



Our Lady of Sorrows

Traditional Catholic Mission Central Texas

Upcoming Mass Details:

Monday, March 7, 2022
Mass – 6:00pm, Confession – 5:30pm
Vintage Villas Hotel & Events
4209 Eck Lane Austin Texas 78734

Contact information:

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Dear Faithful,

There was plenty of cold and snow along my mission trail to the Northern missions last weekend. My black rental car now looks like a white car, so covered in salt it is, from the 1,800+ miles of northern roads I traveled. It was a long trek, no doubt. However, I don't drive this full route all that often these days, so it was a nice change. Driving through northern Wisconsin and Minnesota breaks up the long journey with some stunning beauty, especially in the winter with its deep snow, blanketed trees, herds of deer, and frozen lakes.

I returned late Thursday to Milwaukee for a second weekend covering the Masses at our chapel here. Here too, we received some new snow, but merely a squall which dropped just a couple of fresh inches on the ground...just enough to blanket the ground, but not enough to keep people away from coming to the Friday or Saturday masses.

As we look ahead, Lent is knocking on our doorsteps. We must not look upon this season with sad reluctance, but instead we try to look ahead for how we can best make the most this great season of grace. If we use Septuagesima season as a preparation for Lent, we can ensure that we give to God in the way of sacrifice, prayer, and spiritual exercises generously and Our Lord will return great graces and strength to our souls. It is our greatest season for spiritual progress... if we are generous.

In Christ,

Fr. McKenna

Sexagesima Epistle Thoughts

St. Paul here gives us an astonishing object lesson in what marvelous fruit the seed of grace can produce in really good soil. Not that such a harvest of apostolic work is easy. Just read the hair-raising recital of the hardships he bore. Nor does God's grace grow without such handicaps as should be expected in this world. That "sting" is taken by some to mean the opposition offered him by the obstructionists of his own race. Men like these are never lacking when there is good to be done. What is probably most important, the soil of Paul's soul had been enriched by a depth of spiritual experience such as is given to very few, even of the saints. Why does he tell us of that ecstasy utterly beyond our hopes to duplicate? This Epistle, read as it is in the Mass, has a special lesson for us. It Paul "heard mysteries which man is not allowed to utter," is he not telling us here that we, too, in this very Sacrifice, are about to be in the presence of the greatest Mystery ever known on this earth, the Redeeming-Act? This spiritual experience of ours can deepen and enrich the soil of our own souls and thus help us to yield a more fruitful harvest from the Seed of the Eucharist to be sown in us today.

Pious Practices for Catholics During Lent

1. Abstain from Meat. We should all know that Catholics are required to abstain from all meat on Ash Wednesday, Good Friday, and all the Fridays of Lent. This is the minimum requirement and violation of this law is a mortal sin. Yet, certainly, we can do more than the simple minimum practice for Lent. Traditionally, Catholics would fast and partially abstain from meat all days of Lent, except for Fridays and Saturdays (which were full abstinence). By partial abstinence, a person can eat meat only at the major meal. Some Catholics will maintain the older practice of not only fasting but abstaining entirely from all meat on all 40 days of Lent, since even partial abstinence was a modern mitigation of the traditional fast that our forefathers in the Faith observed.

This Lent resolve to abstain from meat all 40 days. You could even pick up the older custom of abstaining from dairy, eggs, olive oil, wine, and observing the strict Lenten abstinence of our ancestors. If you can not say no to meat or eggs or milk, how can you say no to sin?

2. Fasting. Those between 18 and 59 years of age are bound to fast on the weekdays of Lent, starting Ash Wednesday. Only one normal-sized meal and two smaller meals that do not equal the normal meal are allowed. Eating between meals, however, is prohibited although fruit juices and milk are allowed. This is the minimum under the current Code of Canon Law.

What should a pious Catholic do? All days of Lent aside from Sundays were in times past observed with a strict fast. If you fast all of these days, you will have fasted the 40 Days of Lent, as Christ did in the desert.

3. Limit (i.e. Remove) your Television During Lent. Even if you have not read *Television: The Soul at Risk* (and I do highly recommend it), television is by most accounts, an occasion of sin. Always limit your television to only a few hours a week, if that, for your entire family or—better yet—unplug it all together. Television is a passive activity not only leading to obesity and passivity but allowing indecent speech and dress as well as suggestive dialogue and environments into our very homes. Unplug it for Lent. And think about keeping it unplugged afterward.

