



Our Lady of Sorrows

Traditional Catholic Mission Central Texas

Upcoming Mass Details:

Sunday, March 22, 2026

Confession 4:30pm – Mass 5:30pm

Courtyard by Marriott Austin Dripping Springs – Meeting Room #2
1002 Rob Shelton Blvd, Dripping Springs, TX 78620

Contact information:

Fr. Stephen McKenna: email: frmckenna@sgg.org mobile: 978-764-6599

website: www.olosorrows.org twitter: [@OLOSTexas](https://twitter.com/OLOSTexas)

Note From Father

Dear Faithful,

Remember how I said in last week's bulletin that sometimes Our Lord gives us sacrifices in supplementation to our own Lenten Sacrifices?? I was referencing my impromptu trip out last weekend, but little did I know just how generous Our Lord would be in helping me have a good and thorough Lent. No sooner had I returned home than I learned of my newest sacrifice, provided by the Good God... a round of the man-flu. Ok, it's probably just a good ol' fashioned cold, but regardless, no box of tissues is safe from me.

March has arrived and it is fully "March-like" here in Cincinnati. What does that mean, you may ask? Well, yesterday it was in the 70's with periods of hard rain. Today it is in the low 40's and there isn't a cloud in the sky but there will be a frost warning for the nighttime. What is nice, however, is that green is starting to return around us. The grass is returning to life, buds are forming on trees, and early spring plants are poking from the ground.

Today is Laetare Sunday and we are just past the halfway point of Lent. How have your Lenten resolutions and offerings gone thus far? If they haven't turned out the way you had intended, well, there is still time to reapply yourself and to end Lent well.

This upcoming week sees a couple of great feast days to be celebrated amid our Lenten penance and just in time before their images fall beneath the veils of Passiontide. Tuesday will be the feast of St. Patrick and Thursday is the feast of St. Joseph. Here at St. Gertrude's, we will have a Solemn High Mass each day and the traditional blessing of hot crossed buns on St. Joseph's Day.

In Christ, *Fr. Stephen McKenna*

Set Your Missal

Lent IV, second collect of Our Lady and all the Saints, third for the Living & the Dead. Trinity Preface.

Deer's Cry

St. Patrick's Breastplate

Attributed to St. Patrick. "It was made in the time of Loeguire, son of Niall. The Cause of its composition, however was to protect him and his monks against devils and men and vices. Patrick sang this when the ambushes were laid against his coming by Loeguire, that he might not go to Tara to sow the Faith. And then it appeared before those lying in ambush (Loeguire's men) that they (Patrick and his monks) were wild deer with a fawn following. And its name is Deer's Cry"

I arise today

Through a mighty strength, the invocation of the Trinity,
Through a belief in the Threeness,
Through confession of the Oneness
Of the Creator of creation.

I arise today

Through the strength of Christ's birth and His baptism,
Through the strength of His crucifixion and His burial,
Through the strength of His resurrection and His ascension,
Through the strength of His descent for the judgment of doom.

I arise today

Through the strength of the love of Cherubim,
In obedience of angels,
In the service of archangels,
In hope of resurrection to meet with reward,
In prayers of Patriarchs,
In predictions of Prophets
In preachings of Apostles,
In faiths of confessors,
In innocence of holy virgins,
In deeds of righteous men.

I arise today

Through the strength of heaven;
Light of sun,
Radiance of moon,
Splendor of fire,
Speed of lightning,
Swiftness of wind,
Depth of sea,
Stability of earth,
Firmness of rock.

I arise today

Through God's strength to pilot me;
God's might to uphold me,
God's wisdom to guide me,
God's eye to look before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's way to lie before me,
God's shield to protect me,



God's host to save me From snares of devils
From temptations of vices,
From everyone who shall wish me ill,
Afar and anear,
Alone or in a multitude.

