



Our Lady of Sorrows

Traditional Catholic Mission Central Texas

Upcoming Mass Details:

Sunday, March 13, 2022 **Date Change**

Mass – 6:00pm, Confession – 5:30pm

Vintage Villas Hotel & Events

4209 Eck Lane Austin Texas 78734

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Dear Faithful,

During my northern mission run, I found myself a bit rundown and a little under the weather. Thankfully, I seem to have bounced back swiftly with a couple days rest back here at St. Gertrude's. Hopefully, I will be right as rain for the start of Lent, as it spells more travel for me, as well as an intensive schedule, no matter where I find myself.

But that is the glory of Lent, isn't it? It takes some work to do it right. We are reminded that it is ok to be uncomfortable. We push ourselves to pray more, deny ourselves of legitimate pleasures, and engage in more spiritual activities. When done right, Lent is a great season to provide us with spiritual growth.

Please be sure to pray for our Ukrainian Priest, Fr. Valerii Kudriavstev. He lives just outside of Kiev and was last reporting that bombs were coming as close as half a kilometer away from his home. Power and internet are interrupted over there, so we are not sure how he continues to fair or what the situation is for him. Fr. Valerii has suffered much over the years in that part of the world. I had the good fortune to meet and spend several days with him when I was in Krakow, Poland about eight years ago. Unfortunately, he was in Poland at that time because he had to flee the previous Russian invasion of Eastern Ukraine.

War is a terrible thing...the punishment for man's sins. Too often these days, war is not fought between good guys and bad guys...there are only bad guys. This conflict in Ukraine is another example of it. A useless war, the two governments involved both villainous violators of the rights of people, urged on and enticed by the globalist "West", who provokes and then sanctimoniously looks down their noses at the mess they helped cause. It's all vile. And it is the innocent and decent everyday people who will pay the price for it. It's for this reason Our Lady of Fatima urged us to pray for peace, especially the Rosary. Let's all be quick to reach for this great weapon against these powers of darkness.

In Christ,

Fr. McKenna



Lenten Fast

On Ash Wednesday, the season of Lent begins. Ash Wednesday is both a fast day and a day of complete abstinence. All subsequent days of Lent, save Sundays, are fast days. All Catholics 21-59 years old, inclusively, are bound to the rules of fast, which is one main meal with two smaller meals which, when added together do not achieve the size of the main meal. Meat only may be taken at the primary meal. For more information regarding days of fasting and abstinence, consult the liturgical calendar.

Practice Your Pater

You may very well have lived a long life, saying the Lord's Prayer daily, and when you came to the words *and forgive us our trespasses as we forgive those who trespass against us*, your soul was completely quiet and unruffled. Then one day something happens. It may be all your own fault. You may have a bad argument and the other one walks out on you, bitter and full of wrath. Before you can think twice, you have an enemy. At first, you don't want to believe it. You say to yourself, he'll come around, just wait a little. But this happens to be one of those unfortunate cases where he does not come around. After a while you may say that it is perfectly ridiculous, and you may earnestly try to meet him, and in a casual way get things straightened out. But then you find out that he's fed up with you and he has no intention whatsoever of having things as they were. Soon you will hear how he spoke about you on this or that occasion, and from those remarks you know now that you have an enemy.

Soon after this startling discovery, these words emerge from the depths of your memory and they take on a completely new meaning: *You have heard that it was said, "You shall love your neighbor and hate your enemy." But I say to you, love your enemies and pray for those who persecute you.* And now a new period in your life begins. You try, you really try, to love your enemy—but how? There have been several different loves in your life and these you try to apply now to him. How you loved your parents when you were very young yourself, how you loved your best friend in school, how you loved in those unique weeks before your wedding, how you now love your own children. Then there is in your heart love for your country, for your hometown, for your old school, and your neighborhood. It is perfectly amazing how many shades of love move a human heart during one short life. But, as hard as you may try, not one of them fits your purpose.

Now, you almost get worried because there is that command—*But I say to you*—and you haven't yet found a way to fulfill it. This much you have learned, however, that the love for your enemy is a completely new love in your life and you must discover it step by step.... It is completely different from all other loves, and it is very anxious and very unemotional. It resides mostly in your will, but let us hope that in the eyes of God it is a soaring fire which, in His own good time, will melt all the ice or resistance, and Our Lord's wish will be fulfilled: *That they may be one...that they may become perfectly one.*

– Maria von Trapp

Preparation for Lent

Our Lord tells us, as recorded in Scripture, "Unless you shall do penance, you shall all likewise perish" (*Luke 13:3*). And St. John the Baptist announced the coming of the Savior with the ominous admonition, "Do penance: for the kingdom of heaven is at hand." (*Matt. 3:2*).

