

# SAINT FRANCIS EXCHANGE

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

## MARCH 2023 – LENT

### LETTER FROM THE MONSIGNOR

GRANT, O Lord, to Thy faithful people that they may begin the venerable solemnities of fasting with becoming piety, and may persevere to the end with steadfast devotion.

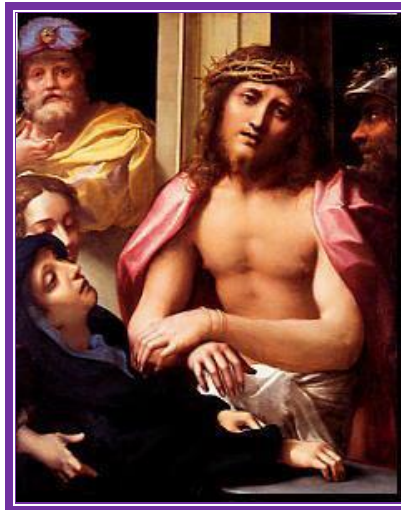
Collect from the Mass of Ash Wednesday

WE are now firmly in Holy Lent, and our pray, penance and sacrifice must be fully in practice.

The great spiritual writer Thomas á Kempis in his work *The Imitation of Christ* writes: *O Lord, what is man that Thou art mindful of him, or the son of man that Thou visitest him? What has man deserved that Thou should give him Thy grace? What cause have I, O Lord, to complain if Thou desert me, or what objection can I have if Thou dost not do what I ask? This I may think and say in all truth: "O Lord, I am nothing, of myself I have nothing that is good; I am lacking in all things, and I am ever tending toward nothing. And unless I have Thy help and am inwardly strengthened by Thee, I become quite lukewarm and lax."*(Book 3, Chapter 40)

This is the time to rely solely on God and His grace and mercy to overcome the habit of vice and gain the habit of virtue, but we must place ourselves, fully and without reserve, at His disposal. Only God have the power to change us and so we must place our will in His care and control,

willingly. When we do this is love and confidence then we are prepared to offer God our true and sincere gratitude for the restoration of His friendship and grace. At our recent Lenten retreat day I began teaching the faithful about *justice* and *gratitude*: man owes God in justice for his disobedience and sin, but such sin was so great that it was impossible for him to ever repay, therefore only God could repay and restore the justice owed to Himself, and did so by becoming man, while retaining His Divinity. The Lord Jesus, Second Person of the Most Holy Trinity, took on our humanity in order to pay our debt, a debt we could *never* repay.



Besides tremendous gratitude we must offer to God a true and firm purpose of amendment of our way of life. S. Thomas Aquinas teaches us that *Three conditions are necessary for Penance: contrition, which is sorrow for sin, together with a purpose of amendment; confession of sins without any omission; and satisfaction by means of good works.* What, therefore, is a true and firm *purpose of amendment*? In general it is the determination

not to sin again, "Contrition requires, too, a *determination not to sin again*. This act of the will is a resolution to avoid all mortal sins and to take the necessary means to this end. A feeling of weakness, or a realisation from past experience that one is very likely to sin again, does not vitiate one's determination. If a man truly grieves over his sins, he has implicitly a resolution or purpose of amendment explicitly." (Sacramental Theology, Clarence McAuliffe, SJ, 1958, pg. 261)

Our dear seminarian is progressing well, learning his Latin, the Divine Office and other basics that shall become his daily life forever. I begin your continued prayers for him for him and all seminarians, God's grace will provide them with what they need to fulfil their vocations!

Lastly, I ask for your assistance: we must work hard for a permanent home for our Chapel, which means we need your prayers and sacrifices. We need to raise close to \$100,000.00 that will serve as a down payment for a property and then we will need your commitment to assist monthly to sustain that property. If you can assist in this goal, *one time or monthly*, we will be grateful and can promise that God will surely bless you.

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 have many friends who attend Mass at their home parish that offers the tradition Latin Mass and that now seems to be going away, what should these faithful Catholics do? Should they start attending the New Mass in the spirit of obedience?

Respectfully,  
*Anonymous*

**A:** ABSOLUTELY NOT! The “New Mass” is no Mass at all, and it certainly is *not* Catholic. This is the problem with those who attend what they think are Masses from those “*in union*” with the Vatican II *sect*. The Holy Mass in the greatest teaching tool of the Catholic Faith, and when the Mass is divorced from the True Faith it lacks the efficacy required for true and proper worship of God Almighty.

