

SAINT FRANCIS EXCHANGE

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

MARCH 2025 – LENT

LETTER FROM THE MONSIGNOR

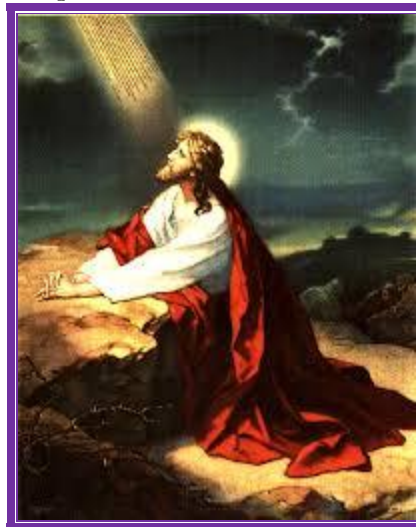
LOOK down, O Lord, in Thy mercy, upon those who bow before Thy majesty; that they who are refreshed by Thy divine gift may ever be sustained by heavenly aid. –
Dover the People from Ash
Wednesday

THE holy season is fast upon us, and once again we must turn our gaze and focus towards Christ Crucified; this annual commemoration offers the serious soul the great opportunity to journey with Christ the King towards Calvary, to share the burden of the Cross as did *S. Simon of Cyrene* (cf. S. Matthew 27:32), first by constraint and then by compassion and love.

There is the **key** to a holy Lent: *love*. We must never stray far from the command of our good and dear Saviour: *That you love one another, as I have loved you* (S. John 13:34). We are called to *repentance* and *conversion* during holy Lent, but if we make any attempt at it without love it is of no avail, and we run the risk of merely being a distraction and a mere noise (cf. I Corinthians 13:1)!

In order for us to love more, especially increasing our love for God, we need to know our Holy Faith. Remember that our primary duty is to *Know, Love and Serve* God. The greatest way to accomplish this is to study the Catechism, which will help us resist sin and

error: not only in matters of morals, but also in matters of doctrine. The best study guide for the faithful would be *The Catechism of the Council of Trent*, which can be found online. The reason that the adversary continues to lure people from the bosom of the Holy Church into the NewChurch, or other Protest-ant sects, is because members of the Church *do not know their Faith!* How is it that Our Blessed Lord is able to resist the temptation of the devil (cf. S. Matthew 4:1 – 11)? His Divinity can never be tempted, absolutely not, but in His humanity *temptation* is possible: but because Our Lord *knows* God, and Our Lord *is* God, He knows the TRUTH. His human knowledge, therefore, enables Him to dismiss the ludicrous temptations of the devil.



Again, it is the perfect LOVE and KNOWLEDGE of God and the things that pertain to Him that gives us the power to resist sin and error: and when this knowledge is aided by the supernatural gift of grace, we have the power of virtuous

resistance and virtuous adherence to the truth. S. Augustine reminds us that aided by the supernatural grace of God we have the power of choice: *posse non peccare et posse peccare*. Remember that temptation, in and of itself, is not sinful; but how react to it *can be*.

Again, when we love we are concerned about what is good; what is good for our own soul, and what is good for others. This ultimately is loving what will bring us salvation.

Lastly, I am making an appeal that we again spread the word of our little mission - let us build our regular Mass attendance to *at least fifty (50) families each week*. We can always add additional Masses on Sunday until we find a lasting and permanent home. We are a faith of miracles: *believe and it shall come to pass*, as Our Lord says: *Have the faith of God. Amen I say to you, that whosoever shall say to this mountain, be thou removed and be cast into the sea, and shall not stagger in his heart, but believe, that whatsoever he saith shall be done; it shall be done unto him. Therefore I say unto you, all things, whatsoever you ask when ye pray, believe that you shall receive; and they shall come unto you* (S. Mark 11:22 – 24).

As always, 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: What would be an effective way to “meditate” with the Scriptures? You have mentioned it before and so I am going to be reading the Gospels this Lent, but I want to do it well and with purpose. Many thanks!
A.R., Altadena, CA

A: I applaud your proposed effort and determination; I promise that your faith will grow exponentially. The practice of reading and meditating upon the Bible is called the *Lectio Divina* and has been part of our Holy Faith since the very beginning. S. Ignatius of Loyola (d. 1556) has given us some tremendous advice on how to effectively do this, and you must begin by praying that God the Holy Ghost will guide and enlighten you, then you are ready to proceed: a) find a quiet place that is free from distractions (*shut that mobile phone off!*), b) choose a passage from the Sacred Scriptures, being sure that it is not too long, c) read the passage slowly and with purpose, d) use your sense memory to imagine what you are reading as a scene, e) speak to God about what you have read, share with Him your thoughts and questions about what you have read, f) conclude this meditation with a prayer of thanksgiving.