4. Daily Rosary. If you are not praying the daily Rosary, you should be. This was the central request of Our Lady of Fatima. On May 13, 1917, Our Lady told Lucia, Jacinta, and Francisco: "Say the Rosary every day to obtain peace for the world and the end of the war." In an apparition on July 13, she requested devotion to her Immaculate Heart and Communions of reparation on the first Saturday of each month. In a September 13th apparition, the Blessed Mother stressed the importance of the daily Rosary, and in her final apparition, she said, "I am the Lady of the Rosary." Pray the Rosary daily and use Lent to start if you need to.

So, pray the Rosary daily and use Lent to start if you need to.

5. Wear the Brown Scapular. If you were not properly invested in the Brown Scapular (or if you are uncertain), find a traditional Catholic priest to be properly enrolled in the Confraternity of the Brown Scapular. Recall that by the wearing of the Brown Scapular, Mary promises to pray for us at the hour of death. And more than that, she will intercede with God to obtain the graces we need to remain in the state of grace. And if we are in a state of mortal sin, she will intercede for us that sanctifying grace may come back into our soul before we die. Our Lady also promises that the Scapular will be “a safeguard in danger.”

While those who wear the Scapular are required to fast on Wednesdays and Saturdays in addition to the daily prayer of the Little Office of the Blessed Virgin Mary, priests nearly always dispense the Faithful to instead simply pray the Rosary Daily.

If you lost your Brown Scapular, simply purchase one online. The Brown Scapular does not have to be blessed before it is worn, unlike most Sacramentals. Consider buying one for a family member who does not regularly wear one.

6. Saturday Devotions to the Blessed Virgin Mary. If you don't already, set aside the First Saturday of this and next month as a time for your communion of Reparation, Rosary and fifteen minutes Rosary meditation.

7. Go to an extra Mass or more each week of Lent. The Holy Sacrifice of the Mass is the greatest prayer there is. Sacrifice time and make the effort to attend the Traditional Latin Mass more often than just on Sundays.

8. Add a Holy Hour, once a week, twice a week, or each day. "If we really loved the good God, we should make it our joy and happiness to come and spend a few moments to adore Him and ask Him for the grace of forgiveness; and we should regard those moments as the happiest of our lives" (*St. John Vianney on Adoration of Jesus in the Most the Blessed Sacrament*).

“Of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the sacraments, the one dearest to God and the one most helpful to us” (*St. Alphonsus Liguori*). The time you spend at weekday Mass can easily be part of a holy hour.

9. Pray for the Souls in Purgatory. We have an obligation to pray for our relatives and for anyone we may have harmed by our sins. A Rosary before the Blessed Sacrament after Mass is extremely efficacious for the Poor Souls and can lead to the gaining of a plenary indulgence—all other conditions for this being fulfilled.

