

SAINT FRANCIS EXCHANGE

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

SEPTEMBER 2023 – MONTH OF OUR LADY OF SORROWS

LETTER FROM THE MONSIGNOR

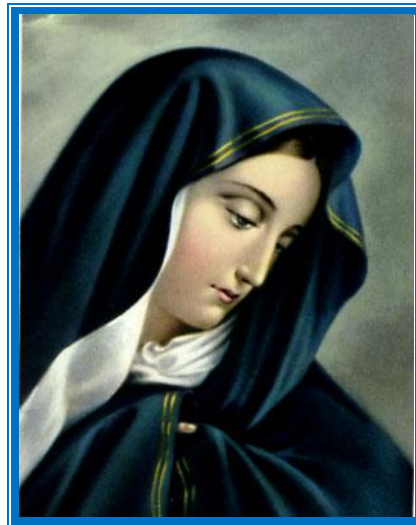
At the Cross her station
keeping, stood the
mournful Mother weeping;
close to Jesus till the last. –
Sequence *Stabat Mater* from the feast of
Our Lady of Sorrows

DEVOTION to the Blessed Virgin Mary under the title of **Our Lady of Sorrows** is beautiful and fitting in this time and place, as once again Our Lady sorrows for the great indignities done to God by the demonic minions of this world. She also weeps for us, her spiritual children who are persecuted not only from outside the Holy Church, but most especially from the false shepherds of the counterfeit “church” that seeks to feed the faithful with serpents and rocks rather than bread and fish (*cf.* S. Matthew 7:9 – 10). Praise God there are still brave and faithful Bishops and Priests who obey God rather than men (*cf.* Acts 5:29), and continue to nourish the faithful with True Sacraments and True Doctrine. These men are covered in Our Lady’s mantle of protection and peace, and you, the good and holy faithful, *must pray for us to stay faithful!*

What is most beautiful about the devotion to Our Lady of Sorrows is the spirit of *contrition*: when we realise how much our sin offends God and how much it causes the Blessed Mother sorrow we should do all we can to truly convert

ourselves and be conformed to the Holy Will of God, that is, to live a life of grace that will aid us in going to heaven.

It is wonderful that Our Lady can act as an example of mortification and self-sacrifice for a holy purpose; I have seen people diet and exercise for a special “upcoming event” with great purpose and results but when asked to abstain from meat on a Friday or other appointed days they whine and moan: apparently “looking good” for someone’s wedding is more important than having your soul become holy and “look good” before God!



We have a *very* positive update, we have obtained a small home which we now rent: much more suitable than my modest apartment. I must thank the faithful for their great care and assistance in the moving and unpacking of *so many things!* I have added some pictures of the new Oratory Chapel, still a work in progress, so wonderful to have the statue of the Sacred Heart and S. Francis, our titular patron,

restored to their place in the sanctuary. Our Lady’s hand was in all of this, and her chosen instrument was Mr. Myron Sokolsy who worked quite diligently to find and obtain this lovely home. Keep him in your prayers as he shall *formally* enter the Holy Church at the Easter Vigil.

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: I am in a panic. I saw quotes from S. Pope Gregory the Great and S. Pope Gregory III that it is forbidden to have Holy Mass offered for those who have died outside of the Catholic Church and am hoping you can provide some clarity for me on the subject. I was not fully aware that I could not have Mass offerings said for non-Catholics who pass away or Catholics who pass away in sin.... I am really hoping you could help me understand this because I have so many passed away people enrolled and have had Masses said for that are living and aren't Catholic as well. If I've done something wrong or offensive to God I would totally want to know but be sad about it.

Sincerely,
JL
Wilbraham, MA

A: You must NEVER panic over these things...

1) The only Mass intention offered for a LIVING non-Catholic can be for their conversion to the True Faith. This intention would simply be published in a bulletin as *Private Intention*, just like asking for Holy Mass to be offered for a good grade or new job.

2) It is absolutely FORBIDDEN to offer Holy Mass for a deceased non-Catholic or for public sinners who refused to be reconciled to the Faith before death. This goes for enrolling a deceased non-Catholic in a Mass Guild,

as it is an act of sacrilege. Keep praying that your family and friends stay in the Church or come into the Church, especially with prayers and pious examples.

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

info@stfrancisoratory.org

EMBER DAYS OF SEPTEMBER

In Please remember that this month we observe the **Ember Days of September**: Wednesday the 20th, Friday the 22nd and Saturday the 23rd. 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 baptised 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 baptised Catholics,

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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.

PRAYER REQUESTS

YOUR continued prayers are requested for the sick, especially Miss Alyssa Smith, Mrs. Denise Huizenga, Miss Erica Chapman, 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, especially Mr. Vern Fenimore†. *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 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

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 SEPTEMBER: THE CATHOLIC HAND MISSAL

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

3 September 2023:

Fourteenth Sunday after Pentecost:

Commemoration of the *S. Pope Pius X* at the Collect, Secret and Postcommunion.

10 September 2023:

Fifteenth Sunday after Pentecost:

Commemoration of *S. Nicholas of Tolentino* at the Collect, Secret and Postcommunion.

17 September 2023:

Sixteenth Sunday after Pentecost:

Commemoration of the *Stigmata of S. Francis of Assisi* at the Collect, Secret and Postcommunion.

24 September 2023:

Seventeenth Sunday after Pentecost:

Commemoration of *Our Lady of Ransom* at the Collect, Secret and Postcommunion.

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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

(please call or email for current Mass location)

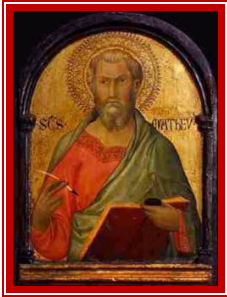
(818) 786-2540

e-mail: info@stfrancisoratory.org

Be sure to visit our web site at:

www.stfrancisoratory.org

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



*S. Matthew, Apostle and
Evangelist:
Pray for us!
21 September*



✿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.

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PETER SPEAKS:



GOD predestined her from all eternity to be the Mother of the Incarnate Word, and for that reason so highly distinguished her among all His most beautiful works in the triple order of nature, grace and glory, that the Church justly applies to her these words: "*I came out of the mouth of the Most High, the first-born before all creatures*" (Ecclus. xxiv., 5). And when, in the first ages, the parents of mankind fell into sin, involving their posterity in the same ruin, she was set up as a pledge of the restoration of peace and salvation. The Only-Begotten Son of God ever paid to His Most Holy Mother indubitable marks of honour. During His private life on earth He associated her with Himself in each of His first two miracles: the miracle of grace, when, at the salutation of Mary, the infant leaped in the womb of Elizabeth; the miracle of nature, when He turned water into wine at the marriage - feast of Cana. And, at the supreme moment of His public life, when sealing the New Testament in His precious Blood, He committed her to His beloved Apostle in those sweet words, "*Behold, thy Mother!*" (S. John xix., 27). (*Augustissimae Virginis Mariae*, no. 2, 12 September 1897)