Regarding prayer, St. Paul tells us to "Pray without ceasing." (*1 Thess. 5:17*) And our dear Lord advises us, "Amen, amen I say to you: if you ask the Father anything in My Name, He will give it you." (*John 16:23*) Also He said, "If you abide in Me

[i.e., “live in Me,” or “stay in the state of grace”], and My words abide [“live”] in you, you shall ask whatever you will, and it shall be done unto you.” (*John 15:7*) Further, Our Lord has said, “Watch ye, therefore, praying at all times, that you may be accounted worthy to escape all these things that are to come, and to stand before the Son of man.” (*Luke 21:36*) And in the Book of Judith we read, “Know ye that the Lord will hear your prayers if you continue with perseverance in fasting and prayers in the sight of the Lord.” (*Judith 4:11*)

Our obligation to do apostolic work, no matter who we are, is seen in the general admonition of St. John the Baptist, “...make straight the way of the Lord...” (*In. 1:23; Is. 40:3*) The Church has used this counsel in her Advent liturgy, so we know it applies to all—at least to the extent that all must pray and do penance for the success of the Church’s missionary activity, help support it financially—and wherever possible take an active part in the conversion or reversion of those we know.

The primary purpose of Lent, of course, is to help us become truly holy—and we should work toward this goal during Lent by extra prayer, penance, good works, almsgiving, attendance at Mass and reception of the Sacraments (the chief sources of grace). When many Catholics neglect to practice Lent to the fullest, here are some ways to improve your Lent and to observe a Traditional Catholic Lent.

Pray: Pray for those in danger of dying. Pray for anyone you may have had the misfortune to lead into sin. Pray and work for the end of abortion.

Go to weekly Confession. Confession is the only means that our Lord instituted for the forgiveness of sins. If you are out of the habit of going regularly, now is the opportune time. Encourage others who have been away for a while to use this time to receive true forgiveness.

Make an Examination of Conscience at lunch and before sleep. As recommended in the Spiritual Exercises of St. Ignatius, make your examination of conscience at lunch and then again before sleep. At lunch, reflect on your words, thoughts, and deeds (or lack thereof) for each hour of the day up until then. If you have sinned, make a sincere Act of Contrition. Remember to confess these sins at your next Confession. In the evening, again make an examination of conscience on each hour of the day starting with lunch until the present moment. This practice helps us notice trends in our life and helps us know what to confess.

Make voluntary acts of daily penance. To Sr. Lucy of Fatima, Our Lord revealed that “The penance I now ask and require is that necessary for the fulfillment of My law and the performance of one’s daily duties.”
Perform good Works of Mercy.

Do apostolic work. Take someone to Mass with you. Take someone to Confession with you. Invite someone to become a Catholic—start talking to him about it. Buy him access to an online education course to instruct him in the teachings of the Faith. Visit a fallen-away Catholic, especially an elderly one. Distribute Catholic books and booklets.

Perform 15 minutes of spiritual reading daily. Read from the Bible daily or the Lives of the Saints. The monks of the order of St. Benedict have long required spiritual reading by all their members during Lent. Spiritual reading helps us turn to the Lord and become deeper in our prayer life. In the words of St. Thomas Aquinas, “Union with God consists in knowing God perfectly. For the better one is known, the more perfectly one is loved.” There are many traditional Catholic books freely available online for reading.

Consecrate your life each day to God. Each day of Lent, pray and renew both your Consecration to the Sacred Heart of Jesus and your Consecration to the Immaculate Heart of Mary.

Talk as little as possible. Vain speech is of little avail for eternal life. During Lent, mirror the practices of the religious orders and speak only when necessary. As said in the Rule of St. Benedict, “Indeed, so important is silence that permission to speak should seldom be granted even to mature disciples, no matter how good or holy or constructive their talk, because it is written: *In a flood of words, you will not avoid sin* (Prov 10:19); and elsewhere, *The tongue holds the key to life and death* (Prov 18:21). Speaking and teaching are the master’s task; the disciple is to be silent and listen.”



Pray the Stations of the Cross. The Stations of the Cross are prayed on Sunday, Wednesday, and Friday during Lent. Make it a resolution to go to the Stations. If you can't attend in person, you can still pray the Stations at home. Also, keep in mind the necessary requirements for earning an indulgence for the Stations of the Cross.

As you can see none of these practices included "giving up" candy, chocolate, dessert, et cetera. There is a modern misconception that Lent is about dieting or about "giving up" time wasters to increase productivity. This is not further from the Truth. For those of you out there who think Lent is about getting in shape and increasing efficiency, "you have received your rewards" (cf. Matthew 6:5) and the discipline of Lent has done little to help your immortal soul.

This Lent, use these last days leading up to Lent to get a plan in place. What sacrifices will you make? What alms will you give? What fasting and abstinence will you undertake? What additional prayers will you say?

The Golden Arrow Prayer

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

Ash Wednesday Lenten Insert

Go to Our Lady of Sorrows homepage to access this week's Lenten insert