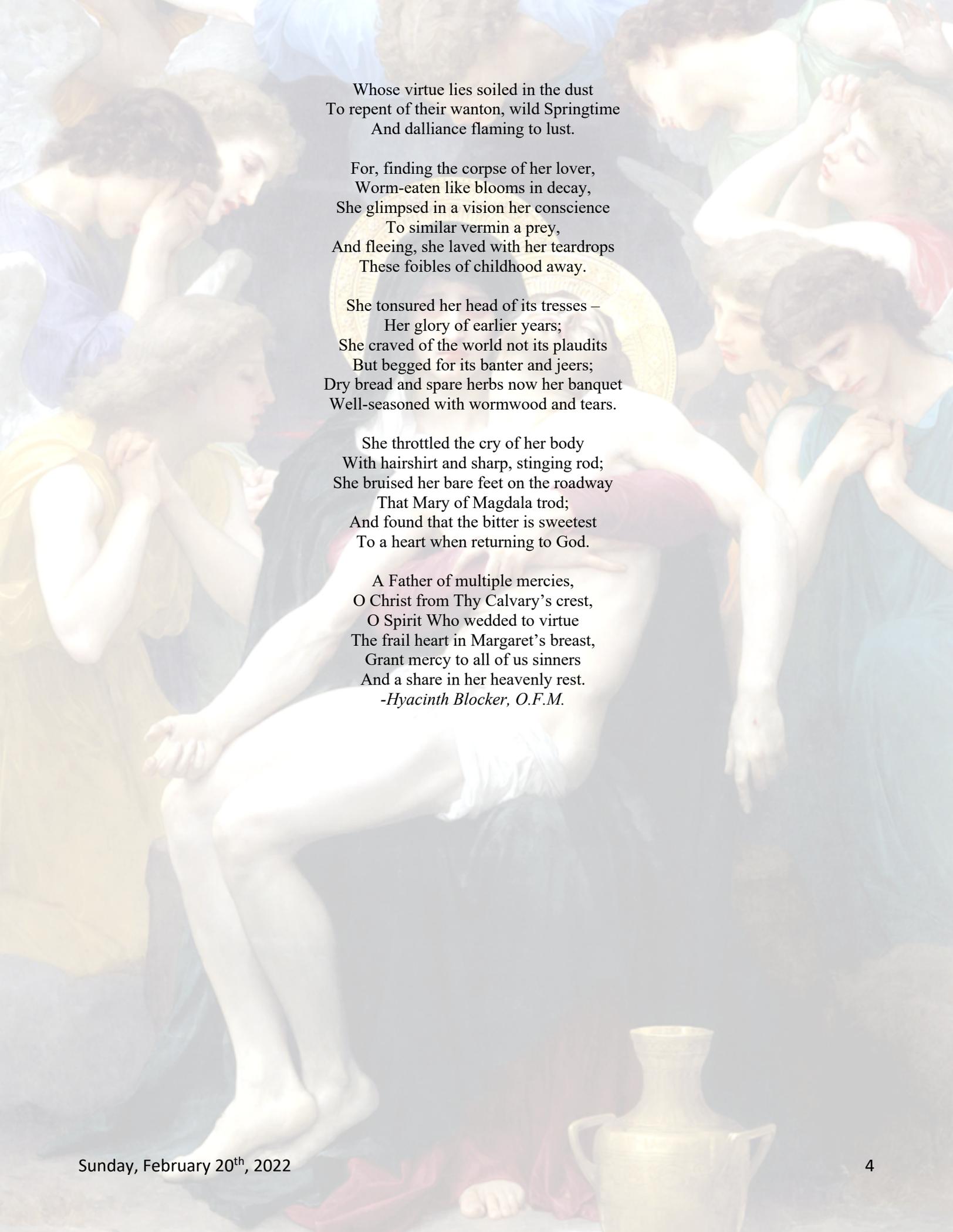
Additionally, it should be widely promoted for the Faithful to ask the clergy to offer the Holy Sacrifice of the Mass with the intention of freeing the souls in Purgatory. Many souls are released from Purgatory by the graces from the Mass. Furthermore, we should seek to gain Indulgences for the souls in Purgatory. One such way to do so is by visiting a cemetery and saying a prayer for the dead.

Lastly, the souls in Purgatory are greatly aided when we offer our Holy Communion for them. Make it a practice to offer your Holy Communion at least once weekly for the souls in Purgatory.

St. Margaret of Cortona

Enough have we plunged in the darkness,
The darkness of sensual sin,
Enough have we followed the fury
Of the beast that is raging within.
It is never too late for repentance
Nor ever too late to begin.

Thus, Margaret of Laviano,
Outrivaling Magdalen's trust,
Tells even the greatest of sinners



Whose virtue lies soiled in the dust
To repent of their wanton, wild Springtime
And dalliance flaming to lust.

For, finding the corpse of her lover,
Worm-eaten like blooms in decay,
She glimpsed in a vision her conscience
To similar vermin a prey,
And fleeing, she laved with her teardrops
These foibles of childhood away.

She tonsured her head of its tresses –
Her glory of earlier years;
She craved of the world not its plaudits
But begged for its banter and jeers;
Dry bread and spare herbs now her banquet
Well-seasoned with wormwood and tears.

She throttled the cry of her body
With hairshirt and sharp, stinging rod;
She bruised her bare feet on the roadway
That Mary of Magdala trod;
And found that the bitter is sweetest
To a heart when returning to God.

A Father of multiple mercies,
O Christ from Thy Calvary's crest,
O Spirit Who wedded to virtue
The frail heart in Margaret's breast,
Grant mercy to all of us sinners
And a share in her heavenly rest.
-Hyacinth Blocker, O.F.M.