I promise that if you follow these simple steps your meditation will be profitable for your mind and soul.

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

info@stfrancisatoratory.org



PRAYER REQUESTS

YOUR continued prayers are requested for the sick, continued prayers are requested for the sick, especially **Fr. Matthew Howard, Mrs. Norma Hernandez, Mr. Charles Edward McClusky, Mr. Paul Howard, Mr. John Owen and Mr. Jeff Michaels.** 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 via **PayPal** and **Zelle** (be sure to select *donation* and not payment) or you can always send it 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.

Saint Francis Exchange

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 2025

29 May 2025 (Thursday)
Feast of the Ascension of the Lord
15 August 2025 (Friday)
Assumption of the Blessed Virgin Mary
1 November 2025 (Saturday)
Feast of All Saints
8 December 2025 (Monday)
Feast of the Immaculate Conception
25 December 2025 (Thursday)
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 February:

2 March 2025:

Quinquagesima Sunday:

Commemoration of the *Suffrage of the Saints* and *Against the Pagans* at the Collect, Secret and Postcommunion.

9 March 2025:

First Sunday in Lent:

Commemoration of *S. Frances of Rome, Widow* at the Collect, Secret and Postcommunion.

16 March 2025:

Second Sunday in Lent:

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

23 March 2025:

Third Sunday in Lent:

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

30 March 2025:

Fourth Sunday in Lent:

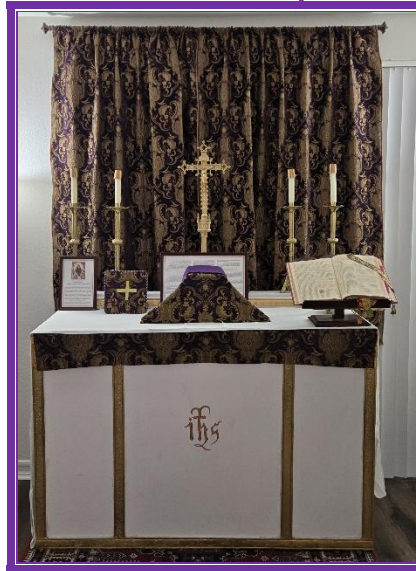
Commemoration of the *Suffrage of the Saints* and *For the Living and the Dead* at the Collect, Secret and Postcommunion.

To participate *correctly* 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.



5 March 2025:
Ash Wednesday



The Hiding Mass in Van Nuys

Sunday Mass Time:

10:00 am

(818) 786-2540

e-mail: info@stfrancisoratory.org

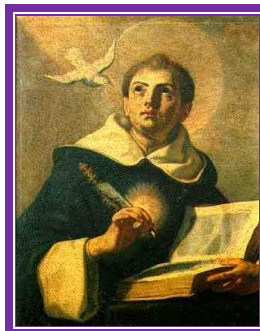
Be sure to visit our web site at:

www.stfrancisoratory.org

N.B.: Our Mailing Address is:

Post Office Box 8469

Van Nuys, CA 91409-8469



*S. Thomas Aquinas,
Confessor and Doctor of the Church,
7 March:*

Saint Francis Exchange

Pray for us!



☛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

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concerned parties upon request.
Thank you and God bless you!

RECOMMENDED WEBSITES:

- www.traditio.com
- www.traditioninaction.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:



VERY truly, the Sacraments and the Sacrifice of the Altar, being Christ's own actions, must be held to be capable in themselves of conveying and dispensing grace from the divine Head to the members of the Mystical Body. But if they are to produce

their proper effect, it is absolutely necessary that our hearts be properly disposed to receive them. Hence the warning of Paul the Apostle with reference to Holy Communion, *But let a man first prove himself; and then let him eat of this Bread and drink of the Chalice* (I Corinthians 2:28). This explains why the Church in a brief and significant phrase calls the various acts of mortification, especially those practiced during the season of Lent, "the Christian army's defenses (Prayer after the Imposition of Ashes).

(Pope Pius XII *Mediator Dei*, no. 31, 20 November 1947)



VOGELSANG- CLUTTERBUCK WEDDING IMAGES

