

Tridentine Community News

August 21, 2022 – Eleventh Sunday After Pentecost

Ember and Rogation Days

Ember Days

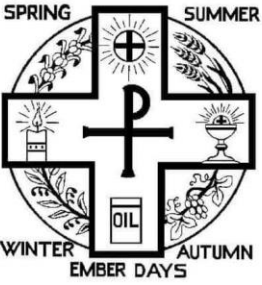
The Church celebrates Ember Days four times each year. They are tied to the changing of the seasons, but also to the liturgical cycles of the Church.

The dates for the Ember days are the Wednesday, Friday, and Saturday following:

- † The feast of St. Lucy
- † Ash Wednesday
- † Pentecost Sunday
- † Feast of the Exaltation of the Holy Cross

Ember days are observed with fasting (1 regular meal + 2 smaller meals, no food between meals) and partial abstinence, meaning that meat is allowed at one meal per day. Complete abstinence from meat is required on Ember Friday. As always such an observance has a greater purpose:

- † To thank God for the gifts he gives us through nature
- † To pray and fast for the conversion of sinners
- † To pray for Priests and vocations to the Priesthood
- † To petition God to do great things during the new season that we are beginning
- † To fast and pray for the forgiveness of our own sins and for our own conversion



There are two recurring concepts in the Traditional Latin Mass calendar that are not often mentioned in the Ordinary Form:

Ember Days are a Wednesday, Friday, and Saturday of one week on which the Church calls for prayer in thanksgiving for the gifts of the earth. These were also historically days on which ordinations were held and thus are fitting days of prayer for vocations. There are four seasonal sets of Ember Days, observed on the weeks after December 13 (Feast of St. Lucy), the First Sunday of Lent, Pentecost, and September 14 (Exaltation of the Holy Cross). In the altar missal, Ember Days are referred to as *Ferias Quattuor Temporum* (four times [per year]). While no longer mandatory, it is traditional for the faithful to fast and abstain on the Ember Days.

When the Calendar was revised in 1969, Ember Days were not officially discarded, but were relegated to be decided upon by national Bishops' Conferences. Unfortunately, they seem to have been forgotten in Canada and the U.S., perhaps because the concurrent relaxing of the fasting laws made their non-observance no longer a mortal sin. Fasting laws are matters of Canon Law and not Liturgical Law, and are currently aligned with the Ordinary Form Calendar.



Similar to Ember Days, **Rogation Days** occur on April 25 (Feast of St. Mark the Evangelist), and

the Monday, Tuesday, and Wednesday before the Feast of the Ascension. The altar missal refers to these days as the Major and Minor Litanies, respectively. They are days of prayer of appeasement of God's anger, for protection against natural calamities, and in petition for a plentiful harvest. A procession is traditionally held on April 25. Fasting was not required in recent times. Locally and recently, Old St. Patrick Church in Ann Arbor has held a Rogation Day procession.

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

National Catholic Register Mentions Detroit TLM Scene

On August 5, 2022, EWTN's National Catholic Register newspaper published a story entitled, "Traditionis Custodes, One Year Later, Brings New Pastoral Realities and Challenges". The writer interviewed this author and acknowledged the thriving Tridentine Mass scene in metro Detroit. The article may be read on-line at:

<https://www.ncregister.com/news/traditionis-custodes-one-year-later-brings-new-pastoral-realities-and-challenges>

New Brunswick, New Jersey Priest Training Report



Congratulations to Fr. Michael Fragoso, Pastor of the Parish of the Visitation in New Brunswick, New Jersey, who celebrated his first Traditional Latin Mass at his parish's St. Mary of Mount Virgin Church on Wednesday, August 10, 2022, after training from Extraordinary Faith. The church, part of the Diocese of Metuchen, already hosts Tridentine Masses at the request of students of nearby Rutgers University,

celebrated by the parochial vicar of the parish; Fr. Fragoso intends to offer some of them himself going forward. Fr. Fragoso is a former pediatrician who works to beautify historic churches, most recently having restored the murals and artwork adorning the walls and ceilings of St. Mary's Church.