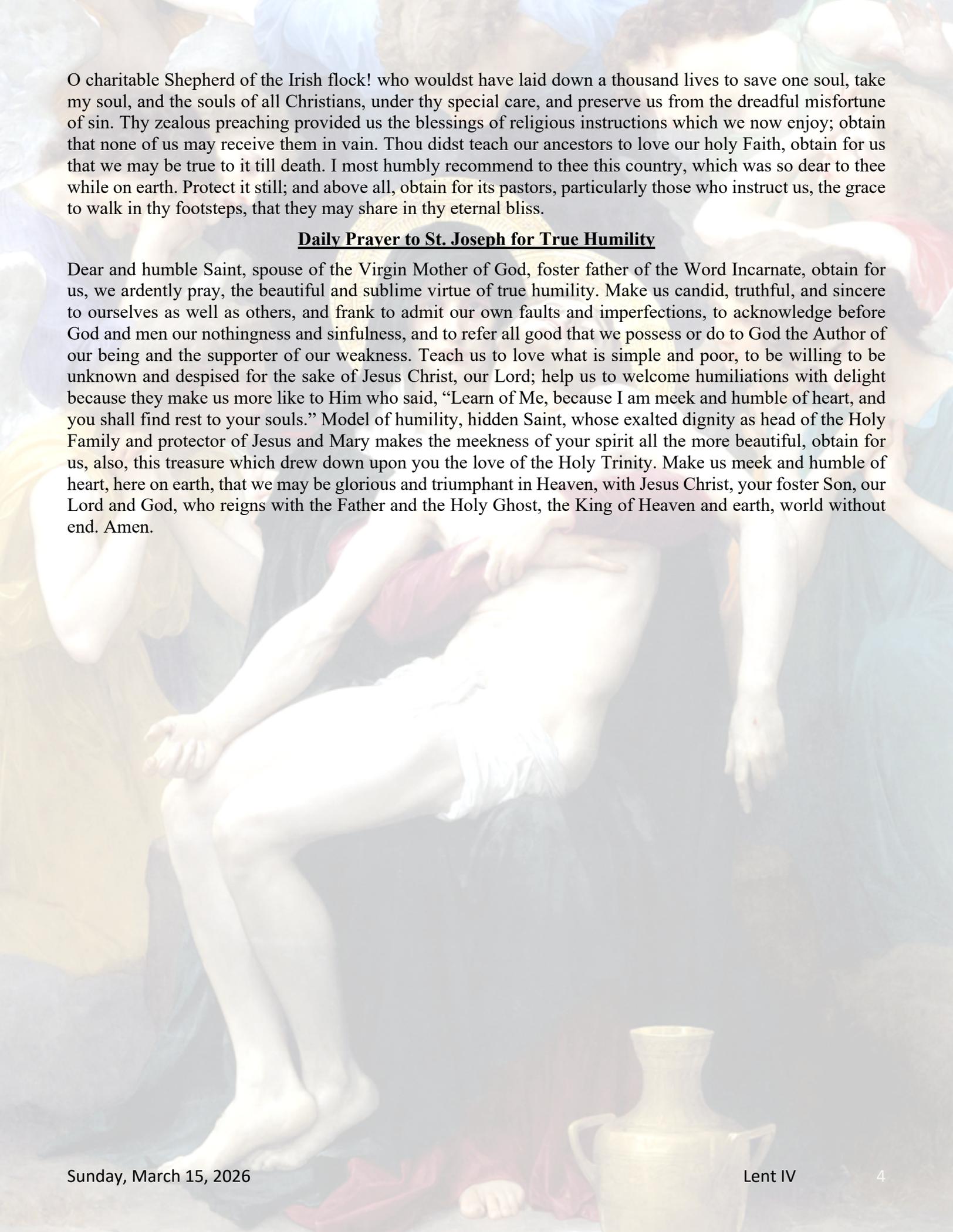
I summon today all these powers between me and those evils,
Against every cruel merciless power that may oppose my body and soul,
Against incantations of false prophets,
Against black laws of pagandom,
Against false laws of heretics,
Against craft of idolatry,
Against spells of women and smiths and wizards,
Against every knowledge that corrupts man's body and soul.

Christ to shield me today
Against poison, against burning,
Against drowning, against wounding,
So that there may come to me abundance of reward.
Christ with me, Christ before me, Christ behind me,
Christ in me, Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down, Christ when I arise
Christ in the heart of every man who thinks of me,
Christ in the mouth of every man who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

I arise today
Through a mighty strength, the invocation of the Trinity,
Through a belief in the Threeness,
Through a confession of the Oneness
Of the Creator of creation.
Domini est salus. Domini est salus. Christi est salus,
Salus tua, Domine, sit semper nobiscum.
Amen

