

# SAINT FRANCIS EXCHANGE

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

SEPTEMBER 2024 – MONTH OF SEVEN SORROWS

## LETTER FROM THE MONSIGNOR

**W**HO is she that cometh  
forth as the morning  
rising, fair as the moon, bright  
as the sun, terrible as an army  
set in array?

*Canticles 6:9*

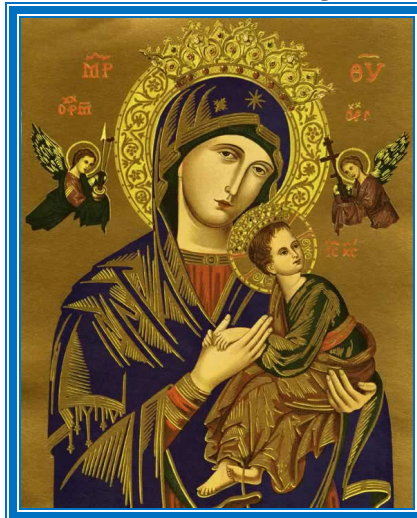
**T**HIS beautiful verse from  
the *Canticle of Canticles* of  
Holy King Solomon has been  
considered an allegorical view  
of Our Lady's great advocacy  
before the Throne of God; it is  
she who participates in the  
conquering of the evil one, *who  
shall lie in wait for her heal*  
(Genesis 3:15).

Having taught the  
faithful many times about Our  
Lady's virtues, her maternity,  
how she teaches us to love the  
Eternal Father, and that we  
must reflect that same love  
ourselves. Another virtue we  
must have the greatest hope in,  
and imitate, is Our Lady's role  
as ADVOCATE, and I wish to  
make this article very personal  
and discuss why I have  
entrusted my life, my vocation  
and my salvation to her  
advocacy. It is my hope and  
prayer that you too shall  
entrust these same things, most  
especially your salvation, to her  
as well. I shall begin with a  
prayer that I learned as a child:

**REMEMBER, O most gracious  
Virgin Mary, that never was it  
known that anyone who fled to thy  
protection, implored thy help, or  
sought thy intercession was left  
unaided. Inspired with this  
confidence, I fly to thee, O Virgin**

*of virgins, my Mother; to thee do I  
come; before thee I kneel, sinful  
and sorrowful. O Mother of the  
Word Incarnate, despise not my  
petitions, but in thy mercy hear  
and answer me. Amen.*

This beautiful prayer,  
composed by S. Bernard of  
Clairvaux by the power of the  
Holy Ghost, is simple and  
tender, and comes to Our Lady  
as she comes to us: simple and  
tender. She comes to us as an  
Advocate. The word *advocate*  
means "to speak for you" and  
this is what Our Lady does, she  
speaks for you and I before the  
Throne of the Most High God.



The Holy Rosary was  
prayed by everyone in my  
family, because the Holy  
Rosary sustained our people  
during the *Troubles* in Ireland  
when the heretic enemies  
sought to destroy the Holy  
Faith. I remember, quite  
vividly, a particular time that  
my Aunt Trudy (Gertrude)  
taught me to pray for the soul  
of my baby sister Séana, who  
had just recently died. My aunt  
told me that Our Lady would  
be my "telephone to heaven"  
and she would give all of my

love and prayers to my dearest  
Séana. Then she taught me the  
*Memorare*, and to this very day  
when I pray this particular  
prayer I feel like Our Lady is  
delivering my love and prayers  
to my baby sister, and  
delivering Séana's love and  
prayers back to me.

When I began attending  
Primary School at S.  
Geneveive's in Panorama City,  
CA, I fell in love with the  
beautiful and lovely icon of **Our  
Mother of Perpetual Help**. It  
was the same image of the  
medal I wear around my neck,  
given to me by my *Da* (my  
grandfather) at my First Holy  
Communion, and on the card  
that accompanied it he wrote,  
*she will never leave you*. Years  
later, on my twenty-first  
birthday, my good, dear and  
holy Spiritual Director gave me  
a lovely copy of that same icon,  
and on the back he wrote, *she  
will never leave you*. In my years  
of preparing for my vocation of  
the true and authentic Catholic  
Priesthood, which was  
certainly fraught with  
challenges, she carried me and  
kept me from giving up or  
despairing, she still remains *my  
life, my sweetness and my hope*.

May Our Blessed Lady  
continue to watch over you all,  
and may she cover you in her  
mantle of maternal love and  
peace.

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:** Monsignor:  
I have really been edified by your recent sermons which focused on morality, they have been very helpful and answered questions I did not even think to ask. In one you mentioned the scriptural basis for a husband and father being the “head of the house” and that he must be looked upon as “Christ” – my question is how is this accomplished if he is weak in his faith and responsibilities to his family?  
Thank you and please keep my family in your prayers,

*Anonymous*

**A:** Thank you for the kind sentiments, and I am grateful for your question; I have received similar inquiries since I delivered that sermon to the faithful. As I revealed in that same sermon I was first raised by my grandparents with much love and fidelity, then I was returned to my parents at age ten, who lived in great turmoil and wickedness: as a young child that caused me much distress and confusion and my only consolation was in prayer before the Blessed Sacrament and to Our Lady of Perpetual Help. My elderly pastor saw me in the church one afternoon and asked me why I was there rather than at sport (he was not discouraging me at my prayer, it was a pastoral means of getting me to open up). When I confided my dilemma to him he asked me what was I *praying for*... “I don’t know Father, I am just

praying.” He told me that was fine, but that my prayer needed to be more focused and include holy action. He taught me to pray for the conversion of my parents so they could save their souls and properly *lead and guidemy* brothers and myself in order that we could make it to heaven as a family. He then told me that Our Lord commanded me to *witness* Him to the whole world, especially to those closest to me, reminding me to do so *not by words only but by deeds*.

