

SAINT FRANCIS EXCHANGE

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

SEPTEMBER 2020 – OUR LADY OF SORROWS

LETTER FROM THE MONSIGNOR

GOD, at whose Passion, as Simeon foretold, the most sweet soul of Mary, Thy glorious Virgin Mother, was pierced by a sword of sorrow; mercifully grant that we who reverently meditate upon her sorrows may reap the happy fruit of Thy Passion.

– Collect from the Mass of the Seven Sorrows of the Blessed Virgin Mary

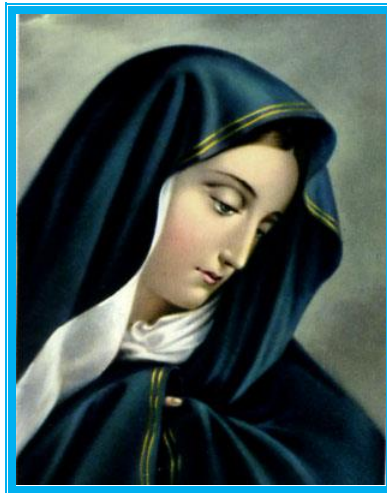
OUR Blessed Lady is for us a constant protectress and advocate. Her prayers for us before the Throne of God sustain us, as Verdi penned: *The Virgin of the Angels covers me with her mantle, and protects me vigilantly* (cf. *La Forza del Destino*).

It is necessary for us to call upon her, most especially during these times of distress, because she understands what it means to suffer for love. She is not Our Lady of Sorrows for her own pain but for the grief she bears for love of God. She also sorrows for us, for the sin we cause which harms us and wounds our relationship with God. With the most tender of words Our Lord gave her to us from His Cross: *behold, thy Mother* (S. John 19:27).

A mother is precious to the world because she brings forth new life and then nourishes and protects that new life. When a mother encourages that new life in the Catholic Faith and nourishes her child

with the grace of the Sacraments she elevates her maternity from the natural to the *supernatural*; as S. Thomas teaches us, grace does not destroy nature, it perfects it (*Summa Theologiae*, I, I, 8 ad 2).

Since we are all children of Mother Eve by nature we are likewise children of Mother Mary by our supernatural adoption in Christ (cf. Ephesians 1:5). Our Lord and God is so good to us that He bestows upon us both natural and supernatural mothers to sustain us in this life and the next.



Recently some of the faithful were speaking together after Holy Mass about the virtues of Our Lady, and one remarked how remarkable her love for us is, and listening to these pious souls extol her virtues made me so happy; her love for God is so intense and so perfect that she offers any and all suffering she witnesses back to Him. Her love for God allows her to love us, even though our grievous sin caused the torture and death of her

beloved Son, Our Lord Jesus Christ.

How can Our Lady bear our ingratitude as we continue to offend God's most divine majesty with our sin and indifference? Because she loves! If we could only imitate that beautiful action – to be able to bear any and all affliction with love. If we could simply love God more than anyone or anything else we could reflect her love bright and gloriously and set the whole world aflame for the love of God: only then would true justice reign in the hearts of mankind. The virtue of this love of God includes the proper fear of displeasing Him, as it is written: *The fear of the Lord is the beginning of wisdom: and the knowledge of the holy is prudence* (Proverbs 9:10). *Because in much wisdom there is much indignation: and he that addeth knowledge, addeth also labour* (Ecclesiastes 1:18).

We must have recourse to her and her holy example if we wish to go to heaven, as S. John Damascene reminds us: *Devotion to thee, O Blessed Virgin, is a means of salvation which God gives to those whom He wishes to save.*

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: Hello Monsignor: To what extent can the worship of the Divine Trinity change? For example, additions and changes to the Latin Rite must have occurred over the centuries, how are they lawful and licit?

Anonymous

A: I appreciate the question because it will allow for a brief explanation of what is essential and what is subject to update or change. No priest, no matter of what dignity (from monastic priest to Pope) may make any change or omit any part of the Sacred Canon of the Mass without grave sin and possibility of invalidating the Sacrament. There are rubrics to what may be omitted in case of certain *severe* situations which are far too complex to cover here.

