

SAINT FRANCIS EXCHANGE

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

MARCH 2022 – LENT

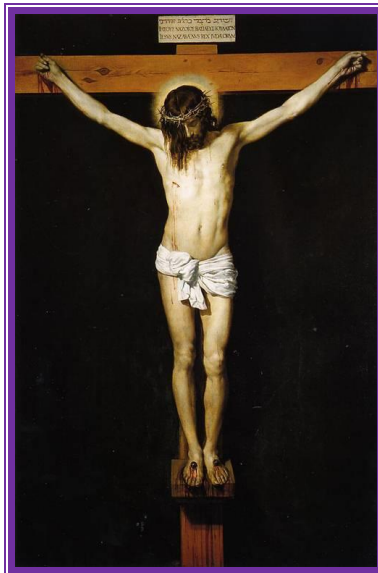
LETTER FROM THE MONSIGNOR

NOW it is only right that, before we arrive at that glory of impassibility and immortality which began in Christ, and which was acquired for us through Christ, we should be shaped after the pattern of Christ's sufferings. – S. Thomas Aquinas

HOLY LENT begins, and so we must begin our preparation to die to this world in order that we may live gloriously in the heavenly world of God's perfect love and grace. S. Thomas Aquinas, the Angelic Doctor, helps us understand this by reminding us that we must reshape ourselves into Christ by accepting and embracing His sufferings with great purpose and love, as the Apostle clearly teaches: *know you not that all we, who are baptised in Christ Jesus, are baptised in His death? For we are buried together with Him by baptism into death; that as Christ is risen from the dead by the glory of the Father, so we also may walk in newness of life. For if we have been planted together in the likeness of His death, we shall be also in the likeness of His Resurrection* (Romans 6:3 – 5).

Our Lord reminds us that *he that will save his life, shall lose it: and he that shall lose his life for My sake, shall find it* (S. Matthew 16:25); and so we must die to sin so that we may

live in the grace of God, as the Apostle teaches: *Let no sin therefore reign in your mortal body, so as to obey the lusts thereof. Neither yield ye your members as instruments of iniquity unto sin; but present yourselves to God, as those that are alive from the dead, and your members as instruments of justice unto God. For sin shall not have dominion over you; for you are not under the law, but under grace* (Romans 6:12 – 14).



What will you do for eternal life? What will you sacrifice for heaven? The Lord sacrificed His human life for us, and hid Himself in our humanity while He taught, healed and allowed Himself to be tortured and killed for our restoration: what will you offer back to Him? Do not say that you will give up some vice during Holy Lent: that should be given up immediately anyway: **what will you sacrifice?** Forgo a comfort or (good) pleasure for your salvation; put aside what is ultimately unnecessary to gain

the Kingdom of Heaven! And if you can make it through Lent without that comfort or pleasure think of the merit of putting it away forever for the glory of God and the state of your soul. Think of the multitude of saints who sacrificed *everything*, even their own bodies and lives, for the total contentment of heaven and the edification of others.

This is the season to meditate upon the Cross of Christ, His glorious chosen instrument, and see His perfect and total love for you and I – we were in His heart and soul when He was raised by our grievous iniquity upon the Tree of Woe.



Become a saint this Lent and remain in that state until you are called to judgment, when Our Lord, well pleased by your authentic conversion will say to you: *Well done, good and faithful servant, because thou hast been faithful over a few things, I will place thee over many things: enter thou into the joy of thy Lord* (S. Matthew 25:21).

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: Dear Monsignor,
I tried to explain to a family member that with Holy Water if the level goes down it can be refilled with tap or bottled water and it is still valid and efficacious; correct?

Thank you,

CLF, St. Bernard, LA

A: It took a bit of research for the official answer; the custom you mention is quite correct and the answer is found in the *Rituale Romanum*, the Church's official book of rubrics for the administration of the Sacraments. In the section on Holy Baptism (*Tit. II, Cap. I, N. 6*) we read: *If the Baptismal Water [that was blessed at the Vigil of Easter or of Pentecost, cf. n. 5] has so diminished that it is foreseen it will not suffice [for the Baptism], unblest water may be added even repeatedly, but in lesser quantity than the Blessed each time this is done.* I have given you the translation as the official text is always in the Latin. Therefore, yes, if following the instruction correctly the addition of "regular" water does not impact the validity or efficacy of the Blessed Water.

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

info@stfrancisoratory.org



*Our Lady of the Annunciation
(25th of March):
Pray for us!*

PRAYER REQUESTS

YOUR prayers are requested for the sick, especially Mrs. Diane Powers, Mr. McCanna Anthony Sinise, Mr. Paul Howard, Mr. Jeff Michaels and Mrs. Maria Gomez. Please also remember in your prayers the souls of those who have died, especially Mrs. Cynthia Bower†, Mrs. Patricia Hundt-West†. *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.*



Real Men Kneel at Holy Mass!

