

ST. GERTRUDE THE GREAT ROMAN CATHOLIC CHURCH

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TRADITIONAL LATIN MASS: Sundays 7:30 AM, 9:00 AM High, 11:30 AM, 5:45 PM

Most Reverend Daniel L. Dolan, Pastor • Rev. Anthony Cekada
Rev. Charles McGuire • Rev. Vili Lehtoranta • Rev. Stephen McKenna



February 11, 2018

QUINQUAGESIMA

HOLY FACE SUNDAY • OUR LADY OF LOURDES

¶ HOLY FACE SUNDAY

Today is Holy Face Sunday. The Blessing of Religious Articles is available at the Communion Rail following all Masses. Our St. Valentine's Day Bake Sale takes place today. Sunday Classes are at 10:40 AM. Vespers with Benediction and Holy Face Devotions are at 4:45 PM.

By offering My Face to My Eternal Father, nothing will be refused, and the conversion of many sinners will be obtained.

¶ NEXT SUNDAY: LENT I

Next Sunday is the First Sunday of Lent. The Blessing of Expectant Mothers will be available at the Communion Rail following all Masses. Sunday Classes will be at 10:40 AM. Short Stations will be at 11:15 AM. Vespers with Benediction will be at 4:45 PM.

📖 *Set Your Missal:* Lent I with collects of St. Simeon and Our Lady & All the Saints. Lenten Preface.

By My Holy Face, they will work wonders, appease the anger of God and draw down mercy on sinners.

¶ SHORT STATIONS: 11:15 AM SUNDAY

This Lent we are again offering short Stations of the Cross at 11:15 AM on Sundays. Sunday Classes will end a bit earlier to allow the teachers to bring their students to Stations.

All those who honor My Face in a spirit of reparation will by so doing perform the office of the pious Veronica.



RECEIVE THY SIGHT: THY FAITH HATH MADE THEE WHOLE.

St. Valentine's Day
Bake Sale
TODAY
in Helfta Hall!

According to the care they take in making reparation to My Face disfigured by blasphemers, so will I take care of their souls which have been disfigured by sin. My Face is the Seal of the Divinity, which has the virtue of reproducing in souls the image of God.

¶ SORROWFUL MOTHER NOVENA

Our annual novena to the Sorrowful Mother, with the Blessing of the Sick, now follows Stations each Friday evening. Be sure to bring the sick to be blessed, and call or email the office with their names, to be mentioned during the novena.

Those who by words, prayers or writings defend My cause in the Work of Reparation, especially My priests, I will defend before My Father, and will give them My Kingdom.

¶ UPCOMING EVENTS

February 22: Episcopal Consecration of Fr. Joseph Selway in Florida.

February 28: Children's Day of Recollection.

March 11: Laetare Sunday, Sister Sunday.

2018 YAG: June 22-24

Girls' Camp: June 27-29

Boys' Camp: July 24-26

As in a kingdom they can procure all that is desired with a coin stamped with the King's effigy, so in the Kingdom of Heaven they will obtain all they desire with the precious coin of My Holy Face.

¶ YOUR PRAYERS

In your prayers please remember Tim Hopkins, Ken Gilliam, Sharon Patton, Sr. Jeanne Marie, Patrick Omlor, and all of our sick and shut in.

Collection Report

Sunday, February 4 th	\$3,764.00
Second Collection.....	\$530.00
Alter Christus.....	\$172.00

INCIDENTS & ANNIVERSARIES

Shrove Tuesday means Confession



Tuesday; there being an old rule that “immediately before Lent every one shall go to his confessor and confess his sins; and the confessor shall so shrive him as he then may hear by his deeds what he is to do” (during the time of penance). This day is usually associated with another custom—

namely, the eating of pancakes, the origin of which thus is explained. Eggs and lard were formerly forbidden during the time of Lent. But these are highly useful in making pancakes; hence in order to get rid of the surplus eggs and lard, on the last night before the Lenten season, it was only natural to use them in making pancakes for the family, until it finally grew to be a feature of the occasion.

