

SAINT FRANCIS EXCHANGE

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

MARCH 2019 - LENTENTIDE

LETTER FROM THE MONSIGNOR

WE do exhort you that you receive not the grace of God in vain: for he saith: In an acceptable time have I heard thee, and in the day of salvation have I helped thee.

– 11 Corinthians 6:1 – 2

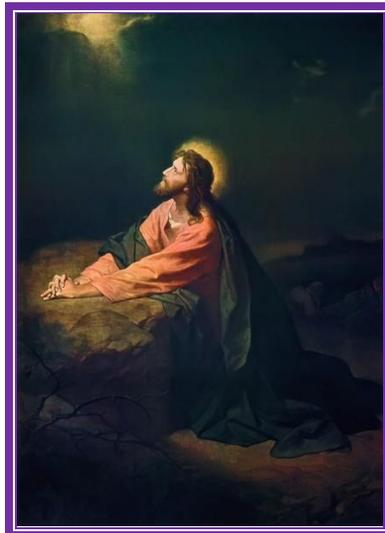
THERE is an old expression that tells us *When God closes a door He opens a window*. It has been a very true expression for our little Oratory Chapel for over twenty years. Well it seems the door shall indeed shut at our current location; declining support and declining parishioners definitely play a large part in this as the ever increasing lease amount year after year.

Father Matthew Howard and I have secured a new location for Sunday Mass, only a few miles from where we are now, the funeral chapel of Gates, Kingsley & Gates Praiswater Mortuary, located at 6909 Canoga Ave, Canoga Park, CA 91303 (between Sherman Way and Vanowen). Holy Mass will be offered there at 9:00 am. We ask for your prayers for the success of this endeavour.

While it is quite easy to be disappointed we must remember that those who do God's will *always* find that they seem to be thwarted at every turn. Once when praying to God for strength and comfort S.

Teresa of Avila (d. 1582) is purported to have said to Him "If this is how You treat Your friends no wonder You have so few of them."

In this challenging time for the Holy Faith such setbacks are to not only be expected but welcomed. The Lord will only allow us to suffer what we are able to bare, and a faithful saint will thank Him for an opportunity to share in His suffering. As humans it is often difficult to understand the will of God, which is why the Prophet tells us: *For My thoughts are not your thoughts: nor your ways My ways, saith the Lord. For as the heavens are exalted above the earth, so are My ways exalted above your ways, and My thoughts above your thoughts* (Isaiah 55:8 – 9).



Any setback or suffering we may experience cannot compare to what Our Lord suffered for us and our redemption. We must learn to suffer *with love*, just as He does.

We still have a lovely place to offer Holy Mass for the Faithful and the true,

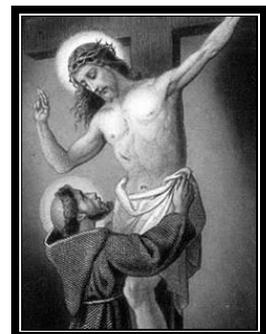
traditional and unreformed Latin Mass of the Catholic Church. The Catholic Mass *and* the Catholic Faith, still here and not diminished. All we need to continue, besides the grace of God, is your prayers and support. As long as we have these three things (grace, prayers and support) we will continue to provide the Faith and the Sacraments to serious Catholics here in southern California.

We hope to see you all at the new location and ask you to continue inviting friends and family to S. Francis. It is the Faith and the Sacraments that will get us to heaven...not fancy churches. S. Athanasius (d. 373) comforted the remnant faithful during the height of the Arian heresy and crisis by saying, *they [the heretics] have the buildings but we have the Faith*. Indeed.

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: I don't know if my question regarding when the "Gloria" is said or not reaches to the level of being a teaching moment, but I am curious. In the Red "Pew Missal" it says that the "Gloria" is omitted when the priest's vestments are black or violet.

On Gaudete Sunday (during Advent) and Lætare Sunday (during Lent), however, I noticed that the "Gloria" was omitted even though the priest's vestments were rose.

Was this because the Advent and Lenten seasons overrode that statement made in the Red "Pew Missal?"

