Saint Francis Exchange

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

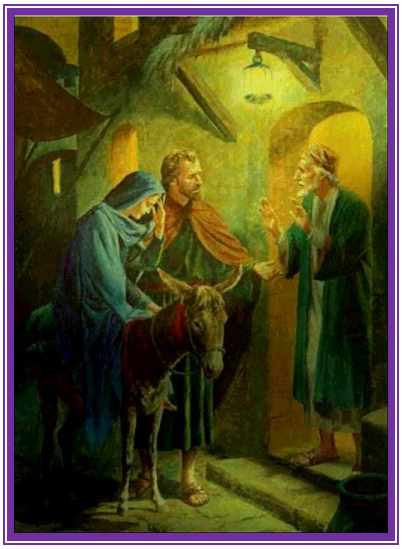
Advent - December 2025

Letter from the Monsignor

STIR up Thy power, we beseech Thee, O Lord, and come: that from the threatening dangers of our sins, by Thy protection we may deserve to be rescued, and be saved by Thy deliverance. Amen. – Collect from the First Sunday in Advent

HOPE and joy are the proper disposition of those who are prepaying the *Way of the Lord*, first in commemoration of His glorious Nativity and second for His glorious Return at the end of time. Our Advent, that is, our time of waiting, must be filled with great spiritual preparation; just as one does cleaning, repair and replacement when a guest or family member visits our home, we must *spiritually* clean, repair and replace the state of our souls for our great and holy Guest, Our Lord Jesus Christ!

S. James teaches us to *Be patient therefore, brethren, until the coming of the Lord. Behold, the husbandman waiteth for the precious fruit of the earth: patiently bearing till he receive the early and latter rain. Be you therefore also patient, and strengthen your hearts: for the coming of the Lord is at hand* (S. James 5:7 – 8). Our Lord comes to us *spiritually* during the holy season of Advent, which prepares our souls for His return, when He shall *appear the Sign* [the Holy Cross] *of the Son of man in heaven: and then shall all tribes of the earth mourn: and they shall see the Son of man coming in the clouds of heaven with much power and ma jesty. And He shall send His angels with a trumpet, and a great voice: and they shall gather together His elect from the four winds, from the farthest parts of the heavens to the utmost bounds of them* (S. Matthew 24:30 – 31). The Lord first came as a Lamb, but He shall return as a Lion!



We must not allow unnecessary fear for the *end of times* to consume our thoughts, rather, let us focus on the joy of the return of the Lord for the General Judgement and the Resurrection of the dead. Living a life of grace and being faithful to Christ the King will guarantee the salvation of our soul – that is what we must be prepared for. Those who seek sanctification will surely find it, God makes the path to Him simple and easy, as Our Lord confirms: *Come to Me, all you that labour, and are burdened, and I will refresh you. Take up my yoke upon you, and learn of me, because I am meek, and humble of heart: and you shall find rest to your souls. For My yoke is sweet and My burden light* (S. Matthew 11:28 – 30).

The Apostle, always a beacon of holy hope reminds us; *thanks be to God, Who hath given us the victory through our Lord Jesus Christ. Therefore, my beloved brethren, be ye steadfast and unmoveable; always abounding in the work of the Lord, knowing that your labour is not in vain in the Lord* (I Corinthians 15:57 – 58)!

As we begin this new *Liturgical Year* let us do so with renewed vigour and purpose: make this new year one of great conversion and sanctification. Be conformed to Christ the King and hold fast to His grace and the hope of His promises: *I am the resurrection and the life: he that believeth in me, although he be dead, shall live: and every one that liveth, and believeth in me, shall not die for ever* (S. John 11:25 – 26). Our eternal life is confirmed, and we must hold fast to the words of the Apostle: *Know you not that all we, who are baptised in Christ Jesus, are baptised in His death? For we are buried together with Him by baptism into death; that as Christ is risen from the dead by the glory of the Father, so we also may walk in newness of life. For if we have been planted together in the likeness of His death, we shall be also in the likeness of His resurrection* (Romans 6:3 – 5).

I renew my petition for your prayers for the increase 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.

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:
How serious is the Friday abstinence? I have heard some traditionalists say it is no longer obligatory – can you please help?
Anonymous

A: Those who claim Friday abstinence is no longer obligatory are in complete error, it even still exists in the *NewChurch*! The Apostolic Constitution of Paul VI- Montini *Pænitemini* (17 February 1966) *confirms* the traditional teaching on penance, especially during Fridays in honour of Our Lord's Passion as well as during Lent and other appointed times. No where in this document is the Friday Abstinence abrogated, however, it may be "replaced" by other acts of penance as long as the individual is dispensed by their local Ordinary (Bishop) or Pastor. This misinformation is a perfect example of the so-called *Spirit of Vatican II*, like Holy Mass and the Sacraments being reformed and put into the vernacular, Holy Mass "facing the people" and the like. No such "changes" or "updates" are called for in ANY official document of the impugnable Vatican II.

