

SAINT FRANCIS EXCHANGE

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

JANUARY 2020 – CHRISTMASTIDE

LETTER FROM THE MONSIGNOR

FOR a Child is born to us, and a son is given to us, and the government is upon His shoulder: and His name shall be called, Wonderful, Counsellor, God the Mighty, the Father of the world to come, the Prince of Peace. Emmanuel. – *Isaias 9:6*

OUR Christmas joy is now upon us, and we should do all we can to sustain it throughout the year. The simplest way to do this is to remain in the grace of God. Frequent Confession and worthy reception of Our Lord in Holy Communion is the best way to do this.

Another good practice to sustain your joy is by leading a life of great devotion, most especially to Our Lord and King, Jesus Christ. On the 2nd of January the Church will commemorate the **Most Holy Name of the Lord**. At one time every parish had a Holy Name Society, originally called the *Confraternity of the Most Holy Name of God and Jesus*. The Confraternity helped spread zealous and holy devotion the Name of the Lord and well combatted the sins of blasphemy, perjury and immorality that invades society.

Blessed Peter reminds us that in no other name is man saved, as well as healed, both physically *and* spiritually (cf. Acts 4:12). The Apostle also reminds us *That in the name of*

JESUS every knee should bow, of those that are in heaven, on earth, and under the earth (Philippians 2:10).

The other great devotion every Catholic must have is to the **Holy Mass**. With this in mind let us consider more about this very important devotion: devotion to the Holy Mass begins with understanding it, most especially the actions, prayers and readings of the Mass. The greatest tool for understanding the Holy Mass is a proper Hand Missal: the *only* two that I recommend are the *Saint Andrew's* and the *Father Lasance*. After obtaining a proper hand missal you should explore it and read all the Liturgical Notes that accompany all the readings of the feasts. Without an hand missal one cannot properly pray the Holy Mass, and without praying at Holy Mass one is simply an inactive “passerby” missing the graces and wonders of a deeper spiritual life.



And the Word was made flesh, and dwelt among us!

Praying along with the Mass also helps one to concentrate, and that concentration will soon lead to

meditation. It is this meditation that allows the mind and the soul to enter into a deeper and more fruitful relationship with the Holy Mass: this creates a greater and long lasting devotion.

The beauty and treasury of the Most Holy and Catholic Mass has made great saints: one only has to read the lections of the Divine Office and Holy Mass composed by that great saint of the Holy Church, S. Thomas Aquinas, to see that you are reading the liturgical literature of a man in love with his Lord and God made manifest in the Holy Mass. The sublime teachings of the Doctors of the Church all have the very same source: devotion to the Holy Mass.

Learn the Holy Mass that you may know it and love it: for loving the Holy Mass is loving God Himself through your spiritual participation in His worship and adoration.

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,

In your previous teachings you have mentioned that modern "Vatican 2 Catholics" have departed so far from the authentic Faith that they no longer are able to distinguish truth from error. How can we help "convert" them to real Catholicism?

Thank you for your care for souls! In Christ the King,

MM, Burbank, CA

A: Your question is very important and contains great charity because your desire is to help others save their souls and go to heaven!

Most modern Catholics, as you say, are unaware that they no longer hold even the most basic of dogmatic truths, perhaps this is where the *invincible ignorance theory* comes into play...but to your question: the first thing we must all do is pray for them, whether they be liberal, moderate or traditional-ish Conciliar Catholics. Our primary obligation is to always pray for those in need, and they are in the greatest of spiritual need because they have (unknowingly or even knowingly) been deprived of the true Holy Catholic Faith, and in most cases true Holy Catholic Sacraments, which deprives them from Sacramental Grace, much needed to save their souls.

Next we must teach them true and sound doctrine by

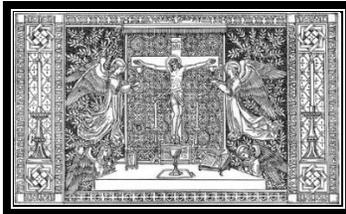
teaching and example. One of the simplest things I do, which almost always elicit comments or questions is making the Sign of the Cross and saying Grace before *and* after meals in public. Another witness is that if I am invited to some type of function or gathering on a Friday I always let my host know that I do not eat meat on that day as a *Religious Obligation*, this way I do not surprise or embarrass them or myself by not eating what is put in front of me.