PfP, Tarzana, CA

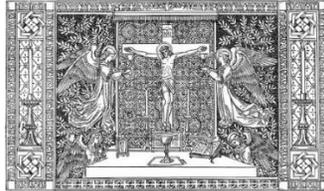
A: Thank you for your e-mail question, it is an excellent one and I am happy to clarify the misunderstanding. The Hymn known as the *Gloria in Excelsis Deo*, is prayed and sung at Holy Mass on most Sundays and Feast Days (also called the *Greater Doxology* or the *Angelic Hymn*). Purple vestments are worn on penitential days and on those days the *Gloria* is not prayed or sung at Holy Mass. On two occasions during the Liturgical Year rose vestments may be worn in place of the normal purple vestments; rose being a lighter shade of purple. These are still penitential Sundays, however the Church

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

relaxes a few of her sacrifices, e.g. : the organ may be played at Holy Mass and flowers.

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

info@stfrancisoratory.org



PRAYER REQUESTS

YOUR continued prayers are requested for the sick, especially Mr. Gary Starr, Mr. Alfred Smith, Mrs. Betty Schiermeyer, Mr. John Owen, and Mrs. Maria Gomez. Please also remember in your prayers the souls of those who have died, especially Mrs. Barbara Bowman†. *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.*



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

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.

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 meat¹, 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.

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 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.

Saint Francis Exchange

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.

¹ “Meat” means the flesh from all animals, except seafood. For

further clarification one may inquire of one’s Pastor.

MASS INTENTIONS FOR MARCH 2019

01 March 2019	<i>feria</i>	Mrs. Maria B. Curiel	The Ernesto Rojas Family
02 March 2019	<i>feria</i>	Miss Helen Romat	The Alfred Smith Family
03 March 2019	QUINQUAGESIMA SUNDAY	<i>Missa Pro Populo</i>	
04 March 2019	S. Casmir	Private Intention	Anonymous
05 March 2019	<i>Mass of Requiem</i>	Mr. Edward Ray†	The Alfred Smith Family
06 March 2019	ASH WEDNESDAY	Private Intention	Anonymous
07 March 2019	S. Thomas Aquinas	Rev. Fr. Matthew Howard	Msgr. Sebastian
08 March 2019	S. John of God	Private Intention	Anonymous
09 March 2019	S. Frances of Rome	Sr. Marie Augustine	Mr. Matthew Falcon
10 March 2019	FIRST SUNDAY IN LENT	<i>Missa Pro Populo</i>	
11 March 2019	<i>feria</i>	Mrs. Darlene Smith†	The Alfred Smith Family
12 March 2019	S. Gregory the Great	Dom Anselm Marie, OSB	Msgr. Sebastian
13 March 2019	<i>Ember Wednesday in Lent</i>	Private Intention	Msgr. Sebastian
14 March 2019	<i>feria</i>	Mrs. Barbara Bowman†	The Alfred Smith Family
15 March 2019	<i>Ember Friday in Lent</i>	Private Intention	Msgr. Sebastian
16 March 2019	<i>Ember Saturday in Lent</i>	Private Intention	Msgr. Sebastian
17 March 2019	SECOND SUNDAY IN LENT	<i>Missa Pro Populo</i>	
18 March 2019	S. Cyril of Jerusalem	Private Intention	Anonymous
19 March 2019	S. JOSEPH	<i>Missa Pro Populo</i>	
20 March 2019	<i>feria</i>	Holy Souls†	Mr. John DiCarlo
21 March 2019	S. Benedict	Dom Anselm Marie, OSB	Msgr. Sebastian
22 March 2019	S. Isidore	Holy Souls†	Mr. John DiCarlo
23 March 2019	<i>feria</i>	Holy Souls†	Mr. John DiCarlo
24 March 2019	THIRD SUNDAY IN LENT	<i>Missa Pro Populo</i>	
25 March 2019	ANNUNCIATION OF THE BVM	<i>Missa Pro Populo</i>	
26 March 2019	<i>feria</i>	FBA's	Msgr. Sebastian
27 March 2019	S. John Damascene	Open	
28 March 2019	S. John Capistran	Open	
29 March 2019	<i>feria</i>	Open	
30 March 2019	<i>feria</i>	Open	
31 March 2019	LAETARE SUNDAY	<i>Missa Pro Populo</i>	



Sunday Mass Time:

9:00 am – Parochial Mass
with Sermon

Confessions one half of an hour before Holy Mass

Gates, Kingsley & Gates
Praiswater Mortuary, located
at 6909 Canoga Ave, Canoga
Park, CA 91303 (*between
Sherman Way and Vanowen*).
(818) 786-2540

e-mail:

info@stfrancisoratory.org

Be sure to visit our web site at:

www.stfrancisoratory.org

**N.B. : Our new Mailing
Address is:
Post Office Box 8469
Van Nuys, CA 91406-8469**

✿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.remnantnewspaper.com

www.traditionalmass.org

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