoratory.org"



The solemn blessing of the ashes before Holy Mass.



The imposition of blessed ashes is how we begin the Lenten observance: remember man that thou art dust, and to dust thou shalt return.

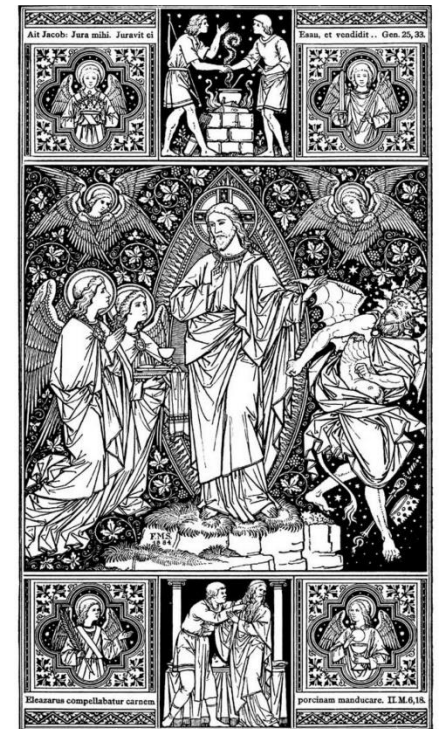


When children learn from the earliest age to do penance they build the habit of sorrow and contrition for sin.

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Catholic clergy receive their ashes on the crown of their head, not their foreheads (above and below).



MASS INTENTIONS FOR MARCH 2017

| | | | | |
|---------------|---|--------------|--------------------------|-------------------------|
| 01 March 2017 | ASH WEDESDAY | 7:00 PM | Mr. Antonio Rama† | Mrs. Cory Teodosio |
| 02 March 2017 | <i>feria</i> | 8:00 AM | Mr. Antonio Rama† | Mrs. Cory Teodosio |
| 03 March 2017 | <i>Votive Mass of the Crown of Thorns</i> | 7:00 PM | Mr. Antonio Rama† | Mrs. Cory Teodosio |
| 04 March 2017 | S. Casimir | 8:00 AM | S. Francis Mass Guild | |
| 05 March 2017 | FIRST SUNDAY IN LENT | 10:00 AM | <i>Missa Pro Populo</i> | |
| 06 March 2017 | Ss. Perpetua & Felicity | Private Mass | Private Intention | Anonymous |
| 07 March 2017 | S. Thomas Aquinas | 8:00 AM | Mr. Antonio Rama† | Mrs. Cory Teodosio |
| 08 March 2017 | S. John of God | 8:00 AM | Mr. Antonio Rama† | Mrs. Cory Teodosio |
| 09 March 2017 | S. Frances of Rome | 8:00 AM | Mr. Alfred Smith | The Alfred Smith Family |
| 10 March 2017 | <i>Votive Mass of the Lance and Nails</i> | 7:00 PM | Sgt. Kenneth May† | The Alfred Smith Family |
| 11 March 2017 | <i>Ember Saturday in Lent</i> | 8:00 AM | Holy Souls† | Mr. Alan Cohen |
| 12 March 2017 | SECOND SUNDAY IN LENT | 10:00 AM | <i>Missa Pro Populo</i> | |
| 13 March 2017 | <i>feria</i> | Private Mass | Private Intention | Anonymous |
| 14 March 2017 | <i>feria</i> | 8:00 AM | Holy Souls† | Mr. Alan Cohen |
| 15 March 2017 | <i>feria</i> | 8:00 AM | Holy Souls† | Mr. Alan Cohen |
| 16 March 2017 | <i>feria</i> | 8:00 AM | Holy Souls† | Mr. Alan Cohen |
| 17 March 2017 | S. Patrick | 7:00 PM | Reconversion of Ireland | Msgr. Sebastian |
| 18 March 2017 | S. Cyril of Jerusalem | 8:00 AM | Holy Souls† | Mr. Alan Cohen |
| 19 March 2017 | THIRD SUNDAY IN LENT | 10:00 AM | <i>Missa Pro Populo</i> | |
| 20 March 2017 | S. JOSEPH | Private Mass | <i>Missa Pro Populo</i> | |
| 21 March 2017 | S. Benedict | 8:00 AM | Priory of the Immaculata | Msgr. Sebastian |
| 22 March 2017 | <i>feria</i> | 8:00 AM | Holy Souls† | Mr. Alan Cohen |
| 23 March 2017 | <i>feria</i> | 8:00 AM | Mr. Wilhelm Ramackers† | Msgr. Sebastian |
| 24 March 2017 | S. Gabriel the Archangel | 7:00 PM | Fr. Gabriel Ward, fba | Msgr. Sebastian |
| 25 March 2017 | THE ANNUNCIATION | 8:00 AM | <i>Missa Pro Populo</i> | |
| 26 March 2017 | LÆTARE SUNDAY | 10:00 AM | <i>Missa Pro Populo</i> | |
| 27 March 2017 | S. John Damascene | Private Mass | Private Intention | Anonymous |
| 28 March 2017 | S. John Capistran | 8:00 AM | Holy Souls† | Mr. Alan Cohen |
| 29 March 2017 | <i>feria</i> | 8:00 AM | Holy Souls† | Mr. Alan Cohen |
| 30 March 2017 | <i>feria</i> | 8:00 AM | Holy Souls† | Mr. Alan Cohen |
| 31 March 2017 | <i>feria</i> | 7:00 PM | Holy Souls† | Mr. Alan Cohen |



