

SAINT FRANCIS EXCHANGE

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

MARCH 2024 – LENT & PASSIONTIDE

LETTER FROM THE MONSIGNOR

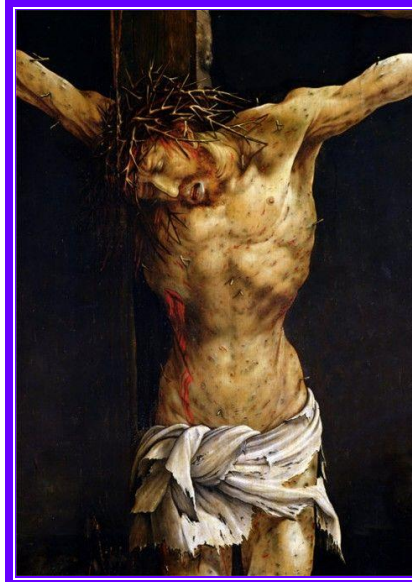
WE adore Thee O Christ, and we bless Thee; Who by Thy Cross hath redeemed the world. Thou Who hath suffered death for us, O Lord, O Lord, have mercy on us!

AS we enter into the most Holy Season of **Passiontide** we take serious our solemn observance of **Prayer, Penance and Sacrifice**. Our Lord, King and Redeemer, Jesus Christ, has taken upon Himself our wounded humanity in order that we might be fully restored to the grace and the friendship of God, which our first parents disregarded so easily and which we also spurn so that we may wallow in the much and mire of filth and sin. This is how man repays his Creator and Lord, as the Holy Prophet **graphically** proclaims: *And we are all become as one unclean, and all our justices as the rag of a menstruous woman: and we have all fallen as a leaf, and our iniquities, like the wind, have taken us away* (Isaias 64:6).

Our sin was so great and offended the Divine Majesty in such a profound way that only the Creator Himself could restore us to our holy dignity, and we, if we be converted, must put away our old sinful self, as the Apostle reminds us, *Lie not one to another: stripping yourselves of the old man with his deeds, And putting on the new, him*

who is renewed unto knowledge, according to the image of Him that created him (Colossians 3:9 – 10).

Our thoughts must be upon the Passion of Our Lord, and the Cross upon which He was raised upon, as He teaches us, *As Moses lifted up the serpent in the desert, so must the Son of Man be lifted up: that whosoever believeth in Him shall not perish; but have everlasting life* (S. John 3:14 – 15).



The fruit of the Passion, as S. Thomas Aquinas teaches us, is a remedy against the evils we incur due to sin which have made us unclean: *When a man commits any sin he soils his soul, for just as virtue is the beauty of the soul, so sin is a stain up it* (Meditations and Readings for Lent, p.113). The Angelic Doctor continues: *Man is so strengthened by the Passion of Christ, and the effect of Adam's sin is so weakened, that he is no longer dominated by it. Helped by the grace of God, given him in the Sacraments, which derive their power from the Passion of Christ,*

man is now able to make an effort, and so rise up from his sins. Before the Passion of Christ there were few who lived without mortal sin, but since the Passion many have lived and do live without it (ibid. p.114).

Woe to those who do not accept and enter into the grace of Christ, *freely given*, because if they do not take up this wonderful grace their end will be eternal suffering and pain; yes, there will be suffering and pain in this world, but it is merely transitory, as the Apostle proclaims, *yet so, if we suffer with Him, that we may be also glorified with Him. For I reckon that the sufferings of this time are not worthy to be compared with the glory to come, that shall be revealed in us* (Romans 8:17 – 18).

I again make an appeal for your prayers for vocations, perhaps offer your Passiontide Sacrifices for this intention: there are few placed where men can train to become *authentic and uncompromised* Catholic Priests: *The harvest indeed is great, but the labourers are few. Pray ye therefore the Lord of the harvest, that He send forth labourers into His harvest* (S. Matthew 9:37 – 38).

