



Our Lady of Sorrows Mission

Mass Location:

Vintage Villas Hotel & Events - Travis Room
4209 Eck Lane Austin Texas 78734 Austin, TX

Mass Schedule:

Sunday, March 7th, 2021 Mass – 6:00pm, Confessions – 5:30pm

Contact information: Fr. Stephen McKenna

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Note From Father

Dear Faithful,

My trip through the north country to distribute Ashes has reached its final spot and I have arrived back in Milwaukee. There is a pretty large amount of snow on the ground here, causing the city streets and alleys to be quite narrow with all the large snowbanks.

The snow has mercifully begun to melt down in Texas and the temperatures have begun to warm back up again. It, doubtless, has been a long week...no electricity, no heat, no water, no plows to clear the street, etc. But as the chill leaves and the road clears, Fr. McGuire will be able to come down Sunday evening and offer Mass for everyone there as well as distribute Ashes.

Hopefully you saw the additional attachment with last week's bulletin email. Every year, we choose a Lenten theme at St. Gertrude's and the bulletin there contains an insert which has daily thoughts and prayers for the entirety of Lent. This year, we have chosen the Holy Face of Our Lord as the theme, with the intentions of making reparation to the offenses given to Our Lord and for the saving of Our Church and Our Country. I will include these each week with the bulletin. Please, print each one out and use it for your own spiritual edification...giving you different meditations each day. They are formatted to be folded as a tri-fold pamphlet.

In Christ,

Fr. McKenna

Rules of Fast and Abstinence

Rules of Abstinence

1. Everyone over seven years of age is bound to observe the law of abstinence.
2. Complete abstinence is to be observed on Fridays, Ash Wednesday, Holy Saturday, and the Vigils of the Immaculate Conception and Christmas. On days of complete abstinence, meat and soup or gravy made from meat may not be used at all.
3. Partial abstinence is to be observed on Ember Wednesdays and Saturdays and on the Vigil of Pentecost. On days of partial abstinence, meat and soup or gravy made from meat may be taken only once a day at the principal meal.

Rules of Fast

1. Everyone over 21 and under 59 years of age is also bound to observe the law of fast.
 2. The days of fast are the weekdays of Lent, including Holy Saturday, the Ember Days and Vigils of Pentecost, the Immaculate Conception and Christmas.
 3. On days of fast, only one full meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to one's needs; but together they should not equal another full meal.
 4. Meat may be taken at the principal meal on a day of fast except on Fridays, Ash Wednesday, Holy Saturday, and the Vigils of the Immaculate Conception and Christmas.
 5. Eating between meals is not permitted, but liquids, including milk and fruit juices, are allowed.
 6. Where health or ability to work would be seriously affected, the law does not oblige. In doubt concerning fast or abstinence, a parish priest or confessor should be consulted.
- * There is no obligation for fast or abstinence on a holy day of obligation, even if it falls on a Friday.

Prayer to St. Peter

Thou art the Shepherd of the sheep, the Prince of the Apostles, unto thee were given the keys of the kingdom of heaven.

V. Thou art Peter;

R. And upon this rock I will build my Church.

Let us pray.

Raise us up, we beseech Thee, O Lord, by the apostolic assistance of blessed Peter, Thine Apostle; so that the weaker we are, the more mightily we may be helped by the power of his intercession; and that being perpetually defended by the same holy apostle, we may neither yield to any iniquity, nor be overcome by any adversity. Through Christ, Our Lord. Amen.

(Indulgence: 500 days)

Prayer to St. Matthias

O Apostle Matthias! thou didst complete the sacred college, from which Judas had fallen; and by the power of the Holy Ghost, thou didst put to flight the darkness of idolatry by the admirable lightnings of thy wise words. Do thou now beseech the Lord that He grant peace and much mercy to our souls.

He that is the true Vine sent thee, a fruitful branch, bearing the grapes that give out the wine of salvation. When they drank it that before were slaves to ignorance, they turned from the drunkenness of error.

Being made, O glorious Matthias, the chariot of God's word, thou didst break for ever the wheels of error, and the chariots of iniquity. By the divine power, thou didst defeat the idolaters, and destroy the pillars and the temples; but thou didst build up to the Trinity other temples, which echoed with these words: All ye people, praise Christ above all for ever! Amen.

Novena Prayer to St. Gabriel of Our Lady of Sorrows

Let us adore and give thanks to God the Father everlasting, Who, of the great love He bore us, was pleased to send His only-begotten Son into the world to suffer and die on the gibbet of the Cross; and let us beseech Him, for the sake of His passion and death and by the intercession of Saint Gabriel, that most loving follower of our crucified Lord, to grant us the favor for which We pray [here mention your request].

Our Father, Hail Mary, Glory be.

Let us adore and give thanks to God the eternal Son, Who, becoming man and dying for us upon the Cross, left us Mary most holy to be our Mother; and let us beseech Him, by the merits of this sorrowful Virgin Mother and by the intercession of Saint Gabriel, who was her most devoted servant, to grant us the favor for which we pray [here mention your request].

Our Father, Hail Mary, Glory be.

Let us adore and give thanks to God the eternal Spirit, Who of His infinite goodness communicates Himself to our souls to make them holy; and let us beseech Him, by the merit of the same divine goodness and by the intercession of Saint Gabriel, who in a special manner shared therein and corresponded thereto, to grant us the favor for which we pray [here mention your request].

Our Father, Hail Mary, Glory be.

V. Pray for us, Saint Gabriel,

R. That we may be made worthy of the promises of Christ.

Let us pray.

O God, Who didst teach blessed Gabriel to have the sorrows of Thy most dear Mother in perpetual remembrance, and through her didst glorify him with the fame of holiness and miracles; grant unto us, by his intercession and example, so to share the sorrows of Thy Mother that we may be saved by her maternal protection: Who livest and reignest world without end. Amen.

(Indulgence of 300 days)



St. Gabriel's Prayer for All Virtues

Shortly after entering the Passionists Saint Gabriel composed this prayer. He was to die but six years later (in 1862), at the age of twenty-four.

Behold me at Thy feet, O Lord, begging for pity and for mercy. What wilt Thou lose in granting me a great love for Thee, deep humility, great purity of heart and mind and body, fraternal charity, intense sorrow for having offended Thee, and the grace to offend Thee no more? What wilt Thou lose, O my God, by enabling me to receive worthily Thy Son in Holy Communion, by assisting me to act through love of Thee in all my thoughts, works, penances, and prayers, by granting me the grace of loving Thy Holy Mother most tenderfully and trustfully, the grace of persevering and of dying a good and holy death?

I am Thy beggar, covered with sores and rags, asking for alms; oh, look upon my misery! Behold my proud head, my cold and stony heart; behold my mind filled with worldly thoughts, my will inclined only to evil, my body rebellious to every good work. Help me, O my God; help me to conquer myself! This I ask through Thine infinite mercy. To obtain it, I offer Thee the merits of Jesus Christ, our Savior and Lord. I have no merits of my own; I am destitute, but His wounds will be my plea. Had I shed my blood for love of Thee, like Thy Son, wouldst Thou not grant me this favor? How much more oughtest Thou to hear me now, since He shed His blood for me?

Thou hast promised in Thy Gospel that whatsoever I request that is good for my soul, Thou wilt grant: "Ask, and you shall receive." Now, as Thou canst not withdraw Thy word, I beseech Thee through Thy infinite goodness, through the heart of Thy Son wounded with love for me, through the infinite charity of Thy Eternal Spirit, through the love Thou bearest to Thy most holy daughter, Mary, and for the honor of the whole heavenly court, into which I ask Thee one day to admit me. Amen.