February 14—The Wednesday preceding the sixth Sunday before Easter is known as Ash Wednesday. It is called by this name because of the custom of sprinkling the faithful with blessed ashes, as a symbol of penance and sorrow for sin. This was formerly done only to public penitents; gradually, however, it became the custom for friends and relatives to undergo the same ceremony through humility, and in the course of time the administration of the blessed ashes was extended to the whole congregation. The ashes are obtained from the remains of the palms used on Palm Sunday of the previous year, and are blessed by the priest before Mass. In the blessing

are used four prayers, all of them ancient; and the ashes are sprinkled with holy water and then incensed. In putting on the ashes, the priest places some on the forehead and says: “Remember, man, that thou art dust, and into dust thou shall return.”

The Church always prepares beforehand for her great festivals, sometimes by a single day called the vigil, sometimes by a much longer season. Easter is honored in this latter way, and the season of preparation is known as Lent. Lent is an old English word from *lenc-ten*—the Spring—in which season the period mentioned falls. Its duration varied in the early centuries. At present it begins on Ash Wednesday, and hence lasts forty days (the Sundays not being counted), thus equaling the period of Our Lord’s fast in the wilderness.

In Lent it is the fast which plays the principal part. Fasting was originally much more strict and obligatory than at present, having in recent years been greatly modified by dispensations and custom. “The essence of fasting consists in abstinence from meat and drink during a specified time. This in itself is not sufficient; for fasting entails, moreover, that the food taken after the lapse of this time be of a plainer kind—that is, abstinence from the better sorts of food and drink in the strict sense.... Throughout the early days abstinence was merely a pious custom; it was not until a later date that it was enjoined by law.... The custom of abstinence was then recognized and prescribed by ecclesiastical law for the whole of Lent.” (“Heortology,” p. 100.)



THE OFFERTORY

“*Quid retribuam, Domine?*”

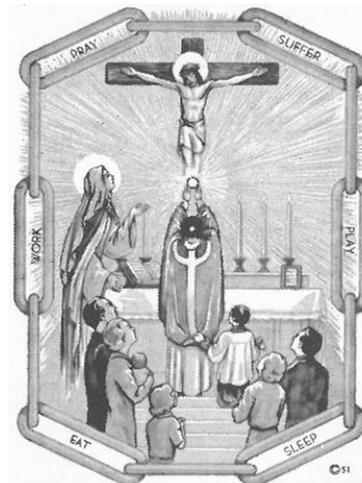
I dreamed the stars were mine to have and hold,
That all the seas were my endowed estate.
The wealth of earth in silver, gems, and gold
Was life’s bequest, and happy was my fate.

The lily and the rose acknowledged me
Their master when I walked abroad by day.
The lion and the lamb paid fealty
To me who held their destiny in sway.

My dream was troubled when I would return
An offering to Him Who gave me all.
In helplessness my heart was sad to learn
That nothing worthy dwelt within my thrall.

I woke from slumber’s quandary to find
Me empty as the bodies ’neath the sod.
But lo! at Mass I knew the joy I pined
When faith revealed me giving God to God!

- John B. Kelly



This is the season, the week of transformation. Spring is struggling to come in, yet Winter clings to life, some days giving us its very worst. This is a good picture of the struggle of a Christian as we receive our ashes Wednesday, enrolling among the combatants in the holy forty day struggle we call Lent.

But first, a little liturgical and innocent indulgence during this Mardi Gras season. Last Friday's Winter Soup Supper was a warm and friendly affair. Who'd think that soup could be so much fun? Thanks again, everyone. More soup on the way for Lent!

Today we have our St. Valentine's Day Bake Sale. Indulge yourself with one last treat or two before Lent. Move St. Valentine up a day and you'll do well. Some clever blogger found Lent in the patron saint of courtship: St. VaLENTine. Pretty neat. It *is* all about love anyway. Come Wednesday to Mass or Stations or ashes, but especially to Mass this year, and receive your own Valentine of Our Lord's Heart, broken for you on Calvary.

