

Tridentine Community News

October 26, 2014 – Christ the King

Fasting from Holy Communion: The Proposal and a Possible Alternative

On Sunday, October 19, Assumption Grotto Pastor Fr. Eduard Perrone published a thought-provoking column in his parish bulletin: He suggested that to help Catholics grow in devotion to the Holy Eucharist, they might consider abstaining from receiving Holy Communion from a while. Such an action would guard against complacency in receiving the Blessed Sacrament by fostering a greater hunger and yearning to be united with our Lord in this precious gift.

Many Catholics would agree that even when one is in the state of grace, reception of Holy Communion can become routine. If one deems oneself unworthy to receive Communion, whether because of a state of serious sin or because one simply does not feel properly disposed that day, it is only natural at that point to feel a certain longing to receive the Blessed Sacrament. That is why Holy Mother Church has long recommended making an Act of Spiritual Communion under such circumstances.

While Fr. Perrone certainly makes an interesting and laudable point, this column would like to suggest an alternative means to increase one's resolve to receive Holy Communion worthily and without complacency: Try making a commitment to gain a Plenary Indulgence for the Poor Souls in Purgatory [one per day may be gained] for every Holy Communion you receive. Associating some extra effort with each Holy Communion will help develop a stronger devotion to the Blessed Sacrament and a greater appreciation for the gift of receiving the Real Presence. It will simultaneously provide important assistance to the Holy Souls who cannot help themselves, as well as help us recognize how significant each Holy Communion can be to ourselves and to other souls.

One of the easiest ways to gain this Plenary Indulgence is to pray the Rosary in a church. This can be done by oneself, or by praying it as part of a group, as our community strives to do before every Sunday Mass. Another easy way is to spend a half hour in adoration before the Blessed Sacrament. All efforts to gain a Plenary Indulgence must, of course, be under the usual conditions: Confession within 20 days, reception of Holy Communion once per Plenary Indulgence sought, prayer for the Holy Father's intentions, and freedom from attachment to sin.

An Act of Spiritual Communion

While we are on the subject, it is worthwhile for all Catholics to know a formula for making a Spiritual Communion. We present below a prayer by St. Alphonsus Maria de' Liguori. This can be prayed either when one is abstaining from receiving Holy Communion at Mass, or during the day when one is simply trying to live more united with our Lord. Making an Act of Spiritual Communion is enriched with a Partial Indulgence.

My Jesus, I believe that Thou art present in the Blessed Sacrament. I love Thee above all things, and I desire Thee in my soul. Since I cannot now receive Thee sacramentally, come at least spiritually

into my heart. As though Thou wert already there, I embrace Thee and unite myself wholly to Thee; permit not that I should ever be separated from Thee.

All Saints and All Souls Day Masses

A High Mass for All Saints Day – a Holy Day of Obligation in the United States – will be offered at Flint's All Saints Church on Saturday, November 1 at 11:00 AM. The celebrant will be a visiting priest from the Fraternity of St. Peter, Fr. Gregory Pendergraft.

High Masses for All Souls Day – Monday, November 3 in the Tridentine Calendar – will be held at 7:00 PM at two area churches: Our Lady of the Scapular in Wyandotte, Michigan, and St. Joseph in Detroit.

Because of the pending relocation of the St. Benedict Tridentine Community that week, no All Souls Day Mass will be held in Windsor this year. Speaking of which, next week's column will address the new sites for the Windsor Tridentine Mass; the pastors of our new host churches have requested that announcements be withheld until a few remaining details are finalized. Rest assured that Sunday and Tuesday Masses in the Extraordinary Form will continue.

Month of All Souls Plenary Indulgences

Each year the Church grants a Plenary Indulgence applicable only to the Souls in Purgatory to those who visit a cemetery and pray, even if only mentally, for the dead, from November 1-8. The indulgence can be gained once per day on each day, under the usual conditions which are listed earlier in this column.

Special Requiem Mass at St. Hyacinth Church

On Saturday, November 8 at 12:00 Noon, there will be a special Requiem Mass at Detroit's St. Hyacinth Church for the repose of the soul of Fr. Frank Skalski. Fr. Skalski was the long-time pastor of St. Hyacinth who was responsible for the church's remarkable restoration. The celebrant will be Fr. Peter Hrytsyk.

St. Hyacinth is one of our area's most stunningly beautiful churches and is well worth a visit. Secure, guarded parking is available in the lot behind the church.

Tridentine Masses This Coming Week

Mon. 10/27 7:00 PM: Low Mass at *St. Joseph* (Feria [Mass of Twentieth Sunday After Pentecost] – Celebrant may also choose a Votive Mass)

Tue. 10/28 7:00 PM: High Mass at *St. Benedict/Assumption-Windsor* (Ss. Simon & Jude, Apostles)

Fri. 10/31 7:00 PM: Solemn High Mass at *Christ the King, Ann Arbor* (Votive Mass of Christ the King) – Dinner for young adults age 18-35 follows Mass, organized by Juventutem Michigan

Sat. 11/01 11:00 AM: High Mass at *All Saints, Flint* (All Saints)