

SAINT FRANCIS EXCHANGE

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

LENT – MARCH 2026

LETTER FROM THE MONSIGNOR

O GOD, Who dost purify Thy Church by the yearly observance of forty days; grant to Thy household that what we strive to obtain from Thee by self denial, we may secure by good works. –

Collect from the First Sunday in Lent

THIS prayer sets forth the purpose of our Lenten observance: that we *strive* for sanctification and conversion, that is, we overcome our sinful inclinations and behaviours by *prayer, penance, sacrifice (self-denial)* and *good works*. Let me be quite honest with you all: this is not easy. S. Thomas (d.1274) teaches us that without grace man cannot do or wish anything good (*cf. Summa Theologiae* Part I of the Second Part, Q. 109), and therefore we must take this holy season very seriously in order to attain the grace necessary to do and be good, *i.e.*: holy. S. Augustine of Hippo (d. 430) in book 8 of his *The Confessions* tells us a group of children shouting *tolle lege* (take and read) at him, and he responded by taking out the Sacred Scriptures and reading S. Paul's letter to the Romans: *Let us walk honestly, as in the day: not in rioting and drunkenness, not in chambering and impurities, not in contention and envy: but put ye on the Lord Jesus Christ, and make not provision for the flesh in its concupiscences* (Romans 13:13 – 14). Remember that we *put on the Lord Jesus*

Christ by being and staying in His grace. As I said, this is not easy and can only be accomplished by a purposeful *act of the will*, and that can only be done by grace. During this holy season frequent, honest and worthy Confession is absolutely necessary, one must be aware of one's faults and strive to overcome each and every one of them, even the so-called *little ones*.



Our resolve to be truly converted must be more than a mere wish, it requires purpose and resolve, heeding Our Lord's warning, *Watch ye, and pray that ye enter not into temptation. The spirit indeed is willing, but the flesh weak* (S. Matthew 26:41). So how do we *not enter into temptation*? We must avoid sin and sinful situations, which also means avoiding sinful people, as the Apostle teaches, *But now I have written to you, not to keep company, if any man that is named a brother, be a fornicator, or covetous, or a server of idols, or a railer, or a drunkard, or an extortioner: with such a one, not so much as to eat* (I Corinthians 5:11). If we must

avoid such a person it is important not to simply *disappear* from them, rather give them the opportunity to know and understand how their behaviour is incongruent with your Catholic Faith, again quoting the Apostle, *and if a man be overtaken in any fault, you, who are spiritual, instruct such a one in the spirit of meekness, considering thyself, lest thou also be tempted* (Galatians 6:1), and Pope S. Gregory (d.604) adds to this, *The more the wicked abound, so much the more must we suffer with them in patience; for on the threshing floor few are the grains carried into the barns, but high are the piles of chaff burned with fire*.

Lastly, let us remember that we must unite our sacrifices with the *Sacrifice of Christ*, which is called *Redemptive Suffering*, as great Spanish Mystic S. John of the Cross (d.1591) teaches us, *Whenever anything disagreeable or displeasing happens to you, remember Christ Crucified and be silent*.

We are grateful for your continued support and prayers for our little Chapel, we ask that you remember us in your Lenten sacrifices, especially since our support has dwindled considerably in the last two years due to the passing away of several of our most generous benefactors. You and your intentions are prayed for every single day, especially at Holy Mass offered on our Altar.

**In Christ the King,
Monsignor ✠ Thomas JF Sebastian**

QUESTIONS AND ANSWERS

Q: Monsignor:

From one of your lectures, regarding Adam and Eve: did they lack or perhaps not have something that strengthened them? I ask this in relation to their temptation. I imagined that they possibly lacked understanding/appreciation of God's gifts (Life, Eden and everything therein) and goodness? I suppose it could've come down to ignorance of good and evil, that as odd as it seems they needed the fruit to comprehend their position, but this consequently expelled them.

RCG, Van Nuys, CA

A: This is such an excellent question, and I am happy to answer your questions: first, we are told that God created man in His own likeness and image (Genesis 1:27), which means man was created in *perfection*, he had everything he needed for a perfect and eternal life, he would be fruitful and multiply (*ibid.*) and fill the earth with a perfect and sustainable society. While Adam and Eve were not *naïve* they did not *know* sin. When the devil tempted them, they *allowed* themselves to be tempted and then learned of and participated in evil, before this they *only knew good*. The eating of the fruit did not give them knowledge of their "position", as you say, only knowledge of sin, especially their own. This idea of the necessity of human experience (the dangerous heresy of *phenomenology*), that we can only learn of good from an act of evil is contrary to the goodness of God, Who gives to us what is good and profitable:

For I know the thoughts that I think towards you, saith the Lord, thoughts of peace, and not of affliction, to give you an end and patience (Jeremias 29:11). And to your last comment, FAITH is an act of the will, it comes from belief and trust in God. Our first parents *chose* to believe and trust the Deceiver rather than God, as do we. We must not look at this as a test, which is saying that God's has set us up to fail or make an impossible choice, we must believe and trust Him, and Him alone.