HOW TO DONATE AND SEND MASS STIPENDS

DONATIONS and Mass Stipends can be sent online (be sure to select *donation* and not *payment*) or you can always be sent to our Post Office Box:

St. Francis of Assisi

PO Box 8469

Van Nuys, CA 91409-8469

Saint Francis Exchange



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!



*St. Thomas Aquinas
(7th of March):
Pray for us!*

HOLY DAYS OF OBLIGATION FOR 2022

26 May 2022 (Thursday)
Feast of the Ascension of the Lord
15 August 2022 (Monday)
Assumption of the Blessed Virgin Mary
1 November 2022 (Tuesday)
Feast of All Saints
8 December 2022 (Thursday)
Feast of the Immaculate Conception
25 December 2022 (Saturday)
Feast of the Nativity of the Lord

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

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

6 March 2022:

First Sunday in Lent:

Commemoration of *Ss. Perpetua & Felicity, Martyrs* at the Collect, Secret and Postcommunion.

13 March 2022:

Second Sunday in Lent:

Commemoration of the *Suffrage of the Saints* and *For the Living and the Dead* at the Collect, Secret and Postcommunion.

20 March 2022:

Third Sunday in Lent:

Commemoration of the *Suffrage of the Saints* and *For the Living and the Dead* at the Collect, Secret and Postcommunion.

27 March 2022:

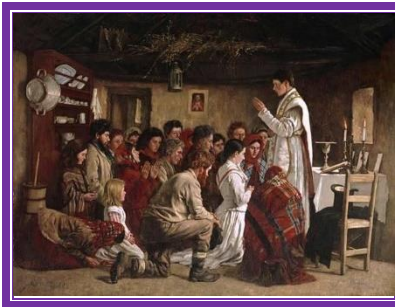
Fourth Sunday in Lent:

Commemoration of *St. John Damascene, Confessor and Doctor* 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 *Proprs 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.



The Hiding Mass in Ireland



The Hiding Mass in Van Nuys

Sunday Mass Time:
(please call or email for current
Mass time and location)

(818) 786-2540

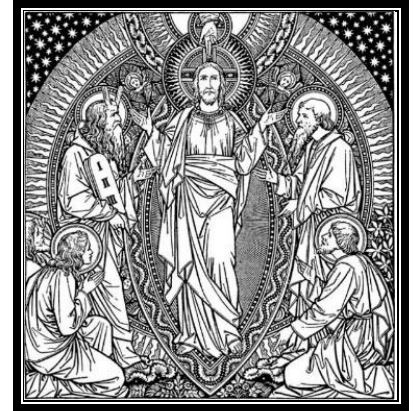
e-mail: info@stfrancisoratory.org

Be sure to visit our web site at:

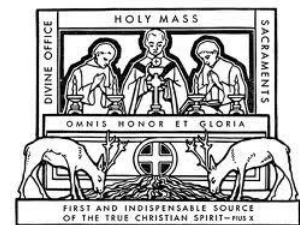
www.stfrancisoratory.org

N.B.: Our Mailing Address is:
Post Office Box 8469
Van Nuys, CA 91409-8469

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✿**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.



PRAYER TO SAINT MICHAEL

O GLORIOUS PRINCE of the Heavenly Host, Saint Michael the Archangel, defend us in the battle and in the fearful warfare that we are waging against the principalities and powers, against the rulers of this world of darkness, against evil spirits. Come thou to the assistance of men, whom Almighty God created immortal, making them in His own image and likeness and redeeming them at a great price from the tyranny of Satan. Fight this day the battle of the Lord with thy legions of Holy Angels, even as of old thou didst fight against Lucifer, the leader of proud spirits and all his rebel angels, who were powerless to stand against thee, neither was their place found any more in heaven. And the apostate angel, transformed into an angel of darkness who still creeps about the earth to encompass our ruin, was cast headlong into the abyss together with his

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followers. But behold, that first enemy of mankind, and a murderer from the beginning, has regained his confidence. Changing himself into an angel of light, he goes about with the whole multitude of the wicked spirits to invade the earth and blot out the Name of God and of His Christ, to plunder, to slay and to consign to eternal damnation the souls that have been destined for the crown of everlasting life. This wicked serpent, like an unclean torrent, pours into men of depraved minds and corrupt hearts the poison of his malice, the spirit of lying, impiety and blasphemy, and the deadly breath of impurity and every form of vice and iniquity. These crafty enemies of mankind have filled to overflowing with gall and wormwood the Church, which is the Bride of the Lamb without spot; they have laid profane hands upon her most sacred treasures. Make haste, therefore, O invincible Prince, to help the people of God against the inroads of the lost spirits and grant us the victory. Amen.

(Pope Leo XIII, Motu Proprio, 25 September 1888; S.P. Ap., 4 May 1934)