Lastly, the best way to convert anyone is to know the Holy Faith yourself and to *defend* it and not *argue* about it – the only one who wins an argument is the devil...

This is why I spend so much time teaching about the Holy Faith in my sermons and in the Faith Lectures I offer. As a young man once remarked to me, to detect a *forgery* one must first study and thoroughly know the *real* thing.

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

info@stfrancisoratory.org

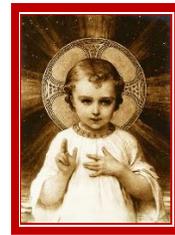


PRAYER REQUESTS

YOUR continued prayers are requested for the sick, especially Mr. Frank Calderon, Mr. McCanna Anthony Sinise, Miss Lauren Howard, Mr.

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Paul Howard, Miss Rhonda Roeszler, Mr. John Owen, and Mrs. Maria Gomez. Please also remember in your prayers the souls of those who have died, especially Mr. Alfred J. Smith. *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.*



A CHRISTMAS STORY
BY THE MOST REVEREND MONSIGNOR THOMAS JF SEBASTIAN

MR. O'Neil sat down to his small microwaveable macaroni and cheese meal, slowly making the Sign of the Cross before saying his grace over his meager supper. It took him a moment to take the first bite as he pondered how many he had seen on the streets today that did not even have this for dinner this quite Christmas Eve. After finishing he again made the Sign of the Cross and offered his thanksgiving then after cleaning up he sat down on his chair, but did not turn on his television. He closed his eyes and reminisced about Patricia; gone now for these past three Christmases. How she loved Midnight Mass and always made her lovely meatless dishes for their Vigil

dinner. He remembered how she was so excited to see all the little children and would sneakily hand them little candy canes while bringing her finger to her lips as if to say “sh, this is our little secret.” At her last Midnight Mass, when she handed a candy cane to a little boy in his father’s arms, the father smiled and said “little man this nice lady used to give me candy canes on Christmas Eve.” Oh how he missed her and the joy she brought to all who knew her. He would go to Holy Mass in the morning and keep the day holy, but it just wasn’t the same without his Patricia. Maybe if they had been given the gift of children he would keep the season, but it was not God’s will. He accepted it with pious resignation and closed his eyes and tried to dream of her.

John...he thought he heard his name...John...he opened his eyes but saw no one. Again, ever so gentle, John. He looked ahead and saw a very small light in his living room...it was coming from his wife’s Nativity set. It began to glow brighter and brighter and he clearly heard his name...John. He stood up and went to the table where the Nativity set was placed only that morning, and there in the very centre of the manger the Christ Child smiled and glowed with a beautiful and warm light. He slowly knelt in amazement and again heard the Christ Child...John, come close to Me and pick me up. Without saying a word he carefully picked up the small image and soon in his arms he held the

Christ Child appearing as to him as a small baby. *John, He said, I am here to bring you comfort and joy; this eve I shall be your own Child to hold and love.* Tears soon rolled down his cheeks and he could only gaze into His beautiful and loving eyes; he could not say a single word. His heart was so full of love and joy as he gently pressed the Christ Child to his own heart: he felt the Little Heart of the Christ Child and they began to beat in perfect unison, stronger and stronger, so intense he did not know if he could remain standing. And in the briefest instant it was gone, he again opened his eyes and the light was gone, the little plastic Christ Child was once again in the palm of his hand, motionless and quite. He pressed the image gently to his lips and kissed it and then placed it back into the toy crib of the Nativity set.

Suddenly he grabbed his coat and ran out the door, he had to make a quick stop. He entered the all-night market and ran down the aisles until he found what he was looking for. He quickly made his way to the line and paid for his items, and then again sped out to his final destination. When he entered the Church of St. Francis he blessed himself with the Holy Water and made his way through the crowded nave, genuflected, crossed himself and found a place to sit. He eagerly looked around until he saw what he was looking for, just a few people down from him was a young mother cradling her little daughter; he squeezed his way until he reached them. Fumbling

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through his jacket pocket he pulled out a newly purchased candy cane and handed it to the little girl and put his finger to his lips as if to say “sh, this is our little secret.”

