

Tridentine Community News

February 18, 2018 – First Sunday of Lent

A Lenten Reflection: The Tremendous Value of Holy Mass



In this holy season of Lent, it does us well to reflect upon the immeasurable graces that flow from each Holy Sacrifice of the Mass. We must never take the Mass for granted. This text, originally attributed to St. Leonard of Port Maurice and found on a 1923 holy card with an Imprimatur by Archbishop Henry Moeller of Cincinnati, gives us much to ponder:

At the hour of death the Holy Masses you have heard devoutly will be your

greatest consolation.

Every Mass will go with you to Judgment and will plead for pardon for you.

By every Mass you can diminish the temporal punishment due to your sins, more or less, according to your fervor.

By devoutly assisting at Holy Mass you render the greatest homage possible to the Sacred Humanity of Our Lord.

Through the Holy Sacrifice, Our Lord Jesus Christ supplies for many of your negligences and omissions. He forgives you all the venial sins which you are determined to avoid. The power of Satan over you is diminished.

By piously hearing Holy Mass you afford the Souls in Purgatory the greatest possible relief.

One Holy Mass, heard during your life, will be of more benefit to you than many heard for you after your death.

Through Holy Mass you are preserved from many dangers and misfortunes which would otherwise have befallen you. You shorten your Purgatory by every Mass.

During Holy Mass you kneel amid a multitude of holy Angels, who are present at the Adorable Sacrifice with reverential awe.

Through Holy Mass you are blessed in your temporal goods and affairs.

When you hear Holy Mass devoutly, offering it to Almighty God in honor of any particular Saint or Angel, thanking God for the favors bestowed on him, etc., you afford that Saint or Angel a new degree of honor, joy, and happiness, and draw his special love and protection on yourself.

Every time you assist at Holy Mass, besides other intentions, you should offer it in honor of the Saint of the day.

Indulged Prayer Before a Crucifix

On the Fridays of Lent, one may gain a Plenary Indulgence with very little effort, by praying the below prayer before a Crucifix after receiving Holy Communion, under the usual additional conditions of Confession within 20 days, prayer for the Holy Father's intentions, and freedom from attachment to sin. A Partial Indulgence may be gained by praying this same prayer after receiving Holy Communion at other times.

En ego, o bone et dulcissime Jesu, ante conspèctum tuum génibus me provólvo, ac máximo ánimi ardóre te oro atque obtéstor, ut meum in cor vívidos fidei, spei et caritátis sensus, atque veram peccatórum meórum pæniténtiam, eáque emendánda firmíssimam voluntátem velis imprimere; dum magno ánimi afféctu et dolore tua quinque vúlnera mecum ipse consídero, ac mente contéplor, illud præ óculis habens, quod jam in ore ponébat tuo David Prophéta de te, o bone Jesu: "Fodérunt manus meas et pedes meos: dinumeravérunt ómnia ossa mea."

Behold, O kind and most sweet Jesus, I cast myself upon my knees in Thy sight, and with the most fervent desire of my soul, I pray and beseech Thee that Thou wouldst impress upon my heart lively sentiments of faith, hope, and charity, with a true contrition for my sins and a firm purpose of amendment; while with deep affection and grief of soul I ponder within myself and mentally contemplate Thy five wounds, having before my eyes the words which David the prophet put on Thy lips concerning Thee: "My hands and My feet they have pierced, they have numbered all My bones."

Tridentine Masses This Coming Week

Tue. 02/20 7:00 PM: Low Mass at **Rosary Chapel at Assumption Church, Windsor** (Tuesday in the First Week of Lent) – Special location this week only.

Sat. 02/24 8:30 AM: Low Mass at **Miles Christi** (St. Matthias, Apostle)