But transitions are never easy, and a serious reform, a program of penance and prayer and participation in daily Mass (our goal this year) can just *seem* "too much." So, pray the Holy Face Triduum with us. Amongst the many and lavish promises Our Lord makes to those who honor His Face is that of "settling the affairs of their household." If house and soul are in order, how much easier will our Lent be.

Let's ask Our Lady of Lourdes today for Lenten help as well. How insistent she was upon penance, and how much did little St. Bernadette suffer. But such love, and what glory!

Our first Lenten Friday of Recollection, following our time tried and traditional formula, is this week. We begin with Mass at 5:45, and offer a nice Lenten Supper afterwards. No charge, but offerings accepted. You can stay with us all the way through for Stations and closing Benediction *or* join us for the Way of the Cross at 7:30. *Every* Lenten Friday, not just Good Friday, is "come when you can, leave when you must." But really you *must* come.

We had our first practice for **Fr. Selway's** consecration last week. **Fr. Cekada**, reprising his role of twenty five years ago, has been working very hard preparing the rubrics from our end. One of the fine seminarians will be serving as MC, and organizing the entire affair, a complicated and challenging ceremony to be sure, but truly one for the ages. Many of our faithful will be attending.

Fr. McGuire was struggling to get to Milwaukee

on Friday, for the big weekend he had scheduled.

The snows intervened, but he made it by Saturday, via Charlotte, going east to go west. Today **Fr. McKenna** celebrates his sixth ordination anniversary. Sr. Jeanne Marie has made some progress in her ability to stand during her stay thus far in rehab. Please do keep all of our hardworking priests and religious and seminarians in your good prayers.

The cats continue to prove remarkably resilient. I thought Puccini had broken a leg again, but it turns out he was hopping around due to "early onset arthritis." He seems back to normal, as does Caravaggio recovering from a mysterious puncture wound. Michelle kindly took them to the vet on Candlemas. Puccini woke me up at 3 AM the other night, wanting to play. Well, that's the Devil's hour, so I admonished him and said a prayer to St. Michael and went back to sleep. The cat managed on its own for recreation.

Enjoy these days of Mardi Gras or Shrovetide, but *enjoy* Wednesday even more. The most blessed season of the year is about to begin.

With a pre-Lenten blessing in Our Lord's Holy Face and His Immaculate Mother,

– Bishop Dolan

*Lenten Friday Menu, February 16:
Cuban beans and rice, cheesy potatoes, salad, bread.
And Bishop Dolan's soup!*

YOUNG SERVERS GUIDE

Each week our young servers are learning (and older servers reviewing) one response of the Mass. Parents, please help.

THIS WEEK'S LESSON

Remain with head and shoulders bowed while the priest says:

P. Misereatur vestri omnipotens Deus, et dimissis peccatis vestris, perducatur vos ad vitam aeternam.

Kneeling erect, answer: S. Amen. (Ah'men.)

Make the sign of the cross with the priest as he says:

P. Indulgentiam, absolutionem, et remissionem peccatorum nostrorum tribuat nobis omnipotens et misericors Dominus.

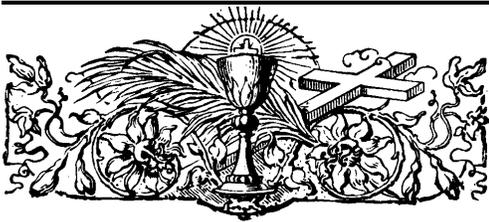
S. Amen. (Ah'men.)

Bow your head slightly during the following responses:

P. Deus tu conversus vivificabis nos.

S. Et plebs tua laetabitur in te.

(Ett playbs too'ah lay-tah'bee-toor in tay.)



OUR LENT: A MASS

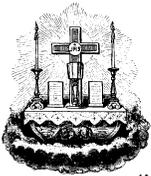
Ash Wednesday: February 14, 2018

Begin your Lent well by receiving Ashes at one of the many services we will offer on that day. Ashes are distributed before AND after all Masses.