Prayer to St. Patrick

O blessed Apostle of Ireland! glorious St. Patrick! who didst become my father and benefactor long before my birth, receive my prayers, and accept the sentiments of gratitude and veneration with which my heart is filled towards thee. Thou wert the channel of the greatest graces to me; deign then to become also the channel of my grateful thanksgivings to God for having granted me, through thee, that precious gift of faith, which is dearer than life. O most blessed father, and patron of my country! do not, I beseech thee, despise my weakness. Remember, that the cries of little children were the mysterious invitation thou didst receive to come among us. Listen then to my most humble supplications; I unite them to the praises and blessings which will ever follow thy name and thy memory throughout the Irish Church; I unite them to the prayers of the multitude of my ancestors, who now enjoy eternal bliss, and owe their salvation, under God, to thy zeal and charity. They will eternally share thy glory, because they listened to thy word, and followed thy example. Ah! since I am descended from saints, may I blush to differ from them; may I begin from this moment to love God with all my heart, and serve him with all my strength. For this end I most humbly beg thy blessing, O great St. Patrick! and thy particular intercession, for obtaining whatever grace thou seest to be most necessary for me, and also the particular intentions of this Novena. [*Name them.*]



O charitable Shepherd of the Irish flock! who wouldst have laid down a thousand lives to save one soul, take my soul, and the souls of all Christians, under thy special care, and preserve us from the dreadful misfortune of sin. Thy zealous preaching provided us the blessings of religious instructions which we now enjoy; obtain that none of us may receive them in vain. Thou didst teach our ancestors to love our holy Faith, obtain for us that we may be true to it till death. I most humbly recommend to thee this country, which was so dear to thee while on earth. Protect it still; and above all, obtain for its pastors, particularly those who instruct us, the grace to walk in thy footsteps, that they may share in thy eternal bliss.

Daily Prayer to St. Joseph for True Humility

Dear and humble Saint, spouse of the Virgin Mother of God, foster father of the Word Incarnate, obtain for us, we ardently pray, the beautiful and sublime virtue of true humility. Make us candid, truthful, and sincere to ourselves as well as others, and frank to admit our own faults and imperfections, to acknowledge before God and men our nothingness and sinfulness, and to refer all good that we possess or do to God the Author of our being and the supporter of our weakness. Teach us to love what is simple and poor, to be willing to be unknown and despised for the sake of Jesus Christ, our Lord; help us to welcome humiliations with delight because they make us more like to Him who said, “Learn of Me, because I am meek and humble of heart, and you shall find rest to your souls.” Model of humility, hidden Saint, whose exalted dignity as head of the Holy Family and protector of Jesus and Mary makes the meekness of your spirit all the more beautiful, obtain for us, also, this treasure which drew down upon you the love of the Holy Trinity. Make us meek and humble of heart, here on earth, that we may be glorious and triumphant in Heaven, with Jesus Christ, your foster Son, our Lord and God, who reigns with the Father and the Holy Ghost, the King of Heaven and earth, world without end. Amen.

Monday in Lent IV

Reading: “It would be a mistake to suppose that Gertrude’s soul was always flooded with sensible consolations during her hours of prayer. We have abundant evidence to the contrary. One day as she was reciting her office without much attention, she saw beside her the devil, who, mocking her, took up the verse of the psalm she was saying, cut short each word in it, and then exclaimed, “Truly, your Creator made a good choice in selecting you to receive the gift of speech! You can talk fluently enough when you speak to others, but when you address yourself to Him, you are in such a hurry that even in a single psalm you have omitted so many letters, so many syllables and so many words!”” – Taken from *St. Gertrude the Great*

Practice: Before praying, pray! Peacefully place yourself in the presence of God and ask the Holy Ghost to assist you; beg your Guardian Angel to pray with you and to place your prayers at the throne of God. Should distractions come to you in the course of your prayer, calmly redirect your attention. It is simple!

Tuesday in Lent IV

Reading: “From being a grammarian, Gertrude became a theologian. She began to revolve in her mind, without ever being tired, all the pages of the holy books she could procure; she filled her heart with the most useful and sweetest sentences of Holy Scripture, and so always had words of edification

on her lips. In this way she satisfied all those who came to consult her, and confounded error by the testimony of Holy Scripture, which she quoted so aptly as to leave nothing to reply. Neither could she, in those days, be satisfied with the marvelous sweetness and delight which she found in contemplation and in the study of the Sacred Scriptures. This occupation was like honey in her mouth, a ravishing melody in her ears, and a spiritual jubilation in her heart.”

– *The Love of the Sacred Heart*

Practice: Ten minutes of spiritual reading. Apply what you read to your life.