A “Mass” offered by a priest who accepts Vatican II “doctrine and teaching” means he offers the traditional-*ish* Mass of 1962 in union with those who believe non-Catholic religions are the same as the Holy Church, that adultery and sodomy are “legitimate life styles” and that abortion is “good” and that women can be ordained...now add to that belief that gender is a choice.

These pseudo-traditional organisations *must be abandoned immediately*; the faithful must find a place for Holy Mass where the priest and the liturgy are completely and

unreservedly Catholic. This may mean attending Mass in a small chapel, hotel room, home, etc. As the great S. Athanasius teaches us during the great Arian Heresy: *they have the church buildings but we have the Faith!*

This must serve as a lesson to all the true faithful, that is NOT the Church, because God and His Faith *cannot change, EVER: Every best gift, and every perfect gift, is from above, coming down from the Father of lights, with whom there is no change, nor shadow of alteration* (S. James 1:17)!

*If you have a question, please feel free to e-mail:*  
[info@stfrancisoratory.org](mailto:info@stfrancisoratory.org)

## PRAYER REQUESTS

**YOUR** prayers are requested for the sick, especially for Miss Alyssa Smith, Miss Erica Chapman, Mr. Charles E. McClusky, Mrs. Denise Huizenga, Mrs. Diane Powers, Mr. Paul Howard, Mr. Jeff Michaels and Mrs. Maria Gomez. Please also remember in your prayers the souls of those who have died, especially Mr. Vern Fenimore†, Mr. Chris Hundt† and Mrs. Angela Calderon†. *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!*

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## HOW TO DONATE AND SEND MASS STIPENDS

**D**ONATIONS and Mass Stipends can be sent on-line (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



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 2023

18 May 2023 (Thursday)  
*Feast of the Ascension of the Lord*  
15 August 2023 (Tuesday)  
*Assumption of the Blessed Virgin Mary*  
1 November 2023 (Wednesday)  
*Feast of All Saints*  
8 December 2023 (Friday)  
*Feast of the Immaculate Conception*  
25 December 2023 (Monday)  
*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:

**5 March 2023:**

**Second Sunday Lent:**

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

**12 March 2023:**

**Third Sunday in Lent:**

Commemoration of *S. Gregory the Great, Pope, Confessor and Doctor of the Church* at the Collect, Secret and Postcommunion.

**19 March 2023:**

**Fourth Sunday Lent (Lætare):**

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

**26 March 2023:**

**Passion Sunday in Lent:**

Commemoration *Against the Persecutors of the Church* at the Collect, Secret and Postcommunion.

**T**o 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.



*S. Joseph:  
19 March  
Pray for us!*



*S. Patrick:  
17 March  
Pray for us!*

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*The Hiding Mass in Van Nuys*

**Sunday Mass Time:**

10:00 am

*(please call or email for current  
Mass time and location)*

(818) 786-2540

e-mail: [info@stfrancisoratory.org](mailto:info@stfrancisoratory.org)

Be sure to visit our web site at:

[www.stfrancisoratory.org](http://www.stfrancisoratory.org)

N.B. : Our 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!

## RECOMMENDED WEBSITES:

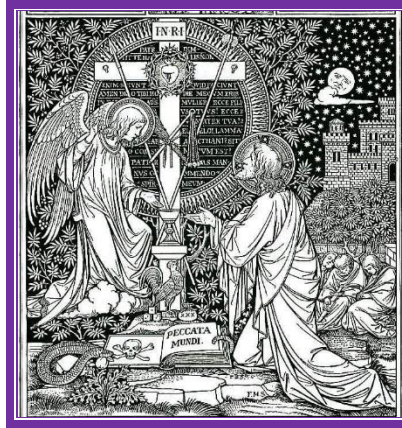
[www.traditio.com](http://www.traditio.com)

[www.traditioninaction.com](http://www.traditioninaction.com)

[www.remnantnewspaper.com](http://www.remnantnewspaper.com)

[www.traditionalmass.org](http://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.*



*Meditate daily upon the Passion of Christ during Septuagesima and Lent; with humility and gratitude: We bless Thee and adore Thee O Christ, because by Thy Holy Cross Thou hast redeemed the world!*

## PETER SPEAKS:



**P**ENANCE for the Christian man is *not* satisfied by withdrawing from sin, by detesting a past life badly lived, or by the sacramental confession of these same sins. Rather, penance also demands that we satisfy divine justice with fasting, almsgiving,

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prayer, and other works of the spiritual life. Every wrongdoing — be it large or small — is fittingly punished, either by the penitent or by a vengeful God.

*Appetente Sacro*, no. 3, 20 December 1759

*Pope Clement XIII*