ASH WEDNESDAY MASSES: 7:00 AM (Special Workers' Mass, no sermon!), 11:25 AM, and 5:45 PM.

ASHES: 6:45 AM, 11:25 AM (and *after* the 11:25 Mass, as well), 3:15 PM, 5:45 PM and the final distribution at 6:45 PM.

STATIONS: There are Children's Stations of the Cross at 3:00 PM, followed by distribution of ashes.



Friday Nights in Lent

Enjoy an evening of recollection this Lent.



after Mass just come and enjoy a meal prepared for you. Each Friday will bring a different flare of taste!

5:45 PM Low Mass with Sermon

6:45 PM Lenten Supper

7:30 PM Stations of the Cross

*The evening closes with the Novena, Blessing of the Sick, and Benediction.
Come see the beauty and quiet recollection of an evening with Our Lord this Lent.*

CALLING ALL
*Bakers, Crafters,
Painters, Knitters,
Tailors, Builders,
Beaders, and
Jacks of all trades*



ATTENTION
*Collectors, Donors,
Buyers, Browsers,
Backers, Supporters,
Sponsors, and
Volunteers*



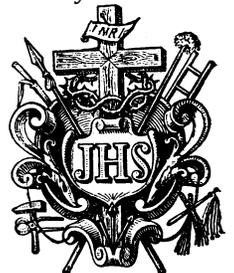
"Haven't you Heard?"



*"SISTER SUNDAY IS ONLY FOUR WEEKS AWAY!
GO HOME, POUR YOURSELF A CUP OF COFFEE, AND PULL UP PINTEREST.
IT'S TIME TO BRAINSTORM."*

WEEKDAY MASSES

A variety of times each day, 7:00 or 8:00, 11:25 AM, 5:00 or 5:45 PM. Please check the bulletin for each day's times.



STATIONS

Sunday:
11:15 AM Short Stations
Wednesday: 3:00 PM Children's Stations
Friday: 7:30 PM Parish Stations



MARCH 11TH IS SISTER SUNDAY

Join us in Helfta Hall on Laetare Sunday after any of the morning Masses for the big event!

Look forward to hot breakfast, silent-auctions for children and adults, craft and bake sales, and not to mention our annual Split-the-Pot with the Sisters.



*BRING CRAFTS, CREATIONS, AND CONFECTIONS
TO BE SOLD IN THE AUCTION OR CRAFT/BAKE SALE.
WE WELCOME ITEMS FROM ALL AGES, SO ENCOURAGE YOUR
CHILDREN AND THEIR FRIENDS TO LET HIDDEN TALENT SHINE!*



Our Lord made Sr. Mary de St. Pierre understand that the act of blasphemy was like a poisoned arrow continually wounding His divine Heart. Then He gave her a "Golden Arrow" which would have the power of wounding Him delightfully, and which would also heal those other wounds inflicted by the malice of sinners. This is the prayer that Our Lord Himself dictated to Sr. Mary de St. Pierre for the *reparation of blasphemy* against His Holy Name:

THE GOLDEN ARROW

May the most holy, most sacred, most adorable, most incomprehensible and unutterable Name of God be forever praised, blessed, loved, adored and glorified in heaven, on earth and under the earth, by all the creatures of God and by the Sacred Heart of Our Lord Jesus Christ in the most Holy Sacrament of the Altar. Amen.