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: My Lord:
I recently heard you mention the *Precepts of the Church*; what are those exactly? Thank you,
T.M., Bakersfield, CA

A: Grand question! Even devout Catholics forget about these obligations; in addition to the Ten Commandments all Catholics are bound to *Precepts of the Church* under pain of Mortal Sin:

- Attend Holy Mass *every Sunday* and all *Holy Days of Obligation*.
- Confess your sins *at least once a year*.
- Worthily receive Holy Communion during the Octave of Easter.
- Observe all days of *Fast and Abstinence*.
- To provide support for one's Pastor.
- Not to marry persons within the forbidden degrees of kindred or otherwise prohibited by the Church; nor to solemnise marriage at the forbidden times.

Again, *all Catholics are bound to these six precepts under pain of mortal sin*.

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

info@stfrancisoratory.org

PRAYER REQUESTS

YOUR continued prayers are requested for the sick, continued prayers are

requested for the sick, especially Mrs. Norma Hernandez, Mr. Charles Edward McClusky, Mrs. Diane Powers, Mr. Paul Howard, Mr. John Owen, Mr. Jeff Michaels and Mrs. Maria Gomez. Please also remember in your prayers the souls of those who have died. *If you know of someone unable to attend Holy Mass due to sickness, please be sure to let the Monsignor know so he 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 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

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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 2024

- 9 May 2024 (Thursday)
Feast of the Ascension of the Lord
- 15 August 2024 (Thursday)
Assumption of the Blessed Virgin Mary
- 1 November 2024 (Friday)
Feast of All Saints
- 8 December 2023 (Sunday)
Feast of the Immaculate Conception
- 25 December 2024 (Wednesday)
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:

3 March 2024:

Third Sunday in LENT:

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

10 March 2024:

Lætare Sunday in LENT:

Commemoration of *Forty Holy Martyrs* and the *Suffrage of the Saints* at the Collect, Secret and Postcommunion.

17 March 2024:

Passion Sunday in LENT:

Commemoration of *S. Patrick, Bishop and Confessor* at the

3
Collect, Secret and
Postcommunion.

24 March 2024:

Palm Sunday:

No Commemorations.

31 March 2024:

Easter Sunday:

No Commemorations.

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.



The Hiding Mass in Van Nuys

Sunday Mass Time:

10:00 am

(818) 786-2540

Please do not send texts to this number: they will not be answered

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



S. Patrick: Pray for us!

17th of March



S. Joseph: Pray for us!

19th of March

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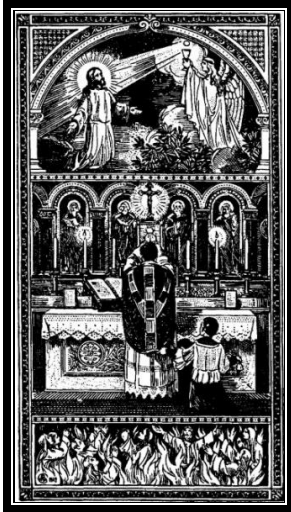
S. Gabriel the Archangel:

Pray for us!

24th of March



✿**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

www.novusordowatch.com

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

PETER SPEAKS:



FIRST of all, in taking our human nature while remaining God, so that the Word became man, He left no member of the human race, the unbeliever excepted, without a share in His mercy. Who does not share a common nature with Christ if he has welcomed Christ, Who took our nature, and is reborn in the Spirit through Whom Christ was conceived? Again, who cannot recognise in Christ his own infirmities? Who would not recognise that Christ's eating and sleeping, His sorrow and His shedding of tears of love are marks of the nature of a slave? It was this nature of a slave that had to be healed of its ancient wounds and cleansed of the defilement of sin. For that reason the Only-Begotten Son of God became also the Son of man. He was to have both the reality of a human nature and the fullness of the Godhead. The Body that lay lifeless in the tomb is ours. The Body that rose again on the third day is ours. The Body that ascended above

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all the heights of heaven to the right hand of the Father's glory is ours. If then we walk in the way of His commandments, and are not ashamed to acknowledge the price He paid for our salvation in a lowly body, we too are to rise to share His glory. The promise He made will be fulfilled in the sight of all: Every one therefore that shall confess Me before men, I will also confess him before My Father Who is in heaven (S. Matthew 10:32).

- (Sermo 15, De Passione Domini, 3-4) S. Pope Leo the Great



Images from old S. Francis 2019