If you have a question, please feel free to e-mail:
info@stfrancisoratory.org

Prayer Requests

YOUR continued prayers are requested for the sick, especially **Fr. Matthew Howard**, **Mrs. Norma Hernandez**, **Mr. Charles Edward McClusky**, **Mr. Paul Howard** and **Mr. John Owen**. Please also remember in your prayers the souls of those who have died, especially for **Mrs. Graciela Rendon†**, **Mr. Louis Morelli†**, **Mr. Edward Jospeh Ward†** and **Mrs. Maria Gomez†**. ***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.***

Immaculate Conception of the BVM: Holy Day of Obligation

Please remember that Monday the 8 December 2025 is the feast of the *Immaculate Conception of the Blessed Ving Mary*, a Holy Day of Obligation. Holy Mass will be offered at 7:00 pm.

Real Men Kneel at Holy Mass!

How to Donate and Send Mass Stipends

DONATIONS and Mass Stipends can be sent on-line via **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 2025

8 December 2025 (Monday)
Feast of the Immaculate Conception
25 December 2025 (Thursday)
Feast of the Nativity of the Lord

Sundays of December: The Catholic Hand Missal

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

7 December 2025:
Second Sunday in Advent:
Commemoration of *S. Ambrose, Confessor, Bishop & Doctor of the Church* at the Collect, Secret and Postcommunion.

14 December 2025:
Third Sunday in Advent:
Commemoration of the *Octave of the Immaculate Conception* at the Collect, Secret and Postcommunion.

21 December 2025:
Fourth Sunday in Advent:
Commemoration of *Our Lady in Advent* and *Against the Persecutors of the Church* at the Collect, Secret and Postcommunion.

28 December 2025:
Feast of the Holy Innocents:
Commemoration of *Octave of Christmas* at the Collect, Secret and Postcommunion.

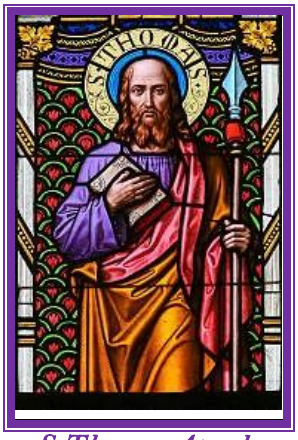
To participate *correctly* at Holy Mass one *silently* unites his prayers with those of the Church through pious and attentive meditation of the prayers and reading of Holy Mass.

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.

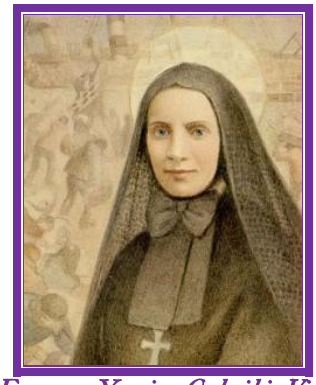
The Hiding Mass in Van Nuys

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, Apostle
(23 December – transferred):
Pray for us!



S. Frances Xavier Cabribi, Virgin
(22 December):
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 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.

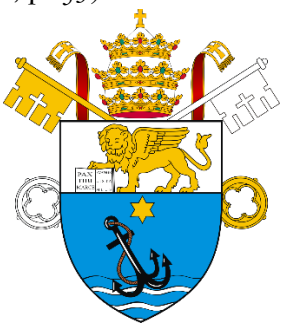
Advent Prayer

Hail and blessed be the hour and moment in which the Son of God was born of the most pure Virgin Mary, at midnight, in Bethlehem, in piercing cold. In that hour vouchsafe, O my God, to hear our prayers and grant our desires, through the merits of Our Saviour Jesus Christ, and of His blessed Mother. Amen.

Peter Speaks:

MY hope is in Christ, Who strengthens the weakest by His Divine help. I can do all in Him Who strengthens me. His Power is Infinite and if I lean on Him, it will be mine. His Wisdom is infinite and if I look to Him for counsel, I shall not be deceived. His Goodness is infinite and if my trust is stayed in Him, I shall not be abandoned.

(S. Pius X, as quoted in *Life of Pius X* (1918) by Francis Alice Forbes, p. 35)



2026 Liturgical Calendar

The 2026 Roman Catholic Calendar is now available for order. You can find details on their website:

www.ihm-church-org