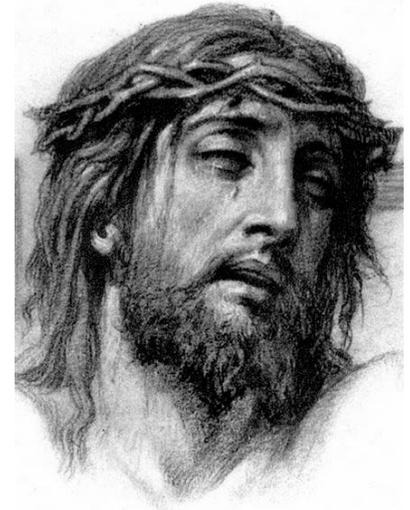


This devotion is to have as its PURPOSE REPARATION FOR BLASPHEMY and REPARTION FOR THE PROFANATION OF SUNDAY (and Holy Days of Obligation). The Savior made her understand that His justice was greatly irritated against mankind particularly for its sins that directly outraged the Majesty of God—Communism, Atheism, cursing, and the desecration of Sundays and Holy Days. He said, "The executioners crucified Me on Friday, but Christians Crucify Me on Sunday!" (*This was the first revelation from heaven concerning Communism. Our Lord said that this devotion would defeat it.*)

1849: Pope Pius IX ordered public prayers be offered in all churches in Rome to implore God's mercy on the Papa States due to revolution occurring at the time. Part of these public prayers was a three day exposition of the relic of St. Veronica's veil (which is kept at the Vatican). On the third day the Lord's face became very distinct and glowed with a soft light. The Canons of the Basilica ordered the bells rung at the sight of the miracle which attracted crowds of people. The miracle lasted for three hours and was attested to by an apostolic notary during the incident. It was also documented in the daybook of the Vatican Basilica. Detailed copies of the image were made and touched to Veronica's veil, to a relic of the true cross, and to the lance which pierced our Lord's side.



On January 7, 1942, Mother Maria Pierina, had her first audience with His Holiness, Pius the XII and wrote, "I exposed briefly to him the desire which Jesus had to see His Holy Face honored and the necessity, in these sad times, to give souls with this devotion a precious means to sanctify the sorrow and so that the Faith may triumph in heart. The Holy Father listened to me with interest and said, "It is good, it is very good." I spoke to him about the diffusion of the medal of the Holy Face, and he was content with this. I added: "Holy Father, if you permit, I remind you that I wrote to you last year for that which is the Feast of the Holy Face, the Tuesday of Quinquagesima. The Blessed Virgin reinforced the desire of her Son when she appeared to Mother Maria Pierina as well on April 7, 1943, and said, "I have at heart the Feast of the Holy Face of My Divine Son. Tell the Pope that I am very much desirous of it."



The next day, Blessed Mother Maria Pierina, went back to the Vatican for a private audience with the Holy Father and returned from it very happy. The Holy Father had agreed to consider her request.

Several years earlier during the month of April 1909, Mgr. Rene France Renou, Archbishop of Tours, addressed this same request to His Holiness Pope Pius X, "In our Archdiocese, the devotion which the clergy and faithful show towards the Picture of the Holy Face is great. That is why, having learned that your Holiness recently granted the annual celebrations of the Feast of the Holy Face in Cambria, this humble servant eagerly asks that it may please Your Holiness to grant the same feast to the Archconfraternity of Tours, with the same contributions prescribed in the said rescript."

The Holy Father Pope Pius X, granted the Archbishop of Tours his request on April 22, 1909, and on April 17, 1958, His Holiness Pope Pius XII confirmed the Feast of the Holy Face of Jesus on the Tuesday of Quinquagesima, for ALL THE DIOCESES AND RELIGIOUS ORDERS who would ask for the Indult from Rome in order to celebrate it.