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 and Mr. Charles Edward McClusky. Please also remember in your prayers the souls of those who have died, especially Mr. Paul Howard†, Mr. John Owen† and Mr. Atilano Duarte†. *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 **Zelle** (be sure to select *donation* and not *payment*) or you can always send a cheque 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 2026

14 May 2026 (Thursday)

Feast of the Ascension of the Lord

15 August 2026 (Saturday)

Assumption of the Blessed Virgin Mary

1 November 2026 (Sunday)

Feast of All Saints

8 December 2026 (Tuesday)

Feast of the Immaculate Conception

25 December 2026 (Friday)

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 March:

1 March 2026:

Second Sunday in Lent:

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

8 March 2026:

Third Sunday in Lent:

Commemoration of *S. John of God, Confessor* at the Collect, Secret and Postcommunion, with the *Preface of Lent*.

15 March 2026:

Lætare Sunday:

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

22 March 2026:

Passion Sunday in Lent:

Commemoration of *S. Isidore the Farmer, Confessor* at the Collect, Secret and Postcommunion, with the *Preface of the Passion*.

29 March 2026:

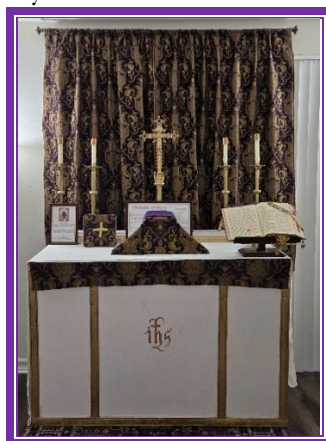
Palm Sunday:

No Commemorations, with the *Preface of the Passion*.

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

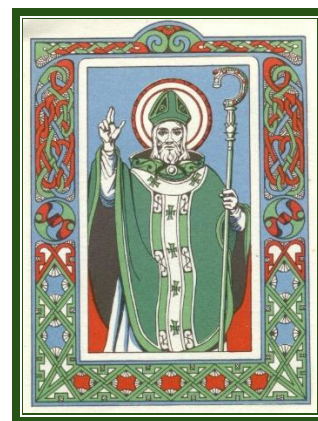
N.B.: Our Mailing Address is:

Post Office Box 8469

Van Nuys, CA 91409-8469



*S. Joseph,
Foster Father of Our Lord
(19 March):
Pray for us!*



*S. Patrick
(17 March):
Pray for us!*



*S. Gabriel the Archangel
(24 March):
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:

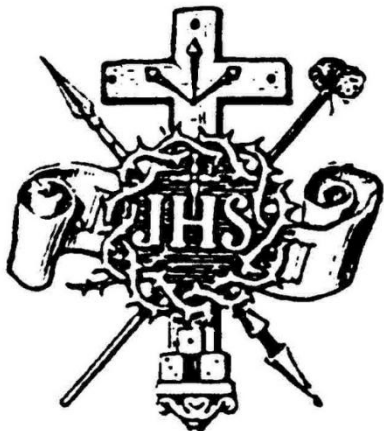
www.traditio.com

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.*



PETER SPEAKS:



DEARLY beloved
brethren, as we are
now about to enter upon
these mystic days, the
end of whose most holy
ordinance is the
cleansing both of our
souls and bodies, let us
take heed that we be
obedient unto the
command of the
Apostle, putting far
away from us every
defilement of flesh and
spirit, ordering the strife
which there is between
the two substances
whereof we are
compounded; that the
soul, which is ordained
under the rule of God,
and which it beseemeth
under His rule to rule
the body, may enjoy the
fulness of her lordship;
giving no offence to any
so that we may give no
cause to such as revile

us. (S. Leo the Great, Fourth
Sermon for Lent)



Have you or someone
you know ever
considered a vocation as
a Priest or Religious? If
so, *please* contact us to
schedule a conversion
and visit. The Holy
Church, especially here
in Southern California,
needs generous men
who can continue the
Lord's work.



*Franciscans, Benedictines and
Secular Fathers, all members of
the Priestly Society of Christ the
King.*