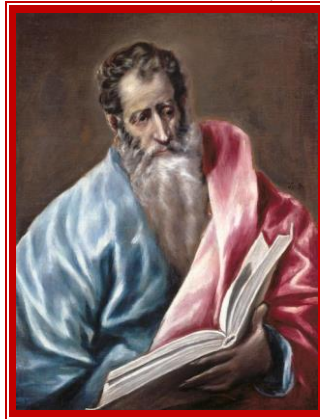
The Mass as we know it (not the deformed Mass of the mid-twentieth century) is most firmly fixed by the third or fourth century and solidly so by the seventh century. However, certain updates have *always* been permitted, for example, the ranking of feasts, the updating of the Liturgical Calendar and setting days for new saints' feasts and the composition of new *Propers* for a particular Mass (the Introit, Collects, Readings, etc.), because such changes do not constitute a rupture or change to the Divine Liturgy, but rather, add to it.

For example, when S. Pope Pius V was canonized in 1712 by Pope Clement XI his feast was established for the 5th of May and a new Mass (its proper prayers *not* its rite) and Office was composed

and published in the Missal, just as was done in 1925 by order of Pope Pius XI for the feast of Christ the King. These and other such changes do not affect the essential rites and ceremonies of the Mass, and therefore are lawful and valid updates. Even the *highly controversial* reordering of the Psalms to the Roman Breviary (priest's daily prayer book) by S. Pope Pius X and the update to the General Liturgical Calendar, while possibly imprudent, are certainly valid and binding due to his Universal Jurisdiction as Supreme Lawgiver on earth. In all the cases referenced above the Faith and the Sacraments remain wholly intact and safe.

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

info@stfrancisoratory.org



*S. Matthew, Evangelist and Apostle
(21st of September):
Pray for us!*

PRAYER REQUESTS

YOUR prayers are requested for the sick, especially Mrs. Diane Powers, Mrs. Denise Huizenga, Mr. McCanna Anthony Sinise, Miss Lauren Howard, Mr. Paul Howard, Miss Rhonda Roeszler, Mr. John Owen, and Mrs. Maria Gomez. Please also remember in your prayers the souls of

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those who have died, especially Mr. Frank Calderon† and 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.*



THE EMBER DAYS OF SEPTEMBER: AN OPPORTUNITY FOR GRACE

PLEASE remember that this month we observe the Ember Days of September: Wednesday the 16th, Friday the 18th and Saturday the 19th. The Holy Church devotes these days to prayer, penance and sacrifice. On these three days the faithful are bound, under pain of mortal sin, to abstain from meat.

The current Laws of Fast and Abstinence (for the United States) are absolutely binding (unless lawfully excused or dispensed) for *all* the faithful. All baptized Catholics, seven years of age or older, are bound to **abstain**. The two types of abstinence are **complete** and **partial**. *Complete abstinence* forbids the eating of meat, and soup or gravy made with or from meat is required all Fridays throughout the year, *Partial Abstinence*, which permits meat, and soup or gravy made from meat, to be eaten *only* at the main meal, is required on Ember Wednesday and Ember Saturday.

The laws of **Fasting** are for all baptized Catholics, from ages 21 through 59, inclusive. On the days of fast only one full meal is allowed (with meat, except on Friday) with two smaller *meatless* meals, which together do not equal one full meal. The eating of food or snacks between meals is forbidden; however the drinking of liquids, including milk and juice, are allowed.

For reasons of health one may seek the reduction or even dispensation from the fast from the Monsignor; one should never simply dispense one's self from these obligations; and should one be lawfully dispensed from these obligations, he should strive to find another type of *approved* penance that can be satisfactory to Almighty God.

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!

But when thou dost alms, let not thy left hand know what thy right hand doth. That thy alms may be in secret, and thy Father Who seeth in secret will repay thee.

S. Matthew 6:3 – 4

HOLY DAYS OF OBLIGATION FOR 2020

1 November (Sunday)

All Saints Day

8 December 2020 (Tuesday)

Immaculate Conception of the BVM

25 December 2020 (Friday)

Christmas

SUNDAYS OF SEPTEMBER: THE CATHOLIC HAND MISSAL

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

6 September 2020:

Fourteenth Sunday after Pentecost:

Commemoration of the *Suffrage of the Saints* and *Against the Heathens* at the

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Collect, Secret and Postcommunion.

13 September 2020:

Fifteenth Sunday after Pentecost:

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

20 September 2020

Sixteenth Sunday after Pentecost:

Commemoration of S. Eustace & Companions at the Collect, Secret and Postcommunion.

27 September 2020

Seventeenth Sunday after Pentecost:

Commemoration of Ss. Cosmas & Damian 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.



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



☛ **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 Francis Exchange
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.