MON	2/12/18	THE SEVEN HOLY FOUNDERS
	8:00 AM	Low Mass For all who cook for us and for our devoted drivers (<i>The Fathers</i>)
	11:25 AM	High Mass Sharon Patton (<i>Michelle Mikesell</i>)
TUE	2/13/18	FERIAL DAY • THE HOLY FACE
	8:00 AM	Low Mass Molly Wagner – Happy Birthday (<i>Rich VandeRyt</i>)
	11:25 AM	High Mass Rev. Dominic Radecki, CMRI (<i>Fr. Baryj</i>)
	5:00 PM	Low Mass Our 34 grandchildren (<i>Kirby & Jean Bischel</i>)
WED	2/14/18	ASH WEDNESDAY FAST & ABSTINENCE ST. VALENTINE, PRM
	6:45 AM	Blessing & Distribution of Ashes
	7:00 AM	Special Workers' Mass—no sermon Special Intention (<i>Rich VandeRyt</i>)
	11:25 AM	Blessing & Distribution of Ashes High Mass Katie Bischak (<i>Michelle Mikesell</i>)
	12:30 PM	Distribution of Ashes
	3:00 PM	Children's Stations of the Cross, followed by Distribution of Ashes
	5:00 PM	Rosary & Confessions
	5:20 PM	Penitential Litany
	5:45 PM	Distribution of Ashes
	5:45 PM	Low Mass †Stella Simpson – 6 th Anniversary February 14 (<i>Tom & Karen Simpson</i>)
	6:45 PM	Final Distribution of Ashes
THU	2/15/18	FERIAL DAY FAST SS. FAUSTINUS & JOVITA, MM
	7:00 AM	Low Mass Holy Souls (<i>Barbara Kolenich</i>)
	8:00 AM	Low Mass †Katie Bischak (<i>Clare Lotarski</i>)
	11:25 AM	High Mass St. Francis of Assisi – prayer answered (<i>Rebecca Hinton</i>)
	5:00 PM	Low Mass Bishop Dolan – Merry Christmas (<i>Mike Briggs Family</i>)
FRI	2/16/18	FERIAL DAY FAST THE CROWN OF THORNS
	8:00 AM	Low Mass Jeanne Hille & family (<i>Maria Kunkel</i>)
	10:55 AM	Confessions
	11:25 AM	High Mass †Tony & †Karen Hable (<i>Christopher Browne</i>)
	5:15 PM	Confessions & Rosary
	5:35 PM	Infant of Prague Novena VIII
	5:45 PM	Low Mass †Katie Bischak (<i>Theresa Simpson</i>)
	6:45 PM	Lenten Supper
	7:30 PM	Stations of the Cross, Sorrowful Mother Novena IV with Blessing of the Sick, Benediction
SAT	2/17/18	FERIAL DAY – FAST • THE FLIGHT INTO EGYPT
	7:10 AM	Confessions
	7:30 AM	Low Mass Joan Fey – Merry Christmas (<i>Bobby & Au-Uhlenbrock</i>)
	8:10 AM	Ave & Sermon
	8:20 AM	High Mass †Katie Bischak (<i>Jason Murray</i>)
SUN	2/18/18	LENT I ST. SIMEON, BPM • ST. BERNADETTE, V
	7:05 AM	Rosary

February 11—One hundred and sixty years ago today (in 1858) little Bernadette Soubirous had the first of those visions which have made the Grotto of Lourdes famous the world over. The privilege of seeing and hearing the things revealed was given to herself alone; and to many it seemed but the delusion of a visionary. Her life and her sincerity, however, were vouchers for the truth of what she said; and gradually her bishop was led to announce that “the faithful were justified in believing in the reality of the apparition.” And then began those pilgrimages to Lourdes which have grown in number and importance year by year, and in which so many graces both for soul and body have been poured out on the visitors. The cures wrought have already mounted into the thousands; they are attested by a bureau of competent physicians; and those who deny the supernatural element in these cures have never been able to give a satisfactory explanation.



Lourdes has become a holy place not only for France but the whole world; and the one-time quiet little mountain retreat is now the resort of thousands and thousands, who come to a spot which has been for so many a place of healing.

A CLASSIC LOURDES PRAYER

O Most Holy Virgin, do not in the midst of your greatness forget our earthly sorrows. Cast down your tender look upon those who suffer, who struggle against difficulties, and who cease not wetting their lips in the bitter draughts of this life. Have pity I beseech you on those, who although united in love, have been cruelly parted, and take pity on the lonely-hearted. Grant us your help in our unbelief, and have compassion on those who mourn, who pray, who tremble, and grant all Hope and Peace.