If your husband is weak in his faith you *and* your children **MUST** pray for him, and you, who are called to assist him in saving his soul, must encourage him in regularly frequenting the Holy Sacraments, most especially Holy Confession and Holy Communion. Do so with gentle love and do not become a “holy nag,” which may push him even further from God. Have confidence and entrust him to S. Joseph, the Patron of Husbands and Fathers. I promise that you will see his conversion if you trust in God.

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

## PRAYER REQUESTS

**YOUR** continued prayers are requested for the sick, continued prayers are requested for the sick, especially Mr. Shawn Smith, Mr. George Porter, Mrs. Norma Hernandez, Mr. Charles Edward McClusky, Mr. Paul Howard, Mr. John Owen, Mr. Jeff Michaels and Mrs. Maria Gomez. Please also

### Saint Francis Exchange

remember in your prayers the souls of those who have died. Especially Mr. Kirk Lewis†, Mrs. Diane Powers-Lewis†. *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.

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**

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  
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:

1 September 2024:

**Fifteenth Sunday after  
Pentecost:**

Commemoration of *S. Giles, Abbot* and the *Twelve Holy Brothers, Martyrs* at the Collect, Secret and Postcommunion.

8 September 2024:

**Nativity of the Blessed Virgin  
Mary**

Commemoration of Twelfth Sunday after Pentecost and *S. Hadrian, Martyr* at the Collect, Secret and Postcommunion.

15 September 2024:

**Seven Sorrows of the BVM**

Commemoration of the *Seventeenth Sunday after Pentecost* and *S. Nicomedes, Martyr* at the Collect, Secret and Postcommunion.

22 September 2024:

**Eighteenth Sunday after  
Pentecost:**

Commemoration of *S. Thomas Villanova, Bishop & Confessor* and *S. Maurice and Company, Martyrs* at the Collect, Secret and Postcommunion.

29 September 2024:

**Dedication of S. Michael the  
Archangel**

Commemoration of the *Nineteenth Sunday after Pentecost* 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.



*The Hiding Mass in Van Nuys*

**Sunday Mass Time:**

10:00 am

(818) 786-2540

Saint Francis Exchange  
e-mail: [info@stfrancisoratory.org](mailto:info@stfrancisoratory.org)  
Be sure to visit our web site at:  
[www.stfrancisoratory.org](http://www.stfrancisoratory.org)

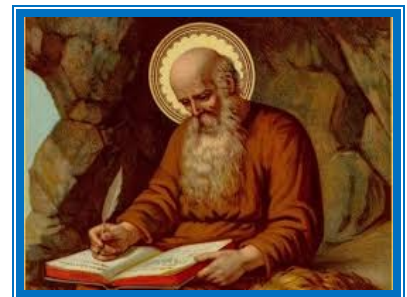
N.B. : Our Mailing Address is:  
Post Office Box 8469  
Van Nuys, CA 91409-8469



*S. Michael the Archangel  
29<sup>th</sup> of September:  
Pray for us!*



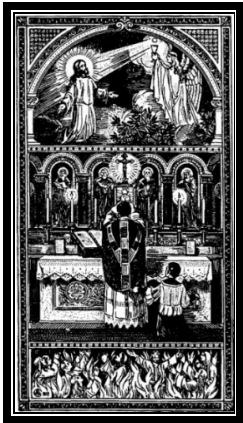
*Our Lady of Sorrows  
15<sup>th</sup> of September:  
Pray for us!*



*S. Jerome, Confessor &  
Doctor of the Church  
30<sup>th</sup> of September:  
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

**H**OLY 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!



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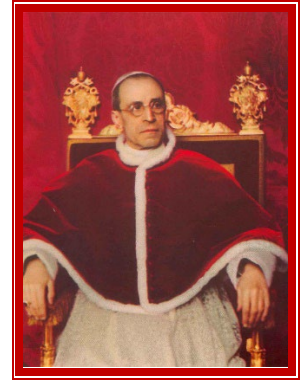
## RECOMMENDED WEBSITES:

[www.traditio.com](http://www.traditio.com)  
[www.traditioninaction.com](http://www.traditioninaction.com)  
[www.traditionalmass.org](http://www.traditionalmass.org)

Saint Francis Exchange  
[www.novusordowatch.com](http://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:



**F**INALLY bearing with courage and confidence the tremendous burden of her sorrows and desolation, she, truly the Queen of Martyrs, more than all the faithful *filled up those things that are wanting of the sufferings of Christ . . . for His Body, which is the Church* (Colossians 1:24); and she continues to have for the Mystical Body of Christ, born of the pierced Heart of the Saviour (*cf.* Vesper hymn of the Office of the Sacred Heart), the same motherly care and ardent love with which she cherished and fed the Infant Jesus in the crib.

*(Mystici Corporis, no. 110, Pope Pius XII, 29 June 1943)*

