

Tridentine Community News

February 21, 2021 – First Sunday of Lent

Spiritual Suggestions for Lent, 2021

Our annual roundup of ideas to help you enjoy a spiritually fruitful Lent is influenced this year by the opportunities given to us by Holy Mother Church for the Year of St. Joseph. Others on this list are oldies-but-goodies.

Weekday Mass: Try to attend one of the local weekday Masses in the Extraordinary Form once per week during Lent. Send an e-mail to the address at the bottom of this page to subscribe to the weekly Friday e-mail broadcast listing all the available options, far too many nowadays to list here.

Resolve to make the nine First Fridays or the five First Saturdays: Metro Detroit now has sites where you can conveniently attend these weekday Masses in the Extraordinary Form, for example Old St. Mary's on First Fridays and St. Mary of Redford and Ss. Peter & Paul Westside on First Saturdays.

Indulgence for each Communion: Strive to gain a Plenary Indulgence for the Souls in Purgatory for each Holy Communion you receive. This is a great act of charity for souls who cannot help themselves. Several ways to do this are listed below.

Spiritual Communion: On each day that you cannot receive Holy Communion, take a minute and make a Spiritual Communion. Holy Mother Church grants a Partial Indulgence for this practice. St. Alphonsus Maria de' Liguori composed the following prayer for this purpose:

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. Amen.

Daily Rosary: Strive to pray the Holy Rosary every day during Lent, for an intention of your choosing. If you are able to pray the Rosary in a church or with a group or your family, you may gain a Plenary Indulgence for yourself or for the Souls in Purgatory, under the usual conditions of 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. Alternatively, the Rosary prayed for an end to the Coronavirus pandemic, for the relief of those infected by the virus, and for the repose of the souls who died from the virus, gains a Plenary Indulgence even when prayed alone, outside of church.

Confession: Try to begin the habit of going to Confession at least once per month, if you don't already. Many local Tridentine Mass sites offer Confession before Mass, plus Detroit's Solanus Center offers Confession 9:30 AM – 4:00 PM, Monday-Saturday.

Adoration: At least once per week, make a visit to the Blessed Sacrament. Many churches offer extended hours for this purpose, including the Orchard Lake Shrine Chapel of St. John Paul II and the Stone Chapel at St. Hugo of the Hills in Bloomfield Hills. If

you are able to spend 30 minutes in Adoration, you may gain a Plenary Indulgence under the above conditions.

Stations of the Cross: Pray the Stations at least once during Lent. If done in a church, you may gain a Plenary Indulgence under the usual conditions. If you are making the devotion privately, you must physically move from station to station.



Indulged Prayer Before a Crucifix: On the Fridays of Lent, the Church grants a Plenary Indulgence for the simple act of praying this prayer before a Crucifix after receiving Holy Communion, under the usual conditions. 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 consp̄ctum tuum gēnibus me provólvo, ac máximo ánimí ardóre te oro atque obtēstor, ut meum in cor vívidos fidei, spei et caritátis sensus, atque veram peccatórum meórum p̄niténtiam, eáque emendándi firmíssimam voluntátem velis imprimere; dum magno ánimí afféctu et dolóre tua quinque vúlnera mecum ipse considéro, ac mente contēplor, illud pr̄ 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.”

On Saints' Feast Days, Pray the Collect [Opening Prayer] from the Mass: If you have a hand missal for the Extraordinary or Ordinary Forms, on Feast Days of Saints, take a minute and pray the Collect for the day's Mass. This practice is enriched with a Partial Indulgence.

Year of St. Joseph Devotions: On Wednesdays, pray the Prayer to St. Joseph as provided in our January 31, 2021 column. Or on any day of the week pray the Litany of St. Joseph for persecuted Christians as explained in our January 24, 2021 column. During the Year of St. Joseph, until December 8, 2021, these devotions are enriched with a Plenary Indulgence, under the usual conditions.

Tridentine Masses This Coming Week

Mon. 02/22 7:00 PM: High Mass at *St. Thomas the Apostle, Ann Arbor* (Chair of St. Peter) – Held in the parish hall.

Comments? Ideas for a future column? Please e-mail info@windsorlatinmass.org. Previous columns are available at www.windsorlatinmass.org.