- Abbe Perreyve

Servers

WED 2/14 7:00 AM Low: R. VandeRyt
11:25 AM High: MC: B. Lotarski CHAPLAINS: Fr. McGuire, Fr. Lehtoranta TH: D. McConnell ACS: C. Richesson, A. McConnell CROSS: P. McConnell MITRE: Na. McClorey CROZIER: P. McClorey TORCH: J. & C. Mourer, S. Richesson, A. McClorey
5:45 PM Low: M. & D. Simpson

SUN 2/18 7:30 AM Low: Brueggemann Bros.
9:00 AM High: CHAPLAINS: R. VandeRyt, P. Omlor TH: J. Lacy ACS: T. Lawrence, Na. McClorey CROSS: P. McClorey TORCH: S. Richesson, A. McClorey, C. Arlinghaus, J. Stewart STATIONS: A.D. Kinnett, C. Arlinghaus, M. & D. Simpson
11:30 AM Low: A.D. Kinnett, B. Lotarski
4:45 VESPERS & BENEDICTION: G Miller
5:45 PM Low: G Miller

7:30 AM	Low Mass †Jane Donadio (<i>Bev Sullivan</i>)
9:00 AM	High Mass For the people of St. Gertrude the Great
10:40 AM	Sunday Classes
11:15 AM	Short Stations of the Cross
11:30 AM	Low Mass For the intentions of Joe & Beth Prell (<i>Richard</i>)
4:45 PM	Vespers & Benediction
5:45 PM	Low Mass †Mom – month's mind, †Dad – 1 yr. anniversary (<i>Patsy</i>)

THE MORNING OFFERING OF THE APOSTLESHIP OF PRAYER:

“O Jesus, through the Immaculate Heart of Mary, I offer Thee my prayers, works, and sufferings of this day for all the intentions of Thy Sacred Heart, *in union with the holy sacrifice of the Mass throughout the world*, in reparation for my sins, for the intentions of all our associates.”

“This devotion of the Morning Offering,” says Father Rickaby, S.J., “rests on the main and essential principals of Christianity; namely, that in Christ we have access to the Father (Eph. ii. 18); that there is no salvation in any other, no other name under heaven given to man, whereby we are to be saved (Acts iv. 12); that this salvation was wrought out by the death of Christ on the cross, Who made peace through the blood of His cross, blotted out by the handwriting that was against us, and took it away, nailing it to the cross (Col. i. 20; ii. 14); that this redeeming sacrifice and death of Our Savior is continually shown forth and re-enacted in His own very body and blood, made present at the Consecration in holy Mass; that the most efficacious prayer is that which goes up in closest union with Christ crucified, pleading in sacrifice for us. Christ crucified thus pleads in every Mass. In every Mass, as the Church says, ‘the memory of His passion is celebrated anew.’ I cannot spend my day in hearing Mass, traveling from altar to altar. It is not God’s purpose that I should do that. But the Morning Offering puts me in relation with every Mass that is said that day, and lays upon every Christian altar my work and my play, my words and thoughts, my pains and sorrows, my delights and joys, and every conscious action of my will—always excepting that which is sinful, and so unacceptable, incapable of entering into holy union with the oblation of the body and blood of my Savior. When I lie down to rest at night, I may ask myself: ‘Of all that I have done today, of all my goings



and comings, what shall endure to my eternal good? What have I laid up in the form of treasure for heaven?” And, provided I have spent the day in the state of grace, I may answer: ‘All and every one of my deliberate acts of will that were right in themselves, and, very signally and specially, all that has received the consecration of my morning offering.’ Of my strivings after the good things of this life, some will succeed, other will fail; but alike in success and failure, practicing the Morning Offering, I may take to myself the Apostle’s consoling words: ‘Be ye steadfast and immovable, always abounding in the work of the Lord, knowing that your labor is not vain in the Lord.’”

ASH WEDNESDAY



Thought—“Remember, man, that you are dust and into dust you shall return.” (Gen. 3:19; said by the priest while placing ashes on the head of each person.)

Practice—I shall take no offense, but treat kindly, anyone who today does anything to me which ordinarily hurts my feelings, for I am dust and deserve no better treatment.