Wednesday in Lent IV

Reading: Once, on the Feast of the Annunciation, St. Gertrude had a vision during which the Heavenly Mother revealed to her the glory of her spouse, St. Joseph, in order to awaken in the Saint a greater love for him and to encourage her to have confidence in his intercession. Of this vision St. Gertrude wrote:

“I saw Heaven opened and St. Joseph sitting upon a magnificent throne. I felt myself wonderfully affected when, each time his name was mentioned, all the Saints made a profound inclination toward him, showing by the serenity and sweetness of their looks that they rejoiced with him on account of his exalted dignity.” – *Favorite Prayers to St. Joseph*

Prayer: O St. Joseph, virgin father of Jesus and most pure spouse of the Blessed Virgin Mary, pray every day for us to the same Jesus, the Son of God, that being defended by

the power of His grace and striving dutifully in life, we may be crowned by Him at the hour of death. Amen.



Thursday in Lent IV

Reading: Gertrude’s love of God was eminently practical, leaving its impress on her daily life. One feast of St. Matthew, after offering the chalice during the Elevation in thanksgiving for all God’s favors to her, she reflected that her offering would be of little value if she did not prepare herself to endure all kinds of sufferings for Christ. So, ready to renounce her spiritual favors for God’s sake, she offered herself to endure all that might promote His glory. Often, after this, she would interrupt her private hours of prayer to go and help her Sisters in their various needs, or to give advice and consolation to those who sought her from outside.

Practice: Your love of God is measured by the love you have for your neighbor. Today, perform three acts of charity for those around you.

Friday in Lent IV

The Most Precious Blood

Reading: “Mental depression was a trial to which St. Gertrude was often subject, and up

and down her life there occur references to her weakness and low spirits, or to the consolation she sought in heavenly things. Sometimes the depression was merely the effect of physical weakness and then she would exclaim: 'What will become of me, Lord, and what dost Thou intend to do with me?' And Jesus would comfort her even as a mother comforts her little ones."

– Taken from *St. Gertrude the Great*

Practice: When depressed, saddened, or troubled in any way today, pray the first Sorrowful Mystery of the Rosary while meditating on the mental anguish of Our Lord in His Agony. He alone was able to say, "My soul is sorrowful unto death." Someone does understand.

Saturday in Lent IV

Reading: St. Gertrude's soul, so anxious to please our Lord, would have wished never to commit the smallest sin, or, at least, to be able to be cleansed at once from the stains inevitable to our human nature. "Teach me, my good Master," she said, "how I may be purified from the stains I may contract." Our Lord replied: "Do not let them remain in thee; as soon as thou dost perceive a fault say with a fervent heart, 'Have mercy on me, O God,' or this prayer: 'O Lord Jesus, my only salvation, grant me by Thy holy death the forgiveness of all my sins.'"

– *The Love of the Sacred Heart*

Practice: Memorize and recite one of the above prayers whenever you commit a fault today.

Passion Sunday

Reflection: During the Mass...as the words of the Gospel "*Thou hast a devil*" were read, she was grieved in her inmost soul for the contempt offered to Our Lord; and as she could not endure to hear these words, she exclaimed in the depth of her heart, in the sweetest and most loving manner: "Hail, vivifying Gem of Divine nobility! Hail, most loving Jesus! Unfading flower of human dignity! Thou art my Sovereign and only Good." And this benign Lord, to reward these testimonies of affection, inclined tenderly toward her, and whispered to her: "I am thy Creator, Redeemer and Lover. I left My beatitude to redeem thee by a bitter death." Then all the Saints, being rapt in admiration of the marvelous friendship which He manifested to her, praised God for it with the greatest joy.

Practice: Our Lord then said to her: "Whoever salutes Me, as you have done, in reparation for the blasphemies and outrages which are poured forth on Me throughout the world, when he is tempted at the hour of his death and accused by the demon, will be consoled by Me with the same words with which I have consoled you, and I will testify the same affection toward him; and if the Saints were thus amazed at the words I whispered into your ear, how astonished and amazed will be the enemies of his soul when they shall see him so marvelously consoled by My goodness!" – *The Life and Revelations of St. Gertrude the Great*



Lent with St. Gertrude the Great



Daily Thoughts and Prayers Lent 2026

Daily short morning offering for Lent:
"Lord, I offer Thee my actions through Thy only Son, in the power of the Holy Ghost, for Thy eternal glory." – *St. Gertrude*