Sunday Mass Time:

10:00 am – Parochial Mass
with Homily

Daily Mass Times:

Tuesday through Saturday
8:00 am

First Friday 7:00 pm

Confessions one half of an hour before Holy Mass

16826 Saticoy Street

Entrance and Parking around back

Van Nuys, CA 91406-2776

(818) 786-2540

e-mail:

info@stfrancisoratory.org

Be sure to visit our web site at:

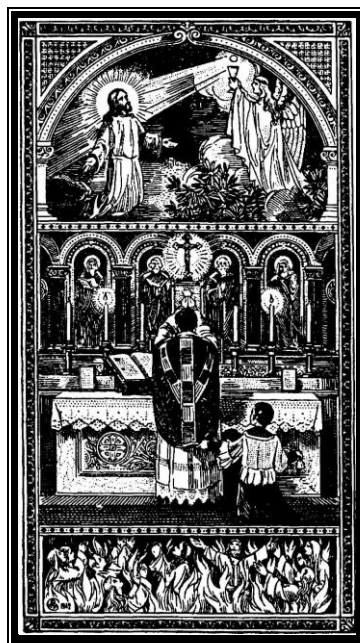
www.stfrancisoratory.org

✿Saint Francis Chapel is staffed by the Priestly Society of Christ the King (SSCR); properly trained and ordained Roman Catholic Priests who are faithful to the teachings and disciplines of the Roman Catholic Church. Saint Francis is not affiliated with the Archdiocese of Los Angeles. Our Holy Fathers, the Popes, most especially Saint Pope Pius V in His infallible decree *Quo Primum*, have given their permission in perpetuity to offer the Traditional Latin Mass (*Missal of S. Pope Pius V* and rubrics of *S. Pope Pius X*).

MASS GUILD

Holy Mass is offered on the First Saturday of every month for all Friends and benefactors of SAINT FRANCIS ORATORY CHAPEL. Your generous donation (one time *or* monthly) enables you to be remembered upon the Altars of the Society, where *only* the traditional Latin Mass is offered, as codified and canonized by His Holiness, Saint Pope Pius V, *perpetually* approved of.

We would like to remind those who send Mass requests to PLEASE include the name of the person and/or intention with your stipend. Mass Cards will be sent to concerned parties upon request. Thank you and God bless you!



RECOMMENDED WEBSITES:

www.traditio.com

www.traditioninaction.com

www.cfnews.org

www.remnantnewspaper.com

N.B.: Recommendation of a website is for information, and does not constitute association with or full agreement of opinions or positions.