Prayer—Jesus, meek and humble of heart, make my heart like unto Thine. (*500 days indulgence*)

The Mass is the Sacrifice of the Body and Blood of Christ, which are really present under the appearances of bread and wine, and are offered to God by the priest for the living and the dead.

— *The Catechism*

THURSDAY AFTER ASH WEDNESDAY

Thought—“Cast your care upon the Lord, and He will support you.” (Introit) (“your care”—your fasting, mortification, or other practice; “His support”—the Heavenly Bread.)



Practice—If possible I shall receive Holy Communion today, and during the day make many Spiritual Communions.

Prayer—Suggested formula for a Spiritual Communion: “My Jesus, I believe You are truly present in the Blessed Sacrament. I trust You; I love You with all my heart. I wish I could receive You in Holy Communion now, but You know that I can’t, so come to me at least spiritually... I believe that You have come to me. Stay with me and help me to remember that You are in me. Glory be to the Father, etc.” (*3 years indulgence for each one*)

“The Holy Mass is the... soul of all devotion.” — *St. Francis de Sales*

FRIDAY AFTER ASH WEDNESDAY THE CROWN OF THORNS



Thought—“...do not let your left hand know what your right hand is doing...” (Gospel)

Practice—I shall do three secret acts of charity today, especially such that require my time.

Prayer—Eucharistic Heart of Jesus, furnace of divine charity, give peace to the world. (*300 days indulgence*)

"I could attend Mass for ever, and not be tired...it is not the invocation, merely, but...the evocation of the Eternal. He becomes present on the altar in flesh and blood, before Whom angels and devils alike, tremble."
— Cardinal Newman

Even God Himself could not bring about a holier or a greater act than the Mass.
— St. Alphonsus Ligouri

SATURDAY AFTER ASH WEDNESDAY



Thought—"If you will cease to...speak that which profits not,...your light will rise up in the darkness (inspirations pouring into the soul);...you shall be like a watered garden (bearing much fruit in the form of good works); you shall lay foundations for coming generations" by strengthening the Mystical Body. (Epistle)

Practice—I shall make at least three acts of silence today, not speaking when my words are unnecessary, even if I feel like talking.

Prayer—O God, come to my assistance: O Lord, make haste to help me. (500 days indulgence)

"It is through the Mass...that Christ dispenses His richest favors."
— Fr. Forster, SJ

Prayer—O God, Thou art all-powerful. Make me a saint. (500 days indulgence)

FIRST SUNDAY OF LENT

Thought—"Let us conduct ourselves in all circumstances as God's ministers, in much patience...." (Epistle)



Practice—I shall try to be very patient today, especially with those who usually get on my nerves. If I slip, I shall apologize at once.

Prayer—O God, Thou art all-powerful. Make me a saint. (500 days indulgence)

FAST & ABSTINENCE

RULES OF FAST: The laws of fast apply to persons between the ages of 21 and 59. On a fast day one may eat one full meal and two light meatless meals, which together would not equal the main meal. Meat may be taken at the principal meal, except on days of complete abstinence. Liquids such as water, milk, and fruit juices may be taken between meals.

RULES OF ABSTINENCE: The laws of abstinence apply to everyone seven years of age and over. On a day of complete abstinence no meat, meat gravy or soup made from meat may be taken. On a day of partial abstinence meat may be taken once.

TRADITIONAL DAYS OF FAST: All the weekdays of Lent (Monday through Saturday) up until noon on Holy Saturday; Ember Days; the Vigils of Pentecost, the Immaculate Conception, Christmas and All Saints.

TRADITIONAL DAYS OF COMPLETE ABSTINENCE: Every Friday of the year; Ash Wednesday; Holy Saturday (until noon); the Vigils of All Saints, the Immaculate Conception, and Christmas.

TRADITIONAL DAYS OF PARTIAL ABSTINENCE: Ember Wednesdays and Saturdays, and the Vigil of Pentecost.

Our Lent: A Mass



Daily Meditations for Lent 2018

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