HOW TO DONATE AND SEND MASS STIPENDS

WE have had some recent inquiries on-line about how to donate or send Mass stipends. You can always send your donation to our Post Office Box:

St. Francis of Assisi

PO Box 8469

Van Nuys, CA 91409-8469

You can also donate on line with the **PayPal** link on our webpage:



The normal stipend for a Mass Intention is \$20.00. Please be sure to include the person’s name (w/Mr., Mrs. or Miss) and if they are living or deceased. Also, be sure to indicate if you wish a Mass Card to be sent to that person or their family.

Your continued support is appreciated and quite needed to continue our mission of offer the true and traditional Latin Mass of the Holy Catholic Church. The true Mass and Faith are ours to protect, defend and support!



**HOLY DAYS OF
OBLIGATION FOR 2020**

- 1 January 2020 (Wednesday)
Feast of the Circumcision of the Lord
- 21 May 2020
Ascension Thursday
- 15 August 2020 (Saturday)
Assumption of the BVM
- 1 November (Sunday)
All Saints Day
- 8 December 2020 (Tuesday)
Immaculate Conception of the BVM
- 25 December 2020 (Friday)
Christmas

**SUNDAYS OF
JANUARY:
THE CATHOLIC
HAND MISSAL**

In order to assist the faithful following Holy Mass with their hand missals here are the Sunday Masses for January:

5 January 2020:

Most Holy Name of Jesus: commemoration of the Vigil of the Epiphany and S. Telesphorus at the Collect, Secret and Postcommunion.

12 January 2020

Holy Family Sunday: commemoration of Sunday within the Octave of the Epiphany and the Octave at the Collect, Secret and Postcommunion.

19 January 2020

Second Sunday after the Epiphany: commemoration of S. Marius & Companions and S. Canute at the Collect, Secret and Postcommunion.

26 January 2020

Third Sunday after the Epiphany: commemoration of S. Polycarp at the Collect, Secret and Postcommunion.

To correctly participate at Holy Mass one *silently* unites his prayers with those of the Church through pious and attentive meditation of the prayers and reading of Holy Mass.

If you are unsure how to correctly set your hand missal arrive early for Holy Mass and ask the Monsignor to assist you. It is also important to become familiar with the *Ordinary of the Mass*, those parts that never change, i.e.: Kyrie, Gloria, Creed, Sanctus, Benedictus, and the Agnus Dei. And of course the Canon of the Mass, and the *Propers of the Mass*, those which vary according to the feasts of the day, i.e., Introit, Collect(s) (after the Gloria or Dominus Vobiscum), Epistle, Gradual, Alleluia, Tract or Sequence, Gospel, Secret, Communion Verse and Post Communion. On many feasts or days there are *Commemorations* (additional prayers) at the Collect, Secret and Postcommunion. The careful attention to these prayers and readings will help one enter into a deeper spiritual relationship with the Holy Liturgy, the Saints and Mysteries of God.

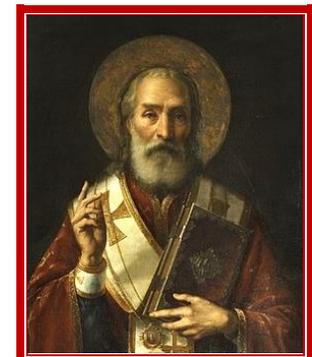
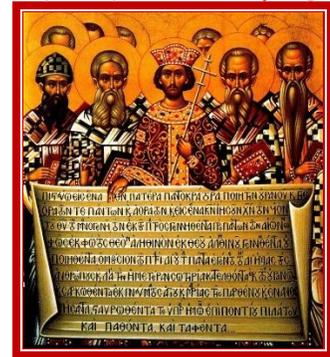
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**CATECHISM
FOR ALL**

OUR monthly lecture for January will be on the **Twelve Articles of the Creed**; please submit your questions to:

info@stfrancisoratory.org



*S. Nicholas of Myra, defender
of the Nicene Creed*

If you have not yet signed up for the lecture series you may do so at any time. If you are interested please send an email to:

info@stfrancisoratory.org



**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 91409-8469**

✿ 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!



Saint Francis Exchange 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.